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17 Wing members serving in Kosovo

By Brad Bird

Brad is a Winnipeg freelance writer touring former Yugoslavia, meeting with Canadian soldiers, and has offered his stories to the Voxair

DONJA KORETICA, KOSOVO — Lieut. Navy Sherman Hinze, 35, sits behind a wooden desk in a large facility called the KROW's Nest. That stands for Kosovo Rotary Wing Aviation Unit, and it's playing a key role in helping restore peace here.

"Here" is 40 kilometres west of Pristina, the capital of Kosovo. "Here" is in the heart of a troubled land of two million people that is the home of Winnipegger Hinze and four others from 17 Wing, at least

until they return to Manitoba by June 15.

That's when the Canadians are planning to have pulled out, Commander Ivan Fenton said in a recent interview.

Leading Seaman Fritz Cote, Cpl. Doug Bumsted, Cpl. Dave Hall and Cpl. Colleen Wright are also serving here in ASF, Airfield Security Force.

Hinze, with papers piled high near his computer, is in charge of the ASF which is responsible for the security of eight Griffon helicopters and the camp as a whole.

"The choppers are used for reconnaissance and recce," he says. They fly up to 480 hours a month, 60 hours per machine or

two missions daily on average. These missions do everything, from ferrying troops to areas to confiscate weapons to riding shotgun for troops helping buses filled with Serbs avoiding rock-throwing people.

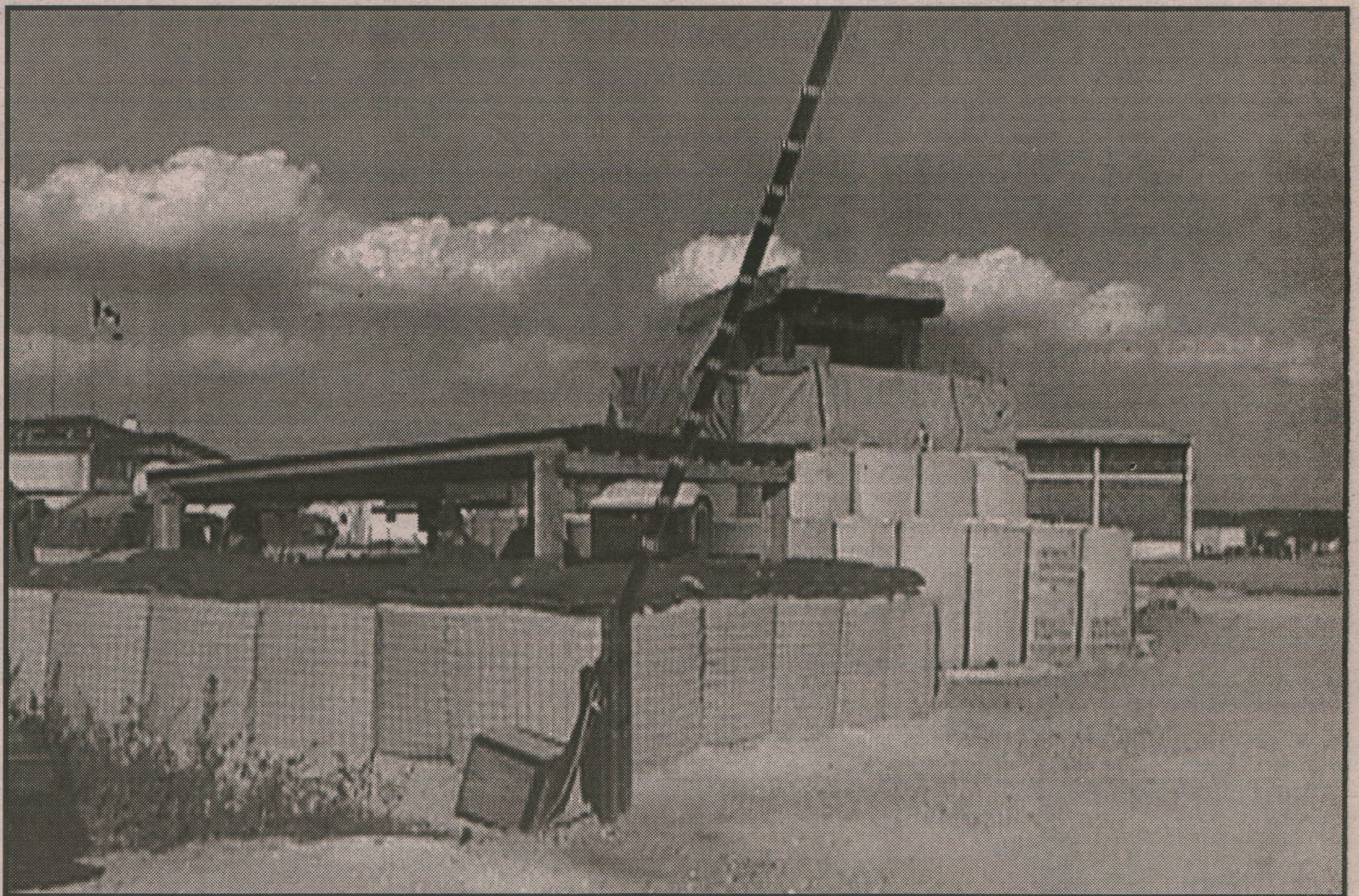
ASF has 30 soldiers, and sometimes the work is a little tedious, Hinze admits. There have been no serious incidents.

"You're doing gate guard duty and if there's nothing happening in the area it does tend to get tedious at times." Being in the centre of Kosovo, the 1,400 Canadians are surrounded by others such as the French and Americans who create a buffer zone against trouble.

"I enjoy it. It's a great experience. We're a valuable resource to the locals here because they're always coming up to the gates asking for assistance. Anything you do for a little child makes you feel good," said Hinze. "We get them medical aid."

The others, he adds, are also doing well. But Master Seaman Dennis Biden was returned to Winnipeg in January after falling from a ladder and injuring his hand.

Hinze misses his wife, Sandra, and three children. "I'm doing fine over here. Time is long without you. I'll see you in April when I go on leave."



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VOXVIEWS

Smart satellites making US military 'smarter'??

by Major CM Walton-Simm
Managing Editor

The US military receives many billions of dollars annually by their Congress. We are all familiar with the vast differences in equipment, infrastructure armaments between the US and Canadian militaries and often we look on in envy when working side by side. But here's something, discussed freely on one of the US military's web-sites, that I'm not too envious about...

One of the Pentagon's latest costly projects is the invention

of an implanted microscopic brain chip that will link its military officers with an array of orbiting satellites, collectively called 'the IIC'. This project is reportedly very near to being completed.

The satellites receive and transmit a wide range of data related to possible 'enemy' actions and strategies. The brain chip enables anyone having it to interface directly with the IIC. It also can create a computer-generated mental visualization of a selected 'battlespace' into which the user can place himself/herself,

without the need for a computer or any other device, such as a special helmet.

The IIC-brain chip system gives the user the capability to monitor global activity, analyze developing situations, monitor and control the battlespace, assess battle damage, and conduct reconstitutions. Tactically, it offers battlespace situational awareness by conveying in-time enemy and friendly information, giving decision-makers and analysts the ability to coordinate, respond to, and execute battlespace operations.

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Wow! What a concept, so glad we don't have enough billions to pursue such a tool!!

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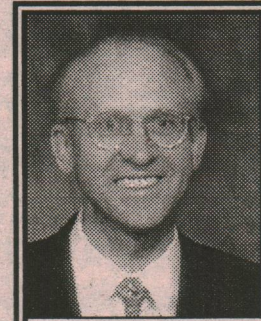
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435 Squadron

Op Palladium and 435 (T&R) Sqn

by Lt Serge Laurin

Although the war in the Ex-Yugoslavia is officially over, many operations are still under way. Many NATO countries, which Canada is a part of, have personnel in this country struggling to rebuild itself. 435 Sqn's role is of significant importance to this operation. We fly twelve or thirteen sustainment missions to Zagreb (Croatia) and to Skopje (Macedonia) every year in support to this operation.

To the aircrew, these operations mean a chance to do our part to help the Canadian Battle Group and the construction engineers working in the for-

mer Yugoslavia. But it also means that we will get to see many different places over a period of seven or eight days. I flew the typical mission into Skopje in mid-January and the following is mostly how everything goes.

As a new OJT navigator on squadron, this was my first real transport experience. All along the trip, I couldn't help but notice the synchronicity of every member on the aircraft. By the time the pilots and navigator got back to the CC-130 from flight planning, the FE and loadmasters would be done setting the plane up and be ready for another haul. Our first day, we left Winnipeg and

flew to Trenton to pick up the load that was to be brought to Macedonia and we made it as far as St John's that day. After a good rest, the crew was ready to cross the pond to Lynham, England. This flight would represent seven hours and give us the next day to rest. Well rest we did while visiting the English town of Bath. For my first experience in England I must say I was impressed by the English culture and what they had to offer. Personally, I visited two thousand year old baths the Romans built during their ruling of what is now England.

Now that we were well rested, Skopje was the next stop on our

agenda. This stop would prove to have an excellent ground crew composed of Canadian and French personnel that allowed us to turn-around within one hour. Due to the nature of the area we made it to Aviano, an American Air Force base in Italy to rest for the night. The Canadian contingent of MAMS there had a load for us to bring back to Trenton so our trek back home began. We flew to Prestwick in Scotland before crossing the pond once again. I must admit that this is where I had my best meal of the entire trip. From that point we came back on our steps all the way home. I must say that this chance I was given to "tag" along with the crew and more importantly the navigator made me see and



appreciate the concept of crew cooperation and management. I also learned many little facts like this interesting one: We had just passed Thunder Bay only to see Atikokan, Fort Frances, Ignace, Dryden and Sioux Narrows all at once. That represents an area of over 40 000 square kilometers, which just blew me away. Little bits of learning like this example are what makes our job so interesting.

4 Platoon year of training

Pte Swetlishoff D. W.
B-coy 4 PL

Once again 1999 was a vigorous training for 4 PL. The year began with a deployment to NTC at Fort Irwin California. 4 PL, along with the rest of B Coy, served as OPFOR killing and harassing the BLUEFOR. Overall the PL did extremely well and was given an excellent A.A.R. At the conclusion of the exercise, 4 PL was given weekend leave in Las Vegas. The time off in Las Vegas was enjoyable to say the least. However few soldiers returned home with their field pay. 4 PL training did not end with the re-deployment from NTC. The spring of 1999 proved to be challenging. 4 PL deployed for exercise at

CFB Shilo and CFB Wainwright. The highlight of these exercises were the live fire ranges. The soldiers were given the opportunity to demonstrate their abilities in realistic scenarios.

With the summer months approaching 4 PL was tasked

challenge and assisted the games organizers to ensure a

Shilo was the host for exercise Autumn Ram. The training

live fire range above combat team live was educational for the PL. Also the 10th Mountain Division joined the battalion for the exercise. They enjoyed our food and canteen but the chilly fall weather, 10-15 degrees Celsius, seemed to be a little harsh for their southern blood.

With 1999 coming to a close PCF courses began to start up. 4 PL was given the opportunity through a wide variety of courses to gain advanced training for numerous soldiers.

All in all 1999 was a challenging and rewarding year for 4 PL. A wide range of training was conducted and 4 PL performed superbly through out. With 1999 behind us, 4 PL is looking forward to a new year of training and deployments.



Photo: Cpl Moran Fik
NTC Trg

with a new mission. The Pan Am games were engulfing Winnipeg and all available resources. The PL met the

smooth and successful event. As in the spring, the fall was another period of deployment for 4 PL. Once again CFB

built up to culminate in a brigade live fire range. The opportunity to participate in a

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The Supply Line

by Maj D Miller
WSupO

What ever happened to 9 to 5?

It looks like a top-heavy fraction whose value is a bit larger than Pi. But to trend watchers, the expression "24/7" has worked its way into the language as an abbreviation for a clock-defying world where financial markets run continually, news channels promise never-ending headlines, and the military keeps vigilance.

Log on the *Slate*, Microsoft's online magazine, and you'll find a section called "24/seven" that contains columns and e-mails to the editor. Redbook magazine had "24/7" for quick recipes and lifestyles tips. United Airlines has used it in an advertisement.

Figuring out how 24/7 became popular, though, is almost a 24/7 proposition in itself. Experts agree that it probably originated with people under 30. It began as kind of a Generation X term to describe the Internet. It was thought that a lot of older people had tried to capture this catch phrase with symbols and logos, but they missed it.

In a world where speed counts, syllables are precious. It just takes too long to say "24 hours, 7 days a week", so it is abbreviated. Britannica.com, the online arm of the Encyclopedia Britannica, says that in the Web world, 24/7 is the shorthand version of saying, "we're live all the time."

Is it written 24/7 (with numbers separated by a slash), or simply the consecutive digits 2,4, and 7? 24/7 is the way it should be written but on the Internet the only punctuation is a dash.

Dictionaries have yet to take note of 24/7. Not even Microsoft's new *Encarta*, which has entries for 'twenty questions' and 'twenty-twenty,' defines it. Neither does the monumental Random House Historical Dictionary of Slang; its third volume, covering entries from P to Z, has yet to be completed. The project editor recently stated that he had not reached the T's, but 24/7 was certain to be included. He furthered that the definition will probably be something very simple like "constantly". It doesn't mean 24 hours a day, seven days a week. It refers to things

that can't literally be 24 hours a day, seven days a week. We have an example like running a vacuum cleaner 24/7 for two days in a row - not possible. If you had an example like, "He was happy 24/7" or "He worked 24/7," you'll never know if that's absolutely literal. It probably means "most of the time."

Not to terrified executives who dread having to deal with round-the-clock customer complaints and concerns. Sociologist Stephen Bertman maintains that the "social speedometer" has continued to climb in the 1990s. We are now nearing a velocity called "warp speed". He says that "it is one that can, if we are not wise enough or strong enough, warp the fundamental nature of our lives." It may be too late.

Right now, 24/7 is defined as when people are sitting at a computer, but the Palm VII and interactive television are coming. Right now the Internet is a place you log on to. It's going to become like a dial tone, all pervasive. That will be real 24/7.



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VOXBACK

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January, 2000

I felt sad as I read the article in the Voxair about the child care centre. Just the title (A Day at the Centre as an Infant), was disturbing. As I read on I discovered that babies as young as six months are left there, and in some cases, their parents have been arranging to have a place to leave them since before they were even born. There was nothing funny in the article but I couldn't help but chuckle as I read that the babies at the centre have a primary care giver so they will be able to "develop a bond of trust". I submit that the primary care giver should be one of the people who decided to create and bring the child into the world.

Of course, people give many reasons as to why they can't do things any other way than dropping their pre-school age children off every day for someone else to take care of. They state all kinds of positive things that their child is getting out of being in daycare, because it takes the focus off the fact that they are not putting the effort into being the ones that provide these things. They say they can't afford to have one parent stay home with the child. Rarely is this true. They get very angry and defensive if anyone criticizes them on this point. That defensiveness says it all. Very few families have absolutely no choice on this matter, although there are certainly some that don't. Most have just convinced themselves

that they don't. Every situation has options if people are willing to make the effort.

It's interesting that people will find a way to get something that they really want. They'll adjust schedules, do things a little differently, adjust budgets and do whatever it takes to have what they desire. Except when it comes to the most serious business of being there as the primary caretaker of their own children. It can be done if people decide that it is important enough. Priorities need to change.

M. Nielsen

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Emergency response symposium held at 17 Wing

Photos by 17 Wing Imaging



Above: Col Watt welcomes delegates to 17 Wing.



Right: Military representatives receiving presentations

Senior representatives from Winnipeg area Emergency Response agencies spent the morning of 13 December, 1999 on 17 Wing to participate in a symposium aimed at improving military-civilian cooperation in responding to various types of emergencies. Numerous 17 Wing sections were represented in this meaningful dialogue which improved relations with the RCMP, Winnipeg Police Service, Winnipeg Emergency Response Services (Fire and Ambulance) and the Winnipeg Airport Authority. The symposium was a great success, and we can look forward to more frequent opportunities for military-civilian cooperation in future exercises and other activities.

The Canadian Forces and 17 Wing in particular take great pride in the many ways in which we have helped out in times of crises, such as the Great Flood and the Ice Storm. Positive inter-agency relations, stronger professional ties and improved person to person contacts will enhance the effectiveness and speed of response whenever there is a crisis or need for the many skills and capabilities that 17 Wing possesses. Working together to respond to the unexpected needs of people in crises - to save lives or reduce suffering - has long been a source of satisfaction and pride to our personnel, and reason why we are here.

Un nouveau médicament facilite la lutte contre la grippe

- L'édition Nouvelles

(EN)—Juste au moment où les Canadiens se sont finalement débarrassés du bogue du millénaire, un autre bogue envahit le pays : le «bogue» de la grippe. Il se promène de ville en ville, frappant souvent sans prévenir ou presque. Encore tout récemment, la seule chose qu'on pouvait faire lorsqu'on attrapait la grippe, c'était de rester au lit pendant un bon moment. Mais à présent, la situation est différente grâce au lancement de Tamiflu® sur le marché canadien. Tamiflu® est la première gélule facile à utiliser, qui lutte contre toutes les souches courantes du virus de la grippe.

Auparavant, les personnes atteintes de la grippe devaient compter sur les médicaments en vente libre, qui ne faisaient que dissimuler les symptômes de la grippe. Toutefois, avec l'homologation de Tamiflu®, les Canadiens disposent désormais d'un moyen plus facile et plus efficace de lutter contre la grippe. Tamiflu® est un antiviral vendu sur ordonnance qui cible le virus de la grippe et bloque sa réplication et sa propagation. Un avantage clé de Tamiflu® est qu'il s'administre par voie orale, ce qui rend son utilisation pratique et facile. Pour obtenir les meilleurs résultats, il faut prendre Tamiflu® dans les 48 heures suivant l'apparition des premiers symptômes.

Comment savoir si on a la grippe?

Pendant la saison de la grippe, les Canadiens doivent être très prudents afin de ne pas s'exposer à la grippe, en particulier lorsque la prolifération de grippe sévit dans les régions avoisinantes. Toutefois, si la grippe frappe, il est difficile d'y

échapper. Contrairement à ceux du rhume, les symptômes de la grippe se manifestent subitement, normalement par l'apparition soudaine de fièvre (37,5 °C ou plus), puis de frissons, d'une toux sèche, d'un mal de gorge, de congestion nasale, de maux de tête, de fatigue ou de douleurs musculaires.

Atteinte de la grippe, Tracey Azzopardi a tout de suite su, en décembre dernier, que c'était la grippe qu'elle avait attrapée. «Quand j'ai eu la grippe, je ne me suis jamais sentie aussi malade. J'avais une fièvre de 40 °C et j'avais mal partout. J'avais mal à la tête, je toussais et j'étais congestionnée, explique-t-elle. Mon médecin m'a suggéré de prendre Tamiflu®, et après un jour de traitement, j'étais capable de me lever et de me déplacer. Trois jours plus tard, je retournais travailler.»

La grippe est une maladie grave. En fait, elle est susceptible d'entraîner des complications qui peuvent exposer les personnes atteintes de la grippe à des infections telles que la pneumonie, la bronchite et la sinusite. Chaque année au Canada, jusqu'à quatre millions de personnes attrapent la grippe, 75 000 en moyenne sont hospitalisées et 6 000 à 7000 décèdent des suites de la grippe et de la pneumonie.

«En raison des complications graves que peut entraîner la grippe, les médecins et les patients sont enthousiasmés par l'homologation de Tamiflu®, et nous sommes heureux que Tamiflu® soit désormais offert aux Canadiens», a déclaré le Dr Len Walt, directeur médical chez Roche Canada. «La grippe est une maladie grave qui peut

avoir des effets dévastateurs sur la population. Grâce à sa posologie exacte et pratique, Tamiflu® va révolutionner le traitement de la grippe au Canada», a poursuivi le Dr Walt.

Connaître les signes et les symptômes de la grippe, établir un diagnostic rapide et rechercher un traitement médical dès l'apparition des symptômes aideront à soigner la grippe plus rapidement et à remettre les patients plus vite sur pieds.

Pour plus de renseignements sur Tamiflu®, la grippe et la prolifération de grippe, consultez le site Web à www.flupill.com, composez le 1 888 FLU-PILL ou regardez le bulletin sur la grippe *FluReport*, diffusé sur la chaîne météorologique *The Weather Network*.

FAITS SUR LA GRIPPE AU CANADA

- (EN)—Chaque année :
- la grippe touche jusqu'à quatre millions de Canadiens;
 - elle entraîne l'hospitalisation de 75 000 Canadiens en moyenne;
 - environ 6 000 à 7 000 Canadiens décèdent des suites de la grippe et de la pneumonie;
 - on estime à plus de 500 millions de dollars le coût de la grippe pour l'économie et le système de soins de santé canadiens; ceci s'explique par l'absentéisme scolaire et professionnel, les coûts des remplacements et des heures supplémentaires, les coûts des consultations à l'hôpital et les coûts de l'assurance-maladie.

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WOR customer service

First of all, we would like to take this opportunity to thank everyone who participated in completing the Client Survey. To address concerns that were identified in the survey regarding the Wing Orderly Room and Cashier services, the following is published for your information. Some of the information was previously published in Routine Orders. Also, more information about the Client Survey results will be made available in a future VOX-AIR article.

1. In an effort to improve WOR Customer Service, the following procedures have been implemented:

a. Mon to Fri - 0830 to 1200 hrs, walk-ins and queries; and

b. Mon to Fri - 1300 to 1500 hrs, appointments only.

NOTE: During the period 1200 to 1300 hrs, the WOR staff is limited to the Duty Clerk. Customers who require service during the lunch hour will be given the option of waiting for the WOR Duty Clerk, booking an appointment, or returning the next morning.

2. A Receptionist, located at the front of the WOR, will ensure walk-in personnel are served in an equitable manner. All personnel must report to the receptionist upon arrival to be signed in and then asked to take a seat in the waiting area. As soon as a cell clerk is available, he/she will take care of the next customer on the list, regardless of the cell that the member is from (ie: Capt Smith could be assisted by the cell clerk from A to L (cell 1) or M to Z (cell 2) depending upon which cell clerk is available). The receptionist will take you to the next available clerk.

3. To help WOR staff in their efforts, we ask that customers minimize telephone queries during the afternoon. It is very difficult for all concerned to focus/complete appointments when there are frequent interruptions caused by telephone queries. If you phone and there is no answer, please leave a voice message so someone can get back to you. To book an appointment or for general queries, please call the reception desk at local 5038.

4. Due to the length of time required for processing, it is recommended that the following tasks be completed by appointment. This can be done by calling the receptionist at 5038:

a. House Hunting Trip bookings (HHTs);

b. Moving Expense Claims (although the IRP will reduce the requirement for such claims, WOR staff still process claims for non-MOC qualified members);

c. Real Estate/Legal Fees/House Sale/Bridge Financing Claims (for members governed by previous regulations only);

d. Movement of Furniture and Effects;

e. posting loans;

f. out routine;

g. DAG prior to attach posting;

h. change in marital status;

i. maternity;

j. finalize TD claims;

k. complex pay inquires; and

l. all release functions.

5. The following services do not require an appointment:

a. pay queries of a general nature (if the member has provided the WOR with a "PIN" access code to be placed on their pay account, they can have their pay question(s)/issue(s) resolved by phone);

b. general records/leave queries;

c. changes to allotments/banking;

d. in routine;

e. screenings;

f. PMQ request/acceptance;

g. Separation Expense Claims (high or low rate);

h. pick up personnel files; and

i. Leave Travel Allowance (LTA) claims.

6. The following phone numbers are provided to assist you when calling the WOR:

a. Receptionist - 5038

b. WOR Supr - 5654

c. A - L Cell

Supr - 6281
2 I/C - 5029
Cell Clerks 6756/2159

d. M - Z Cell

Supr - 5085
2 I/C - 6746
Cell Clerks 5821/5570

e. Release Cell

A - L 5578
M - Z 6760

f. Docs Cell

A - K 6934
L - Z 6935

CASHIER SERVICES

1. In an effort to improve cashier services for 17 Wing and 1 CADHQ personnel, the following hours of operation have been implemented:

a. 17 Wing Cashier - Mon to

Thur 1000 - 1400 hrs. Fri - Closed to allow data input for satellite units in Saskatchewan and Ontario. However, 17 Wing personnel may obtain cashier services from 1 CADHQ Cashier if required; and

b. 1 CADHQ Cashier - Mon to Fri 1000 - 1400 hrs.

2. It has become increasingly apparent that many members are incurring financial difficulty when they are unable to finalize their TD claims before their AMEX bills are due for payment. The following information will outline the options available to members of 17 Wing to prevent such situations.

3. Advances. All members may obtain an advance prior to departure on TD. Members must be in possession of a valid ID Card, authorized DND 99 Travel Order and Claim, complete form DND 432 Request for Accountable Advance of Public Funds and present all three documents to the Cashier. This procedure applies to all members, whether they are AMEX cardholders or not.

4. Claim Finalization by Cheque. This service is available, on a case by case basis, with the approval of the W Pers Admin O. It would apply in the following situations:

a. when the AMEX bill, listing

relevant charges is received and the claim will not be finalized and processed by Direct Funds Transfer (DFT) before the charges are due;

b. when the member is required to proceed on multiple TD trips and will be away from his/her unit when the AMEX bill is due; or

c. exceptional circumstances.

In all of the above situations, supporting documents must be presented - such as the AMEX bill, TD schedule/forecast or other documentation that may be appropriate.

5. Units are reminded that DFT will remain the primary method for claims finalization; the procedures listed above are designed to prevent financial hardship and are not, to be construed as a way to by-pass the DFT system. It is still the member's responsibility to take all reasonable steps necessary to finalize his/her claim(s) as expeditiously as possible.

6. Recovery Period. The recovery period is approximately 30 days from the recovery date on the claim. Member must submit and finalize the claim by this date or the advance will be recovered.

7. Further information may be obtained from the Head Cashier at loc 5084 or Sub Cashier at 5335 (WHQ) or 1 CADHQ Cashier at loc 5456.

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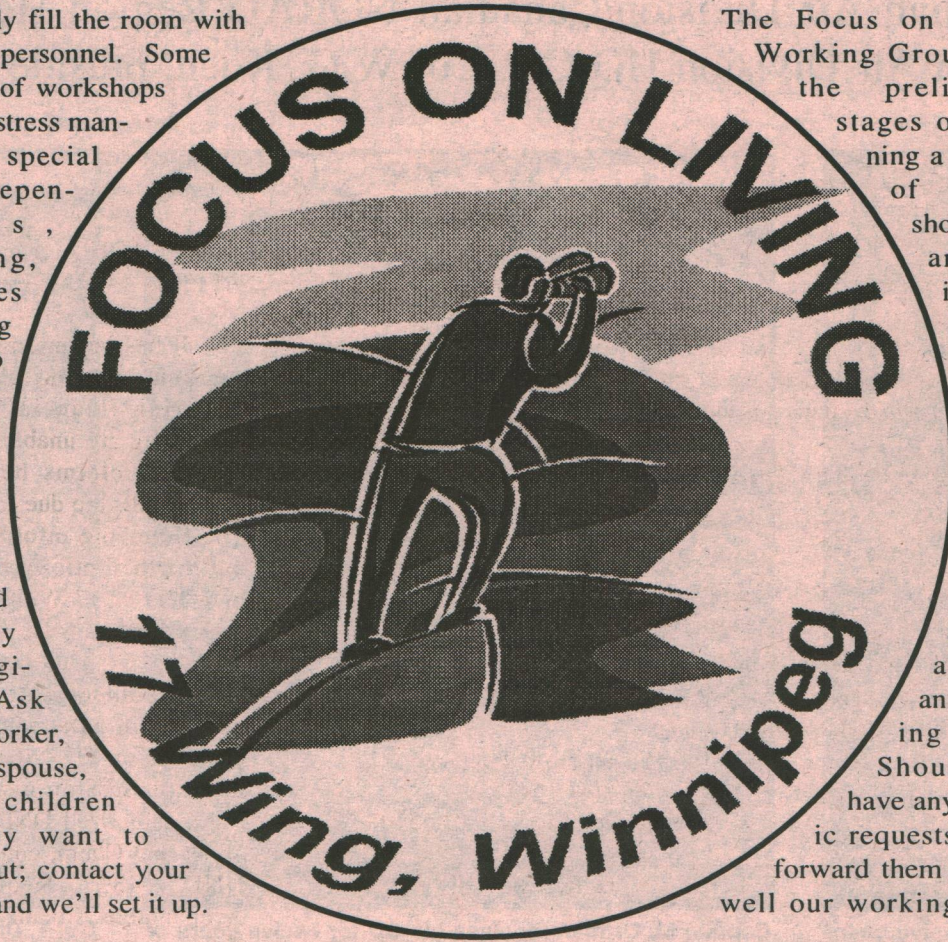
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17 Wg Focus on Living

We are the 17 Wg Focus on Living Working Group. We are a sub-committee of the Quality of Life Working Group. Our main focus is to provide workshops, education and information to all members of 17 Wing and their families. This information is intended to enhance the knowledge and hopefully the lives of all individuals and units who afford themselves of these learning opportunities. The workshops can be customized to the needs of individual units or the population at large. As a member of a unit, any individual can contact their OPI about a topic of interest. The OPI in turn will contact us, the Focus on Living Working Group, then we take it from there. We do all the organizational work of contacting the speaker/booking rooms/obtaining literature.

You simply fill the room with interested personnel. Some examples of workshops might be, stress management, special needs dependants, budgeting, what does Winnipeg have to offer, or seasonal programs. The possibilities are limited only by your imagination. Ask your co-worker, ask your spouse, ask your children what they want to know about; contact your Unit OPI and we'll set it up.



The Focus on Living Working Group is in the preliminary stages of planning a full day of workshops. We are hoping to hold this mid-May, further information will be available in an upcoming issue. Should you have any specific requests please forward them on. As well our working group

has purchased many self-help books which will be held in the 17 Wing Library on a long-term basis. Some examples of reading, which will now be available, are Enlightened Stepmother, Potatoes not Prozac, prescription alternatives, Dance of Anger and many, many more. There will be something for everyone.

When you wish to contact the Focus on Living Working Group you can either contact your Unit OPI or should your Unit not have an OPI, contact one of the following people and we will be more than willing to assist. Sgt M. Rockwood 5497, Sgt M.A. Simm 5780, Cpl S.J. Trapnell 6750 or Capt C. Sherman 5121; the use of e-mail is highly encouraged. We are looking forward to serving you.

Central Flying School presentations



Lieutenant-Colonel B.M. Doyle, Commandant Central Flying School, presented Captain D.F. Kavalench, CFS CT-142 standards officer, with his Canadian Forces decoration. The award was presented on 26 January 2000.




Lieutenant-Colonel B.M. Doyle, Commandant Central Flying School, presented Captain S.J. Wilson of CFS Navigation Standards, the Flying Instructors ward for achieving an A-1 instructors category on the CT-142 Aircraft effective 15 June 1999.

Photos by 17 Wing Imaging



Lieutenant-Colonel B.M. Doyle, Commandant Central Flying School, presented Captain B.D. Cameron, CFS Training Development Officer, with a certificate for completing the officer professional development program. The award was presented on 20 October 1999.



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1 CAD/CANRHQ Honours and Awards

Commander of 1 Canadian Air Division/Canadian NORAD Region Headquarters, Major-General Campbell, and 1 Canadian Air Division HQ CO, Col W.G. Koch, preside at an Honours and Awards



Captain N. Matthews receives his CD for twelve years of dedicated service.



Captain M. Ortman receives his CD for twelve years of dedicated service.



Cpl T. Dow receives her CD for twelve years of dedicated service.



Sgt D. Ollerhead receives the first clasp to his CD for twenty-two years of dedicated service.



Col B. Richards receives the second clasp to his CD, in recognition of thirty-two years of dedicated service.



LCol B. Gemmill receives the second clasp to his CD, in recognition of thirty-two years of dedicated service.

17 Wg Ops Situation Report

31 JAN 00 - 06 FEB 00

OPERATION	COUNTRY	PERS DEPL
Op Calumet	Egypt	1
Op Echo	Italy	4
Op Danaca	Golan Heights	14
Op Kinetic	Kosovo	12
Op Palladium	Bosnia	1
CFS Alert	Nunavut	1
1 CAD/INDIV Taskings*		1
CF Incremental Tasks**		0
General Tasks***		0
MAMS Tasks****		0
TOTAL PERS DEPLOYED		34

* 1 CAD/INDIV TASKS - AIRFIELD FIRE FIGHTER SUPPORT 5 WG (1)



CWO P. Otis receives the second clasp to his CD, in recognition of thirty-two years of dedicated service.



CWO S. Black receives her Chief Warrant Officer's Scroll.

Awards Ceremony - 18 Jan 00

Ceremony for 1 Canadian Air Division Headquarters held 18 Jan 00 in the Atrium of the Billy Bishop Building in Winnipeg.

All photographs by: Cpl Ted Durdin



CWO J. Nantais receives his Chief Warrant Officer's Scroll.



CWO D. Sutherland receives his Chief Warrant Officer's Scroll.



Captain M. Wolter receives a 1 CAD Commander's Commendation.



Captain M. Rafter receives a 1 CAD Commander's Commendation.



Capt S. Cooper receives an Air Command Commendation.



Sgt D. Dowd receives an Air Command Commendation.



Mr. D. Pearson receives his Govt of Canada 35 Years Svc award.



Mr. L. Cocks receives his Govt of Canada 25 Years Svc award.



Mr. V. Mah receives his Govt of Canada 25 Years Svc award.

Part Two - The Real Estate Column

Selling your home

by David Weir BA, CD

As mentioned in Part One of this series, your home is one of the largest, if not the largest investment you will ever sell. Therefore, it behooves you to educate yourself as to the most effective manner in which to dispose of your residence. After all, you work long and hard to build this equity so why not take a few minutes to best prepare yourself for the sale of your home. A few minutes now may go a long way to keep more disposable income in your pocket. Given that the equity in your property is built with after tax dollars and that any profits in your principal residence are tax-free, why not keep as much of your money as possible.

This series of real estate articles is put together to assist those homeowners who are contemplating the sale of their residence. All of the articles in this series, as well as a series regarding buying a home, can be obtained via the Internet at www.quinterealty.com or by calling the author at 1-800-263-2177. In this second part, of a four part series, I will discuss How To Select a Realtor to assist in the sale of your property.

In Part One of this series, I discussed the advantages of using a Realtor over going it alone with the proverbial "For Sale By Owner" sign. If you have decided to use a real estate sales professional to assist in the sale of your home, you should put a serious effort into the selection process. Spending time at the front end of the Homeowner - Realtor relationship will ensure you hire a professional that will deliver the service needed to satisfactorily complete a successful sale of your residence.

For starters, your Realtor should be a licenced member

of the local real estate board, the provincial real estate association and, finally, the Canadian Real Estate Association. The vast majority of all residential home sales are completed with these licenced professionals. Some of the points to consider when hiring a Realtor are:

Is your property being placed on the Multiple Listing Service, thereby giving you maximum exposure to all real estate companies in the area?

Is the sales commission in keeping with local standards? If more than normal commission is being charged, what extra service is being provided? By contrast, what services are not provided if the commission rate is below the norm?

Is your residence located in an area in which the Realtor has sold homes before?

Does the Realtor and his/her office have a toll-free number available 24 hours a day, 7 days a week?

Will your property be actively advertised on a quality and easily accessible Internet site?

What is the marketing strategy proposed by the Realtor? ie frequency of media advertising, public open houses, internet availability, company advertising kiosks, flyers, and real estate agent open houses.

What is the size of the company in terms of Realtors and market share? Most real estate companies try to sell their own listings first. Therefore the more Realtors, the greater the chance of it being sold, and

Finally, and most importantly, what research has the Realtor done to establish the Market Value of your property?

As mentioned in the last arti-

cle, a property that is not priced properly will usually cost the homeowner money. For example, if it is underpriced the owner will obviously lose money. Moreover, if it is overpriced it may also eventually sell below Market Value (MV). This is because the house has been on the market for such a long period of time it becomes labeled as a problem property. Another downside with a property that has been on the market too long is that the prime time, ie spring, to sell comes and goes; and, any buyers have ended up buying properly priced properties. Hence, the overpriced properties usually have to wait for the next prime time sales period or sell below the original Market Value.

So what research should your Realtor complete to establish Market Value? In most areas of Canada the research is known as a Comparative Market Analysis (CMA). This entails researching properties similar to yours that have recently sold, are currently on the market for sale, or were on the market for sale and have

not sold. From this data, comparable properties are reviewed and adjustments in value are made. For example, if the house next door to your home just sold, and it is identical except that it has a single car garage, it could be used as a comparable. After adjusting for the depreciated value of the garage, the neighbour's property could be used to help establish the value for your home. Please keep in mind that this is a very simple example of what can be a complicated exercise. Also be aware that assessed value for property taxes is not necessarily valid for establishing current MV.

Remember, regardless of the marketing strategy, and how great the home and location are - the most important point to the majority of buyers is price. Therefore, ensure the Realtors you are interviewing complete a CMA that is available for your review. Be wary of the person who walks into your home for the first time and pulls a value out of mid air - after all, given the money involved, this is not a matter to be taken lightly. From an

accurate CMA, you can establish an asking price for the Listing Agreement.

This concludes the second installment in the "Selling Your Home" series. Selecting the right Realtor, like selecting any other professional, will go a long way to ensuring your situation is handled effectively and efficiently. Spending time in the selection process now will save you time, aggravation, and possibly money later. The next edition will deal with the Listing Agreement. Like any contract, the Listing Agreement should be thoroughly understood prior to being signed.

David Weir BA, CD is an award winning Realtor employed with the only nationwide Canadian real estate corporation-Royal LePage. David, or his national group of top real estate producers can be reached via 613-394-4837 or 1-800-263-2177 (nationwide, 24/7) or on the net at www.quinterealty.com. A number of real estate articles and associated links are also available at this site at no obligation to you.



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17 WING SPORTS

Military Cagers hold National Championships

(Ottawa, ON February 3, 2000) Shooting hoops may be an after-hours activity for five Canadian Forces regional teams that face off for the national title February 10 at CFB Borden, north of Toronto. The desire to win, however, is not. "Because we're mandated to be operational, the military teams practice and play on a sometimes irregular basis," said Brigadier General Steven Lucas. "In my unit (17 Wing Winnipeg), we try to practice twice a week with a game a week on average. We're challenged with our army players being tasked with field exercises, and our air force players being on the road a fair amount of the time. We're (across the board) pretty happy with the team we're bringing, though, so it should make for a competitive event".

The week-long contest ran February 7-10.

Regional finalists who faced off in Borden are: Pacific Fleet (CFB Esquimalt - Pacific Region), 17 Wing Winnipeg

Blue Devils (Prairie Region), CFB Petawawa Stags (Ontario Region), NDHQ Stingers (Québec Region) and 14 Wing Greenwood (Atlantic Region).

While defending champions 8 Wing Trenton (Ontario) did not return to contest their 1999 title, having been defeated at the regional championship, CFB Esquimalt were looking to regain their 1998 national title this year.

"The CF Sports Program has been hosting National Championships for 30 years or more," said Greg Pearson, Chief Programs Officer with the Canadian Forces Personnel Support Agency. "It provides an opportunity for members to stay in good physical condition and, in the case of team sports, hones their abilities to think and act as a unit, not unlike the operational side of their careers."

The Canadian Forces National Basketball Championships have been held since 1990, with first victors CFB Lahr (Germany).

2000 Canadian Forces National Men's Basketball Championships February 7-10 Schedule

Monday February 7		Wednesday February 9	
0900 h	Opening Ceremonies	0900 h	Atlantic vs Prairie
0930 h	Prairie vs Québec	1330 h	Ontario vs Québec
1330 h	Atlantic vs Ontario	1530 h	Pacific vs Atlantic
1600 h	Québec vs Pacific	1900 h	Prairie vs Ontario
Tuesday February 8		Thursday February 10	
0800 h	Ontario vs Pacific	1000 h	Semi Final (team 1 vs team 4) Buell Arena
1330 h	Québec vs Atlantic	1000 h	Semi Final (team 2 vs team 3) Billy Arena
1530 h	Pacific vs Prairie	1900 h	Final
		2100 h	Closing Ceremonies

All games at Buell Arena unless otherwise indicated.

Pacific Fleet - Pacific Region

Team Name	Position	Hometown
WO Henri Dagenais	Coach	Boucherville, QC
Capt Dave Awalt	Guard	Halifax, NS
AS Jason Clance	Guard	Brent's Cove, NF
MS Dan Larche	Guard	Saint John, NB
Lt (N) Ron Pumphrey	Guard	Dunville, NF
LS Ike Williams	Guard	Kingston, ON
LS Pat Goulet	Forward	Halifax, NS
OS Pat O'Leary	Forward	Toronto, ON
OS Sylvain Rousseau	Forward	Québec, QC
Lt (N) Lee Taal	Forward	Peterborough, O
Lt Travis Chapman	Centre	St. John's, NF
LCdr Chris Persson	Centre	Edmonton, AB

Team plays in Victoria Men's Senior League. Record 5 W - 3 L. The team is currently 3rd in 8-team league.

17 Wing Winnipeg Blue Devils - Prairie Region

Team Name	Position	Hometown
Maj. Steve Leeming	Guard	Stratford, ON
Lt. T. Murphy	Guard	Witless Bay, NF
Sgt. T. Patterson	Guard	n/a
BGen Steve Lucas	Post	Winnipeg, MB
Capt. Dave Scott	Post	Ottawa, ON
MCpl. Mike Jackson	Post	Abbotsford, BC
Cpl Ben Simonsen	Post/Centre	Cobourg, ON
Capt Jay Burt	Forward	Elliot Lake, ON
Pte Clovis Lapointe	Forward	n/a
Pte Chris Dukeshire	Forward	n/a
2Lt Ryan Peters	Forward	n/a

The Blue Devils play Division 1 in Winnipeg Senior League.

Petawawa Stags - Ontario Region

Team Name	Position	Hometown
MWO Marty Dupouis	Coach/Manager	Windsor, ON
Cpl Steve Bucket	Guard	Kingston, ON
MCpl Chris Charron	Guard	Windsor, ON
MCpl Darrin Clenighan	Guard	Windsor, ON
Pte Chris Krafchek	Guard	Kitchener, ON
Cpl Rob Stevens	Guard	Moncton, NB
Pte Chris Burdon	Forward	Thunder Bay, ON
Pte Luke Cyr	Forward	Sault Ste-Marie, ON
Cpl Ron Dittel	Forward	Montréal, QC
Cpl Devon Larrette	Forward	Big Island, ON
Pte Mark Neilson	Forward	Winnipeg, MB
Lt Nick Pedneault	Forward	Alma, QC

NDHQ Stingers - Québec Region

Team Name	Position	Hometown
George Mooney	Coach	
Maj Ivy Meizitis	Guard	
Capt Carmine Antonacci	Guard	
Cpl Mark Anthony	Forward	
Maj Reg Best	Forward	
Capt Dave Gowanlock	Forward	
WO Tim Hurley	Forward	
WO Brian MacKenzie	Forward	
Cpl Troy Messam	Forward	
Sgt Jack Talbot	Forward	

The Stingers are eight-time winners of the Regional title in the past nine years. They were national champions in both 1995 and 1996.

Greenwood Bombers Atlantic Region

Team Name	Position	Hometown
Capt Gullison	Coach	St. Stephen, NB
Capt Herridge	Guard	St. John's, NF
Cpl Norris	Guard	Digby, NS
Cpl Poole	Guard	Bridgewater, NS
Pte (Res) Pompilio	Guard/Forward	Montréal, QC
Capt Rodzinyak	Guard	Lethbridge, AB
Capt Adams	Forward/Centre	Edmonton, AB
Cpl Cook	Forward	Amherst, NS
Sgt McNeil	Forward	North Sydney, NS
Capt Wendland	Forward/Centre	n/a
Pte Adams	Centre	Annapolis Royal, NS
MCpl Sawler	Centre	Western Shore, NS

Les basketteurs militaires s'affrontent au Championnat national

Championnat national de baste-ball masculin des Forces canadiennes 2000 du 7 au 10 février

Horaire Lundi, 7 février		Mercredi, 9 février	
09 h 00	Cérémonie d'ouverture	09 h 00	Atlantique c. Prairies
09 h 30	Prairies c. Québec	13 h 30	Ontario c. Québec
13 h 30	Atlantique c. Ontario	15 h 30	Pacifique c. Atlantique
16 h 00	Québec c. Pacifique	19 h 00	Prairies c. Ontario
Mardi, 8 février		Jeudi, 10 février	
08 h 00	Ontario c. Pacifique	10 h 00	Demi-finales (équipe 1 c. équipe 4) Aréna Buell
13 h 30	Québec c. Atlantique	10 h 00	Demi-finales (équipe 2 c. équipe 3) Aréna Billy
15 h 30	Pacifique c. Prairies	19 h 00	Finale
		21 h 00	Cérémonie de clôture

Toutes les parties sont disputées à l'aréna Buell à moins d'indication contraire.

La Flotte du Pacifique - Région du Pacifique

Équipe Nom	Position	Ville natale
Adj Henri Dagenais	Entraîneur	Boucherville, QC
Capt Dave Awalt	Arrière	Halifax, NS
Mat 2 Jason Clance	Arrière	Brent's Cove, NF
Matc Dan Larche	Arrière	Saint John, NB
Ltv Ron Pumphrey	Arrière	Dunville, NF
Mat 1 Ike Williams	Arrière	Kingston, ON
Mat 1 Pat Goulet	Avant	Halifax, NS
Mat 3 Pat O'Leary	Avant	Toronto, ON
Mat 3 Sylvain	Rousseau	Avant Québec, QC
Ltv Lee Taal	Avant	Peterborough, O
Lt Travis Chapman	Centre	St. John's, NF
Capc Chris Persson	Centre	Edmonton, AB

L'équipe joue dans la Ligue masculine senior de Victoria. Fiche 5 V - 3 D. Elle occupe présentement la 3e position au sein de la Ligue de 8 équipes.

Les Blue Devils de la 17e Escadre Winnipeg - Région des Prairies

Équipe Nom	Position	Ville natale
Maj Steve Leeming	Arrière	Stratford, ON
Lt T. Murphy	Arrière	Witless Bay, NF
Sgt T. Patterson	Arrière	s/o
Bgén Steve Lucas	Pivot	Winnipeg, MB
Capt Dave Scott	Pivot	Ottawa, ON
Cplc Mike Jackson	Pivot	Abbotsford, BC
Cpl Ben Simonsen	Pivot/Centre	Cobourg, ON
Capt Jay Burt	Avant	Elliot Lake, ON
Sdt Clovis Lapointe	Avant	s/o
Sdt Chris Dukeshire	Avant	s/o
Slt Ryan Peters	Avant	s/o

Les Blue Devils jouent dans la 1re Division de la Ligue senior de Winnipeg.

Les Stags de Petawawa - Région de l'Ontario

Équipe Nom	Position	Ville natale
Adj Marty Dupouis	Entraîneur/gérant	Windsor, ON
Cpl Steve Bucket	Arrière	Kingston, ON
Cplc Chris Charron	Arrière	Windsor, ON
Cplc Darrin Clenighan	Arrière	Windsor, ON
Sdt Chris Krafchek	Arrière	Kitchener, ON
Cpl Rob Stevens	Arrière	Moncton, NB
Sdt Chris Burdon	Avant	Thunder Bay, ON
Sdt Luke Cyr	Avant	Sault Ste-Marie, ON
Cpl Ron Dittel	Avant	Montréal, QC
Cpl Devon Larrette	Avant	Big Island, ON
Sdt Mark Neilson	Avant	Winnipeg, MB
Lt Nick Pedneault	Avant	Alma, QC

Les Stingers du QGDN - Région du Québec

Équipe Nom	Position	Ville natale
George Mooney	Entraîneur	
Maj Ivy Meizitis	Arrière	
Capt Carmine Antonacci	Arrière	
Cpl Mark Anthony	Avant	
Maj Reg Best	Avant	
Capt Dave Gowanlock	Avant	
Adj Tim Hurley	Avant	
Adj Brian MacKenzie	Avant	
Cpl Troy Messam	Avant	
Sgt Jack Talbot	Avant	

Les Stingers ont remporté le titre régional à huit reprises au cours des neuf dernières années, et le titre national en 1995 et en 1996.

Les Bombers de Greenwood - Région de l'Atlantique

Équipe Nom	Position	Ville natale
Capt Gullison	Entraîneur	St. Stephen, NB
Capt Herridge	Arrière	St. John's, NF
Cpl Norris	Arrière	Digby, NS
Cpl Poole	Arrière	Bridgewater, NS
Sdt (Res) Pompilio	Arrière/Avant	Montréal, QC
Capt Rodzinyak	Arrière	Lethbridge, AB
Capt Adams	Avant /Centre	Edmonton, AB
Cpl Cook	Avant	Amherst, NS
Sgt McNeil	Avant	North Sydney, NS
Capt Wendland	Avant /Centre	s/o
Sdt Adams	Centre	Annapolis Royal, NS
Cplc Sawler	Centre	Western Shore, NS

(Ottawa ON 3 février 2000)

Marquer des paniers n'est peut-être qu'une activité après le travail pour les cinq équipes régionales des Forces canadiennes qui se disputeront le titre national le 10 février à la BFC Borden, au nord de Toronto. Le désir de gagner ne l'est cependant pas. "Parce que nous avons le mandat d'être opérationnels, les équipes militaires pratiquent et jouent parfois sur une base irrégulière", affirme le brigadier-général Steven Lucas. "Dans mon unité (17e Escadre Winnipeg), nous essayons de pratiquer deux fois par semaine et de jouer en moyenne une partie par semaine. Nous devons composer avec le fait que nos joueurs de l'Armée doivent participer à des exercices de combat et nos joueurs de la Force aérienne voyagent régulièrement. Cependant, dans l'ensemble, nous sommes satisfaits de notre équipe, ce qui devrait donner lieu à un championnat compétitif."


Le championnat d'une semaine se déroulera du 7 au 10 février.

Les finalistes régionaux qui s'affronteront à Borden sont : la Flotte du Pacifique (BFC Esquimalt - région du Pacifique), les Blue Devils de la 17e Escadre Winnipeg (région des Prairies), les Stags de la BFC Petawawa (région de l'Ontario), les Stingers du QGDN (région du Québec) et la 14e Escadre Greenwood (région de l'Atlantique).

Les champions en titre, la 8e Escadre Trenton (Ontario), ne pourront défendre leur titre de 1999, ayant été défaits lors du Championnat régional. La BFC Esquimalt cherchera cependant à reprendre son titre national remporté en 1998.

"Le Programme de sports des FC est l'hôte des championnats nationaux depuis au moins 30 ans", déclare Greg Pearson, chef de la coordination des programmes de l'Agence de soutien du personnel des Forces canadiennes. "Ils permettent aux militaires de demeurer en bonne condition physique et, dans le cas des sports d'équipe, d'améliorer leur capacité de penser et d'agir en tant qu'unité, ce qui n'est pas sans ressembler à l'aspect opérationnel de leur carrière."

La BFC Lahr (Allemagne) a remporté le premier Championnat national de basket-ball des Forces canadiennes, qui a eu lieu en 1990.

PRIDE		FAITH
IN		IN
OUR		OUR
PAST		FUTURE

Welcome...

ST. JAMES LEGION
Branch No. 4
Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba

Bingo
Every Wed.- Fri. & Sat.
6:30 pm

Line Dancing
Every Tues. & Wed.
8:00 - 10:00 pm

Dancing To Live Bands
Fri & Sat 9:00 pm - 1:00 am

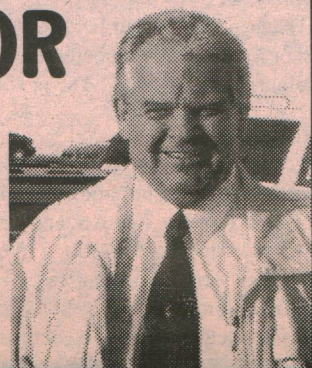
Meat Draws
Every Sat. 2 pm - 5 pm

ARBITRATOR

(20 Years Experience)

Need help with your
Autopac Write-off?

Call **Brad Pallen**
284-5664



MFRC ANNOUNCEMENTS

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

Toy Lending Library

The Toy Lending Library is open on Fridays from 9:00 a.m. to 2:30 p.m. The location is 350 Doncaster Street. Membership is only \$10 a year.

The T.L.L. is a service that can only be offered if we have volunteers, **Please help us keep the Toy Lending Library Open!**
(Volunteer commitment can be 1-3 hours)

* Volunteers get Free Membership!



489-7003

* with a minimum commitment of 12 hours

More
New
Toys

Extension à La Communauté / Soutien Aux Réservistes
Outreach / Reserve Support Department

Bienvenue a Winnipeg!

de la part de tous au CRFM!

APPEL AUX NOUVEAUX VENUS!

Vous êtes nouvellement arrivés à Winnipeg et vous n'avez pas encore reçu un appel des gens du département d'extension à la communauté? Et bien, téléphonez ou venez nous rencontrer, un membre du personnel ou de l'équipe de bénévoles se fera plaisir de vous renseigner sur le CRFM. Si vous connaissez quelqu'un dans cette situation, un voisin ou un collègue de travail, parlez leur de nous. Nous serions heureux de les accueillir à Winnipeg. Quand vous arrivez à Winnipeg, peut être que le CRFM n'est pas inclut sur la liste d'endroits que vous devez visiter. Soyez assuré que tous et chacun peuvent profiter des services offerts au CRFM!

Vous Demenagez?

Le CRFM possède des trousse d'informations sur toutes les CRFM et les Bases militaires du Canada et outre-mer. Ces trousse peuvent être emprunter pour les consulter dans le confort de votre foyer!



Benevoles

L'équipe de Bienvenue aux Nouveaux Venus vous invite à devenir membre actif de ce programme. Nous recherchons des gens qui parle français ou anglais. Contactez Celine Taillon au CRFM pour plus de détails sur le programme. La prochaine session de formation et d'orientation se fera en avril.

Réservistes

Le personnel du programme de soutien aux réservistes donne des séances d'information sur le CRFM et les services auxquels les réservistes, leurs conjoints et leurs familles ont droit lors de déploiements. Contactez nous pour les dates des prochaines séances.

Outreach / Reserve Support Department
Extension à La Communauté / Soutien Aux Réservistes

Welcome to Winnipeg!

From everyone at the MFRC!



**CALLING ALL
NEWCOMERS**

If you haven't received a friendly telephone call from the outreach team of staff or volunteers, we are sorry we've missed you, but we invite you to call us for an appointment. And if you are a "seasoned" Winnipegger having new neighbours or colleagues, please refer them to us, as we would like to welcome them soonest. When you arrived to Winnipeg perhaps the MFRC wasn't on your "clearing in list", please be assured that everyone has the opportunity to be a part of the MFRC!

Posted Out?

Did you know, we have information packages from other MFRCs/Bases? You can preview them prior to your posting. These are available to sign out!

Volunteers needed!

The Outreach Newcomer Welcoming Team invites you to be a part of our program. We welcome volunteers speaking either French or English. Please contact Celine Tallion at the MFRC for further information regarding this volunteer opportunity. The next outreach training and orientation session is scheduled for April.

Reservists

The Outreach/Support staff provides reserve units information briefings regarding the MFRC and entitlements for deployed reservists, their families, spouses and siblings. Check with us for more information regarding dates and times of the next briefing. We have a variety of workshops and programs pertaining to deployment. If you are not receiving our newsletter, please give us a call, so we can send you the next edition!

Help us share this important information by providing awareness to your units, friends and co-workers.

Teen Babysitters...We Need You!



Parents at CFB Winnipeg are searching for babysitters to provide care to their children while they are out. If your teen 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 (ie. North side). A great way to make some money and contribute to your community!

For more information call the MFRC at 489-7003.

MFRC CHILD CARE CO-OP

Want to be able to go shopping, attend a function 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).



Theme Luncheon Chinese Buffet

Come join us on ...

February 18th at 1130 - 1300 hrs

At the Combined Mess Building 61.

Cost is \$8.00 for all you can eat buffet.
\$1.50 goes to support MFRC programs.

For more information
please call the MFRC at 478-7003



Deployment/TD - Support Group

Is it time to get out of the house?

Are you feeling the stress of being alone
while your loved one is away?



Come have a coffee, share your feelings, let the kids play and even have a good time.

The next meeting for this informal support group will be on February 22, 6 p.m. at the new MFRC Daycare on Whytefold. Child care is provided.

Cpl Mona Jacques from the Military Police community Relations will also be there to talk about security issues when you're alone. She will also speak to the children about staying safe when a parent is away.

If you would like more information about this group please call Traci at 489-7003

How to prevent mouse-related pain

Recently, injuries from using a computer mouse are getting a lot of attention. This is because we use the mouse for most computer software and often put the mouse in a poor location. The typical

- pain in the outside of the elbow and forearm muscles. This is sometimes called "Tennis Elbow," whether or not playing tennis is the cause.
- pain at the top of the shoulder

work a lot when typing. When we add mousing, they too can get very tired and sore.

How to prevent mouse-related pain

- Purchase a large keyboard tray (26-30 inches) that is long enough to hold a mouse and keyboard. If there is not enough room to use a large keyboard tray, you can place the keyboard and mouse on the desktop and raise your chair so that you can type comfortably. You may need to raise the monitor too.

- Keep your mouse clean. A clean mouse is easier to use because it reduces the length of time you need to grasp and lift the mouse. Find out how to clean your mouse.

- Use a mouse that fits your hand size. This helps to keep your hand and fingers relaxed. Mice come in many shapes and sizes, and are available in left-handed and right-handed models.

- Try your mouse before you buy. Comfort and function are very important considerations for a mouse. When buying any important piece of equipment, you should always give it a test run to make sure it is right for you.

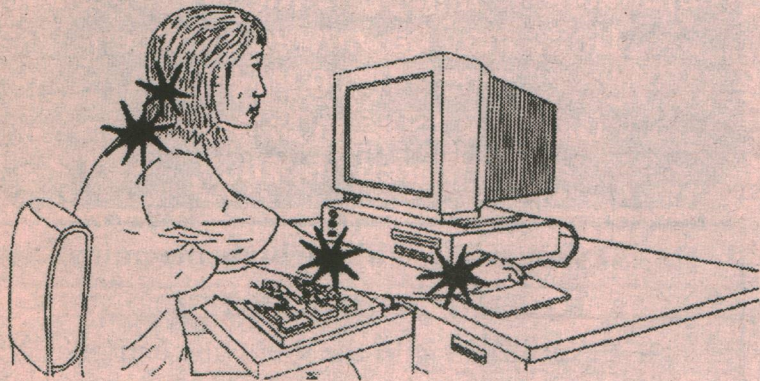
- Rest your hand when you aren't using the mouse. By letting go of the mouse and resting

your hand, you can give your muscles a break.

- Keep your hand and wrist straight when using the mouse. Move your mouse with your forearm and shoulder muscles. This gives your smaller hand muscles a break. Do not rest your wrist on the table or tray and operate the mouse like a windshield wiper.

- Learn alternative keyboard commands. Keying gives your mouse hand a break.

MFL Occupational Health Centre
102-275 Broadway
Winnipeg, Manitoba
R3C 4M6
Telephone: (204) 949-0811
Fax: (204) 956-0848
email mflohc@mflohc.mb.ca
www.mflohc.mb.ca



mouse-related injury occurs when we reach up and out to use the mouse on the desktop.

Some signs of a mouse-related injury

- pain in the fingers and hand. Sometimes you can lose individual finger control.
- pain in the pinkie side of the hand. The pain may occur along the outside of the forearm to the inside of the elbow.
- pain in the palm and wrist. This may be the start of Carpal Tunnel Syndrome.
- pain around the wrist. Sometimes it feels like a "bracelet of pain."

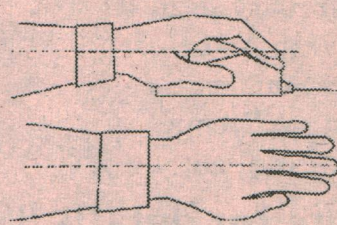
and close to the neck. The pain may also occur between the shoulder blades.

Numbness and tingling may occur along with the pain.

Why using a mouse can cause pain.

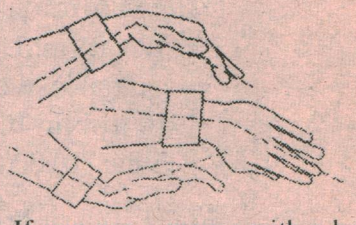
Reaching up and out for the mouse often causes the pain. This reach uses the strong muscles of the back, shoulders, and arms to hold your arm out. Eventually these muscles can get tired and sore. While the strong muscles hold your arm out, your smaller and weaker forearm and hand muscles move the mouse. These smaller muscles already

Good hand position

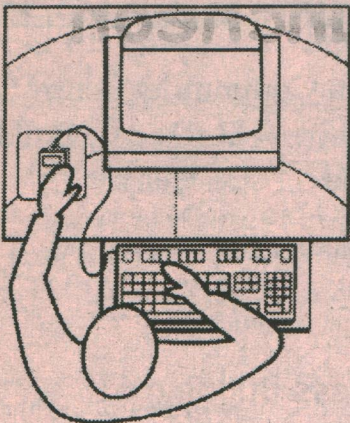
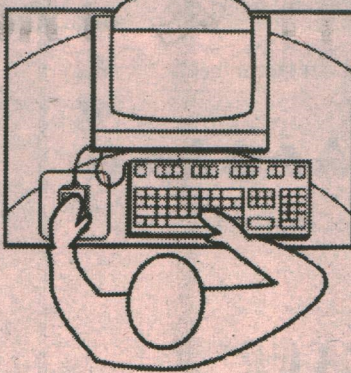


The best way to use a mouse is with a straight hand and wrist

Poor hand position



If you use a mouse with a bent wrist or hand, your hand muscles can get tired and sore very quickly.

Reaching forward and out to use the mouse can lead to pain. A good way to prevent pain is to have the mouse and keyboard the same distance away from you. You can do this by getting a keyboard tray that's big enough for the mouse and keyboard, or by moving your keyboard onto your desk, and raising your chair so that you can type comfortably.

Do you want to make a difference?

By M.J. Rozak

Lions Clubs have been making a difference for over eighty years by conducting service projects and raising funds to help those in need, wherever the need exists the clubs are comprised of men and women, eighteen years of age and older, who provide assistance and equipment for the handicapped or incapacitated of the area and assist with the non-medical costs, such as travel and accommodations expenses for the parent(s) of a sick child, not covered by government funding. In Winnipeg, they provide funding for the Lions Eye Band at the Misericordia Hospital, the new Alzheimer Research Centre

on Maryland, and several personal care homes. They were also the first on the scene with tens of thousands of dollars for victims of the Flood of the Century.

In addition, Lions participate in service activities emphasizing Diabetes Awareness, Education and Research, they raise funds for Canine Vision Canada for the training of Dog Guides for the Blind, and support Lions Quest, a life skills program developed by Lions International to help children cope with the stresses of modern life. You will also find Lions working on projects in support of environmental issues, community

welfare, international understanding and youth programs.

The Lions clubs in Manitoba are currently conducting a membership drive in Winnipeg and the surrounding areas to strengthen their existing clubs and also form new clubs in the Osborne Village/Fort Rouge and the Crestview/Westwood areas so they can continue their service to the community.

You can make a difference experience the fun, fellowship and personal fulfillment of helping to make your community and world a better place. Please call the Lions Foundation office at 943-6809 for information about a Lions club near you.

Giggles 'n Grins Children's Center

- Shift, Part-time, Full-time, Temporary or Drop-in Care Welcome -
- 18 mos - 12 yrs -
- 1st in offering flexible programming -
- Friendly Family Atmosphere -
- Sizzling Summer School-Age Programs -
- Owned and operated by a military family -

Located close to Whytewold & Ness 3 minutes from CFB Winnipeg (North)

Government Subsidy Available

For more info call 897-GRIN (4746)

TON THE TOWN

GASTHAUS GUTENBERGER GERMAN RESTAURANT

Authentic German & continental cuisine:
schnitzel, beef rouladen, homemade spactzle,
fine German desserts, fine wines and German Beer.

Open Daily Monday - Friday 11 am - 11 pm
Saturday 4:30 pm - Midnight Sunday 11 am - 10 pm

2583 Portage Avenue (1 block west of the new bridge)
Phone: 888-3133 for reservations
— Special Discounts for Military Personnel —

mmmm.

MARIGOLD

chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine
Dine In Take Out Catering

1245 Inkster Blvd 1380 Ellice Ave 487 St. Mary's Ave
2591 Portage Ave 718 Osborne St 245 King St
885 Henderson Hwy

serving since '62 Winnipeg

CINÉMA / THEATRE

SHOWTIME 8:00 P.M.

END OF DAYS

Fri • Sat • Sun • Mon MAR 10-11-12-13
8:00 p.m. Restricted

THE GREEN MILE

Fri • Sat • Sun • Mon MAR 17-18-19-20
8:00 p.m. Parental Accompaniment,
Frightening scenes

COMING ATTRACTIONS

STUART LITTLE

Please Note: We will be Closed Feb 15 - March 9
Theatre will Re-Open March 10

WHAT'S HAPPENING

Wash-A-Dog-A-Thon

for
Canine Vision Canada

Providing mobility, safety and independence to Canadians
With your Help, they'll never walk alone.

Date: Saturday, February 26, 2000

Location: U-Wash A Pet
Charleswood Square

4910 Roblin Blvd. At Dieppe

Time: 10:00 am - 6:00 pm



Phone for details 885-1082

Draws • Prizes • Free Coffee • Juice • Baking

WO's & Sgts' Mess (N)
is accepting sealed bids on (2 sets)
ceramic logs and pans for gas fire-place.
Units may be viewed between
8:00 - 16:00 (M-F).
Bids are to be in to the PMC
by March 15, 2000.

741 Comm Sqn will celebrate the unit's
25th anniversary

14-16 April 2000 with the following activities:

- 14 Apr Fri - Meet and Greet
- 15 Apr Sat - Freedom of the City of Esquimalt
- 15 Apr Sat - Change of Command
- 15 Apr Sat - Open House at 741
- 15 Apr Sat - Formal Dining In at the Crystal Gardens
- 16 Apr Sun - Family Day Picnic at a local park

Further info may be obtained via phone CSN 255-4133/
CMCL 250-363-4133 or email: vicorder@islandnet.com

Public Service Announcement

The Riverview Health Centre requires volunteers to
assist the elderly in several areas:
Gift Shop, Recreational Activities, Friendly Visiting,
Special Events, Woodworking, Van Driving and other
important services. Orientation is provided.
For information, contact: Jim Putz, Coordinator or
Volunteer Services at 478-6208.

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

***Cabin fever set in yet? Why not join the Ceramic Club?
A fun rewarding hobby***

Ceramics is an exciting hobby that allows you to explore your creativity
in a new way. Come and visit us any night we are open and will be
happy to show just how much fun you can have.
Adult beginner classes are Wednesday nights.

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.
We look forward to meeting you.

FEBRUARY IS THE NATIONAL HEART AND STROKE MONTH KEEPING YOUR CHOLESTEROL UNDER CONTROL = HEALTHY HEART

Each year, hundreds of thousands of North Americans die of heart disease, and many thou-
sands of others suffer strokes. Why does this happen?

Part of the reason is high cholesterol, a condition in which a person has too much of a fatty
substance in the blood stream. You run a greater risk of having a heart attack, stroke, or any of
several other medical problems when your cholesterol level is high.

High cholesterol, like high blood pressure, gives no early warning signs to alert you that your
heart is in danger. It is up to you to get your cholesterol checked.

Controlling cholesterol is an important part of a healthy lifestyle, along with exercising, main-
taining proper weight, not smoking and handling stress effectively.

Changing to a low-fat diet and exercising regularly will also help lower your risk of heart dis-
ease and improve your health.

For more information on how to keep your heart healthy and happy you can contact me (LT
Robert HPO at ext. 5116, 17 Medical Sqn Building 62, Room 216)

The President and the members of the Royal Military Institute of Manitoba
requests the pleasure of your company at the

Manitoba

MILLENNIUM MILITARY BALL

Enjoy an evening of "Pomp and Circumstance" complete with excellent dining, fine wines, ballroom dancing
in the grand style with pleasing music and entertainment by Pipes & drum Bands, the Bands of the
Canadian Forces, and the Canadian Cadet Movement.

Saturday April 15th, 2000
at the Crowne Plaza

Winnipeg Manitoba Canada

Reception 1830 hrs

Dinner 1930 hrs, Dancing 2130 hrs

Dress: Mess Kit, Black Tie, Dark Business Suite, Miniature

Tickets: \$65.00

Available from your local unit or by cheque payable to MilBall, Suite 188, PO Box 17000 Stn Forces,
Winnipeg Manitoba R3J 3Y5 (Meal is Filet Tenderloin, alternates are Vegetable, Chicken or Fish)
The Royal Military Institute of Manitoba is celebrating it's 90th Anniversary

We, The Planning Committee for the Oromocto (NB) High School Reunion 2000, are attempting
to reach as many former students and teachers as possible who attended/taught at Oromocto
Senior High School between the years 1956-1990. If you were there long enough to make friends
and memories, you are invited back for the

"OHS 2000-Ma-wes ol-dna" (Mailseet for Gathering)
being held August 6 - 8.

More information can be accessed at our website: personal.nbnet.nb.ca/bdriscol
by NBTel sponsored voice-mail at (506) 357-8149, or by e-mail at
OHSreunion@hotmail.com

Why not join us in reaching as many people as possible?
Pass this on to any former classmates you know of. If you are unable to attend,
please send along greeting, anecdotes, memories, addresses, etc so we can
update others as to your whereabouts.

Let's make this a time to remember and a memorable time in our lives!
Here's hoping to hear from near and far.

Reading Corner

By: Michelle Wohlgemuth

17 WING RECREATIONAL LIBRARY

Westwin Community Centre

Building 33, Whytefold Road by Building 90

OPENING HOURS

Monday 3-8; Tuesday 9am-8pm; Wednesday 3-8; Thursday 3-8; Sat 1-4
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February is I Love to Read Month - Monday to Thursday between 6:15-
7:15pm. We, have had a great response and almost every night a different
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Parents bring your children to the Library for a treat of having someone else
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Adults, children, youths, authors and those interested in reading what they
have written or a favorite story, poetry or any reading please come and share
with us at this time. Everyone is welcome.

A new feature of the Library will be speakers of various topics.

26 February, 00 - Crystals and Gems 2-3pm

11 March, 00 - Meteorology 2-3pm

A future topic will be the Dangers of Strangers (in June).

Internet Safety. Parents and children are encouraged to attend (dates to be
confirmed).

Music, crafts ... among other topics. Any ideas please feel free to let us
know.

Contact 17 Wing Recreational Library for more information. Drop by and
check us out.

Quality of Life grants now at every base

By Barb Wilson

Free money! What a concept. No, we're not pulling your leg. The Canadian Forces Personnel Support Agency's Quality of Life grant program ensures that each Base receives a healthy sum of funds from which to improve its personnel support programs. It's all in the name of ensuring that each Base offers a progressive environment with a variety of programs and services aimed at enhancing the quality of life for the Canadian Forces.

Up until mid 1999, these non-public funds (those not generated from taxpayer revenue) were distributed to bases by way of three programs which consisted of grants to small units, minor program high standard, and CANEX royalties.

For fiscal year 1998-99:

	Former system	New system		Former system	New system
CFB Borden	\$158,000	\$207,000	CFB Gagetown	\$78,000	\$191,000
CFB Cold Lake	\$60,000	\$183,000	CFB Esquimalt	\$90,000	\$200,000
CFB Valcartier	\$104,000	\$258,000	CFB Halifax	\$49,000	\$248,000

This system was often perceived as complex, bureaucratic and inequitable, resulting in the approval by the NPF Board of Directors in Fall 1999 for a new system of grant calculation. The new Q of L grants are a universally-applied distribution system that provides easy access to funds and empowers each Base to spend its money based on local needs. The grant is based on population numbers (per capita) at each Base and includes a percentage of CANEX sales as an added incentive where CANEX is located.

So what does this mean? How about some hard numbers to put things in perspective. The chart below is a sample of funds distributed to Bases using the former three-program system and the new Q o L system:

These funds, which are generated by the CF Central Fund and CANEX, are deposited directly into the Base Fund.

The new method of calculation for funds ensures that the smaller units will also benefit, something that didn't always happen in the past. One of the keys in the new formula is that now every dollar of CANEX sales is treated equitably when it comes back into the Q of L grant. It works its way back into the hands of those who spend their money in CANEX facilities by way of programs at the Base level.

The CFPSA is committed to making the quality of life the best it can be for military members and their families. The Quality of Life grant program is one of many initiatives that help fulfill this mandate. For more information, visit our web site at www.dnd.ca (in the CF Families category) or at www.cfpsa.com.

La subvention pour la qualité de vie maintenant attribuée à toutes les bases

par Barb Wilson

De l'argent qui tombe du ciel. Un rêve? Non, une réalité. La subvention des programmes de soutien du personnel (PSP) pour la qualité de vie de l'Agence de soutien du personnel des Forces canadiennes voit à ce que chaque base reçoive un montant d'argent considérable qui servira à améliorer ses programmes de soutien du personnel. L'objectif est de s'assurer que chaque base constitue un environnement progressiste où est offert une gamme importante de programmes et de services visant à rehausser la qualité de vie (QV) dans les Forces canadiennes.

Jusqu'au milieu de 1999, les fonds non publics (fonds ne provenant pas de recettes fiscales) étaient distribués aux bases par le truchement de trois programmes, à savoir la Subvention aux petites unités, le Programme High Standard - Petits projets et les redevances de CANEX.

Ce système étant souvent perçu comme complexe, bureaucratique et inéquitable, le conseil d'administration des FNP a approuvé un nouveau système de calcul des subventions à l'automne 1999. Dans le cadre de la nouvelle subvention des PSP pour la qualité de vie, l'argent est distribué de façon universelle; les bases ont facilement accès aux fonds et peuvent les dépenser selon leurs besoins. La subvention est calculée en fonction de la population de chaque base (au prorata) et comprend un pourcentage des ventes de CANEX pour encourager le recours aux services de CANEX aux endroits où ils sont offerts.

Qu'est-ce que cela signifie? Examinons les chiffres pour avoir une idée claire. Le tableau qui suit donne des exemples de fonds distribués aux bases et compare l'ancien système comprenant trois programmes et la nouvelle subvention pour la QV :

Ces fonds, qui sont générés par le Fonds central des Forces canadiennes et CANEX, sont déposés directement dans le fonds de la base.

La nouvelle méthode de calcul des subventions garantit que les petites unités en bénéficient aussi, ce qui n'était pas toujours le cas par le passé. Maintenant, chaque dollar dépensé dans les établissements CANEX est traité équitablement dans le calcul de la subvention pour la QV, car il retourne à ceux qui l'ont dépensé sous forme de programmes offerts dans la base, un facteur clé de la nouvelle formule.

L'ASPFC s'engage à donner la meilleure qualité de vie possible aux militaires et à leurs familles. La subvention des programmes de soutien du personnel pour la qualité de vie est une des nombreuses initiatives qui visent à respecter ce mandat. Pour de plus amples renseignements, consultez notre site Web à www.dnd.ca (sous la rubrique Familles des FC) ou à www.cfpsa.com.

Pour l'année financière 1998-1999 :

	Ancien système	Nouveau système		Ancien système	Nouveau système
BFC Borden	158 000 \$	207 000 \$	BFC Gagetown	78 000 \$	191 000 \$
BFC Cold Lake	60 000 \$	183 000 \$	BFC Esquimalt	90 000 \$	200 000 \$
BFC Valcartier	104 000 \$	258 000 \$	BFC Halifax	49 000 \$	248 000 \$

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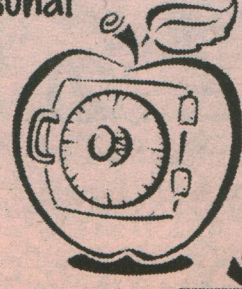
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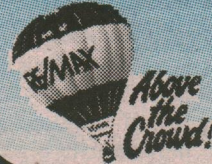
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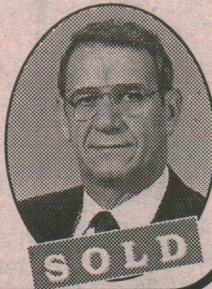
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