



# The VOXAIR



OUR MILITARY FAMILY COMMUNITY NEWSPAPER

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17 Wing Winnipeg / 17e Escadre Winnipeg

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## Tragedy hits family in Shilo

Story on page 2

In an unexpected tragic occurrence at CFB Shilo, a father and his youngest son fell victim to a devastating home fire.

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# Tragic Fire

By Cheryl Gudzw, Wing Public Affairs

At approximately 4 a.m. on the first of March, MCpl Scott Cassidy, a communications expert with First Regiment Royal Canadian Horse Artillery, heard the smoke alarm go off and quickly told his eldest son to flee from their house. Tyler, a 13-year old eighth grade student and Jamie Tilford, Cassidy's brother-in-law, were lucky enough to get out of the smoking house without harm. MCpl Cassidy and two-and-a-half year old Nathaniel, were not so fortunate. When MCpl Cassidy, the thirty-five year old father of two went back into the burning house to retrieve his youngest son, the smoke was so stifling that it claimed the lives of the brave father and the young boy.

Murray Bedford, an investigator with the fire commissioner's office said that the fire began in the kitchen of the home, as a stove grease fire, one of the toughest types of fires to fight due to its quick nature and intensity. The two survivors of the blaze, Jaime

Tisfeld and Tyler Cassidy have been staying with friends and have been offered a furnished home by the base, for as long as they may need it.

MCpl Cassidy, originally from Halifax, N.S., was a fifteen-year veteran of the CF and has served in such places as Kingston, Ont., Shilo, and Trenton, Ont.. This was his second posting to Shilo. He has served on peacekeeping missions in Cyprus, the Golan Heights and East Timor, his most recent deployment.

The Commanding Officer of 1 RCHA, LCol Alan Howard, reflects on the loss. "He will be fondly remembered for his great contributions to the Canadian Forces both here in Canada and on several peacekeeping missions overseas. MCpl Cassidy was an outgoing soldier who was well respected by all of us. Our thoughts and prayers are with his family during this difficult time."

A regiment memorial service was held the day after the tragedy, attended by more than 400 members. A community service took place the following Tuesday.

# An apology

Dear Reader,

You have always supported us by sending articles and pictures and we are grateful for it. It is always regretful for the VOXAIR staff when mistakes happen. Sadly, there were too many mistakes in the last issue (March 7th, 2001). I would like to personally apologize to all members of 435 squadron for the misspelling of their name. Even after all the proofreading, last minutes changes were made and these mistakes were made. We also inserted an article on page 3 stating that 17 Wing volleyball team won the national title. While this is true, the article was taken from last year when they also won. It seems 17 Wing volleyball team is so good that we can't properly keep track of the results.

All in all, we are always trying to improve, but this time, it was more a miss than a hit. With the new staff now in place and learning the military way of life, I can assure you that we will continue to try to bring you the best product.

2Lt Benoit Doyon-Gosselin  
Voxair Managing editor

## \$200 Donation goes towards the Alexander Tarbet fund



Dale Buck, President of UNDE presents a \$200 donation to Colonel McLennan and to LCol Palmer to put towards the Alexander Tarbet fund. Alexander Tarbet, son of Captain Tarbet of 17 Wing, died of acute Lymphocytic leukemia at the age of five.

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## Chinthe Bits. 435 Sqn



### Ron McLean suits up as the latest addition to 435 Sqn's SAR Tech section

A good day to all and to all a good day from 435 Sqn's SAR Tech section. All is well here. We have had a couple of changes in the section since our last article. MCpl Mike Hawes, our senior rigger, was posted to North Bay for family reasons. Fortunately a position opened up through a release before the end of '00 and his career manager was able to move his family without delay. Although he is missed, we wish him well in his future endeavors. Sgt John Leclerc, one of our more decorated SAR Tech's is off to RCC Trenton. He had sustained a physical injury during an operational tasking and his posting to a desk job will enable him to recover and hopefully be operational again. We will miss his sense of humour and hope for a successful recovery and an enjoyable posting. Best of luck John.

2001 has started off being a year of celebrities to visit our shop. As of this writing we have had the honor of being visited by our one and only Mayor of Winnipeg, His Worship Glen Murray. The mayor showed considerable interest in the who and what of Search and Rescue at

435 Sqn. We appreciated his interest and would like to continue working out of this great city of Winnipeg.

Another prominent celebrity to visit us would be no one other than Mr. Ron MacLean from 'the Coaches Corner' with Don Cherry. Honorary Col MacLean was accompanied by his parents and they all enjoyed their tour of an operational Search and Rescue Squadron. The only mishap during their visit was when Sgt's Beauchamp and Leclerc brought out their beloved and infamous Montreal Canadiens jersey for a photo op. I guess they wanted one last picture of the Canadiens while they're still a Canadian team. What die hards!!! Go Leafs go!!!

A short time later when a SAR mountain trainer stayed the night in Calgary, AB Ron MacLean invited 3 members of 435 Sqn to the set of 'Coaches Corner' on Hockey Night in Canada. They really enjoyed meeting Ron and Don on the set and learning how they taped the program. Thanks Ron. Go Leafs Go!

We as a SAR Tech section would like to take this opportunity to thank all of the support

trades and family members who help us in our quest to save lives. Thanks to the techs that keep the aircraft serviceable and safe; the kitchen and transport sections for meals and fuel; supply techs for all our parts and equipment; the clerks for handling all the administration and finances; Riggers and reserves personnel for handling the day to day maintenance tasks and all the short notice responsibilities handed to them; the loadmasters for babysitting us in the back of the aircraft; the pilots for getting us to and from our missions safely; the navigators for keeping everyone on the straight and narrow and the engineers for keeping a sharp eye on the pilots. Most of all I would like to thank our family and friends for their dedication, love and support. Their patience and understanding has been tested time and again and usually take the back burner when we are called out. Without them and their support, our job would not be worth the risks we face to save lives.

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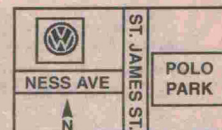
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## Second mine strike in the temporary security zone

On the morning of the 14 of March at 11:45 (local time), a BISON armoured vehicle from the Canadian Task Force East Africa struck a mine while conducting operations near the town of Tsorena, Eritrea

The explosion resulted in one minor injury, a ruptured eardrum, and some damage to the vehicle. The mine detonated near the front right side of the vehicle, which had three soldiers onboard. It is currently unclear as to what type of mine was struck. The soldiers were evacuated to be medically assessed and the vehicle will be recovered by an engineer team from the Slovak contingent.

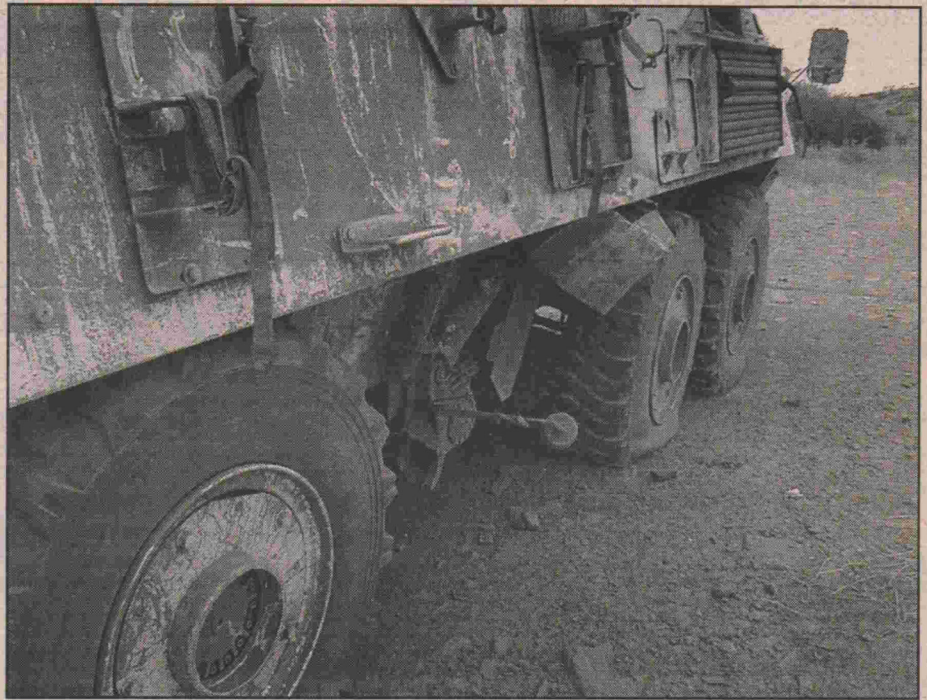
Today's incident took place approximately 560 meters from yesterday's mine strike involving a Canadian Forces Light Armoured Vehicle (LAV III).

The incident occurred 4km North East of the town of Tsorena on a proven route.

Immediately after the incident occurred a movement ban was placed on all routes North of Tsorena for Canadian Forces personnel. United Nations Mission in Ethiopia and Eritrea (UNMEE) Force Engineer Company will provide additional assets tomorrow to clear these routes of any mines.

The Canadian Forces are currently providing troops to a Battalion of the Royal Dutch Marines in the United Nations Mission to Ethiopia / Eritrea. The mobility of the force is paramount in order to accomplish the job of establishing and monitoring the Temporary Security Zone between the nations of Ethiopia and Eritrea. Enabling Canadian Forces and others to move freely throughout the Zone is crucial to the success of the mission.

An investigation is currently looking into the circumstances of both incidents.



"The explosion resulted in one minor injury, a ruptured eardrum, and some damage to the vehicle."

- D News

## Navy opens submarine service to women

CDS General Maurice Baril has announced that women will serve in submarines.

Vice Admiral Greg Maddison, head of Canada's Navy, recommended the decision, which is strongly supported by the Honourable Art Eggleton, Minister of National Defence.

"Women should have every opportunity to pursue their career goals

and aspirations within the new Navy," General Baril stated. "This decision enables them to serve in any vessel in the fleet, including the new VICTORIA Class Submarines," he added.

"Women can do the job at sea exceedingly well," said Vice Admiral Maddison, further adding, "Integration of women into the surface fleet has been and continues to be

a success. We anticipate exactly the same result for our submarines."

The Canadian Human Rights Tribunal, in making its 1989 decision that women could be excluded from submarine service in the OBERON Class submarines because of privacy concerns, also stated that the decision should be reviewed upon the acquisition of new submarines.

Therefore, when Canada acquired four ex-UPHOLDER diesel-electric submarines from the United Kingdom, the decision was taken to re-examine the issue.

Among other improvements, mess decks in the VICTORIA Class boats will result in significantly less traffic through the accommodation spaces and thus more privacy than was the case in the

now retired OBERON Class.

HMCS VICTORIA, the first of the four new submarines, arrived in Canada on Monday, October 23rd 2000 and was commissioned into the Canadian Navy on Saturday, December 2nd. The remaining three submarines, WINDSOR, CORNER BROOK and CHICOUTIMI are expected to arrive in Canada at

six-month intervals over the next two years.

Submarines are crewed to the greatest extent possible by volunteers. Occasionally, operational necessity requires the assignment of non-volunteers to submarines to fill key jobs. With this decision, qualified women will now also be considered for selection to those jobs.

- D News

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# Canada's First Postage Stamp

by Alf Brooks

The early history of Canada saw Europeans landing on the east coast of North America looking for the riches of the Orient. But they did not find the gold and spices they were looking for, and began searching for a passage through or around this new land. They did, however, find a new source of wealth, the beaver. Fashionably-dressed men of Europe in this time wore hats made of felt, which was produced from fur shaved from animal pelts. The best was beaver fur. When explorers discovered the abundance of beaver in North America the search was on, as in the next centuries exploration of our continent was driven by the need for beaver fur to satisfy the European market. From Québec came the French: Champlain, Radisson and Groselliers, La Verendrye and many others, pushing farther west and north looking for new wealth. From Hudson Bay, after 1670, there were Kelsey, Henday and Hearne. And when Canada became British in 1763 the Nor'Westers, carried on, moving farther west: Fraser, Thompson, Mackenzie. They explored because the new land was there to be found, but there was also the lure of great wealth, the beaver.

In 1851 the British colony of Canada (Canada East and West, present day Québec



and Ontario), issued their first postage stamps. The stamp was designed by Sandford Fleming, an engineer and the chief surveyor of the CPR, our first transcontinental railway. It was the problem of coordinating affairs of a railway over such a long distance that led Fleming to propose the use of time zones; he is remembered by many as "The Father of Standard Time." The lowest value, three pence, fittingly pictured a beaver. Some stories tell of Fleming designing the stamp on a restaurant table cloth as he shared a meal with the Postmaster

General. Collectors wanting to have one of these in their collection must be prepared to spend thousands of dollars for even an inferior copy, so few of us have one. However, now we all can buy one, for on April 6 Canada Post, to mark the one hundred and fiftieth anniversary of Canada's first postage stamp, will issue a forty seven cent stamp picturing the three pence beaver. This will be popular with collectors, not only for its historical value but also for those who collect such topics as stamps on stamps and animals on stamps.

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# SHACK HOSTS HIS 20TH ANNUAL HOSER PARTY!

by Brian Shackleton

On Saturday 17 February, 2001 Brian and Jill Shackleton hosted "Shack's 20th Annual Hoser Party". For the fourth consecutive year the party was held in the BBQ Area and Fireside Lounge of the WO and Sgt's Mess. The first three parties were held in Cold Lake, the next four at Greenwood, followed by nine in Comox. Hosers made their pilgrimage from across the country for this special event. Dan Martin flew from Toronto, Ed Garrett and Debby Schmidt flew from Edmonton and Glen Duvall drove from Moose Jaw.

The Hoser Olympic games consist of ten events, five of which involve some level of beer drinking. Six teams competed and received points depending on their position in each of the ten events. "Labatt Blue" was the official beverage of the Hoser Olympic Games. All Hosers and Hosetts enjoyed Hoser Backbacon & Cheese Bunwiches prepared by Jill Shackleton. The combination of delicious "Bavarian Meat & Sausage" backbacon and tasty "Kub Bakery" buns with cheddar cheese is simply fantastic.

Simon Beaulieu, Beer

team captain (C), was amazing in winning the "Hoser Brunch 1-2-3" for the second consecutive year. Gary Kalagian, Donut (C), supported by Scott Moody won his third Gold Medal in four years in the "Down Under Event". Simon Beaulieu and Judy Zacharias of Team beer made short work of their bucket to win Gold in the "Team Beer Race". Bob Rex, Buns Captain combined his keen eye with Sheelagh Semper's superior catching ability to capture "Gold" in "Hoser Bucketball". Beer team members Simon, Judy and Shane used excellent technique and came in first in the "Donut Hole Relay", which was sponsored by "Robin's Donuts".

Simon led his Beer team members Judy Zacharias and Shane Storie to victory in the Beer Relay. Donuts Gary Kalagian and Debby Schmidt out jumped the field in the "Hoser Sock Hop" and won a pair of Gold medals. Gary guided Donut teammates Debbie and Scott to a first place finish in the "Beer Pole Relay". Simon and Shane from Beer Team out classed everyone in the "Egg & Beer Can Relay".

The tenth event was the "Hoser Triathlon" or

more commonly the "Ironman". Shane Storie, Ironman 2000, faced a very determined and experienced field this year with Gary Kalagian, Ed Garrett, Glen Duvall, Diane Viel and Jim Alberding - Ironman 1989. The Hoser God and frosty temperatures had a definite impact on this year's competition but Shane Storie prevailed and successfully defended his title. To the victor go the spoils and this years Ironman won a "Labatt" T-shirt specially air-brushed by Daryl Szydluk of "Total Image" and a keeper trophy donated by "Hilmar Venture". Of Course, Shane Storie and his winning time of 55 seconds will be immortalized on the "Ironman Cup".

The 2001 Hoser Olympic Games were dominated from start to finish by Team Beer (Green Team). The Beer Team finished with 78 points eclipsing the overall total points record of 75 points established in 1998 by the Donut Team, (Purple Team). The Donut Team came in second overall with 53 points, followed by Earmuffs (Blue) 38 points, Buns (Pink) 36 points, Backbacon (Yellow) 24 points and Toques with 20 points.



2001 Overall Champions - Beer Team members (L-R), Simon Beaulieu, Judy Zacharias and Shane Storie are shown holding the "Ironman Cup" in front of the Hoser Banner air-brushed and donated by Daryl Szydluk of "Total Image".

This was the second year in a row that the Beer Team won and their fourth overall title (winning in 93 & 96). The only other team to win four overall titles is the Earmuff Team who won in 87, 88, 91 and 94. Congratulation Team Beer - Simon Beaulieu, Shane Storie, and Judy Zacharias - supported and cheered on by Tom Derrett and Ron Bauer. What a total team effort!

The 2001 Hoser Olympic Games were mainly a two team race, Beer and Donuts, however Ed Garrett and Lynn Dalmon of the Earmuffs deserve an honorable mention for they finished second or third in eight of the ten events.

Each and every participant gave their best and seemed to have a great time.

For the fourth year, "Total Image" artist, Daryl Szydluk made the design for the official Hoser shirts and participation ribbons, which he generously donated, to the event.

I thank the Voxair for their support for the past four years. Special thanks to this years Judges; Dan Martin, Pat Erskine and Diane Lynn-Rex for all of their hard work. Ken Bird, our Hoser Bartender for the third year in a row kept all throats well lubricated - much appreciated!

The Hoser Party and it's Olympic Games

ended about 6pm then most participants made their way to Moe's Sports Bar for the official "Post Party" for the third year. The generous owners and especially friendly staff at Moe's made the day a complete success.

After two decades of Hoserism and twenty parties this may be the last Hoser Party that I will host. I will make my final decision this fall. I do however, thank everyone who was a participant, judge or sponsor at this or any other Hoser Party in the past. Seeing people take time out of their busy schedules to have some silly fun, outside on a Saturday in February is what it was all about! Take care and Good Day, Eh!

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# Off and Flying



The graduates of Rotary Wing courses 0004 with BGen Rick Findley

By Captain Dave Fouts,  
UIO, 3 CFFTS Southport

On 2 March 2001 nine students from the Basic Rotary Wing School received their Canadian Forces pilot wings from BGen Rick Findley, A1 Personnel and Training 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 Rotary Wing course 0004 are as follows (standing, left to right): Lt Syd Turner is posted to 427 Sqn in Petawawa to fly the Griffon helicopter, Capt John Vincent is posted to 408 Sqn in Edmonton to fly the Griffon helicopter, Lt Colin Coakwell is posted to 408 Sqn in Edmonton to fly the Griffon

helicopter, Capt Patrick Masterson is posted to 443 Sqn in Victoria where he will fly the Sea King helicopter, and Capt Rob Cochrane is posted to 423 Sqn in Halifax where he will fly the Sea King helicopter.

(Middle row, Left to Right): Lt Mike Packolyk is posted to 427 Sqn in Petawawa to fly the Griffon helicopter, Capt Ryan Tyler is posted to 408 Sqn in Edmonton to fly the Griffon helicopter, Lt Jason Tuckett is posted to 408 Sqn in Edmonton to fly the Griffon helicopter, and Capt Paul McKinley is posted to 427 Sqn in Petawawa to fly the Griffon helicopter.

(Seated, Left to Right): Maj Andrew Klein, A/Comdt and Chief Helicopter Instructor 3 CFFTS, Honorary Colonel Wishart, BGen Findley, A1 Pers & Trg 1 CAD, and Capt Pete Fedak, Course Director

Course 0004.

The Gos Goulding award for the best student was presented by Mr. John Enns, DFC, President of the Wartime Pilots and Observer's Association. It went to Capt Patrick Masterson.

In addition to the flying awards, BGen Findley presented Capt Ian Tisdale with his Canadian Forces Decoration. He also awarded the Canadian Peacekeeping Service Medal to the following students and staff: Capt Tony Ambrosini, Capt Greg Dixon, Capt Mike Duclos, Capt Pete Fedak, Capt Jean-Pierre Regnier, Capt Ted Rolfe, Capt Leslie Wenzel, Capt Ian Tisdale, Capt Doug Hollin, and Capt Tony Stuckless.

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

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The Hyatt Realty Group  
Cell: 793-3818

# "When the Uniform Comes Off,"

## The Pack by Don Keachie

It is 6:00 AM on a frigid February morning. Just outside Marquette, Manitoba, a pack of 8 Alaskan Malamutes are waiting patiently in their oversized kennels. In their eyes, Marty Lee, a Traffic Tech from 17 Wing is the pack leader. He disappears from their sight, and for a moment, there is complete silence as the dogs strain to hear what they are longing to hear. Marty emerges from his garage carrying a tangle of lines, rings, and snap-hooks. This innocent action sets off a cacophony of barks and yips, and behind the chain-link enclosure, the Malamutes go wild. They know what the boss is carrying. He lets the dogs out, attaching them one by one to a harness that will join them together as a team for the rest of this crisp winter day. The excited dogs are about to do what Malamutes do best - long distance sledding!

Marty has had a passion for dogs all his life. As a hobby, dog sledding evolved from his love of camping in Algonquin Park during the summer. Often he would hike deep into the bush with two of his Labrador Retrievers. As time marched on, however, his attitude began to change. "It got to the point where I just couldn't stand the black flies and mosquitoes. It wasn't fun anymore," he said.

So, Marty began camp-

ing in the fall, going later each season. Eventually he settled into winter camping.

"I just love being outdoors in the winter. Of course, you have to invest some dollars to buy good kit, so that you're comfortable. But once you start winter camping, you'll never want to return to camping in the summer," he said.

Labrador Retrievers are not well suited to the winter environment, so Marty began looking for a breed of dog that he could take on winter camping trips. He wanted a dog that could pack in its own food, and haul some of his photography equipment. After extensive research, he decided the best breed for the job was the Alaskan Malamute. He found a reputable breeder from whom he purchased a young female named "Kinder." The pair enjoyed many camping trips that first winter. Malamutes are still bred to perform their traditional role of pulling heavy loads over long distances. In competition, a single dog can pull well over 1200 lbs by itself! This differs greatly from the Alaskan Huskies you see on TV and at the Festival de Voyageur. Huskies are amazing athletes that are built for speed and endurance, but by comparison are not good at hauling heavy weights.

A Malamute can also haul up to one-third of its body weight on its back, using pouches that resem-



**"On Dasher, on Dancer! MCpl Marty Lee with his team of Malamutes. From front to back they are: Ranger, Chime, Shire, Kinder, Simba, Piper, Mickey, and Carson. The load in the sled? That's Marty's mother-in-law!**

ble a horse's saddlebags.

"It was amazing, watching Kinder work with the backpack that first winter," Marty said. "If I get another dog," he thought, "I can build a small sled and get them to carry all my equipment, while I break trail for them on my snowshoes."

Marty contacted the same breeder he had purchased his first Malamute from, and as luck would have it, the breeder was looking for a home for one of Kinders' littermates, a stocky animal named "Carson." The two got along famously, and Marty's dog sledding

career officially began. In 1992, the trio was posted to Edmonton. Marty quickly became friends with one of the local Malamute breeders who showed his dogs in the confirmation ring. The fellow needed a way to keep his own dogs in shape, and allowing Marty to use them as sled dogs was the perfect solution. So, in no time at all Marty went from 2 dogs pulling his sled to a full team of 8 Alaskan Malamutes. Under ideal trail conditions, they would be capable of sustaining speeds over 18 kph! The team was now able to travel longer distances with more weight,

and they began to explore the Alberta wilderness. "Elk Island Park was an amazing place," Marty said. "On any given day, I could spot moose, buffalo, elk, coyotes, and sometimes wolves." Operating a sled team in an environment brimming with wildlife requires an enormous amount of concentration, trust, and focus on the dogs.

"If I saw the dogs react in a certain way, I knew there was something on the trail. I wouldn't even stop to see what it was. I would turn the team around and find a different route. You don't want to

argue over who's using the trail when you run into a Bull Moose," he said. Placing trust in your team's instincts, sense of smell, and sense of direction, is paramount.

An unexpected blizzard in 1993, near Hinton, Alberta, put that trust to the test. Marty and a team of four dogs were on the final leg of a three-day trip. They were sledding in the area of Hinton, close to where the Canadian Forces Land Survival School was located at the time. Before starting the journey, Marty



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Do you know someone from 17 Wing that has an unusual hobby or interest?

Let's face it folks, as much as we love our jobs in the military, all of us have things we like to do during off-duty hours. From Janitor to General, we have passions and pastimes that occupy our time, after the uniform comes off.

This feature will look at members from 17 Wing who make the best of their off-duty hours! In this edition, we look at MCpl Marty Lee, a loadmaster from 435 Sqn. His passion for the outdoors has made a big difference in his life.

Do you, or someone you know, hold an interesting part-time job, or donate your time to charitable causes? If so, the Voxair may be interested in doing a story!

Please contact the Voxair immediately to discuss the idea, or, send a brief email to "hercloudmaster@yahoo.com"

We look forward to your support

## A look at MCpl Marty Lee, a loadmaster from the 435 Sqn



"The SAR techs of the Malamute world, mugging for the camera!" Pictured from left to right is the latest litter: Taiga, Loki, Goliath, Piper, Shire

had consulted with the school instructors who had given him topographical maps and pointed out many landmarks by which the team could navigate.

"It was back in the days of no GPS (Global Positioning System), no cell phones or satellite phones. You used a map and compass, along with landmarks to navigate," Marty said. The sled team was about 6 hours from the end of their trip, when it began to snow. They pushed on for another hour, unfortunately missing a crucial landmark

that would have guided them in the proper direction. At one point the trip became a battle of wills, as Marty's lead dog would insist on going in one direction, after being commanded by Marty to go in another. Weather conditions deteriorated as the snow intensified. "Visibility was reduced to 100 or 200 meters," he recalled. He could no longer navigate using landmarks, and the team became lost.

At this point, Marty had a choice. He could dig in and wait for the weather to improve, or attempt to make it back to the start point where his vehicle

was parked. He was certain they were still 4 or 5 hours away. Having years of winter camping experience, Marty was not overly worried about surviving the storm. What really bothered him was the idea of being considered AWOL if he didn't make it back to work in time. To make matters worse, he began to worry that once people knew he was late, an all out Search and Rescue operation might be launched!

As the snow continued to make the situation miserable, Marty recalled a conversation he had with a trapper earlier that season.

He remembered the trapper saying that the handler had to trust the lead dog, and that would make or break a team. On every sledding trip, Marty conducted an experiment based on that idea. When the journey was about two-thirds complete, he would yell to his lead dog "Kinder, truck. Find the truck." Off they would go, with no directional commands from Marty. They made it back with ease, every time. Marty gambled, and made his decision. They had to make it out of the bush today. He checked over the dogs and harnesses, got back on his sled, and

issued the command: "Kinder, truck. Find the truck." The team set off into the blizzard, in a direction chosen by the lead dog. Amazingly, four hours later, based solely on the decisions of his lead animal, Marty and his team of snow-covered Malamutes made it back to the safety of his truck!

Stories like that are common in the world of Malamute owners, which is why Lee bristles when he hears professional handlers question the breeds intelligence level.

"Malamutes are not eager to serve you. Their main purpose in life is to be your best friend and companion, not to perform cute tricks," he said. "They think and act independently." At the same time, they do love to work as a team, and make outstanding pets. Marty and his wife Lucinda have worked with many local youth organizations.

They've given organized tours of their kennels, and sled rides to all who visit. They do not offer rides for commercial purposes such as "Johnny's birthday party."

When it's time for an older dog to retire from sledding, Marty begins the meticulous process of a breeding program to find a replacement dog. He is a licensed breeder, and is registered under the "Howling Moon Kennel" name. He follows the Canadian Kennel Club's breed standard for Alaskan Malamutes, which helps to ensure a strong, healthy lit-

ter. "One of the most interesting aspects of owning this many dogs is watching the social dynamics of the pack," Marty said. "It's both funny, and educational, watching how the dogs work out their social hierarchy. As one dog gets older, and perhaps a little weaker, one of the younger dogs will push him to see what it can get away with." It's a social setting that Marty and Lucinda will be a part of for years to come.

Long after you and I have finished supper, and well past a reasonable bedtime for a weekday, Master Corporal Marty Lee and his team of Malamutes, turn their sled towards home. They glide past a familiar landmark like quiet ghosts in the snow. All of them know that in two hours, they'll be back home, but they are not in a rush. Their faces are painted white with frost, as the Northern Lights dance brightly across the rural sky. The only sound for miles is that of the gentle padding of dog's paws on hard-packed snow. Although they are focused on the silvery-white trail ahead, Marty and his team are supremely relaxed, doing what they enjoy the most. Ranger, the lead dog tonight, keeps tension on the harness, encouraging the other dogs to stay strong. "Ranger, home. Find home."

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# What's Happening

## OFFICERS MESS COUNTRY NIGHT - SATURDAY 7 APRIL

Time: 1900 hrs  
 Cost: Free  
 Dress: Relaxed (10 gallon hats optional)  
 Sign-up: Required. Open 12 Mar to 23 Mar

*Help put the U back in country. Get the range dust off your boots and put on your best belt buckle. There will be a live band, dance lessons, and great prizes to be won. For Reservations Call 833-2500/5475*

### 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  
 Whytewold Road

### The Grace Hospital Auxiliary is holding a Dessert Bridge Party Fundraiser.

The event will be held Tuesday, April 3rd at 1:00 p.m. in the Hospital auditorium. There will be delicious desserts, bridge prizes, Suprise prizes, and gifts. The cost of the afternoon is \$9.00. Free Parking in the east parking lot. Tickets are available at the Hospital Gift Shop.

### Charleswood Y Neighbours

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CLOSED FRI & SAT	SUN 2-5PM

During Spring Break Mar 26-29  
 Monday thru Thursday 10am - 4pm

The Library receives a number of magazines. National Geographic, Maclean's, People. Focus on living has provided us with Beaver (Canadian History), Biography, Canadian Living, Chickadee, Chirp, Home Computing, & Owl. There are a number of new children books, adult fiction, romance & science fiction books.

### "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



Call Catherine Chatterley for more information 489-7003

### Very soon, the 17 Wing Winnipeg will have its own MOTORCYCLE CLUB !!!

The season may be already gone, however, we should prepare ourselves to get ready for next season. As it will be a brand new club, a lot of things have to be done. In order to be well prepared for the next riding season, we invite all riders from 17 Wing, no matter what you ride, to join our new club!

#### The objectives of the club are to :

- Promote friendship
- Encourage good riding habits
- Project a positive image of motorcycling to the general public
- Keep members informed of what is new in the motorcycle world such as training, insurance, bike shows, etc
- Receive discounts from various dealerships in the local area
- Get involved in the charitable events with the community

#### The following are some examples of activities that will be held :

- Spring warm up ("get on the road for the summer")
- Annual Motorcycle Benediction
- Ride for Sight rally
- Annual Toy / Poker Run
- Organized riding weeks (Sturgis)
- Activities all year long with the spirit of "Biking"
- Organized riding schedule (every weekend)
- Color Ride in the fall.

For more information, please contact either:

Carla Ryan at the Community Center, local 2059  
 WO Denis Laperriere at 1 CAD HQ, local 5796

## 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

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**Hours:** 24 hours a day seven days a week  
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 V President Cpl Marco Fillion lcl 2327  
 reas: WO Greg Speakman lcl 5555  
 Secretary: Capt Sylvain Gazaille lcl 5154  
 Equipment Mgr: Sgt Gilles Lantagne lcl 5305

**MFRC**  
489-7003

# Volunteer Program at the MFRC



Welcome to this week's installment of **Random Acts of Volunteer Appreciation (RAVA)**. As coordinator of volunteers at the MFRC, the best part of my job is recognizing the contributions of the many volunteers at the Military Family Resource Centre. This year (International Year of the Volunteer) I will be making surprise visits to MFRC volunteers where they work, where they volunteer or maybe even where they play. So Beware! You never know when RAVA will happen.



**Chad Swayze** is a staff member at the MFRC Youth Centre but also volunteers for many special events like our Teen Dances and Family Day. Chad has logged over 60 hours of volunteer time with the MFRC. Chad says he volunteers because it's fun. Chad's favorite volunteer experience was working security at The Forks with the Pan Am Games.

Thanks Chad for your dedication to working with the Youth of 17 Wing.



**Teresa Morris** has been a volunteer with the MFRC for over 7 years now. She is such a pleasure to have working in our main offices. Teresa has volunteered well over 300 hours and she has used her talents in many programs. She is also an active member of the Outreach team. Teresa says she volunteers because it's enjoyable and she learns something new every time. Her favorite volunteer experience was working with the Newcomer Special Event- Walking Tour of the Exchange District.

Thanks Teresa for your dedication to the MFRC.



**Pat Caron** has been volunteering at the MFRC since 1999. She has offered her time with Office help, Craft classes and she is also an active Outreach team member. Pat says she volunteers because she likes working with others, sharing her talents. Pat is also a volunteer with CWL and she enjoys both experiences very much. Thanks pat for your energy and dedication to helping others.



**Donna McRae** has been a volunteer with the MFRC since 1999. Donna is also part of the MFRC Youth Centre Staff. Donna has logged over 260 hours and she says her favorite volunteer experience is the Museum Sleepover. Donna volunteers because it makes her feel good and she hopes she makes a small difference in someone's life.

Thanks Donna for always smiling at life!



**Carla Ryan** is a very familiar face to the MFRC. Since her arrival to 17 Winnipeg she has been a true supporting of our Centre. Carla has been an ex-officio member of the Board of Directors since 1997 and she also has volunteered with many special events. Carla is always ready to volunteer with our Theme Luncheons.

Thank you Carla for all the support you give to the MFRC!

**Fill out and drop off at the MFRC for a chance to win awesome prizes (prizes will be announce in a future voxair)**

My name is \_\_\_\_\_  
Phone # \_\_\_\_\_  
I volunteer with MFRC   
Other organization   
Have not volunteered yet but would like to.   
My favorite volunteer experience is \_\_\_\_\_

If time was never a problem, how would you give of your time and taents?  
\_\_\_\_\_  
\_\_\_\_\_

**Special Draw:** ( prizes will be announce in a future Voxair)  
How many volunteer hours will the MFRC have logged for the year (April 2000 - Mar 2001)? \_\_\_\_\_ Hours.

**The Military Family Resource Centre** has a very active volunteer program that is aimed at providing many different types of volunteer opportunities Military Family Resource Centre Military Family Resource Centre

# 1 Air Movement Squadron builds for "Habitat for Humanity"

By 2Lt B.J. Tinsley, W Public Affairs

For the fourth consecutive year, 17 Wing's 1 Air Movement Squadron (1AMS) has kept up the tradition of a good old-fashioned barn raising, albeit in miniature. On Monday, March 5, 2001, at a ceremony at 10 Hangar, 1 AMS presented its 'Livery stable' contribution to Habitat for Humanity's "Playhouses for Hope 2001". In the short ceremony, 17 Wing Deputy Wing Commander, Lieutenant-Colonel Stephan Kummel, and 1 AMS Commanding Officer, Major Brook Bangsbo, formally donated the playhouse to Ms. Mary Williams, Executive Director of Winnipeg Habitat for Humanity. The 'Livery Stable' was one of seven playhouses on display, each having been donated by various organizations from the Winnipeg area.

The "Playhouses for Hope" event is organized annually by Habitats for Humanity, which is an independent, non-profit

housing program that is dedicated to eliminating poverty housing by building homes in partnership with families in need. Raffle tickets for the playhouses are sold for \$2 each and were available for purchase at the Home Expressions Show at the Winnipeg Convention Centre from March 7-11, 2001, and at the St. Vital Centre from March 12 to April 1, 2001, where all the playhouses will be on display.

Builders of the 1 AMS playhouse, Sgt Blair Sherwood and Cpl Dan Fraser, have been involved with "Playhouses for Hope" for the last four years. They also contribute many Saturday hours, along with other members of 1 AMS and 402 Squadron, to the actual construction of the family homes. The playhouse design was inspired by an authentic 1890s military livery stable first seen by Sgt Sherwood at CFB Kingston four years ago. Last year's effort by



Cpl R.F. LaBoeuf

LCol Kummel (left) hands over the key to the 'Livery Stable' to Ms. Mary Williams (right), Executive Director of Winnipeg Habitat for Humanity, while CWO Emond (centre right background) and Cpl Fraser look on.

1 AMS for "Playhouses for Hope" sold approximately 3500 raffle tickets, raising around \$7000 for the charity.

The playhouse is valued at an estimated \$2600. Funding for the

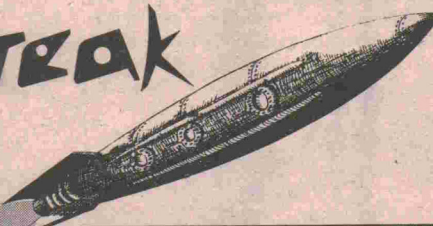
playhouse construction came from sponsor Kevin Weibe of FWS Construction and Revy Home and Garden provided the necessary materials at cost. Also contributing to this

worthwhile charity were MCpl Jackson and the Transport Section who donated both trucks and volunteer drivers to gather the playhouses and move them to their final display location. Due to

the hard work and dedication of these members of 17 Wing, a lucky child is going to enjoy an incredible playhouse, and a lucky family will someday enjoy a new home.

Get your rockets revving for a week of family fun!

## Spring Break Blast



March 24 - April 1  
Open daily 10 AM - 5 PM

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MONDAY, TUESDAY & WEDNESDAY AT 2 PM

• **Kanicosa** - lively bilingual family entertainment THURSDAY & FRIDAY AT 2 PM

Thursday  
& Friday  
at 2 PM

• **Amazing Science Demos**

MONDAY - FRIDAY AT 11 AM, 1 & 3 PM

• **Out-of-this-world Kids' Craft Space**


MONDAY - FRIDAY 11 AM - 3 PM

• **New Planetarium adventures**

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# Promotions and Awards for 435 Sqn



*Capt Hunter receives his "A" Category Instructor's certificate from LtCol Whitburn CO 435 (7&R) S2N*



*LtCol Whiteburn CO 435 (7&R) S2N Lt. Bouchard with his well deserved Accelerated promotion to Capt effective 01 Jan 01*

## Canadians Feeling Free Time Crunch Work/Life Integration a Major Juggling Act for Canadians

Have you ever caught yourself saying there are never enough hours in the day?

Do you find yourself working longer hours and even taking work home on weekends?

Are you feeling stressed out, tired or irritable?

You're not alone. Like many Canadians, you're suffering from a lack of free time.

A recent national Ipsos-Reid public opinion survey commissioned by Blue Light reveals that more than half of

Canadians aged 19 to 54 (55%) feel they do not have enough free time in their lives. Young adults are most affected, with 64 per cent saying they have less free time now than five years ago.

The result of this lack of free time is an increased difficulty in the ability to integrate work and life demands. Survey respondents most frequently identified the negative effects of insufficient free time to include less time spent with family and friends, increased stress and

feeling fatigue or exhaustion.

"The balancing act among work, family and leisure is a difficult one for Canadians to manage and can present many challenges," says David Posen, M.D., Stress Management and Lifestyle Counsellor and the author of the best selling books, *Always Change a Losing Game* and *Staying Afloat When the Water Gets Rough*. "Canadians need sufficient energy for the four key areas of their lives; family, work, community

and time for themselves. Unfortunately, the very things we are depriving ourselves of are also the things that energize us. We need to have fun, relax and enjoy social interaction and also make time for ourselves."

For those finding it increasingly difficult to nail down free time, Dr. Posen offers the following tips to help integrate health and success into our increasingly busy lives and establish a positive work/life harmony.

### "Making Time for Leisure... When There Isn't Any Time for Leisure"

- \* Get organized at work - prioritize tasks, avoid clutter, work on one thing at a time
- \* Limit distractions or interruptions
- \* Learn to delegate effectively
- \* Establish and approach deadlines realistically
- \* Learn to say 'no'
- \* Take 'time-outs' - vacations, long weekends, regular daily breaks
- \* Don't take work home
- \* Handle home chores more efficiently using all resources available
- \* Develop a regular sleep routine
- \* Commit to regular exercise or physical activity
- \* Give yourself permission to have leisure time and make it a priority

Despite the complexity of the problem and the elusiveness of the solution, one thing is certain - for the well being of all Canadians, learning to enjoy free time and establishing work-life harmony is not a luxury; it is a necessity!



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**ARIES (March 21 - April 19):** Plan a weekend trip if possible, even if it inconvenience others a bit, it's worth it. Comparison-shop. A gift and an apology are headed your way. A person who has been generous and understanding in the past is being stubborn.

**CANCER (June 22 - July 22):** Hard work ahead. Late nights. Feeling you're out of the loop. Prior commitments leave little time for friends. Old emotional issues continue to be a major annoyance. Looking at buying new furniture or a small appliance.

**VIRGO (August 23 - September 22):** Remain neutral when you receive news of a conflict between friends. Maintain your equipment, you'll need everything in top working order very soon. Take advice from the optimist and the pessimist so you are prepared for all eventualities.

**SAGITARIUS (November 22 - December 21):** You want to show your generosity by giving an expensive gift. Making a renewed commitment to body maintenance. You can hide your heart, for fear of being too soft, but look out spring is coming and besides you want to be pampered.

**AQUARIUS (January 20 - February 18):** Unexpected support from a sibling is appreciated. Plan a vacation or romantic get away. Catch up on sleep. During times of tension or unhappiness, watch what you eat, your stomach is easily upset these days.

**TAURUS (April 20 - May 20):** Catch up on overdue payments. Change your habits, change your life. A reunion with a friend you'd lost touch with is long over due. You find that someone has gone to a lot of effort to influence your feelings towards another.

**LEO (July 23 - August 22):** Think about the future not the past, to avoid frustration. Don't dwell on imperfections. Contentment is illusive until you accept that doing your best is what counts. Insights slip out during conversations. You can't say I love you too often if you mean it.

**LIBRA (September 23 - October 23):** You take action only after you get round the road blocks of other people's limited thinking and face your own doubts and fears. Better late than never. Treat yourself, it's long overdue. Confidence increases as you see results.

**CAPRICORN (December 22 - January 19):** Power struggles. Your nonconformity and personal style bring attention from a superior who is envious of what you have earned. They feel their vision for the future is threatened by your successes. Propose collaboration.

**PISCES (February 19 - March 20):** More money coming in but that's no reason to overspend. Concentrate on releasing tension. To get things done, break a project down into small steps, and find pleasure in the doing. Encourage a friend.

**GEMINI (May 21 - June 21):** Not all advice should be taken, even if you asked for it. When quick decisions are required, indecisiveness is draining. Prioritize; put off what can wait, until you receive more information. Don't sweat the small stuff.

**SCORPIO (October 24 - November 21):** Wishing you could take back some or all of what you've said for the impact it's had on others. Gossip and politics abound. Keep a low profile. You don't want to be the one who spills anymore beans. Your emotions effect your judgement.



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