



The VOXAIR



OUR MILITARY FAMILY COMMUNITY NEWSPAPER

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Introducing...HCol Ron MacLean

Capt Doug O'Neill

It was truly "Hockey Night in Winnipeg" on 15 Jan 01 as 1 Air Mov Sqn celebrated the investiture of their new Squadron Honourary Colonel - Ron MacLean (of Hockey Night in Canada fame). As part of the official investiture, the A4 Support, BGen Lucas from 1 CAD HQ officiated the signing of the Change of Command documents and presented the Governor General's certificate which officially passed on the responsibilities of this esteemed position from Col Tom Robson to Col MacLean. Col MacLean was accompanied by his wife and manager, Cari, and by his parents Ron Sr and Lila MacLean. Both Mr and Mrs MacLean Sr served in the CF as a Communications Tech and Admin Clerk respectively.

HCol MacLean spent the entire day of 15 Jan meeting Sqn and Wing personnel...the day started off with a courtesy call to the Wing Commander (and 15 or 20 of his closest staff to read as hockey fans), followed by a meeting with MGen Lucas at 1 CAD HQ. Following his meeting with the Commander, Col MacLean was given a tour of the 1 CAD AOC and a detailed briefing of Air Force operations.

He spent the remainder of the morning get

ting acquainted with 1 Air Mov Sqn personnel. After a quick lunch break in the O-Mess, Col MacLean and his family were given a tour of a CC-130, courtesy of 435 Sqn.

The addition of HCol MacLean has been met with an unbelievable level of enthusiasm and pride for members of 1 Air Mov Sqn. Although it was common to see him posing for group photos and signing countless autographs, deep down the members of the sqn have let it be known that they are fully aware of how fortunate we are to have such a high profile individual associate himself with our Sqn. It must also be mentioned that on several occasions, Col MacLean conveyed a similar affection to the CF in general and to the members of 1 Air Mov Sqn in particular. It was clearly evident by his words and deeds that Col MacLean is very proud of his new title and he is extremely enthusiastic about undertaking his new responsibilities. Col MacLean has already committed himself to participating with the members of the Sqn in an upcoming TATEX in Trenton, as well as deploying with us on Operation BOXTOP in August.

HCol MacLean's visit was capped off with a Mess Dinner in the

BGen Lucas and Col MacLean (right) signing the official documents. (below) Col MacLean (along with the 1 Air Mov Sqn Passenger Terminal staff) gives a "Thumbs Up" that Don Cherry would be proud of.



Officers' Mess...and believe me folks - this was one of the hottest tickets in town. It's hard to believe that a sqn of 54 highly deployed pers can have a mess dinner for 80 people. The "Plays of the Day" included having the Theme Song to HNIC as the final march (everyone stood for that one!!!), presenting Mrs MacLean Sr with her

sqn coin after 47 years of going without, and HCol MacLean's speech which kept us in tears of laughter for over 30 minutes. A special thanks to MGen Lucas, BGen Lucas, Col McLennan, HCol Van Ruiten, CWO Emond, 435 Sqn, Wing Imaging, WingTransport, the Air Command Band, 1 CAD Visits and the AOC for their support.



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Rum on pudding prompted guests to lose their tunics at the Jr. Ranks X-mas Dinner

Cheryl Gudz, 17 Wing Public Affairs

Once again the Junior Ranks Christmas Dinner was a stuffing success. Held on 13 December, the dinner was plentiful and even allowed three Privates to take command of the Wing for the day - well, for the dinner at least.

The day's events began at 1155 with the Head Table entering to the sound of pipers piping. The Head Table consisted of Padre Lt (N) Teresa Drabick, the Hon WComd Pte Mat Turner, the WCComd, the Hon WCWO Pte Thomas Hicks, the WCWO, the Hon Hon Col Pte Jamie Wessel, the Hon Col, and master of ceremonies Capt Tony Meikle.

Once grace had been said by Padre Drabick, Capt Meikle introduced the Head Table and the exchange of tunics took place. After a light salad, the turkey was brought out to be carved by the youngest private at the Wing, Honorary Wing Commander Turner. After the main course was finished, the traditional Christmas pudding was put out and the "Maker of the Sauce" ceremony was carried out by Honorary Wing Chief Warrant Officer Hicks. Hon WCWO Hicks and Private Emond were persuaded by an enthusiastic Sgt Dennis Hendrickson and the kitchen staff to pour the whole bottle of rum into the pudding sauce. The rum-soaked pudding was too much for most, but not for Hon WCWO Hicks who seemed to have taken a liking to it.

In all three speeches, the honorary members emphasized the importance of remembering serving members who are currently deployed. Said Honorary

Wing Commander Turner, "About this time last year, we were all wondering what Y2K was going to bring us and in the end nothing really happened. Thank God! This new year we should focus our thoughts on the men and women of 17 Wing and the Canadian Armed Forces serving in Bosnia, Ethiopia, the Golan Heights, Alert and the many other deployed operations throughout the world. These operations take our military members away from their families which at this time of year is most difficult. Let us salute them and their valiant efforts and extend our prayers for a Merry Christmas to the families and friends of those serving as they await their safe return."

Private Jaime Wessel, a recent graduate from the basic Meteorological Technicians course at CFS Met who is on her way to her first posting at 19 Wing Comox, expressed how pleased she was to be chosen to participate. "Being given the opportunity to be here today and to be able to say a few words to all of you is truly a wonderful experience that I will remember for a long time to come... I am here in a room that is filled with very dedicated and very professional servicemen and servicewomen and I am very proud to be able to share a Christmas meal with each and every one of you."

When it was time for Private Hicks to address the crowd, he emphasized how we should value our stability and security while recognizing that others may not have the same opportunities that we have. "I would like to remind everyone that this is the time of year when those who are less fortunate than us need our help the most, please take the time this season of joy to spread a little joy around to others."

It was a merry time, and definitely a memorable dinner for the three youngest Privates at 17 Wing and of course for "those three old guys" too.



Hon Wcomd Turner carves the Christmas Turkey



Honorary Wing Commander Pte Turner suits Wing Commander Col Doug McLennan with his Private epaulettes.

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Ghost Squadron anything but frightful



Cap Mike Rozak

Members of WtN and 1 Air Mov Sqn lift the Kiowa back to its spot in Air Force Heritage Park after repairs to the windshield and the fuselage.

17 Wing Ghost Sqn is here to save the day, or at least some vintage aircraft equipment. Reductions in manpower and money has made life a little tougher for all of us and has especially made it tough for 17 Wing to continue maintaining Air Force Heritage Park with existing resources. Members of Ghost Squadron are all volunteers who, according to the Memorandum

of Understanding between DND and the Air Force Association of Canada (AFAC), "have a willingness and desire to assist 17 Wing to complete non-operational projects." Air Force Heritage Park is just such a project. The Squadron has been formed along the lines of an Airforce Squadron, with a CO, DCO, and various flights to handle specific projects. They

have even come up with their own Squadron Badge! Ghost Squadron will operate out of Hangar 11 where they have a portion of the hangar floor and their own work and storage rooms to operate from. The CO of the Sqn is Jack Bessey, the Heritage and Restoration Chairman of 500 (City of Winnipeg) Wing, AFAC. The DCO is Chris "Red" Nielsen,

the Past President of 500 Wing. These two men along with Gerry Johnson and Harry Adamson make up the core group of Ghost Sqn volunteers and have key access to the Hangar. About a dozen other volunteers, including serving military, have worked with them on various occasions. Even though the core personnel are from 500 Wing, membership is open to any-

one over 18 with a desire to help out. Ghost Squadron has already proven its worth to the Wing by completing repairs on the Kiowa and undertaking the necessary but somewhat messy job of washing the displays in Heritage Park. It is currently working on several other projects, including the restoration of the Carberry Wind Tee and the recently retired Helicopter Instrument Procedures Trainer from 3 CFFTS. Wing Heritage has other projects in store for them, including the restoration of an Anson Mark V cockpit for display at air shows and open houses. The dedication of these gentlemen and their group of volunteers is nothing short of amazing. They are always ready to help out and continually looking for new projects that will help preserve or promote our Air Force Heritage. I encourage other units that have projects in mind to contact me so that this valuable resource is fully utilized.



Cap Mike Rozak

63 year old wind indicator retrieved



Cap Mike Rozak

Mr. Jack Bessey, Ghost Sqn CO, Mr. Harry Adamson, Mr. Gerry Johnson, Mr. Chris "Red" Nielsen, D/CO with their next project, the Carberry Wind Tee.



Cap Mike Rozak

Ride 'm cowboy! Cpl Andy Sialski of WtN mounts the Kiowa helicopter to unhook the lifting ring. The Kiowa was recently restored by Ghost Squadron.

Protecting our natural heritage

Jean Fau is a chief park warden for Parks Canada. He and his colleagues protect the plant and animal life in our national parks. They also help Canadians explore and enjoy these special places. This is just one of the hundreds of services provided by the Government of Canada.

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Canada



Remembrance by Battalion for their Own- Corporal John Bechard and Captain James DeCoste

By Wade Jones

Twenty-five soldiers of all ranks from across the Battle Group came together in Camp Drvar on December 12. We journeyed for 3 1/2 hours to just South of Gracac, Croatia to the site of Capt J DeCoste Cairn to hold a Memorial Service for our fallen soldiers; Capt James DeCoste and Cpl John Bechard. Both, as members of 2PPCLI, lost their lives in the service of peace during Op Harmony 1993.

The day was clear and windy near the top of the pass as LCol Makulowich took over the service from RSM Surridge.

It was indeed a somber moment in our minds as the service commenced with the playing of O Canada. Padre Klein followed with prayers and words that will not be easily forgotten. WO Hooyer delivered the biography of Capt DeCoste and MCpl O'Neil read by Cpl Bechard with such emotion that it was felt by all. It was indeed a sad moment to realize that such full and vigorous lives were cut so short.

As Pte Townson played "Flowers in The Forrest", LCol Makulowich took over Pipes, the wind died and a pin drop could be heard during the two minutes of silence. Not even a vehicle passed on the busy road, only feet away.

The CO, accompanied by WO Hooyer and Capt Joudrey, accompanied by MCpl O'Neil laid wreaths in the memory of each soldier. As the service came to a close some 30 minutes later each visiting soldier paid his or her respects to their friend and fellow soldier. **They shall not be forgotten.**



Wade Jones

WO Hooyer delivered the biography of Capt DeCoste and MCpl O'Neil at Capt J DeCoste' Cairn



Wade Jones

Larry Surridge tidying the Canadian flag

"It was indeed a sad moment to realize that such full and vigorous lives were cut so short."

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Announcements

Off and flying

On 13 December 2000 six students from the Advanced Multi-Engine School received their Canadian Forces pilot wings from Colonel Dan Edgar, A1 Trg 1 CAD. The occasion was marked with a Wings Presentation ceremony and a formal dinner in the Combined Mess of 3 Canadian Forces Flying Training School at Southport, where friends and families gathered to celebrate.

The graduates of Multi-Engine course 0004 are as follows: Capt Devlon Paquette is posted to 415 Sqn in Greenwood to fly the Aurora aircraft, Lt Richard Youdell is posted to 407 Sqn in Comox to fly the Aurora aircraft, LTA Jason Chee from the Royal Singapore Air Force will return to Singapore to fly a multi-engine aircraft, LTA Clive Kang, also from the Royal Singapore Air Force, Lt Patrick Dumont is posted to 405 Sqn in Greenwood to fly the Aurora aircraft, and Lt Steve Ilijanic is posted to 413 Sqn in

Greenwood to fly the Hercules aircraft. LCol Caux, Cmdt 3 CFFTS, Honorary Colonel Wishart, Col Dan Edgar, A1 Trg 1 CAD, and Maj Glen Maxwell, Chief Multi-Engine Instructor.

On behalf of the City of Portage La Prairie, Mr. Denis Nodrick, Director of Public Safety, presented the City of Portage La Prairie Flying Achievement trophy (awarded to the student with the best academic results). The recipient was: Lt Steve Ilijanic. Lt Ilijanic also won the Hal Wishart trophy for the best flying results.

In addition to the flying awards, Col Edgar presented Capt Jean-Pierre Regnier with his Canadian Forces Decoration and Capt Bill Canham received the first clasp to his Canadian Forces Decoration. Both of these members are flying instructors with 3 CFFTS.

Congratulations to all of the Wings Graduates of Course 0004 from the Staff of 3 CFFTS, Southport.

New staff member completes DRC ranks

Lt(N) Fraser Boyes and Sgt Lesley Gilmour of the 17 Wing Dispute Resolution Centre (DRC) are pleased to welcome Ms Robin Kogan to the team. Ms Kogan, on assignment from 1 CAD HQ, joins the DRC with a wealth of experience in Alternative Dispute Resolution (ADR) and mediation.

The role of the 17 Wing DRC is to coordinate the ADR approaches to addressing instances of workplace conflict in order to more efficiently resolve disputes at the lowest appropriate level. DRC activities include: increasing the awareness of Defence Team members with respect to ADR processes, training appropriate numbers of per-

sonnel in ADR, Interest-based Negotiation and Mediation, managing cases involving workplace disputes and advising/coaching 17 Wing personnel at all levels with respect to options available for dispute resolution.

The Dispute Resolution Centre is located in the Westwin Community Centre, Building 33(N), and is open 0800-1600 weekdays. Appointments can be arranged for other hours as required.

The DRC telephone number is extension 4-DRC (4372). As well, be sure to visit our website on the DIN at HYPERLINK <http://131.139.112.124/seventeenwingcontentstore/Wing-Administration-DisputeResolution.asp>.



L to R rear: Ms Robin Kogan, Sgt Lesley Gilmour, Seated Lt(N) Fraser Boyes

Excellent achievements from the Canadian Forces School of Meteorology



Pte Endeane, a recent graduate of Met Tech QL3 course 0001, receives the Certificate of Achievement (highest academic standing for theoretical portion) from Colonel Edgar.

Pte Voulligny, a recent graduate of Met Tech QL course 0001, receives the Certificate of Achievement (highest academic standing for practical portion) from Colonel Edgar.



Cpl Brodhagen, a recent graduate of Met Tech QL3 course 0001, receives the Certificate of Merit (for excelling in all aspects of training and high potential for continuing excellence as demonstrated through attitude and leadership ability) from Colonel Edgar.



Sgt Scott McLellan is presented with his new rank by Mr. K. Redekopp (Cmdt) and CWO M. Boivin (SCWO) of CFSMet



MCpl Mike Wroblewski is presented with his new rank by Mr. K. Redekopp (Cmdt) and CWO M. Boivin (SCWO) of CFSMet

WO Dave MacPhail is presented with his new rank by Mr. K. Redekopp (Cmdt) and CWO M. Boivin (SCWO) of CFSMet

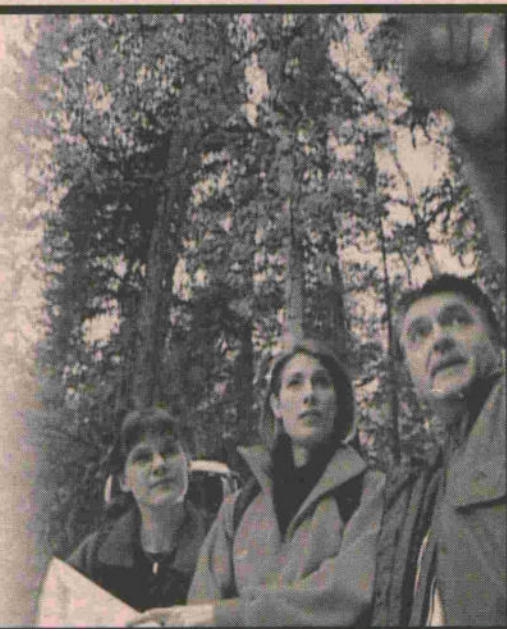
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Canada



The neighbourly thing to do

By Captain Shawna Bruce, 38 Canadian Brigade Group, Public Affairs Office



Photo: Winnipeg Free Press

Master Corporals Pat Jacques (left) and Jim Matthewman (right) from 17 Service Battalion (Winnipeg) give Payton DesRoche a teddy bear while delivering donations

It started out as being "the neighbourly thing to do". Staff members read in the local newspaper about a family with four children who had lost their home and personal belongings in a house fire on Thursday, January 18th. They were basically neigh-

bours with Minto Armouries, living only a block and a half away. The DesRoche family were putting out a call for help for donations to help them get back on their feet.

Flyers were distributed to soldiers of the Minto Garrison on the

Tuesday Parade Night, and Public Service Announcements went out to media on Wednesday looking for clothing and household goods. Within 15 minutes a local television station was on the phone making arrangements to get the word

out to the public and the ball started to roll, and roll it did.

"I was completely surprised at the outpouring of donations," commented Captain Jim Scott who works out of Minto full-time as the Provincial Recruiter. "We had three empty tri-walls here one night and by the next day they were all full. People were coming into the armouries in droves. We filled over 9 tri-walls and the items kept coming in. I feel a lot better about humanity today, than I did a week ago," he added with a smile.

Clothing, dishes, linens and kitchen items began to fill up space on the parade square. An elderly lady phoned to donate a blender and some other kitchen items, but didn't have a way to get it to the armouries, said Master Warrant Officer Mike

Spellen, "so we did a house call for that pick up." One couple donated kitty litter, food and toys when they heard the DesRoches's family pet had survived the blaze and showed up five days later.

A local business even answered the call for help. Bob Jackson, General Manager of the Airport Holiday Inn West said he saw the request for donations on the news, and it occurred to him that he had linen and items in his hotel that could be used by the DesRoches. A van-load of blankets, sheets and pillowcases soon found their way to the armouries.

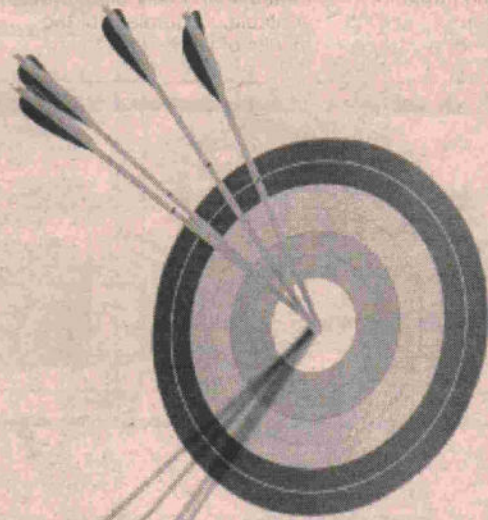
After approaching the DesRoche family, the Garrison learned that their 13-year old son was a member in the Cameron's Cadet Corps, which parades right in the armouries -

bringing the plight of the family even closer to home for soldiers of the Winnipeg Garrison.

The family was overwhelmed at the donations received. Members of 17 Service Battalion packed up the donations and loaded them into a 3 tonne truck for delivery to the DesRoche's new home with surplus items being donated to local charities.

"Thank you isn't a big enough word to use to say how much we appreciate the help we have been given," said Mary Lou DesRoche. "We're starting out again with more than we had before." Please thank the soldiers and thank Winnipeg," added her husband Ron. Once again the generous hearts of Winnipeggers brought the true meaning of "help thy neighbour" front and centre.

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What is Osteoporosis?

Osteoporosis is a potentially crippling disease that results in porous, brittle bones. As the bones weaken, they fracture easily.

It is a progressive disease with bone mass steadily being lost over many years, yet manifests no symptoms. Then, suddenly a fracture occurs - often leading to extended periods of hospitalization and long-term care.

As our population ages, osteoporosis has become a major health concern in Canada. Pain and discomfort affect millions with total disability, often occurring in the elderly.

In many cases, osteoporosis can be prevented or controlled - with early detection. Proper nutrition, exercise and medical treatment can substantially reduce your chances of developing this disease.

The "Silent Thief"

Osteoporosis is truly an insidious disease. It can literally "steal" our bone minerals, without providing any symptoms of impending problems.

Osteoporosis affects 1.4 million Canadian, and has become a leading threat to women's and men's health. Most of us do not realize

that more women die from complications of osteoporosis than from ovarian and breast cancer combined.

Osteoporosis is particularly a threat to women's health and wellness. Sadly, 70% of women go undiagnosed.

In Canada, statistics also show that one in four women and one in eight men, over the age of 50, has osteoporosis.

The Impact of Osteoporosis

There are 25,000 bone fracture occurrences in Canada every year. Over 70% of those are directly related to osteoporosis.

The toll on the working public is tremendous. Thousands of lost hours, extended sick leaves and increased medical insurance premiums are only a few of the consequences.

The cost of treatment is staggering, at more than \$1.3 billion annually.

Assess Your Risk.

There is a bright side to the osteoporosis story. That is the fact that osteoporosis is also known as "The Good News Disease." In other words, it is treatable and very often preventable. Regardless of the results of the screening, an

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Manitoba Giving Christmas Cheer to Bosnian Families



Corporal Tobin treating children with candy and other goodies.

The Soldiers of the Second Battalion Princess Patricia's Canadian Light Infantry based out of Winnipeg Manitoba now serving in Bosnia find themselves once again away from home during Christmas. The members of the Civilian Military Cooperation (CIMIC) cell and Alpha Company at Camp

Drvar have reason for Christmas cheer with the help of the Citizens of Manitoba. Many Manitoba children donated their favorite toy or winter coats so that unfortunate child in Bosnia could have something to play with and to wear something warm. With your support a sea container full of

Brian McKenelley
Master Warrant Officer

toys, winter clothing, medical supplies and school supplies was delivered by the Military Support Elements to Camp Drvar.

Corporal Tobin and Corporal Miller have very busy sorting through these items and making ready to deliver to where it is required the most.

The first stop was the Prekaja School with school supplies. This school with SFORs help opened this year. There are 18 students aging from 6 years to 10 years old with only one teacher. The students welcomed them with joyful laughter and helping hands. Corporal Tobin then treated them with candy and other goodies.

The second stop was

in the town of Drvar. Here there is a woman's group who settled back in to their town again. They especially help out with families with small children. At this spot, toys and clothing for the children were dropped off.

The third stop was the Bosansko Grahovo School where they were welcomed with warm smiles and laughter once again. There were more school supplies, toys and clothing dropped off.

The fourth stop was at the one room Bosansko Grahovo Hospital where the Medical supplies were very much welcomed by the staff.

The soldiers of Alpha Company will give out the remainder of the



Students helping unload much needed supplies.

clothing. They (soldiers) are the ones that see the smiles and the tears every day.

They will now see the joy on the faces of the children and relieve of the Mothers and Fathers who can not provide for their children's wishes. The soldiers of Winnipeg thank you, the Citizens of Manitoba for helping to

bring smiles on the faces of the less fortunate here in Bosnia. With your help there will now be families with warm clothing and toys for the many children that until now had nothing.

Again thank you from all the soldiers of Camp Drvar Bosnia for your kind and sincere generosity.

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St.James Location

Robin Hood - B Battery Giving to the Poor

By Corporal Dave Thomas

Just before Christmas, B Battery soldiers, familiar with the surrounding area of Glamoc and its need for supplies for the poorer of the area, went out in force and delivered tons and tons of much needed food, wood and clothes.

"Glamoc area is one of the poorest in Bosnia," said Lt. Jeff Peck, from 2nd Princess Patricia Canadian Light Infantry Battalion (2PPCLI), CIMIC project officer in the Glamoc area. "The International community prioritises the return of former inhabitants."

With the aid from the United Nations High Commissioner for Refugees, which supplied the main part of humanitarian aid, for five days, B Battery deployed in the whole area so that local inhabitants could all benefit from this operation. A dozen patrols were organised daily. Aboard



Cpl Dave Thomas

their Grizzly APCs, the gunners brought blankets, shoes, jackets, potatoes, wood and toys, also offered by Canadian families. A meeting to take stock of the situation was held every evening. "We must deliver from one house to another. Moreover, I

want a list with the inhabitants who have returned to date on it. We will need more oil lamps, candles and soap," underlines Lt. Peck. The orders are set, everyone knows his part.

During the first patrol, Sgt. Andy Johnson's

team, composed of three gunners and a translator, paid a visit to those settled away from the village. "Seventy percent of the population lives downtown. But since Halapic is borderline, there's no electric power beyond," said Sgt Johnson. "That's why we are handing out candles." A 70-year old man, returned in March 1999, lives in a wooden house without a proper roof. "Tell him we will bring him canvas covers in the afternoon," Sgt Johnson told the translator.

In Rudici, Gunners Justin Moore, André Fortier and Lisa Kachanoski handed over a coffee set to an old lady. "She had asked for it because should somebody decease in the village, the relatives have to offer coffee," explained Sgt Johnson. Children rushed up to the Grizzly for some candies. The distribution of smiles carried on...



Cpl Dave Thomas

Sgt Marcel Robitaille speaks with an elderly Bosnian woman who's accepting to Canadian soldier's support.



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HOURS OF OPERATION

SUN	2-5PM
MON	4-9PM
TUE	4-9PM
WED	4-9PM
THU (split)	10-1 & 4-9PM

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Interested in a Story Time for pre-school and kindergarten, during the afternoons, leave your name and number at the library.

Did you know that you could reserve and renew your books over the telephone, just call Michelle, I will be happy to assist you.

On behalf of the library patrons, I would like to thank Ulysse Hamelin and Gunter Wenzel of WCE Paint Shop, for their generous donations of books. I would also like to thank Lynda Smith for her contribution of current authors. Charlene and Stan Martiens for their donation of fiction and non-fiction books. In addition to named donators, I would like to thank all the anonymous contributors. Books received with great enthusiasm. Any donated books that we are unable to use will in turn be passed to a non-profit charity.

Junior Book Club is off to a great start; if interested you may join us any Sunday 3-4 at the library.

For more information on these or any other topics, please contact Michelle at the library. Come check us out

2 PPCLI DEPLOYMENT AWARENESS

Throughout the upcoming period of deployment it is important that 17 Wing deployed personnel and their families, who keep the home fires burning, know their fellow Canadians are thinking of them and we hope to recognize this. We would like to hear from you with words of pride, encouragement and support during the time they are away, especially for birthdays, anniversaries. As we celebrate here at home, we can think proudly of our deployed personnel and the job they are doing for our country. The following are deadline dates for you to submit your messages via the Voxair to our troops:

Fes 07/00

17 Wing Ceramic Club

Hours of operation are as follows:

Sun - Tues 1800 - 2200
Office closes at 2000
Phone 833-2500 ext. 2496
Building 33, Westwin Community Centre
Whytefold Road
17 Wing Ceramic Club

Hours of operation are as follows:

Sun - Tues 1800 - 2200
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Whytefold Road

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We offer a wide variety of molds, ranging from those little kitchen caddy's that everyone loves to the most intricately detailed ornament we all like to admire. Join us and you'll find out why so many people love our craft.

If you require information please contact June at 888-6059, Cindy at 885-6718 or Michelle at 831-0113. Let's have a great year!!!

"Help, I Need Childcare!"

For CF members deploying on short notice and to support the families of members who are employed away from home...

You can access the MFRC **Deployment Emergency Childcare Service** 24 hrs by calling 935-7733



Your call will be answered through a paging system. Be prepared to leave a number where you can be reached.

Through phone consultation, the DEC Coordinator will assist in determining your childcare needs and the services available to meet them.

Funding is available to fully cover reasonable costs for the first 72 hrs of care and a portion of an additional 3-6 days.

Every effort will be made to identify childcare within an hour.

Call Catherine Chatterley for more information 489-7003

The Manitoba Government supports and facilitates quality childcare through strict operating regulations and licensing. The DEC program ensures quality service and support to our members through referral and promotion of licensed ECE professionals & regulated services.

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 an as 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.

EMERGENCY CHAPLAIN: After normal working hours, the Emergency Chaplain can be reached through Wing Ops at ext 2700 or 2 PPCLI Duty Centre ext 2727.

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 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 compliment of stationary and hand tools.
Sales:	Limited supply of hardwoods.
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Contacts:	Pres: Capt Steve Wilson lcl 6674 V President Cpl Marco Fillion lcl 2327 Treas: WO Greg Speakman lcl 5555 Secretary: Capt Sylvain Gazaille lcl 5154 Equipment Mgr: Sgt Gilles Lantagne lcl 5305



RESERVE SUPPORT

By Lucie Lapierre, MFRC Reserve Support Coordinator

Farewell to families and friends of reservists.

I have been involved with families of reservists for the past year and a half. This was an assignment that I enjoyed very much. I learned a lot from sharing with you. You challenged me a few times which in turns, provides improvement to the services offered. I am grateful for that, because we learned and grew together. It was a pleasure to work with and for you.

Now is the time for me to pursue another career; I have accepted a position at the Human Resources Department of Canada. But don't worry the Reserve Support program will continue. Traci Wright-Sawatsky, Warm Line Coordinator, will be your Reserve Support contact at the MFRC.

To all of you I wish a good reunion with your loved one. Thank you for this wonderful year.

SOUTIEN AUX RESERVISTES

Par Lucie Lapierre, coordonnatrice du Soutien aux Réservistes du CRFM

Aurevoir aux familles et ami(e)s de membres de la réserve

Depuis une année et demi je me suis impliqué auprès des familles des réservistes. Ce fut une tâche que j'ai appréciée grandement. J'ai appris beaucoup à partager avec vous. Les défis que vous m'avez fait relever ont contribué à l'amélioration des services offerts aux familles des réservistes. Je vous en suis reconnaissante car ensemble nous avons appris et grandi. Ce fut un plaisir de travailler avec vous et pour vous.

Maintenant il est temps pour moi de poursuivre un autre chemin. A partir de janvier je travaillerai pour le Département des Ressources Humaines du Canada. Mais ne vous inquiétez pas le programme de soutien aux réservistes demeurera. Traci Wright-Sawatsky la coordonnatrice de la Ligne Réconfort sera votre personne ressource au CRFM.

A vous tous, je vous souhaite une belle réunion avec l'être cher. Merci pour cette merveilleuse année en votre compagnie.

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CONSULTEZ NOTRE BULLETIN "LE RESEAU" POUR LA LISTE DES ACTIVITES A VENIR CE PRINTEMPS.

Le CRFM reçoit différents communiqués des agences francophone de Saint-Boniface. Ces communiqués portent sur divers sujets tels que pièces de théâtre, spectacles, avis de rencontres, événements spéciaux tenus en français à Winnipeg. Vous pouvez les consulter car ils sont tous affichés au CRFM sur le babillard à l'entrée. Venez voir ce que la communauté francophone vous offre!

L'Annuaire des Services en français au Manitoba, édition 2001 est disponible maintenant au CRFM.

L'Annuaire répond à toutes vos questions reliées aux services en français au Manitoba.

Venez chercher votre copie aujourd'hui, c'est gratuit!

CREATIVE TOT SHOP

This program is the first step towards nursery school. It provides the opportunity for parents and young children to come together to create and play. The toddler or preschooler can explore the world of art, music, movement and story. Parent participation is required. Many families come to this program with more than one child. This program is offered at two different locations and times.

Lipsett Hall Nursery School

Mondays 1:30 to 3:00p.m.

The cost is \$2.50 per family.

MFRC Childcare Centre

Tuesdays 9:30 to 11:30am.

Please bring a snack for your child.

Bambins Créatifs

Ce programme est le premier pas vers la prématernelle. C'est une occasion pour les parents et leurs jeunes enfants de jouer ensemble. Les jeunes peuvent explorer le monde des arts, de la musique, le mouvement et les histoires. La participation des parents est requise. Apportez une collation pour votre enfant.

Centre pour enfants Westwin Mercredi, 13h30 à 15h

Coût: \$2.50 par semaine

SPECIAL NEEDS PARENTS' NETWORK

Join us for guest speakers, information, and discussion

1st Wednesday of each month

1:00-3:00 pm

Conference Room, Westwin Community Centre, North Site

February 7, March 7, April 4, May 2, June 6

The Special Needs Coordinator is pleased to announce that monthly meetings will resume. We will have a slight change in that we will meet in the afternoon rather than the evening. If you've come out to our meetings before, welcome back! If you are new to the community, please join us for the first time. All are welcome. For more information, contact Vict

The Canadian Forces and The Military Family Resource Centre Employment Assistance Service Present the:

Spousal Education Reimbursement Focus Group

Are you a partner/spouse of a member of the Canadian Forces?
Would you be interested in going back to school (College or University)?

On February 12, 2001, the Canadian Forces are asking for your input regarding a possible Spousal Education Reimbursement plan.

The Canadian Forces Spousal Education Reimbursement task force is travelling across Canada to investigate whether there is an interest for such a plan.

Operation Palladium Family Drop-In Centre

South-side Junior Ranks Mess

Building B12 - Second Floor

Monday, February 12, 2001 @ 7:00 P.M

Please RSVP John Chabih @ 489-7003 or base local 2494

Childcare and Refreshments will be provided

(Please confirm Childcare requirements)

The Military Family Resource Centre has a very active volunteer program that is aimed at providing many different types of volunteer opportunities. Volunteers enable the MFRC to offer quality programs and services to all military families. The Volunteer Program at the MFRC also helps volunteers to stay connected in their community.

The MFRC Youth Centre is in need of energetic individuals to work during the After School Club. This after school club is open to all elementary school children and runs Monday to Friday from 3:45-5:30 p.m. This is a great volunteer job for young adults looking to acquire some job experience.

The MFRC Youth Centre is also in need of volunteers to help with the TeenZone Drop in Program. This drop in program for teens, runs Tuesday to Friday from 6:30-9:00 p.m. Volunteer time commitment is flexible for both Youth Centre programs.

The Outreach Department is looking for energetic people to join the already dynamic team of volunteers. This program visits new military families to Winnipeg and has a fantastic special event at the end of summer. Training begins in April and volunteers are required to commit to a minimum of 3 hours a week until the end of September. This rewarding program also offers mileage reimbursement and a small child care allowance.

Sports

17 Wing Winnipeg Hockey Stats
A Division
Round 3 to 19 January 2001

	GP	W	L	T	GF	GA	PTS	PIM	+/-	SUSP
Wing CE (Beavers)	19	12	4	3	121	64	27	40	57	0
2 PPCLI	19	10	4	5	81	52	25	170	29	0
435 (A) Team	19	11	6	2	79	62	24	247	17	1
1 CAD Stars	19	10	5	4	71	40	24	104	31	0
Wing Supply	18	8	6	4	88	71	20	96	17	1
1 AMS (A)	18	7	7	4	54	59	18	93	-5	0

17 Wing Winnipeg Hockey Stats
B Division
Round 3 to 19 January 2001

	GP	W	L	T	GF	GA	PTS	PIM	+/-	SUSP
Air Command Band	22	15	6	1	78	45	31	72	33	3
1 CAD Old Timers	22	14	8	0	88	51	28	81	37	0
435 Sqn (B) team	20	9	11	0	61	45	18	84	16	2
Wing EME	18	7	8	3	69	71	17	96	-2	0
402 Hounds	19	8	10	1	56	61	71	17	96	-20

17 Wing Winnipeg Hockey Stats
C Division
Round 3 to 19 January 2001

	GP	W	L	T	GF	GA	PTS	PIM	+/-	SUSP
Fat Boyz	21	8	11	2	68	96	18	72	-28	0
CFANS	19	7	8	4	59	60	18	98	-1	0
Wing SAMP	21	6	11	4	68	91	6	52	-13	0
1 AMS Ice Dogs	22	6	16	0	53	121	12	57	-68	0
Dixie Sticks and Studs	22	0	21	1	28	137	1	24	-109	0

Statistician: MWO J. Messier ext. 6102



Canada Goju 17 Wing

Location: annex of the south side chapel
Practices: Tuesday, Thursday and Sunday evenings. New members welcome! For more information, please call sensei Jim Taylor at 832-8348 or sensei J.P at 895-8784.

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17 Wing Tae Box Club
Fun and Total Fitness

The 17 Wing Tae Box Club holds fitness classes three days a week in the Bldg 21 Gym next to 1 CAD. Sessions are from 12:00 - 13:00 hrs with emphasis on:
Monday - Cardio
Wednesday - Strength
Friday - Cardio

Instructor Janie Keith is a former national fitness champion and leads a workout that is fun, safe and challenging to all levels. Monthly membership is \$40, Drop-in rate \$5. Contact: Capt Dave Gerrard, 1 CAD, local 5799



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Volleyball Regionals 2001 By CWO Madeleine Nobbs, A4AE Ops 2-3

This past weekend the 17 Wing Men's and Women's Volleyball teams traveled to Cold Lake, Alberta to take part in the first VB Regionals of the millennium.

I am proud to state that Winnipeg exhibited excellence in form and competition

and both teams returned to sunny Winnipeg with the Gold once again. They will be representing us and the region at the National Championships held later next month in Borden where we hope the same will hold true and the Gold will be ours.

Should you know any of these fine athletes please pass on your congratulations for their fine performance and wish them luck next month. Recognition for our athletes is rare these days but necessary. Well done and congratulations to both teams.

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Interested in quitting smoking?

By Rhonda Lee Crew, Captain, Staff Nurse 17W Med Clinic

To receive nicotine replacement therapy (NRT) through the Military, it is now mandatory that personnel attend a Butt Out Course. Here at 17 W it is run through a one morning information session, it is a mere three hours of your time.

The three hours consists of receiving information on methods to quit smoking, hints to make it easier, and pharmacy information to ensure that personnel use the NRT's safely.

Military members, their spouses, and civilian DND employees are welcome to attend these

sessions, however, only Regular Force Military members and Reserve members entitled to care at our clinics will receive prescriptions through our pharmacy. As many members already have prescriptions, but are only awaiting the course, I will not be setting up your visits with the Physician to receive the prescription--this can be done by the member on their own time.

The courses I have scheduled will take place in the 17W Med Clinic North side upstairs conference room from 0800-1030, personnel are

required to call Capt Crew at Local 5728 (Mon-Wed & Fri only) or contact her through email to confirm attendance. The max attendance per course is 12 so please call early and book a space.

As there is sometimes a delay in receiving the courses, please book a spot if you are interested in quitting smoking anytime in the next 6 months or so, this way when you are ready, you will not have to wait.

The dates are as follows: Tue 30 Jan 2001, Tue 13 Feb 2001, Tue 06 Mar 2001.



THE CHOLAKIS DENTAL GROUP



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Déploiement STRATÉGIQUE

Dans le cadre du Régime de retraite collectif officiel des Forces armées canadiennes, le régime d'épargne militaire constitue depuis toujours une stratégie de placement judicieuse. Or, c'est maintenant plus vrai que jamais avec plus de 80 options de placement. Vous pouvez désormais choisir parmi une gamme de fonds communs de placement de marque émis par des entreprises réputées comme Gestion de Placements TD, Fidelity, Guardian, Scudder, Mackenzie et Trimark. Le régime d'épargne militaire vous offre toute la souplesse nécessaire pour atteindre vos objectifs financiers.

Offert aux membres des forces régulières comme aux réservistes, ce régime négocié spécialement pour vous ne comporte aucune commission et est assorti de frais de gestion réduits vous permettant de faire fructifier une plus grande part de votre capital. De plus, vous pouvez profiter d'un accès Internet sécuritaire à votre compte pour acheter, vendre et transférer des placements en tout temps, de n'importe où dans le monde. Pour en savoir plus, consultez le site Web du régime d'épargne militaire à www.canadatrust.com/serviceplan.html ou appelez-nous au 1 888 363-7526.

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EAP and 17 Wing sign declaration

Prepared by Madeleine Nobbs

The 7 Dec 2000 was a momentous day for the Employee Assistance Program in Winnipeg. Before a distinguished audience, a declaration of support and cooperation was signed between the WComd, Col McLennan and the UNDE President Ms Dale Buck. In signing this declaration they have committed management and labor to the full support to the success of the Employee Assistance Program.

My name is Madeleine Nobbs. I am the EAP Chairperson for 17 Wing and want to introduce you to my team. Our Referral Agents, along with their numbers are: a. Jonathan Cote - 5698, b. Gerry Johanson - 2475, c. Stew Cairns - 2231, d. Mark Brown - 6503, and e. Darcy Flett - 6948.

The Employee Assistance Program is a program that is developed and implemented through the combined efforts and resources of labor and management. The EAP provides confidential assistance at an early stage to employees who voluntarily seek it or accept it at the recommendation of management, when work performance has been adversely effected.

The program has been around since 1977 when the



Top Backrow: Madeleine Nobbs (Chairperson), Jonathan Cote (RA), Gerry Johanson (RA), Stu Cairns (RA), Darcy Flett (RA) Front row: Col McLennan (WComd), Ms Dale Buck (UNDE Pres) Missing: Mark Brown (RA) Left: Dale Buck and Dolly Fortin prepare to send out nearly 1000 EAP weekly planners across the wing

Treasury Board issued a directive outlining the draft EAP and directed departments to develop and implement their own EAPs. It started out as a method by which employees with alcohol and/or drug related problems could be given help in overcoming their problems and returning to a satisfactory level of job performance. There came a realization that along with change a wider range of problems developed and our Referral Agents expanded their networks to assist those clients that came to them. The RAs assist on

average over 2300 employees a year.

Your RA's are caring and giving personnel that give of their own time and some of their work time in assisting you the employee on a voluntary basis. They do not receive extra monetary benefits. They are confidential and discreet and will make every effort to connect you to the care you need. They do not diagnose and they do not counsel but they are great listeners.

On behalf of my team and myself I would like to wish you all a happy and prosperous New Year.

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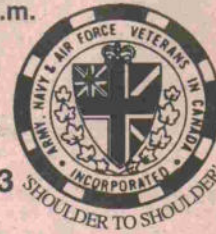
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- Family oriented activities throughout school the year
- Phys. Ed and Music program for K - 5
- Extra-curricular activities in sports and music
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- On-site daycare
- Program enrichment - G.A.T.E.
- Computer technology for all students
- Student-led conflict resolution
- Levelled home reading, grades 1 and 2
- Active Bannatyne Parent Council

OPEN HOUSE

Wed., Feb 21, 2001 1:00 p.m. - 2:30 p.m.

Parent guides will be available to answer your questions. Information packages are available

REGISTRATION

Wed., Feb 28, 2001 8:30 p.m. - 6:00 p.m.

The school will be open 8:30 a.m. to 6:00 p.m. ...or drop by anytime prior to that date to register. If you are unable to attend the Information meeting or Open House, but would like more information, please phone us.

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ARIES

(March 21 - April 19): Get involved in a physical activity you like in preparation for an upcoming trip. Your increased good health will have a positive impact on your attitude and on those around you. You are an inspiration.

TAURUS

(April 20 - May 20): If you're making up after a quarrel, then listening with respect is a must, flowers wouldn't hurt either. Use your heart in love and your head for finances to reap rewards in both areas. Be very fair in any legal dealings, they will be scrutinized.

GEMINI

(May 21 - June 2): The urge to settle down is strong. Spend money and time on your surroundings. Work holds little interest so take a break if you can and pay attention to loved ones instead. When attending gatherings don't go empty handed.

CANCER

(June 22 - July 22): Lots of drama surrounding you. It can be a tragedy or a comedy depending on your ability to remain detached. If you're the hero or the victim today, just wait until tomorrow, your role may be reversed. Reconciliation and resolution of old issues revives your energy.

LEO

(July 23 - August 22): Listen carefully to the advice of others right now as you are unclear about what is best for all concerned. Things aren't as bad as they seem some days, be patient. Opportunity for advancement and a new work site are indicated.

VIRGO

(August 23 - Sep 22): Your great ideas and energy may be wasted as you're kept in the dark about key developments. Other people's agendas and motives may not be in your best interest. Keep your eyes open for opportunities elsewhere and use your instincts when networking.

LIBRA

(Sep 23 - Oct 23): There is a time to plan and a time to act, stop second-guessing yourself or you'll miss the boat. If you're truly stuck, flip a coin, you can ignore the answer if it doesn't feel right. Spend a bit on your wants as well as your needs.

SCORPIO

(Oct 24 - Nov 21): Fun at family gatherings is highlighted. Returning to a place close to your heart. Rural settings will bring peace and contentment. There is strength in sharing your problems and your joys. You receive good news about someone who has been ill.

SAGITARIUS

(Nov 22 - Dec 21): Feeling overwhelmed at the need to continually juggle tasks? Schedule alone time to re-energize. Small issues are nagging and dragging you down. Even if it upsets you, deal with them now, for it will be better now than later.

CAPRICORN

(Dec 22 - Jan 19): Communication is the key to overcoming feelings of indecisiveness or worry. Remain calm; look after your own interests. Drawing attention to yourself through impulsive actions is not advised, as you will be asked to explain yourself.

AQUARIUS

(Jan 20 - Feb 18): Stay flexible and calm in this time of unexpected change. You may feel you have to defend yourself to people who don't realize how hard you work. You want to be appreciated. Let go of a habit that is not serving you. You can do anything if you try.

PISCES

(Feb 19 - March 20): Keep reviewing and assessing your work to improve it. Reconsider assumptions you hold about yourself. Prepare now for an upcoming, golden opportunity that could change your life if you're willing to take the risk.

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