

### IN THIS ISSUE:

- Butting Out – Making it a Reality: 17 Wing Members Share their Stories
- 17 Wing ‘Castors’ Colony Welcomes Initiates
- 17 Wing Winter Family Carnival March 1-2, 2003
- Thoughts on cultural exchanges
- Pilates Offers Total-Body Workout
- Khari and Justine Jones to Participate in Hospice Aerobics Challenge at 17 Wing Winnipeg

### Historic Anniversary at CFB Winnipeg Curling Club



“I know this club has been here a long time, and I know many of the people gathered here have spent many hours enjoying the curling, the comradeship, and the interaction with the community at large, and it’s great to be a part of the anniversary ceremony”

Col DC McLennon  
17 Wing Commander

# 17 Wing Takes Prairie Regional Basketball Championships

By David Lavallee



PHOTOS BY DAVID LAVALLEE

After a nail-biting 82-80 win over CFB Edmonton (right) the 17 Wing Winnipeg men’s basketball team (above) claimed victory in the Prairie Regional Basketball Championships, held at the 17 Wing Fitness Centre on Jan. 31-Feb.2 (Back row, l-r: 2Lt Nathan Mang, MCpl Duane Collins, Cpl Ben Simonsen, 2Lt Travis Vokey, Capt Jay Burt, Capt Glen Herridge; Front row, l-r: Pte Mark Miller, MCpl Sam Whelan, Capt Todd Murphy, Sgt Mark Jackson). The 17 Wing Winnipeg team advances to the CF National Basketball Championships, to be held at the 17 Wing Fitness Centre March 3-9.



After a hard-fought and exciting game against CFB Edmonton, the 17 Wing Winnipeg men’s basketball team came out on top winning the CF Prairie Regional Basketball Championships by a score of 82-80. The victory extends 17 Wing’s reign as the Prairie Region champions to 6 years.

“It was a very intense game,” said 17 Wing player-coach Captain Todd Murphy. “Our round-robin game against Edmonton went to double overtime, so the teams were evenly matched, and it basically came down to a couple of free throws at the end.”

The championship tournament, which ran from January 31-February 2 at the 17 Wing

Fitness and Recreation Centre, featured four teams – CFB Edmonton, CFB Shilo, 4 Wing Cold Lake, and 17 Wing Winnipeg. Play began with round-robin competition, from which two teams – CFB Edmonton and 17 Wing Winnipeg – advanced to the playoff round to compete in the finals.

“Playing in a close championship game like this is a great experience,” said Captain Murphy. “There was great sportsmanship on all sides; it was a lot of fun.” The competition in the tournament was fierce, and all the teams played well. Despite this tough competition, all teams maintained a high standard of sportsmanship. The finals results

of the tournament were 17 Wing Winnipeg in first place (3 wins, 0 losses), CFB Edmonton in second place (2 wins, 1 loss), 4 Wing Cold Lake in third place (1 win, 2 losses), and CFB Shilo in fourth (0 wins, 3 losses).

“As team, we all get along, play well together, and we all work hard,” said Captain Murphy, reflecting on the long-standing success of the 17 Wing Winnipeg team. “We’ve got a strong core of people that luckily have been posted here for a long time, and we try to build upon that every year.”

With the victory, 17 Wing Winnipeg will advance to the CF National Basketball Championship, which will also be held at the 17 Wing Fitness and

Recreation Centre. Captain Murphy says the team is now focused on the finals. “There will definitely be some strong competition and great basketball at the finals, so we’re really looking forward to that.”

Thanks to Chris Merrithew, Al Brazeau, Andy Oxley and the rest of the F&S staff for organizing and conducting an exciting and successful tournament, and to WO Barry Trice and the other officials for their hard work. Congratulations to the 17 Wing Winnipeg team on their victory, and to all the teams and athletes who came out to compete – regardless of wins, losses, or points, everyone was a winner!

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## Butting Out – Making it a Reality: 17 Wing Members Share their Stories

by Carol Styles, 17 Wing HPDIR

Okay, so you've heard about the "March 1st, I Quit!" challenge currently being promoted throughout the CF (if you haven't, please call the HP dept. or see the DIN bulletin board). You are probably well aware of the "evils" of smoking. You or someone you know may even be one of those smokers who jokes with the grocery store clerk, "No, I want the one that's going to give me gum disease, not lung cancer". Hey, for ten bucks a pack, you should have a choice after all. I have yet to meet a smoker who hasn't thought about quitting smoking at least once or twice. However, if it were that easy, we'd have put the tobacco industry out of business a long time ago. In fact, many people try several times before they are successful in quitting for good.

To assist "March 1st, I Quit!" participants in getting ready for the March 1st quit date and subsequent four week challenge, we will be profiling a series of personal stories written by CF community members, outlining their experiences with smoking cessation, in the next two issues of the Voxair. These inspirational stories will provide you with real-life perspectives on quitting smoking and offer quit-tips for success. While everyone needs to find their own time and own way of quitting, the one common thread expressed in these stories is the importance of being ready to quit and making the decision that the time is right for you.

**How I Quit Smoking**  
by Mitch Cormier, Petty Officer 2nd Class

I had been posted to HMCS Huron, Jan 99, from 17 Wing Winnipeg. I was the Mess Manager of the Jr Ranks Mess (N) when I was sent out West to be the canteen manager on board the ship. My wife and I decided that it would be best if I stayed on IR, and took a

room in single quarters at CFB Esquimalt, while the kids continued their schooling and she could build up seniority at her job. Of course I had a lot of time on my hands. Eventually, through the by and by, I started smoking. Now I had been a smoker in the past and I thought that smoking cigars wasn't really smoking as I only had time to smoke two or three cigars a day. Who was I fooling? Myself, of course. Eventually it was just more convenient to smoke cigarettes. I didn't have to set aside half an hour for my nicotine fix. Nor did I have to save a stinky smelly cigar butt that I could fire back up at a later time. Cigarettes were quick, easy, convenient to bum off another smoker, and socially acceptable.

Now I knew it was a dirty habit. But what did I care? It was not like someone was going to kiss my dirty cigarette mouth... So I just kept on smoking. That was until I would come home to Winnipeg for visits. I would quit smoking for the whole time I was home on leave. One visit lasted over three weeks. I would go through the aggravation of quitting each time I came home. You would think that after each visit, I would have just stopped smoking. Each time I was home on leave, I would just tell my wife that it was nerves. Living in the barracks was hell. Getting used to the kids again. All this stressful stuff of being separated from my family. I had lots of excuses. She knew something was up and was thinking the worst. Did she know that my mistress was NICOTINE? On my fourth visit home I had to confess. We were renovating the bathroom and I was going through hell and back. I told my wife that I had something to tell her. She looked at me as her eyes filled up with tears and I blurted it out. "I am a smoker! I need my fix! I am going to the corner store

to get some smokes." She laughed with delight. She knew that I was smoking. She could tell when she was picking me up at the airport. My clothes were saturated with cigarette



smoke. Me being a smoker was much easier to accept than me being unfaithful to her. So the pressure was off. She knew that I was a smoker. However it did not take away from the fact that I knew it was a bad habit. I still wanted to quit but found that I couldn't. I was down to five cigarettes a day. I just couldn't get below that. I certainly could smoke more, but I couldn't smoke any less than five a day. Eventually HMCS Huron went to Seattle, Washington. Yup, you know what happens then. Duty Free! I got a bottle and a carton of smokes. 200 cigarettes, and they were all mine! At five cigarettes a day, this carton would last me forty days. About half way through the carton, I got the flu. A real heavy duty type cold. I was coughing, hacking, and felt super miserable. However, I still had about 50 cigarettes to go. I paid for those cigarettes and I would be friggerd if I was going to throw them away. While I had this cold, I really didn't want to be smoking, however, I was going to smoke each and every one of them.

Right down to the filter. When I finally smoked the last cigarette, I tamped it out with a flair! "Be damned you coffin nails!" I yelled at the ashtray. I took the time to clean up my room in single quarters and I haven't looked back since then. Now I certainly did go through withdrawal, however, I wasn't going back to smoking. It was my time to quit. I didn't need any support, patches, pills or gum. Just will power. I didn't change my routines, sit in a different chair, or change the friends I hung out with. Did I gain weight? Yes, but the health benefits outweigh (no pun intended) the twenty pounds I put on. Now I may be fat, but you're ugly when you are smoking, and I can diet!

-Mitch Cormier

**What if I need support for quitting?**

If you are looking for support for smoking cessation, here are a few additional points to consider. Most smoking cessation programs encourage smokers to reflect on their smoking behaviors to truly understand why they smoke, and to plan strategies for dealing with cravings and brainstorm options for activities to replace smoking. And, as Mitch's story points out, nicotine addiction is very powerful, and cannot be ignored. While not all smokers develop the same level of addiction, and hence level of withdrawal, medical treatments can help you quit by controlling withdrawal symptoms and cravings by reducing your body's dependence on nico-

tine (Canadian Cancer Society, 1999, For Smokers Who Want To Quit: One Step at a Time). Speak with your primary care provider or pharmacist to find out which treatment option is best for you. The Canadian Cancer Society Self-Help booklets are available through the HP office and the 17 Wing Medical Clinic. Please call Carol at 4160 or Penny at 4150 for more information or if you would like to receive a booklet.

As many people know, the **Butt-Out Program** has been around the CF for a number of years to help military personnel and their families quit smoking. In the next edition, read a smoking cessation success story from a member who found the **Butt-Out program** very helpful in his efforts to quit smoking. The story is followed by some words of encouragement from the **Butt-Out Coordinator** and information on the program. Also coming soon: "Quitting Smoking, or more aptly put... GETTING REAL", a story that highlights the importance of goal setting and realistic strategies for smoking cessation.

*The next Butt Out course is scheduled for February 20th. To register, please call LS Wilson at local 5595.*

The deadline for entering the "March 1st, I Quit!" Challenge is 28 February. Watch the DIN page next week for answers to common questions about the "March 1st, I Quit!" challenge.

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# 17 Wing 'Castors' Colony Welcomes Initiates

By David Lavallee

On Wednesday, January 29, three young members of the 17 Wing military community took their first step into a larger world by participating in 'La Promesse', an initiation ceremony for the 'Castors' (Beavers equivalent). This group is part of the Association des Scouts Canada (ASC) organization, a French-Canadian chapter of the Scouting Association. Youngsters Gabriel Brind'Amour Riffou, Alexandre Giroux, and Jonathan Giroux became the first official members of the 'Colonie de la 17e Escadre'.

On hand for the event, which was held in the 17 Wing Chapel Annex, were Mr. Normand Landry, Commissioner of the Franco-Manitoba Scout district; Father Guy Chapdelaine (Captain), 17 Wing Chaplain; and Miss Claire Bérubé, Leader of the new 'Colonie de la 17e Escadre'.

The ceremony began with the introduction of the young initiates, officials, and guests. Each dignitary was invited to speak on what it meant to be part of a 'Colonie'. They all emphasized the motto that one should always make the best efforts in everything he or she undertakes. The highlight of the evening was the 5-stage initiation, or 'déroulement', in which the young 'Castors' take a series of oaths to complete their transition into the 'Colonie

de Castors'. The first stage is the promise to "Play with and like the others", which is coincidentally the law of the 'Castors'. In the next four stages, the initiates overcome small obstacles, such as hopping over a stream or crawling through a Beaver Hut, and receive badges for their uniforms. Upon completion of the ceremony, the young initiates are officially welcomed into the 'Colonie de Castors'.

"I think the best part of the ceremony, as a parent, is seeing the children's proud expressions as they complete each stage. Suddenly, all of their preparations start making sense to them," says Captain Charles Riffou, whose son Gabriel was among the initiates.

school year, running from fall to spring. The 'Castors' meet every Wednesday night from 6:30 - 7:30 PM, during which the youngsters play games, do crafts, sing songs, and participate in other fun and educational activities.

Captain Riffou says they are also planning to familiarize the 'Castors' with the 17 Wing community, as they embark on the discovery phase. "We're planning visits to see the Wing Fire Department, the Military Police, and other units around the Wing," says Captain Riffou. "It exposes our little 'Castors' to different lines of work and promotes positive role models within their base community."

The 'Castors' is a

whose parents or guardians are in the military. "It provides the children with a stable foundation, something that they belong to and feel a part of," says Captain Riffou. "There are French Scout Colonies in communities across our country, such as Cold Lake, Alberta. If a family gets posted, which is a part of military life, the kids can get involved in the Scouting organization in their new community. That makes the transition a little easier for the little ones."

The 'Castors' is the youngest level of ASC, and is generally tailored for children ages 6-8. After 'Castors', the children move on to the next scouting level, referred to as the 'Louveteaux' (Cubs equivalent). The costs associated with joining the 'Castors' include a \$55.00 registration fee per child and a \$37.50 charge per uniform, which includes the progression book. Flexible payment options are available. Financial costs will decrease significantly, once the 'Colonie de la 17e Escadre' implements its fundraising campaign.

If you would like more information on the 'Colonie de la 17e Escadre', or are interested in getting involved, please contact Captain Riffou at (204) 833-2500 ext. 5645, Kim St.Peters at (204) 888-3263 or the District Office at (204) 233-4324 or by e mail at: scoutdr@mb.sympatico.ca



The new 17 Wing 'Colonie de Castors' (Back row, l-r: Father Guy Chapdelaine (Capt), Kim St.Peter, Claire Bérubé, Capt Charles Riffou, and Normand Landry; Front row, l-r: Jonathan Giroux, Alexandre Giroux, and Gabriel Brind'Amour Riffou.

The 'Colonie de la 17e Escadre' actually started in the fall of 2002. Because the members are children, the 'Castors' seasons mirror the

Francophone organization that is open to any new members. It serves an important function for the youngsters, especially those children

## Cérémonie de Promesse Castor

Par le capitaine Charles Riffou

Le 29 janvier 2003 fut une première pour le district des Scouts franco-manitobains : une cérémonie de promesse Castor pour les enfants de la Colonie de la 17e Escadre. L'événement s'est déroulé dans la salle polyvalente de la chapelle de la base. Parmi la liste de dignitaires, on comptait : M. Normand Landry, Commissaire du district Scouts franco-manitobains; Père Guy Chapdelaine, aumônier de la 17e Escadre; et Mlle Claire Bérubé, Chef de groupe de la « nouvelle » région de "Scouts de la 17e Escadre".

Les nouveaux Castors sont Gabriel Brind'Amour Riffou,

Alexandre et Jonathan Giroux, étaient tous à la hauteur après avoir passé plus de huit semaines en stage de formation. Durant leurs rencontres hebdomadaires, ces jeunes ont appris le vocabulaire, l'histoire thématique, la loi (jouer avec et comme les autres), les moeurs et les règles de vie des Castors par l'entremise des histoires de « Castou » (mascotte des Castors), de jeux, de chants et de bricolages.

Le point culminant de toutes ces préparations était la cérémonie de promesse, reconnu comme événement majeur pour tous ceux qui entrent dans le mouvement Scout.

Lors de cette soirée spéciale, chaque nouveau Castor était appelé à faire le parcours rituel de la promesse qui compte cinq stations. À chacune de celles-ci, l'enfant recevait un nouvel insigne complétant l'ensemble de son uniforme et produisant ainsi un vrai Castor!

C'était également une première pour Mme Kim St.Peters et le Capitaine Charles Riffou. Ceux-ci ont fait leur promesse d'animateur, s'engageant donc à soutenir la colonie de Castor de la 17e Escadre.

Un léger goûter était servi pour clôturer la célébration. Ensemble, les nouveaux

Castors, leurs familles et leurs invités ont fêté cette belle occasion.

Pour ceux et celles qui voudraient se joindre aux Castors de la 17e Escadre, veuillez contacter Mme St.Peters au 888-3263 ou le Capitaine Riffou au 832-2813. Vous pouvez aussi appeler Mlle Bérubé au bureau de district au 233-4324 ou la rejoindre par courriel à l'adresse suivante :

scoutdr@mb.sympatico.ca. Nos rencontres ont lieu chaque mercredi de 18h30 à 19h30 au Centre de ressources pour famille militaires (MFRC). « Castors à l'effort! » (cri de ralliement)



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## Historic Anniversary at CFB Winnipeg Curling Club

By David Lavallee

January 23, 2003 marked an historic point in the ongoing story of the CFB Winnipeg Curling Club. It was on this day that the club celebrated the 40th anniversary of its initial opening on January 23, 1963. Wing Commander Colonel Doug McLennan presided over a brief ceremony to honour the club's anniversary, and many club members, both past and present, turned out to be a part of the historic occasion.

"It's a pleasure for me to be here to welcome you on the 40th anniversary of the curling club," said Colonel McLennan, addressing the gathering at the club. "I know this club has been here a long time, and I know many of the people gathered here have spent many hours enjoying the curling, the comradery, and the interaction with the community at large, and it's great to be a part of the anniversary ceremony."

The highlight of the anniversary celebration was the ceremonial rock. The gathering was led onto the ice by a piper, and the assembled members lined up along the mid-ice walkway. As the members looked on, Major Kaz Oreziak, 17 Wing Operations Officer, threw the ceremonial rock, replicating the same ceremonial gesture made by Manitoba Lieutenant-Governor Errick F. Willis 40 years earlier to officially



PHOTO BY DAVID LAVALLEE

Wing Commander Colonel Doug McLennan (centre) prepares to cut the cake with Major Rob McKenzie (left), past president of the curling club, and Major Kaz Oreziak (right), current president of the curling club.

open the curling club. After the throwing of the ceremonial rock, everyone headed inside for cake, which was cut by Colonel McLennan.

Also present at the an-

Lance Corporal with the Army Hospital in Winnipeg from 1959 to 1963. "The old club was a converted building with natural ice, and often the playoff games were in the spring, so the

communities in Winnipeg for many years. Although the club's early years saw a membership that was mostly from the military community, over the years the balance has tipped, and to-

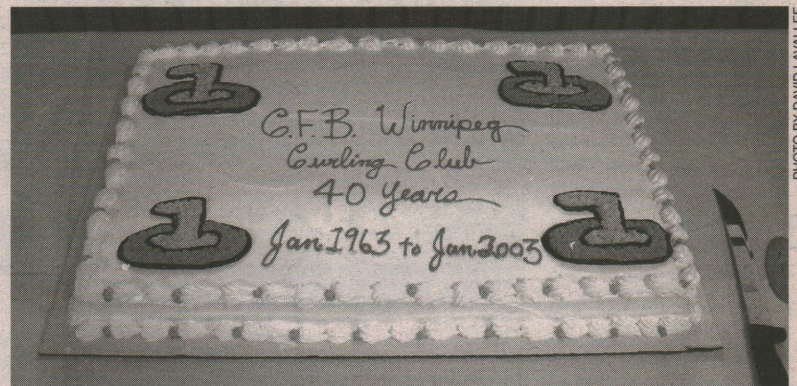


PHOTO BY DAVID LAVALLEE

The commemorative cake celebrating 40 years of curling at the CFB Winnipeg Curling Club.

anniversary ceremony were some of the curlers and volunteers who were around at the opening of the club in 1963. Don Ogden was a

high temperatures melted the ice and made the curling a little difficult," said Ogden. "It was great when this club went up in '63, because it was much nicer and it had artificial ice."

Ogden was one of many people who volunteered his free time to help in the construction of the new club. "A lot of people helped out in the building of the club, and there was a lot of work to do," said Ogden. "What makes this club special for me is that I was here when it went up." Ogden was posted to Germany in 1963, but he returned to Winnipeg ten years later, and has curled in the Senior's League out of CFB Winnipeg Curling Club ever since.

The curling club has been a focal point for both the military and civilian

day the majority of the club's membership is civilian. This blend of military and civilian spheres makes the club an important liaison between the two communities. "As the members of the Wing and their spouses and families work and live in the community, it's very important to have that connection," said Colonel McLennan, who has curled at CFB Winnipeg for over ten years. "A lot of our military people are looking for opportunities to go out and be a part of the community. The curling club provides a place where the military and civilian communities can get together informally, interact, and discuss the matters of community interest that are important to both groups."

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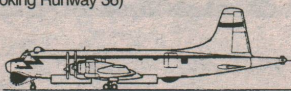
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Skating and Toboggan bungee at the Rink  
Canteen and prize draws at the Chapel Annex



1100-1200

1300-1400

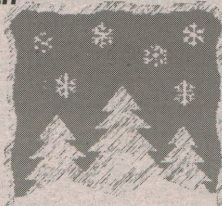
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The Sisters of the Holy Rock  
Tuesday, April 8 2003  
Showtime: 7:00 pm

# Op Nijmegen 2003

17 Wing is applying to send a team to Nijmegen, Holland to participate in the 4 Day Nijmegen Marches (15-18 July). Interested military personnel should contact their supervisor or their orderly room to apply.

Details and application forms may be found on the 17 Wing DIN Homepage. All applicants must have written approval from their CO. Applications are to be submitted as soon as possible to Capt Al Bruce, Building 86. Training will be 4 days a week from 8 Apr-4 Jul 2003.

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# Thoughts on cultural exchanges

By Captain Véronique Briand



Glen Gallagher and Craig Inns at Lake Agnes, Lake Louise, Alberta

When I read the article produced on the Australian students at CFANS, published in the last edition of the Voxair, I wanted to share some observations that I have made after having met with them personally (as well as the Australian instructor on exchange at CFANS, Flight Lieutenant Matt Hetherington, and his new wife, Alicia).

For a start, my getting to know the Australians reminded me of how much of an ambassador to your country you become when you travel abroad. Although I have spent a little time in Australia (a few days while I was working for 435 Squadron), my contact with

the Australians at CFANS gave me a much better appreciation of their country. As true ambassadors, they displayed a number of remarkable qualities. Just to name a few: assiduity to work, yet with plenty of good spirits and sense of humour; friendliness, yet with a lot of professionalism; simplicity, yet always with good manner. Now, every time I will hear of Australia, it is that picture of them that will come to my mind (as opposed to a kangaroo!).

Secondly, I am always amazed of how a person is changed when he or she comes in contact with different cultures. The girls, Pilot Officers Anna Moore and Dianne Bell, consistently



The Australians Michelle Inns and Lisa Gallagher stopping for a picture in front of Lake Agnes (note the strained look on their faces from hiking!)

showed enthusiasm towards doing Canadian things. For example, this winter, they both went out and bought some skates. In spite of the cold weather, they ventured regularly to the Forks or to the nearby skating rinks to practice this truly Canadian or nordic sport. This enthusiasm was shared also by Flying Officers Craig Inns, Glen Gallagher and their spouses, Michelle and Lisa respectively, who recently hosted an extraordinary event. With the help of their course mates, they organized an "outdoors and indoors" party to celebrate Australia Day (January 27th) in conjunction with the American Superbowl. Everything did indeed seem

upside down when Glen was standing behind the high flames of his barbecue, kitted with his parka, boots and mitts, still not quite used to beyond freezing temperatures. Close by, friendly Pilot Officer Matt Kitchin and a group of twenty persons or so – all dressed in a similar fashion – could be seen sipping beer under a couple of tents and rented heaters!! Impressive? When it comes to proving an open mind to the Canadian culture, Pilot Officer Steve Monypenny appears to be the champion, as he is soon getting married to a girl that he met in Winnipeg while on course! Needless to say, the Australian students will take home more than a good

number of emergency procedures and navigational skills

Finally, as the Voxair representative of CFANS, I asked Flying Officer Glen Gallagher to take a few minutes out of his busy schedule (graduation date is approaching!) to write down his own impressions of Canada. I thought that his personal words would complement and bring life to the previously published article.

## Impressions of Canada Flying Officer Glen Gallagher - BANC 0201

Almost 11 months have passed since I first set foot in this fantastic country. In some ways it seems so long ago when considering what I have learnt in terms of being a student on the Navigator Course, yet in other ways it seems like only a few months ago that I arrived and started exploring Canada. Whilst the first four months of my stay was sans wife (my best French for being without my wife, Lisa), I had promised not to do too much exploring of Canada without her. That created a slight problem. Here I was, eager to see all that Manitoba has to offer, yet I was supposed to wait until Lisa arrived. An easy solution was reached. Given that Winnipeg is so close to the United States border, I undertook (along with quite a few other fellow Nav students) a road trip to Minneapolis, USA. I was off the hook with my wife for not "exploring Canada too much" (her words) before she arrived and I was still

able to explore this vast continent during some downtime on course. Well, the road trip was a blast, and I likewise received a blast from my wife for splitting hairs when it came to the semantics of the English language.

I think being a student has been the easy part of my time over here; the hard part has been where to go and how to spend the available spare time with my wife and friends. Our time in Canada is coming to an end and yet there is still so much more left to see. We have been fortunate to have had holidays that have allowed us to hike and explore Banff, Jasper, Lake Louise and Athabasca Glacier during the summer, and then the opportunity to enjoy fresh powder at Fernie, British Columbia during the winter. For us, it has been the best of both worlds! The photos below show some of the places we have been throughout our journeys.

For us, this has been a unique experience and, in fact, a once-in-a-lifetime opportunity. Not only do we get the benefit of years of Canadian flying experience whilst undertaking a top-notch (Aussie slang) Navigator course, but we get a uniquely Australian perspective on just how much fun you can have whilst overseas and doing an intensive aircrew course. But then again, being Australian is all about having fun and living life to the fullest, which is just like being Canadian. Cheers, GG

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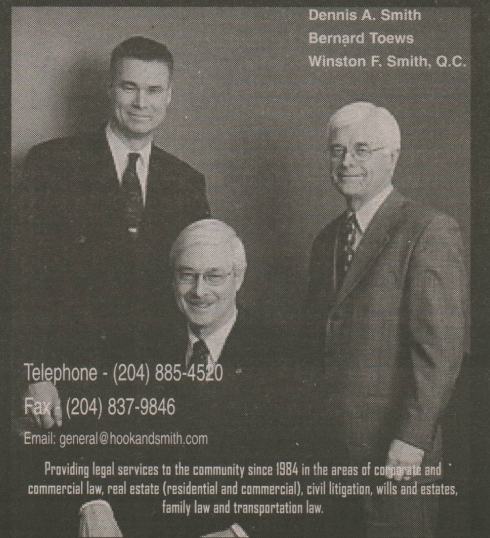
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Papers must address one of the above topic areas. Proposals should be submitted in the form of a one or two page abstract for consideration by the Selection Committee. Upon acceptance, final papers are to be provided to the Air Force Historian before the conference for publishing in the Proceedings. All selected individuals will have their accommodations, registration and meals provided, and receive an honorarium to assist with transportation costs.

Abstracts may be forwarded to the Selection Committee,  
Attn: Capt. James Pickett:


Mail: 59 Topaz Rd. Winnipeg, MB R2Y 1L4  
E-mail: pickett.jdp@forces.gc.ca Fax: (204) 833 – 2512

### Deadline for Submissions: 31 March 2003

Additional information is available from:  
Capt. James Pickett (204) 833 – 2500 ext 5152  
Mr. Don Pearsons (204) 833 – 2500 ext 6276

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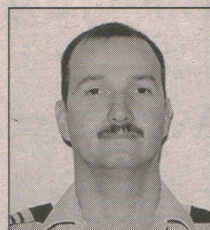
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Monsieur Daniel Pelletier

« J'ai commencé des études à temps partiel à la Télé-université en 1992, alors que j'étais en Colombie-Britannique, et j'ai terminé un baccalauréat en administration en 2002, alors que j'étais au Québec. Tout au long de mes études, j'ai toujours pu compter sur l'appui et la compréhension d'une équipe professionnelle et dévouée, tant du côté du corps professoral que du côté du cadre administratif à la Télunq. En effet, les contraintes du service nécessitent beaucoup de flexibilité et la Télunq a toujours su prendre en compte mes besoins

et y répondre. Si vous recherchez une organisation qui connaît les exigences du service et demeure à l'écoute de vos besoins, la Télé-université représente indubitablement un choix de tout premier ordre. »

« Mon emploi militaire supposait des mutations périodiques. J'ai d'abord fréquenté, sans réel progrès, deux universités à temps partiel. En 1994, j'ai fait une demande d'admission au certificat en administration auprès du PUFC. Depuis, j'ai été transféré à plusieurs reprises, sans que cela ne me pénalise sur le plan de la formation universitaire. Aujourd'hui, je viens terminer un troisième certificat et serai en mesure d'obtenir le grade de bachelier ès arts par cumul de certificats. Sans le soutien et la flexibilité du PUFC, je ne suis pas sûr que j'aurais pu atteindre mes objectifs de formation. »



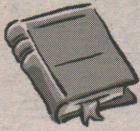
Monsieur Yvon Boulet

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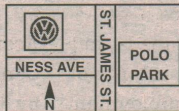
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Website - <http://www.stjames-vw.mb.ca> E-mail - [excellence@stjames-vw.mb.ca](mailto:excellence@stjames-vw.mb.ca)**Fitness & Sports Page****Pilates Offers Total-Body Workout**

By David Lavallee

Are you looking for a fitness routine that offers something a little different from the standard fare? Pilates, a form of exercise focusing on overall body conditioning, may be exactly what you're looking for.

Developed by German-born Joseph H. Pilates in the early 1900s to help people overcome injuries and postural problems, Pilates is a comprehensive series of exercises that involve both body and mind. The human body is covered with different layers of muscles, and Pilates stresses the use of deeper muscle groups. This helps strengthen the core abdominal area of the body, and lends to greater strength for overall body support and posture.

The contemporary approach involves a series of exercises that can be done on a mat or on various types

of equipment (e.g. Reformer, Spine Supporter). The exercises focus on five basic principles - breathing, pelvic placement, ribcage placement, scapular movement and stabilization, and head and cervical placement. These five principles are fundamental to reaping the greatest benefits from Pilates exercises.

"As a Pilates instructor, I think this form of exercise is able to complement or supplement other fitness programs," says Pilates instructor Jacqui Vincent. "It offers something a little different in the constant focus on core abdominal stability and strength and working of the deep inner muscles."

Contemporary Pilates is designed to meet the needs of many types of people, and is offered at beginner, intermediate, and advanced level workouts. There are al-

so different modifications for exercises to address certain needs. Pilates works on the principle that 'less is more', meaning it focuses less on repetitions and more on mastering the fundamental principles necessary to get the most out of the exercise.

Vincent has been involved in Pilates for six years, and is currently undergoing extensive training on a piece of Pilates equipment called a Reformer (she hopes to be certified to teach Reformer classes in the spring). "I wanted to share my passion for this exercise approach and what it does for the body," says Vincent about why she became an instructor. "As I have a full-time career in a completely different field, I felt this venture would balance out my working life."

Pilates classes are of-



ferred at the 17 Wing Recreational Centre. For the winter session, Introductory level classes are offered Mondays (6:30 PM - 7:30 PM), Fridays (4:15 PM - 5:15 PM), and Saturdays (10:45 AM - 11:45 AM). Entry fees for Pilates are \$35.00 for 10 sessions (individual) or \$55.00 (per couple, or per person who wants to take 2 classes a week). If you would like more information about Pilates at 17 Wing, please contact Melissa Davidson of Community Recreation at (204) 833-2500 ext. 2059.

**Khari and Justine Jones to Participate in Hospice Aerobics Challenge at 17 Wing**

By David Lavallee

Winnipeg Blue Bombers quarterback Khari Jones and his wife Justine will be at the 17 Wing Fitness and Recreation Centre on February 22, 2003, to take part in the 2nd Annual Hospice Aerobics Challenge. The event is held in benefit of Hospice and Palliative Care Manitoba. Cathy Scott, the 2002 Manitoba Fitness Leader of the Year, along with assistant fitness leaders, will spearhead the fitness-oriented fundraiser.

The Aerobics Challenge is a tough, two-hour, 'bootcamp' style aerobics workout under the leadership of Scott. The workout includes cardiovascular, strength, and flexibility. The workout is a challenge, but participants can take things at their own pace, and assistant fitness leaders will be on hand to lend a hand and demonstrate optional levels of activity. The workout is designed to include all people,

no matter their level of athletic ability, so everyone is welcome to get involved.

There are some nominal rules to follow in order to

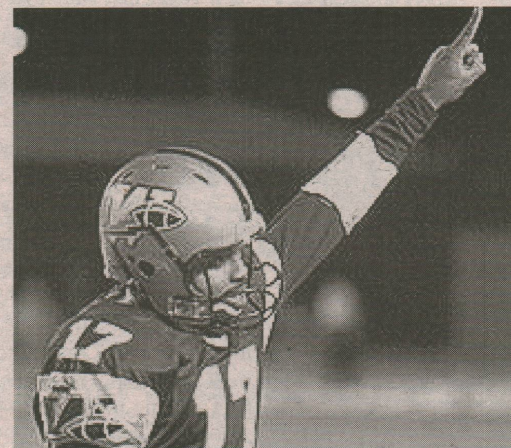
for the Challenge, which benefit Hospice and Palliative Care Manitoba (a minimum of \$25.00 in pledges is required, and

that day, and after the workout is complete, participants are invited to stick around for snacks and prizes.

Cathy Scott is a personal trainer and fitness appraiser, has been a certified aerobics instructor for over ten years, and teaches an aerobic kickboxing class at 17 Wing. Scott is also a cancer survivor, and having faced a potentially deadly disease, the Hospice and Palliative Care Manitoba cause is one that is close to her heart.

Hospice and Palliative Care Manitoba is the volunteer-based charitable association that champions and promotes the availability and accessibility of quality end-of-life care and bereavement services for all Manitobans.

If you would like more information about the Hospice Aerobics Challenge, or would like to get involved, please contact Sophie at (204) 889-8525.



everyone who raises \$100.00 or more receives a free Aerobics Challenge T-shirt). Third, participants take part in the Aerobics Challenge on February 22 (participants are advised to come in comfortable workout clothes). All pledges and donations will be submitted



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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:

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self 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.

### Planifier Votre Avenir

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Session d'information sur la planification financière

La session se déroulera le 18 mars 2003, de 19h00 à 21h30 au Centre de ressource. Ce sera une bonne occasion pour s'initier aux concepts de base et multiples facettes de la planification financière. Les sujets suivants seront présentés soient ; préparer sa famille aux imprévus, les testaments; ; la planification financière et les investissements. S.V.P. vous inscrire avant le 11 février 2003.

### 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.

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<i>Teen Centre</i>		<i>4502</i>
<i>MFRC Library</i>		<i>4503</i>
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## An Open Letter to all Military/Foreign Service Spouses

Re: Request for support - Amendment to Employment Insurance Regulation #55 Claimants Not In Canada

### Dear Military/Foreign Service spouse:

Over the last three years I have worked as the Employment Assistance Coordinator with the Winnipeg Military Family Resource Centre. My duties are to assist military family members with the challenges they face regarding employment and education matters.

As you may be aware, on occasion, military members and Federal Government employees are tasked to various locations throughout the world - Germany, The United Kingdom and the United States are a few examples.

Through my research, I have discovered that individuals residing outside of Canada for more than 52 weeks are not eligible to obtain Employment Insurance entitlements.

One possible solution to this dilemma is having HRDC freeze EI benefits for the period of time the spouse/family member is abroad and have their benefits reactivated once they return to Canada.

I believe this regulation needs to be amended for the following reasons:

- Military spouses are presently eligible to receive benefits if residing in the United States or its protectorates but not eligible if residing in Europe
- The act approving entitlement of benefits in the United States was signed in 1942 - the roles of the military and Foreign Service families have changed dramatically since that date.
- When the military and Foreign Service family member supports their "serving" family member in a non United States posting they are penalized the amount they have accumulated in Employment Insurance benefits
- Upon returning to Canada, military family members are not eligible to access Employment Insurance benefits until they have earned the required hours for the community they reside in, regardless of the number of hours they had accumulated prior to their partner's European posting
- Individuals incarcerated in Canada's Correction Services are entitled to have the Employment Insurance Benefit status frozen

and approved the freezing of military/military family members Driver's Licencing entitlements. Posted military members will now have their Manitoba Licence merit points frozen until they return to the province. As you can see, a policy of freezing benefits and status has made some headway and does not appear to be a burden on government tax and administrative systems.

The matter addressing the freezing of EI benefits for military and Foreign Service spouses is presently being discussed by other Employment Assistance Coordinators across Canada. There is a strong desire by this committed group to address any policies that affect the clients we serve.

For more information on this matter, please feel free to contact me at (204) 833-2500 ext. 4511 or email me: mfrceac@autobahn.mb.ca at your convenience to discuss this matter in more detail.

Respectfully,  
**John Chabib**  
Employment Assistance Coordinator.

Provincial Government recently addressed

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**Important things you should consider this RRRP season**


(NC)—Despite the proven benefits of Registered Retirement Savings Plans (RRSPs), many Canadians still don't contribute to one. Many more Canadians do make contributions, but are unsure about all the advantages of RRSP investing. Here's a list that highlights some of the benefits of RRSPs:

**1. Contributing to an RRSP helps you save money**  
"It's important to think of your RRSP as a personal savings plan first," says Don Reed, President & CEO of Franklin Templeton Investments. "And, with regular RRSP contributions, you can build substantial savings for your retirement."

**2. RRSP contributions help you save taxes, too!**  
It's pretty safe to say nobody likes paying taxes. All RRSP contributions are tax deductible, up to a prescribed limit, which is 18% of your income to a maximum of \$13,500. Plus, you can carry forward any unused contribution amount to the following tax year and investments held within an RRSP grow tax free until withdrawn.

**3. RRSPs are easy to start and easy to maintain**  
You can contribute to your RRSP any time over the year and during the first 60 days of the new year. Investing throughout the year in smaller sums is an easy and beneficial way to make your contribution. This method provides you with the advantages of "dollar cost averaging," a strategy that averages the cost of your investments over an extended period of time.

## 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 PPCLI 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.


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# TAROSCOPES

By Nancy

**ARIES** (March 21 – April 19): Ask for what you want or do without. Support and understanding is not given as freely as you'd hoped. Someone's childish behavior stems from the fact that all their needs can never be met. What you do do is not fully appreciated. Give more only if you want to.

**TAURUS** (April 20 – May 20): Your skill at pushing the past aside so you can get the job done is great, but some issues need to be dealt with. Avoiding leads to your overreacting to situations beyond your control. You can't change yesterday. Live today so that you create better memory for tomorrow.

**GEMINI** (May 21 – June 21): Your loyalty may get you in over your head, fighting causes that aren't yours. Being the strong one sometimes means saying no. Someone else needs to prove their worth. Then they will stop feeling like a victim. Help them by stepping away; let them fix their own problems.

**CANCER** (June 22 – July 22): You want things to move quicker than they already are because you will rest only when tasks are completed. Slow down, the end may not be in sight but it's there. Unions and re-unions highlighted. It's a good time to conceive if that's a priority for you.

**LEO** (July 23 – August 22): Life keeps you on your toes. It's now time to lead with your head not your heart. Use logic to establish your place. Someone is confusing you with a previous partner or parent. When making a point, you may be right but it doesn't give you the right to hurt others with home truths.

**VIRGO** (August 23 – September 22): Time to be realistic. Have you prepared adequately for the future? Assess which dreams are feasible. Set new goals, forget past failures, determine your direction and get going. Success may not be as quick as you'd hoped but living is about learning.

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**LIBRA** (September 23 – October 23): Careful you don't create dramas that leave you feeling hard done by, pinning your hopes on someone coming to save you. You are a driving force in your own success. If necessary change your life path to one that is more natural to you, then the road is not as long or as hard.

**SCORPIO** (October 24 – November 21): What you want may not be what you need. Time has taught you that sometimes you gain a lot when you lose. You have an eye for the unusual. Give yourself unique goals that challenge you. Lifelong commitments need time to develop. Have patience.

**SAGITARIUS** (November 22 – December 21): Your assertiveness may come across as overly forceful. Make suggestions instead of telling others how to fix their lives. Giving, to gain IOU's or for kudos, backfires. Ask yourself about your motives. Be especially careful if you are giving out of guilt.

**CAPRICORN** (December 22 – January 19): Better to be flexible and understanding than to force compliance. There's no need to prove you have power. Initiating small changes, creates ripples, the result is less stress. You'll look back later with pride, but for now enjoy the process.

**AQUARIUS** (January 20 – February 18): You are surprisingly quick at learning new skills. Keep occupied in what interests you. Being sensible more often allows for a few frivolities down the road. Demanding pessimists can narrow your vision of what's possible for the future. Save for a sunny day.

**PISCES** (February 19 – March 20): Develop your abilities, your own way and in your own time. Shed unnecessary baggage. Deal with conflicts by being gracious, forgive and move on for your own sake. Transform the ordinary into something beautiful. Don't believe a manipulator's words.

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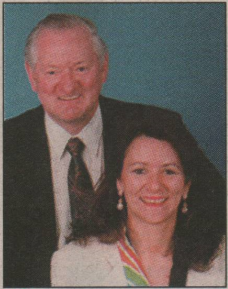
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