

The VOXAIR



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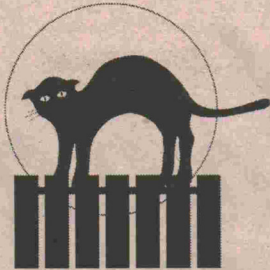
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VOXVIEWS

All Hallows Eve



by Major CM Walton-Simm
Managing Editor

The calm of evening is shattered by a loud spine tingling howl that echoes through the darkness. Fallen autumn leaves crackle under light, quick steps that are followed by haunting giggles and demands of "trick or treat". All Hallows Eve, October 31: a time for all ghouls and goblins to reappear in spirited celebration.

Where did this festival originate and why? Customs and superstitions gathered through the



ages contribute to the celebration of Halloween, the Christian festival of All Saints. It has its origins, however, in Autumn festivals of earlier times.

The ancient Druids had a three-day celebration at the beginning of November. They believed that on the last night of October, spirits of the dead roamed abroad, so they lit bonfires to drive them away. In ancient Rome, the festival of Pomona

rejoiced the fall harvest and nuts and apples, symbolizing the

winter store of fruit, were roasted on huge bonfires. But these celebrations had a sinister aspect, with ghosts and witches thought to be on the prowl.

These beliefs and customs influenced the Christian festival of All Saints. Some tried to fore-

tell the future on that night by jumping over lighted candles. In Scotland young people played games to determine who would marry during the year. In the British Isles great bonfires blazed and young people disguised in

grotesque masks, carved lanterns from turnips and carried them through the villages. Immigrants to the US, especially the Irish, intro-



cats and pumpkins rushing from door to door excitedly sharing in the celebration.

Times do change, however, with much of the free spirit of Halloween tempered by modern society and technology. It's not always safe for children to be prowling around at night knocking on strangers' doors. So, this October 31st, while you're saluting Autumn and the origins of Halloween take special care to ensure children are escorted, wearing florescent clothing and ensure the foods they gather are examined carefully.



duced many of these Halloween customs.

Today Halloween celebrations reflect many of these early customs.

Jack-o-lanterns still symbolize the winter harvest, games are still played by children, people dress in fanciful masks and outfits and go to costume parties. The modern "spirits of the dead" are children dressed as ghosts and goblins, witches and bats, black



Cpl Dwayne Hopko preparing for another eerie Halloween



"Doing something different every Halloween" is what Cpl Hopko aims for

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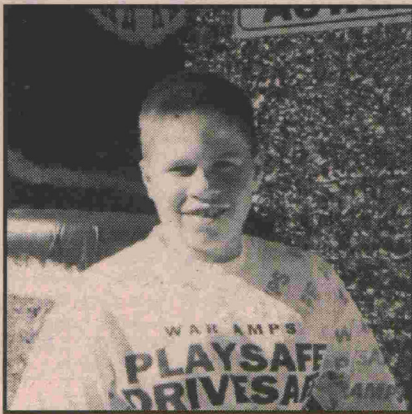
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Winnipeg members of War Amps safety team “Blitzed” Morden’s Corn and Apple Festival Parade

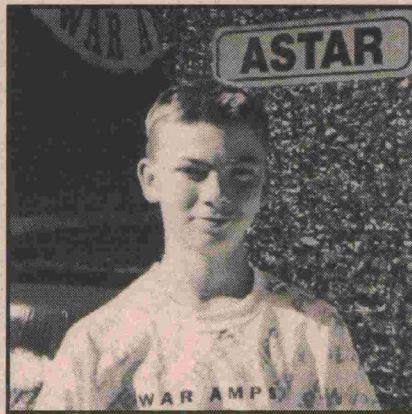
Morden, MB, October 1999 - Winnipeg residents Cameron Adamson and Bryan Bergeron recently joined local members of The War Amps Child Amputee (CHAMP) Program to “blitz” Morden’s Corn and Apple Festival parade-goers with important safety messages - PLAYSAFE and DRIVESAFE!

Cameron, 16, was born missing part of both legs, and Bryan, 14, was born missing part of his right hand. They were both enrolled in CHAMP soon after. As members, they are eligible to receive assistance with costs associated with artificial limbs, including recreational limbs, as well as transportation to rehabilitation centres for fittings.

Cameron and Bryan also attend CHAMP Seminars, which provide an opportunity to see the latest developments in artificial limbs as well as meet



CHAMP Cameron Adamson



CHAMP Bryan Bergeron

and share concerns with other child amputees, some of whom have lost limbs in accidents.

Last month, Cameron rode on board The War Amps PLAYSAFE/DRIVESAFE float as a “Safety Ambassador” to

warn kids watching the parade to “spot the danger” before they play, while Bryan was a “Safety Walker” alongside the float, watching out for dangers on the way.

Coordinating the Champs’ participation was Jason

Denhow, a CHAMP Graduate and active member of the War Amps CHAMP Program. Jason, 28, lost part of his left leg in a farm accident. Over the years, he has worked hard at passing along the PLAYSAFE/DRIVESAFE message. “We use the

term ‘blitz’ because we were able to reach thousands of people - children and adults - with the safety messages,” he explained.

The War Amps continues to reinforce the PLAYSAFE message with initiatives such as Spot the Danger!, a new video in which child amputees, including 15-year old Merrill Loepky of Riding Mountain, describe their accidents and warn other children to PLAYSAFE. The video can be borrowed free-of-charge or purchased at cost by contacting 1-800-250-3030.

The War Amps receives no government grants and is funded solely through public support of the Key Tag and Address Label Service. For more information, use E-Z ACCESS: visit The War Amps Web site at www.waramps.ca, call toll-free 1-800-250-3030 or fax toll free at 1-800-219-8988.

Is your home Y2K OK?

by Cheryl Gudz
W Public Affairs

The New Year usually evokes feelings of excitement and celebration, but this year’s December 31st is the dawn of the new millennium, and the possibility of a worldwide computer crash and its aftermath is on everyone’s mind.

We are all familiar with the buzz on Y2K; we’ve heard enough about it through the media, but with the big day looming, it’s time to think about how to prepare your home in case January 1st comes around with some unpleasant baggage.

For 17 Wing personnel who are tasked to Operation Abacus (Y2K), the safety of civilians in the city and the province will be the primary focus. However, it is natural for those who are involved with Op Abacus to be concerned about their loved ones, and so securing the home in advance would be a wise and conscientious move.

17 Wing Construction Engineering has constructed a Home Preparation Plan for those who will abandon or leave their home during the period of 31 Dec 99 to 1-2 Jan 00. It is important to remember that these are only suggested guidelines if indeed, it is necessary to secure the home in case of evacuation.

Guidelines to shut down residences for winter evacuation

There are a few simple precautions that you can take to try and prevent damage to your house from freeze up. The following utilities can be shut off in the indicated manner, along with the other indicated stratagems that MAY prevent damages to your house. Wing CE would like to ensure it is clear that at no point will they take responsibility for any damages that may be incurred to your property should you choose to follow any of these directions in whole, or in part.

Water:

There is a water inlet in each house usually found in the basement. If this is isolated and all the taps and tanks in the house opened to allow for expansion, pipes may or may not break. Ensure to open the upstairs taps first, then the basement ones to allow air into the system as the water leaves. Drain the hot water tank after the supply is shut off by using a hose from the drain cock at the base. Leave it open.

Sewer:

Drain all tanks of water and use a plunger on all toilets to ensure that the water is forced through the traps. Fill all traps with RV antifreeze.

Gas/Fuel:

If gas is lost, your Supplier should alert you to the fact. In such an eventuality, there is not much that can be done except isolating the house from the main supply to prevent internal leaks, and undue risks from faulty pilot lights. The incoming supply line is usually found at the side of the building.

Electrical:

There should be no problems with leaving the distribution and service panel into the house open. If there is a great deal of draw from all the houses it could increase the chances of brownouts or blackouts. Recommendations are that all non-essential electrical loads be disconnected from power supplies prior to the Y2K rollover to improve chances of sustaining electricity.

Security:

In hopes of ensuring that the house does not drop too far below freezing, dark materials may be

laid in front of southerly facing open windows. This will assist in the absorption of thermal energy from the sun. Opening the drapes may however also cause a problem with the security of your residence. If there are looters, they may have an easier chance to observe the inside of your home and break in. It is suggested that valuables be hidden from prying eyes.

(The above guidelines appeared in Annex D, WCE COP Y2K, May 99)

One step more...

The precautions in preparing your home for all of the above with the intention of staying in your house for the duration of a freeze up, are logical and relative to the individual’s needs. Comparable to planning a winter camping trip, taking precautionary means could include stocking up on:

- non-perishable foods such as

- canned goods
- stored water in containers or in ice block form
- extra blankets and warm clothes
- battery powered lighting devices, matches, and the like

are also good to have on hand. It is also important to remember safety precautions with alternative cooking devices. A gas BBQ for example, should never be operated indoors. With adequate ventilation, it could be run safely in the garage.

Following these steps will give you if nothing else, a sense of feeling prepared. It can’t hurt to be overly prepared, and most of the things mentioned are easy to do or practical to buy. It must be stressed again that these are merely guidelines and suggestions for those who wish to know the right way to handle an undesirable situation. And as the old saying goes, “Better safe than sorry.”



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The Supply Line

by PO BW Dorie
Clothing Supervisor

1. Now that Pan Am is behind us, I would like to take this time to thank everyone for their patience and understanding that they have shown WRT the hours of operation and the shortage of staff that you have incurred with Clothing Stores North and South over the course of the Pan Am Games.

2. This is not to say that the workload has decreased any. With fall here and winter only a short ways away, those people entitled to Matterhorn boots kept us hopping here in Clothing North and the issue has now been completed.

3. You might have seen some of the 435 troopies running around in the new coveralls, pants, and jackets. This is a trial going on with the squadron and will last for two to three months at which time after the question-

naires have been answered, all you techies may be wearing them somewhere in the not so distant future.

4. We have a new ear defender in Clothing North now for the line guys, or those entitled to. In order to get a pair, you have to turn in your old ones and we do have LOTS so please don't break down our door getting in for yours. Those Canadian counterparts of ours occupying units throughout the States have kept us very busy to date with cash sales and issues. Seems they've never had it so good in the past and they are really taking advantage of the great service being provided by MCpl Ezekiel. Well done to you Gary.

5. Now to the South Side Clothing Stores. LS Dillon and company are gearing up for the issue of the new IECS gortex Clothing which is part of the Clothe the Soldier program. We expect the issue to commence

some time this fall. More to follow on this one.

6. The new command badges for the army are in and were available for issue in early September. The new short sleeve issue has now, for the most part, been completed for those army folks. The tailor has been exceptionally busy with sewing requirements for these shirts, so thanks for your patience while awaiting your other kit. For those of you who have not received your new shirts, drop in and see the staff at Clothing South.

7. Clothing South reopened on Tuesday evenings starting on the 7th of September. This is to support those reservists training out of Minto Armories.

8. That's about all the news from the clothing world. Hope you all had a great summer and we'll look forward to seeing your smiling faces at the counter in the up and coming months.



Together in Church



CATHOLIC

CHAPLAIN: Father Paul Gaudet 833-2500 ext. 5272
PASTORAL ASSOCIATE: Padre Tess Drabick 833-2500 ext. 5349
SECRETARY: Carol Cochrane 833-2500 ext. 5087
MASSSES: Sat 4:30 PM, North Chapel
Sun 9 AM, North Chapel & Sun 11 AM South Chapel

RELIGIOUS EDUCATION: Religious Education classes are available to all students from Preschool to Grade 6. Please call the office for information on registration.

CONFESSIONS: The sacrament of reconciliation is offered by appointment. Contact the Chaplain's office.

BAPTISMS: We recommend that you contact the Chaplain's office for an appointment prior to the birth of your child.

WEDDINGS-MARRIAGES: Contact the Chaplain at least six months in advance. A Marriage Preparation Course is a requirement.

CATHOLIC WOMEN'S LEAGUE: Meets the second Tuesday of the month at 1900 hrs alternating between the North and South Chapel Annexes.

PROTESTANT CHAPLAINS

Padre Doug Ohs (ACC) - Office 833-2500 ext. 5417
Padre Brad Busch (Luth) - Office 833-2500 ext. 5785
Padre Steve Merriman (Free Methodist) - Office 833-2500 ext. 6022
Padre Bob Sparks (Presbyterian) - Office 833-2500 ext. 2267
SECRETARY: Carol Cochrane - Office 833-2500 ext. 5087

SUNDAY SERVICES: 0900 hrs South Chapel & 1100 hrs North Chapel
ACC Eucharist is sometimes offered at 1015 at the North Chapel. Check the weekly bulletin for dates.

SUNDAY SCHOOL: Sunday School is held during the service for children ages 3 to 12. Childcare is provided on a required basis for children under 3 years of age.

MARRIAGES: Six months notice is required for marriages as counseling is necessary to prepare couples for Christian marriage. A Marriage Preparation Course is also required.

BAPTISMS: The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

PROTESTANT LADIES GUILD: The Guild meets the first Monday of the month at 7:00 PM in the North Chapel Annex. All women are welcome.

FOOD BANK: The Food Bank is a joint under-taking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

DUTY CHAPLAIN: After normal working hours, the Duty Chaplain can be reached at 227-4751.

OTHER PHONE NUMBERS: For your convenience, a phone number has been set up to provide callers with information on service times and contact with the Chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts.

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CFANS welcomes first honorary colonel

The Canadian Forces Air Navigation School is pleased to announce the appointment of Colonel A.W.H. Cheffins, CD as the units first ever Honorary Colonel. As illustrated by the short biography below, Col Cheffins brings a wealth of military and aviation experience to the position. For the students at CFANS, preparing to embark upon their careers as air navigators, Col Cheffins will provide an invaluable link to the roots of their chosen profession.

Colonel A.W.H. (Bert) Cheffins, CD

Colonel Cheffins was born in Montreal, Quebec and raised and educated in Fort Erie, Ontario, graduating from Welland Vocational School in 1941. He curtailed an apprenticeship as an aircraft electrician with Fleet Aircraft to enlist in the RCAF in early 1942. He received his BOMBAIMER Wings at #4 A.O.S. at Crumlin (London), Ontario and proceeded immediately overseas. He commenced operational status with 102 RAF Squadron, Bomber Command flying Halifax Bombers in October 1944 at Pocklington, Yorkshire, England and completed his tour in

February 1945. He went to the Pathfinder Navigational Training Unit at Warboys, England for additional training in March 1945 before being transferred to 635 Pathfinder Squadron flying Lancasters in Downham Market, England and left the squadron on 25 June 1945 following the end of the war in Europe. He returned to Canada to join the RCAF tiger Force for Far East duties; however, the surrender of the Japanese brought his active service to a close and Colonel Cheffins was honourably discharged from the RCAF with the rank of Flying Officer. He subsequently transferred to the Reserves and served for 31 years as a Battery Captain with the Artillery and later as a Company Commander with the Brockville Rifles. He also spent time as an Area Headquarters Staff Officer in Ottawa before retiring in 1976 as a Major. Throughout his reserve duty time, Colonel Cheffins was employed in the Public Service and retired in 1980 as a Senior Industrial Advisor for the Department of Employment and Immigration.

Colonel Cheffins remains very active in the military and civilian community. His notable contri-

butions and associations include:

- Past President and Member - Wartime Pilots' and Observers' Association
- Director and Vice President - Manitoba Aviation Council
- Honorary Life Member - RAF Association
- Life Member - British Commonwealth Air Training Plan Museum - Brandon, Manitoba
- 55 year member - Royal Canadian Legion
- Life Member - Halifax Aircraft Association
- Civilian advisor to the Air Command Heritage Fund
- Tour Guide - Billy Bishop Building
- Member - Aircrew Association
- Guest Speaker - Canadian Forces School of Aerospace Studies
- Member - Board of Directors - Deer Lodge Hospital
- Co-Chair - Canada Remembers Programme - Manitoba Commemorative Names Programme
- Director - Junior Achievement Programme
- Founding Member - St. James Youth Justice Committee
- Founding Member - CANSUR-MOUNT - Grace Hospital

Colonel Cheffins' hobbies include: Snooker, Golf, Softball and Air Force History. Colonel Cheffins is married to the former Thelma Pooler of Ridgeway, Ontario. They have six children and ten grandchildren.

In other school news, course 9804 have all completed their final checkrides and prepared for their graduation and wings parade on Oct 22. This ceremony brought to a happy ending the 1001-day reign of Capt Scott Walton as the longest service nav student in the history of aviation. Capt Walton stuck with the program through medical groundings that required two recourses before overcoming these obstacles and completing the course. Many credit Scott's desire to be a military aviator for his perseverance, but those in the know think it was his unnatural attachment to the Maude Squad that kept him here for a thousand and one Winnipeg nightmares. Congratulations and good luck in your coming careers to Scott, 2Lt Travis Chapman, 2Lt Eric Lemieux, OCdt Randy Faulkner, OCdt Serge Laurin and OCdt Yves Soulard.

9805 is freshly back from their

us trainer to Salinas, California. All reports confirm it was a successful airshow and there were no complaints about getting stuck there for an extra couple days with a cracked prop. Although the Gonzo always gets lots of attention during static displays at airshows, it can't really compete with the American fighters and bombers for sheer glamour. The boys from 9805, eager to increase Canada's profile in any way they could, definitely put their best check forward. To such an extent in fact that OCdt James "I feel good" Brown was voted 'Best in Show When Viewed from the Rear Quadrant' by an adoring American audience. Meanwhile, on the home front, 9806 are fully immersed in the phase two portion of the BANC, while 9902 is in the midst of their basic phase checkrides. So far they are battling a thousand, so hopefully the trend continues. Course 9903 are in Portage for their introduction to low-level navigation on the Slingsby, and rounding out the roster, we have recently welcomed course 9904 into the fold and pretty much have them convinced that the Earth is an oblate spheroid.

Rust out threatens to sink HMCS Haida

by Allison Delaney
D-News Network

The last Tribal class destroyer in the world is losing its battle against rust. The HMCS Haida is corroded to the point its existence as a naval museum, memorial and national historic site is threatened.

A five-million dollar fundraising campaign was recently launched at Ontario Place, where the vessel has floated proudly for 29 years. A volunteer organiza-

tion, Friends of the HMCS Haida, plans to raise the funds by March 2001 with the help of the provincial and federal governments.

"It's the most famous Canadian warship. It sunk more tonnage than any other," said John Byrne, president of Friends of HMCS Haida. "It's a significant part of Canadian history."

The 377-foot long ship represented the most advanced naval architecture, marine propulsion systems and maritime weapons of

her day. She sank 11 enemy vessels in the spring and summer of 1944 and now looks like she could suffer the same fate if repairs are not completed soon. The group plans to have the ship towed to a dry dock and repaired once the funds are raised.

Friends of the HMCS Haida are asking the province, which now owns the retired destroyer, to donate \$1 million toward the cause. The federal Historic Sites and Monuments Board would then match this amount, said Mr. Byrne. The group is counting on

corporate and individual donations to make up the rest.

Anyone wishing to help save the Haida can make cheques payable to Friends of HMCS Haida at P.C. Box 405, 100-2 Bloor Street West, Toronto, Ontario, M4W 3E2

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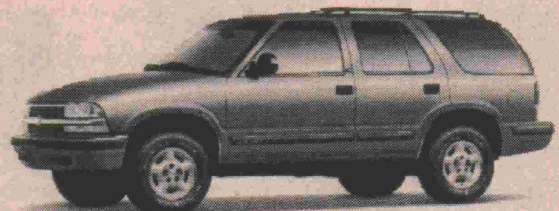
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THE FLYER

Volume 2, Issue 6

October 1999

19 WING COMOX

19 Wing's FPFL monies have been used to benefit Quality of Life for civilian and military personnel and their families. The importance of targeting areas where the FPFL initiatives would be long lasting, was seen as the key consideration in determining where the funding would be spent. The wing has developed long-range plans for 3 major projects, which were started last year and will be completed over the next couple of years, as new FPFL monies become available. Phase 2 of the development plan for the Air Force Beach and its adjacent recreational area will be completed this year. Plans are underway to develop a logging Trail, with workstations along route, which would be constructed in the general area of the new Recreation/Community Center. Additional exercise/weight equipment will be purchased for the soon to be completed Recreation/Community Center. A major part of this FY/99/00 FPFL funding, approx \$100,000.00, was committed to offset the construction of much needed transient quarters. The wing is constructing 3 separate buildings, which will house a total of 24 suites and will be available for all ranks. The old security bike racks are being replaced with new friendly racks, which do not damage the modern lightweight rims.

IMPOSED RESTRICTION POLICY (IRP)

CANFORGEN 080/99 announced changes to the IRP effective 1 Sep 99. On 18 Aug 99, the IR Policy Working Group (IRPWG) met for the first time under sponsorship of the QOLPMO. Their mandate is to review all aspects of the current policy. They examined how they could provide the CF member more control over when to move their families. The issue of adequacy of current benefit levels will

also be reviewed and the IRPWG will make proposals for changes to the QOLSRB. Pending the results of the review, CANFORGEN's 032/96 and 059/96 have been replaced by CANFORGEN 080/99, which gives the new IR policy for all ranks.

PREMIUM IN LIEU OF LEAVE CLASS A RESERVE

IAWOR&O 204.55, any officer of NCM shall, in addition to the pay to which he is otherwise entitled under Chapter 204 of the AR&O, be paid a premium in lieu of leave equal to 9% of the pay to which he/she is entitled in respect of Class "A" Reserve Service which he/she served after 31 Mar 97. A premium is not payable under this article in respect of a period of Class "B" or "C" Reserve Service for which there is an entitlement to annual leave under article 16.14 of the AR&O (Annual Leave).

UPCOMING EVENTS

* The next FPFL Working Group will be held in Winnipeg, 16-18 Nov 99.

ADDITIONAL INFORMATION

For the details on all FPFL issues see your Wing CWO. We can now be found via the DND Intranet at: <http://131.134.112.25/cas/fpfl> or <http://vcds.dwan.dnd.ca/cas/fpfl>. Our internet address is also up and running at: www.vcds.dnd.ca/cas/fpfl. We also have an internet email: ad927@isc.debbs.ndhq.dnd.ca or DND Intranet email 2LT K Lowe@D GAP PM.S.



Volume 2, numéro 6

LA GAZETTE

octobre 1999

19^e ESCADRE COMOX

Les fonds du PVPV affectés à la 19^e Escadre ont été dépensés afin d'améliorer la qualité de vie des personnels civil et militaire et de leurs familles. On a tenu compte de l'importance de choisir des projets où les résultats seront durables au moment de décider à l'égard de quels projets les fonds seraient dépensés. L'escadre a élaboré des plans à long terme pour 3 projets importants qui ont été entamés l'an dernier et qui seront réalisés au cours des quelques prochaines années, à mesure que d'autres fonds du PVPV seront mis à notre disposition. La deuxième phase du plan d'aménagement de la plage de la Force aérienne et de l'aire de récréation voisine sera terminée cette année. On prévoit élargement aménager un sentier de course avec des postes d'exercice à proximité du nouveau centre de loisirs communautaire. On fera également l'acquisition d'autres appareils d'exercice et d'haltérophilie pour le centre de loisirs communautaire, dont la construction tire à sa fin. Une part importante des fonds du PVPV pour l'AF 1999-2000, soit environ 100,000\$, a été dépensée pour la construction de logements provisoires, dont on avait absolument besoin. L'escadre fait construire trois immeubles distincts, lesquels abriteront au total 24 appartements disponibles aux militaires de tous grades. Les anciens supports à bicyclettes seront remplacés par de nouveaux supports spécialement conçus pour ne pas endommager les nouvelles jantes légères.

POLITIQUE SUR LES RESTRICTIONS IMPOSÉES

Le CANFORGEN 080/99 annonçait des modifications à la Politique sur les restrictions imposées, lesquelles sont en vigueur depuis le 1^{er} septembre 1999. Le 18 août 1999, les membres du Comité de travail pour la Politique sur les restrictions imposées (CTPRI) se sont réunis pour la première fois sous l'égide du BP QV. Leur mandat est d'examiner tous les aspects de la politique actuelle. Ils ont examiné de quelle façon on pouvait donner aux membres des FC plus de pouvoir de déci-

sion en ce qui a trait au déménagement de leurs familles. Le CTPRI vérifiera également si les avantages actuels sont suffisants et proposera des changements au CSR QV. En attendant les résultats de la révision, les CANFORGEN 032/96 et 056/96 ont été remplacés par le CANFORGEN 080/99, qui énonce la nouvelle politique sur les restrictions imposées s'appliquant aux militaires de tous grades.

PRIME TENANT LIEU DE CONGÉ - RÉSERVE CLASSE A

Conformément à l'article 204.55 des PRFC, un officier ou un MR touche, en plus de la solde à laquelle il a droit en vertu du chapitre 204 des PRFC, une prime équivalant à 9% de la solde à laquelle il a droit à l'égard de toute période de service de réserve de classe A ayant eu lieu après le 31 mars 1997. Aucune prime n'est payable en vertu de l'article 204.55 à l'égard d'une période de service de réserve de classe "B" ou "C" pour laquelle un réserviste a droit à un congé annuel en vertu de l'article 16.14 des ORFC (congé annuel).

ACTIVITÉS À VENIR

* La prochaine réunion du GT PVPV se tiendra du 16 au 18 novembre 1999.

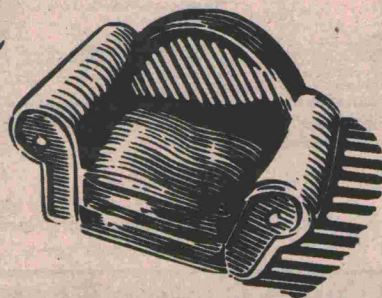
RESEIGNEMENTS SUPPLÉMENTAIRES

Pour avoir des détails sur toutes les questions touchant le PVPV, adressez-vous à l'adjuc de l'escadre. Nous avons deux pages Web sur Intranet: <http://131.134.112.25/cas/fpfl> ou <http://vcds.dwan.dnd.ca/cas/fpfl>. Vous pouvez également consulter notre site Internet: www.vcds.dnd.ca/cas/fpfl/intro_e.asp. Pour communiquer avec nous sur Internet, adressez-vous au ad927@isc.debbs.ndhq.dnd.ca; voici aussi notre adresse sur Intranet: 2LT K Lowe@D GAP PM.S.

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THIS YEAR'S MAJOR ATTRACTIONS ARE

The United States Air Force "Band of the Rockies" from Colorado Springs • The Canadian Navy Naden Band of the Maritime Forces Pacific from Victoria, British Columbia • The 8 Wing Canadian Air Force Pipes and Drums from Trenton, Ontario • The Royal Canadian Artillery Band from Edmonton, Alberta

AND OUR OWN WORLD FAMOUS

Band of 1 Canadian Air Division • The Drum Line of the 2nd Battalion Princess Patricia's Canadian Light Infantry celebrating their 85th Anniversary • 17 Wing 75th Anniversary Colour Party, HMCS Chippawa, Fort Garry Horse • 17 Medical Company, 17 Service Battalion, 735 Communications Regiment • The Regimental Band of the Royal Winnipeg Rifles • The Massed Pipes and Drums of the Queen's Own Cameron Highlanders of Canada • 402 Squadron (City of Winnipeg), The City of Winnipeg Police • The Flag Parties, Guards, Drill Teams and Bands of Winnipeg's • Royal Canadian Sea Cadets, Royal Canada Army Cadets, Royal Canadian Air Cadets • The Colour Parties of Veterans and Canadian Forces Units • The 100 Voice Choir and Highland Dancers

TO STAGE THE BEST MILITARY TATTOO EVER TO BE SEEN IN THE WEST

2nd BN PPCLI parade on Parliament Hill



Above: Governor General of Canada Her Excellency Mrs. Adrienne Clarkson inspecting the Guard of Honour

Above Right: Guard of Honor Rideau Hall Ottawa

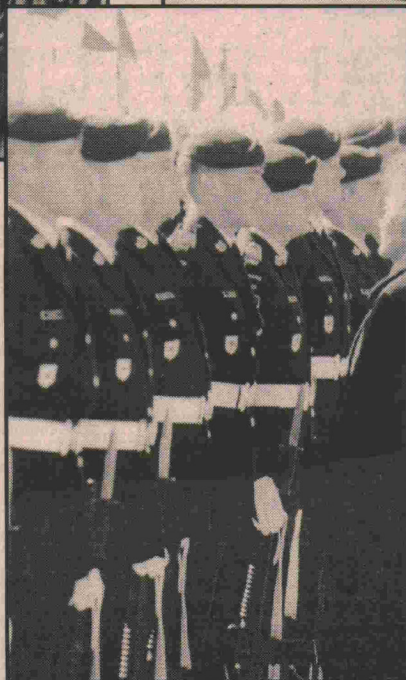
Right: Gov General talking to Cpl Madore from combat support

Photos by MWO McKenelley, 2PPCLI

17 Wg Ops Situation Report 04 OCT 99 - 11 OCT 99

OPERATION	COUNTRY	PERS DEPL
Op Calumet	Egypt	1
Op Danaca	Golan Heights	14
Op Echo	Italy	3
Op Kinetic	Kosovo	16
Op Palladium	Bosnia	3
Op Prudence	Central Africa	1
CFS Alert	Nunavut	0
1 CAD/INDIV Taskings*		2
CF Incremental Tasks**		2
General Tasks***		2
MAMS Tasks****		14
TOTAL PERS DEPLOYED		58

* 1 CAD/INDIV TASKS - AIRFIELD FIRE FIGHTER SUPPORT 5 WG (2), **CFSME GAGETOWN AF ENGR FH IV (1), AUGMENTATION - OP TOUCAN (1) ***GENERAL TASKS - CANZEX, NEW ZEALAND 99 (1), EX COOPERATIVE ZENITH 99 (1) **** MAMS TASKS - OP TOUCAN/YALCARTIER (10), OP KINETIC CH 146 (4)



by MWO Brian McKenelley, 2PPCLI Winnipeg.
The hill around Rideau Hall of Ottawa was again active with the sound of music and marching soldiers of the 2nd BN PPCLI from Winnipeg, the 2nd BN 2R22ER from Valcartier and both their colour parties. The composition was two guards with both their Regimental Colours.

On the 7th of October at approximately 1000 hrs the contingent from the PPCLI provided the guard of honour or the Governor General Designate. Later that day the guard of honour from the 2BN 2R22ER joined us to form the guard of honour for the INSTALLATION CEREMONY of the new Governor General of Canada Her Excellency Mrs. Adrienne Clarkson.

The overall guard commander and guard Sargeant Major were from The 2ND BN PPCLI (Maj MM Kenneally and MWO BD McKenelley). The soldiers were Patricia's from across the Bn. From the three rifle companies, combat support company and administration company.

The day prior was the only time available to conduct rehearsals with our comrades from the 2BN 2R22ER. Rehearsals were practiced in both the official languages. It was a great opportunity for the two units to work together. As one knows when the going gets tough the tough gets going. There proved to be no language barrier at the final hour as both guards worked as one.

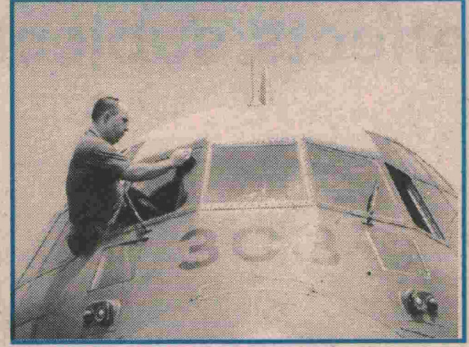
All was not work for the soldiers. There was time for cultural visits of the many sights of our Capital City. The weather cooperated with us for the Parade Day. The sun was a welcome sight as it was shining brightly on The Hill.

At this time I would be remiss if I did not give thanks to all the crew of 435 Sqn. from 17 Wing Winnipeg, who supplied the air lift to and from Ottawa for this Guard of Honour. I especially wish to thank the crew for the return flight. As they had to detour to Ottawa to pick us up. This caused a delay for them returning home to their loved ones from an Air to Air Refuelling Exercise.

We the soldiers of the 2ND BN PPCLI all know too well the feeling of returning home from being away for great periods of time.

Many thanks to all the Crew of 435 Sqn. and to the Soldiers of the BN for a job well done.

Around the Air Force



October 1999 Darwin, Australia

An Ansett Australia aircraft takes off from Darwin, Australia, while a Canadian Air Force Hercules of 8 Air Movements Squadron, Trenton ON returns from Dili, East Timor. The air detachment from 8 Wing will be operating out of Darwin, Australia in support of the International Force East Timor (INTERFET) until the end of November. The CC-130 Hercules aircraft are initially hauling supplies to support the build-up of INTERFET in Dili, East Timor, and will start ferrying humanitarian aid once the force is established on the divided island.

Photo: Cpl Colin Kelley

Cpl Gagnon of Chicoutimi, Que. guides a CC-130 Hercules returning from Dili, East Timor. The Hercules is based out of 8 Air Movements Squadron in Trenton, Ont. The air detachment from 8 Wing is operating out of Darwin, Australia in support of the International Force East Timor (INTERFET).

Since its arrival in September, the Task Force has flown over 40 supply missions into East Timor, carrying more than 300 tones of equipment and supplies, as well as troops. The current contingent of aircrew and support personnel is scheduled to return to Canada at the end of November.

October 1999 Darwin, Australia.

Cpl Gagnon whistles as he cleans the windows of a CC-130 Hercules recently returned from Dili, East Timor. The 8 Air Movements Squadron Hercules, from Trenton, ON are operating out of Darwin, Australia, as part of Operation Toucan, Canada's contribution to UNIMET, United Nations International Mission East Timor.

Photo: Cpl Colin Kelley



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.

In the beginning (Pan Am Games 99)

During the summer of 95 I was asked to accompany Maj Stu Macdonald (Wing Transportation Officer) to a meeting with the Wing Commander (Col Joe Sharpe). We were asked if we were interested in working with the Organizing Committee for Pan Am Games 99. Thus began my adventure with the Games.

DND agreed to provide some warehouse space in P1 and the fun began. Over the next 4 years we received donated furniture and equipment that we thought would be beneficial during Games time operation. We even had 4,000 arena seats from Winnipeg Enterprises on the changeover of the Arena Seating for the first Moose season. As with all good plans these seats simply took up space for 2 years and despite our claims that John Ferguson and Tie Domii had sat in the seats we had no sales. The seats ultimately ended up in the scrapyard.

As with any operation as time went on we grew. We grew to the point that the initial 500 sq. ft. of warehouse space provided by DND became 60,000 sq. ft. This was only the warehouse space as we also utilized the parking lot at the corner of Kenaston and Taylor, as well as the space between P1 and P2 and the parking area at the back of the warehouse. We also grew in volunteers as Capt Cathy Priestman and WO Henry Bonde joined our team. In Oct 98 we hired Ken Short (Cpl Ret) as our Inventory controller and warehouse person.

In April 98 I was seconded to the Games as the Materials and Warehousing Manager. All of our planning began to come to fulfillment as the summer of 98 we spent supporting approximately 30 Sport Test events throughout the City and Manitoba.

This entailed testing our delivery/return system and inventory control. During the summer we were fortunate to have 4 Reserve personnel tasked to us to support the test events. Their expertise in many Military aspects made them a hit with test event staff. The expectations of many event staff was very high as they all expected hoards of Military personnel to descend on their sites to setup tentage etc. the shock on their faces was priceless, as many times all they got was an Old CWO with very minimal experience setting up modular tentage.

I believe a lot of the contacts became very beneficial as the same personnel who ran the test events were the people who did Games time events. You see team building was alive and well at an early stage.

The flow of Games time material began in earnest in early Feb as floors, sporting goods and all support equipment began to arrive. In conjunction with this arrival the Fabrication shop was up and running and building many of the Equestrian Jumps, staging etc. As this was completed it then became the warehouse responsibility to store. Space quickly became at a premium with many discussions as to what could be stored outside.

In Apr we negotiated an agreement with Transport Canada to sublease their 30,000 sq. ft. warehouse. This also included 20,000 sq. ft. of office space. All Technology, Medical, Look of the Games (Banners, Flags, etc) and Festivals work was carried out here under the watchful eye of Bernard Moosbauer (Res, Cpl INF Royal Winnipeg Rifles). At the same time Ron Pryor (MWO Ret 911) was hired to supervise the P1 operation.

As the games came closer we increased our hours of operation to deal with off-hour deliveries to the warehouse and sites. Our Logistics teams were formed to support the sites with many Wing and CAD personnel giving up their evenings and weekends to become part of Venue teams. These Venue Logistics Captains became our eyes and ears and represented us well. The advance planning executed by these personnel allowed us to run a most successful support operation.

To begin the games, many of the volunteer Venue Logistics Captains suddenly found themselves tasked to the Games for a one month period. 11 Supply Tech's from 17 Wing Supply, 2 Sup Tech's and 1 Gunner from Shilo, 2 Sup Tec's and one infanteer from 2 PPCLI and 3 Sup Tech from 17 Svc. Battalion became the backbone of our organization. Two of our venues were run by military personnel on leave.

The remainder of the Logistics team was made up of Dave Carmichael (can you imagine a retired Helicopter Pilot LCol running Logistics) Edna Krosney and Tom Kerr (Traffic/Customs Co-ordinators) Brenda Perreux and Monica Shooski (Inventory Control) and Janet Badiuk (Admin Co-ord). Our Transportation was largely handled by one company, Riverton Transport, who was well represented by one of its employees Kelly Derksen. Kelly handled the day to day movement of materials up to and including the Games. MCpl Gary Ezekiel handled all of the incoming baggage as well as a staff of approximately 60 students, 15-16 years of age. By the way, many of these students were military dependants, so there were other indirect benefits to the Military community. Another 10

staff and 40 students were employed at P1.

The Clothing Issue was done from Shaftsbury Volunteer Centre under the watchful eye of MS Denis Bertrand and from afar WO Steve Dick (DSup, Ottawa). We utilized the Military Clothing Issue Computer program successfully kitting 20,000 volunteers.

The Games came and went. We moved approximately 200 Tractor-trailer loads of Material to 50 Competition and Non Competition Venues all over Manitoba and back to the two warehouses. We utilized 30 CN trailers at sites for storage and 26 Reefers (used to store volunteer food and ice). A fleet of 12 vehicles (5 pickups, 1 one ton, 1 five Ton, and 5 vans) were daily dispatched for small deliveries. We also sited 68 storage containers for countrys' storage at villages. Shipping and return of 54 truckloads of portable bleachers, etc were co-ordinated through the Traffic side. 40,560 cases of water were received and delivered. (For CWO Chasles: yes we probably could have used a Traffic Tech).

I have touched on but a few of the military personnel and organizations that supported Pan Am Games 99, and I don't want to make it appear that the Military was alone in doing this. The civilian firms who donated time and employees, all of the volunteers who worked at the warehouse's and venues, also family and friends who worked behind the scenes in support of us, I salute you all.

Together as a team we did it. Everyone involved played a huge part in making this the most successful Pan Am Games ever. Thank you one and all.

CWO Terry Smith

Anti-smoking drug's side effects subject of survey

by Mitch Gillett
D-News Network

Reports of adverse reactions to an anti-depressant drug used to help people stop smoking has prompted the Canadian Forces to conduct a survey to ensure the drug's benefits outweigh its risks.

The CF Directorate of Medical Policy Pharmacy and Standards plans to carry out the study to help policy makers and health care providers know if Zyban is useful in its butt-out programs.

"We are looking at a drug that we are using as part of our program that seems to be causing a significant amount of harm," said Major Regis Vaillancourt, Director of Medical Policy Pharmacy and Standard. "There seems to be some evidence of adverse reactions to the drug. We have also been getting some reports from our users that there have been some problems. When we have reports like this, our technique to confirm them is by conducting a survey."

"We want to have a close look at this drug to make sure we are not giving our soldiers a drug that will cause them harm. At the same time, we have restricted the use of this drug on operations. If people want to use this drug, then

there has to be some medical support available to them."

The survey will be done in two phases. The first stage of the study involves making contact with CF members who were prescribed the drug. A pharmacist, anti-smoking program co-ordinator or public health nurse at military bases across Canada will do the first part of the study.

Secondly, based on the candidate's willingness to participate in the study and if they report any significant side effects, they will be asked to do an interview with a health-care professional, who will document the adverse reactions.

CF members have the option of participating in the survey. They also have the right not to answer specific questions at any time during the completion of the survey or the telephone interview.

The drug has been prescribed to about 1000 CF members. One CF member was off work for six weeks because of a reaction to the drug. Another was put on sick leave for four weeks and two were admitted to hospital after they had seizures.

Zyban was put on the Canadian market in September 1998, Health Canada's raw data, or unconfirmed reports of the drug's side effects, appear to show minor problems with the anti-depressant. By June 13, 1999 Health Canada had recorded 312 cases of adverse reactions to the drug: 50 cases of seizures, 111 cases of skin rashes and 20 cases of other possible serum-like sickness. Their latest figures show they now have 376 reported cases of side effects linked to the use of Zyban.

Despite some reports of side effects associated with the drug, Health Canada officials remain convinced the benefits of the drug outweigh its risks.

Agnes Klein, a medical doctor with Health Canada who is an expert on Zyban, said there is no reason to believe the decision to use Zyban has been the wrong decision.

"In fact, we feel it has been the right decision. If the trend of using it (Zyban) well continues, there is no reason to believe that there may be any problems with this drug," she said, adding that about 600,000 new prescriptions have been issued this year.

Glaxo Wellcome and Zyban

The Canadian branch of Glaxo Wellcome, based in Mississauga, Ontario, is the Canadian distributor for the drug. Glaxo Wellcome is part of the world's largest research-based pharmaceutical company.

"Zyban represents an important medical advance and is providing Canadian smokers with new hope in overcoming their addiction to nicotine," said Carlo Mastrangelo, Manager, Glaxo Wellcome Public Relations and Communications.

"Zyban is generally well-tolerated. Like all medications, however, it does have some side effects, the most common side effects are dry mouth and insomnia, both of which tend to be generally mild and to disappear after a few weeks."

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"Hello. May I help you, SIR?"

by Capt Myriam Vaillancourt
G4 Ops, 38 CBG HQ

As a military member, I am proud of the leading role Canada has played in integrating women into the Armed Forces. However, this pride quickly vanishes when I call a CF unit and someone answers: "Hello, May I help you, SIR?" This response stops me dead in my tracks. I should note here that I have heard this answer from both women and men, from young people and not-so-young people and that this practice is more common in some environments than others. I have asked them their reasons for answering the telephone in this manner. They have responded that they were trained to answer in this way or that tradition required them to use these words. A young woman even asked me: "How am I supposed to answer, then?" I was flabbergasted. This man-

ner of answering the telephone may seem harmless. The people who use these words undoubtedly do it automatically, without giving it much thought. So let's think about it for a moment.

Imagine how a civilian might react after calling a CF office and getting such a response. It may leave an impression of contradiction with the image the CF are trying to build in the public eye regarding integration, discrimination and diversity within the military. As a professional, I believe that this practice is unacceptable. It reveals the presence of an old-fashioned patriarchal and conservative mindset, which flies in the face of current principles and practices regarding the place occupied by women in the CF. And finally, as a woman, I simply do not appreciate being addressed as "Sir". I would imagine that most men would not appreciate being addressed as "Madam" either!

"Bonjour. Puis-je vous aider, MONSIEUR"

par Capt Myriam Vaillancourt
G4 Ops, 38 CBG HQ

En tant que militaire, je suis fière d'afficher publiquement la position de chef de file que le Canada s'est méritée en matière d'intégration des femmes dans le FC. Par contre, cette fierté se dissipe rapidement lorsque j'appelle une unité des FC et au'on me répond: "Bonjour. Puis-je vous aider, MONSIEUR". Cela me couple la parole à tout coup. Il est à noter que des femmes et des hommes, jeunes et moins jeunes, répondent de cette façon et que cette pratique est plus répandue dans certains milieux que dans d'autres. Je leur ai demandé pourquoi ils répondent ainsi. On m'a dit que c'était la manière dont ils ont été entraînés ou encore par tradition. Une jeune femme m'a même demandée. Oment suis-je supposée répondre autrement? J'en suis restée bouche bée... Cette habitude téléphonique peut sembler anodine. Ceux et celles qui

la pratiquent le font sûrement automatiquement, sans trop y penser. Justement pensons-y un instant.

Imaginez la réaction d'une personne civile appelant un bureau quelconque des FC et qui se fait répondre ainsi. Réflexion plutôt contradictoire de l'image que les FC s'efforcent à transmettre au public en ce qui a trait à la discrimination et à la diversité dans le monde militaire. En tant que professionnelle, je crois que cette pratique est inacceptable. Elle révèle la présence d'une mentalité patriarcale et conservatrice dépassée, allant à l'encontre des pratiques et des principes actuels concernant la place qu'occupent les femmes dans les FC. Et finalement, en tant que femme, je n'apprécie tout simplement pas que l'on s'adresse à moi par "Monsieur". J'imagine que la plupart des hommes n'apprécieraient pas non plus de se faire appeler "Madame"!

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17 WING SPORTS



LIFESTYLE TIPS

Wise way to weight control

CFLRI: The Researchers in Active Living

There is good news for everyone who thinks they have a weight problem—and for those who hope they never will. The short and long of it is ... *physical activity.*

The research in this area tells us a number of important things. It tells us that Canadians who are sedentary or active at only a low level are the most likely to be overweight. Those who are at least moderately active are much less likely to be carrying around unwanted kilos.

Studies also show that many overweight people do not rate physical activity as an important part of a weight-loss or weight-control routine. Furthermore, of those who quickly regain weight after a successful bout of weight reduction, few used exercise to help them lose the weight in the first place.

Talk about a lost opportunity! Physical activity has so much going for it. It offers a wide range of health benefits, and it can be enjoyable, relaxing and rewarding in its own right. And now weight control, too.

To maintain a healthy weight, it's essential to keep physical activity on the agenda. Here are a few tips to help:

Do it daily!—or almost daily. Research shows that people who are active at least every other day are much more likely to be in the healthy-weight range than those who are active less often. *How*

often you're active each week seems to be more important for weight control than *how vigorously* or *how long* you're in motion.

Be creative. Look for ways to include physical activity in your daily routine. Climb the stairs instead of taking the elevator. Choose *active* transportation—bus and walk, cycle commute, etc.—every chance you get. Shun the car wash in favour of old-fashioned "elbow grease." Reconsider your use of other labour-saving devices.

Do what's right for you. If you'll be setting time aside for an exercise class or an activity session like brisk walking or swimming, do things that suit your disposition. Be sure to participate with family or friends if socializing is an important part of the outing for you.

Lose weight, not heart. If you're trying to lose some weight, don't despair. Remember that physical activity increases muscle tone, so you may be gaining muscle while losing fat and inches. Your *weight* may not decrease significantly, but your *body shape* will be improving. Don't rely solely on the scale for signs of progress. Consult your mirror and check the fit of your clothes as well.

Finally, **be patient.** Developing the activity habit, getting fit and losing weight all take time. Don't rush or force things. Look for improvement over the long term, not overnight.

PT class of the month... 1AMS



Summer is sadly leaving us once again, bringing us to a season of different colours and cold weather. This is a time when PT classes are up and running in full swing. The IAMS squadron has been participating in the Rec Center's fitness program for approximately 1 year, of course with summers off. This unit was doing PT once a week, but this year they have decided to turn it up a notch and they have added another class. Well done IAMS,

and hope the fitness lifestyle brings you into the New Year.

Physical activity: Health benefits and costs to health care system

Although Canadians have become more active over the years, moving from almost 80 per cent inactive in 1981 to 63 per cent inactive today, this progress is small comfort as the population ages. Ongoing research by the Canadian Fitness and Lifestyle Research Institute (CFLRI), Canada's watchdog since 1981 for physical activity levels, shows that a full two-thirds of all Canadians are risking their health and quality of life because of dangerously inactive lifestyles.

Moreover, ever increasing evidence establishes not only the link between physical activity and resistance to certain diseases, but also how much being active contributes to better health, improved physical functioning, and increased longevity.

There is growing concern among healthcare professionals, researchers and public policy experts that as our society ages, with "baby boomers" entering their fifties, that the current levels of physical inactivity will hamper the quality of life for the majority of Canadians along with their ability to maintain independence, and place increased demands on an already over-burdened health care system.

The recent restructuring of health care systems in the country and Canada's aging population have put health at the top of the agenda of all governments. Physical activity is one of the easiest and most cost-effective ways to achieve the objective of having a healthier population, physically and mentally.

Promoting physical activity is an investment that increases the well-being of Canadians while reducing health care costs. This investment can bring very significant returns. According to the Economic Burden of Illness in Canada, the total direct cost (drugs, physicians, hospitals, research) of illness in 1993 was \$44 billion out of an overall cost for health care in Canada of \$70 billion. Moreover, the indirect costs such as time lost due to long-term and short-term disabilities, and the present value of future productivity lost due to premature mortality and illness in Canada represents an estimated economic value of \$129 billion, nearly 21% of the GDP. Reducing the number of inactive Canadians by a further 10% would result in an additional saving of \$5 billion.

Cardiovascular Disease
Cardiovascular disease, the num-

ber one cause of premature death in Canada, claims the lives of 79,000 Canadians annually and costs the health care system over \$7.3 billion in direct costs and \$12.4 billion in indirect costs. In 1995, cardiovascular disease accounted for 294,000 lost years of potential life. Regular physical activity reduces the risk of high blood pressure, stroke, and coronary heart disease; the latter by as much as 50%. For ischemic heart problems alone, treatment of which costs the health care system \$2.3 billion annually, each percentage point increase in the number of people that are physically active (i.e. from 24.1% to 25.1%) would reduce annual treatment costs by \$10.3 million.

Cancer

Cancer in Canada has an economic burden (of direct and indirect costs) of \$13.1 billion. Physical activity can reduce the risk of colon cancer by as much as 50%. There were 5,900 deaths in Canada from colorectal cancer in 1997 and an estimated 16,400 new cases. The treatment cost for colon cancer is \$255 million annually; each percentage point increase in the number of people who are physically active reduces the cost treatment by \$407,000. Research also shows that physical activity may protect women against breast cancer. Over 2,300 Canadian women died of breast cancer in 1997 with an estimated 18,400 new cases appearing in that year.

Diabetes

Eleven percent of Canadian women and men over the age of 65 suffer from diabetes, with the disease accounting for over 5,000 deaths annually. Diabetes resulted in over \$1 billion in direct and indirect costs in Canada in 1993. Physical activity can reduce the risk of developing non-insulin-dependent diabetes by as much as 50%. Diabetes is also a complicating factor in heart disease and stroke.

Osteoporosis

One in four women over age 50

and 50% over age 70 will develop osteoporosis. Seven in ten fractures in those over the age of 45 are due to this disease. The risk of osteoporosis is reduced through regular physical activity during childhood and adolescence.

Arthritis

Arthritis affects over 4 million Canadians and is the leading cause of disability in more than 600,000. Musculoskeletal conditions including arthritis account for \$15.3 billion in indirect costs to the Canadian economy annually to which is added \$2.5 billion in health care costs. Regular physical activity improves functioning and relieves symptoms among people with osteoarthritis and rheumatoid arthritis and, in many cases, reduces the need for medication.

Obesity

Physical activity affects body composition and weight favourably by promoting fat loss. Active individuals have a lower risk of being overweight. Obesity increases the risk of coronary heart disease, osteoarthritis, and various cancers. It also increases the risk of back injuries, which are a significant cost to industry. Over half of Canadians carry excess weight and two-thirds of these are considered to be at health risk. Obesity in children and youth increased by over 50% between 1981 and 1988 alone.

Mental Illness

Mental disorders account for over \$5 billion in direct costs to the health care system each year. In 1994-95 there were over 210,000 admissions to Canadian hospitals for mental conditions, accounting for almost 16 million days in hospital. Physical activity may help improve mental health and even prevent some mental health disorders by improving self-confidence, self-esteem and other psychological variables. Physical activity is clearly associated with fewer symptoms of anxiety and depression, is a proven antidote to stress, and has a positive effect on mood.

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MFRC ANNOUNCEMENTS

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

MFRC CHILD CARE CO-OP

Want to be able to go Xmas shopping, attend an Xmas party or just an outing without having to pay a babysitter?

HERE'S HOW!!!

Join the MFRC Child Care Co-op. We're a group of parents who exchange parenting service at NO CHARGE. Basic guidelines, monthly meeting (kids welcome) and membership conditions keep the co-op running smoothly. Members have a military police check done.

For more information contact the MFRC at 459-7003, or Theresa at 832-1209 (evenings).



Christmas Party Season approaches...
Teen Babysitters We Need You!

Parents at CFB Winnipeg will be avidly searching for babysitters to provide care to their children while they are out. If you've been has completed a babysitting course and would like to be added to the MFRC Babysitting list, please drop into the MFRC at 350 Doncaster St. to fill out the required forms. Parents of teen sitters can rest assured that the MFRC teen babysitting list is not for general distribution or posting. Parents seeking sitters must sign a waiver form, while the actual listing gives only the name of sitter, phone number and generalized home address (i.e. North side). A great way to make some money and contribute to your community!

Deployment Emergency Childcare Service



By providing immediate, affordable, regulated childcare in times of emergency, the DEC service supports the ability of CF members to be available for duty, deployment, operations and training. In addition the DEC service supports the family of members tasked out of garrison, by providing back-up childcare services in times of emergency!

- The DEC service is available 24hrs by accessing a paging system at 935-7733. Every effort will be made to secure childcare within an hour!
- The emergency may be the result of an unexpected or short notice deployment/operation/training, where the member does not have sufficient time to implement his/her Family Childcare Plan. An emergency might also arise while the member is deployed and the spouse encounters medical or other problems, which disrupts the usual childcare arrangements and requires immediate alternative arrangements.
- The DEC program also provides general childcare resources to military families and referral to services for community members experiencing a childcare emergency.
- For childcare emergencies arising from deployment/operational related events, **funding has been made available** to fully cover reasonable costs incurred during the first 72hrs and pro-rated partial reimbursement up to a (max) 7 days.
- Call your DECC, Catherine Chatterley, for more information, emergency services or assistance with childcare resources.

489-7003 or after hours emergency 935-7733

New Program

The Military Family Resource Centre is looking into the possibility of starting a Volunteer Pregnancy and Labour Companion Program.

What we need to know is...

Are you interested in becoming a

volunteer for this program?

Or would you like to receive this service?

Volunteer training and time commitment is very extensive.

If this program is of interest to you please phone the MFRC and leave your name and number.

Please call the MFRC at 489-7003
for more information.



Volunteer Opportunity

The Military Family Resources Centre volunteer program is actively searching for new volunteers to fill a wide variety of positions. Volunteering at the MFRC is rewarding, fun and a great way to meet your neighbors. Volunteering is also a great way to learn new skills and polish up those skills that might be a little rusty.

The volunteer program is committed to recruiting, screening, orientation, training and tracking of volunteers. There is also a continuous effort to recognize volunteers for their time, energy and commitment to the MFRC.

If you would like to learn more about the volunteer program at the MFRC please phone Céline at 489-7003, or drop in at 350 Doncaster for your volunteer application.



Childcare Corner

Free Workshops

Presented through the Family Daycare Office, "Becoming Licensed" will provide community care providers with information on Child Day Care regulations and licensing in Manitoba. Find out what services are available and the support offered to care providers. Topics covered will include...an overview of Manitoba Child Day Care, steps to licensing, support to caregivers, financial/subsidy and the role of the provider. There is no obligation to become licensed, and your questions are welcome. Call the MFRC to register your interest, and the best days and time for you to attend.

Attention Parents!

Always a concern for parents is choosing childcare providers for our kids. From babysitters to daycare we leave our treasures with virtual strangers! Join us for an informative evening workshop..."**Choosing with Care!**" Find out what to look for, what to look OUT for and questions to ask. Empower yourself with the knowledge to make informed choices about who is watching the kids. Call the MFRC at 489-7003 to register for Thursday, Jan. 27, 2000 at 7pm. Location is 350 Doncaster St. Childcare is available upon request.

The MFRC compiles and updates a variety of **childcare resource listings**, which are available by stopping by the MFRC during regular working hours. Our listings include:

- * All licensed childcare providers throughout Wpg.
- * Community childcare listings
- * MFRC Drop off childcare schedule
- * Coming in 2000, "The MFRC Daycare"
- * Long term childcare services
- * Extended hour Childcare resources
- * 24 hr Childcare and Health support services
- * The Teen babysitters list

Calling all childcare providers!

All community childcare providers (licensed and unlicensed) are welcome to advertise at the MFRC. Your advertisements should be on a 8 1/2 x 11 page and outline your range of childcare services including location, hours of service and contact numbers. Many Military Families are looking for care with extended/flexible hours to accommodate early timings and operational commitments. Drop-off or fax your ad to the MFRC at 350 Doncaster St. fx 489-8587. Your ad will be placed at all three MFRC locations ensuring accessibility to our entire community.

The MFRC is dedicated to supporting quality care for Military Kids!

17 Wing Library Community Centre Unsung heroes in our midst

by John Myers
Librarian, 17 Wing Library

Recently, I received a phone call at the 17 Wing Library asking if we would accept a donation of the book, "Paths to Freedom" by Bob Kellow. The caller went on to inform me that flight Lieutenant Kellow was a participant in several Dam Busters operations during WWII. I had heard of the Dam Busters, as there had been a movie made about them. This information certainly perked my interest, as up to this point I was not familiar with "Paths to Freedom" by Bob Kellow.

The individual who had called and later came to the library was

Mr. George Waters, who was also the coordinator for the publication of Paths to Freedom. Paths to Freedom is a book about, "Bob Kellow, a member of the famous RAF No. 617 (Dambusters) Squadron, who had to parachute out over Northern Holland on September 16, 1943, and escaped through Holland, Belgium, France and over the Pyrennes Mountains to Spain and Gibraltar. He was back in England within twelve weeks from when he landed in Holland. Paths to Freedom is the detailed and intriguing story of the many people in the Underground Movement and other citizens who bravely assisted Bob Kellow and other members of the Allied Forces in World War II to escape."

As Mr. Waters and I chatted, he told me of his meeting with the Princess Royal when she was here in Winnipeg during the Pan Am Games this past summer. At her request, Mr. Waters sent two copies of Path to Freedom to her in England. Mr. Waters has graciously signed and donated to our library in memory of Bob Kellow a copy of "Paths to Freedom" by Bob Kellow. A copy of the letter received by Mr. Waters that acknowledged the receipt of the books at Buckingham Palace has also been donated to the 17 Wing library.

To my surprise, during our conversation I learned that Mr. Waters and F/L Kellow's remaining family live within walking

distance of 17 Wing Winnipeg. It caused me to wonder how many other people who live in our area are unsung heroes? I could have and possibly did pass these people on the street and I was never aware of who they were or what they have done for our country.

In a few weeks we will be celebrating Remembrance Day across Canada, to remember our veterans and our unsung heroes as a nation. We are making new hero's around the world daily, our men and women on UN Peacekeeping duties. Have you

ever given thought to what that UN Medal on their uniform means and represents?

To know the full story of Flight Lieutenant Bob Kellow, DFM (RAAF), Paths to Freedom may be obtained from either the bookstore Chapters or from the Western Canada Aviation Museum here in Winnipeg. Paths to Freedom only costs \$9.95. Also a copy of Paths to Freedom is now available at our Library for your reading pleasure with many other biographies of unsung heroes.

Air force suspends CT-133 operations

Winnipeg - The air force has ordered the temporary cessation of CT-133 operations as a precautionary measure until new ejection limits for the aircraft can be defined.

The decision follows the latest in a series of tests the air force has been conducting at the Aerospace Engineering and Test Establishment (AETE) at CFB Cold Lake, intended to identify possible problems with the operating envelope for the CT-133 ejection system. These tests have focused on the aircraft's minimum ejection limits - ground level and approximately 130 km/hr - conditions encountered during the takeoff and landing phases of operations. Although no Canadian forces pilot has ever ejected at the limits in question, the safety of our aircrews is paramount.

The ongoing tests were also the impetus for a decision three weeks ago to restrict from flying, those CT-133 aircrew members who weigh more than 80 kg (175 lbs). The most recent testing conducted at AETE indicates that these weight restrictions alone are insufficient to ensure the safety of a crewmember ejecting at minimum limits. Accordingly, the air force will be re-evaluating ejection limits through further analysis and testing.

The CT-133, commonly known as the T-Bird, participates in electronic countermeasures and target force training for air force, army and navy units and conducts practice intercepts for aerospace controllers as well. However, it is not assessed that the current restrictions will have an impact on the ability of the

Canadian Forces to conduct operations.

The T-Bird has been in service with the Canadian Forces since 1953 and was the primary jet training aircraft until 1974. The ejection system in use was installed in the early 1970s. The 27 active T-Birds are located at the air force bases in Comox, B.C.; Cold Lake, Alta; Bagotville, Que.; and Greenwood, N.S.

The fleet is currently scheduled to be retired in early 2002.

For further information, please contact Capt Laurie Kannegiesser at (204) 833-2500, ext. 6688. After hours calls should be directed to the duty operations officer at extension 2650. Please ask to be transferred to the duty public affairs officer.

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Parental Guidance, may offend some

Don't Forget To
Be Safe This
Halloween!

WHAT'S HAPPENING

Grace General Hospital Auxiliary Christmas Bazaar

Date: November 3, 1999
Time: 10:00 a.m. to 2:00 p.m.
Place: Hospital Auditorium
Luncheon: 10:30 a.m. to 2:00 p.m.
Cost: \$5.00

CERAMIC CLUB

Westwin Community Centre
Building 33, Whytefold Road by Building 90
Hours of Operation are
Monday - Thursday - 6 - 10 p.m. Office closes at 8:00 p.m.
Club 833-2500 Loc 2496

Looking for something new or different. Why not join the Ceramic Club?
Adult beginner classes are Wednesday.
Children's classes will be on Tuesday's 6:30-8pm, 10 year - 16 years.
Looking for something unique to give to that special someone, or even for your own home, we will help you find that unique idea.
Anyone interested in joining or dropping by to see what we are all about, telephone June 888-6059 or Marilyn 889-0571, for more information on times and costs.

Come help us celebrate

OUR 25TH ANNIVERSARY FAMILY NIGHT

November 3, 1999 - 6:00 PM to 10:00 PM

- Free admission • Skyways
- Spaceways • Refreshments

Sorry our earlier scheduled Open House was cancelled (oops!)

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For more info contact Carla at 2059

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Commencing 4 Oct 99
Mon, Wed & Fri 1200 - 1300 hrs
Cost: \$35.00 per month or \$4.00 Drop-in Fee
(must have a Military or 17 Wing Rec Card)
For more info contact Carla at 2059



Saturday, October 30, 1999

St. Vital Legion Branch 16
Upper Hall, 554 St. Mary's Rd.

8:00 p.m. - 1:00 a.m.

Prizes for Best Costume

Music Man • Light Lunch

\$5 Members • \$8 Non-Members

For Tickets Call 934-0111

17 Wing Recreational Library

Westwin Community Centre Building 33, Whytefold Road by Building 90

Reading Corner

Opening Hours: Monday 3-8; Tuesday 9am-8pm; Wednesday 3-8; Thursday 3-8

Telephone 833-2500 loc 2490

Fiction and non-fiction books in both languages. Your PLCC card once, is all you need to sign out books. We have Internet and photocopy access. Interloan Library system between North (Recreational Library) and South side (MFRC) will be in effect November 1999. Any registered Patron of the Wing Recreational Library, can now have books for pickup at the MFRC (South side) and books you want from MFRC can now be picked up at Recreational Library (North side). Not registered yet, no problem- a member of the Wing Recreational Library will be at the MFRC Tuesday afternoons from 3:15-4:15 to register.

How this works is you call us for our books or MFRC for their books, and we will endeavour to find the books you request. Books will then be sent either to MFRC or Recreation Library and you can sign for the books. There is a voice-mail on the Recreational Library Telephone, you can leave your request and contact number and we'll be in touch with you. **Drop by and check us out.**

JUDO - The Gentle Way

Judo is a martial art that may be safely enjoyed by all. It is a great way to get in shape, a method of self defence and a sport. Judo is meant to be a form of mental, physical, ethical and spiritual training. The exercises and philosophy of Judo work to improve the state of all four aspects of a person and can be applied in daily life. As such, the development of courtesy and respect is an integral part of judo.

Kodokan Judo is a martial art that resembles the fighting methods of jujitsu and aikido in its use of twisting and throwing techniques, and in its aim of redirecting an attacker's momentum against himself. Kodokan judo is based on the traditional jujitsu of old Japan, with the techniques of the latter re-examined, refined, systematized, and wedded to an ideal of efficient use of mental and physical power.

17 WING JUDO CLUB PARTICULARS:

Location: Westwin Community Centre Building
33 Whytefold Road CFB Winnipeg (NORTH)

TIMES:

Mondays: Youth: 7:00 - 8:15 pm. Adults: 7:00 - 10:00 pm
Thursdays: Youth: 7:00 - 8:15. Adults: 7:00 - 10:00 pm
Start: Thursday, September 23, 1999
End: To be determined, normally end of May

UNIFORMS:

Judogi (uniforms) are the responsibility of the member (sweat suit may be used for the first two or three classes):

CONTACTS:

Norbert Pachet: Club Co-Chair (204) 774-0454
or e-mail npachet@rrc.mb.ca
Don Hunt: Club Co-Chair/President (204) 489-9090
or e-mail dhunt@escape.ca



1999 Remembrance Day Poster

Veterans Affairs Canada (VAC) officially unveiled their 1999 Remembrance Day Poster during a very special ceremony which was held at the Deer

Lodge Centre on October 14, 1999. VAC reserved the honour of unveiling the poster to representatives of four groups, a First and Second World War veteran,

a Korean War veteran and a Peacekeeper. Cpl Ten Durdin, from Wing Imaging, was selected to represent all peacekeepers for that event.



Each year VAC produces a new Remembrance Day Poster in honour of Canadians who participated in the First and Second World Wars, the Korean War and in peacekeeping operations. VAC's theme for this year is "A Century Of Valour".

Photo by Cpl Rob Leboeuf



Lunch time at the MFRC Family Day September 18, 1999

Toy Lending Library

LIBRARY HOURS

Friday 9:00 am - 2:30 p.m.

The Library has also added computer CD games for ages 18 mths to 6 yrs. Come check it out.

Membership is only \$10 a year.

For more information, please call 489-7003.

BINGO : Every Mon - Wed - Friday at 7:30 p.m.

Early Bird starts 7:00 p.m.

CRIB NIGHT : Thursdays at 8 p.m.

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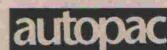
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