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## Contract Awarded for New TECC Building



PHOTO BY: DAVID LAVALLEE

Wing Commander Colonel McLennan, with representatives from the Wing and Manshield Construction, makes the sod-turning for construction of the new TECC building. The ceremony marked the awarding of the contract to Manshield.

By David Lavallee

Wing Commander Colonel McLennan and representatives from the Wing and Manshield Construction braved a snowstorm on Friday, January 17 to participate in a sod-turning ceremony. The ceremony marked the contracting of Manshield Construction to handle the construction of the new Training, Education and Conference Centre (TECC) building.

The TECC (which will occupy the space between the Military Police barracks and Building 52) is a joint project between 17 Wing and Civilian Human and Learning Resources, and is designed to provide new training space and facilities for training programs and initiatives on the base. The project has been ongoing for nearly 2 years, and with the awarding of the construction contract, it has tak-

en a significant step towards completion.

"It was decided that the project would work best as a joint venture between the military and civilian organizations on the Wing," says Lieutenant (N) Remi Tremblay, Wing Training Development Officer. "There were some commonalities between the operations of the civilian and military programs, and greater efficiency could be realized by combining the two into a larger, more functional training centre."

The TECC, which is part of the Proof-of-Concept (POC) of a larger program involving learning and career centres from CF bases across the country, will involve an amalgamation of four separate organizations into the building - Wing Ground Training, Wing Personnel Selection Officer, the Language

Training Centre, and the Career Learning Centre. Having a centralized training centre on a base offers a number of important benefits for the local military community.

"Currently, many of the training programs are delivered in facilities that are not designed for that purpose, which reduces the efficiency and effectiveness of the training," says Lt (N) Tremblay. "One of the main advantages of the TECC is that it is designed and constructed specifically to meet the training needs of the base." Increased capacity, better facility management and greater efficiency in the delivery of programs are some of the other benefits inherent in the TECC.

The two storey building will incorporate four major training-oriented components. The first is classrooms - two 30-person

classrooms, one 25-person classroom, four language training classrooms, and four syndicate rooms (for more general-purpose training). The second component is a computer lab, which will expand on the lab on the South Side from 12 to 24 computers. Third, a distance-learning computer lab will be built to accommodate self-paced training. Also, a video-conferencing suite can be used to take advantage of the training opportunities from the Royal Military College, and will also hopefully help cut travel costs by allowing distance conferencing. The fourth major component is the Learning Resource Centre, which will be a combined civilian/military centre that will offer self-help and developmental materials. There is the possibility of a fifth component being added in the future, which will consist of a 160-person lecture theatre that would be integrated with the video-conferencing suite

Construction on the TECC is tentatively scheduled to begin in March and finish in the late summer/early fall.

"None of this would be possible without the support and dedication of the project sponsors, the Wing Executive, the specification design team from 1 CAD, the Wing Construction Engineering Project Team and Defence Construction Canada," says Lt(N) Tremblay. "It has truly been a team effort from the beginning and all the participants should be commended for the excellent job done so far." If you would like more information on the TECC, please contact Lt(N) Tremblay at (204) 833-2500 ext. 6297.

Canada's National Quitline

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**you could WIN!**  
Non-smokers can also participate

Canada

### "March 1st, I QUIT!"

Quit smoking for at least one month and have a chance to win a prize!

"March 1st, I quit!" Challenge is a Strengthening the Forces initiative of the Deputy Chief of Staff Force Health Protection.

- See details on page 3

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## What is Continuing Education, Anyway?

Well, here it is getting close to the end of January and I can't help but wonder how many of you are still in control of your New Years Resolutions? It's interesting that in our culture we feel a need to set arbitrary times to begin new practices designed to change our lifestyle. Have you ever noticed that? We begin our diets - just as soon as we finish that cake over there! We begin a more rigorous exercise program - just as soon as our birthday gets here! We stop smoking, or drinking, or staying up way past the late movie, or watching TV for only 3 hours per day, or limiting the time spent on net, or whatever, just as soon as the clock on the wall hits twelve midnight on the thirty-first of December! I seem to remember that the road to someplace or other is paved with good intentions, but my friends, good intentions have never accomplished a single thing. Good intentions are the starting point of a lifestyle alteration, they are not the culmination. Remember who said, "Success is 5% inspiration and 95% perspiration?" Look it up!

If we are to make any significant advance in our lives, regardless of the sphere of hope: we need to engage in a decision making process; we need to identify what it is we want out of life; we need to research possible ways of achieving our desire; we need to do the prep work (if there is any re-

quired); and then, we need to engage in activities which will take us where we want to go. Sounds simple doesn't it? Well it is and then again it isn't! Many of us have no idea what we want out of life partly because our circumstance keeps us so busy we can't think beyond the end of the work day; some of us are just too tired to take on any additional activities; some of us are too busy enjoying our leisure time to dedicate a portion of it to advancement; some of us don't believe we are capable of achieving anything more than we already have (and weren't we fortunate to get this far!); some of us feel trapped with responsibilities; some of us are afraid of failure; some of us don't know where to start; some of us don't want more out of life than we already have; but, many of us are just plain lazy! Most of these scenarios can be put to rest with a simple 30 minute discussion with a qualified occupational or educational counselor but then just like the little Dutch boy, we'd have to get the finger out and go to work. Look it up!

If you feel you'd like to talk about resuming your education through any one of many formats, in any of hundreds of courses, from a myriad of institutions, then please feel free to give me a call and we'll set up an appointment to talk. Maybe you'll realize that this isn't what you want, but I've always found that on this road,

eliminating what you don't want gets you closer to what you do. We have a very gentle way of reintroducing you to study for those of you who have been away from the books for awhile, and it's beneficial as well. Seneca College in Toronto (the largest Community College in Canada) offers a certificate program in management here on base.

Below are the Management Development Program Courses which earn the student a Certificate in Management from Seneca College. These courses are a wonderful way to develop a stronger managerial style for the individual employed in a supervisory role as well as to develop some significant people skills for those young people who are searching for that indefinable "something" which will get them started on a productive and profitable life. Also we must never forget that for those serving members within the CF, training in management is of great benefit when considerations are being taken into account for professional advancement. All courses are of a weekend duration and a full six courses are required for the Certificate. It must also be remembered that advanced standing is available for those who have completed either their JLC (5 courses required) or SLC or attained an Officers BOTC Qualification (where only 4 courses are required).

**And remember, with DAOD 5031.3, the costs of these continuing education courses are refundable at 75%, so they're almost free!**

MDP 100	Human Relations	February 1 & 2
MDP 200	Communications	March 15 & 16
MDP 700	Management for Results	April 26 & 27
MDP 900	Teambuilding & Leadership	May 24 & 25

*An average cost for each of these courses is around \$175, which includes the tuition as well as the text.*

**So, what is continuing education, anyway?** Con-ed is the realization that you're happy with your life and don't want anything more than you have. Con-ed is the knowledge that you want more and finally decide how to go about getting it. Con-ed is the understanding that you're really not happy with your life and need to change something significant. Con-

ed is the process which one undergoes to achieve a good and happy life. Con-ed is just so much more than getting back to school and the books. Con-ed is just a large part of who we are and what we do each and every day, we are constantly learning and the greatest achievement we can strive for is to understand this and then control what we are going to

do with it. This process can seem scary and daunting, but it needn't be. If I can be of any help through this procedure, please don't hesitate to give me a call. I'm in the office (Rm 125 of Bldg 33), Mondays from around 9 to 5. Have a great day. Kenn Garrity  
CFCCN Coordinator  
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# March 1st, I quit!

Quit smoking for at least one month and have a chance to win a prize!

by Ghislaine LeMay, HPDir, Shilo. printed with permission of the CFPSA Submitted by Carol Styles, HPDir, 17 Wing

National Defence / Défense nationale

**“March 1st I QUIT!”**

**Take the Challenge!**  
Quit smoking for at least one month and

**you could WIN!**  
Non-smokers can also participate

Are you thinking of quitting? Great! You are among the majority of Canadian Forces (CF) smokers who intend to quit, but haven't taken the important step of setting a date. To help motivate you to take this step, Strengthening the Forces is launching the

“March 1st, I quit!” Challenge. Every smoker who takes the challenge is already a winner. By quitting smoking, they automatically enhance their quality of life. By registering in the challenge, they also have the chance of winning one of the 4 cash prizes of \$1,000, 15 DVD Players or 5 digital cameras. Non-smokers can also join the challenge by registering as a supporter of someone who wants to quit smoking. Supporters are eligible to win the \$1,000 cash prize or one of the 5 DVD Players or 5 digital cameras.

All members of the DND/CF team, including CF members' immediate family who have reached the age of majority are eligible to participate in the challenge. To take the challenge to quit smoking, you must either be

a current smoker, or a former regular smoker who has quit after September 1st 2002.

It's easy to participate. Smokers must find two non-smoking supporters to help them take the challenge. Then complete the registration and demographic information forms and submit them to their local Strengthening the Forces office no later than midnight February 28, 2003. Finally, they must stop smoking by March 1st, 2003 and remain smoke-free at least until April 1st, 2003. Those who have quit in the last 6 months just have to keep not smoking.

The draw will be held on April 1st, 2003. Participants whose names are drawn and their supporters will be contacted by phone to find out whether the smoker remained smoke-free throughout March. Winners will also be asked to take a test to confirm that they have not smoked since February 28, 2003, or sign a written statutory declaration. The names of the winners will be announced in early April.

Three out of four people who smoke say they want to

quit. This challenge focuses on providing help, support and respect to those who are willing to try to stop smoking. It is very difficult to quit smoking and support is the key to success.

Registration forms are available from the Health Promotion office in B-90, at the clinic, MFRC, or at Lipssett Hall. You may also access the registration form online at: [www.cfpsa.com/health](http://www.cfpsa.com/health). Return completed forms to either the Health Promotion Office in B-90, or the Clinic. Supportive tips for smokers trying to quit and for supporters helping a smoker to quit will be made available through the Health Promotion Office and the Clinic.

“March 1st, I quit!” Challenge is a Strengthening the Forces initiative of the Deputy Chief of Staff Force Health Protection, in co-operation with the Canadian Forces Personnel Support Agency. The prizes are donated by CANEX, division of CFPSA.

For more information, please contact Carol at 4160 or Penny at 4150.

## STRENGTHENING THE FORCES ÉNERGISER LES FORCES

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Proceed to the nearest civilian health care facility or call 911. Choose whichever is most appropriate for the situation.

A list of hospitals and walk-in clinics, available in the local area, can be found on the 17 Wing DIN Site under HR/ Administration - Medical Clinic - After Hours Operation OR If the DIN is unavailable, consult your Yellow pages under hospital and/or clinic-medical/.

**UNSURE ABOUT WHAT TO DO?**

If you are unsure of the action you should take in a medical emer-

gency or situation, or where you should go to obtain care, call the Health Information Line (7/24) at:

**1-887-MED-DENT (1-887-633-3368)**

You must present both your Military ID Card and your Health Care Card to local providers, including pharmacy.



*Note: Clinics have limited hours whereas the hospitals are open 7/24.*

## Com Rec Welcomes New Aquatic Supervisor

Hello, Allow me to introduce myself. My name is Dana Hinkema and I am the new Aquatic Supervisor for 17 Wing Winnipeg. You may have already seen me around in the past months as I have been working at the pools as a lifeguard since April 2002.

I moved to Winnipeg from Vancouver in September 2001 to attend the University of Manitoba full time. I will be completing my Bachelor of Arts this April and hope to enter the Faculty of Education in the Fall.

I have worked as a lifeguard/swimming lesson instructor for the past ten years. My most recent experience was at a large aquatic facility in Surrey, BC where I was the Instructional Supervisor. While working as the instructional supervisor I was responsible for all lesson programming, staff training and, most important of all, communication with the parents and children about their swim-



**Dana Hinkema**  
**Aquatic Supervisor**  
**17 Wing Winnipeg**

ming lessons and use of the facility.

In the coming months I hope to make many exciting changes to the programming at our facilities. If you have any comments or suggestions I would really appreciate hearing from you. I can be reached by phone at 833-2500 ext. 7013. Leave me a message and I will be sure to return

your phone call. Or you can stop by my office at Building 33. I will be in my office each week on Tuesdays and Wednesdays between 1530 and 1930 hrs.

I would also like to take this opportunity to introduce our Junior Life guarding Program that will be starting this January. If you are 14 years or older and think you might want to be a lifeguard one day, this program is for you! It will include training in basic life guarding techniques as well as give you the opportunity to 'shadow' one of our staff members on deck during public swims. By participating you can earn credits towards life-saving and life guarding programs that we will be offering.

I look forward to meeting as many of you as possible in the coming months. Please don't hesitate to introduce yourself, or give me a call with any suggestions, concerns, or comments that you might have about our staff and programs.



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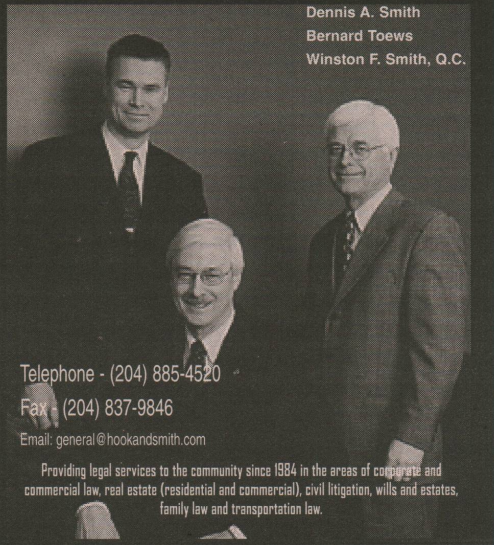
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# 402 Squadron Delivers Holiday Cheer

Pat McNorgan Sgt  
402 Heritage and History 6972

On the 16th and 17th of December, 402 Squadron was magically changed from a training squadron to a squadron that delivered "trains", and toys and other goodies. More than 70 "City of Winnipeg" elves lent a hand to the Christmas Cheer Board helping to deliver hampers to Winnipeg families.

During the Holidays, the old Canadian Tire store "Christmas Cheer Board headquarters" across from Seven Oaks Hospital was a beehive of activity. This year the Christmas Cheer Board had to deliver more than 20 thousand hampers. Volunteers were gathering hampers together into neighbor-

hood groups. Others helped load the dollies and check them off before moving over to the turkey table to pick up the Christmas birds.

Deliveries were done eight at a time with one load in the morning and another in the afternoon. Squadron members worked in teams of two, a driver and a navigator. Once a home was located, the pair worked together delivering the cheer. Each family received a hamper box and a Christmas turkey. Where there were children, toys were wrapped up in bright paper and added to

the bundle.

The happy smiles and squeals of delight when the kids saw the treats coming certainly made the days worthwhile.

The great turnout from the Squadron warmed the hearts of all and shone a light on the spirit of Christmas - alive and well at 402.



## 17 Wing Heritage

Looking for donations of military items for Wing Heritage Collection.

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Larry King, CNN

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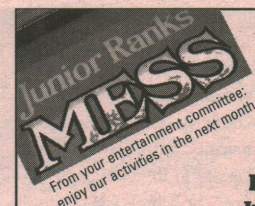
**The Sisters of the Holy Rock**  
Tuesday, April 8 2003  
Showtime: 7:00 pm



SCOUTS CANADA

17 Wing Scouts would like to invite boys and girls from ages of 5 to 14 to join our Beaver, Cub and Scout groups. We still have many activities planned for the last half of the Scouting year and would look forward to having more participants.

If you are interested in joining please contact Cori Hunter at 833-2500 ext 5116 for more information.



From your entertainment committee:  
enjoy our activities in the next month.

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## Officers Mess 17 Wing

### Entertainment Calendar

#### TGIF - Fridays

Join us for TGIF each Friday afternoon. Come for the food, the beverages, the friends, and the opportunity to win free entertainment tickets and the 80/20 jackpot. TGIFs are "mixed" events for spouses and guests after 1700 hrs.

Childcare services (2 - 12 years old) are available during TGIF! 1700 - 1900hrs. Sign-ups required

#### Valentines Candlelight - Friday, 14 February

Come out for an evening filled with romance. Enjoy a full course meal, roses for the ladies, and an opportunity to win fabulous prizes!

Time: 1900 for 1930 hrs

Cost: \$20 per member couple, \$30 per guest couple

Dress: Jacket &amp; Tie

Sign-up: Required, 21 Jan - 31 Jan 2003

Call ext 2491 for more information or to make a reservation.

# 17 Wing combat clubs a great way to get fit

## Shotokan Karate

By David Lavallee

Karate is an ancient martial art with a history that dates back many centuries. The word 'karate' is based on two words, 'kara', which means 'empty, and 'te', which means 'hand'. Essentially, it reflects both the fact that students do not use any weapons, and the Zen process of perfecting oneself and one's art.

"Shotokan Karate offers a unique balance of flexibility, strength, coordination, and speed, combined with the 'peaceful' frame of mind," says Major Kenneth Johnston, a member of the 17 Wing Shotokan Karate club.

The focus of Shotokan Karate is on the traditional approach of 'empty hand' defense. Participants learn and use a variety of moves and techniques, and are tested in three primary areas – basic techniques, Kata, and Kumite. The basic techniques portion in Shotokan karate involves learning and demonstrating blocking, punching, striking, and kicking. In the Kata portion, participants learn and execute a variety of defensive and offensive techniques against multiple

imaginary opponents.

Kumite involves two individuals engaged in sparring, in which the goal is to deliver (without making actual contact) an effective technique or finishing blow that would neutralize an opponent. Penalties are assigned for going out-of-bounds and for excessive contact. Generally, junior-level participants are more



regimented in their moves to prevent accidental injury, but as they gain experience and more control, they participate in a much more 'free style' Kumite.

The Shotokan Ranking System is broken down into different 'kyu', or levels, which are signified by belt colours. Participants start at the most junior level, white (9th kyu), and progress through yellow (8th kyu), orange (7th kyu), green (6th kyu), two levels of purple

(5th and 4th kyu), three levels of brown (3rd – 1st kyu), and varying degrees of black.

There are many opportunities for competition in Shotokan Karate. The Brandon and Stonewall Dojos (clubs) each host a Shotokan Karate tournament during the year. Levels of competition depend upon age and belt level. In October 2002, the Canadian National Shotokan Karate Championships were held at the Fairmont Hotel, and members of the 17 Wing Shotokan Karate club came away with a total of three gold medals, one silver medal and four bronze medals. The 17 Wing club hopes to host a tournament of its own in the future.

The 17 Wing Shotokan Karate Club was formed in January, 1998, by Sensei Walter Crockford, with the help of Sgt Alain Leblanc. Sensei Crockford studied karate in Japan for many years, and has a degree in Physical Education from the University of Manitoba. "One of the strengths of our club is the caliber of instruction offered by Sensei Walter Crockford," says Major Johnston. "He is one of the few North American

Shotokan instructors to have five years of experience training in Japan, and the 17 Wing results at the National Championships are a testimony to his skill as an instructor."

The 17 Wing Shotokan Karate club has adopted a family-oriented approach in its membership. "It provides both parents and children with the opportunity to learn a martial art form together," says Major Johnston. All classes are held in the Building 90 gym, Monday and Wednesday evenings from 6:30 – 8:00 PM, and Saturday from 10:00 AM – 12:00 PM (recreation cards are required for all classes).

The club rates are \$25/month for children 17 and under, \$30/month for adults, and a maximum of \$60/month for a family. The equipment needed to participate in Shotokan Karate is minimal. To participate in classes, all participants need a T-shirt and sweatpants/shorts. However, a uniform call a 'gi' is required for testing and competitions (the cost of a 'gi' is around \$40). There is also a fee of about \$30 for testing for each kyu level.

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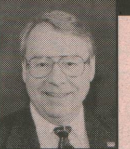
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### MFRC Deployment Services

### Parcel Packing Stations— Check them out @ 102 Comet St.

MFRC HQ and the South Side Family Drop-in Centre at 2PPCLI (everyone welcome, call for hours loc. 6600)

There you will find everything you need to help you keep in touch with your deployed loved one.

- Brown paper
  - Tape
  - Boxes
  - Markers
  - Photo envelopes
  - Packing materials
  - "Care Package" ideas!
  - Addresses and Postal information
  - Sometimes-some goodies to pack.
- Letters to deployed personnel can always be dropped at the MFRC. Parcels must conform to

regulation sizes/weights/parcels too large must be mailed at the Forces Post by Bldg 90.

**Did you know?**

Due to a near-complete breakdown of the civilian mail system in the Former Yugoslavia, and many other theatres of operations, the only way that mail can be delivered to, or received from members on operations is via the Canadian Forces Post Office in Belleville, Ontario. Any mail sent via normal civilian mail systems will almost certainly never arrive. Regulations regarding mail set out by Canada Post apply, but you only pay postage to Belleville, Ontario. From there it is sent overseas by

airmail at no additional expense to you.

Communication is very important for all family members. Make sure you have the service member's full address and service number before departure. Likewise, ensure the deploying soldier has all the info he/she may need to keep in touch with home.

**Sending mail to theatre**

To send mail to a member deployed you can either:

- mail the letter/parcel

yourself from anywhere in Canada to Belleville, Ontario as indicated in the address, paying the cost to CFPO @ Belleville, ON; or

- drop the appropriately-addressed mail/parcel off at any CF Post Office for free postage to Belleville. (size and weight restrictions apply) Letters can be dropped at the MFRC anytime!

For more information and addresses to theatre of operations call Catherine at ext 4506.

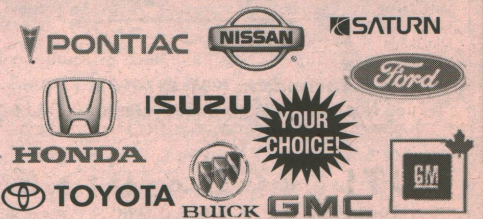
### Lights! Camera! Action!

From time to time the MFRC receives requests from local media and Public Affairs representatives to speak with Military Families on a variety of topics. We are compiling a list of interested community members to have on hand. If you are interested in sharing your experiences call Catherine @ 4506.

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**BANKRUPTCY? DIVORCE?**

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## Off & Flying

By Captain Dave Fouts, UIO, 3CFFTS Southport

On 13 December 2002, four students from the Advanced Flying Training - Multi-Engine course received their Canadian Forces pilot wings from Colonel Doug McLennan, 17 Wing Comd. The occasion was marked with a Wings Presentation Ceremony in the Combined Mess of 3 Canadian Forces Flying Training School at Southport, where families and friends gathered to celebrate.

The graduates of course 0204 are as follows (standing, back row, left to right): Capt Danny Gagné is posted to 405 Sqn in Greenwood NS where he will fly the Aurora aircraft, Lt Trevor Juby is posted to 407 Sqn in Comox BC to fly the Aurora aircraft, Lt Phil Daunais is posted to 436 Sqn in Trenton

ON to fly the Hercules aircraft, and Capt Sean Hemus is posted to 415 Sqn in Greenwood NS where he will fly the Aurora aircraft.

(Seated front row, left to right): Col Hal Wishart, HCol 3 CFFTS, LCol Steve Bannister, Comdt 3 CFFTS, Col Doug McLennan, WComd 17 Wing Wpg, and Col Ben van Ruiten, HCol of 17 Wing Wpg.

Of interest, Capt (ret'd) Hemus presented Wings to his son, Capt Sean Hemus. HCol Wishart presented the trophy named in his honour to the best Multi-engine pilot candidate: Lt. Phil Daunais.

Congratulations to all the Wings Graduates of Course 0204 from the staff of 3 CFFTS, Southport.



PHOTO CREDIT: CPL BRADLEY/17 WING IMAGING

## Australian Officers Training at 17 Wing

By David Lavallee



PHOTO BY DAVID LAVALLEE

These Australian officers have been in Canada since April, 2002, training at CFFANS at 17 Wing. Personnel from countries all around the world have spent time at 17 Wing training at CFFANS and 3CFFTS. (Back row, l-r) P/O Stephen Monypenny, P/O Anna Moore, P/O Dianne Bell, F/O Craig Inns; (Front row l-r) F/O Glen Gallagher, P/O Matthew Kitchin.

Since April 2002, 17 Wing has played host to six Australian officers who are training at the Canadian Forces Air Navigation School. Upon completion of their course, Pilot Officers Dianne Bell, Matthew Kitchin, Stephen Monypenny, and Anna Moore, and Flying Officers Glen Gallagher and Craig Inns, will be

leaving for home at the end of March, having spent nearly a year in Canada to experience everything we have to offer.

One of the things they noticed was the similarities between the Australian and Canadian people. "Actually, Canada is a lot like Australia, only colder," says F/O Inns. "The people are very friendly."

There are some small cultural differences, like an abundance of coffee and donut shops and a liberal attitude towards tipping (from waiters to hairdressers), that they found surprising.

Many of them have been all across the country - Halifax, Quebec, Toronto, Winnipeg, and Whistler, BC - and have

partaken of such activities as hiking, skiing and snowboarding. In fact, some of them plan to continue their travels in Canada. "We plan to do some more exploring of Canada," says F/O Gallagher. "We've got our entire lives to explore Australia."

Closer to home, they've also done some exploration of Winnipeg, which included a cross-section of our sporting activities, having attended Winnipeg Goldeyes, Winnipeg Blue Bombers, and Manitoba Moose games. Some have even checked out the nightlife in Winnipeg. Although they say they've found their experience in Canada to be a fulfilling one so far, nothing compares to home.

"Of course we miss Australia," says P/O Moore. "I think what I miss most is the ocean and the surf." Although they were in Winnipeg for the summer, our beaches are small by comparison, and the mosquitoes are a serious nuisance. "We have mosquitoes in Australia, but certainly not like you have here in Manitoba," says F/O Gallagher.

This group is one of many that move through Canada and 17 Wing for training in a variety of areas. Other personnel from countries like Belize, Brunei, Denmark, Germany, Ireland, Jamaica, Korea, New Zealand, Norway, and Singapore have also completed training here in Winnipeg at CFANS and 3CFFTS. In addition, 17 Wing also hosts American and British personnel at 1 Canadian Air Division/Canadian NORAD Region Headquarters.

# Join the military; travel to exotic places and live the adventure.

By Lt Jennifer Faubert



During a trip into the interior of Democratic Republic of the Congo, Maj. Art Brown came across a destroyed mobile gun. The 17 Wing Air Reserve Flight Commander is on Operation Crocodile serving under MONUC.

Usually Major Art Brown is the one sending air reservists on deployments and taskings but this time he was deploying. Brown, the 17 Wing Air Reserve Flight Commander, recently deployed to the Democratic Republic of the Congo for rotation six of Operation Crocodile.

In the past, the army has staffed this mission said Capt Ryan Jurkowski, mission desk officer international operations, but due to manning shortages, a recent trend for

smaller missions is to share the work-load with other elements and the reserve force. Although not the first reservist to serve in the United Nations Organization Mission in the Democratic Republic of the Congo (MONUC), Brown is the first Air Force reservist to join the mission. He is one of eight military observers serving in the region, six of whom are situated in the capital of Kinshasa.

Congo is a hotspot on many levels with tempera-

tures rising above 30 C daily and a political situation that is unstable.

"Right now, it is calm but the situation can be volatile and unpredictable," said Brown. "We have a pulse of what's going on in the country."

As Chief of Information Operations, he is responsible for ensuring the Force Commanders Information Campaign is followed. The military information operations cell insures that the correct themes and messages are

transmitted to target audiences such as belligerent parties, civil government, and the local population. Another element of his job involves working with Civil Military Cooperation (CIMIC), which provides military assistance to the local community. In the case of MONUC, the program is called Quick Impact Projects (QUIPS). QUIPS helps to advertise the role and mission of the UN by providing money for community projects such as helping hospitals purchase medical equipment, or repairing critical transportation links such as bridges.

Although security threats vary across the country, they are more prevalent in eastern DRC due to fighting between rebel factions and ethnic groups. Brown says Kinshasa is relatively safe, but remarked that he has to be aware of his personal safety at all times, especially since he lives on the economy.

"We keep the car doors locked and the windows closed when driving and we try not to come to a complete stop when approaching a red light," he explained. "If we go out at night, we go in pairs or in a group for safety reasons. It is different in rural areas where many factions are vying for power to control the area they are in and they become the law in those

areas. We check the military situation before we travel within the country, and the bottom line is, we don't go anywhere without making sure we have security guarantees from the rebel groups in the area."

Security aside, Brown says he enjoys living on the economy and working with military from other countries. All are trained to their own military standards and are required to take a UN course to gain knowledge of UN rules and practices. This ensures there is compatibility and knowledge across the mission.

The UN course also offers intensive training on a myriad of subjects such as survival skills, mine awareness training, equipment usage and negotiation skills. Brown said he found the negotiation and mediation training was extremely useful.

To be able to deploy, Brown submitted his name to a volunteer list held at 1 CAD HQ that was established for Air Reservist's interested in deploying.

"I got the call at the end of Feb 2002 asking if I was interested in a UN deployment to the Congo, so I had lots of time to prepare and the rest is history," he said.

In order to be ready for deployment when the call came, he was told to keep his

military skills and training up to date. This includes immunizations, weapons qualifications, and NBCD.

"Show an interest, tell your immediate supervisor, keep your military skills up to date and get your name on the 1 CAD volunteer list," he summed up.

Brown first joined the regular force as an air weapons comptroller then moved to the Air Reserves in 1996. He will return to his position as 17 Wing Air Reserve Flight Commander in May.

Canada has been contributing forces to MONUC since the Congo conflict erupted in August 1998 when Rwanda and Uganda and later Burundi backed Congolese rebels seeking to oust then-President Laurent Kabila.

As of October 2002, a total of 4,258 military personnel were serving in Congo as members of MONUC. The bulk of the force is made up of Military Observers, Security/Self-Protection forces, and medical support units. For Canada, Op Crocodile is the deployment of eight Canadian military liaison officers. Their mandate is to monitor the implementation of the Lusaka Ceasefire Agreement and to investigate any violations of it.

**Some images of Holiday cheer at the Air Command Band Christmas Concert, held at the Burton Cummings Theatre on December 8, 2002.**



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Mail: L-3 Communications, Spar Aerospace Limited, Human Resources  
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We thank all applicants for their interest, however only those candidates identified for further consideration will be contacted.

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## Fitness & Sports Page

### RUNNERS

I have talked to the people at the Running Room and they are able and willing to print our Air Force ensign on a Cool Max shirt or singlet in place of the Canadian flag, or as a smaller "decal" over the left breast.

The cost of the shirt is \$38.33 (the Canadian flag shirt is 39.99 at the Running Room) plus tax. The singlet is approx \$10 cheaper.

If you are interested in purchasing one please email or call me at 2020.

Keith Nociar Capt 435 Sqn ext: 2020



### Royal Canadian Artillery Reunion for all Gunners

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Fort Info write to:

Artillery Reunion, P.O. Box 214, Shilo, MB R0K 2A0  
or email: www.artillery.net

Don't miss the first "check bearing" on  
Friday 27 June 2003 at Shilo.

## 2002 Wing Commander's Hockey Tournament

by Chris Merrithew

There were 8 Teams participating in the 2nd Annual Wcomd's Hockey Tournament on the 4 - 6 Dec 02 at the Highlander Sportsplex. The tournament started out fast and furious with many of the top players from 17 Wing Wpg participating.

The Top two teams from each division advanced to semi-finals in a division cross over format. In the first semi, the 2 PPCLI Jr Ranks team disposed of the team representing 435 SQN, 7 - 2. In the other final opposing 402 SQN versus the Wing Old-timers, the Old-timers defeated 402 SQN with a single goal in a 1 - 0 game.

The final was set between the fast skating 2 PPCLI Jr Ranks team and the smooth passing Old-timers. LCol Reid (CFANS) opened the scoring with a nifty pass from team captain Maj Girard (402 SQN). Despite constant pressure for the 2 VP team, the Old-timer's goaltender Cpl Shemko (402 SQN) was playing at his best and kept the 2 VP team off the scoreboard. The Old-timers took an early 2 - 0 lead on a goal by Sgt Lake (435 SQN) assisted by Cpl Aube (WSUP) and Cpl Kennedy (WTISS). The 2 VP Jr Ranks responded with a great goal by MCpl Murray assisted by



PHOTO BY DAVID LAVALLEE

The 17 Wing Old-Timers, winners of the 2002 Wing Commander's Tournament.

Smith and Schofield. The action was fast and furious with many opportunities for both teams.

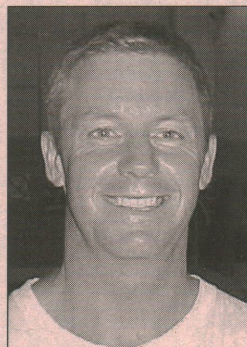
With 13 minutes left in the game the Old-timer's close checking forward Cpl Cormier (402 SQN) flew down the ice and blasted a slap shot past the 2 VP Jr Ranks goaltender Simms. With a little less wind in their sails, the Jr Ranks gave another Old-timer goal scored by Cpl "Happy Gilmour" Baker (1 AMS). Maj Dan Girard scored the fifth goal of

the game and his 2nd with 4:37 left in the game. Sgt George Lake sealed the deal with his second goal of the game with 1:02 remaining and lead the Old-timers to a 6 - 1 victory.

The final was a great crowd pleaser and offered some very exciting hockey over the three-day tournament. Wing Commander, Col McLennan, presented the awards following the game and was very pleased at the quality of hockey played.

## Athlete of the Month - Major Gyula Gergely

By David Lavallee



It's fair to say that Major Gergely is a busy man. As the 17 Wing Construction Engineering Officer, he is responsible for overseeing the many infrastructure and construction related projects going on around the base all

year long. Add to this busy job description a very active athletic life, and you have an Athlete of the Month.

Swimming is one of Major Gergely's sports of choice. Since his arrival in Winnipeg in August 1999, he has been involved with the 17 Wing Winnipeg Flying Tiger Swim Team (FTST), and has been the Team President for the past three years. The FTST is a non-profit club and integral part of the Swim Manitoba program, and is currently made up of 29 competitive and 26 non-competitive members. The FTST actively participates in local and provincial level swim com-

petitions throughout Manitoba and Saskatchewan, and many of the team members have achieved a very high standing at the inter-provincial competitive level. While the ages in the FTST currently range from 6 - 16, there are no age restrictions, and only a minimal level of swimming ability is required, so everybody is invited to come out and get involved!

In addition to his activities with the FTST, Major Gergely also swims with the Manitoba Swim Master's Aquatic Club, and has been at master's level swimmer for 9 years. Swimming is not the only athletic field

that Major Gergely is active in, and when he is not busy with the FTST or his own swimming activities, he spends his free time with distance cycling and marathon running.

For his dedication to the FTST, swimming, athletics and fitness, Major Gergely is the Voxair's Athlete of the Month for January, 2003. Congratulations, Major Gergely! The FTST trains at the Lipsett Hall Pool, M/W/F from 5:00 - 7:30 PM, T/Th from 5:00 - 6:30 PM, and Sat from 7:00 - 9:00 AM. If you would like more information, please contact Major Gergely at (204) 833-2500 ext. 5030.

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## 17 Wing to Host Regional and National CF Basketball Championships

The 17 Wing Fitness and Recreation Centre (Building 90) will be the site of some competitive and exciting CF basketball in the coming months. Teams from across Canada will converge on 17 Wing in the 2003 Prairie Region Basketball Championships

and the 2003 CF National Basketball Championships. The Prairie Region event will run from January 31 - February 2. Four teams - CFB Shilo, Cold lake, Edmonton and 17 Wing Winnipeg - will battle for the regional championship. Come out for some excit-

ing basketball and support the 17 Wing team! 17 Wing will also host the 2003 CF National Basketball Championships from March 3 - 9. This event will feature the best of the best in CF basketball and will showcase teams from across Canada!

If you would like more information on the 2003 Prairie Regional Basketball Championships or the 2003 CF National Basketball Championships, please contact 17 Wing Sports Coordinator Chris Merrithew at (204) 833-2500 ext. 5511.



## MFRC Deployment Services

### The "MISSION INFORMATION LINE"

# 1-800-866-4546

*Peace of mind is only a phone call away.*

The Mission Information Line (MIL) is a bilingual telephone service for families of Canadian military personnel serving in operations outside Canada. The toll-free, 24-hour service features detailed reports about Canadian Forces missions and operations from around the world and provides the kind of assurance and support family members depend on.

During business hours, callers can speak directly to MIL staff for additional information or referral to other resources. MIL personnel are available to handle calls in confidence Monday to Friday, except on statutory holidays, from 8:00 to 16:30 Eastern Time

The Mission Information Line should not be considered a substitute for Family Resource Centres or Unit Rear Parties, but rather a complement to their services.

MIL provides reliable, thorough and comprehensive information, and gives families the chance to find out more about living conditions and unit activities. The recorded information also includes: Periodic Situation Reports; messages from commanding officers; and confirmation of news releases and information on incidents or accidents.

The Situation Reports are provided directly by deployed military personnel from theatres of operation.

MIL Staff receive the information from a number of sources at the Department of National Defence, including: units deployed on peacekeeping missions; the National Defence Command Centre; Peacekeeping authorities at National Headquarters in Ottawa; and rear parties.

A touch-tone telephone is required to use the Automated System; pressing "0" will connect you with line personnel. Callers can use rotary phones by following the instructions given on the line.

For more information on how the MIL can help your family or your unit's families please call Catherine loc. 4506

## The MFRC offers a wide range of deployment related programs and services including:

- Deployment workshops for children, youth and adults dealing with issues surrounding preparation, separation and reunion;
- The "Warm Line", call to get connected!
- In-school deployment support groups
- School staff workshops
- Op Retreat - beginning Mar 13, join us every second Thursday evening for a variety of topics, from Crafts to Computers. Your chance to relax, make some friends and feed your mind.
- Community Access Computer- we can help you to get on-line!
- Parcel packing stations
- Resources ranging from videos to children's colouring books and maps
- Emergency and respite childcare services
- South Site Family Drop-in Centre

And much more

MFRC services offer support to the partners and families of Regular and Reserve Force Military members during deployment, extended TD, posting or lengthy training courses.

On request, we are pleased to offer presentations and workshops at the unit level, to encourage understanding of deployment related issues or to introduce personnel to the MFRC and its services.

If you or a member of your family is or will be facing a deployment, please call to find out more about these resources.

Catherine Chatterley loc. 4506

## Deployment constitutes change.

Helping children understand these changes helps them to adjust and embrace the challenges of deployment.

Through fictional stories, workbooks, journals and simple colouring sheets, children can begin to understand the job their loved one does and helps to answer questions about deployment. All of the resources listed below are available at the MFRC. Call to reserve your copy!

Don't forget to check out the Internet for great children's resources!

### Children's books:

- My Mom is a Soldier /Maman est un soldat
  - A Father to be Proud of/Un père dont on peut être fier
  - The Griffon /
  - The Student Deployment Journal/
  - Joey's Mom is Going Away story/ workbook
- More info-Catherine @ 4506

## Join the Deployment Information Network...

Send us your e-mail address and we will put you on our distribution list for deployment service updates, upcoming activities and more.

E-mail us at:

[wpgmfrc@autobahn.mb.ca](mailto:wpgmfrc@autobahn.mb.ca)

Get on-line with the MFRC.

### MFRC Contact List

You may reach the MFRC by dialing: (204) 833-2500 and enter the 4-digit local of the person you are trying to reach.

Administration	Mona Currie	4500
Teen Centre		4502
MFRC Library		4503
Executive Director	Don Brennan	4504
Education Services (QOL)	Val Hudson	4505
Deployment Services	C. Chatterley	4506
Volunteer Services	Nicole Johnson	4507
Youth Services	Diane Brine	4508
Information & Referral	Linda Beltsle	4509
Children's Programs/ Emergency Childcare	W. Richardson	2491 or 6846
Employment Assistance	John Chabib	4511
Special Needs/ PIC Social Worker	Haley Schroeder	4512
Francophone Services	Louise Cameron	4515

**SISTERS OF THE HOLY** *Tuesday,*  
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*2003*  
*at 7 pm*



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**Tickets \$10**  
(Cash or Cheque)

## Together in Church



### CATHOLIC

#### Chaplains

Father Guy Chapdelaine  
(Roman Catholic)  
Office 833-2500  
extension 5272

Father Terry Cherwick  
(Ukrainian Catholic)  
Office 833-2500  
extension 5417

#### Secretary

Carol Cochrane  
Office 833-2500  
extension 5087

#### Masses

(English only)  
Sat 1630 hrs  
Sun  
1130 hrs

#### 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 third Tue of the month at 1900 hrs in the Chapel Annex.

### PROTESTANT

#### Chaplains

Padre Bob Brinn  
(United Church)  
Office 833-2500 ext 5349

Chaplain Lenora Grauer  
(Evangelical Lutheran)  
Office-833-2500 ext 5785

Padre Brad Busch  
(Evangelical Lutheran)  
Office 833-2500 ext 6022

#### Secretary

Carol Cochrane  
Office 833-2500 ext. 5087

### Sunday Services

English Only 0930 hrs

### 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 Guild

The Guild meets the first Sunday of the month at 1800 hrs in the 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 PPLCI Duty Centre, ph. 833-2727.

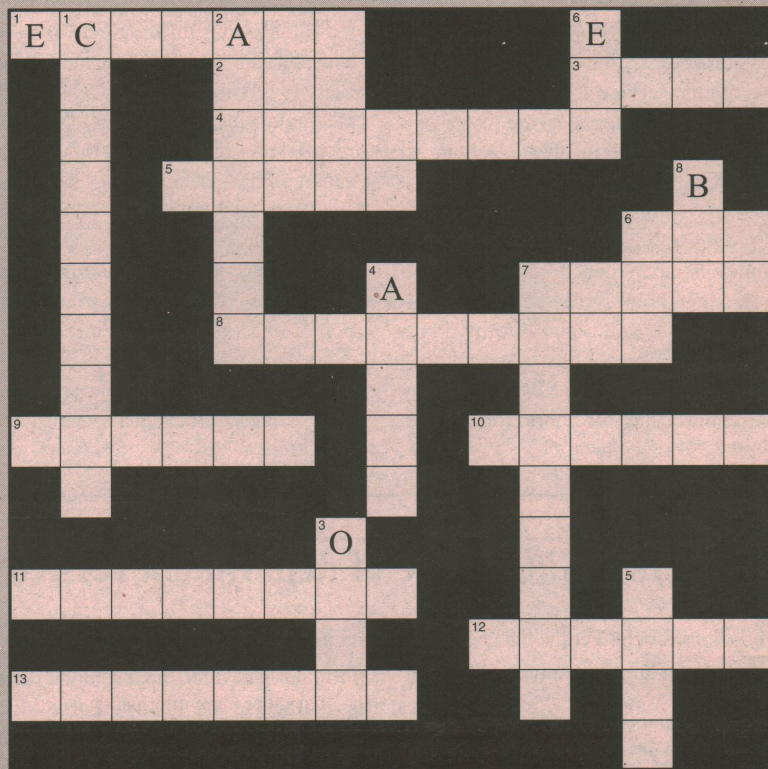
### Other Phone Numbers

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.

## STRENGTHENING THE FORCES ÉNERGISER LES FORCES

### Addictions Awareness Crossword Puzzle

Check your level of awareness of addition-related issues with this short crossword puzzle.



Answers on the next issue of The Voxair

### ACROSS

- Club drug popular with youth.
- Hallucinogen also known as "acid".
- A method of discussing drug and alcohol refusal strategies with your child.
- Drug used by 37.9% of Manitoba students in 2000-2001.
- How the liver views alcohol.
- 100% preventable birth defects, including mental and physical effects.
- Highly addictive street drug that is often smoked.
- Legal term implying responsibility for a guest who has driven drunk from your party.
- Health Promotion Program, supporting addiction free living: Strengthening the . . . . .
- Place where costly addiction may be seen, though not related to substances.
- Often injected, these substances change physical appearance and are known to increase the risk of cardiac problems such as heart attack.
- Reduced ability to cope with this aspect of daily life increases one's risk of using or abusing substances.
- Healthy alternative to substance use.

### DOWN

- Person trained to help those in need.
- Socially acceptable yet addictive depressant; affects several body systems, including depressed immune functioning.
- Your chances of winning the lotto are approximately 1 in 14 million.
- Continuous use of a drug despite negative consequences to self or others.
- What you should get if you or someone you know has a problem with substance use.
- Source of controversy around municipal by-laws, this substance causes lung cancer.
- Legal product proven to cause cancer.
- Expressed as the measure of milligrams of alcohol per 100 millilitres of blood.

### References:

- Addictions Foundation of Manitoba (2002): Fast Facts on Alcohol.
- Health Canada (2001). Straight Facts About Drugs and Drug Abuse. Ottawa: Minister of Public Works and Government Services Canada
- Strengthening the Forces (2002). Low Risk Drinking Guidelines.

For information on low risk drinking guidelines, ideas for talking to your kids about drugs and alcohol, integrating healthy choices into your lifestyle, safe party planning and other related topics, please contact the Health Promotion office in building 90, at local 4160. We are also very interested in hearing from folks who are involved (or are interested in becoming involved) in prevention activities.

If you or someone you know is experi-

encing difficulty with substance use, please contact the Wing Addictions Counsellor, Bob Murphy at 5780 or the Addictions Foundation of Manitoba at 944-6200.

On January 20th, the Health Promotion Program will be launching the National "March 1st, I Quit" contest in smoking cessation. The aim of the contest is to challenge those who have decided to quit smoking to set a quit date of March 1st and remain

smoke free for the month of March. National draw prizes of cash, DVD players, and digital cameras have been donated by Canex. Prizes will also be available to non-smoking support people who enter with the smoker. For more information on the contest or how to register, please contact Carol Styles at local 4160. More information including contest eligibility and rules will be advertised in the Maple Leaf, future editions of the Voxair and on the DIN.

# TAROSCOPES

By Nancy

**ARIES** (March 21 – April 19): Listen to your inner hunches about people rather than relying on outside opinion. If you want to lose weight or start a healthier diet plan, don't try for big results just yet. You're still wanting to take it easy. Start slow. Pamper yourself.

**TAURUS** (April 20 – May 20): Strike a balance between impulsive activities and commitments. Wait for key information before making a final decision. You don't have the full picture yet. Focus on understanding yourself and your own goals not what others are saying and doing.

**GEMINI** (May 21 – June 21): Plan extra time for preparations and travel. You'll be searching for misplaced objects. Mark special dates in red on your calendar. You may end up having to duplicate work or purchases that have disappeared. Share the load so you're not so harried.

**CANCER** (June 22 – July 22): Taking care of those who don't appreciate your efforts may make you feel disheartened. Always trying to figure out what others need, and then smoothing the way for them is a waste of energy. Wait until they ask for assistance or better yet, leave them alone to do it themselves.

**LEO** (July 23 – August 22): Trust your instinct before your intellect. This doesn't mean be foolish; just follow your heart and your gut. If you can't trust your own judgement get other impartial opinions. Travel light on an upcoming trip. See the local sites and out of the way places.

**VIRGO** (August 23 – September 22): You find that some of your best ideas have already been developed by others. Accept that life is full of delays and detours. Recheck past work and reconsider an idea or interest you didn't think was doable. Don't give up too early.

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**LIBRA** (September 23 – October 23): Strive to bring calmness into your life. Exercise patience. Trying to make things happen faster brings frustration. Your timing is off. Slow and steady is best. You can look forward to fewer worries and financial stability when someone leaves.

**SCORPIO** (October 24 – November 21): A time to review how you're allocating your time. Other people's concerns and needs can't always come first. Fitting in, and maintaining the status quo, doesn't feel very good if it takes too much energy. Schedule fun for you.

**SAGITARIUS** (November 22 – December 21): Worries, because of over-indulgence, can be alleviated by applying logic and control. Be proactive instead of reactive. If you expect to see improvements, plan accordingly. Don't take your main relationship for granted. Weigh your words before you say them.

**CAPRICORN** (December 22 – January 19): Be confident, but don't overdo it and become complacent. You have less time to complete tasks than you expected. Hard work is required to meet deadlines. You'll need a clear head to do your best, so finish everything first, before taking some down time.

**AQUARIUS** (January 20 – February 18): Pay attention to who has access to your work and ensure there is no room for misinterpretation. Establish parameters in your relationships that meet your needs. Exercise patience, tolerance and understanding, but underline that standards can't be compromised.

**PISCES** (February 19 – March 20): It is better to approach changes calmly or you'll be overwhelmed by the inevitable. Learn ways to deal with stress. Communicate clearly to avoid confusion. This is not a time to follow blindly. Consider the source of all advice.

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April 12	PowerPoint
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May 3	Microsoft Word

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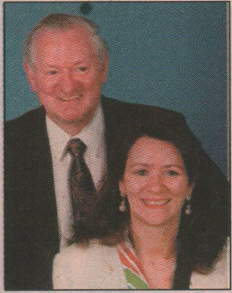
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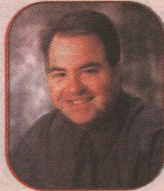
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