

# THE VOXAIR



Back to school  
PG10

Sports awards  
PG9

29 August 2001, Vol. 49, Issue 15, OUR MILITARY FAMILY COMMUNITY NEWSPAPER, 17 Wing Winnipeg / 17e Escadre Winnipeg, FREE



## Change of Command

On July 17, 2001, 17 Wing Administration Branch change Commanding Officer in a ceremony presided by Col DC McLennan, CD Wing Commander. LCol SJ Neville, CD, CHRP assumed the duties and responsibilities of 17 Wing Administration Officer from LCol RJ Palmer, OMM, CD. LCol Palmer was the W Admin O since July 1998, leaving this position for a project assignment in Ottawa. On behalf of all the members of 17 W Admin Branch we thank him and wish him all the best.

## Officer fined for inappropriate internet use

By Carmel Ecker

Commodore Eric Lerhe was fined \$200 in military court Thursday for using a DND computer to access sexually explicit material on the Internet.

Military judge Lieutenant Colonel Alain Ménard sentenced Cmdre Lerhe to the fine after the Commodore pleaded guilty to the charge of conduct to the prejudice of good order and discipline.

He became the first general officer to be court martialled in Canadian history.

Cmdre Lerhe viewed the "Penthouse-like sites" through his own Internet account over two days in April 2000 while he was off duty during a deployment. He told Vice-Admiral Ron Buck, who was then Commander of Maritime Forces Pacific, about the incident in February. He made the admission when he found out that he would be the presiding officer at the trial of a subordinate accused of a similar offence.

He was temporarily relieved of his duty as Commander of Canadian Fleet Pacific after the CF National Investigation Service investigated the issue.

Defence attorney LCol Denis Couture and prosecutor Major Bruce MacGregor jointly recommended the fine based on the severity of the offence, Cmdre Lerhe's admission of guilt, his cooperation during the investigation and his 30 years of naval service.

"A fine of \$200 is a fit and proper



Cmdre

sentence and serves military justice in this case," said Maj MacGregor. During the trial he referred to a similar case from November 2000 in which a Major was convicted of the same charge and fined \$200 for allowing his son to play games on a DND computer.

Maj MacGregor cited judge Colonel (ret'd) G. L. Brais, as saying in his decision that "reckless disregard of a policy is not a trifling matter."

Cmdre Lerhe knew the DND policy for appropriate Internet use and had briefed a number of subordinates on the issue, said Maj MacGregor.

"Even though the images may have been lawful, they were inconsistent with the DAOD [Defence Administration Order Directive]," he said.

After the trial, Cmdre Lerhe said at the time of the incident, "I said to myself 'I'm using my own Internet account. That means the rules don't apply!'"

Thursday's two-hour trial brought months of speculation over Cmdre Lerhe's fate to an end. His punishment could have been as severe as dismissal with disgrace.

Continued on PG2, "Caught"

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## CF take next step

Your kit is in the mail  
By Gloria Kelly

It may soon be a lot easier for CF members to replace their worn or damaged non-operational clothing.

A pilot project, to begin this fall, will look at the effectiveness of using an e-commerce system to purchase non-operational clothing from the manufacturer.

This direct delivery concept has a number of advantages to CF members and cadet corps, said Lieutenant-Colonel Bob Elvish,

project manager for the Clothing Next Steps project. Cadets have been successfully using the system since 1997. Extending the program to Regular and Reserve Force members is the next step.

The big advantages for CF members will be convenience and service. They will no longer have to hike across a base to clothing stores to find what they need. Under the new program, they will be able to order what they need via computer from home or work. The material will be delivered to the

Continued on PG2, "CNS"



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## Caught

Continued from PG1

In his sentencing, LCol Ménard said Cmdre Lerhe "has already paid a very high price" for his actions with the amount of media attention he received. "Cmdre Lerhe has received his fair share of public humiliation," agreed Maj MacGregor, later adding, "The Commodore appears to have learned his lesson."

"The fact that he came forward and cooperated during the investigation was "an extreme gesture of integrity," said LCol Couture.

As to the offence, he said, "In terms of seriousness, it is very, very low on the scale."

After the trial, Cmdre Lerhe said there were some "particularly unpleasant moments" during the six-month ordeal, such as his picture on the front pages of newspapers, but there were also high points, including the support he received from military members, the public and the media.

A panel of senior officers must now discuss whether Cmdre Lerhe can resume his duties or not. Cmdre Lerhe said he expects to hear their decision in the next two weeks.

"I'm now looking forward to resuming my duties as commander of the fleet," he said.

# Canada to help NATO

Canadian forces to deploy a reconnaissance squadron to the former Yugoslav Republic of Macedonia

OTTAWA - The Honourable Art Eggleton, Minister of National Defence, and the Honourable John Manley, Minister of Foreign Affairs, announced today that Canada is sending a reconnaissance squadron from Bosnia-Herzegovina to serve with NATO's Operation Essential Harvest in the Former Yugoslav Republic of Macedonia (FYROM). This follows a specific request from NATO Secretary-General Lord Robertson and Supreme Allied Commander Europe General Joseph W. Ralston, after a re-evaluation of specific capabilities required to fulfil the mandate of the mission to be conducted by Task Force Harvest. This deployment of approximately 200 Canadian Forces members will include the Force Reconnaissance Squadron supported by a National Command Element drawn

from the Canadian Forces Joint Operations Group from Kingston, Ontario.

"Canada is providing this reconnaissance squadron because NATO has specifically asked for the unique capabilities of the Canadian-made Coyote reconnaissance vehicle and the highly specialised training of its crew," said Minister Eggleton. "These Canadian elements will constitute an essential component of this NATO mission, without which it could not be accomplished."

This morning, the North Atlantic Council authorized the deployment of Task Force Harvest under the command of Danish Major-General Gunnar Lange. The Canadian reconnaissance squadron will provide surveillance and security for the force and facilitate liaison and communications

between its multinational elements. This will assist in the operations to collect and dispose of weapons and ammunition from the ethnic Albanian armed groups.

"Canada has been an active partner in the international effort to bring peace and stability to the Balkans," said Minister Manley. "This most recent contribution to Operation Essential Harvest highlights Canada's continuing tradition of involvement in the region and within multinational peace support and peace building operations." The Canadians are all expected to be in Skopje by later this month to serve under the Canadian mission known as Operation FORAGE for a 30-day period.

## CNS

Continued from PG1

... location of their choice.

For those in remote locations or posted outside Canada where there is no easy access to clothing stores the new program will be a major advantage.

For the CF, advantages include freeing-up cloth-

ing stores staff to focus efforts on core functions, supporting the federal government's objective of making Canada one of the most connected countries in the world, modernizing defence management practices and realizing economic savings by reducing the need to hold and manage large inventories of clothing in a variety of locations across the country.

The pilot project will be held at a range on bases, said LCol Elvish, who noted similar systems work well for other major employers across the country.

The manufacturer of non-operational clothing, Logistik Unicorp Inc. of Montréal, is on board for the pilot project and is supportive of the overall initiative.

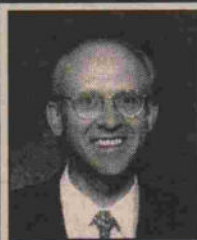
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# WSAMP Presentation



- 1 Maj M.J. Conway, W Ops O presented;
- 2 Cpl C.M. Wright with her Canadian Forces Peacekeeper Medal;
- 3 Cpl J.S. Beaudoin with his Canadian Forces Decoration;
- 4 LS J.J.M. Cote with his Canadian Forces Decoration; and



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**PROGRAM DIRECTOR** - The ideal candidate must have a Bachelors degree as a minimum, preferably an MBA with at least ten years experience in a relevant military or aviation occupation. The successful candidate must have developed a sound profile within the Maritime aviation community and have knowledge of the Department of National Defence procurement process. A firm knowledge of and experience in systems engineering techniques and processes, along with program management experience and demonstrated capability in business development activities is imperative. This position also requires technical experience or background in electronics, avionics and/or manufacturing of electronics/avionics and/or aircraft mission systems. This is a challenging leadership position responsible for planning and guiding the growth of the systems engineering business base, meeting customer requirements and objectives along with developing strategies, establishing goals and performance objectives while promoting team building efforts. *This position is located in Toronto.*

The successful candidates must be eligible for Canadian Government Security Clearance.

For confidential consideration, please e-mail your resume to [HR@littonlsc.com](mailto:HR@littonlsc.com). We thank all applicants for their interest. Only candidates under consideration will be contacted.

If you would like to learn more about Litton Systems Canada and Northrop Grumman, please visit our web sites at [www.littoncanada.com](http://www.littoncanada.com) and [www.northropgrumman.com](http://www.northropgrumman.com).

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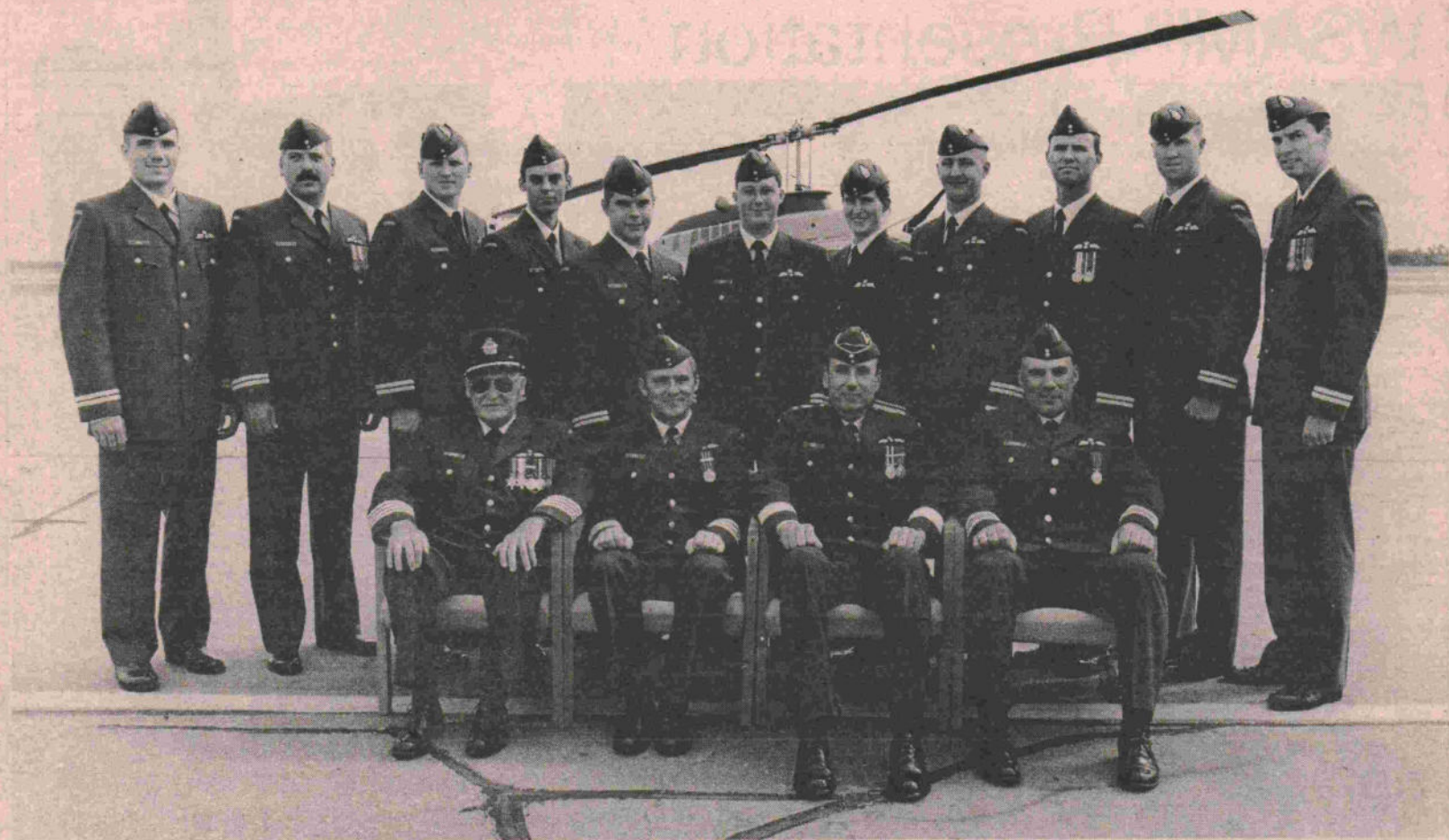


Photo MCpl Durdin

# Off and flying

By Captain Dave Fouts, UIO, 3CFFTS

On 13 July 2001, eleven students from the Basic Helicopter School received their Canadian Forces pilot wings from Brigadier-General Angus Watt, A3 Operations 1 Canadian Air Division. The occasion was marked with a Wings Presentation Ceremony and formal buffet in the Combined Mess of 3 Canadian Forces Flying Training School at Southport, where families and friends gathered to celebrate.

The graduates of Course 0101 are as follows (standing, back row, left to right): Capt Michael Babin is posted to 430 Sqn in Valcartier, PQ to fly the Griffon helicopter; Capt Doug Hollin is posted to 427 Sqn in Petawawa ON to fly the Griffon helicopter; Capt Chuck Skrok is posted to 423 Sqn in Shearwater NS to fly the Sea King

helicopter; Capt Andrew Sass is posted to 423 Sqn in Shearwater NS to fly the Sea King helicopter; Capt Darryl Adams is posted to 430 Sqn in Valcartier PQ to fly the Griffon helicopter; Capt Marco Grenon is posted to 430 Sqn in Valcartier PQ to fly the Griffon helicopter; Capt Morag Tait is posted to 443 Sqn in Victoria BC to fly the Sea King helicopter; Lt Eric Willrich is posted to 430 Sqn in Valcartier PQ to fly the Griffon helicopter; Capt Tony Stuckless is posted to 400 Sqn in Borden ON to fly the Griffon helicopter; Capt David Smith is posted to 408 Sqn in Edmonton AB to fly the Griffon helicopter; and Capt Ian Tisdale is posted 408 Sqn in Edmonton AB to fly the Griffon helicopter.

(Seated front row, left to right): Hon Col Hal Wishart, Hon Col 3CFFTS, LCol Larry Caux, Comdt, 3CFFTS; BGen Angus Watt, A3 Operations 1-CAD; and Maj Wilf Rellinger, Chief Standards Officer 3 CFFTS.

Of interest, Capt (ret'd) Lester Erickson, a World War II Army veteran, presented wings to his grandson, Lt Eric Willrich. Mr. John Enns of the Wartime Pilots and Observers Association presented the Gos Goulding award for top student to Capt Darryl Adams. BGen Watt awarded an A1 Instructor Category Certificate to Maj Rellinger and two CDs were presented: one to Maj Rellinger and the other to Capt Clinton Mowbray.

Congratulations to all the Wings Graduates of Course 0101 from the staff of 3CFFTS, Southport.

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# Seatbelts: What's your excuse?

By Cpl Rod Jackson, 17 Wing SAMP

Hello everyone, Cpl Jackson from the 17 Wing Military Police Section. Have you ever been one of those people who doesn't like to wear your seat belt? Many people don't and every person has their own excuse. Here are a few of the most popular excuses and reasons why you may wish to reconsider them.

**Seat Belts Are Too Uncomfortable And Too Confining**  
For some people they may be, however, serious injuries like broken bones and deep lacerations that are common in a car accident are even more uncomfortable! Did you also know that insurance and Workman's Compensation pay less if you are not buckled up. It only takes three seconds to put on your seat belt and doing so could save your life.

**You Only Need To Put It On For Long Trips. Wrong!**  
Statistics show that 4 out of 5 accidents at speeds under 40 MPH and 3 out of 4 occur within just a few kilometers of home.

**You Think Its Better To Be Thrown Clear Of Your Vehicle?** Did you know that in a serious collision you could be thrown as far as 50 yards or half a football field! Stop for a second and think about it, if a person were thrown from the goal line of Winnipeg Stadium to the 50 yard line, do you think that they would be able to just get

up and walk away?

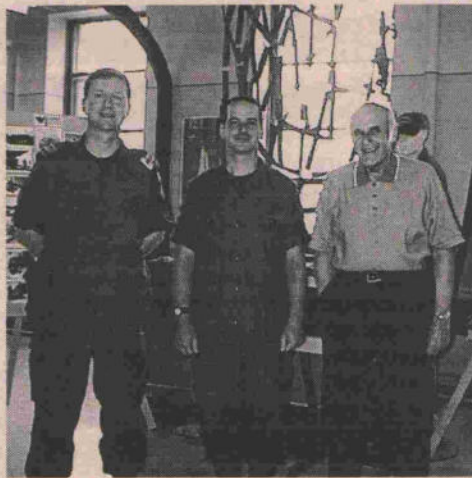
**You Think That Your Child Is Safer In Your Arms? No way!** Traffic accidents are one of the major causes of death for children in North America. In fact, during a sudden stop, the G-Forces at 50 km/h, on a child which weighs 50 lbs will actually cause the child's weight to act like several hundred pounds. In other words, the child would literally be ripped out of the arms of any person holding it during a collision.

**You Think That It's Nobodys Business But Your Own?** Not so! A major cause of higher insurance premiums is the high cost of medical care for accident injuries. In fact it costs on average of \$425,000 for each fatality.

So you can see that there really is no valid excuse for not wearing them. Remember 3 SECONDS COULD SAVE YOUR LIFE and that's an investment worth making. So have a safe summer and remember, no excuses, just buckle up!

## 50 years young

In conjunction with the 50th anniversary celebrations held by 1 Air Movements Squadron from the 3rd to the 5th of August, the Western Canada Aviation Museum has graciously donated space for a temporary display of the Squadron's history. The display is also a brief overview of the work involved as a Traffic Technician or Logistics (Air) Officer, attached to 1 Air Mov Sqn. The display was put together by Cpl Craig Sweet with the valued assistance of the museum's staff. The display will be located in the front foyer until the end of September. If you wish to visit the museum or just the display, the hours of operation are available by calling 786-5503 or visiting website at [www.wcam.mb.ca](http://www.wcam.mb.ca).

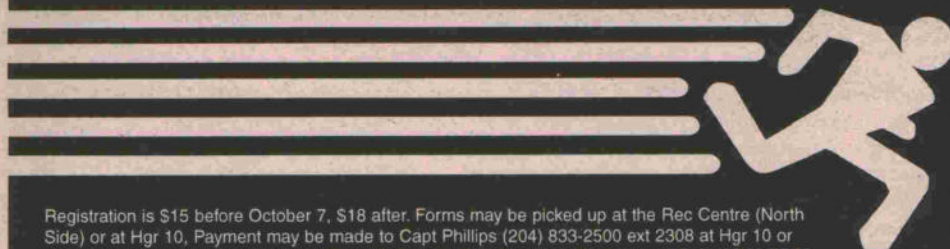


From L to R; C.O. 1 Air Mov Sqn, Maj. B. Bangsboll, Cpl C. Sweet and Museum President, George Elliott.

1 Air Mov Sqn

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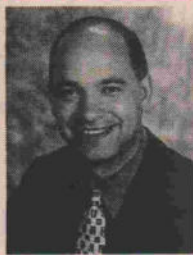
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# Roses in Morden

By Alf Brooks

On the day that commemorative stamps are issued Canada Post holds a ceremony to launch the new stamps. These events take place at a location connected with the stamps being issued. For instance, each of the Lunar New Year stamps issued in the past years has been launched in cooperation with the Chinese-Canadian community in various cities.

On August 1 it was Morden's turn, as Canada Post issued four rose stamps, one of them being the "Morden Centennial." In a ceremony at the Department Of Agriculture Research Centre the designs were unveiled in front of a crowd of over one hundred. The Honourable Peter Liba, Lieutenant Governor of Manitoba, was the principal guest, and participated in the unveiling.

The "Morden Centennial" was so-named because it was released in 1980, the year of Morden's centennial. It is a shrub rose in the Parkland series, one of the many plants developed at the Centre for gardeners who want flowers and other plants that will

survive and prosper in our prairie climate. Historically, when one thinks of roses, gardens in England come to mind, its more moderate climate being ideal for these beautiful flowers. With roses developed in Canada we can also enjoy their beauty.

The other three roses are the "Agnes," developed in 1900 by William Saunders, "Champlain" that was introduced in 1982, and "Canadian White Star," developed by George Mander and introduced in 1980. The stamps were issued in two formats, a souvenir sheet and as self-adhesives in a booklet of twelve. They were also launched simultaneously at a stamp show in Japan.

# New helpline

VAC launches 24/7 counselling service for former CF members and their families.

Thanks to a new Veterans Affairs Canada program launched in April, former Canadian Forces members and their families can now access professional counselling through a 24-hours-a-day assessment and referral service.

The bilingual Assistance Service program will enable eligible individuals or their family members to obtain free counselling in or near their own community. The initial contact is made via a toll-free telephone line.

The Assistance Service, which is voluntary and confidential, is delivered on VAC's behalf by Health Canada through a nationwide network of more than 600 professional counsellors. Staff answering the line are trained and experienced counsellors who will conduct an initial assessment and make appropriate referrals to a professional located near the client. Referrals will be made within seven days, within 24 hours in an emergency situation.

"This program, which complements DND's CFMAP, was developed in response to an identified need among former Canadian Forces members and those in their families who are experiencing personal difficulties resulting from military service," said VAC Project Officer Mike Hennessey. "It's very important that these people get the help they need when they need it."

The increased demand for professional help is linked, at least in part, to the pressures of serving in the modern military, especially for those who have served on peacekeeping missions.

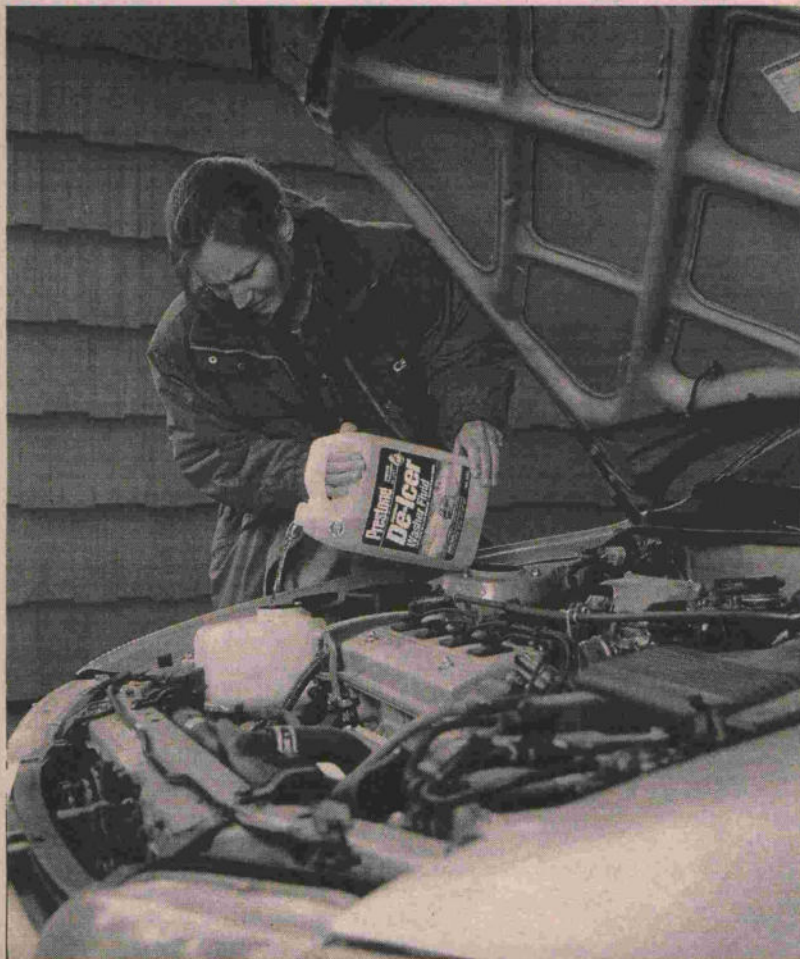
The Canadian Peacekeeping Veterans Association (CPVA) was one of the groups that recommended to the Department that some form of helpline be established for former CF members. CPVA

Executive Director, Harold Leduc, is pleased that this service has been launched.

"Some veterans have difficulty getting over their military experience. Many have seen and done things that no person should have to see or do. Also, leaving the military culture is traumatic for some," said Mr. Leduc. "Until now, former members of the Canadian Forces had nowhere to turn when in a state of high anxiety or crisis. We applaud VAC's initiative in providing this valuable service; a service which provides hope to Canada's CF veterans and families in crisis. They will no longer need to suffer in silence."

Areas of counselling include, but are not restricted to: work-related issues, health concerns, family/marital problems, psychological difficulties, substance abuse, financial problems and gambling.

Former Canadian Forces personnel, or members of their families, who are experiencing personal difficulties and require professional counselling to contact the Assistance Service by calling 1-800-268-7708. A separate toll-free line has been established for TDD/TTY users: 1-800-567-5803.



## Winter driving checklist

All too quickly autumn turns to winter, so there's no time like the present to double-check your car for safety, and prepare a kit for the trunk in the event of an emergency. With a little planning, some handy tools, and a few special-purpose devices, you can drive safely with peace-of-mind, especially if and when a breakdown occurs.

### Safety check list

- Start with a well-maintained vehicle and one that has been fully prepared and equipped for winter conditions.
- Keep the gas tank as full as possible and examine your heater to be sure it's in good working order.
- Carry a cellphone and keep emergency phone numbers in the glove compartment.
- Pack non-perishable food supplies and beverages in case you are detained much longer than expected.
- Check all fluid levels, in particular the anti-freeze. And always carry a spare container of windshield washer fluid.

### Emergency kit

- Pack flares and reflectors to alert other drivers. Include a white cloth to tie to your antenna in the event of a breakdown. It is a well accepted signal of distress.
- A set of jumper cables and clamps are essential to your kit. Even better, carry your own portable power source so there's no need for another automobile. Prestone Jump It! is a handy, self-powered device that, once charged, can start up to 30 cars on one charge - and according to Prestone, there is also a heavy duty Jump It! model for diesels and larger engines.
- Locate your spare tire and your jack. Are they in good working order and do you know what to do in the event of an emergency? To prevent every flat tire headache in the book include a quick-fix in your kit: a light-weight, aerosol device called Tire Jack, seals the holes and re-inflates a punctured tire until you get it to the nearest garage. Tire Jack is a lifesaver, says Prestone, especially considering that in any given year in Canada, as many as 300,000 phone calls for roadside assistance are related to tire problems.
- Windshield Heat is another winter kit product, formulated by Prestone. In extreme cold it turns into a potent de-icing agent that removes frost, prevents ice build-up on the windshield, and delivers streak-free visibility. More information on preparing your car for winter is available online at [www.prestone.com](http://www.prestone.com)

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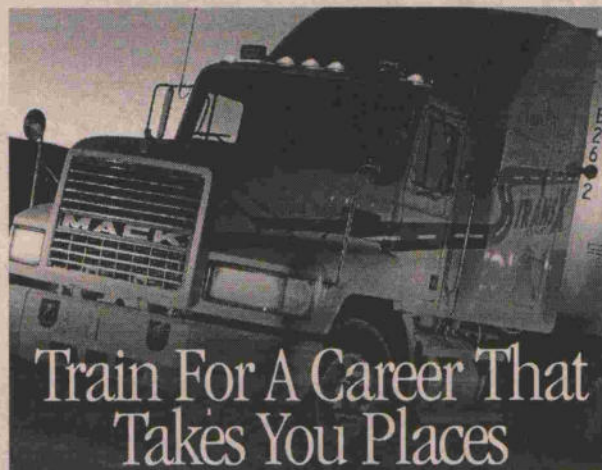
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# Congratulations



Brigadier-General Patricia Brennan received her new rank from Brigadier-General D.L. Lucas, A1/A4 and her husband, LCol (Ret'd) D. Brennan. BGen Brennan has been appointed Air Reserve Advisor and A1 Personnel and Reserves.

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## Wing foods ceremony

On July 5, 2001 ceremonies were carried out in the Fire Side Lounge. The W Log O, LCol KE Newnham was present to award a number of medals and promotions.



Above photo listed from left to right: LCol KE Newnham, W Log O, Cpl RM MacDonald, Sgt SW Seymour, Sgt AWJ Smyth, Sgt SW Cairns, Cpl RD Peckford, LS SD Rosekat, LS JCL Lebel, Cpl BM Galpin

W Log O, LCol KE Newnham presents Cpl RM MacDonal with his CD and CFPM

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Sgt AWJ Smyth presented with his CD1



Cpl BM Galpin presented with his CD



Cpl MBM Gelinis presented with her new rank



PO Charrette presented with his new rank

# Sports awards

17 Wing salutes top athletes, coaches, officials and teams for 2000/2001

On Thursday 7 Jun 01, 17 WG paid tribute to those individuals who, through their tireless efforts, enthusiasm and dedication were instrumental in the overall success of the Wing sports program this year. The awards presented today will be given to those members whose performance both on and off the playing surfaces typifies the qualities of professionalism and sportsmanship. Whether it be through individual achievements or a concentrated team effort each recipient clearly displayed outstanding talents in each of their respective fields. The fitness and sports staff would like to take the time to thank all participants for their dedication to our 17 WG sports program and to all the unit CO's for allowing the time off for their athletes to compete. Many thanks to the Wing Commander, Col McLennan, and the Wing Chief, CWO Emond, for taking the time out to be a part of this important ceremony and always being so supportive of 17 WG



## Male athlete of the year<sup>1</sup> Capt Sylvain Gazaille 1 CAD HQ

Sylvain is a highly motivated athlete whose devotion towards the Wing sports program paid dividends in 2000 participating in both the military and civilian broomball Nationals. He was an instrumental part of his civilian broomball team which took it's second consecutive Provincial title and represented Manitoba at the Canadian Broomball Nationals in Borden. He is a great team player who always participates in intersection golf, ball hockey, ice hockey and softball. He loves promoting all the sports he partakes in and very often is the organizer and administrator for all the teams he represents. 17 Wing would likely not be represented at most of these Provincial and National events without Sylvain's tireless determination and enthusiasm.

## Team of the year<sup>2</sup> Men's volleyball team

The team cruised through the Regional competition undefeated to be crowned Prairie Region Volleyball Champions again this year for a fourth consecutive time. The team's ultimate goal was to win the 2001 CF National Volleyball Championship and they accomplished this goal dominating their opposition on their way to their 3rd National Championship in the past 4 years without losing a game. Congratulations to a most deserved nomination for team of the year. 17 WG WPG Men's Volleyball team.

## Female athlete of the year<sup>3</sup> Capt Deanna Manson 1 AIR MOV SQN

Over the past year, Deanna has displayed her dedication towards the CF Sports Award program. Her knowledge and skills enable her to excel in various competitions, whether it is Regional, National or CISM. As well, her involvement in civilian competition continues to bring credit not only to herself but also to 17 WG WPG and the military in general. Without question, Capt Manson displays those important qualities that set her apart from other athletes. Some of her 2000/2001 activities include being a gold winning member of Manitoba Senior Women's broomball team, Prairie Region Women's hockey and recipient of the Getronics award at CF Women's Hockey National Invitational in Borden. She also received a silver medal at the Manitoba Senior Women's Soccer Championships, and was named to the CISM Women's Soccer team "A" list. Not only is Deanna a team player but very much a team leader. She has been the spearhead for the Wing's Women's hockey program and her enthusiasm has been instrumental in the promotion of the sport in the CF. Her dedication to physical fitness and sports is second to none; where ever duty may take her she brings her soccer shoes, broomball and hockey equipment and manages to find a practice or a game to join in.

## Official of the year<sup>4</sup> Sgt Dan Crete 402 SQN

Dan is a highly motivated and dedicated official, who this year was Chief Official for the Wing Intersection Hockey League. His 16 years and level 4 make him a very conscientious and experienced official, who continually strives to improve his performance and those around him. His credentials include being an instructor for Hockey Manitoba and Canada and teaches approximately 10 officiating clinics per year. He is also a member of Hockey Manitoba Elite Official Supervision Committee which selects officials for Provincial and National competitions. His tireless work and support makes him an integral part of the success of the 17 Wing Intersection Hockey League as well as Hockey Manitoba.

## Coach of the year<sup>5</sup> Maj Rene Sturgeon 1 CAD HQ

Rene has been the coach of the 17 Wing Hornets Men's Volleyball team for the past four years. In this time the team has represented the Wing and Prairie Region at the CF Nationals for all four years and has won 3 consecutive National titles. Rene's leadership and years of experience at CISM competitions have helped him bring out the best in his players. Being a player coach has also helped to show his players what enthusiasm and hard work can achieve.

## Unit of the year<sup>6</sup>

There are many things about this class that warrant them the unit of the year. Their enthusiastic attitude was always refreshing. The different members of the class always had some way of lighting things up before getting started and they always seemed to have energy early in the morning, especially when it came to showing how athletically talented they are. Always a large class with a variety of personalities, this group is a most deserving unit of the year. Congratulations to the 2000/2001 unit of the year, WCE.

# Back to school

Students across Canada will soon head back to the classroom. Consequently, it is also time for parents to return to their role as supervisors of their child's education. A recent Environics Research Group poll shows that 62% of Canadian parents believe they are ultimately responsible for the quality of their child's education. Defining that role can be challenging sometimes, according to Sylvan Learning Centre, which provides personalized educational services at 75 Sylvan locations across Canada.

## How involved should I be?

Parents can proactively participate in their child's educational experience in several ways, according to Sylvan:

## Get involved with your child's school:

Participate in parent committees or advisory councils to better understand the school and have an influence on policies affecting your child, get to know teachers and counselors, and attend parent-teacher nights.

## Understand how your child learns:

Children learn in different ways. Some are visually oriented, others are auditory and others learn by doing. Some work best solo and others thrive in groups. Understanding children's learning styles can explain why they find some school work easier than others.

**Talk regularly:** Keeping an ongoing line of communication open with a child is perhaps the most important role a parent can play in the learning experience. Be honest with your children and tell them you want them to feel comfortable coming to you for help. By starting these practices early, they will become accustomed to your desire for involvement and be more receptive to sharing.

**Creating the homework zone:** Children like routine, as it creates a feeling of safety and security. Encourage that need by setting a time for homework and study, and providing a good environment for it. Some children work well in a quiet room alone, others need the stimulation of activity. Some students study better with music on the background, although be warned that TV tends to be too distracting.

Another way to positively affect your child's learning process is through modeling, according to Sylvan. A child can be positively influenced by a parent's own behaviour toward learning. For example, when children see you enjoying activities such as attending cultural events or reading, you're setting an example & they begin to understand you genuinely enjoy learning.

A parent can use modeling to encourage a child in several ways:

**At work:** Taking children to work is a great way for them to experience how education has affected your ability to do your job. You can show them how you set goals for yourself, how a job can be fun and how things you learned in school are benefiting you now.

**At play:** Most children love to watch television. With parental guidance, television can be a very positive learning tool. By choosing to watch educational channels, you are showing your child that you have a love of learning. Tell them something interesting about what you're watching, or encourage them to watch it with you and discuss what you've learned after the program ends.

**Provide structure:** It's easier to encourage children to do their homework if regular routines and rules are in place, but sometimes a child can feel isolated when it comes time to do homework. Make it a family routine by scheduling chores for yourself at the same time. If children see you regularly taking out the garbage or attending to work you brought home, they will come to understand this is the time for them to attend to studying.

## About Sylvan Learning Centre

Sylvan Learning Centre is the leading provider of supplemental education, providing personalized instructional services to students of all ages and skill levels in more than 70 locally owned and operated Sylvan Learning Centre locations in Canada. For more information or to find a Sylvan Learning Centre near you, call 1-888-EDUCATE (1-888-338-2283) or visit [www.educate.com](http://www.educate.com).



## Back-to-School Tips for Parents and Children

Heading back to school can be a challenge for both children and their parents. But it doesn't have to be difficult. According to Sylvan Learning Centre, which provides personalized educational services at 75 Sylvan locations across Canada, scheduling is key. Building structure into the process can make the transition to back-to-school time a little easier.

- 1 Organize your family's daily schedule by creating consistent times for homework, play and bedtime.
- 2 Encourage recreational reading and journal writing after the homework session is over.
- 3 Don't complete your child's homework assignments for them.
- 4 Break homework sessions into small segments of time.
- 5 Stress independent thinking skills, encourage your child's thinking patterns.
- 6 Encourage your child's effort to learn by providing a good example: read a book, catch up on your own work, be available for questions, discuss what he/she is learning and address any concerns about school.
- 7 Give your child a homework notebook and encourage him/her to take notes on the specifics of an assignment when the teacher explains the requirements.
- 8 Set aside time each day for family time. Share the events and details of your day.
- 9 Before bed each night, prepare for the next day by packing lunches and backpacks, picking out clothing, and putting all belongings

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Every Sat 2 pm - 5 pm



# Sports



## 17 Wing Shotokan Karate Club Update

The 17 Wing Shotokan Karate club is affiliated with the Japan Karate Association (JKA) and the International Shotokan Karate Federation (ISKF). Our instructor is Sensei Walter Crockford 5th Dan and graduate of the JKA Instructor training program. The majority of our club is made up of families. If you or your family are interested in trying Shotokan Karate, we invite you to come out during our club hours for one week of free classes with no obligation. You can also drop by our display at the Fall Registration Fair.

I would like to thank our previous executive, President - Rob Westbrook, Vice President - Denis Haman, and Treasurer - Dawn Rivard for their past year's dedication, hard work and for making our club a pleasure for both young and old. We wish Rob, Denis, Dawn and their families all the best in their new locations and hope they will be able to continue with karate.

With the passing of the torch to the new executive, I would also like to thank Alex Smith and Cathy Forrest for volunteering for vice-president and treasurer respectively.

**OUR HOURS OF OPERATION (BLDG 90)**  
Mon & Wed 1830-2000  
Sat 1000-1200

**UPCOMING EVENTS**  
8 September 01  
17 Wing Fall Registration Fair  
A chance to check out the various clubs and activities available at 17 Wing, please drop by our display.

**CLUB RATES (for rec card holders)**  
\$20.00/month for children (17 & under)  
\$25.00/month for adults  
\$50.00 (Max.)/month for a family.  
Please drop by our display at the registration fair for more details.

## Open letter from Capt Dixon, GA

Hello to all,

I am the new Sports O and as such would like to address a couple of issues. To clear-up any confusion over the use of the Southport Rec Complex let's go back to basics. The Rec Centre is civilian operated and we (military) purchase memberships in order to use the facilities, the money comes from 17 Wing not out of your pocket. The memberships purchased allow us to use the facilities during member allocated times which change so check for a schedule at the gym. To gain access to the change rooms you will require a pass card, they are available to military staff and students from the OR and are yours for the duration while here at 3CFPTS. Now, as a bonus, extra memberships have been purchased for the use by military dependents.

The cards purchased under the dependents program are not issued to anyone but rather held at the front desk of the Rec Centre where upon arrival any dependent who signs in will be given a card just for the duration of that visit, so don't take them home with you or at least return them when you find them in the wash. As far as the signing in routine, Capt Fouts and I will be updating the dependents list held at the front desk so please insure that any military staff inform us so that we can info the Rec Centre ASAP and everyone is able to make the most of it.

There is some military sports equipment available for use by military staff, students and dependents. The equipment is controlled by the Rec Centre staff and includes racquets, balls etc. Some of the equipment is in need of repair and I will

be working on having it fixed or replaced, so please don't give the staff a hard time because they are doing us a favour by handing it out on request.

From time to time, messages come across my desk outlining available courses, i.e. Ref Clinics or opportunities to try out for CISM teams. It is my intent to place these messages on a whirl board outside of the fitness room in Bldg 3000 (BHS / ME school) also to send out a brief e-mail alerting everyone of any new messages.

As hockey season is all too quickly approaching please let me know if you're interested in 3 Man Hockey as last year's turn out was abysmal. I will again try to organize a trip to Minot and Grand Forks for recreation games and vow to redeem myself for last year's demo of the funnel effect.

As a final note, I will arrange for the annual express test to be held here in Southport just prior to Christmas so that you and I don't have to drag any turkey from one end of the gym to the other.

Obvious athletes who are exempt for one year such as Maj Needham are requested to assist others in their preparation for the event.

Well, I'll close on that note. I'll try to update you from time to time on any changes or as to any upcoming local events and would request that you give a reasonable amount of feedback as I will be attending the Rec meetings were any issues may be addressed.

Happy Trails,

Capt Dixon, GA  
Sports O  
4025

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for the next issue

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Entertainers  
Pony Rides  
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(North Site)  
Everything Free****5<sup>e</sup> Journée  
famille du CRFM**Hotdogs  
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Maquillage  
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Promenade à  
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et encore plus...**15 Septembre  
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Mess des soldats  
(Côté Nord)  
Tout est gratuit****Nursery School Programs**

Our nursery schools offer the opportunity for the preschool child 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: \$15.00Location: Lipsett Hall  
Mon., Tues. and Thurs.  
9:00 a.m. to 11:30 a.m.Westwin Children's Centre  
Mon., Wed. and Fri.  
9:00 to 11:30 a.m.**Volunteer Program**

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

The MFRC Youth Centre is in need of energetic individuals to work during the After School Club. This after school club is open to all elementary school children and runs Monday to Friday from 3:45-5:30 p.m. This is a great volunteer job for young adults looking to acquire some job experience. The MFRC Youth Centre is also in need of volunteers to help with the TeenZone Drop in Program. This drop in program for teens, runs Tuesday to Friday from 6:30-9:00 p.m. Volunteer time commitment is flexible for both Youth Centre programs.

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

**Community Coffee Break  
1st Thursday of each month****6th of September, 10am - 11am  
350 Doncaster St.  
EVERYONE WELCOME!****creative  
tot  
shop**

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

This program will be offered at two locations and times until the end of June.

MFRC Childcare Centre Lipsett Hall Nursery School  
Tuesday 9:30 to 11:00 a.m. Monday 1:30 - 3:00 p.m.

This schedule will change for the summer.

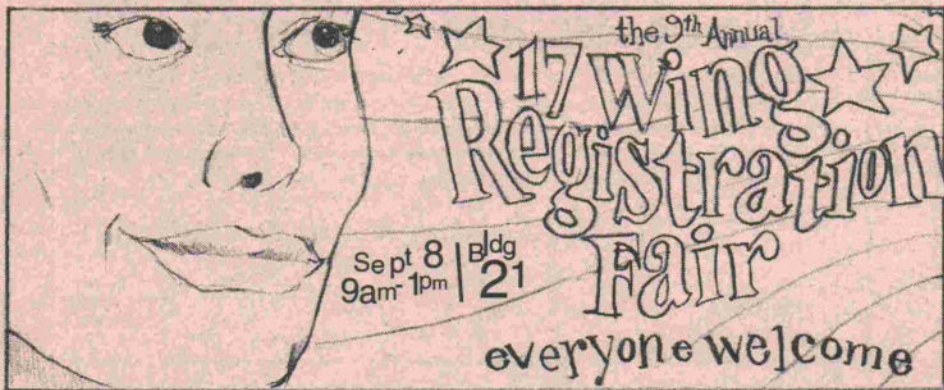
There will be one playgroup which will meet on Wednesday mornings at Lipsett Hall from 9:30 a.m. to 11:00 a.m.

**The cost is \$2.50 per family.  
Please bring a snack for your child.****Casual Childcare**

This service provides members of the community the opportunity to leave their children in licensed care while they run errands, work out in the gym, attend other MFRC programs, or just have a break. We provide care for children from 18 months to 6 years. Children must be registered at least 24 hours in advance. It is advisable to book a week in advance since these programs are very popular. This schedule will continue until the end of June. The Wednesday morning program will be cancelled during July and August.

**Westwin Children's Centre**  
9:00 am - noon Tuesdays  
9:00 am - noon Thursdays  
To register call 833-2500 ext.2491**Lipsett Hall Children's Centre**  
1:00 pm - 4:00 pm Tuesdays  
9:00 am - noon Wednesdays  
9:00 am - noon Fridays  
TO REGISTER CALL 833-2500 EXT 6846\$6.00 for the entire session for the first child. \$3.00 for the second child in the same family.  
To register call 833-2500 ext. 6846

# What's happening



## 17 WING COMMUNITY RECREATION

### FALL SWIMMING LESSONS

- Wednesday Evenings at Bldg. 90
- Saturday Mornings at Lipsett Hall

**WHEN:** Saturday, September 8  
0900am to 1300pm

**WHERE:** Bldg. 21

To register for lessons come to the Registration Fair.

### NEW FALL PROGRAMS

- **Bronze Cross/Medallion**
- **Adult Swimming Lessons**  
Sundays from 1500-1700pm at Lipsett Hall
- **Youth Gym Drop-in**  
Saturdays from 1500-1800pm at Lipsett Hall
- **Aerobics**  
Bldg. 90  
Tuesday/Thursday 1200-1300 hr  
Lipsett Hall  
Monday/Wednesday 1900-2000 hr  
Minimum registration required, \$30 month

- **Tae Bo**  
Bldg. 90  
Monday/Wednesday/Friday  
1200-1300 hr  
Minimum registration required
  - **Aquafit**  
Bldg. 90  
Tuesday/Thursday 1800-1900 hr  
Lipsett Hall  
Wednesday/Friday 0930-1030 hr  
Minimum registration required, \$30 month
- Call loc 5976 or loc 2059 for more information or to register

## WESTWINNERS TOASTMASTERS CLUB



Are you interested in becoming a better speaker? Are you looking for a positive, supportive and non-threatening environment to try public speaking at your own pace? Do you like a friendly, yet professional club atmosphere? Then why not try the **Westwinners Toastmasters Club**? We meet Thursdays 12:15 pm - 1:15 pm in the Westwin Community Centre. Upcoming meetings weekly. For info call during the day.

VP Public Relations - Maj Greg Nichols 833-2500, ext. 5516  
VP Education - Mr. Dave Storey 955-9886  
President - Mr. Ray Clement 833-2500 ext. 5292  
VP Membership - Cpl Joan Smalling 833-2500, ext. 5196

## Together in Church



**Catholic CHAPLAINS**  
Father Guy Chapdelaine  
Office 833-2500 ext. 5272

**SECRETARY**  
Carol Cochrane  
Office 833-2500 ext. 5087

**MASSES**  
Sat 1630 hrs North Chapel  
Sun 1130 hrs North Chapel  
Sun 0930 hrs 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 Tue of the month at 1900 hrs, alternating between the North and South Chapel Annexes.

**Protestant CHAPLAINS**  
Padre Doug Ohs  
(Anglican Church of Canada)  
Office 833-2500 ext. 5417  
Padre Lenora Grauer  
(Evangelical Lutheran)  
Office-833-2500 ext 5349  
Padre Brad Busch  
(Evangelical Lutheran)

**SECRETARY**  
Carol Cochrane  
Office 833-2500 ext. 5087  
**SUNDAY SERVICES**  
0930 hrs North Chapel  
ACC Eucharist is sometimes offered at 1015 hrs 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, except on the last Sunday of each month. 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 1900 hrs in the North Chapel Annex. All women are welcome.

**FOOD BANK**  
The Food Bank is a joint undertaking 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 the WOps Duty Centre, 833-2700, or the 2 PPCLI Duty Centre, 833-2727.

**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 (Westwin Community 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  
Treas: WO Greg Speakman lcl 5555  
Secretary: Capt Sylvain Gzaille lcl 5154  
Equipment Mgr: Sgt Gilles Lantagne lcl 5305

# Classifieds

**FOR SALE**

1979 Bellevue tent trailer. 10 ft, good condition, sleeps 6. Canvas needs work. Phone 487-3287

Scuba Diving Eqpt.. Seatec BC, \$250. New wetsuit, Med (c/w hood & boots) \$200. Mask, new \$35. New fins, Med, US diver \$60. 2 Snorkels \$20. Call Wayne 294-5925

Billiard table 4x8, with accessories, good shape \$200. Call Wayne 294-5925

New Hot Point fridge & stove. \$1000 Firm. Phone 943-7745 ext 238

Exercise Eqpt; rowin machine \$50. Hab curler and mat \$30. Hab Roller with video \$80. Vinyl weights and bars, 45 lbs. \$25. Call Wayne 294-5925

A MUST SEE! This recently decorated reedy-to-move-in 1250 sq ft Bungalow, with Central Air, 2 1/2 baths, 3 bedrooms (master bedroom with ensuite), has large open kitchen and dining room with new oak cabinets and patio doors off dining area leading to new 26x10 cedar tone deck. Finished basement has full bath with shower, large bedroom, rec room, laundry room, and plenty of storage space. House is on large corner lot, with fenced backyard, 2 blocks from Kirkcaldy (k-8) School and Sportsplex. Easy access to Shilo, 20 mins. away. Phone 204-728-0675.

MINT GREEN, OLAFIN COUCH. Cleaned and scotch guarded. 5 yrs old. Asking \$350. Call 885-1720.

CHAIN LINK FENCE 4 ft high. Ideal for dog run or small play area. One section 40ft long; another 12 ft incl gate, 4 corner posts, 4 middle posts, all posts with 2 ft cement footing. Asking \$75. Call Pat 889-3654.

3 SEALED DOUBLE-GLAZED windows 3'x5' - \$5 ea. Phone 832-4074 in Charleswood.

1 PANASONIC 21" colour TV and 1 Quazar 21" colour TV, both in good condition. Good for second TV. Approximately 10 yrs old. Asking \$50.00 each or best offer. Call 888-5659.

VERY GOOD CONDITION, White-Westinghouse stove. About 8 yrs old. Asking \$200.00. Call Julia (5913) at work or after 4pm at 837-1071.

1997 DODGE SE, 5 pass, 277K, incl 4 good tires on rims, asking \$2200. 832-2695

1985 CAMARO - 185K, \$3200.00 OBO, new safety, new tires and rims, SONY 10 disc CD, runs well, some rust. 888-7368 or Ext 5411

BEAUTIFUL AKITA/LAB cross dog free to good Home, great with kids phone 489-8322  
1996 HARLEY SPORTSTER, mint condition, many extras. \$9000 OBO. Call 896-5413.

CHAIN LINK FENCE, enough for 20x40. Good condition, includes a lockable gate. \$200. Call 896-5413.

HOCKEY EQUIPMENT; pants, elbow pads, knee pads, shoulder pads, hockey bag and tree stand (for drying gear), all fairly new. \$200 for all. COMPOUND BOW; Golden eagle, new graphite limbs, 29 1/2, plastic case, stabilizer, quiver, 2 sets of sights, some arrows, 3 broadheads and a release. \$200 for all. INSULATED CAMOFLOUGE COVERALLS; SIZE 40-42, just like new. \$40. Call Rick at 831-0176 after 4:00pm.

DAY CARE PROVIDER- mother of two pre-school boys will provide daycare for children aged from 2 - 5. Non-smoking home. St. John Ambulance level C, CPR and Choking, 5 minutes from 17 Wing north. Snacks, lunches and receipts provided. Please call 897-3195.

Bedroom suite includes: Double / Queen mirrored headboard, rails, double box spring and mattress, double dresser with winged-mirror, man's tall

chest, side table and lamp. \$1200 OBO. Call 254-6356.

FREE Brass "rail" headboard for full twin bed; Large Microwave, works but spring in door handle is broken; Bench seat for mini-van (red) All FREE. Call 855-7712

BUNGALOW 1250 sq ft, 3 BR, on Lg landsc lot in central Charleswood. Lg single gar, auto opener dr. 220v wired, new roof & HW tank, rec rm, 2 baths. PH (204) 832-4074.

SHED 8x8 built last year \$350.00. Hitch 2000lbs was on Ford Windstar \$50.00. Call after 1700, 489-3940.

YAMAHA Virago 750 1982 only 16000 kms, new tires, new battery, new seat covers, wind hammer, 2 Helmets, passenger back rest, rear rack, A1 cond, safetied, ready to enjoy \$2795 292-6777.  
1 white microwave stand with cover and shelf - \$20.00. 1 white Gibson stove (in good condition) - \$50.00. 1 4ft x 6ft light green area rug - \$25.00. 1 living room ensemble, pink colour, sofaswivel rocking chair and loveseat - \$250.00. 1 set silver truck ramps. 1 15" computer monitor. Please call 837-9885.

Hotpoint Washer & Dryer, excellent condition, \$450 for the pair. Contact Teresa 487-3230

1 1/2 Storey House. 3 Bed. LRD Room. Oak kitchen Cabinet 2 Full Bathroom. Central air. Newer furnace, New roof. Asking \$112 000. PH 832-1755, 398 Davidson St.

**FOR RENT**

Furnished room in beautiful home just outside the perimeter. Non-smoker, must have car, there is no bus service. Ideal for student or working person. Call 5196.

ROOM-MATE WANTED to share a house. Looking for a non-smoker, tidy, likes dogs. \$275/plus shared utilities. Call after 7:30pm 334-6306 or 897-5605.



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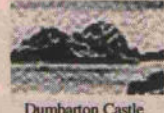
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