

The VOXAIR

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for
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Operations

9 Apr - 15 Apr 00

Calumet, Egypt	1
Echo, Italy	6
Danaca, Golan Heights	15
Kinetic, Kosovo	12
Palladium, Bosnia	4
CFS Alert, Nunavut	4
CF Incremental Tasks	3
General Tasks	58
MAMS Tasks	0
Total Deployed	(103)

*1 CAD Indiv Tasks:	0
** CF Incremental Tasks:	
ALOC Borden	2
Pastoral Visit- Alert	1
*** General Tasks:	
EX Fabric Brave - Inuvik	57
EX Cooperative Chance- Svolen Slovki	1
**** MAMS Tasks: Op	
OP Palladium	
Augmentation - Shilo	0

17 Wing / Non Military agencies exercise emergency procedures

by Capt Laferrière, WPAffO

At 9:05 a.m., on Wednesday, April 19, 2000, a Winnipeg resident placed a call with 911, advising them he had witnessed a CC-130 Hercules aircraft go down a few kilometres north-west of Assiniboine Downs. He could see smoke coming out of the wreckage, indicating the possibility of a fire.

Within minutes, 17 Wing firefighters were on site followed shortly after by the Headingly and Winnipeg Fire Departments. An impressive build up occurred in the following hour including emergency response vehicles from the RCMP, the Winnipeg Police, the Emergency Response Services as well as several 17 Wing responders.

"Our first objective when we went in was to control the fire", said Cpl Dino Scowen, a firefighter with the 17-Wing Fire Department, "we have to eliminate this threat before we can move on and start helping the crash victim".

The plane crash, which occurred at St. Charles Range, was of course simulated as part of Ex Gordian, but extensive planning took place to make this scenario as realistic as possible. A mock up CC-130 cockpit and aircraft parts were spread all over the site and

several drums filled with diesel were blazing by the time the first responders arrived, adding realism to the scenario.

As well, 15 members of 17 Wing were acting as casualties in the accident. All of them were playing a distinct role, had pre-determined injuries and followed a prepared script.

"This exercise was very effective", said MS Scott Baker, who played an injured crew member, "involving the City of Winnipeg, the Winnipeg Police Service, Fire Department, Ambulance Service and the RCMP gives you a much broader perspective of the close-knit cooperation and interaction we enjoy with civilian emergency response services in Winnipeg".



Crash victim
A firefighter from the Headingly Fire Department administers first aid to crash victim Sgt Brenda Fox, played by PO2 Edith Miller, from 17 Wing Orderly Room.

Photo by Capt Dany Laferrière, WPAffO

The aim of this exercise was to give 17 Wing members an opportunity to review and refine their emergency response procedures and further develop their understanding of their roles and responsibilities in emergency situations involving non-military responders.



17 Wing firefighters move in and contain the fire before they can look after the casualties.
Photo courtesy of the Headingly Headliner

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VOXVIEWS

Voxair announces new co-editors!!

By: Maj CM Walton-Simm
Managing Editor

After much searching, the Voxair is pleased to announce the appointment of the following individuals as Voxair Managing Co-Editors:

Capt Kerry Monk, incoming CFANS Admin O; and
2Lt Ben Doyon-Gosselin, WCOL.

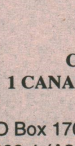
A handover of responsibilities will be completed during the period 1 to 31 May 00 with the official commencement of their job being 1 Jun 00. Many changes have taken place over the last year which are aimed at improving the quality of the Voxair newspaper. We have recently streamlined the staff and are once again doing production in house. You have probably noticed a few variances in our paper as we move through this transition, however, these changes are being implemented quickly and smoothly, and the final outcome will be a better quality paper! Our next assignment is to work on increasing the quality and quantity of submissions we receive for input into the newspaper.

Capt Monk brings with her a background in writing and strong interest in printed materials; and 2Lt Doyon-Gosselin will add a french dimension that has been missing for some time. I'm sure they both will enjoy the challenge and provide some positive input into the Voxair!

I'd like to take this opportunity to thank the Voxair readership for their support over the past 4 1/2 years and encourage you all to be as supportive to my replacements. Happy reading!!!!

VOXBACK

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



COMMANDER
1 CANADIAN AIR DIVISION

PO Box 17000 Stn Forces
3000-1 (A3 TSR)

13 March 2000

SAR CFATS - STONEY RAPIDS SASK

As you are aware, 435 Transport and Rescue (T&R) Squadron was involved on 27 February 2000 in the rescue of seven people from the crash of a Piper Navajo at Stoney Rapids Saskatchewan. Within four and a half hours of being notified, SAR Techs from 435 were being parachuted into the crash site. Following the rescue, the crew then medically evacuated the most seriously injured to Saskatoon.

I would like to commend 435 (T&R) Squadron for its exceptional performance. The foresight demonstrated by the crew in recognizing the additional requirements that this mission required was exemplary. Mobilizing six SAR Techs from an effective strength of nine, at short notice, without compromising response time, highlights the unwavering support that SAR units continually provide. The safe and accurate deployment of two chocks of SAR Techs for a night bush jump is an excellent testimony to the skill of all aircrew members on Rescue 342. Finally, the safe conduct of the Medical Evacuation flight at the end of a very long and active crew day, again demonstrates the professionalism and skill of the crew of Rescue 342.

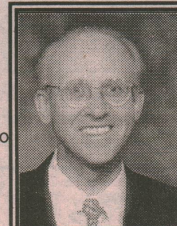
The success of this mission does not rest with just the crew of Rescue 342, but with all those involved in getting that aircraft launched. Without excellent ground support, an air force cannot sustain effective and safe air operations in a demanding environment for a prolonged period of time as witnessed by this mission. To the survivors of this crash, the Canadian Forces made a difference. Everyone who contributed to this mission should feel proud.

Please pass on my thanks and congratulations for a job well done to all those involved.

[Signature]
for L.C. Campbell
Major-General



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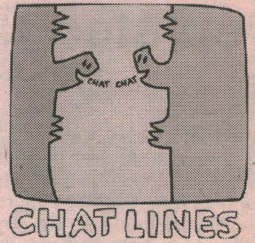
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Safety online - Your computer to chat rooms

by Cpl Lisa Edgar



Online Chat Rooms and Internet Relay Chat (IRC) Programs have the greatest potential to cause harm to children. They are the equivalent of a telephone conversation with complete anonymity. It is common for pedophiles to pose as teenagers or children to establish communication with children.

IRC Programs such as ICQ, Yahoo Instant Messenger and MIRC are programs which allow instant messaging, e-mail, file transfers and real time voice communications with an easy to use graphic interface. Each program maintains a list of "contacts" or "friends" who are alerted each time that the user goes on-line. The user sets up a "profile" which can contain as little information as a nickname or alias all the way to phone numbers and photographs. Each program uses different identifiers. ICQ issues each user a unique number, Yahoo Instant Messenger uses email addresses and MIRC utilizes nicknames. It takes only a few minutes to obtain a new "identity" with complete anonymity with these programs so it is extremely easy for people to disappear and reappear as someone else. If your older children want to use these programs with their friends there are some specific security measures which can be implemented:

1. Tell your child to consider his/her ICQ Identification Number as he/she would a phone number. If he/she wants to communicate with his/her friends then he/she can provide this number. This allows him/her to maintain a blank profile with no information that can be used by strangers.
2. Do not accept authorization or chat requests from anyone who has not identified themselves as friends.
3. Ignore all messages and file transfers from strangers.
4. Read the on-line help files that contain additional information for security and privacy directly from the vendor.

- Other things to keep in mind when using chat rooms or other on-line services:
1. Always use a fun name or an alias when on-line. Never use your real name - not even your first name.
 2. Never give your real name, address, school, parents' names, friends' names, where your parents work, any e-mail address or telephone number just to anyone.
 3. Never talk to anyone you met online over the phone, send anything or accept anything from them or agree to meet with them. Pedophiles will try to entice children and teenagers with offers of free software, new computer equipment, hints, tips etc.
 4. Never allow your children to send their picture to anyone.
 5. Closely monitor the contacts your children make on-line. Check the "contact" list to verify that these people are friends of your children.
 6. Encourage your children never to meet with anyone who they have "met" online. Although this is difficult to enforce with older teenagers, a compromise should be considered where a parent is present at the initial meeting.
 7. If your child sets up a profile on an IRC program such as ICQ ensure the only information it contains is an alias or nickname. Set security levels to ensure authorization must be obtained prior to establishing contact. Encourage your children not to accept any messages or files from someone they don't know.
 8. Installation of some filtering software will block the transmittal of personal information from your computer.

Online chat rooms and IRC programs have replaced the telephone as the primary communication device between teens. The falling price of web cams make this communication more genuine than the telephone. The use of a web cam also ensures the users are not anonymous.

Web cams are a great tool to keep in touch with family and friends who are away. Grandparents can watch their grandchildren grow, up, etc... There are also programs such as JCU, II, which are used for web cam communication. There are different directories (similar to chat rooms) that users may enter. Directories are listed by purpose (eg general chat, game chat, adult) however, as a parent I am not entirely confident about how strictly activities on these directories are controlled.

Younger teens are fond of chat rooms for game hints while for older teenagers they are the new telephone. Again, the key to maintaining a safe online environment for your children, regardless of their age, is trust and communication.

The next submission to the Voxair will focus on software and filtering solutions.

IN THE NEWS RECENTLY - 911 VIRUS

The FBI released an alert on 1 Apr 00 concerning the 911 Virus. Little information is available at present except that the script actively searches the internet for computer systems set up for file and print sharing and then copies itself to the hard drive, overwriting the hard drive and causing victim's system to self dial 911. It is suspected at this time that the dissemination of the virus is limited to the Houston, Texas area. This virus is unique because it has the potential to cause significant physical harm to people by causing emergency authorities to respond to a substantial number of false positive calls which may create a delayed response to actual emergencies. Current anti viral software can detect this virus.

Further information may be obtained by visiting:
<http://www.fbi.gov/nipc/advis00-038.htm>
http://vil.mcafee.com/dispVirus.asp?virus_k=98557
<http://www.symantec.com/avcenter/venoc/data/bat.chode.worm.html>
 The 17 Wing IS Security Section is a cooperative effort between the Wing Telecommunications and Information Services Squadron (WTISS) and the Wing Security and Military Police (SAMP) Squadron. If you have any questions please do not hesitate to call Cpl Edgar at 833-2500, ext 6728.

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Depleted uranium and Canadian Forces personnel

by Col Ken Scott D Med Pol

In February of this year, a US scientist announced to the media that he had measured high levels of uranium in the tissues of Terry Riordan, a Canadian veteran of the 1991 conflict in the Persian Gulf who had passed away from unknown cause in 1999. This announcement captured a great deal of media attention, and may have served to raise health concerns amongst CF members and former members who served in the Gulf in 1991. The US scientist has so far refused to divulge what his findings were, or how he arrived at them. The concern raised in the media was that CF members had somehow been exposed to depleted uranium during the Gulf War and that this was somehow effecting their health adversely. The Minister of National Defence has announced that specific testing for depleted uranium will be offered to people who feel that this is a health concern.

Based on a careful review of all known science concerning depleted uranium, there is essentially **no** chance that depleted uranium is effecting the health of CF members who served in the Gulf in 1991. This sounds like a dogmatic statement, but consider the following facts. Depleted uranium is less radioactive than naturally occurring uranium (hence the name). Natural uranium has been mined, manufactured, and studied for many years. This is not an area where scientific evidence is lacking. People who work in the uranium industry are extensively monitored for adverse health

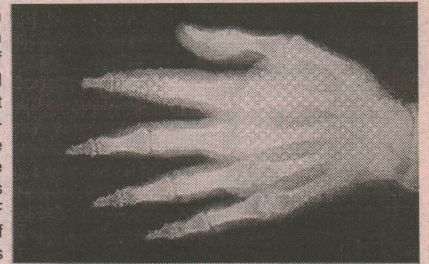
effects. To date, no study has shown any adverse health effects among uranium miners, mill workers, etc. These people would have had uranium exposures far greater than any CF member could possibly have encountered.

The US and British governments have extensively studied the depleted uranium question. Studies have been done tracking radioactive particles after depleted uranium containing munitions explode. These studies have shown that only people a few meters from the explosion are exposed to any appreciable amounts of depleted uranium (still not enough to cause disease) and that no radioactive particles at all can be detected greater than 100 meters from the explosion. The nearest CF personnel to exploding DU munitions in the Gulf were 80 km away, and the vast majority of CF personnel were considerably farther away than that.

Urine testing can tell if there is depleted uranium in your body now. All people are exposed to natural uranium from soil and water. Therefore, their urines will contain small traces of uranium. If in addition to this natural uranium there is any appreciable amount of DU present, this can be detected by measuring the amounts of the two major isotopes of uranium. This is a very sensitive test, and sample collection, handling, and preparation must be very carefully done. The human body eliminates DU quite efficiently. In order to show up in 2000, the amount of DU a

person would have to have been exposed to in 1991 would have to have been extremely large, hundreds of times larger than any conceivable exposures of military personnel. Urine testing for DU has already been done in the US. Personnel with actual pieces of depleted uranium (shrapnel fragments) embedded in their bodies test positive for DU in the urine. US personnel who were in or near vehicles hit by DU containing munitions have been tested and their urines are negative for depleted uranium. Given that a person would have to have been exposed to huge amounts of depleted uranium to have had health effects, and given that tests already done on US personnel have shown no evidence of DU in anybody without the metal actually in their bodies, it is difficult to conceive of how CF personnel who served in the Gulf could have DU in their bodies and be suffering from its adverse health effects. Some CF veterans of the Gulf War, as well as veterans of other deployments, are experiencing health problems. Some of these problems are significant and are effecting their lives in a very bad way. These problems will only be improved if their true cause is identified and addressed. Focusing attention away from the true cause and onto other factors is not helpful, and can be harmful. A large body of scientific evidence indi-

cates that the cause of these problems is stress, and that the mechanism producing them is the mind effecting the body. This does not mean the problems are not real, and it certainly does not mean that they are not legitimate or that they are due to some kind of personal weakness. Problems of this type are, in fact, the commonest cause of individuals in the general population seeking medical care. They can be helped with appropriate treatment. The Canadian Forces is



17 Med Squadron Lends a Hand

committed to addressing these health concerns in the best way possible. We have established a network of Post-Deployment Regional Health Centers as well as Operational Trauma and Stress Support Centers to help CF members to deal with these problems. If you are suffering adverse health effects which are not being well explained or addressed, we urge you to take advantage of these specialized resources which have been established to help you. The bottom line is that the only way these problems will be addressed is by doctors and patients working together to address their true cause.



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435 Squadron in the new millennium

by MCpl Cossette 435 Sar Tech

01 January 00 rolled around fairly quietly except for a few Millennium celebrations. The Wing was well prepared for any Y2K problems and 435 SAR Sqn was ready to assist in any tasking.

The SAR Techs started the new century by having the opportunity to conduct dive training with the Mobile Diving Salvage Unit in Pearl Harbour. The US Navy was very supportive and taught training techniques like showing some of our guys how to perform shallow water hull searches.

The Sqn's first SAR callout was on 08 Jan 00 and it was to track down a personnel locator beacon (PLB) that was activated by two Inuit hunters 100 miles north of Hall Beach in the arctic circle. The persons were found.

On 28 Feb 00, the Sqn was called out to a crash at Stoney Rapids, Saskatchewan. A Twin Engine Piper Navajo with 7 persons on board (POB) went down a few miles from the local airport. The Aircraft Commander was Capt Melhuish, First Officer Capt Smith, Navigator Capt Dickie, Flight Engineer Sgt Cornish, Load Master MCpl Lake, SAR Tech's Sgts Holleman, Warden, and Henry, MCpls Beauchamp, Lazarowich and Cossette. Sgt Holleman was the overall SAR Tech in charge and MCpl Lazarowich was the Team Leader. At around 0400-hrs, Sgt Warden and MCpl Cossette jumped into the crash

site, followed by Sgt Henry and MCpl Beauchamp as the second team. All people on board the aircraft survived. Two were in critical condition and five were not as serious. The real hero, a male passenger who was one of the survivors was able to build a signal fire and kept it going even with the injuries he sustained from the crash. The Stoney Rapids' community worked together to form a ground rescue party and within an hour of the SAR Tech's penetration into the crash site, the ground rescue party started to arrive. First a few RCMP showed up on skidoos and later two bulldozers arrived making a road through the forest with a variety of personnel ranging from more RCMP, two nurses from the local nursing station, loggers, miners and other locals. We had the assistance of about FIFTY persons and half a dozen vehicles from the Stoney Rapids area to help evacuate the patients. The community did a fantastic job working together by building a road to the crash site and assisting in transporting the patients to the nursing station. After all the patients were transported, the two most critical were then airlifted to Saskatoon, Saskatchewan by the SAR Hercules. The mission was completed by noon that day.

"THAT OTHERS MAY LIVE"

Chinthe bits

by Capt Mark McCullins 435 Sqn Plt Section/ Air to Air Refueling



As I sit at home on a Sunday night penning (well, typing really. I don't think I've penned more than 10 words in a row since 1992.) the 435 Sqn column I find that for once I'm not at a loss for things to write about. As you're reading this, the Sqn is scattered around the country, and in fact the world, in what has to be one of the busiest times in our recent history. The Squadron's motto, "Certi Provhendi", meaning "Determined on Delivery" certainly fits the bill these days as 435 fulfills its **three** mandates of Strategic Transport (Strat), Air to Air Refueling (AAR), and Search and Rescue (SAR).

Our Air to Air Refueling shop has maintained a detachment at the forward operating location in Inuvik for the last month, and will continue to do so as required. This is in support of the NORAD exercise Amalgam Fabric Brave, which is being run by 7 Wing Cold Lake. Our maintenance crews have done a superb job keeping the mighty KCC-130 Battle Herc serviceable in continual Arctic weather, often below -35°C for protracted periods. Our presence in Inuvik has greatly enhanced the training and flexibility of the CF-18s deployed there. I was quite impressed by the facility at Inuvik, and definitely put on a little weight while I was there due to the fantastic food being prepared by the mess staff. Still, I know that everyone in Inuvik is looking forward to heading back south of the Arctic Circle to enjoy the best spring in Winnipeg's recent history!

Also joining the AAR shop up north are our intrepid Search and Rescue crews. They held SAR standby for about two weeks in Inuvik, and then headed south to Yellowknife. They've participated in several rescues up North, including a sinking ship where they flew top cover while all passengers were recovered from the life rafts. On a more personal note, our thoughts and prayers go out to SARTECH Jeff Warden who, as you are reading this, is a member of a multinational team attempting to reach the summit of Mount Everest. Anyone wishing to keep track of Jeff's progress can give the Squadron a call and get the address of his website. Way to go Jeff, we're all pulling for you!

On the Strat side of the house 435 is keeping up its regular support flights into Zagreb, Aviano, and Skopje. Having just finished the last of my pre-flight planning I'll be winging across the north Atlantic tomorrow on our once a month flight. This mission is a six day long flight requiring over forty flying hours and crossing over ten different countries - keeping the diplomatic overflight guys in 1 CAD quite busy! These missions deliver anything from fuel, tyres, Styrofoam bowls, and mail to jet engines and ammo.

If you ever doubted the versatility of the C-130 Hercules, this article should put those doubts to rest. 435's Herc's have never been busier, or tasked so consistently in such a diverse range of roles. Also, should you ever wonder what "Determined on Delivery" is really about, drop by Canada's only Tri-role Squadron for a visit. Our groundcrew, aircrew, and support staff will show you what it's all about!

National Nursing Week

From 8-14 May 2000, registered nurses at 17 Med Sqn and across Canada will celebrate their profession and the contributions it makes to good health through health promotion.

The theme for this year 2000 National Nursing week is "CHALLENGE YOURSELF GET ACTIVE"! This theme supports Canada's National Physical Activity and Health Strategy, which is aimed at reducing the number of inactive Canadians by 10% by the year 2003.

May 12 is National Nursing Day and Sneaker Day and the Nurses from 17 Med Sqn will host a fitness walk around the base. We invite all Wing personnel to put on your sneakers, join the nurses and GET ACTIVE! We will see you all on May 12, 2000.

Time and starting point of the walk will be announced in the near future.

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USE OF OUTDOOR FIRE-PLACES

Just a quick note about outdoor fire-places and similar appliances, they are **NOT ALLOWED** to be used on DND property including PMQ's.

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Spring Dance April 28th Jr. Rank's Mess

FOOD - 7 TO 8 PM FOR FIRST 200 TICKETS SOLD BBQ

SILENT AUCTION PATIO SET, BBQ ETC.

Purchase tickets at Jr. Rank's Mess. MUSIC BY POWER SERGE 20:00 HRS

Members \$3.00
Non Members \$5.00
Doors open at 6:30 pm.



402 Squadron Awards & Presentations



LCol Lamb presenting Cpl Jack Baggs with his Certificate of Service.



LCol Lamb presenting Capt Anningson his Certificate for 1000 hours CC/CT - 142.



LCol Lamb presenting Sgt Bob Wild with his Certificate of Service.



LCol Lamb presenting Capt Green his Certificate for 1000 hours CC/CT - 142.



LCol Lamb presenting Capt McGraw his Certificate for 2000 hours CC/CT - 142.



LCol Lamb presenting Capt Schofield his Certificate for 1000 hours CC/CT - 142.



LCol Lamb presenting Maj Wray his Certificate for 2000 hours CC/CT - 142.

photo credit: Sgt. Guy Tardif, 17 Wing Photo Section

“Preparing for the Past”

402 Squadron's Cpl. Greg Jabusch hoses down a Beechcraft Expeditor. The aircraft, on loan from the Western Canada Aviation Museum, was being cleaned for 402 Squadron's Heritage Day, last month.

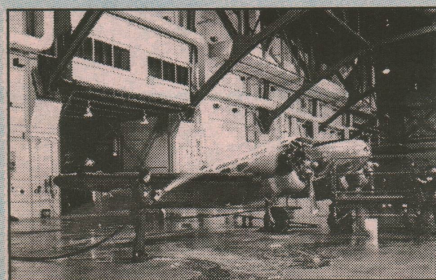


photo credit: Cpl. Bill McLeod



“This Bell Jet Ranger helicopter, part of the Advanced Flying Training fleet, is the first aircraft at 3 CFFTS Southport to receive the dark blue colors of the NFTC.”



“Congratulations on your recent promotion”



Maj Brook Bangsboll, 1 CAD A4 Mov, receiving his new rank from Col Bob Richards and CWO Bob MacDougall. Maj Bangsboll will be leaving 1 CAD this APS to assume the duties of Commanding Officer of 1 Air Movements Squadron.

**A day designed just for all
military personnel, their
dependents, DND civilians and NPF employees!**

Coming May 10th, 2000
8h00 to 16h00 CFB Winnipeg

**THE FOCUS ON LIVING WORKING GROUP, FACILITATED BY CAPTAIN CATHY
SHERMAN, PRESENTS AN INFORMATION DAY....COME FOR AN HOUR, COME FOR
TWO, STAY FOR THE DAY...
BRING YOUR BOSSES, YOUR SPOUSE, YOUR
TEENAGERS, YOUR CO- WORKERS...**



Seating for each presentation is limited to 20 people
(exception is Stress Management which can seat 40 people
in the AM and 20 in the PM)

So get your registration in ASAP

SIMPLY FILL IN ACCOMPANYING FORM AND DETACH!

SEND TO HEATHER GAUTHIER

AMR 402 SQN

PO BOX 17000 STN FORCES

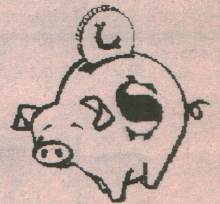
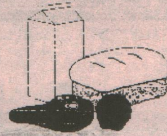
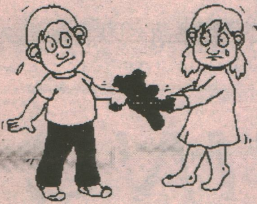
CFB WINNIPEG, MB, R3J 3Y5

OR FAX TO 833-5386 ATTN: HEATHER GAUTHIER

Any queries call Cpl Haggart at 833-2500 ext 6911

Our committee and guests look forward to making your day...

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ALL WITH OUR CUSTOM LOGO**



Focus on Living WORKSHOP REGISTRATION FORM

Name _____ Address (or Unit) _____

Phone No. or Local _____

Please note that stress management will be a three hour session AM and PM
All other sessions will be one or two hours in length

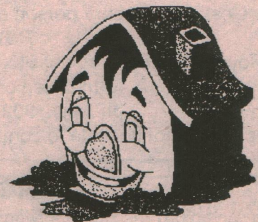
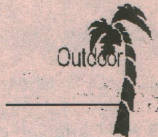
Please indicate choices with an (X)

- Stress Management.....()
- Recreation/Entertainment & Pastimes in Winnipeg.....()
- Communication Skills.....()
- Home Fire Safety.....()
- Herb-sources and uses.....()
- Effectively Dealing with Conflict.....()
- Gang Affiliation & Teens-What every parent should know.....()
- Preventive Home Maintenance for the do-it-yourself-er.....()
- Setting up a user friendly workstation-Ergonomics.....()
- Auric Health & Integrative Energy/Kerlian Photography.....()
- Prevention & Treatment of Sports-related injuries.....()
- Drugs, Alcohol & Gambling-Obsessive Illnesses.....()
- Eating Healthy.....()
- Financial Guidance for Investing & Saving.....()
- 'Bear Quon-Doe' Safety & survival for hikers, hunters, campers & fishermen.....()
- Aids & other Sexually Transmitted Diseases-What you should know.....()

Important Note:

Sessions will be filled on a first come-first serve basis...

Updates will be provided to confirm attendance and to identify changes to topics/scheduling if required.



Workshop Schedule

0800 to 0900	0900 to 1000	1000 to 1015	1015 to 1115	1115 to 1215	1215 to 1300	1300 to 1400	1400 to 1500	1500 to 1600
TBA	Stress Mgt	Break	Stress Mgt cont	Stress Mgt cont	Lunch	Auric Health	Addiction Foundation	Addiction Foundation
Things to do in Winnipeg	Home Fire Safety	Break	Dealing with Conflict	Home Maintenance	Lunch	Stress Mgt	Stress Mgt cont	Stress Mgt cont
Communication Skills	Time Mgt	Break	Bear Quon Doe	Setting up a User Friendly Work Space	Lunch	Herbalist	Diet and Sports	Aids & STD's
						Preventing Sports Injuries	Financial Guidance for Investing	Gang Affiliation

MFRC ANNOUNCEMENTS

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

HELP!



Deployment Emergency Childcare Service

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

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

489-7003 or after hours emergency 935-7733

Childcare Providers Wanted

The Winnipeg Military Family Resource Centre is looking for community members who operate a family home daycare or casual childcare services. We would like to add you to our "Community Childcare Providers" listings. All we need is an 8.5x11 advertisement describing your service, be sure to include hours of operation, location, snacks, etc. Highlight any special services. Many Military Families are looking for care with extended/flexible hours to accommodate early timings and operational commitments. Many families are looking for care and our childcare resource listings are in high demand. Please drop-off or fax your ad to the MFRC at 350 Doncaster St or fax to 489-8587. If you have questions about childcare resources, call Catherine at 489-7003.

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

ATTENTION

Retired Military, Regular Forces, Civilian employees, Wives, Dependents, Contractors, Regular Visitors to bases of the former;

HMCS (CFS) Shelburne, RCAF (CFS) Barrington(Stone Horse), Wartime Bases in Shelburne

The Royal Canadian Legion Loyalist Branch # 63 of Shelburne, Nova Scotia will host a reunion for all interested personnel of the above mentioned bases on 10th to 15th July, 2000.

Cost: \$24.00 per / person or \$50.00 per / family (group of 3 or more)

RSVP: 1st July, 2000

Contact: Royal Canadian Legion, Box 684 Shelburne, NS B0T 1W0

e-mail- legion.loyalist@ns.sympatico.ca

phone- 1-902-875-2681 (leave message)

Please do not hesitate to contact us with any questions. Hope to see you!

CERAMIC CLUB

Westwin Community Centre

Building 33, Whytewold 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

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.

RCAF AIRWOMEN'S REUNION AND HISTORY BOOK - JUNE, 2001

In June, 2001 the RCAF Airwomen will hold their 5th Reunion in Halifax. Since this will also be the 50th Anniversary of the first Airwomen in the peacetime RCAF, a book will be published to mark the occasion.

Were you an Airwomen? If so, you must have treasured memories. Were you a "first", or do you know someone who was? Were you on a winning sports team? Do you have any experiences, anecdotes, or other stories to share?

Please let us know so we can include them in our "history" book. We can be reached at: Airwomen's Reunion Committee, Box # 216, Kingston, NS B0P 1R0

fax: 1-902-765-5747 (Greenwood Museum / Attention: Airwomen) e-mail: millie.oneil@ns.sympatico.ca

Than you. We appreciate any help that you can give us to spread the word.

Peny King, Avonport, NS B0P 1B0 (902-847-9113)

GARAGE AND FURNITURE SALE

The Grace General Hospital will be holding a Garage and Used Furniture Sale on the following dates and times:

May 12th 10:00 am to 8:00 pm

May 13th 9:00 am to 3:00 pm

Location:

Grace General Hospital Auditorium
400 Booth Dr

LOOKING FOR THE PERFECT MOTHER'S DAY GIFT?

Come to the Winnipeg Military Community Council's 1st annual Home Based Business Fair 29 Apr from 9:00 am to 3:00 pm

Lipsett Hall

(near the corner of Kenaston Blvd and Grant Ave)

Admission One Dollar

Silent Auction

Everyone Welcome

Proceeds to Military Police Blind Fund & MFRC Youth centre

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 Gzaille lcl 5154

Equipment Mgr.: Cpl Jean Tremblay 832-2773

CFTMPC receives a visit from Major - General J.R.P. Daigle Commander of Canadian Forces Recruit Education and Training System

by Major C.Young CO, CFTMPC

One of the oldest units in the Canadian Forces recently received a visit from the Commander of the Canadian Forces Recruit, Education and Training System (CFRETS). On Monday, 21 February, 2000 the Canadian Forces Training Materiel Production Centre (CFTMPC) was honoured to host the Commander of CFRETS, Major



General J.R.P. Daigle, MSC, CD. MGen Daigle, previously Director General Military Personnel in NDHQ Ottawa, assumed command of CFRETS 20 June 99. This was his first visit to CFTMPC and the Commander was treated to an afternoon of examining products, enjoying the esprit de corps

of CFTMPC's production teams and listening to CFTMPC's hopes for the future. MGen Daigle himself shares CFTMPC's vision that there will be a significant increase in Web-based training materials, many types of which CFTMPC has experience in developing.

MGen Daigle welcomed the opportunity to become familiar with CFTMPC and was intrigued to learn of CFTMPC's lengthy history. Officially assigned its current name and formed at CFB Winnipeg on 1 October 1969, CFTMPC can trace its roots back to April 1939 when the section within the Camp Borden Flying School began producing flying rules and orders for student pilots.

In 1940, the original Flying School relocated to Trenton from Camp Borden and the Central Flying School (CFS) was formed. The responsibility for the production of student pilot instructional material was given to CFS and was executed by the Training Publications section of CFS.

After the war, CFS relocated to various RCAF stations eventually settling in Winnipeg in 1964. In 1965, the Training Materiel Section (of CFS) amalgamated with the Training Aids Workshop of Training Command Headquarters and the Training Materiel Centre (TMC) was formed. On 1 October 1969, a new organizational order was issued and TMC became officially known as the Training Materiel Production Centre (TMPC).

While the unit has been relatively stable in name, location and establishment, the type of training material that the unit now produces has changed dramatically. Retaining a skill in the production of paper-based products, the unit produces distance learning material as multimedia CD-ROMs, and DIN/Internet products. CFTMPC's capability encompasses Website creation

and maintenance, 2D/3D animation, graphic enhancement in any medium and bilingual writing/editing.

CFTMPC's customers are mainly the schools and units of CFRETS; however, CFTMPC markets its surplus capacity to schools and units outside of CFRETS. The unit maintains the highest standards possible and works very closely with the industry to produce training and recruiting products that meet our customers' requirements.

If you have a training product requirement that you would like to discuss with CFTMPC, please contact the Intake Clerk at CSN 257-5502.



MGen Daigle also took the opportunity to present Linda Vipond, a long-time employee of CFTMPC, with her 35-year Service Pin.

The Canadian Forces dental program

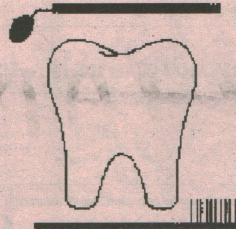
by Cpl Johnson T.A. 1 Dental Unit Det, Wpg

The mission of 17 Wing Dental Detachment Winnipeg is to support the Wing Commander and the Commanding Officer of 1 Dental Unit by ensuring a dentally fit operational force capable of immediate

deployment. The aim is to prevent the loss of valuable personnel due to preventable dental problems.

The Dental Care Program is a two-phase program. Phase One consists of an annual dental examination following which the patient is classified according to treatment requirements and treatment priority. All personnel should note that

QR & O 35.03, as amplified by CFAO 35-2, requires that all Regular Force members undergo dental examinations annually. This then, is very clear direction that attendance at dental exams is both a military duty and an individual responsibility. Phase Two consists of those preventive and treatment services needed to reach and maintain a functional level of dental fitness.



17 Wing Dental Detachment Winnipeg, would like to remind everyone at the Wing to be proactive and call the dental detachment reception desk at local 5522 to book their annual Phase one exams.

24 years of Real Estate experience
Lorna Stevens



1999 WREB Community Service Award
Her Majesty the Queen Elizabeth II Canada 125th Medal
Health & Welfare Canada Volunteer Award
The Award of Excellence Lifetime Member.

call 989-5000

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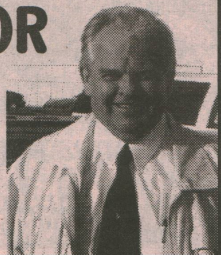
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Every Wed. - Fri. & Sat.
6:30 pm

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

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.

17 WING SPORTS

Beer Team Wins 2000 Hoser Olympics at Shack's 19th Annual Hoser Party

by Brian Shackleton

Editors Note: Story included here in the absence of a truly sports related article...

On Sat 19 Feb 2000, Brain and Jill Shackleton hosted "Shacks 19th Annual Hoser Party". For the third year in a row, the Hoser Olympics were held in the BBQ area of the WO and Sgt's Mess at 17 Wing, Winnipeg. It was minus six, slightly overcast with little to no wind - excellent weather for the party. Over 30 people participated this year. Ed Garrett flew in from Edmonton just for the Hoser Party. Sean Melrose arrived the day before from Japan to defend his 1999 Ironman Title. Now that's dedication!

The Hoser Olympic Games consist of ten events, five of which involve some level of beer drinking. Six teams competed and received points, depending on their position in each of the ten events.

Simon Beaulieu, Beer team captain, used superior technique to win the Hoser Brunch 1-2-3 in a time of 2.42 minutes. Gary Kaligian, Donut captain, supported by Sean Melrose took the Gold in the Down Under with a time of 18 seconds. Diana Lynn-Rex and Eddy Penner of the Donuts sank eight out of ten caps to win Gold in Hoser Bucketball. Gary Kaligian's experience and leadership showed as he led his Donut teammates Diana and Eddie to Gold in the Team Beer Race. Wayne Erskine, Toque captain, paced teammates JP Ouellete, Marc Tupper and

Debbie Voz to Gold in the Donut hole relay. Donut team members Gary, Diana, Sean and Eddy were in top form - as they finished well ahead of the field in the Beer Relay. Backbacon teammates Diane Viel captain, Robert Young, Jeff Moody and Drew Semper leaped for Gold in the Sock Hop Relay.

With seven events completed and only three events left the Donut team had 48 points and a nine-point lead on second place Beer team. Beer teammates: Simon, Adele, Jim and Shane won the Gold medals in the Beer Pole and the Beer Bottle Relays, tying the Donuts for the overall lead with 57 points. The Hoser Triathlon or Ironman would decide the overall team champions.

The Donut team were confident since they were represented by Sean Melrose (1999 Ironman). Heading into the third and final stage of the triathlon, Sean was tied for the lead with Shane Storie of team Beer. The ever-determined Shane had a great finishing kick and guzzled for Gold. Toques, JP Ouellete, won the Silver medal and Scott Moody of the Earmuffs just edged out Sean for the Bronze medal. Full credit to Shane Storie, Ironman 2000, his time of 30.34 seconds is the best of the three Winnipeg hosted events. His 10 points for the win gave his team a total of 67 and the Championship.

By winning the last three events, the Beer team completed the biggest comeback in Hoser party history. Congratulations to the 2000 Overall Hoser Olympic champions: Simon Beaulieu captain, Adele Chapdelaine, Him Ruzycki, Shane Storie and Ron Bauer (Ron could only cheer on his teammates because he 'practiced' too hard the night before). The Beer team also won championships in 1993 (69 pts) and 1996 (60 pts). Way to go team!

I, Brian Shackleton, would like to thank all the personnel and businesses for their donations and/or extra efforts and the Hoser Games Participants for making time to have some fun!

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FOR OUR RE-OPENING
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Report on the Future of Land Forces in Manitoba

OTTAWA -In December, 1999 the German government announced a decision to end its use of DND facilities for training purposes at CFB Shilo, MB. Following that decision, DND launched an initiative to determine the Future of Land Forces in Manitoba and CFB Shilo. Phase 1 of that initiative is now complete - a report detailing options on the future of Manitoba's

Land Forces and CFB Shilo. A copy of the report is available on the D-Net Internet Website. To read or download the study, please visit: www.dnd.ca or go directly to: www.vcds.dnd.ca/dgsp/dfppc/intro_e.asp www.vcds.dnd.ca/dgsp/dfppc/intro_f.asp For more information please contact: Media Liason Office (613) 996-2353/2354.

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For Sale - Saanah Spa - 1997 The Concord Supreme supreme 20 jet hydrotherapy pkg w/ jumbo rotational jet, power miser ultra quiet water mgt sys, powered by jacuzzi piranha jet pump, heat recovery sys for added energy saving, deluxe, programmable digital electronics, complete foam filling of cabinet, freeze protection and programmable timers, stainless steel trim, ozonator, five year protection warranty (eg new jet pump just replaced) seats 5 - 6 pers Includes spa vacuum, chemicals, floating dispenser, safety stairs and hand rail, lockable cover, and proper elec breaker \$3000 call 885-5243

Posted Must Sell - CCM 2 Seat Child Bike Cart \$100, Car Top Carrier \$45.00, 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

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 - 1996 28 ft Coachman 5th Wheel, mint cond, rear bunks, ducted roof air, Pwr frt jacks, full bath, all accessories. Dual batt, propane, incl hitch, 18x8 add a room, \$21,500 call 487-0155

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 - Pine bedroom suite. Includes dresser with mirror, 2 lamp tables, headboard for double/queen mattress, and double box spring and mattress (new-never used). \$800 OBO Phone 254-6356

For Sale - Pota Potti 345 - for camping, cottage or trailer. Never used, in original packaging - never opened \$50.00 firm call 257-9449

MISC. FOR SALE

For Sale - Royal BlueAmisco 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 - Pine table and five chairs with hutch - natural and green forest colour. Like new. \$800 OBO call 254-6356

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



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