

# The VOXAIR

Vol. 48, Issue 7

17 Wing Winnipeg / 17e Escadre Winnipeg

April 12, 2000 / FREE

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April 14  
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## 402 Squadron celebrates own "Heritage Day"

By Cheryl Gudzs,  
17 Wing Public Affairs

On Thursday, March 30, Winnipeg's oldest squadron celebrated its many years of service to the City of Winnipeg with its very own Heritage Day. It was an

afternoon of simple to elaborate visual displays ranging from old photos and uniforms, to actual aircraft from the past. Two aircraft, the Expeditor and the T-33 were loaned to the Squadron by the Western Canada Aviation Museum and a third one, the Otter (single), was provided by the Manitoba Government Air Service for the day. The displays in 16 Hanger historically chronicled the evolution of the Squadron since its formation in 1932. Says Sgt Pat McNorgan, "[the day was] a celebration, a social get together and an information opportunity to celebrate the Squadron's history."

The afternoon kicked off with a BBQ and then a special appearance by Mayor Glen Murray who came to view the displays. Along with special guest, MGen Cambell, Commander 1 CAD. A display devoted to the Squadron's past Commanding Officers was noteworthy, as it featured one of 402's most renowned pilots, S/L Geoffrey Northcott. His numerous medals, tunic, and logbook were on display in his honor. This local hero

from Minnedosa, MB, was one of the most decorated pilots for his participation in World War II



the participation of the Western Canada Aviation Museum and the Manitoba Government Air Service, and the people who just came to take a look at the exhibits and displays, 402 Squadron's Heritage Day was indeed a success.

Photo caption:  
Depicted in this picture, the restored spitfire aircraft flown by the illustrious S/L Geoffrey Northcott during W.W. II.  
Photo by Robert Bracken



where he received both the Distinguished Service Order (DSO) and the Distinguished Flying Cross (DFC).

Says Capt Greg Reiser, "Heritage Day was a great way to reacquire personnel with our past, while allowing families the opportunity to visit the base and learn a little something in the process."

Thanks to the hard work of many at 402 Squadron,

## 17 Wg Ops Situation Report 27 MAR 00 - 1 APR 00

OPERATION	LOCATION	PERS DEPL	OPERATION	LOCATION	PERS DEPL
Op Calumet	Sinai, Egypt	1	CF Incremental Tasks**		2
Op Echo	Italy	7	General Tasks***		56
Op Danaca	Golan Heights	15	MAMS Tasks****		8
Op Kinetic	Kosovo	12	<b>TOTAL PERS DEPLOYED</b>		<b>106</b>
Op Palladium	Bosnia	3			
CFS Alert 2000	Nunavut	2			
1 CAD/INDIV Taskings*		0			

\* 1 CAD Indiv Tasks: MSASO SUPPORT - MOZAMBIQUE (0)  
 \*\* CF Incremental Tasks: ALOC Borden(2) Validation Board-OTT(1)  
 \*\*\* General Tasks: EX FABRIC BRAVE - INUVIK (56)  
 \*\*\*\*MAMS Tasks: OP TOUCAN SUPPORT - EDMONTON (8)

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**Printed By**  
Pembina Printing Ltd. (204) 325-4771

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# VOXVIEWS

## Happy Easter 2000

By: Maj CM Walton-Simm  
Managing Editor

Easter is the festival of the Christian church commemorating the resurrection of Jesus Christ. Not always held on the same date, Easter can be held as early as March 22nd or as late as April 25th. The reason for this is because Easter is based on a pagan holiday. Easter falls on the first Sunday after the first full moon following the vernal equinox. So, this year Easter is celebrated

on the 23rd of April, with Good Friday on April 21st and Easter Monday April 24th.

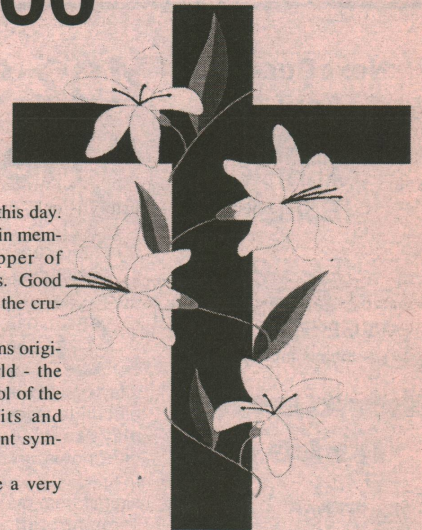
In many churches, Easter is preceded by a season of prayer, abstinence and fasting called Lent. Lent gets its name from the practice of putting ashes on the foreheads of the faithful, ever reminding them that man is but dust.

Palm Sunday, one week before Easter, celebrates the entry of Jesus into Jerusalem.

Holy Week begins on this day. Holy Thursday is held in memory of the Last Supper of Christ and his disciples. Good Friday commemorates the crucifixion.

Many Easter customs originated in the Old World - the Easter lily is the symbol of the resurrection. Rabbits and coloured eggs represent symbols of new life.

We wish everyone a very happy Easter!



## Philatelic news

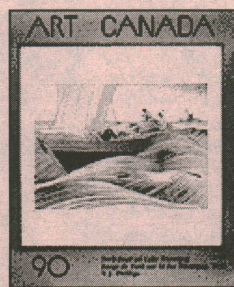
By: Alf Brooks



There are as many ways to collect stamps as there are collectors. One attraction to stamps is for their beauty (there are, of course, stamps judged to be plain or ugly), to see them as miniature works of art. Many collectors regret that most stamps today are

produced by methods other than steel engraving, the way that all stamps were produced in years past. They point to the Canadian stamp that is mentioned in any list of "most-beautiful," the 1929 50 cent Bluenose. Canada Post has recently returned to high-quality engraved stamps with the issue of the current high-value definitives - loon, polar bear and grizzly bear.

Many collectors concentrate on building collections based on themes or topics. One popular topic is works of art on stamps. Each album page becomes an art gallery in miniature, of sculpture or paintings. Canada has issued many paintings on stamps,



and has an ongoing series of one large format stamp a year in a "Masterpieces of Canadian Art" series. Of local interest, the issue for 1997 was a 90 cent value, "York Boat on Lake Winnipeg," taken from a print created by W.J. Phillips. Prints have sold recently for a few thousand dollars each, but for less than a dollar, a collector has a reproduction in his or her album.

And if you are interested in philately or curious about stamp collecting be sure to attend the annual show of the Royal Philatelic Society of Canada at the Marlborough Hotel, April 28 to 30. Last held here in 1988, this year's show, "Royal 2000 Royale," will feature philatelic exhibits and displays, many dealers, and seminars. The Winnipeg Philatelic Society and the Scandinavian Collectors Club are co-hosts for the event.

## Coming Soon...

17 Wing "Focus on Living" Working Group  
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# The Supply Line

By Maj D Miller, WSUpO

## Saying 'NO'

Supply has always been accused of inventing the word 'No' when it came to kit. Supply is alleged to have said no to: Hannibal when he wanted additional elephants to cross the Alps; to Mark Anthony when he submitted a demand for arrows for that Ides of March event; to Napoleon when he wanted boots with lifts to get a better view at Waterloo; to Nelson who was only provided with a 'tot' of rum rather than a barrel for Trafalgar; and to the Mongol Hoard who wanted those African maps in order to increase the size of their empire. History is only spotted with examples, Supply is normally a very accommodating outfit.



The purpose of this column is to provide a little professional development to everyone to enable them to effectively utilize the 'NO' management tool to effectively increase process initiatives. Given that saying no is a fact of life and that sooner or later you will have to deliver the bad news to the customer, your choice is not whether you say *no* but how you say it. You can say *no* in two different ways:

the hard *no*  
the service *no*

### THE HARD NO

Nothing turns an uncomfortable *no* situation into a heated argument like a service person who thinks that his/her job is to be the brick wall that stands between the customer and what he wants. This way of saying *no*, without empathy or any expression of desire to help, is infuriating to the customer. The underlying attitude of the *hard no* is "no way, no how, not in a million years!" You can always tell you are facing a hard *no* as a customer when you ask the service person if any other easy solution is available to whatever situation you are dealing with and he/she says, "No!" Then you ask for a recommendation about what to do next and he/she says, "I don't know!" Finally, you come up with some possible options and he/she systematically shoots them down, one by one. Get the picture? You are facing the *hard no*!

How to drive a customer crazy - nothing drives

customers crazier than not getting what they want from a service provider who treats them like an adversary and isn't interested in looking for ways to help the customer resolve the situation. Here are some one-liners (said in a monotone voice) that clearly reflect this "I don't care," *hard no* attitude:

That's not our policy.  
That's not my job.  
I'm not allowed to do that.  
I have no idea.

The body language that accompanies these responses could be:  
a blank stare  
head held down  
look-away eyes  
distracting fidgeting  
**THE SERVICE NO**

While giving customers a hard *no* clearly doesn't work, I am not suggesting that you somehow try and make a *no* sound like a yes. No technique can accomplish this feat - except lying! We all have seen service providers who, not wanting to confront the situation honestly, tried to keep the customer happy by bending the truth. Doing so gives customers the unrealistic expectation that they are going to get what they want and, sooner or later, when they discover that they have been misled, they are even more upset! Manipulating customers into thinking you're saying *no* is not the answer. Nor is the answer hoping that *no* will be received with joy and understanding.

We have used the sandwich technique for years when we have to say no, and it works with most customers - except the 1% who wouldn't change their attitude even if you levitated in front of them! It is called a sandwich technique because the bread (so to speak) is two phrases wrapped around a filling of recommended actions:

a. 'What I will do is...' - This phrase tells the customer that you want to help them, along with the specific actions you will take to get their problem(s) resolved. The alternative actions you offer may not be exactly what the customer wants but will usually help create an acceptable resolution to the problem and reduce the customer's feelings of frustration.

b. 'What you can do is...' - This phrase

tells customers that they have some control over the outcome of the situation and that you consider them your partners in getting the problem resolved. Possible suggestions for customers may involve recommendations for a temporary fix to the problem or actions that the customer can take in the future to prevent this occurrence from reoccurring.

Here are two common scenarios where using this technique turned a potentially hard *no* situation into a service *no* success.

a. **Situation One:** A customer calls into the CSU where you work, concerned and upset about the monthly FMAS report he just received, shows no record of last month's payments. In addition, he has been charged a 2% late fee. Since the customer says he authorized payment he wants you to talk to the company to waive the late charge. After apologizing for the inconvenience this problem has caused him, you whip out your ever-handy service *no* sandwich technique and say "What I can do is see if WComp has done their upload, if they have I will call the company to see if they will waive the late charge. If not, I can't remove the late charge today, but what you can do is fax me a copy of your last FMAS report and as soon as I receive it, I will talk to the company on your behalf."

b. **Situation Two:** A customer calls the warehouse to order a product that the CFSS normally stocks. You are temporarily out of stock and therefore have to say no. After apologizing to the customer for the inconvenience and empathizing with their disappointment you say, "What I can do is put in a Code 01 demand and if the company has stock it will be actioned immediately. What you can do is give me your IO and G/L over the phone so that I can complete the paperwork now and cross ship the item as soon as it comes in."

In conclusion the key to scoring high marks with the customer, whether you say *yes* or *no*, is always asking yourself the question: "What does *this* customer need, and how can I provide it to the best of my ability?"

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# Off and flying

By Capt Dave Fouts  
UIO, 3 CFFTS Southport



Photo by: Cpl LeBoeuf

On 10 March 2000 six students from the Basic Helicopter School, five students from the Multi-Engine School, and one student from the Advanced Jet Course received their Canadian Forces pilot wings from Brigadier-General Rick Findley, A1 Personnel and Training 1 Canadian Air Division. The occasion was marked with a Wings Graduation Parade and a formal dinner in the Combined Mess of 3 Canadian Forces Flying Training School Southport, where friends and families gathered to celebrate.

The graduates of courses 9901 and 9905 are as follows:

(Standing, back row, left to right): Lt Kashe Bryngelson is posted to 435 Sqn in Winnipeg to fly the Hercules aircraft, Lt Patrick Pollen is posted to 436 Sqn in Trenton to fly the Hercules aircraft, Lt Greg Zweng is a Reservist who will fly the Twin Otter aircraft with 440 Sqn in Yellowknife, Lt Yanick Gregoire is in Moose Jaw awaiting a Jet UTO, Lt Patrick Gobeil is posted to 429 Sqn in Trenton to fly the Hercules aircraft, and Lt Shane Loder is posted to 424 Sqn in Trenton to fly the Hercules aircraft.

(Standing, middle row, left to right): Lt Christine Salt is posted to 423 Sqn in Shearwater to fly the Sea King helicopter, Lt Rob Erdeg is posted to 444 Sqn in Goose Bay to fly the Griffon helicopter, Lt Louis Perrot is posted to 443 Sqn in Esquimalt to fly the Sea King helicopter, Capt Eric Couillard is posted to 430 Sqn in

Valcartier to fly the Griffon helicopter, Lt Jim Knutsson is posted to 403 Sqn in Edmonton to fly the Griffon helicopter, and Lt Chris Morrison is posted to 408 Sqn in Edmonton to fly the Griffon helicopter.

(Seated, front row, left to right): Honorary Colonel Wishart, Col Watt, 17 Wing Comd, BGen Findley, A1 Pers & Trg, 1 CAD, LCol Caux, Comdt 3 CFFTS, Mr Harry Smith, Wartime Pilots and Observers Association.

Of interest, two graduates had the honour of being presented their wings by family members. Mr James Salt, a former Naval Cadet and a current member of the Canadian Coast Guard, presented his daughter, Christine, with her CF Pilot's Wings. As well, Mr Russell Cook, a veteran of the Hamilton Light Infantry during World War II, presented his grandson Shane with his CF Pilot's Wings.

On behalf of the City of Portage La Prairie, Counsellor Earl Porter, presented the City of Portage La Prairie Flying Achievement trophy (awarded to the student from each school with the highest overall flying results). The recipients were: Lt Patrick Gobeil from the Multi-Engine course and Capt Eric Couillard from the Helicopter course.

Lt Patrick Gobeil won the Hal Wishart award for best multi-engine student and Capt Eric Couillard won the Gos Goulding award for best helicopter student.

Congratulations to all of the Wings Graduates of Courses 9901 and 9905 from the Staff of 3 CFFTS, Southport.

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at the  
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20:00 HRS**



# Awards and presentations



During the Wings Graduation ceremony held at 3 CFFTS Southport on 10 Mar 00, BGen Rick Findley presented Canadian Forces Decorations to Capt Dave Skinner, Pilot Instructor, and MCpl Tania Symonds, 3 CFFTS Finance Clerk.

*Photo credits: Cpl Le Boeuf*

## “402 Squadron promotions”



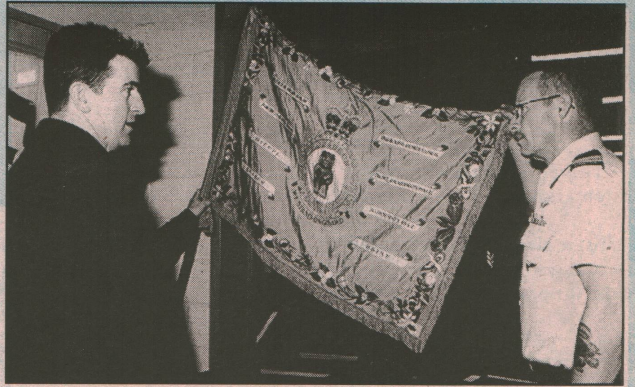
Sgt Jamie Burke (bottom) being presented with his new rank by LCol Dave Lamb ( CO of 402 Sqn) and Capt Mike Lillico - photo credit Cpl LeBoeuf. CWO Mike Webb (top right) being presented with his new rank by (right) LCol Dave Lamb, 402 Sqn CO and (left) CWO Dave McAllister, 402 Sqn CWO- photo by Cpl McLeod. Maj Harry Wray (top left) being presented with his new rank by LCol Dave Lamb, CO 402 Sqn - photo credit Cpl McLead.



# 402 "City of Winnipeg" Squadron Heritage Day 30 Mar 00



MGen Cambell, Honorary LCol Syd Chapman and Col Watt admiring the new 402 Sqn Heritage display, 2nd floor of Hanger 16.



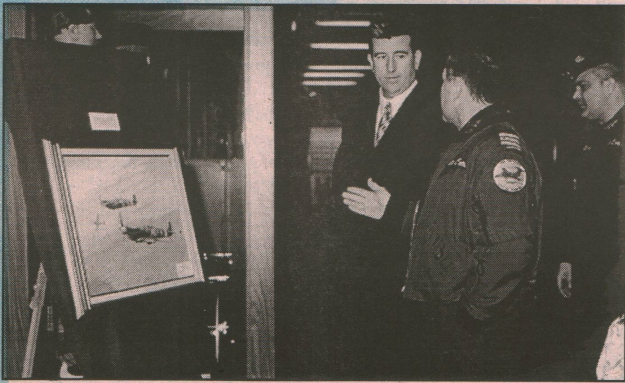
Capt Mike Lilico, 402 Sqn ADMINO explains the significance and importance of the retired SQUADRON COLOURS with Battle Honors.



LCol Lamb CO 402 Sqn, Mayor Glen Murray, MGen Cambell and Col Watt have a chat amongst the hanger floor displays.



The Mayor admiring the 402 Sqn Heritage Display.



Throughout the visit, the CO brought the Mayor up to date on the Squadron's history.



The Mayor enthusiastically making a purchase from Sqn kit stores. MCpl Beaulieu is on the left.



A veteran having a look through old photos.



CO, the Mayor and the Wing Comd in front of a single Otter provided by the Manitoba Gov't Air Services.



# MFRC ANNOUNCEMENTS

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

## HELP!

### FUN WITH MUSIC

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

Lipsett Hall Nursery School Start Date: Thursday, April 13th  
 Mondays from 11:20 am to 11:50 am To register, please go to 350  
 \$20.00 per family for a 10 week session Doncaster

### YOUTH PROGRAMS

Coordinator Diane Brine, 488-8563

#### GYM AND MOVEMENT

Come and learn to play with your child. This program includes developing large muscle skills, creative movement, parachute games and cooperative games.

Lipsett Hall Nursery School  
 Thursday from 1:15 pm to 2:15 pm  
 \$20.00 per family for a 10 week session  
 Start Date: Thursday, April 13th  
 To register, please go to 350 Doncaster

#### BABYSITTERS' COURSE

This course offers basic instruction in first aid, fire safety and child care. It includes an evening of hands on activities for participants to share with your children.

Tuesdays and Thursdays - April 4, 6, 11, 13 and 18  
 5:45 to 8:00 p.m.

\$8.00 per participant. Location to be determined.  
 Please register at 350 Doncaster

#### Volunteer Program

Many of our military families are dealing with being separated from loved ones on deployment or TD. Many more families are getting ready for the battalion's rotation to Bosnia in late summer.

As well, there are many new faces in Winnipeg and families are coping with being in a new community.

Volunteers at the MFRC play a vital role in helping these families by providing a much needed support system. Volunteers make a difference by visiting new families to Winnipeg or by providing a warm voice on the telephone when a loved one is away for an extended period of time.

We need people who would like to be involved in rewarding volunteer opportunities. MFRC volunteers are trained, have an orientation and are given some reimbursement for mileage and childcare. As well MFRC volunteers are treated with two volunteer recognition activities each year.

If you would like more information on these volunteer opportunities or the many other ways you can become involved in your community, call Celine at 489-7003.

#### THE NEW COMER PROGRAM NEEDS YOU !!!

Volunteers are urgently needed for the MFRC New Comer Program. This program offers information and visits to new families of 17 Wing.

Volunteers are required to assemble information packages at 350 Doncaster. Time commitment can be as little as 1 hour per week.

Volunteers are also required to make visits and give out our information packages to families new to Winnipeg. Time commitment is from April to September and you must be available for 2 to 6 hours per week.

Training is provided and mileage and child care are reimbursed up to \$15 per month.

This is a very rewarding and busy volunteer experience that lets you help your community.

**MAKE A DIFFERENCE! BECOME A MFRC VOLUNTEER.**

For more information please call Celine at 489-7003

# WHAT'S HAPPENING

Roblin Park Nursery School will be holding a

### Spring Craft Sale

on Saturday April 15th from 10:00 am to 4:00 pm at Roblin Park Community Centre, 640 Pepperloaf Crescent. Admission is \$1.00 for adults, children under 12 free. There will be a silent auction and bake table. Crafters still welcome. For info call Noelle 896-0183 or Marni 897-3960.

### 17 WING WOODWORKING CLUB

**Located:** Building 33 (Family Resource Centre)  
**Hours:** 24 hours a day seven days a week  
**Cost:** \$50 + GST per year individually or \$75 + GST family (dependents over eighteen).  
**Equipment:** Full complement of stationary and hand tools.  
**Sales:** Limited supply of hardwoods.  
**Discounts:** Hardware store discount cards and access to wholesale lumber.  
**Contacts:** Pres.: Capt Steve Wilson lcl 6674  
 Treas.: WO Greg Speakman lcl 5555  
 Secretary: Capt Sylvain Gazaille lcl 5154  
 Equipment Mgr.: Cpl Jean Tremblay 832-2773

### Winnipeg Military Community Council's 1st Annual Home Based Business Fair

Saturday 29 April 2000  
 9:00 - 3:00 PM

#### LIPSETT HALL RECREATIONAL CENTRE

(NEAR THE CORNER OF KENASTON BLVD AND GRANT AVE)

ADMISSION ONE DOLLAR  
 SILENT AUCTION  
 EVERYONE WELCOME

### 17 Wing Women's Fastball 2000

All ladies interested in joining the 17 Wing Fastball Team, please call either Cpl Kellie Smith at local 5685 or Chris Merrithew at local 5511.

### 17 Wing Recreational Library

Westwin Community Centre Building 33, Whytefold Road by Building 90

#### Reading Corner

Opening Hours: Monday 3-8; Tuesday (split) 10-1 & 3-8; Wednesday 3-8; Thursday 3-8; and Sat 1-4

Telephone 833-2500 loc 2490

17 Wing Recreational Library, would like to extend a special thank you to Sgt Whitaker of the base Meteorology department for coming and giving a wonderful talk to the children, they were thoroughly impressed. The children asked loads of questions. Sgt Whitaker gave them loads of answers. Thank you Sgt Whitaker from all the children who attended.

A couple members of 1 CAD BAND will be coming to the Library 29th April, 2000 from 2-3 pm.

### 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

\*\*\* HAPPY EASTER \*\*\*

Looking for that special Easter present? Come and paint your heart away at the Ceramic Club and be prepared for Easter. We have many molds to choose. Pick a cute little bunny, or a funny lace egg. Create that masterful looking Faberge egg with a simple stroke of a brush.

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.

# Tattoo announces Band Performers

By: Garry Robertson  
Media Relations  
Royal Military Institute of Manitoba

Art Sutton, Chairman of the 2000 Manitoba International Tattoo has announced that three of the most well known military musical organizations in Canada have agreed to appear, so far, at the all-new-for-2000, Manitoba International Tattoo. November 4th at the Winnipeg Arena.

They are:

- \* Our own Manitoba based 1 Air Command Band under direction of Major Alain Pineault;
- \* The world famous Naden Band of the Maritime Forces Pacific; and
- \* The Royal Canadian Artillery band from Edmonton, one of the oldest and most respected bands in the country.

"This fine group of full time musicians in the Air Command Band has thrilled audiences around the world, as well as here in Canada with traditional, and modern music" says Sutton. There are a number of other musical groups within the band such as jazz and dance ensembles and a brass and woodwind quintet. According to Sutton, "This group can play anything - a real crowd pleaser."

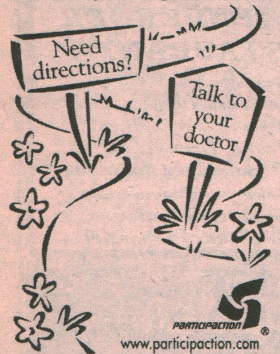
The Canadian Navy Naden band of Maritime Force Pacific is also very versatile with a variety of smaller combos and ensembles within the group. One of their very popular routines is a choreographed marching display which has entertained audiences throughout Canada and abroad.

The Royal Canadian Artillery band is a group of 35 professional musicians who can trace the roots of their brass and reed band back to 1879. They have captivated international audiences in Asia, England, France, Belgium and Holland as well as here at home, in Canada. Most recently they represented Canada at the D Day celebrations in France. They bring a high level of enthusiasm, and professionalism to this year's tattoo.

Chairman Sutton promises an evening of stirring music, thrilling sights and sounds and a complete family entertainment spectacle - possibly the best Military Tattoo ever to be seen in the West. This year's theme is a salute to the Reserves and Militia. Tickets expected to go on sale soon.

## Scenic Route

Maintaining a healthy weight means eating healthy foods and taking the long way home.



OFFICE HOURS  
MON & FRI 7:30AM - 7:00PM  
TUES, WED & THURS - 7:30AM TO 7:30PM  
SAT - 8:00AM TO 2PM.

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Fri & Sat 9:00 pm - 1:00 am

**Meat Draws**  
Every Sat. 2 pm - 5 pm

# 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  
MASSES: 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 (Evangelical Luth) - Office 833-2500 ext. 5785  
Padre Kevin Klein (Luth) - 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 counselling 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.

**LENTEN AND EASTER SERVICES COMMUNITY CHAPELS NORTH AND SOUTH**

In addition to regular weekend services, throughout the period of Lent and Easter services will be held in the community chapels as follows:

**Roman Catholic at Saint Marguerite Bourgeoys Chapel**  
Mondays and Wednesdays 13 Mar-17 April 6:00 p.m.  
Easter Sunday 21 April 3:00 p.m.

**at Saint George's Chapel**  
Tuesdays and Thursdays 14 Mar-18 April 6:00 p.m.  
Easter Sunday 23 April 11:00 a.m.

**Protestant at Chapel of the Good Shepherd**  
Wednesdays 15 & 22 Mar; 5 & 12 April 7:30 p.m.  
Maundy Thursday 20 April 7:00 p.m.  
Good Friday 21 April 11:00 a.m.  
Easter Sunday 23 April 7 & 9 a.m.

Note: There will be no 10:15 or 11:00am Protestant service on Easter Sunday. The Eucharist will be celebrated at 9:00 a.m.

# 17 WING SPORTS

## What's in store for your Recreation Centre

By Cheryl Gudz, Wing Public Affairs

In just a few months, Building 90 is going to look more like a luxury spa than a CFB recreation centre. Well, maybe that's pushing it...

However, Building 90 will definitely undergo a little "reconstructive surgery". A front lobby and foyer will be built in order to properly receive facility users; a teaching pool and a whirlpool will be added to an upgraded pool area; and multi-purpose rooms will be created to offer such classes as Aerobics, Judo, and Tae-Bo.

The Personnel Support Program (PSP) and public funding will share the costs in making the renovations and additions possible. The overall cost of the project will reach 4.1 million, part of 240 million the project has to spend on recreation centre facilities nation-wide.

It seems like everything will be relocated or fixed-up.

Men's and Women's changing rooms on the lower level will be replaced with the two multi-purpose rooms. The new changing rooms will then take the place of the offices next to the gymnasium on the upper level. Family/handicap changing rooms will also be built to accommodate all types of users. The physiotherapy room will remain in the lower level, but a portion of its space will be converted into staff men's and women's changing rooms. The cardio weight room will remain intact, but the offices across from the weight room, will be converted into storage rooms. The indoor pool area will be complete once the kidney shaped teaching/wading pool and the rehabilitation whirlpool are built. The pool will gradually deepen so that at the other end swim classes for children can be conducted. Further developments to this quarter include a patio area.

After the final construction stage, Building 90 will look different from the outside, but still quite recognizable, as the majority of the changes will be internal electrical and mechanical repairs. One notable change will be to the gymnasium's ventilation unit, as the present condition of the unit is such that the intent is to replace all but the supply fan. Facility Coordinator, Andy Oxley says he's looking forward to the completion of the project, and is optimistic that in the end, members will have a very attractive, comprehensive facility at their disposal.

"I'm confident that we will have one of the best facilities in Manitoba - comparable even to the Max Bell Centre at the U of M."

As of 1 June, Building 90 will be under construction for

approximately six months, but the work will be phased in order to keep certain areas of the building open for usage. Mr. Oxley is quick to add that despite the efforts to keep the building partially accessible during the construction, "we will probably have to close for a month so that a sprinkler system can be installed." However, all is being done to try to keep the facility open throughout the entire construction period. If necessary, alternative locations to work out will be the 1CAD gym (Building 21) and Lipsett Hall on the South Site. One thing to keep in mind when you're tying up your running shoes in the near future, is that the construction will only be temporary. So to all the facility users out there who will grumble and moan about the inevitable inconveniences that go along with repair and construction, remember: small sacrifices reap large rewards.

**Happy working out!**



## Canadian Forces National Men's Championships

Results from the CF Men's and Old Timer's National Hockey Championships:

Provided by CFPA



Ten of Canada's best military men's hockey teams squared off for the Championships titles in both regular and Old Timers at CFB Borden, ON. The games ran from March 20-25, with the final Championship games for regular and Old Timers taking place Saturday, March 25.

Five regional teams from CFB Comox, CFB Edmonton, CFB Trenton, BFC Valcartier and CFB Halifax/Shearwater contested for the men's championship title. In the Old Timers division, five teams from CFB Comox, CFB Edmonton, CFB Trenton, BFC Valcartier and CFB Gagetown competed for top honours.

MEN			
Mar 20: Halifax/Shear	16	vs	Comox 6
Edmonton	4	vs	Petawawa 3
Valcartier	7	vs	Halifax/Shear 5
Mar 21: Comox	6	vs	Petawawa 4
Edmonton	8	vs	Valcartier 5
Mar 22: Edmonton	7	vs	Comox 5
Petawawa	6	vs	Valcartier 2
Mar 23: Valcartier	6	vs	Comox 6
Halifax/Shear	7	vs	Petawawa 2
Mar 24: Halifax/Shear	5	vs	Comox 2
Valcartier	7	vs	Edmonton 1
Mar 25: (Champions) Valcartier	4	vs	Halifax 3
OLD TIMERS			
Mar 20: Gagetown	5	vs	Comox 2
Trenton	3	vs	Edmonton 1
Valcartier	1	vs	Gagetown 1
Mar 21: Edmonton	5	vs	Comox 2
Valcartier	5	vs	Trenton 1
Mar 22: Gagetown	7	vs	Trenton 2
Valcartier	2	vs	Edmonton 1
Mar 23: Valcartier	6	vs	Comox 0
Gagetown	3	vs	Edmonton 1
Mar 24: Valcartier	2	vs	Edmonton 0
Trenton	2	vs	Gagetown 1
Mar 25: (Champions) Trenton	4	vs	Valcartier 3

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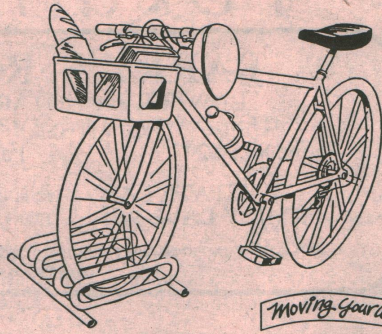
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For Sale - Large metal garden shed: \$200.00, Little Tykes basketball net: \$20.00. North side PMQ's 889-5867

For Sale - 1990 Suzuki Swift, 4 Dr, 5 Spd, AM/FM Cassette, 153,800Kms. car winterized with interior car warmer. Just safetied. Clean and reliable car. All maintenance documents available since 1995. \$2500 OBO. Please call 896-7766

For Sale - Skis & boots to fit 8-12 yrs. Excellent condition. \$80/set. 864-2138

Posted Must Sell - CCM 2 Seat Child Bike Cart \$100, Car Top Carrier \$45.00, Bike Rack for Car (fits 3 bikes) \$15.00, Multi-function Manual Treadmill \$50.00, Deck to fit 11/2 story PMQ 8ft by 12 ft \$125.00, 2 Metal Sheds 61/2 by 71/2ft, 41/2 by 51/2ft open to offers. Call 488-3583

For Sale - Kenmore extra capacity and heavy duty washer and dryer with various setting and speeds. \$675.00 OBO. Phone 667-2427

For Sale - Men's black leather car coat. Never used. Size XLG. Asking \$200. Call Stephen at 775-7097 evenings.

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**MISC. FOR SALE**

For Sale - Window air conditioner with mounting bracket; 10,000 BTU's. \$200.00 OBO. Phone 667-2427

For Sale - XL Wire Dog Kennel (indoor). Near new, paid \$150.00. Receipt and training guide available. \$100.00. Call 895-8901, Carmen

For Sale - Reverse Osmosis whole house water treatment system 300 gal/day. Excellent condition, \$4,500 invested. Sacrifice \$1,700. 864-2138.

For Sale - 1996 Chrysler Intrepid 3.3L V6, auto, air, CC, PW, PDL, PM alloy wheels, new tires, brakes, safety 6yr/120K warranty, \$12,500. Call (204) 261-3353

For Sale - Grandfather Clock, 7' tall with moon movement, 3 different carrillons, 3 weight chain driven mechanism, solid oak cabinet in 3 parts. \$5,500. Call 253-5184

For Sale - sofa & chair in mint condition. To view call Ivan at 831-8977 after 5 pm. Asking \$275.00

**MISC. FOR SALE**

For Sale - Royal Blue Amisco bunk beds with mattresses, ladder and frame to convert to 2 twin beds \$350.00, 2 blue custom comforters to match (one with dinosaur design) \$50.00. Wall unit, walnut and brass accent 72x72, 2 drawers, lighted display \$275.00. Marbled Brass occ. Table - 2 tier - 28" high - 14 1/2" diameter, round shelves \$50.00. 1996 Dodge Caravan PS, PB, AM/FM, 7 passengers, cruise, 3L, green, 137km, asking \$11,000 - offers. call 269-0282

For Sale - York Mega Max 3001 Universal Gym. Asking \$300.00 or Best Offer. Phone 475-6250, please leave message.

For Sale - 16 inch girls bike - pink - excellent condition - \$45.00 - swing set - \$10.00 call 896-6460

For Sale - 90 Chev. Sprint, 4 dr HB; Automatic, Red 138km. Original owner. All receipts available, New brakes, tires and exhaust. Excellent condition - no rust \$3000.00 Call 895-8901, Carmen

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