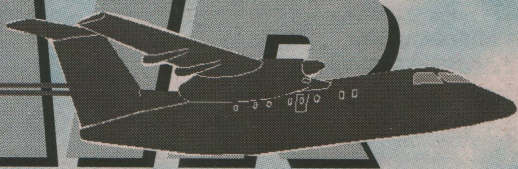


# The VOXAIR



Vol. 48, Issue 9

17 Wing Winnipeg / 17e Escadre Winnipeg

May 10, 2000 / FREE

Next Deadline  
May 12  
for  
May 24

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## 17 Wing Ops Situation Report

### Operations

23 Apr - 29 Apr 00

Calumet, Egypt	1
Echo, Italy	6
Danaca, Golan Heights	15
Kinetic, Kosovo	13
Palladium, Bosnia	6
CFS Alert, Nunavut	4
CF Incremental Tasks	1
General Tasks	0
MAMS Tasks	10
<b>Total Deployed</b>	<b>(56)</b>

*1 CAD Indiv Tasks:	0
** CF Incremental Tasks:	
Pastoral Visit- Alert	1
*** General Tasks:	
**** MAMS Tasks: Op	
Augmentation - Shilo	10

## 17 Wing delivers power to Sanikiluaq!

Picture and text by: Cheryl Gudz,  
17 Wing Public Affairs

The small community of Sanikiluaq of the Belcher Islands in Nunavut, received a huge boost, care of 17 Wing's 435 Transport and Rescue Squadron on Tuesday, 2 May 2000. The small community of 380 people was "left in the dark" the morning before after a fire destroyed the community's generating station.

EMO Nunavut was able to charter a civilian plane to deliver a small generator in the following hours, however the generator was only capable of powering critical systems and much of the

small community was still left with no electricity.

The help of the Canadian Air Force was sought to deliver a 250 KW generator, capable of restoring complete power throughout the small town near Hudson Bay. The generator weighed over 8000 lbs, and required several members of 1 Air Mov Sqn to load it onto the Hercules aircraft.

The workhorse of the Air Force was perfect for the job because of its capability to airlift the powerful generator and land on the short 3,800 ft landing strip in Sanikiluaq.



Members of 17 Wing's 1 Air Movement Squadron load the 250 kilowatt generator onto a 435 Transport and Rescue Hercules aircraft.

## 435 Sqn Aircrew back from Northern Training

Picture and text by: Cheryl Gudz,  
17 Wing Public Affairs



On April 21st, crews from 435 Transport and Rescue Squadron and other 17 Wing members returned from Yellowknife, NWT, where they took part in Exercise Fabric Brave. Our Aircrew left for the exercise in early March. In Yellowknife, they were involved in air to air refueling operations and held primary SAR Standby for the Prairie and Northern Region as well as for the Exercise.

Exercise Fabric Brave was a NORAD exercise conducted to ensure Canada's readiness to enforce Canadian Sovereignty and the protection of our airspace. This major exercise involved personnel from 4 Wing Cold Lake, 8 Wing Trenton, 14 Wing Greenwood and our own 17 Wing Winnipeg.

Picture:  
Sgt Steve Teather getting reunited with his daughter in 1 Air Movement Squadron Terminal.





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# VOXVIEWS

## Everest expedition 2000 spring - a SAR tech's dream

By: Maj CM Walton-Simm  
Managing Editor



Geographical location of Mt Everest

As you should now be aware, and you will see from our centre page feature this issue, one of 435 Sqn's personnel is attempting the biggest (at least in size) challenge of his life. The road to Mt Everest has not been an easy one with lots of planning, preparation and financial obstacles to overcome. But now at last, Sgt Jeff Warden, a 435 Sqn SAR Tech, is in the process of climbing to the world's highest peak. Jeff is part of the Asian Trekking 2000 Team representing Canada. His team members include a seven member Sherpa Support Group with "Ang Tshering" as the Lead Sherpa, Anna Czerwinska (Poland), Carlos (Spain), Saeed Toossi (Iran/USA) and Bill Zachary (USA).

Jeff's father has set up a website to provide the world with daily update of the assault from Jeff and his team. You can find the site at: <http://www.pangeaextreme.com>

stead.com/everest.html. Below is a chronology of events to the end of April extracted from this website:

MARCH 29: Left Vancouver Canada, via San Francisco and Singapore, for Nepal, population, 3,000,000 plus;

APRIL 3: Arrived at Kathmandu, the capital city of Nepal, a city bustling with activity and energy. Leave shortly for trekking drop-off;

APRIL 9: After trekking in from "Lukia", reached base camp "Sagarmatha" at 9:30 a.m., the elevation here is, 17,388 ft. and is situated at the start of the "Khumbu Ice Fall", 120 climbers in camp;

APRIL 10: Puja ceremony today, the blessing of climbers and their equipment. Tomorrow brings acclimatization climb up to camp [1], 20,013 ft.;

APRIL 11: The weather continues to be excellent, hope it holds, the climb up the "Khumbu Ice Field" although spectacular, can be a very dangerous and

treacherous area;

APRIL 14: Camp [2], [advance base camp] is attained today, elevation is now 21,300 ft., strong team, great personnel, sherpas' excellent. Health continues to be good, feeling strong, spirits high;

APRIL 15: Since the climbs to camps [1] and [2], the atmosphere here is starting to heat up, with many teams up high. If the weather continues to hold, summit attempt, could be May 5, [possibly May 6]. Will relay more info later;

APRIL 23: Having spent time at camp [3], situated on the icy face of "Lhotse", movement has been, between the lower levels, and back, this completing acclimatization. Wind and snow are the present conditions. Trekking to "Khumjung Village", below base camp, [were in 1961, the first school was built by "The Sir Edmund Hillary Foundation"]. Here, good health & strength will be maintained. Summit as planned;

APRIL 27: Well rested, ready to start the summit climb, but high winds, [forecast 80knots,] on the Lhotse slopes, continue to be the major obstacle. Anticipation is building for most teams at base camp. If conditions improve [Friday], this should see upward movement towards camps [1], [2] & [3]. Sherpas continue to supply these camps, camp [4] to receive oxygen bottles, along with tents & provisions;

APRIL 29: Back up to camp [3], since returning from Khumjung. Winds at this altitude, [24000ft] are 60+knots, have returned to base camp, weather is expected to improve soon. No one has yet to summit this millennium, climbers are becoming restless. All major Canadian newspapers are represented here, watch for articles. Will begin final assault sometime between May 5-10.

## New Leaders for the Air Force

On 2 May 00, the Honourable Art Eggleton, Minister of National Defence, announced senior promotions and appointments for the Canadian Forces for the year 2000.

"Leading a vital national institution such as the Canadian Forces in a changing world requires highly skilled, trained and educated individuals" said Minister Eggleton. "The new team is comprised of caring leaders who have demonstrated a strong sense of duty and professionalism."

The Minister noted that every officer being promoted has been selected through a formal merit board process in accordance with the policy announced three years ago in the Report to the Prime Minister on Leadership and Management of the Canadian Forces. The members of the merit board

considering promotions to vice-admiral/lieutenant-general and major-general/rear-admiral included a senior public servant from another government department.

The new appointments that affect the Air Force are the following:

Maj.-Gen. Lloyd Campbell will be promoted Lt.-Gen. and appointed Chief of the Air Staff, replacing Lt.-Gen. David Kinsman who is retiring from the Canadian Forces.

Brig.-Gen. Richard Bastien will be promoted Maj.-Gen. and appointed Assistant Chief of the Air Staff, replacing Maj.-Gen. Peter Gartenburg who is retiring from the Canadian Forces.

Brig.-Gen. Steven Lucas will be promoted Maj.-Gen. and appointed Commander 1 Canadian Air Division in Winnipeg, replacing Maj.-Gen. Lloyd Campbell.

Brig.-Gen. Thomas Johnson will be appointed A1 Personnel and Training at 1 Canadian Air Division Headquarters in Winnipeg, replacing Brig.-Gen. Eric Findley.

Brig.-Gen. Eric Findley will be appointed A3 Operations at 1 Canadian Air Division Headquarters in Winnipeg, replacing Brig.-Gen. Steven Lucas.

Col. Dwayne Lucas will be promoted Brig.-Gen. and appointed A4 Support at 1 Canadian Air Division Headquarters in Winnipeg.

Col. Gordon Sharpe will be promoted Brig.-Gen. and appointed Director General Air Force Development.

Additional information can be obtained on the Director Senior Appointments website at the following address: [www.dnd.ca/hr/dsa/engrag/home\\_e.asp](http://www.dnd.ca/hr/dsa/engrag/home_e.asp)

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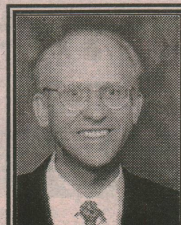
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## Canadian Veterans to be Honoured at Reunion in Yorkton, Saskatchewan

A very unique reunion is being planned for the year 2000 to honour the memory of the Canadian soldiers who fought in Italy during the Second World War. The Italian Campaign Veterans Reunion 2 will be held in Yorkton, Saskatchewan, September 1,2,3, 2000. "There are nearly 6,000 Canadians buried in Sicily and Italy," explains reunion organizer, Jeffrey Stephaniuk. "And there are many elderly veterans living in rural communities and in cities right across Canada." Stephaniuk's father, William, served in Italy between 1943 and 1945 with the Princess Louise Dragoon Guard. "We encourage veterans from all across Canada, their spouses, and their families to come join us in Yorkton," he said. A similar reunion was held in Yorkton in 1998, at which nearly 300 veterans and non-veterans attended. One of the letters of greeting read at that first gathering came from Major-General (ret'd) George Kitching, who passed away in 1999 at the age of 89. He became a well-known Canadian officer during the Second World War. He was the senior staff officer of the First Canadian Division during the Sicilian campaign in July and August of 1943, then served on mainland Italy as a brigade commander. The following is his letter to the reunion participants: "Dear Italian Campaign Veterans Reunion organizers and guests: Thank you very much indeed for your letter of invitation to attend your meetings. Your mention in your letter of a number of regiments and corps which served in Italy brought back many happy memories of my association with each of them. We were a good team and worked together. It is fair to say that when the First Canadian Corps went in to the attack in Italy we were always confronted with the best troops the enemy had. This was confirmed from captured documents after the war. They feared us the most." The guest speaker for the upcoming reunion will be Peter Stursberg, who was the first CBC correspondent to report on the Canadians in Sicily and

then in Italy. The families of soldiers in Canada turned to Mr. Stursberg's reports to learn new information about the Canadians in Italy. The Italian Campaign Veterans Reunion 2, to be held September 1,2,3, 2000 in Yorkton, Saskatchewan, has been recognized as a Celebrating Saskatchewan activity for the year 2000. "Through the Celebrating Saskatchewan initiative, the Government of Saskatchewan is pleased to be joining hands with communities and organizations across the province in these celebrations," Bernhard Wiens, Provincial Secretary, said in a letter to the reunion organizers.

For more information on how to join the reunion in Yorkton, please contact: Michael Stephaniuk, Box 166 Wishart, Saskatchewan S0A 4R0 Tel: 306-576-2271.

**Photo: Reunion parade in 1998 at the first Italian Campaign Veterans Reunion. This year's reunion will be held in Yorkton from September 1,2,3, 2000.**



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# Alternate Alternate Service Deliveries

by Maj D Miller, WSUpO



The basic facts are – the world is not going to get any more stable, the CF has been getting smaller and Canada is going to continue to respond to national and international crises. So how does the CF continue to respond to military operations other than war (OOTW)? Simply to ascertain what other options are available for support.

Logistics wholesalers have always supported combat forces in-theatre. In the past they have ranged from sutlers, chandlers, camp followers, and teamsters - Hannibal and Caesar knew them as did Napoleon and Ghengis Khan. Today more and more are logisticians, communicators, engineers, and scientists, we may not recognize them but they are there. Modern militaries cannot operate without the logistics strategic wholesaler being in the theatre.

The Americans have been utilizing alternate forms of service delivery for several wars. They have developed concept of Logistics Support Elements (LSE) which evolved out of Operation Desert Storm. This was a single command and control (C2) element centrally managing all of US Army Material Command (USAMC) personnel, calling forward additional elements as and when required, integrating these forward elements into the theatre. The LSE spans the bridge between the strategic and tactical level, linking the industrial bases with operational logistics units, and extending through the Logistics Assistance Program. The LSE formed a 3000 person Army Support Group that became the foundation for the LSE and reinforced the need for civilians on the battlefield. Its accomplishments included: upgrading 1,100 M1 main battle tanks to the more powerful and protected MA1 configuration; repainting more than 10,000 vehicles with chemical resistant desert camouflage paint; repairing 43,000 items including 12,000 pieces of chemical defensive eqpt, 9,000 weapons systems, and 3,500 automotive components; issuing 1,600 items from its repairable exchange line and processing more than 23,000 retrograde lines; and preparing eqpt for retrograde movement following the ground campaign. LSE does not replace force structure; it provides strategic (depot) level logistics support, which is not available anywhere else in the force structure. LSE is the forward element of the national logistics base and fills gaps in the force structure.

Another topical acronym is LOGCAP – Logistics Civil Augmentation Program. Basically, LOGCAP is a program to use contractors to augment the force structure to perform construction, engineering, and logistics services in theatre. LOGCAP is a Department of the Army capstone program that includes all pre-planned logistics and engineering construction-oriented contingency contracts actually awarded and peacetime contracts that include contingency clauses. Pre-planned weapon system sustainment contracts, contingency contracts, and support to prime contracts. The fundamental goals of LOGCAP are to: plan during peacetime for the effective use of contractor support in a contingency or crises; leverage global/regional

corporate resources as facility and logistic services support multipliers; provide an alternative augmentation capability to meet facility and logistics service shortfalls; and provide a quick reaction to contingency or crisis requirements. The LOGCAP mission is to 'Plan for and, on order, within 15 days initiate specified logistical and construction support for 180 days to a force of up to 20,000 troops arriving through air and sea ports of debarkation. Provide support in one rear and four forward areas. Be prepared to extend operations beyond 180 days for up to 50,000 troops.' I know what you're thinking, we only have just over 50,000 troops so when would they all deploy – never. They would of course, be part of a larger contingent as we have seen in Bosnia, Kosovo, and Timor. Oh and in case you're thinking what will they be doing when the bullets start flying, well it has been shown that most of the contractors have proven themselves 'under fire'.

In fact in Kosovo WeatherHaven has employed and maintained an accommodation system for the deployed troops and when the mission ceases will go back into the mission area and disassemble the camp.

In the UK, the Royal Air Force has employed a new system in support of their new 'J' model C130s. The program is called Contractor Run Interim Logistics Support (CRILS) and is the brainchild of Lockheed Martin Aerosystems in concert with a prime UK contractor – Marshalls of Cambridge. Marshalls is responsible for determining the range and scale of all 'J' model spares. This program was accepted primarily as Log Command/Strike Command did not have the time or the manpower to prepare an in-depth Logistics Support Plan. The contract specifies that all spares will be delivered to Lyneham – the main and only operating base for the C130 aircraft. The contractor in consultation with the end-user will determine the follow-on level of sparing and repair patterns. Each year a financial limit will be set and not exceeded, if it is there will be a contractor penalty. The spares are purchased as Government Owned Items that are Contractor Operated (GOCO). The contractor is obligated to maintain a main store/warehouse on the base – a hole-in-the-wall operation. The contract is for 'B' class items and will last five years. At the end of the five years the Ministry of Defence (MOD) can do one of two things – renew the contract or terminate the contract and have all the spares returned. The CRILS off-the-shelf satisfaction rate is set at 75%, the

before contract rate at Lyneham was 91% - the MOD seems to be okay with this variance. In talking with the Supply personnel in Lyneham who oversee the contract they have had problems with the operational satisfaction rates as well as international agreements and their handling.

In the proper fit and form alternative alternatives can work and they cannot be dismissed out of hand unless they can be proven ineffective for the deploying troops.

ASD Initiatives – The Industry and CF team has completed its cross-country site visits. Industry must now prepare its response to the RFP, which is due in mid-May. If you want to learn more about the status of the SCP please contact the Web Site - <http://hr.dwan.dnd.ca/dcep>.

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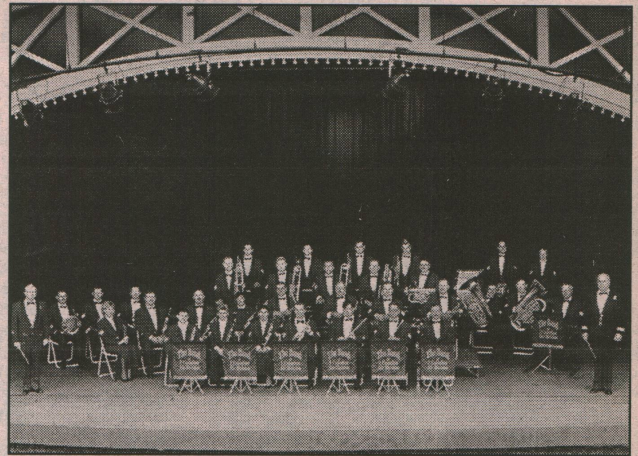
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# 1 CAD Band name change

The Band, formerly known as "The Band of 1 Canadian Air Division", or the 1 CAD Band for short, has been granted approval to change the name back to its former name. Henceforth the Band will be known as the "Air Command Band", or the "Aircom Band" for short.

This name change will help the Band in dealing with the many civilian agencies for which the Band performs (no-one could ever get our name right). We were called many different variations, but rarely the right one. Hence we inquired about reverting back to our old name and we were granted permission to do so.

Requests for the Band may be sent by memorandum to "CO Aircom Band", or by letter to "Commanding Officer, Air Command Band, PO Box 17000 Stn Forces, Winnipeg MB R3J 3Y5".



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The position will be responsible for facilitation of training courses for pilots and dispatchers, including but not limited to: ground school for the DHC-8 and BAe146, radio licensing, dangerous goods, practical emergency procedures, and Canadian Aviation Regulations. The position will coordinate all flight operations training and coach part-time line trainers. The incumbent will also complete needs assessments, design courses, prepare training materials, and conduct evaluations within adult education-based training standards.

The ideal candidate will have a minimum of five years of air carrier operations experience as a flight crew member, or equivalent combination of education and experience.

Candidates for both positions will be proficient in Microsoft Word and have excellent oral and written communication skills. The ability to communicate in both official languages would be a definite asset.

Qualified individuals for these positions should send or fax a resume, quoting file #HR20069, no later than Friday, May 21, 2000, to:

Human Resources Department  
Air Nova Inc.  
310 Goudey Drive  
Halifax International Airport  
Enfield, Nova Scotia B2T 1E4  
Fax No.: (902) 873-5079

Air Nova is an equal opportunity employer and we encourage all qualified candidates to apply.

We would like to thank in advance everyone who applies, as only candidates to be interviewed will be contacted.

No telephone inquiries please.

For more information about Air Nova, visit our web site at [www.airnova.ca](http://www.airnova.ca).

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**TO QUALIFY FOR EITHER POSITION, YOU MUST BE FLUENTLY BILINGUAL (FRENCH/ENGLISH).**

### Flight Attendant — FA001

Ever thought you might like to serve coffee at 33,000 feet? To be considered as a Flight Attendant based out of our Calgary Head Office, you must be of legal age (19) to serve alcohol in North America and have at least 3 years of customer service experience dealing directly with the public. We ask that you are able to communicate effectively with all types of people. Furthermore, you must be a well-groomed individual who is capable of working in a fast-paced environment for long periods of time.

### Sales Super Agent — SSA001

Do you like talking on the phone? To be considered for a Sales Super Agent position, you must have 2 years of customer service experience, preferably in a sales environment. You are familiar with computers and have proficient keyboarding skills. You also have a pleasant telephone manner and excellent interpersonal skills.

Interested applicants should e-mail their résumé (English format), indicating the appropriate competition #, to:  
[greatfrenchjobs@westjet.com](mailto:greatfrenchjobs@westjet.com)

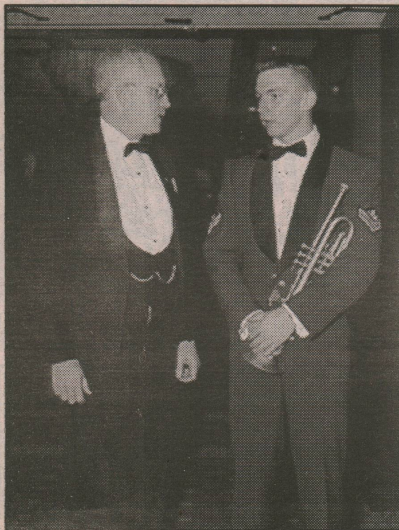


[www.westjet.com](http://www.westjet.com)

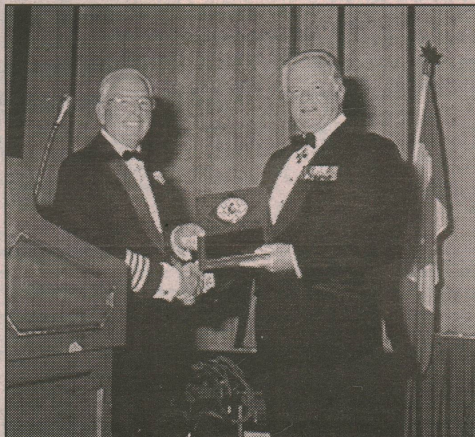
We thank all applicants for their interest, however, only those under consideration will be contacted. No phone calls, please.



# The 5th Annual Military Ball



Maj Raimsey DCO of the RWR and 1 Cad trumpet.



HCol Ben Van Ruiten presenting TTC award to LGen Al MacKenzie.



Mrs. Shelagh Whitaker receiving TTC award on behalf of father Col Dunwoody from Col G. Solar Past pres RMI .

One of the highlights of the Manitoba Military Social Scene was held Saturday April 15th at the Downtown Crowne Plaza Grand Ballroom. According to Emcee Lieutenant (N) Barry Burns, the formally attired guests enjoyed fine dining and dancing for a wonderful evening combining tradition, music, pomp and ceremony.

This event, sponsored by the Royal Military Institute continues a Manitoba tradition, which was initiated in the late 1880's by Lieutenant Governor of Manitoba.

In addition to a wonderful 5-course meal, complete with a choice of wines, the menu included tasteful dinner music supplied by the band of 1 Canadian Air Division and delightful band music by the air cadets of squadron's 177 and 190.

The highlight of the evening was the presentation of the Annual "Twice the Citizen Awards" which are presented annually to recognize individuals who have distinguished lifetime achievements in both their military and civilian careers. This year's awards were presented to: Lieutenant General Allan Mackenzie, (former Commander of Canadian Armed Forces Air Command and President and Chief Executive Officer of Gendis Inc) and the late Colonel James M Dunwoody (former Commanding Officer of the Fort Garry Horse and founder of JM Dunwoody Ltd - Now BDO Dunwoody).

Lt Gen MacKenzie responded with a thank you to the RMI. He said, "It's nice to receive a lifetime achievement award while still on this side of the grass".

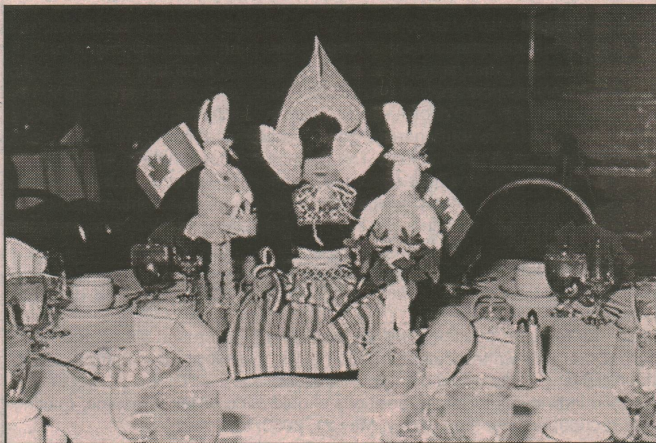
Colonel Dunwoody's daughter, Shelagh Whitaker of Oakville Ontario, accepted the honor posthumously for her father with a touching, personal tribute to his attributes as a Father, Citizen, Businessman, and Military Commander. In the words of Ms Whitaker "Dad's advice to me was his best work ethic - Kick the ball as hard as you can, and then run like Hell after it".

After the meal and the awards the dancing began with the traditional Grand March. Then the guests danced the evening away to the wonderful dance music of the renowned band of 1 Canadian Air Division.

Yes, everyone agrees. It was a wonderful highlight of the Manitoba Military social scene, combining tradition and ceremony with formal dining and dancing. An evening to remember!



Pipers and VIP group.



Dinner Table

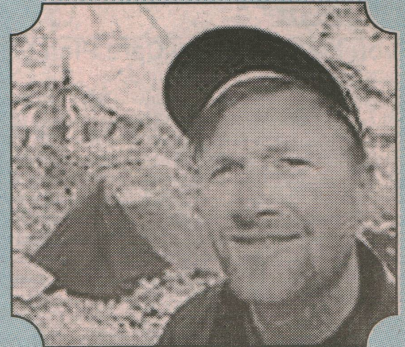
## A delightful tradition continues . . .

# Chinthe to climb the Seven Summits

Picture and text by: Cheryl Gudz,  
17 Wing Public Affairs



Sgt Jeff Warden at the top of Kilimanjaro, one of the world's highest volcanoes.



Sgt. Jeff at Everest Base Camp.

Sgt Jeff Warden, a Search and Rescue Technician at 435 Transport and Rescue Squadron, 17 Wing, is in the process of climbing the world's highest peak - that of Sagarmartha, or the mountain better known as Everest. It would be the fourth mountain he's conquered in his quest to climb the highest peak of each continent.

Sgt Warden began this unusual adventure in May 1999, climbing North America's highest point, Mount McKinley in Alaska; a peak that stands at 20,320 feet. Next up was Argentina's Aconcagua, the highest peak in the Western Hemisphere. Aconcagua is an extinct volcano at 22,834 feet located in the Andes. He recently completed the hike up Tanzania's Kilimanjaro in 3 1/2 days up and a mere 36 hours down. Many people have difficulty reaching the top of this mountain, not because of the weather, which is usually quite stable year round, but because of altitude sickness and related illnesses. Sgt Warden says that Kilimanjaro was, "probably my most social climb. A real contrast from what's up next."

What's up next is, of course, Mount Everest, the 29,035 foot monster in the Himalayas. Sgt Warden made his way to Nepal at the end of March to begin the trek that will consume all of his time and energy until mid-May. He will not be alone on the mission though, as he will be accompanied by sherpas and four other climbers representing Poland, Spain, Iran & USA. The advantages to climbing in teams are many. Not only is it more economical, but the companionship and support that team members offer one another

is invaluable - especially on a hike that is expected to take 45 days.

Sgt Warden, was born in Toronto in 1963. At 17, he moved to Banff where he believes his interest in the outdoors was cemented. He joined the airforce, and has been part of the organization for 16 years. He spent nine years in Comox as a SAR Tech, and only recently was posted to 435 Sqn in July 1999. Mountain climbing is a great way to train for the work he does as a search and rescue technician. Sgt Warden, who is as adventurous as a twenty-year old, still has difficulty explaining why, after all this time he feels motivated to climb the world's toughest peaks. "I'm asked this question all the time, but I never quite know what to say except that it's addictive. The satisfaction you get when you realize you're at the top is unbelievable."

Raising the money to get to the top can almost be as difficult as the actual ascent. The price tag on Everest is a whopping \$30,000 US, and that's excluding travel, among other expenses. Getting sponsors is an integral part of preparation and proved to be almost as much a challenge as the climb itself.

When asked if he's supported or discouraged by concerned friends and family he says, "I get a lot of support, but also some objections. My mother doesn't like it." Although she may not like it, Sgt Warden's mother would have to be proud of her son if he completes the Seven Summits. If he does, he will be only the second Canadian to accomplish this incredible feat.



MT Everest



Asian Trekking 2000 Team "Pujya Ceremony"

# MFRC ANNOUNCEMENTS

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

## HELP!

### Do you have a Family Care Plan?

Unexpected events are a part of military life-being prepared helps the family cope with the accompanying stress. A Family Care Plan is designed to assist CF members in identifying persons who will care for their dependants in circumstances where they, the primary caregiver(s), cannot. In times of deployment, a childcare emergency can arise simply from the illness of the primary caregiver (often the spouse). The MFRC's Deployment & Emergency Childcare Service is designed as a back-up to your regular childcare provider and designated emergency childcare providers. Accessible 24hrs, the service is subsidized through the Directorate of Military Family Services and is administered by your local MFRC. For your information, the MFRC compiles current listings of care providers throughout the city to assist you in preparing your plan. Be prepared and be assured that the Emergency Childcare Service will be there to provide immediate, qualified and subsidized care to back-up your Family Care Plan!

Here is a quick questionnaire to help you assess where you are in the preparation of a family care plan.

Do you have ready answers to the following questions?

Is the service member in your family in a trade where he/she could be deployed on short notice?

Have you completed a pre-deployment check-list?

You are away on temporary duty and your spouse/caregiver becomes ill and cannot care for the children. What will you do?

At present you work days, but your supervisor has notified you that you will start working shifts in 2 weeks. Are you ready? Who will care for the children overnight or in the evenings?

You are a single parent going away on course in another city and are unable to bring your children. What would you do?

You are a single parent or a spouse (in the absence of your military spouse) and you need medical care in another city. What would you do?

You are a single parent or a spouse (in the absence of your military spouse) and your doctor tells you that you need bed rest for a month. What would you do?

You are having a hard time coping and need some respite care. What would you do?  
For more information or assistance in identifying appropriate resources in your community, please contact: 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, 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

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)

### Posted to 4 Wing Cold Lake

4 Wing Military Family Resource Centre, Medley Community Centre, Building No. 674, 4 Wing Cold Lake, PO Box 5260 Station Forces, Cold Lake, Alberta T9M 2C3; phone (780) 594-6006; office hours 0800 - 1630 Monday to Friday (including lunch hours).

Medley Family and Community Services exists to provide services and programs that serve to strengthen family and community life. Through volunteer efforts and community input, needs are identified and programs established.

We offer Employment Assistance; Information and Referral; Family Education and Preventative Programs, such as Before and After School Supervision, Youth/Teen Centre, Parenting Courses, Suicide Prevention Seminars, Connecting Friends, and Spouses of Spouses Away; Counselling (individual and Family); Community Services and Events such as RV Compound, Arts and Craft Show, and Canada Day; Childcare Services such as Day Care, Satellite Family Day Homes, Babysitting, Pre-School, Toy Library and Play with Me; Lifeskills Program; Volunteer Opportunities and much, much more!!!

We are looking forward to your arrival. We will help you get settled in your new community. We invite you and your family to contact or visit our offices. We can help you find information you may need to get settled in, meet other members of the community and more. Give us a call or drop in!

### 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



## 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

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WE CAN MAKE ARRANGEMENTS TO COME AND SEE YOU



## Smoke Alarms do save lives

by: Sgt Robertson W Fire Services

You may recall on 4 Jan, the CTV's W-Five called into question the reliability of 11 models of smoke alarms. Following a two-week investigation of smoke alarms, Health Canada has announced they stand behind the smoke alarms in question. All eleven models met the requirements of the Canadian National Standard. In 100% of tests the government organization responsible for the Hazardous Products Act verified that smoke alarms do the job they were designed to do: 'provide people with an opportunity to evacuate their homes in the event of fire.' The tests were conducted by Underwriters Laboratories of Canada (ULC) and affirm what fire officials already knew and have been repeating in response to the panicked phone calls of concerned Canadians. Smoke alarms, whether ionization or photoelectric do work. Canadians reacted to a sensationalized story that undermined the public confidence in these critical life safety devices. The truth is smoke alarms have saved countless lives in Canada and will continue saving lives. Not a week after the W-Five report an ionization smoke alarm had been credited with saving 11 lives. Factual accounts like this are much more reliable than the questionable results reported by W-Five. The Canada Safety Council points out that in the last 20 years there has been a sharp decline in Canada's fire fatality rate. In the 1970's the rate was 4.1 per 100,000 population, now the rate is 1.3. Smoke alarms are a major factor in this drop. More than half of all fire-related deaths in 1997 occurred when there was no working smoke alarm in the home. The major reason for alarms not working was dead or missing batteries. The ULC mark on a smoke alarm indicates that it has been manufactured to the requirements of the standard. The standards development process in Canada is admired throughout the world and often duplicated. Smoke alarms are the most important life safety devices a Canadian can have in their home, regardless of the technology. **SMOKE ALARMS WORK!!**

## 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.

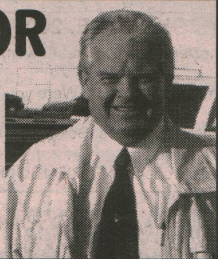
OTHER PHONE NUMBERS: For your convenience, a phone number has been set up to provide callers with information on service times and contact with the Chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts.

## ARBITRATOR

(20 Years Experience)

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284-5664



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

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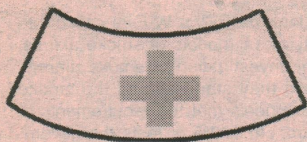
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## Women's Clinic Questionnaire:

by: Lt (N) Donna Stanley



I would like to thank all those who replied to the survey that was recently sent out by e-mail. To date, I have received 58 responses, which is excellent. I have also received some great feedback. Thanks for all the positive comments, which comprised most of the responses. It is rewarding to know that the clinic is appreciated by so many. I would also like to thank those who responded with criticism, because it is through these comments that we can continue to improve our service.

The Well Women's Clinic is a nurse-run clinic, under the supervision of a Medical Officer. It is available to women for their regular screening that includes a breast exam, Pap smear and a pelvic exam. The clinic can provide birth control information and prescription. Also, women with minor personal issues such as yeast infections can speak to the clinic nurse. Initial prenatal care is available as well. If a woman is planning a pregnancy or believes she is pregnant, the clinic is her first point of contact. Pregnancy testing, change of medical category, initial lab work, administrative information and a referral to a civilian physician can be done through the clinic. Any woman planning a pregnancy can get a prescription for folic acid, which is important in the prevention of neural tube defects (e.g. Spina Bifida). This should be taken *before* getting pregnant to be effective. Questions can always be directed to the clinic nurse, and if your need is outside the nurse's scope of practice, you will be directed appropriately.

One of the main advantages of the clinic is its flexibility and timing. No woman should feel she has to utilize the clinic as opposed to physician services. Some women are not comfortable with a nurse-run clinic, and for this reason it is important to be an informed consumer. Our responsibility is to get the information out, by word of mouth, by referral from the other medical squadron staff, and by publications such as this. Your responsibility is to let us know what you need. It is your right to feel comfortable and well cared for.

A few respondents were concerned about nurses providing this care, wondering about the quality. The services provided in the clinic are considered Delegated Medical Acts, which means a physi-

cian is responsible for ensuring the quality of care, and the Nurse is trained to a level of proficiency. For those concerned that cancer detection may not be done correctly: when a

Pap smear is done, we are sampling certain types of cells. The laboratory looks at the cells under a microscope to determine if the area was appropriately sampled and reports any abnormalities or the need for a repeat testing.

The clinic nurses are trained to know what is normal. Anything that is not "normal" is referred to a doctor. It is usually easier to get an appointment at a time which is convenient for you, and with more time to discuss questions in a fairly relaxed setting, at the Women's Clinic, and if anything abnormal is there, you will be sent to a doctor. Once again, however, you are free to see the doctor directly if you prefer not to use the Women's Clinic services.

This brings up another problem identified by three respondents: sometimes, there is no one available in the clinic, and it is sometimes difficult to get in touch with the clinic nurse. Since it is a clinic for well women, there is not an emergency or urgent care mandate. If you feel you have an emergent need you will be seen by the duty medical officer on sick parade. I understand that it is not comfortable for many people to leave a message on the voice mail when you phone. A suggestion made by one respondent was to have appointments made through the 5595 number, the MIR desk. Although we do not want to lose our contact with you, you can now phone the appointment desk (local 5595) and schedule an appointment for afternoons only and morning appointments will remain scheduled by the nurse in the clinic (local 5540).

One respondent mentioned that having a women's clinic seemed to single out women, and suggested a men's clinic should be available also. Suggestions like this are always welcome. Men and Women have different regular screening requirement. Men require regular testicular exams and can be taught to perform them on themselves; it is a somewhat easier and quicker exam than the requirement s for women. Men are welcome to seek information about the exam or for their "significant other" such as pregnancy, birth control and STD's. Perhaps we should refer to the clinic simply as the Wellness Clinic to create a feeling of inclusion for all. Other screening is included on the regular periodic health exam that all

military members need.

One respondent identified a problem that should never happen, and which we have taken steps to try to ensure it does not happen again. Our recommendation is: make follow-up appointments with the doctor or nurse you see at the clinic at the time of testing. The respondent also suggested there might be a more confidential way of obtaining testing, and that there should be more blood donor clinics held at the base. In answer to the first suggestion, we cannot feasibly have totally anonymous testing. You need to have a contact person to receive results from and there are requirements for pre and post-test counseling, in case there are underlying conditions or concerns. In answer to the second suggestion, the Medical Squadron has nothing to do with blood donor clinics. The clinics are set up by Canadian Blood Services with base permission.

Some comments were made regarding our décor and equipment. Captain Fleury is working on the décor. We have recently acquired a new exam table, and a Doppler with which pregnant women and their spouses can hear the heart beat of the fetus.

In addition to problems, some respondents identified some good suggestions. Two mentioned holding women's health lectures or briefings on a regular basis. This will hopefully be implemented in the late fall. One suggested that service be available for all military members regardless of class of service. We would love to be able to do this, but legally must watch our step. We have no mandate to serve reservists unless on Class B greater than 180 days or Class C. We can however provide pamphlets, and help direct you to civilian services. One mentioned that waiting in the hallway area lacked privacy. This is a point well taken but we do not really have space to accommodate anything else. My best suggestion is to tell the nurse if you are concerned and special arrangements can be made. Just let us know.

In conclusion, I would like to sincerely thank all of you who participated in this survey. Your input is invaluable.

Clinic hours: May and June: Monday, and Tuesday 0830-1530

August to November, 2000: Monday and Tuesday 0730-1530

After November 2000: Monday to Friday, 0730-1600

For appointment phone 5540 or 5595 after 1 May.

We welcome your comments, suggestions and questions!

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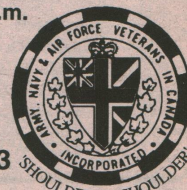
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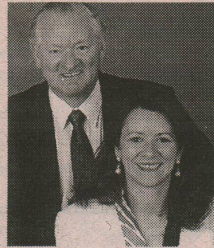
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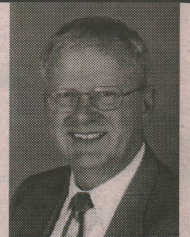
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