



# The VOXAIR



OUR MILITARY FAMILY COMMUNITY NEWSPAPER

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17 Wing Winnipeg / 17e Escadre Winnipeg

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## Battling the elements in the name of adventure (and research)



Story continued on page 2

Photo by Gordon Giesbrecht

### The trekkers make their way across Lake Winnipeg's artic-like conditions.

**By Cheryl Guduz, 17 Wing Public Affairs**

What was Sgt John Haines doing on Lake Winnipeg in the middle of February for nineteen straight days? Why did he allow himself to contract frostbite on purpose? Was the SERE instructor from CFSSAT losing his mind?

Not exactly. Sgt Haines battled the extreme weather conditions of Manitoba with four other individuals in the name of research. Dr. Gordon Giesbrecht, professor and research affiliate of the Health, Leisure & Human Performance Research Institute at the University of Manitoba, put together

a research team of five bodies who were to complete the 400 km trek and to periodically monitor themselves for bodily reactions to the arctic-like temperatures and exertion they were exposing themselves to. Haines first met Giesbrecht when SERE students had been asked to help the professor out

in a previous research endeavor. Haines said that Giesbrecht was, "looking for volunteers from this shop, and I volunteered."

But it is clear that the sergeant wasn't too keen on the research elements required of his participation in the study, which included having to take frequent urine and

blood samples and other tests, not to mention having to immerse one's hand in ice water for half an hour back in the lab. "The media all called us five researchers, but as far as my attitude towards it [goes], I will tolerate the research but I'm there to do the lake," claimed Haines. "The research didn't tickle my

fancy." While they were on the trek, they were also testing clothing for fit, usability, ventilation, design and gave the three sets of clothing a rating out of one to five. As for the food, the military and civilian rations were rated on taste, weight, appearance, calorie intake, and packaging.

**17 Wing Operations SITREP**

- Op Artisan, Albania 1
- Op Calumet, Egypt 1
- Op Danaca, Glolan Heights 9
- Op Palladium, Bosnia 15
- Op Eclipse, Ethiopia 1
- CFS Alert, Nanavut 2
- 1 CAD INDIV Tasks 7
- CF Incremental Tasks 1
- General Tasks 0
- MAMS Tasks 8
- MTAP, Cornwallis 0
- Total Deployed 44

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**Cover story continued,**

The team began the trek on cross-country skis for three days before realizing they would do better on foot. Walking single file for the most part, each member took turns leading with a compass. A fifteen-minute break every hour was necessary to re-fuel on fluids and snacks. On the average day, they would wake up around 8:00 and were en route half an hour later every morning. At about 4:30 in the afternoon, they would stop for the day and begin to set up camp. Haines said that most nights they would

be fast asleep by 9:00 p.m.

But the question remains, why trek across a lake and not an open stretch of land? "You're able to go down to the middle of the lake and not see any land anywhere, so it sort of simulated arctic conditions above the tree line," says Haines. It was a little bit easier traveling, we didn't have any contours to go over, we wanted that simulation."

At the end of the trek, Sgt Haines felt good about his experience. "[I felt] gratification, and said 'thank God it's over.' The sense of accomplishment was definitely there and

it's something I've never done before, not that I'm going to do it again. I lost eleven pounds - I'm not sure from where."

Still, Sgt Haines feels that it was all worth it. Now he'll be able to back up what he teaches his students about cold weather, with personal experience. "I have more insight on what cold does when you're involved in a lot of activity, as well as what cold does with the clothing I'm wearing. And I'll be able to pass that on to students."

Sgt Haines will be off to Australia for a 'jungle' survival course at the end of July.

## CANADIAN FORCES SCHOOL OF SURVIVAL AND AEROMEDICAL TRAINING



### ÉCOLE DE SURVIE ET DE MÉDECINE DES FORCES CANADIENNES



**Sgt Haines, SERE instructor and wilderness buff.**

## The Aviation Fluid Services (AFS) Distance Learning Program is launched @ 17 Wing Lt (N) Tremblay, W Grd Trg O

In March 1999, an 18,000 liter fuel tender carrying aviation turbine fuel exploded at 19 Wing (Comox). Research indicates that this was not an isolated incident, it was only the most recent near catastrophic accident involving aviation fluids. Breakdowns in procedures, complacency and a general lack of skill and knowledge were highlighted in a disturbing trend in aviation fuel accidents and incidents. As a means of improving human performance in

the field of aviation fluid handling an initiative was undertaken to implement a strategy that would result with more effective and efficient training as well as, potentially, improve the quality of life for members of Canada's air force. This new approach was intended to ultimately reduce the disturbing trend in aviation fluid handling incidents and accidents.

The result has been the implementation of the AFS Distance Learning Program at 17 Wing

under the umbrella of the Airforce Network for Training and Education (AFNET). The program runs on the local computer and provides the applicable modules students require based on job descriptions. Each module provides real life examples and case studies to actively engage and motivate the learner. In addition, the built in testing has the learner immediately apply the new information presented to them. This program is unique in that the stu-

dents remain on site but are supported by an Instructor in Borden via a desktop video conferencing software called Net Meeting. This allows the students to contact the instructor at will and ask questions about the course content.

The initial trials at 17 Wing were carried out by Cpl. Eric Hine and LS. Tom Dillon from Wing Supply. Both students showed great patience and provided excellent feedback that will be incorporated into the

evaluation process. The final touches are being put on the package and the implementation strategy is being reviewed to ensure that the training covers all the material required under the approved training standard. Once the implementation plan is formally approved, students will be able to take the aviation fluid services course at 17 Wing instead of having to attend the 5 day course in Borden.

This is a big step in development and deliv-

ery of distributed training in the CF. In the near future more courses will start to leverage the power of the Defence Information Network (DIN) and Internet to provide just in time training and education to our already incredibly busy CF members. If you require additional information about the program please feel free to contact Lt(N) Remi Tremblay at local 6297 or stop by the Wing Ground training office in Building 52.

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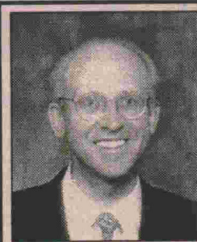
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Judy Lindsay

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## Posting 2001

# I'm Posted. What do I do? What is IRP?

IRP is the Integrated Relocation Program, which commenced on 01 April 1999. It is designed to allow you to "enhance" your move according to your family circumstances, size, and situation. The DND Policy Directive, produced by Treasury Board and DCBA, is administered by Royal LePage Relocation Services (RLRS).

We offer professional relocation counseling to guide you through your move, and help you make informed decisions so as to reduce your stress and tax implications.

Upon receipt of your posting message, contact your Relocation Administrator to initiate your file. Our Administrators in Winnipeg are Wendy MacNeil, available at 833-2500 extn 6405 and Jacquie Lent, available at 833-2500 extn 6406.

Your file is opened once the authorization is received in our system, usually within five to ten days after your message was cut. At that time, you will be asked some basic information with regards to your situation, as outlined on your posting message; dependents, intentions at origin and destination regarding disposal and acquisition of accommodation, your intentions with regards to travelling unaccompanied or applying for an Imposed Restriction, Social Insurance Number for income tax purposes, pay guide to establish Posting Allowance, registration for any PMV that you will be claiming expenses for the shipping/driving of.

Now you will receive a package with a copy of the DND Policy Directive, It's Your Move, which is a book designed to aid you in the move process, a Destination Guide for destination, and of course, paperwork!

If you are currently renting, you will be required to provide the following:

- \* Posting Message
- \* Pay Guide
- \* Lease Agreement or copy of pay guide showing rent deduction for PMQs, Barracks
- \* Void cheque for direct deposit
- \* Vehicle registration

If you are currently a homeowner, you will be required to provide the following:

- \* Posting message
- \* Pay Guide
- \* Original Purchase Agreement of your principal residence
- \* Deed/State of Title Certificate
- \* Survey/Certificate of Location
- \* Appraisal Selection
- \* Void cheque for direct deposit
- \* Vehicle registration
- \* Mortgage Verification form completed by your lending institution

**NB:** The appraisal on your home is primarily for the purposes of building your "funding envelope" and establishing thresholds for possible equity loss. You do not have to wait for the appraisal to be completed and reviewed before listing and/or marketing your property.

Once all of the paperwork is received and entered, your Planner, Michel Leclerc, available at 833-2500 extn 6403, will build your preliminary Financial Worksheet. The Financial Worksheet will detail the funds provided to "enhance" your relocation, and provide a plan for the tax efficient use of those funds.

Next an appointment will be made for you to have a private consultation with one of our Consultants, Christine Tabernor, available at 833-2500 extn 6402 or Eunice Malbranck, available at 833-2500 extn 6404. We encourage spouses to attend, we are here to move families, not members, and sometimes two heads are better than one! There are important decisions to be made.

Christine or Eunice will review your Financial Worksheet with you, explaining your entitlements according to the DND Policy Directive. She will assist you with the process of selling, purchasing, financing, movement of your dependents, Household Goods and Effects, HHTs etc.

**NB:** HHTs are generally authorized 30-45 days prior to COS for Transferees intending to rent at destination and upon receipt of an unconditional offer on the principle residence for homeowner (unless bridge financing is an option). The purpose of a HHT is to enable you to secure permanent accommodation, thereby reducing the stress of where you and your family will live upon completion of your move.

When your CO has approved your HHT application, your Personnel Support Section will help with the arrangements of your flights.

Once accommodation has been secured, RLRS will initiate the 483 for movement of Household Goods and Effects, and you will proceed to Traffic Section for a briefing.

The RLRS Team will process advances for HHT and TNL (Travel to New Location), as well as finalize HHT and TNL claims. To help avoid large, out of pocket expenses, Legal fees on sales and purchases, acceptable disbursements, commissions, home inspections, etc, will be paid direct to the supplier for you, when you utilize the services of the suppliers that are approved to be on the directory. You will be provided with a copy of the directory.

The Winnipeg IRP Team has a combined background in customer service, military service and/or transfers, real estate, and accounting. We are here to aid and assist; our goal is to help you have as good a move as possible.

Have questions? We can be reached at the above numbers and by fax at 833-2880. For those who do not have access to the DIN for white page hotel listings, we can assist you in our RLRS office.

**Best of luck!**

**Gilles Fréchette**  
**Western Region Supervisor**  
**(204) 833-2500 extn 6401**





# Chinthe Bits. 435 Sqn

## "Determined to Maintain, Anytime, Anywhere"

### Sgt P Lawrence, 435 Sqn

As a new member to 435 Sqn in August 2000, it has become an eye opener on how things have changed since I left the "real" operational world 11 long years ago and disappeared into the secluded training world of lesson plans and instructing. Reality set in quickly and the term "multi-tasking", which by the way was not a known term at the school, was continually thrown at me in my "new" environment. Without the excellent support and humor of the techs that showed me the ropes and how things have changed I would have been found quivering in a corner somewhere by now so I thank you very much.

Things started out quickly soon after my arrival with the return of

19 technicians from BOXTOP who were in Thule for 3 weeks. Everyone was glad to be back and agreed 2 weeks is great, 3 weeks it starts to drag. Great I said, more names to learn, another task, will it ever end?

NO was the answer to my own question! AAR DELTA training serials begin. September, October and November saw AAR refueling POD techs and Chaff/Flare techs heading off to Cold Lake and Bagotville for a week here and there, sometimes 2 weeks or longer. For all you AVN techs who sat back or fell asleep, like I did, during the Chaff/Flare part of the CC130 Type course and thought "ya right, I'll never use this", well think again. The first group of Chaff/Flare techs up to Cold Lake had their hands full with learning how the "real

Armourers" work. Ours guys quickly learned we didn't have all the necessary qualifications to operate as independently as we had wanted. But thanks to some hard work by our guys and with the help of Cold Lake personnel, we can now operate solo. September also brought a few of our techs to Kamloops BC in support of a SAR search for a week or so.

October saw six techs from the Crews head off to Cherry Point on EX UNIFIED SPIRIT. Working out of a rental van, which served as the Servicing/Snag HQ, these highly knowledgeable (must have been the outstanding training at the "school") and professional techs allowed the 435 Sqn CC130 to accomplish all missions. These techs also enjoyed some golfing and cooking on their off

time but I was informed to pass onto future exercise participants to refrain from over indulging in sea food, especially if you don't normally eat the stuff; the side effects can last several days.

November brought along the well-known phrase "you're on 12 hr standby, don't go too far." Then the dreaded phone call, "it's time" and off went several deserving individuals to the far north, Inuvik, NWT. I slept well in my warm bed knowing not only that they were "on Guard" protecting us, but also knowing that I wouldn't be on the next rotation up there since being a "new guy", I didn't have all the required qualifications yet (darn!). This was especially true as it looked like Op Fabric Brave would go over the Christmas holidays. Santa came early

though, as it was announced that our techs and crews would be home for Christmas and they were.

January and February resulted in our POD techs going on several AAR missions to much warmer climates, and then at times, not so warm climates (which were supposed to be warm climates when the techs volunteered or were assigned to the missions). February came along and that phrase "your on 12 hr standby" came up again. But thankfully that phone call "it's time" that usually follows, never did.

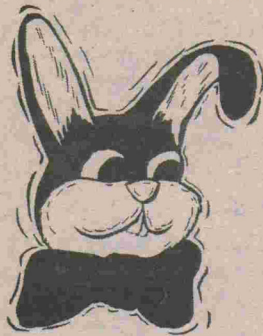
Back at the Sqn. during all these months there are multiple etches on local courses, aircraft type courses and the list seems endless of what's out there and required to take.

In amongst all these TD's, deployments and

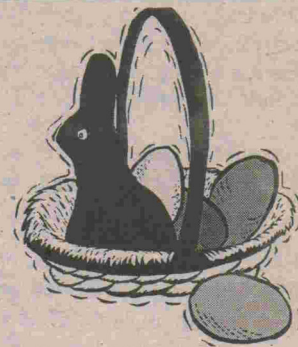
exercises you have the techs who had to hold the fort back at the Sqn and do so while the others traveled, trained and deployed. These people must be commended on the work that is being done. The workload doesn't look like it's going to ease up any time soon as we are continually losing highly skilled and experienced workers to postings and releases. To all the techs that are leaving, either be it to a posting or release, best of luck and I hope it is as rewarding as your stay at 435 Sqn was.

Well just got tasked again, what a surprise, something about having to write PER's, something that I haven't done for a number of years.

Oh well "determined to Maintain, Anytime, Anywhere"



# Happy Easter Everyone!



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- Transportation to and from all events including the host Hotel;
- Welcome package and Proceedings of the Conference;
- Optional evening at Cripple Creek Casino & Restaurant (5 and/or 9 Jun 01).

The registration fee may be paid by cheque, money order (CAN or US \$) or credit card (US \$ only) to the address below. Cheques or money orders should be made out to the "Air Force Heritage Fund". Receipts will be issued at the conference.

**Accommodations:** 60 rooms have been booked at the Red Lion Le Baron Hotel for US \$63.00, single or double occupancy. (Note: special Conference rate, which is \$12 cheaper than Gov't rate, must be booked by 7 May). This hotel accepts all major credit cards. In order to reserve a room, contact the Hotel, ask for Rhonda and mention you are a participant of the **Canadian Air Force Historical Conference.**

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**Transportation:** The conference will provide transportation to / from the host Hotel to the Officers' Club daily, as well as all conference special events (BBQ, Cheyenne Mountain, USAF Academy). All other transportation will be the responsibility of attendees.

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For information on Colorado Springs after 4 May, call:  
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Dear Aviation Enthusiast:

It is my pleasure to invite you to attend the 7th Annual Air Force Historical Conference at Peterson Air Force Base, in beautiful Colorado Springs, Colorado, U.S.A. We will commence with a sponsored Meet & Greet reception the evening of Monday June 4th and conclude with a TGIF and BBQ at the Canadian Forces Support Unit on the evening of Friday June 8th.

The theme of this year's Conference is "Canada in NORAD". Once again, we will have the pleasure of enjoying the presentations of 18 expert speakers on various aspects of Canadian military aviation history, including two former Deputy Commanders in Chief of NORAD and our Guest of Honour, the current DCINC, Lieutenant General George Macdonald. From the enclosed Preliminary Conference Schedule, I think you will find many items of great interest. Confirmed topics will cover the original and current need for NORAD, Air Defence aircraft, and the role of Space. Our final segment, although off-topic, will prove to be fascinating. A former Canadian POW will speak on his experiences in the Second World War, a former American POW will discuss his time at the Hanoi Hilton in Vietnam, and General MacArthur's Executive Assistant will comment on the great man himself.

Our hosts, at NORAD HQ and the CF Support Unit, will be providing first-class meeting facilities and hospitality. They have arranged a wonderful package of tours, which include NORAD HQ and the Shriever AFB flight line, the USAF Academy, and a tour of the city. In addition, two optional evenings of entertainment have been set up with Bronco Billy's at Cripple Creek. These will occur after-hours and for just \$US 10 will include a luxury bus ride to and from Cripple Creek, a coupon book for the casino, a steak dinner and give-aways on the bus ride. It will be the perfect occasion and location to renew acquaintances with old friends and aviation buffs.

Getting to Colorado Springs is quite easy. North West Airlines flies in directly from Minneapolis and you will probably be well advised to book your flights over a Saturday night to minimize airfare. It is the "Mile-High State" and you should know that the altitude at Colorado Springs is over 6,000 feet. You will find all Conference Registration information in the enclosed package, including an extremely attractive hotel arrangement. Do not hesitate to contact Second-Lieutenant Jocelyn Girard at 204-833-2500 ext. 5993 if you have any questions.

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# W e l c o m e H o m e

**Captain Shawna Bruce**  
38 Canadian Brigade Group

The 2 PCLI Battlegroup began its rotation home from Bosnia on March 20th. The last of the Main Body will be reunited with loved ones when Main 9 arrives on the 6th of April. The soldiers have been in Bosnia as part of NATO's commitment to (SFOR) since

September 2000.

Their mission was to "provide a safe and secure environment" for the people of Bosnia, but they did much more than that. The humanitarian aid efforts that benefited the orphaned children, local schools and the elderly cannot go unmentioned. They captured the hearts and thoughts of many

when "This Hour Has 22 Minutes" filmed a special Christmas segment with Rick Mercer. That segment alone did more for positive PR in the military than any public affairs or recruiting initiative could ever hope to. It also sent an important message that invoked pride in the rest of Canadians about the Canadian Forces and the military

as a profession.

The families at home are heroes as well. Sustaining a seven month tour (and for the majority that meant enduring a Winnipeg winter!) is not an easy task. Taking on the role of mother, father, hockey coach, chauffeur and the fact many work full or time part time jobs while trying to keep it all together -

can be stressful. Many of our military families know how difficult it is to explain to our civilian friends and relatives the distinctiveness of this lifestyle, and the strength drawn from within the military family network. That strength will never be better demonstrated than it was during Roto 7.

It began with the set-

up of the Drop In Centre, which works hand in glove with the Rear Party of the Battalion and the Military Family Resource Centre. Family Briefings were setup by Company to ensure families were aware of all the resources available to them including the Mission Information Line and Deployment

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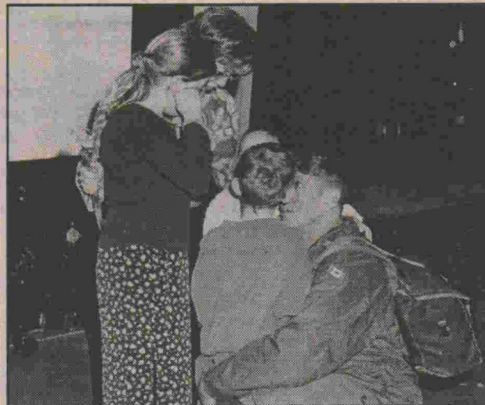

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8:00 - 10:00 pm

**Dancing To Live Bands**  
Fri & Sat 9:00 pm - 1:00 am

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

and Emergency Childcare Services. Families walked away with a bag of information to help them endure the separation.

The Drop In Centre (DIC) staff operated everyday and offered the families opportunities to sign up for free child care Saturdays, family brunches and a host of other activities. There was never a

shortage of smiles or enthusiasm in this place! The combination of DIC and MFRC programs offered a myriad of opportunities to make new friendships which will continue to be nurtured now the soldiers are returning home.

A special component for our Reservists (of which the Battlegroup has over 140 from

across Canada, 75 specifically from 38 Canadian Brigade Group) linked the families of Reservists to their local MFRCs. A Reserve newsletter kept everyone informed of the mission and resources available to them. But the support went much further than that.

The Commander of 17 Wing and his per-

sonnel offered an extraordinary level of support from everything to getting the soldiers to and from Bosnia safely, to their unified representation at a variety of events hosted over the past seven months. Their operational and emotional support did not go unnoticed by the soldiers or their families who appreciated

the level of understanding and friendship extended to them.

To the Rear Party, the Commander and personnel of 17 Wing, the Military Family Resource Centre, the Drop In Centre and to their cadre of volunteers who unselfishly dedicated their time, the families of 2 PPCLI would like to extend a very sincere thank you

for your support. To the City of Winnipeg and the office of Mayor Glenn Murray - your concern for the welfare of the families was a demonstration of citizenship in its finest form. And finally, to the soldiers of the Battle Group - Welcome Home - you've made us very proud.



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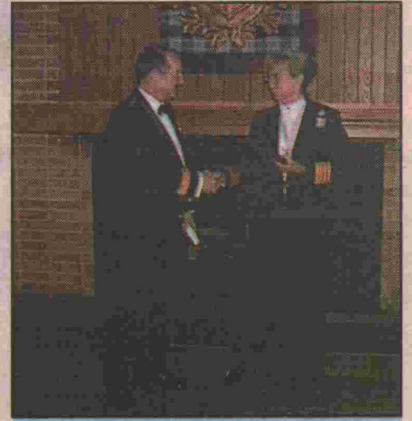
# 402 SQN NEWS AND VIEWS

## 402 Sqn Mess Dinner

MCpl BA Ripley

On Thursday, March 1st 402 Squadron had a mess dinner to celebrate the squadron's 60th anniversary as a number 400 series squadron. Of course, the squadron history goes back farther still but that is for another article. Honourary Colonel Pearl McGonigal and Honourary Lieutenant-Colonel Sid Chapman were in attendance and the guest speaker was Brigadier-General E.A. Findley, A3 Operations.

The mess dinner was also an occasion to bid farewell to two of the squadrons members. Squadron Aircraft Maintenance Engineering Officer Major Dave Nowosad and Squadron Reserve Servicing and Maintenance Officer Master Warrant Officer Tom Gallipo were both honoured and thanked for their many years of contribution to 402 Squadron.



# PROMOTIONS AND AWARDS

Congratulations to Cpls Juliana Dragomir, Squadron Orderly Room, and Noah Stanley, ASMO 2, on their promotions. Congratulations are also extended to Sgt Jamie Burke, Squadron Orderly Room, on being named Air Reserve Airman of the Year for the Western Area.

**Bravo Zulu to all.**



# Animal Lover receives good service award



Cpl. LeBoeuf

Corporal Lemieux (right), receives his Good Service award from Carla Martinelli (centre) and Colonel McLennan (left).

## 2Lt B.J. Tinsley, 17 Wing Public Affairs Office

It was on behalf of Man's best friend, as well as some of Winnipeg's homeless cats, birds, and other forgotten pets, that Corporal D. Lemieux deserves a big thank-you. On March 13, 2001, Carla Martinelli, the Executive Director of the Winnipeg Pet Rescue Shelter, in the presence of 17 Wing Commander, Colonel D.C. McLennan, and a supportive audience, presented Cpl Lemieux with a Good Service Award.

Cpl Lemieux, of 17 Wing WTISS, has been volunteering at the animal shelter since October 1998, and has averaged approximately 20 hours of work a week since he began. Most of his efforts have gone into constructing housing facilities for the animals, though in addition to building walls and cages and fixing computers, he has personally fostered several of the animals. It was due to his caring and long-term commit-

ment to reducing the suffering of these unfortunate animals that the Pet Rescue Shelter felt it was important that he be recognized and presented him with this award.

The Winnipeg Pet Rescue Shelter is a non-profit charity organization that is committed to a non-euthanasia policy and works to provide interim care while placing its animals in suitable homes. It seeks to use alternative programs such as the education of pet owners, and participation in spaying and neutering programs in order to reduce both the suffering and the num-

bers of unwanted animals. The Winnipeg Pet Rescue Shelter is located at 3062 Portage Avenue, and can be reached at 832-7382. Any form of support, including adoptions, would be greatly appreciated.

Members of 17 Wing should be proud of the work that Cpl Lemieux is doing in the local community. When asked why it was that he worked so hard for this charity, he commented; "I just felt doing community service there would be appreciated. I hope to see more military members help out".

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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

### THE FRIENDSHIP COMMITTEE OF THE ST. MARY'S ANGLICAN CHURCH IN CHARLESWOOD WILL BE HOLDING A GIANT GARAGE/RUMMAGE SALE

Friday, April 6, 2001 from 5:00 p.m. and  
Saturday, April 07, 2001 from 9:00 a.m. to 12:00 noon

The event will be held in the Parish Hall at 3830 Roblin Boulevard at Haney (just over the Charleswood Bridge). There will be White Elephant Tables, book tables, a fish pond for Kids, as well as household items, clothing and other miscellaneous treasures for sale

### 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

### 17 WING RECREATIONAL LIBRARY Building 33, Whytewold Road by Building 90

Drop by and check us out.

Telephone: 833-2500 LOC 2490  
HOURS OF OPERATION

MON 4-9PM	WED 4-9
TUE 4-9PM	THU 10-1 & 4-9PM
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

## Charleswood Y Neighbours

**3rd Annual Indoor Garage Sale**  
Saturday, April 28th, 2001  
8 a.m. to 12 noon  
at Varsity View C.C.  
315 Laxdal  
Over 25 Tables

TABLE RENTALS AVAILABLE

Contact: 831-5953

## Officers Mess SMORGASBORD

Sunday 22 April  
Child's menu available.

Time: 1700 - 2000  
Cost: \$10.00 per member  
\$15.00 non-members

Dress Code: **RELAXED**

Sign-up: **REQUIRED.**  
**OPEN 2 APR TO 13 APR.**

## 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.  
Discounts: Hardware store discount cards and access to wholesale lumber.  
Contacts: Pres: Capt Steve Wilson lcl 6674  
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



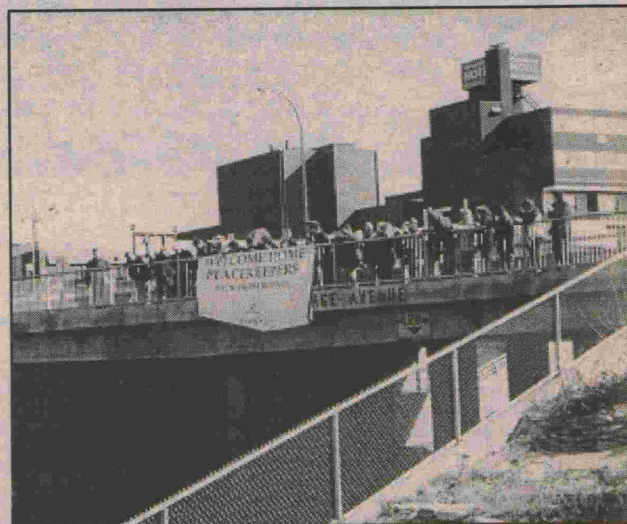
It's time for RAVA again! In this issue of our Random Acts of Volunteer Appreciation, we visit one of our Special Events. Friday March 16th saw our Special Event Volunteers at our first Theme Luncheon of the year. A special event volunteer is a volunteer that chooses to volunteer a couple of times a year. Also a big thank you to the Staff at the 17 Wing Combined Mess for their continued support to the MFRC. We raised over \$150 for our children and youth programs.



Keith Brine has been an active volunteer with the MFRC since 1995, and he has logged over 350 hours of volunteer time helping with the Thrift Shop, Youth Centre and many, many special events. Keith was helping with our Theme Luncheon when we surprised him with RAVA. Keith says he volunteers because his wife makes him and that his favorite volunteer experience is the Theme Luncheon.  
Thank you Keith for all your energy, even if you do it because your wife makes you!



Kim Anningson has been an active volunteer with the MFRC for over 7 years now. She has given her time and talents to many programs over the years, including our Warm Line and Toy Lending Library. Kim now volunteers with our Children's Program -Mother Goose and helps out with special events when she can. Kim has logged over 130 volunteer hours with the MFRC.  
Thank you Kim for your energy and commitment to our military community.



On Saturday March 17th many of our military families converged at the 2 PPCLI Drill Hall to prepare for homecoming. Families painted posters, made banners, put ribbons on the trees along Kenaston Blvd, and with the very kind help from our Mayor, Glen Murray, they hung a banner on the Portage Over Pass on Route 90.  
Thank you to all the volunteers who came out to help show our troops how proud we are of them and that we are glad to have them home again.

## Toy Lending Library

Large toys, infant and toddler toys, and even some CD ROM games for children; all this for \$10 per year.

**Hours of Operation:**

Monday - 4 to 5 pm  
Tuesday - 6:30 to 8 pm  
Friay - 9 am to 1 pm

Located at 350 Doncaster Street  
Call the MFRC at 489-7003 for more information

## Children's Programs

The Military Family Resource Centre offers children's programs at three locations. Lipsett Hall Nursery School is located at 505 Kenaston Blvd. on the south site and Westwin Children's Centre is in the Westwin Community Centre located at 684 Whytewold Road on the north site. Both are licensed nursery schools. The MFRC Childcare Centre is located at 630 Whytewold Road. This is a licensed full time child care centre. Here we provide full time care for children from 6 months to 12 years. All three centres are licensed through the provincial government. Our centres are subject to regular fire and health inspections. The staff is trained in early childhood education and certified in first aid and CPR. Please remember that our centres are peanut free when you provide snacks for any of our programs. For information about any children's programs, please call Wendy Richardson at 833-2500 ext. 2491 or 6846. For information about our fulltime child care centre, call Lois Johnson at 837-3626.

**Nursery School Programs**

Our nursery schools offer the preschool child the opportunity to develop emotionally, socially, physically, and intellectually in a happy stimulating environment where children can develop and learn through play. Children are free to choose from various activities including learning centres, stories, music and movement, arts and crafts, games, drama and free play. Children must be three by the end of December to start nursery school in the fall.

Cost: \$72.00 per month

Annual registration fee: \$15.00 (non-refundable)

Lipsett Hall-English  
Mon, Tues and Thurs  
9:00a.m. to 11:15a.m.

Westwin - English  
Mon, Wed and Fri  
9:00a.m. to 11:15a.m.

Westwin- francais  
Welundi, mardi et jeudi  
13h00 a 15h15

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 theyear (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

Sports

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### 17 WING WINNIPEG HOCKEY STATS

#### "A" Divison round 4 - 23 Feb 2001

Team	GP	W	L	T	GF	GA	PTS	PIM	+/-	SUSP
1 CAD Stars	32	20	7	5	128	65	45	146	63	0
435 Sqn (A) Team	32	18	11	3	127	100	39	301	27	4
2 PPCLI	32	15	8	9	122	78	39	236	44	0
1 AMS (A)	32	13	12	7	94	101	33	113	-7	0
Wing CE (Beavers)	32	13	13	6	150	126	32	52	24	0
Wing Supply	32	12	14	6	122	127	30	132	-5	1

#### "B" Divison round 4 - 23 Feb 2001

Team	GP	W	L	T	GF	GA	PTS	PIM	+/-	SUSP
Wing EME	32	17	11	4	171	109	38	156	62	0
Air Command Band	32	18	13	1	109	94	37	112	15	3
1 CAD Old Timers	32	17	15	0	125	105	34	155	20	6
402 Hounds	32	14	17	1	108	137	29	114	-29	2
435 Sqn (B) Team	31	14	16	1	102	91	29	120	11	2

#### "C" Divison round 4 - 23 Feb 2001

Team	GP	W	L	T	GF	GA	PTS	PIM	+/-	SUSP
Fat Boys	33	15	15	3	111	131	33	113	-20	0
CFANS	31	14	12	5	109	84	33	128	25	0
Wing SAMP	32	12	15	5	124	129	29	66	-5	0
1 AMS Ice Dogs	32	9	22	1	90	169	19	63	-79	0
Dixie Sticks and Studs	32	2	29	1	45	188	5	42	-143	0

### Top Scores End of round 2

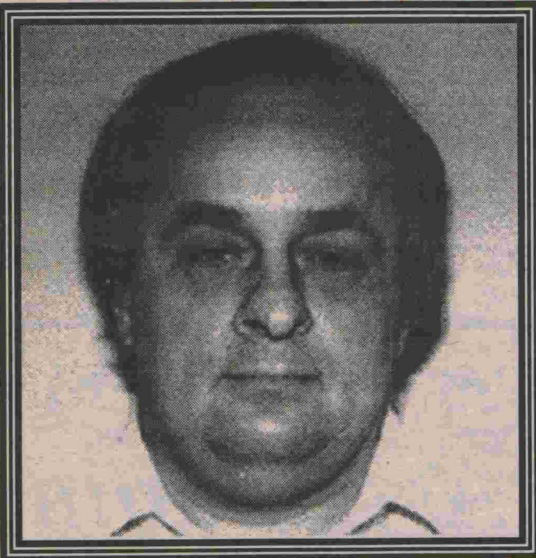
Team	Div	Player	GP	G	A	PTS
Wing CE	A	Sim Jon	30	42	48	90
Wing EME	B	Belanger John	25	32	36	68
2 PPCLI	A	Joudrey SD	24	36	32	68
Wing CE	A	White Wayne	27	29	31	60
435 (A) Team	A	Pratte Corey	28	29	26	55
Wing Supply	A	Aube Dennis	19	22	31	53
1 CAD Band	B	Thomas Doug	30	31	21	52
1 CAD Old Timers	B	Dore Josh	27	26	25	51
1 CAD Stars	A	Meinzinger Al	21	25	26	51
Wing EME	B	Alkerton Herb	29	26	17	43
CFANS	C	Loney Tom	16	22	17	39
435 (A) Team	A	Black Hugh	27	17	21	38

### Top Goaltenders

Team	Div	Goaltenders	GP	GA	AVG
1 CAD Stars	A	Kelly Oberg	30	73	2.43
2 PPCLI	A	Maj Wilson	15	38	2.53
402 Hounds	B	Brad Sommerfield	26	67	2.58
CFANS	B	John Mulligan	23	60	2.61
Wing EME	B	Thomas	27	72	2.67
435 Sqn (B)	B	Charette	37	100	2.70
1 CAD Band	C	Albert Al	26	75	2.88
435 (A) Team	A	Quirion	26	77	2.96
Wing SAMP	C	Marcotte	52	187	3.60
Fat Boys	B	Shave	25	97	3.88

### Top Penalties

Team	Div	Player	GP	PIM	AVG PIM	SUSP
435 (A) Team	A	Regis Steph	5	22	4.4	0
2 PPCLI	A	Bernier JM	19	66	3.47	0
435 (A) Team	A	Blanchet	8	26	3.25	3
1 CAD Band	B	Guérin Gus	9	24	2.67	0
435 (A) Team	A	Kuetbach Alan	19	49	2.58	1
2 PPCLI	A	Lenton WMS	13	28	2.15	0
435 (A) Team	A	Thibault Pierre	22	46	2.09	0
435 Sqn (B)	B	Beauchamp Rob	13	24	1.85	1
CFANS	A	Proteau Dave	24	42	1.75	0
Fat Boys	A	Wilson, M	16	28	1.75	0
1 CAD Old Timers	B	Chess Doug	26	38	1.46	3
1 CAD Old Timers	B	Dore Josh	27	39	1.44	3



IT IS WITH DEEP SORROW THAT WE ANNOUNCE THE SUDDEN PASSING OF JOHN JOSYPH KMET ON TUESDAY, MARCH 27, 2001. JOHN WAS A LOYAL EMPLOYEE OF 1 CAD HQ. HE JOINED THE DEFENCE TEAM 13 YEARS AGO AND HAD BEEN EMPLOYED IN THE PUBLIC SERVICE FOR MORE THAN 32 YEARS. HE WILL BE SADLY MISSED BY HIS CO-WORKERS AND FRIENDS.

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Interested? Don't delay. We're looking to fill these positions in a hurry. To obtain more information regarding these exciting opportunities, please visit our web site at [www.cfpsa.com](http://www.cfpsa.com)

Eligible candidates should submit a resume clearly outlining their ability to fulfil all position requirements to the Deployed Operations Human Resources Coordinator, CFPSPA HQ, 245 Cooper Street, 4th Floor, Ottawa ON K2P 0G2 or fax to (613) 996-5772 or e-mail to [DeployedOps@cfpsa.com](mailto:DeployedOps@cfpsa.com) before 1600 hrs 10 April 2001.

CFPSPA is committed to employment equity and invites applications from women, aboriginal people, persons with disabilities and visible minority group members

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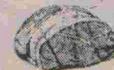
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# Osteo Clinic a Success!

On March 14, an osteoporosis screening clinic was held at the Wing Medical Clinic. Melony and Nicole, from We Care Home Health Services, were able to screen 45 people (37 female/8 male) in just one day. As you can see from the picture, the screening itself is painless and non-invasive and takes just seconds to do.

In the future, we will continue to run various health promotion clinics. If you think you have a great idea for a future clinic, please call Capt Wojtowicz or SLt(N) Reid at 5116 or Capt Hyatt at 5621.



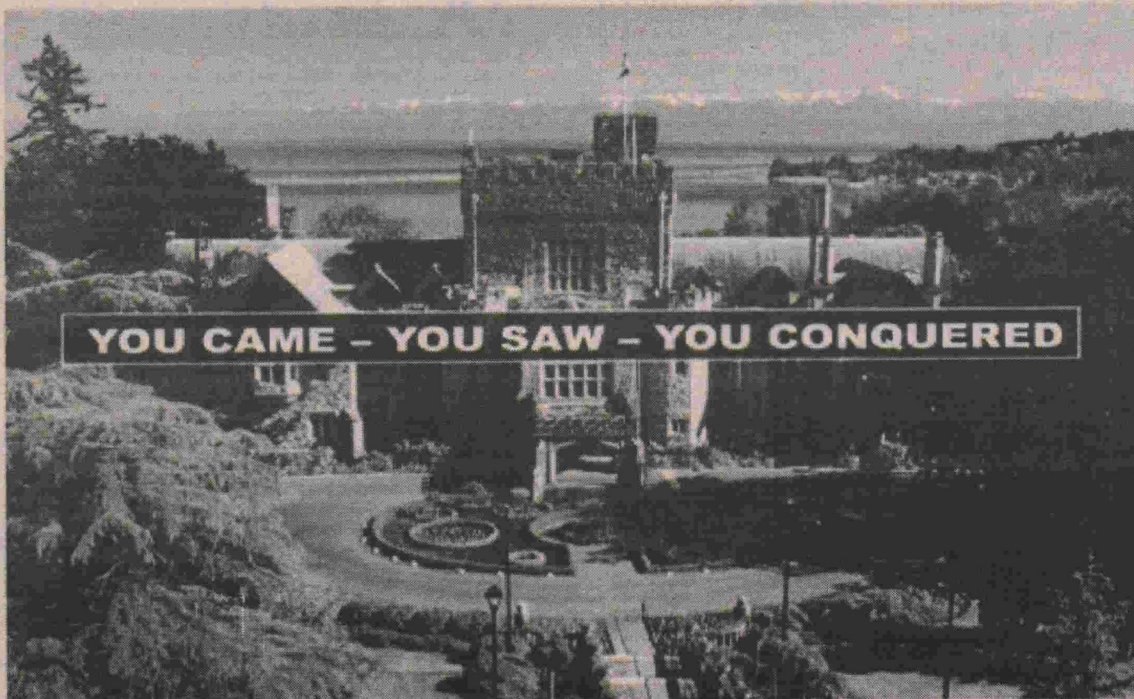
Matthew watches while his mom, Capt. Bannerman, has her screening to see if she will be able to handle her new job as SNO.



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Sofa set, Bedroom suite Hide-a-bed, Coffee & end tables, Chrome set, Trilite, Beta VCR & movies Phone 489-4968  
**For Sale**  
Opal coloured bedroom suit. Double/queen mirrored headboard, rails, double box spring and mattress, double dresser with winged-mirror, man's tall chest, side tale, lamp. \$1,500.00 OBO Contact 254-6356  
**For Sale**  
Brother Sewing Machine, w/cabinet, basic zigzag, good condition. Asking \$100.00. Please call after 5 p.m. 888-1656

**For Sale**  
1 Children's play structure (wood) with monkey bar extension, 1 Picnic Table (wood), 75' Chain link fence with 2 gates. The above items can be seen at 148 Blanche Ave (backyard). All price negotiable. Take a look and, if you're interested please contact Jim at Local 6021, between 0700hrs, or leave a voice mail  
**For Sale**  
Blue coloured winged-back chair, excellent condition. Like new. \$250.00 OBO. Contact 254-6356

**For Sale**  
Older model White, white-Westinghouse stove for sale. Very good working condition. Asking \$200.00 2 year Old lawn mower asking \$150 dismantled garden shed for sale. Asking \$75.00 Julia: Work 833-2500/2238 or evenings after 4:30 at 837-1071.  
**For Sale**  
Wooden, screen, 6 sided Gazebo for sale, \$450 Call 837-8326  
**1993 Taurus** 4 door sedan 3 LT - V6 automatic, air, tilt, pwr windows and locks, and more 168,000 kms, new transmission, excellent condition asking \$6,000. Call 832-2464

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Registrations for the 24-25 April 2001 SCAN seminar are now being accepted. Please complete and submit the SCAN registration form found in the DIN at: <http://131.139.112.124/seventeenwing-contentstore/Wing-forms.asp> and e-mail or mail to Sgt G.D.M. Kaczmarek WPSO clerk Bldg 52 by 18 Apr 01. Members who cannot access the DIN can obtain a copy thru their unit orderly rooms or by calling 5276 or 2459.

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**ARIES (March 21 - April 19):** Deal with issues. Take initiative, stand up for yourself, recognize your strengths. The ordinary is inspiring. Perseverance pays off. Confidence is gained when you practice until a skill becomes noticeably easier, developing a natural flow.

**TAURUS (April 20 - May 20):** Don't avoid conflict, deal with it. Be assertive in making harmony and happiness a priority. A mystery is solved when knowledge falls into your hands. Perceptions and opinions often cloud the truth.

**GEMINI (May 21 - June 21):** Adversity has strengthened you. Patience and weighing outcomes pays off as you make necessary adjustments. A disgruntled, argumentative person uses cutting words to bring you down. Don't accept empty excuses, a friend would know better.

**CANCER (June 22 - July 22):** Easter break, attend a spring tea. Use your imagination when entertaining children. Gardening plans are a good way to relax. Considering an addition to the family. Adoption is an option. Offering assistance to someone who lives far away.

**LEO (July 23 - August 22):** Reinvest money received. Changes for the better. Your "joy de vivre" returns. Couples can expect harmony and magic to return to their relationship as planning for the future is emphasized. An optimistic attitude helps you rise above petty concerns.

**VIRGO (August 23 - September 22):** Family solidarity is required when dealing with upcoming issues. The grapevine brings news from the north. Spending on a special event. External changes, like a new hairstyle or coat, are a reflection of positive changes within.

**LIBRA (September 23 - October 23):** Good fortune comes your way. The opportunity to double your investment. Dramatic positive changes. Background checks unearth relevant information. Be aware that history could repeat itself.

**SCORPIO (October 24 - November 21):** Work with the basics and your innovative ideas to create a process that makes a task easier, almost like performing miracles. A reunion, a return to a childhood haunt or hobby are all highlighted.

**SAGITARIUS (November 22 - December 21):** You're in the process of reinventing yourself and reassessing your beliefs. Travel arrangements and the West Coast indicated. Suppressed or frozen feelings thaw, leaving you feeling like you're being swept along by a greater force.

**CAPRICORN (December 22 - January 19):** Feeling more secure. Receiving encouragement. Consider purchasing an aquarium or aesthetic art for your workplace. Seal a deal with a partner. This is a less hectic period for you. Enjoy the beauty of life.

**AQUARIUS (January 20 - February 18):** You reap what you sow be it joy or misery. Act as a role model for others. Encourage them to view random acts of kindness as an investment in the future. Discourage gossiping and grumbling or getting caught up in another's issues.

**PISCES (February 19 - March 20):** Don't push yourself too hard or waste energy on minor projects. Take a vacation, get lots of rest. Enjoy it while you can, this break is temporary. You have saved enough to spend some on yourself. In April your life swings into high gear.

**Tarascopes for April 2001 - By Nancy - Appts call 775-8368**

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