THE VOXAIR

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IN THIS ISSUE:

- Voxair Reporter "embedded" With Army Reservists During Shilo Exercise



- First time in 55 years Aerospace Systems Course Does Not Run
- Ten Years Of Service Ends For CF Community College Network
- From Sand To Snow: Winnipeg Commanding Officer Returns From Service In The Gulf
- Busy Year Of Training Begins For 435 Search And Rescue Techs
- "Still Kicking" At 60: 17 Wing Financial Planner Quits Smoking After 43 Years
- The Weather Only Gets Better At CFS MET
- Museum Sets Sights On One Of Last Remaining Yukons
- Men's Volleyball Team Takes Gold At Regional Championship
- Voxair Proofreader Wins Novice Bodybuilding Competition



Photo Credit: Canadian Forces Photo

These three 419 (Moose) Tactical Fighter Training Squadron CF-5s of CFB Cold Lake, Alberta are examples of the constant state of evolution and upgrading in the CF to help meet current standards. The two rearmost Aircraft display bolt-on refuelling probes meant to configure the fighter for long-range flight through the support of an air-to-air refueller, as well the same two Aircraft have had their markings altered to a less highly visible configuration by removing the white from the flag insignia on the tail and from the roundel insignia on the nose. -CF Website

CF-5 Makes Final Flight Home To Trenton

By Angela Johnston

The CF-5 Freedom Fighter is an aircraft that dates back to the late 1950s – this month, it made its final flight home, to face possible mothballing. Though the CF-5 was retired from active service in 1996, the CF continued to fly two aircraft on a flight service contract with Bristol Aerospace for marketing and demonstration purposes. Budget restraints forced the cancellation of this contract, so the planes will now be stored north of Trenton indefinitely.

And on March 23, Maj Brad Dolan – one of the last pilots trained to fly the plane – was one of two pilots to make the final flight to Ontario.

"The F-5 touched almost every fighter pilot in the CF," said Dolan in a March 26 interview. Dolan joined the regular forces in 1978 and stayed for 20 years. He has spent the last eight years in the reserves,

Continued on page 3



Photo Credit: Canadian Forces Photo

The CF-5 had a high approach speed, even compared to other fighters, and its very clean, aerodynamic lines led to very little speed being lost to aerodynamic drag. Therefore, to reduce wear on the brakes, and especially when it was desirable to cycle Aircraft rapidly through the runway environment, the drogue 'chute was used on occasion to further reduce the Aircraft's speed on landing. -CF Website

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Voxair Reporter "embedded" With Army Reservists During Shilo Exercise

By Angela Johnston

CFB SHILO – Maybe it was my damp denim jeans that stood out in a sea of combat green. Maybe it was my lack of Gore-Tex olive green jacket, or the fact that I simply left my calf-high combat boots at home. But then, there is something about being asked point-blank, "Are you just a 'civvie?'" that reminds one very quickly who is the lowly civilian student journalist and who is the reserve artillery soldier.



Photo by Cpl WC Gomm 38 CBG PAO

Gnr Douglas Marshall ejects the casing after firing the 105mm howitzer while Bdr Jon Baker gets the bearing back on. The IC of the gun MBdr Lee Mettler looks on. The soldiers are members of 26 Field Battery Brandon Mb.

So there I was, trying desperately to blend in with the army-types during Exercise Lethal Barrel, a reserve artillery and infantry exercise held in CFB Shilo from March 26-28. While I will probably always serve better as a "civvie" journalist than I would a reserve soldier, there are a few things I learned while "on the ground" with the reserves on a dreary Saturday near Brandon.

My two comrades for the day were both seasoned public affairs reservists, Capt Ben DesAutels and Cpl Bill Gomm, both from 38 Brigade. We had planned an early-morning departure for 7 a.m. Though I am generally one to be at least a fashionable ten-minutes late, I released a sigh of relief when I entered the large navy van and the digital clock read 7 a.m., on the dot. "Punctuality is key when I'm travelling with the military!" I breathlessly exclaimed. Pretty soon, I may begin dictating time in the 24-hour military time stylings.

We began with the artillery practice in the morning. Once we arrived in Shilo, Capt Lonnie Goodfellow of 26 Field Regiment in Brandon took us aside and explained what would happen during the day. He said there were five large guns, two observation parties, and a command post; all to be manned by 116 Battery out of Kenora, 10 Field Regiment out of Regina and 26 Field Regiment out of Brandon.

This is what I had gathered: the artillery were supporting the left side of the "battle," with 700 rounds of ammo (instead of the usual 150 to 200) – some which

Continued on page 4

First time in 55 years Aerospace Systems Course Does Not Run

Course Re-vamped For Next Fall

By Angela Johnston

At the Canadian Forces School of Aerospace Studies, course ASC 56 was the class that never existed. Last fall, for the first time in over 55 years, the elite Aerospace Systems Course (ASC) did not accept any students. Because the course was "zero loaded," administrators at the school took the opportunity to make an excellent course even better.

Graduates, who once left the course with training similar to that of an engineer, will now exit the school acting more as a project manager, according to Maj John Brennan, school instructor.

"You don't just take this course to tick off the box." said Brennan of the course's rigorous nature. "We barely have enough time to teach everything we like." In a March 8 interview, Brennan pointed to a large spider-web poster at the back of the room which traces the course syllabus.

Graduates of the ten-month aerospace systems course learn how to test new technology for the government, in a vein similar to research and development. Graduates are expected to determine if new equipment can fulfil the Canadian Forces' mandate, said Brennan. For example, graduates may determine whether it is best to survey the oceanfront by satellite, aircraft or ship.

The course includes a technical aspect, such as examining navigation systems or radar, but also project management and testing thrusts.

However, the school has witnessed a trend over the past decade: fewer and fewer officers have enrolled in the course. Brennan attributes this trend to forced cutbacks in the Forces, and a high operational tempo. Commanding officers may not have enough flex to allow year-long leave as front-lines work has a higher priority. He said that while some students may be waiting for a civilian accreditation in a master's program, he doubts this holds back many.

Brennan said usually all applicants who meet course

Continued on page 6

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Telephone: 204 833-2500 ext 4120
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Telephone answering system operates remainder of the week.

VOXAIR STAFF

LCol S. Neville
Editor-In-Chief
204 833-2500 ext 5281

Capt P.A. Dawes
Managing Editor
204 833-2500 ext 6152

Maureen Walls
Office Supervisor
Sales Manager
204 833-2500 ext 4120

Andrew Hughesman
Production Coordinator
204 833-2500 ext 6976

Misra Yakut
Accounting
204 833-2500 ext 4121

Angela Johnston
Journalist/Photographer
204 833-2500 ext 6976

Traci Wright
Proofreading

Jim Holland
Advertising Sales
204 832-0115

Darlene Ashley
Advertising Sales
204 896-8575

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The Daily Graphic
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Correspondence should be addressed to:
The Voxair
17 Wing Winnipeg,
PO box 17000 Stn forces
Winnipeg, MB R3J 3Y5
Email address: voxair@mts.net or walls.m@forces.gc.ca
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Ten Years Of Service Ends For CF Community College Network

By Bill Riddell, national director of CF Community College Network

Ten years ago this month the Department of National Defence contracted Bill Riddell of WJR and ASSOCIATES to plan and organize the Canadian Forces Community College Network (CFCCN). In less than a year, Riddell had signed on 21 colleges across Canada to form the CFCCN. The Memorandum of Understanding that each college signed with DND provided a number of significant benefits for the CF community, such as reduced residency requirements, courses offered on bases, and recognized military training for credit.

In May 1995, WJR and ASSOCIATES was awarded the first contract to manage CFCCN on behalf of DND and worked with the director of training and education in Ottawa (DTEP) and with the wing or base personnel selection officer at 20 locations in Canada. The firm submitted the winning bid to continue its work three times after the original contract. In 2002, the management of educational contracts and services was assigned from DTEP to the Canadian Defence Academy based in Kingston. The academy has taken the decision to manage college learning opportunities for the CF itself when the contract with WJR and ASSOCIATES ends on March 31.

Including the current academic year, over 70,000 subject registrations with the now 23 colleges and institutes involved in the network have been recorded from the Canadian Forces communities across Canada and in Europe. More than 22,000 registrations were in college courses offered at base locations in the last nine years. The CFCCN Distance Learning Catalogue provided CF members and their families with access to hundreds of different college courses available from the member colleges by way of a variety of distance learning options. Thousands were directed to their local colleges to be part of the ever growing continuing education activities that provide career enhancement and career change training and credentials.

The success of CFCCN over the years has been established and maintained by those who have worked as CFCCN co-ordinators at each base. Most of the co-ordinators have been military spouses or former military members. They are people who understand the challenges of military life and people who became experts at understanding and explaining the complexities of post secondary educational institutions. To understand the role played by CFCCN co-ordinators, one must look to the numbers. In the 2002-3 academic year, the co-ordinators responsible for 20 base locations interviewed over 4000 people, responded to 15,000 telephone calls and e-mails, visited their local colleges 350 times, spent 10,000 hours working on bases and conducted 130 briefings attended by 10,500 people. Over the year there were 11,570 college registrations and 958 advanced standings were negotiated for military training.

The CFCCN co-ordinator at CFB Winnipeg, Kenn Garrity has worked for the CFCCN since 1997. He has enjoyed working with the people in Winnipeg and assisting the military members and civilians achieve their educational goals and through many hours of counselling, to clarify their concept of future success.

As the national director of CFCCN from 1995 to 2004, it has been my privilege to work with my CFCCN co-ordinators, with 23 colleges, and with a wide diversity of base and wing commanders, administration officers, personnel selection officers and their staffs. The support for CFCCN and education has been outstanding. However, my greatest privilege has been the opportunity to take the motto we created ten years ago, "education brightens your future," and make it a reality for thousands of men and women who serve our country by being part of the Canadian Forces Community.

As of April 1, 2004, the base or wing Personnel Office will assume responsibility for college educational services.

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Final Flight continued from page 1

and works as a pilot for Air Canada.

He said the CF-5 used to be an integral part of training for fighter pilots in Cold Lake, Alta. Pilots would train on the F-5 before moving to the more complicated CF-101 Voodoo and CF 104 Starfighter, and more recently, the CF-18.

"It could be a humbling airplane to fly. It is a 'stick and rudder' aircraft that has to be flown every second," said Dolan. The F-5 is a very simple and reliable aircraft, meant for good weather and short-range operations.

In its prime, the F-5 was used by the Forces in two operational squadrons with approximately 16 pilots each. The initial order for the aircraft totalled well over 100.

The aircraft was retired in 1996 – in the midst of a massive upgrade programme – due to budget restrictions. Still, two planes remained in Winnipeg for marketing purposes, or, as Dolan said, to be "a car salesman's car." Bristol Aerospace, a Winnipeg-based company, was awarded the contract to sell the planes.

According to Dolan, "It's [the plane] an agile machine, no doubt about it." Though the plane is almost 50 years old, it is still widely used. Fifteen of the former Canadian machines were sold to Botswana, the U.S. Navy still flies them, and both Spain and Greece have expressed some interest in purchasing the aircraft.

The F-5 fought in Vietnam with the US, and has served in Venezuela, Norway, Singapore, Switzerland, Taiwan and Korea – it is very much a global airplane with a prolific history. Today, the Freedom Fighter is used as both a fighter-pilot lead-in training aircraft and a point defence fighter.

The plane used to perform an important role in Canada's NATO commitments. It was once the only fighter in the Canadian repertoire that could refuel in the air, and was sent to Norway as part of Canada's contribution to the organisation. It is a role now fulfilled by the F-18.

Though the aircraft is versatile, "I would be surprised if they flew in Canada again," said Dolan. Though pilots before 1996 were trained to fly the plane, this is no longer the case. Dolan, along with Capt Doug Carter, are two of the only pilots qualified to fly the aircraft in the last six years. They were hired to fly the aircraft as a marketing tool.

Dolan said he is not emotional over his last flight in the plane because he had the opportunity and honour to fly it for the last six years: "I think the only thing that frustrates me is that it's a really good airplane," he said, "It's just a dream."



Photo Credit: Canadian Forces Photo

A beautiful angle of a single seat CF-5. The Aircraft was flown in several paint schemes and is represented here in camouflage pattern. In service since 1968, The CF-5 has proven to be a safe, easy-to-fly, tough, fighter Aircraft. -CF Website

Shilo Exercise continued from page 2

should create a smoke screen, some with illuminating bullets, some which would burst in the air, others in the ground – and this was a dug-in position.

We next stopped at the No. 5 gun, with MCpl Lee Mcaleer from Brandon as the first in command. She explained how to set the elevation, range and bearings on a grid for this large C-3 105 mm Howitzer gun. Words like "recoil" and "column meter" and "charge bags" flowed out of Mcaleer's mouth so smoothly and authoritatively. She modestly noted, "It's all trigonometry." Horrors of indecipherable high school pre-calculus math problems came flashing into mind. Good thing that soldiers like Mcaleer are on the case, thought I.

For whatever reason, this group of about five soldiers thought it might be a wise idea to let the student journalist fire the weapon. Journalists, as a species, are more likely to fire scathing commentary and insolent heckles, not a large weapon capable of hitting a target 13 km away. I was, to say, a little nervous.

Then again, the group also let Mayor of Brandon Dave Burgess perform the same task earlier that day – he managed to do it impeccably. Perhaps I was up to the challenge.

Mcaleer made herself very clear: "No matter what that radio says, do not fire the weapon until I say, 'Fire.'" After I had successfully completed the task (which involved only pulling a string), Mcaleer held out the fuming case, and gleefully asked, "Do you want to smell it?" How could a girl refuse?

The group then informed me that I could call myself an honourary gunner, which, at the very least, is a title I can now toss around to my less-knowing civilian friends, perhaps over a few drinks.

Though the events of the day were exciting, I would now admit I may not have taken care of myself properly. I like to think that I am relatively tough. I camp. I hike mountains. I grew up in rural Manitoba and will likely be one of those seniors who cackles, "Back when I was young, we had to tread through 20 feet of snow in bare feet to get to school in –50 weather!" Unfortunately, it is my destiny. When I left Winnipeg for Shilo, I brought a backpack of extra clothing. I truly believed I was prepared for this outdoor adventure.

I could not be more wrong. The weather was deceptive. It was not raining, but "spitting" and windy. It was the kind of weather one experiences while strolling by the grey Thames of London and wonders, "It's above zero here – why do I feel so damp and miserable?" That was me: the Charlie Brown of the weekend, personified. I was, without a doubt, the cartoon figure with a black rain cloud over my head.

My poor compatriots, Gomm and DesAutels, continually asked, "Are you all right? You look really cold!" Through chattering teeth I would defiantly declare, "I'm fine!"

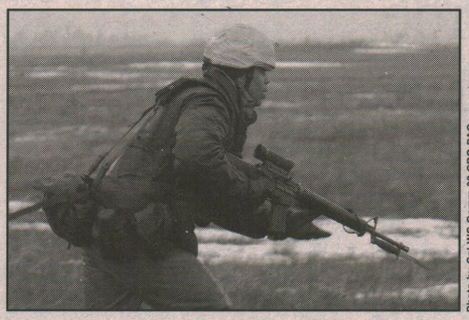

Photo by Cpl WC Gomm 38 CBG PAO

"Next Bound" The soldier takes another bound as he advances towards the enemy during the live fire section attack. Soldiers from the Royal Winnipeg Rifles deployed to CFB Shilo for "Live Fire Training" starting at group level moving up to a full section attack



Photo by Cpl WC Gomm 38 CBG PAO

The Mayor of Brandon MB, Dave Burgess, fires the 105mm Howitzer while Gnr Douglas Marshall of 26 Field Battery looks on. Soldiers from 116 Independent Field Battery (Kenora), 10 Field Battery (Regina) and 26 Field Regiment, (Brandon). Deployed to CFB Shilo for EX Lethal Barrel. They had 700 rd of ammunition to fire over the weekend. Using the 105mm Howitzer.

Still, Operation Keep Warm was a complete disaster. I was cold. I relished the chance to take shelter in the mess tent, drinking potent coffee from large industrial silver tins. I am sure if this were an evolutionary experiment, Darwin would certainly be laughing at my lack of fit survival.

By the end of the day, this haggard journalist had learned her lesson. With my unkempt hair, royal blue rain pants, three layers of sweatshirts – two of which were damp – complete with disgruntled expression, I immediately vowed to leave my house in head-to-toe raingear before agreeing to any more quote, unquote, "exercises."

The next adventure of the day was to take part in an infantry exercise. Reservists from the Royal Winnipeg Rifles and the Queen's Own Cameron Highlanders were out for the weekend, on the same exercise.

Now I am not sure if this observation holds any bearing or not, but it seemed to me that the infantry was – how do I put this in a politically correct way? – "more vocal" than the artillery. For one of the first times in my young career, I think I may have been heckled while out with the infantry. Even though I feigned ignorance, I swear I heard a few growls of "I've got a story for you …" in the background. I am quite sure the suggested story in mind was one that a highbrow publication like The Voxair could not publish.

I thought this was hilarious! Heckler becomes the heckle-ee. It is only fair!

After safety personnel carefully instructed me to stay behind them during the exercise, they gave me a flack jacket and a helmet. Apparently, infanteers do not want young journalists flagrantly running around in front of live weapons during shooting practice. Such is life. Again, I put in my earplugs and began the trek behind the soldiers.

These soldiers were, in a word, extraordinary. Despite my internal complaints about the cold, these soldiers were crawling on the ground, leaping into frozen puddles and cascading through deep snow. I do not know how they do it. It left me in awe.

We then decided we had done our damage for the day. Gomm's camera was disagreeing with the rain, and both DesAutels and I were easily convinced that it might be time to leave. Bidding adieu to the troops, we began the trek back to our majestic navy van and returned to the city; perhaps a little dishevelled, a little damp, but still highly enlightened about the activities of reservists.

In the end, I am not sure if military life is one for me. I certainly could handle the food staples of salted sunflower seeds and mass-brewed coffee. I could handle the comfortable combat apparel and feeling top-heavy from my issued helmet. But when it really comes down to the wire – the precision, the accuracy and the vigilance of working in a unit – I truly think I might be more of a hazard to my team than an advantage. I have a great deal of respect for these men and women.

Until the next misadventure, this military correspondent is signing out.

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From Sand To Snow:

Winnipeg commanding officer returns from service in the Gulf

By Angela Johnston

LCol Michel Latouche, commanding officer of 435 Squadron at 17 Wing, has been on tours spanning many regions of the earth, from Pakistan to Rwanda to the former Zaire – most recently, he has returned from service in the Persian Gulf. With an important role in the classified location Camp Mirage, he would often work 16 hour days. Still, the Winnipeg officer is grateful for the opportunity to serve abroad.

"It was a hard drive," he said in an April 2 interview, "but I appreciated the opportunity to contribute to the war on terrorism."

Latouche recalls serving on a five-hour foot patrol in Kabul, with half the time spent on foot and the other half in vehicle. When he first visited the city, he said there was virtually nothing, but was able to witness a dramatic change.

Despite garbage lining mud walls, and sewage running down the middle of the street, he saw two to three storey businesses and apartments rising in the city. He watched the welding of bicycle rims, and the daily business of Afghani butcher shops. With such rapid development, Latouche noted it was a "sure sign of stability."

Children in the streets gave him "big smiles, thumbs-up, and thanks for support in Kabul," he said, "The kids know how to say 'thank-you,' and 'how are you doing.' About one-fifth of them can speak broken English."

During his recent time in the Gulf, Latouche served on seven missions to Kabul, and two to Baghdad. He had two main roles at Camp Mirage: one was to command the Tactical Airlift Detachment, which would transport soldiers and supplies to and from Kabul, and the second was to act as chief of operations for the units in the camp.

Latouche was responsible for issues such as aircraft, intelligence, electronic warfare, and meteorology. On a daily basis the colonel would "put out fires," as he said: respond to questions from Ottawa, deal with personnel investigations, or summary trials. At times, the 16 hour work days could become exhausting.

In his quiet office in the industrial Hanger 16 on the base, his window overlooks a runway, and planes taking off can be heard in the distance. He checks his e-mail often, and gets quick responses from colleagues overseas.

Latouche left for his six-month deployment on July 13, 2003, and returned on Jan. 17, 2004. He adds that his recent marriage was on July 5 – about a week before his deployment.

Being deployed, for Latouche, is "brutal when you're newly married." His wife, Gail, and he e-mailed "about ten times a day, and would phone two or three times a week." Latouche's deployment fell in the middle of major house construction, which the couple has done together – Gail spent three months in a motel while Latouche was away.

Now that Latouche is home, he is proud of the work he did abroad: out of 200 missions requested, only seven could not be completed – a high success rate. Latouche said that at Camp Mirage there were "good people working very, very hard." He said he feels satisfied that he and the personnel of Camp Mirage were able to accomplish the mission MGen Andrew Leslie requested of them.

Part of Latouche's job included the transport of VIPs out of Camp Mirage; he has transported Governor-General Adrienne Clarkson, the former Prime Minister, Jean Chretien, and former Defense Minister John McCallum. Latouche sums it up: "It was busy."

As for challenges in Camp Mirage, Latouche doesn't miss a beat: the 62 degree weather. "Trying to operate in that weather – it was unreal," he said. In that weather, it would be impossible to attempt working on aircraft, because it was possible to burn oneself on the plane.

On his days off in the Gulf, Latouche is hesitant to describe what he did: "If I tell you, you'll know where it is," he said with a grin. He said that he would often go to beaches or a pool, drive around the desert, or often spend the day reading a book.

As for the Canadian commitment to Afghanistan, Latouche is unsure of the future. He said the government has committed to one year in the country, while Leslie has stated that if the West really wants to create stability in the country, a commitment of ten to 20 years is needed. Latouche smiles, "So it will fall somewhere in between."

But for Camp Mirage, he believes its location will allow it to remain open, and continue to aid the war on terrorism. Though he will not likely be deployed again anytime in the near future, Latouche said, "I don't anticipate it will close."



Photo by LCol Michel Latouche

(Above) LCol Michel Latouche had the opportunity to go on a foot patrol with the RCR in Kabul, Afghanistan. He is seen here with the Afghani police chief of district two in the city.

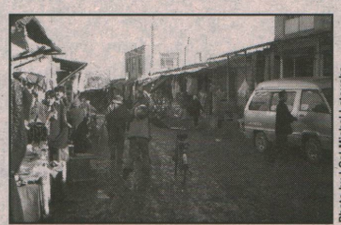

Photo by LCol Michel Latouche

(Left) During LCol Michel Latouche's foot patrol in Kabul, Afghanistan, he was able to take pictures of city streets.

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Aerospace Systems Course continued from page 2

criteria are accepted; class size can range anywhere from eight to 18 students, with an average of 12. To be accepted, candidates must have a university degree, and a military rank of at least captain. Most of the students are pilots, engineers or navigators.

Still, the school has received partial accreditation from the University of Nottingham in England. With Canadian schools, however, Brennan said there is often a fine line between receiving accreditation and the school wanting more control over the course – a difficult balance.

Re-assessment of the course began last September. Graduate employers and supervisors from the past five years gave the school feedback over a two-week period. The school found that employers felt there was too much focus on the technical side of the job, and not enough emphasis on project management.

Brennan said the school decided to "cut back on the gory details." Past graduates used to perform such in-depth technical research "to the point where they would know every component in every little box on an aircraft."

This has all changed: now, according to Brennan, graduates will be "smart in many different aspects."

Maj Ghislain Rancourt, a past graduate of the course and present course director, has been tracking the feedback in this project. "When I was a student two years ago, I thought the course needed to change focus," he said.

While minor changes have been made throughout the course's existence, the time off gave the school time for a major re-vamping. "We needed to go back to the people," said Rancourt, "so graduates could feel comfortable going into the job without being an understudy."

Capt Gord Sharpe graduated from the course in June 2000. In telephone interview on March 12, he had no complaints about the course: "It was great. It was interesting – pretty challenging."

Sharpe now works at 1 Canadian Air Division, where he examines the readiness of maritime helicopters, such as the Sea Kings. He felt the course prepared him for the job, but "some of the stuff wasn't relevant to all guys." He and other past students also completed surveys to assess the course.

"I think it will be interesting to see how they change it," said Sharpe.

One example of work in which graduates are employed is the Aurora Incremental Modernization Project in Ottawa. This project, which began in 2000 and is expected to take ten years to complete, aims to modernize the long-range CP-140 Aurora aircraft. The aircraft, which date back to the early 1980s, monitor maritime approaches to Canada. They are used to survey phenomena such as fisheries and pollution at home, and perform intelligence roles abroad.

"The capabilities of this aircraft provide an excellent way of keeping an eye on Canada's coastal economic zones of interest," said LCol Tim Greenwood, who is the deputy project manager in Ottawa. The project is a major employer of the course's graduates. While the project received only one last year, it usually receives two or three a year, and currently employs four or five.

Of the project, Greenwood said, "If you can imagine a 20-year-old car, it's sometimes hard to find parts." The Aurora project aims to update old components to increase the capabilities of the aircraft.

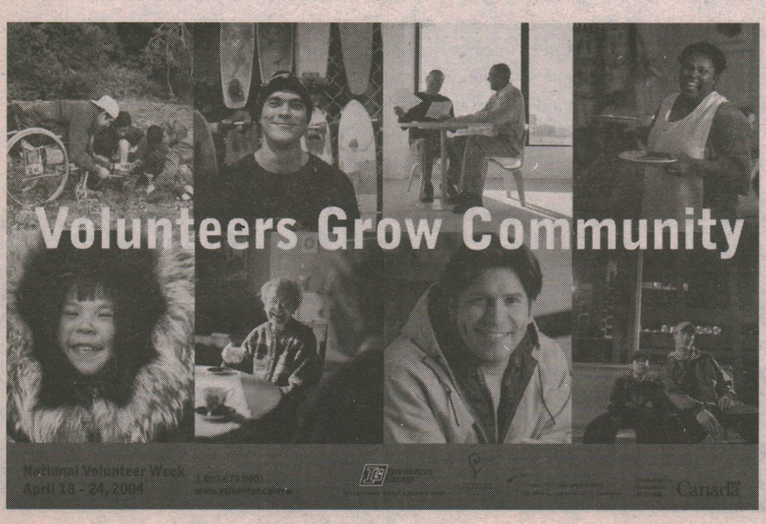
Greenwood's most recent graduate is monitoring 23 sub-projects that make up the whole. His work includes project scheduling, risk management evaluation and supervision of the project website.

Concerning course content, Greenwood said, "The course is certainly good value … all the skills they take in ASC are directly related to this work." Greenwood said he has always been satisfied with the graduates, but "there's always more to learn."

Although not involved in last fall's feedback sessions, Greenwood has told the school in the past that it needed to focus more on project management skills, though "the technical side has always been very good."

He said the project will continue to employ grads after this re-vamping, as it helps his project to be a "much more informed consumer when dealing with Defence contractors."

The next series of the course, ASC 57, currently has enrolled eight students and will begin next August. It will be the first to receive the newly minted lesson plans from the year's feedback.



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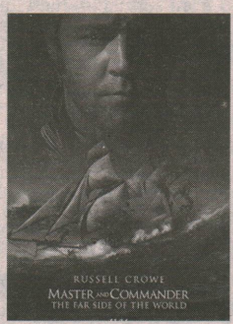

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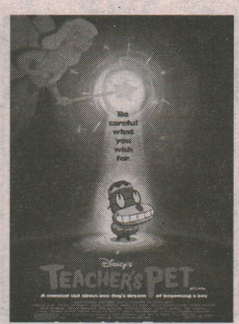

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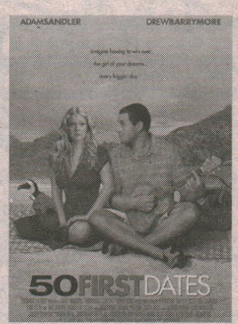

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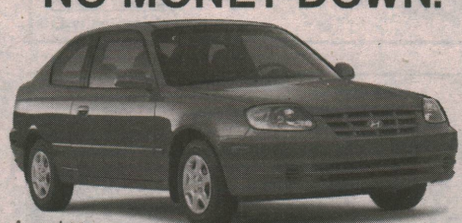

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Busy Year Of Training Begins For 435 Search And Rescue Techs

By MCpl Andrew McLean

Only a few months into the new year, the 435 Search and Rescue (Sar) Tech section is off and running. The first quarter of the year has been filled with currency and proficiency training. Sar Techs have been involved in dive training, skydiving skills camps, numerous mountain trainers and avalanche fundamentals training. Upcoming events in April will see the Sar Techs finish their long-awaited military freefall qualification.

Last year ended with the section and its members – wives included – gathering at a local pool establishment for some much-needed socializing and introductions. Hand shakes and congratulations were up for Sgt Darcy St Laurent for his acceptance and upcoming JTF course.

January quickly approached with our annual winter dive exercise. This training consisted of a week of scheduled dives, two to three a day, including night dives. Repet dive tables were in use throughout the week. They are used to ensure safe and efficient diving. Each section member completed 13 dives by the end of the week and were honed on using dive tables and CF dive rules.

Our skydiving skills camp was also slated for the end of January to the beginning of February. The training was conducted in Deland, Florida. We each received ten coached skydives from 13,500 feet, 67 seconds of freefall, and 30 minutes of wind tunnel time. The wind tunnel was key in accelerating our freefall time without having to wait for aircraft or pack parachutes. We were able to work on our freefall manoeuvres with relative safety and continuous repetitiveness of each skill. Vertical speed was not the only attention-grabber while there: two anonymous Sar Techs were able to set foot on Victory Lane at the famous Daytona Speed Way as well as a couple of Harley shops along the way. Miles Linkleter got his Dale Junior T-shirt as well.

February ended with Sgt Jeff Warden instructing the Recreational Avalanche Coarse. Two days at Riding Mountain Provincial Park allowed for uninterrupted training at a closed-down ski resort.

In March, 435 squadron went on the annual backcountry ski traverse of the Wapitik Ice fields in Yoho National Park in Alberta. This is a four-day excursion through beautiful backcountry passes, glacier beds and valley bottoms. Along the way, avalanche danger is always present and crevasse danger keeps the navigating tight and on bearing.

Participants this year included Cpl Ernie Whelan, Mcpl Dwayne Guay, Mcpl Andrew McLean and Sgt Jeff Warden. Warden was the group leader. With his advanced knowledge and expertise in backcountry travel, he guided us through three days of high winds and white-outs. We successfully completed our goal on the fourth day with sore feet and tired minds.

In the upcoming months, 435 Sar Techs will continue their training pace, freefall, mountain trainers, CASSARA spotter and evaluation, Squadron Sar Ex, RHIOT and summer dive and climb exercises. Mcpl Guay and Harrison are also taking their final steps to becoming team leaders with the upcoming 6A Part 1. This course, which is six weeks long, will instruct them on more advanced medical procedures, as well as decision-making skills related to medical concerns in the field. Jump Master training will also be squeezed in to better prepare them while conducting team lead duties on board the aircraft.

We here at 435 look forward to the upcoming year with continued advances in our trade, safe training and the welcoming of new Sar Techs.

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Photo by Sgt Dan Baulne of CFS Met

MWO Carleton and Mr Redekopp present WO Arsenault with his promotion to Warrant Officer at CFSMET on 5 April 2004.



Photo by Sgt Gord Gray

Pte David Sutton from 17 Wing Transportation, Electrical, Mechanical Engineering receives his first hook from LCol David Peace, CO of Task force Bosnia-Herzegovina Helicopter Detachment, and Capt Cory Thorn, Officer commanding the support flight, on April 7. Sutton is currently on NATO operations (Op Palladium) with Helicopter Detachment Velika Kladusa in the Balkans until the middle of April.

"Still Kicking" At 60: 17 Wing Financial Planner Quits Smoking After 43 Years

By Angela Johnston

Gord Moore, a financial planner with 17 Wing's SISIP office, used to smoke up to three packs of Export A cigarettes a day. He recalls the brand having more tar compared to other brands of cigarettes; as he says of each cigarette, "I got the most juice out of it."

As a young Air Cadet who began smoking at 15, he said he simply wanted to be "one of the boys." The habit formed early on in his youth had the expected health consequences. After he turned forty, part of his lung was removed – doctors thought he may have had lung cancer. Undeterred, he said in an April 2 interview, "I was smoking in the hospital."

He had a heart attack at 50, which caused him to lose his flying category. At the time he was employed at Winnipeg's aerospace school. He was told he would never fly again.

With a 28 year career in the military, in many positions specializing in electronic warfare, and at one time, a flight commander at the aerospace school, the military has permeated Moore's life for a long time: "I loved it all," he says.

He then turned his trade towards financial planning, investments, and taxes both in Winnipeg and Shilo, yet "I was still smoking after all this."

Then came the visual. Moore began to develop a pre-cancerous callous on his lip. This was something Moore could see – it wasn't hidden away from sight like a lung or a heart. Moore had just begun a new relationship, and had a lifestyle changing revelation: "I decided I wanted to stick around for a while."

It has been about a year and a half. Moore quit for good on Halloween of 2002. He said it has taken months to realize the benefits of quitting smoking. In the beginning, says Moore, one doesn't feel any better. It is something that comes with time.

Moore describes his new relationship with his current wife, Vivian, as a big part of his decision to quit smoking. The two married in the Officers' Mess on Feb. 10, 2001, when Moore was still smoking. Now, the two walk together for at least an hour a day, and golf in the summer.

Moore's story coincides with an upcoming program offered by the Health Promotions office for other smokers who are contemplating quitting. The program, called "May 1, I Quit!" is for members in the Forces or national defense employees. It challenges participants to quit smoking for one month, with prizes such as $1000 CANEX gift certificates, DVD players and digital cameras to be awarded at the end.

He does not even like the smell of cigarettes any more. This is something which "took a long time." As for the Export A's, Moore jokes that when he quit, "I think the stock in the company probably dropped."

He now goes to the gym three times a week, working out on treadmills and weight machines, which is something he adamantly avoided as a smoker. He began the popular Atkins diet, and has lost 30 pounds in three months.

"I feel a lot better," says Moore, "You have to persevere."

In the past, he had tried to quit cold turkey, using patches, laser treatments, and even tried hypnotism. Moore admits, "It all does help" – with the nicotine cravings. As for the lifestyle changes, those engrained patterns are harder to beat. Moore remembers being used to holding a cigarette in one hand, and drinking a coffee with the other. It is the little things which are harder to conquer.

Quitting smoking truly is about a lifestyle change. Moore's advice? "Never give up." He says it is better to slip up a few times, smoke a few last cigarettes by accident, than to declare failure.

"So I'm 60, and I'm still kicking," laughs Moore.

Those interested in the "May 1, I Quit!" program should contact Health Promotions.

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Photo by 17 Wing Imaging

Front Row: MWO Carleton (Stnds), CWO Roy (SCWO), Maj Lawrie, Mr. Redekopp (Comdt), Sgt Arsenault (CC). Middle Row: Sgt Vivian (Instr), Cpl Wessel, Cpl Woodworth, Cpl Payer, Cpl Chisholm, Cpl Fortin, Pte Green, Sgt Baulne (Instr). Back Row: Sgt Siegnerschmidt (Instr), Cpl Carter, Cpl Foulkes, Pte Randall, Pte Montemont, Pte Gosbee, MCpl Fournier (Instr)

The Weather Only Gets Better At CFS MET

By MWO Rick Carleton, Standards

One of the shortest and according to many of our students the "most intense" courses held here at CFS MET, the Meteorological Technician Course QL5A Serial 0401, graduated eleven students on Wednesday March 10th, after nine fun filled weeks. These students who came from various units across Canada were quickly reminded on how much they missed our wonderful Winnipeg winters.

The QL5A Course, formally named "The Advanced Observers" course, began on January 12th, is very interesting and challenging. The aim of this course is to provide operational commanders with Met Techs who can provide quality control of weather observations and present basic environmental briefings to support military operations. Subjects taught include meteorological theory; presentation of meteorological information to aviation, marine and climate users; quality control procedures; instrument maintenance and administration. Upon successful completion, most graduates can anticipate a posting to either a land or marine unit, where they will hone their new skills.

We were privileged to have Major DA Lawrie from 1 CAD A1 Training as our Guest of Honour. An Air Navigator, Major Lawrie provided many words of wisdom and shared his sea going experiences with our aspiring sailors. Major Lawrie also presented Pte Kristian Gosbee of 4 Wing Cold Lake with the Canadian Forces School of Meteorology "Certificate of Achievement", for obtaining the highest academic mark. The whole graduating class should be commended for their overall success and academic achievement. No doubt, they will be very valuable team members wherever they go.

Now that this course has graduated, we had no time to sit back and take a breather. Currently we have QL6A 0401 with eleven Master Corporals in house, graduating on May 21st. As you can see, the weather never takes time off and is always changing. "Cognitio Caeli"



Photo by 17 Wing Imaging

Maj Lawrie presenting the CFS Met Certificate of Achievement to Pte Gosbee

The Commandant and staff of the Canadian Forces School of Survival and Aeromedical Training (CFSSAT) would like to congratulate Cpl Ali Khan on his recent promotion. Khan is currently employed in the MITE section of CFSSAT's Administrative Flight.



Photo by 17 Wing Imaging

The Commandant and staff of the Canadian Forces School of Survival and Aeromedial Training (CFSSAT) would like to congratulate MCpl Mike MCPhail on receiving the CD2. McPhail is currently employed in the instructor cell of CFSSAT's Aeromedical Training Flight.



Photo by 17 Wing Imaging



Photo by MCpl Tony Leyte

Pte Alexandre Gelinas, seen here with Maj Stephane Parent, the Transportation Electrical Mechanical Engineering Officer, is presented with the Driver of the Year Award for 2003.



Photo by MCpl Tony Leyte

Pte Michael Robertson, seen here with Maj Stephane Parent, the Transportation Electrical Mechanical Engineering Officer, is presented with his first Chevron.



Photo by MCpl Tony Leyte

Pte Lawrence Martin, seen here with Maj Stephane Parent, the Transportation Electrical Mechanical Engineering Officer, is presented with his first Chevron.

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Museum Sets Sights On One Of Last Remaining Yukons

By Laurie McVicar

A major piece of Canadian Air Force history may soon find a permanent home at the RCAF Memorial Museum.

Officials with the museum are currently working closely with the Ecuadorian government to bring home what is believed to be the last remaining CC-106 Yukon. The aircraft was one of 12 primarily used for long-range transport in the 1960's and early 1970's.

"Yukon number 932 flew between 1960-68 for 412 Squadron in Ottawa and then in 1968, it and a sister ship were moved to Trenton to fly with 437 Squadron. And that's where they ended their career," said Chris Colton, Museum Executive Director. "The reason this aircraft is unique, from a Canadian historical perspective, is that while it was in Ottawa with 412 Squadron, it was Canforce One. It flew the Queen, the Prime Minister and the Governor General. It was Canada's state airplane, so therefore it had a very noteworthy career."

After they were retired from military service, the 12 Yukons were sold to a private company which in turn sold them to various countries in South America. Number 932 became a civilian aircraft for Andes Airlines and continued to fly from 1974 to 1986. The aircraft eventually came under ownership of the Ecuadorian Government, which was in the process of selling it for scrap metal when the RCAF Museum stepped in.

"In November of last year I got an e-mail from the president of the North Star Aircraft Association. He had heard there was a Yukon that was in the process of being sold in Ecuador and thought we might be interested in learning about it, and possibly determine if we could get it," said Colton.

While attending the 100th anniversary celebration for powered flight in Ottawa, Colton met a long-time friend who was able to assist him.

"(My friend) works for an aviation company, Lockheed-Martin. I never realized that not only was

Continued on next page



Photo Credit: DND-CF Archives

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Photo Credit: DND-CF Archives

he the company representative for Canada, but he was also the company representative for South America," stated Colton.

Through his friend, Colton was able to make some contacts in South America to help with his efforts to save the Yukon.

"At about the same time I sent an e-mail to the (Canadian) embassy in Quito, Ecuador, explaining what I had heard and asking them to help me determine the status of the aircraft," said Colton. "Over the next 30 days a number of contacts were made both at the embassy and through the Lockheed-Martin representative, to the point where every other day I was getting e-mails from this friend of a friend who was making contacts for me at the airport and with the Government of Ecuador – specifically in the city of Guayaquil."

Around the 15th of January, the "friend of a friend" called Colton to offer his congratulations.

"He said to me 'congratulations, I was just talking to the government officials today and they have agreed to donate the aircraft to the museum for free'. It was marvelous news. We had prevented the aircraft from going to an aluminum smelting company and had secured the aircraft so that now we could do something about it," said Colton. "It reminded me though of the story of when you walk into a store as a father or mother and the goldfish are free. I dare you to come out of the store with a free goldfish and not have spent any money. We are faced with the same problem. We have found an aircraft with historical importance to Canada, it is 3000 miles away, and it is in a non-flyable status."

Arrangements have been made for a recci team - led by Assistant Chief of the Air Staff, Major General Richard Bastien – to fly down to Ecuador in May to investigate costs associated with transporting the aircraft home to Canada.

Colton is estimating the journey could take up to two months and close to $750,000 if the plane returns by sea and railway. Colton is also looking into the possibility of bringing the Yukon back, sections at a time, via other aircraft.

Fundraising efforts are already underway to help offset the costs associated with this latest acquisition. For donation information, log onto www.rcafmuseum.on.ca or call (613) 965-2140 or (613)965-2208.

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Sports & Fitness

Men's Volleyball Team Takes Gold At Regional Championship

By Angela Johnston

In the recent prairie regional championship held in Winnipeg over the March 12-14 weekend, the men's team took first place. In the final game against CFB Edmonton, the Winnipeg team defeated their rivals in three straight sets.

In the final game the men defeated Edmonton by scores of 27-25, 25-15 and 25-21. In the previous semi-finals, the team defeated Moose Jaw three sets to one.

"We were very confident in our own skills," said Capt Wayne Willmott, setter and coach for the team. He described the tournament as "more competitive than last year." Though he said he was confident going into the games, he was unsure how high the calibre would be.

The tournament, which was held at Lipsett Hall, featured four men's teams: CFB Edmonton, 15 Wing Moose Jaw, 4 Wing Cold Lake and the Winnipeg team. Play began with the round-robin competition, from which two teams – CFB Edmonton and 17 Wing Winnipeg – advanced to compete in the finals. Winnipeg was undefeated during the round robin.

This year the team benefited from many skilled players, including two present and two past players on the national CISM team. CISM, the French acronym for Counseil International du Sport Militaire, comprises players from across the country who play at an international level.

Willott used to play on this team, as did Maj Mike Perry. Capt Craig Johnston and Cpl Ben Simonsen are currently members.

Johnston, who has played the sport for over 20 years, described the team's strengths being both in serving and offense. As for challenges, he said it was often difficult scheduling practices for the patchwork team, which includes players from the air force, army and reserves.

With only three weeks left before the national tournament, the team will continue to practice two times a week. The national championship will be held in CFB Borden from April 17-21.

Voxair Proofreader Wins Novice Bodybuilding Competition

By Angela Johnston

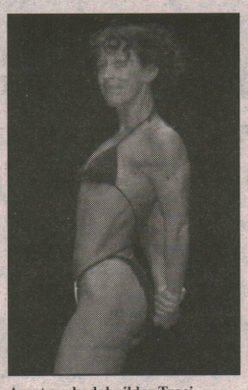
After only eight weeks of training for the Manitoba Amateur Bodybuilding Association's Novice Competition, Voxair proofreader Traci Wright took home top honours, moving on to provincials in June. With a former boyfriend and his friend – a past Mr. Manitoba – as her coaches, Traci was able to master her poses in three weeks – a feat that usually takes months.

In an April 2 interview in the paper's office, Wright begins discussion of carb depletion (which involves eating strictly protein), carb loading (an act which pulls water into the muscle), and other diet techniques for bodybuilders – words which soon confuse this less than muscularly-astute Voxair reporter.

One can't help but feel her eyebrows raise as Wright describes the tanning beds, lotions and potions required to make her muscles appear defined under bright competition lights. Though this sport may not be as mainstream as, say, hockey or baseball, its idiosyncrasies are what make it interesting – and addictive for those who do it.

"It's amazing how resilient the body is," said Wright, unable to hide her excitement for the sport.

Wright has not always been a bodybuilder. She recently turned 40 in November, and said she had a difficult time getting her head around it. Wright needed a goal. She was surrounded by people who knew a lot about the sport and was prompted to give competing a try.



Amateur bodybuilder Traci Wright poses during the Manitoba Amateur Bodybuilding Association's Novice competition.

By March 13, she had entered into the master's category, for women over 35, and the middleweight category, for those who weigh between 114.5 and 125.5 pounds.

She said that the results of the competition are actually determined during the pre-judging, not in the spectacle-laced finals, with the larger audience. Each competitor must peform a 60 second routine to music – when asked about this routine, Traci proceeds to give a quick run-through, showcasing different poses.

"This is an Arnie pose," she laughs.

She attributes most of her success to her coaches, Darryl Hansell, and Shane Ferguson. They designed and monitored her training, which would include half an hour to 45 minutes of cardio in the morning, followed by the same amount of time spent on weights, then an hour posing, and another round of cardio at day's end. Her fellow bodybuilders at Bldg. 90 were also extremely knowledgeable and willing to help out whenever questions arose or encouragement was needed.

"I took it day by day," said Wright of the exhaustive regimen. In eight weeks, Wright went from 136 pounds to a lean and ripped 119. Her diet included sparsely seasoned helpings of oatmeal and chicken breasts with no sugar or fat.

Formerly the Warm Line/Reserve Support Co-ordinator for the Winnipeg Military Family Resource Centre, Wright now co-ordinates the Healthy Baby program "Great Expectations" in St. James and Charleswood.

As well as nurturing the children of others, she has three of her own. Her eldest son, Joshua, had his fourteenth birthday on the day of Wright's competition. "My kids think it's wicked to have a mother as a bodybuilder," she said.

With the upcoming provincials on June 19, Wright says she will work on adding another one to two pounds of muscle to her upper body and refine her legs. She said she will "work on strengths."

The Voxair would like to congratulate its proofreader on her accomplishments in bodybuilding and wish her luck in future competitions. For complete results, go to www.bodybuilding.ca and click on "Results – MB Novice 2004."

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Military Family Resource Centre

The MFRC is pleased to announce we are now members of the

Fort Whyte centre &

THE MANITOBA MUSEUM

Memberships can be borrowed from the MFRC for up to 6 people at a time. To sign out a card and/or for more information please call 833-2500 ext 4500.

CountryFest

July 1-5th

Local Concert supports Military Families!!!!



Call today to get a free Friday pass or discount weekend pass!

- For all CF members ..a special price of $115.
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Call 1-800-361-7300
and have your service # available for confirmation.
For more info call Catherine at 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.

-Deployment Info Network – get resources by e-mail!

-Community Access Computer- we can help you to get on-line!

-Parcel packing stations- 2 locations

-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 it's 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 call Catherine Chatterley loc. 4506.

Toi, moi et la Mère l'Oie
(Nouveau programme en français)

Ce programme est une expérience de groupe, pour parents, bébés et enfants de 0 à 4 ans, qui se réunissent pour connaître et partager la joie des comptines, des chansons, des rondes et des contes.

Où : École Roméo-Dallaire
Quand : les mercredis matins du 14 avril au 16 juin 2004
Heure : 9h45 à 10h45

Inscrivez-vous au 833-2500 poste 4515 avec Louise.
C'est gratuit

Did you know?

- The WMFRCs' mission is to enhance the quality of life and enrich the military experience for families by providing specialized programs and services to promote health, education and social well-being. The WMFRC does not duplicate programs and services you can access within the civilian community. We provide programs and services which focus on the unique challenges of the military family lifestyle such as postings and deployments.
- The WMFRC is a provincially incorporated not-for-profit organization with charitable status. This means, that although we are under the umbrella of the Canadian Forces Personnel Agency (CFPSA) and 17 Wing, we operate independently. Funding is provided on a year-to-year basis from Treasury Board through the Director of Military Family Services (DMFS) to cover salaries and provision of mandated services. Additional site-specific programs must be funded by alternate sources.
- An elected volunteer Board of Directors, 51% of whom MUST be civilian spouses of military members, governs the WMFRC. This is how we ensure that the community voice…YOUR voice... is heard and incorporated into how we do business.
- The WMFRC employs 11 fulltime and 20 part time personnel, working at five separate locations throughout the Wing and at our satellite Centre in Thunder Bay, ON. Each WMFRC employee is independently contracted.

We want to hear from you! Your feedback allows the WMFRC to evaluate the importance of a service/activity relative to the needs of our community.

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
Deployment Services	C. Chatterley	4506
Volunteer Services	Nicole Johnson	4507
Youth/Adult Services	Diane Brine	4508
Information & Referral	Linda Belisle	4509
Children's Programs/ Emergency Childcare	W. Richardson	2491 or 6846
Employment Assistance	John Chabih	4511
Special Needs/ PIC Social Worker	Haley Schroeder	4512
Francophone Services	Louise Cameron	4515
Thunder Bay MFRC	Donna Hrycyszyn (807) 345-5116	

Sisters of the Holy Rock Fundraiser



LAST CHANCE TO BUY YOUR TICKETS! The Sisters of the Holy Rock will be performing on Friday, 16 April at 7:30 pm at the Base Theatre. Tickets are now on sale at the MFRC, 102 Comet Street. **Tickets are only $10.00 each,** so buy your tickets early! We were sold out for last year's performance. Seating is not assigned and is on a first come rush seating.

For more information Call 833-2500 ext 4500

Attention All Book Lovers! You are invited to Chapters, Polo Park

(695 Empress & Maroons Road) for a fabulous MFRC fundraiser.

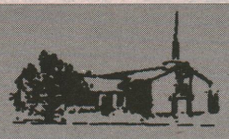
Make a book purchase on April 20, 2004 between 6:30 and 9:00 and a percentage of your sale will be donated to the MFRC. It's a win, win situation. You have an excuse to buy that new book and you are helping support the MFRC and its great programs. The MFRC staff and volunteers will be on site at Chapters with lots of surprises.

Chapters
www.chapters.ca

Keep your eyes and ears open for further information.

If you have any questions please contact Haley Schroeder at 4512

Together *in* Church



CATHOLIC

Chaplains

Father Tim Nelligan
(Roman Catholic)
Office 833-2500 ext. 5272

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

Secretary
Carol Cochrane
Office 833-2500 ext. 5087

Masses
(English only)
Sat - 1630 hrs & Sun - 0900 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 20 minutes before mass and by apointment. Contact the Chaplins' 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 1100 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 WOps Duty Centre, 833-2700, or 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.

17 Wing Care & Share10 Km Run & 5 Km Fun Run and Walk

17 Wing recreation SERVICES



This first-time race event sponsored by 17 wing Community Recreation is in Support of 17 Wing Care and Share. $5.00 from every registration will benefit Care and share.

Saturday April 24, 2004
Assiniboine Park Duck Pond
0900 Start

There are t-shirts for the first 100 registrants!

Race kits will be available for pick-up at the 17 Wing Community Recreation offices in Building 90 at 680 Whytewold Rd. from April 21 to 23, 2004 or at the duck pond at 0730 on race day.

MANITOBA RUNNERS' ASSOCIATION

For more information please call 833-2500 ext 2057

Marriage Preparation Course

The 17 Wing chaplains, together with other elements on Base, are offering a marriage preparation course. It will be held in the north community chapel at 2235 Silver Avenue from April 29 to May 1 between 7-9 p.m. on Thursday and Friday, and from 10 a.m. to 4 p.m. on Saturday. This course is a requirement for all couples planning marriage in a military chapel or by a military chaplain. The cost is $20, to cover lunch and snacks, payable to the Protestant Chapel Guild. To register, contact the Wing Chaplain's Office, at 5087. For more information, contact Chaplain Lenora Grauer, at local 5785.

Cours de preparation pour le marriage

Les aumôniers du 17e escadre, conjointement avec d'autres organisations de la base, offrent un cours de préparation pour le mariage. Le cours aura lieu à la chapelle communautaire nord à 2235, avenue Silver du 29 avril au 1 mai, jeudi et vendredi de 19 à 21 h, samedi de 10 h à 16 h. Il est nécessaire que tous les couples qui projettent de se marier à la chapelle militaire ou par l'aumônier militaire suivent ce cours. Le cours coûtera 20$, déjeuner et repas légers compris. Faites les cheques pour le Protestant Chapel Guild. Pour vous enregistrer, contactez le bureau des aumôniers au poste 5087. Pour plus de renseignements, contactez le lieutenant Lenora Grauer, au poste 5785.

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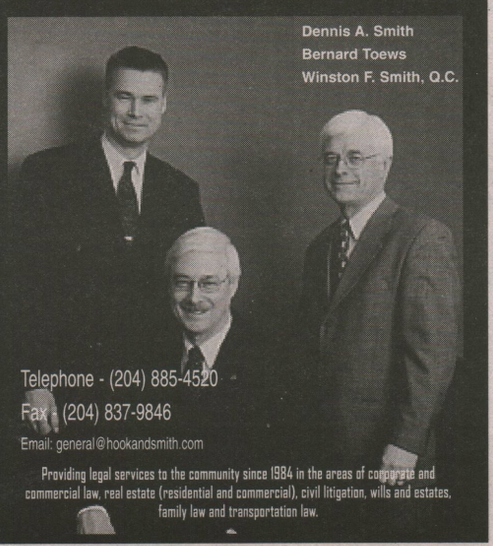

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Yamaha Electric Keyboard, w/stand & seat, Exc. condition, $300 firm. Call 888-9368 after 5pm.

Snare Drum, w/pad & carry case, VG condition, $100 firm. Call 888-9368 after 5pm.

10,000 BTU Air Conditioner, used 2 summers, $350 (over $600 new). Call 832-0155

Chain link fence, 5 feet tall, 175 feet long, 2 gates and all hardware $200, Available May 2/04, Colleen 488-2563

2000 Ford Explorer Sport 4x4, black, $13 500. Call 489-8096.

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Hotpoint Stove, self-cleaning, almond, $250. Call 487-2864.

Ceiling Fan w/light, white, 4 - 17" blades, $30. Call 487-2864.

Ceiling Fan w/light, white, 6 - 11" blades, $20. Call 487-2864.

Kenmore washer & Hotpoint Dryer , $100 ea or $150 for both. Call 487-2864.

Sears roll down black-out blind, white, for PMQ window - 64 inch, $40. Call 487-2864.

Sears roll down black-out blind, ivory, for PMQ window - 64 inch, $40. Call 487-2864.

Curtain Rod, white wood, decorative ends, w/shears, fits PMQ window, $30. Call 487-2864.

Curtain Rod, Brushed Metal with decorative ends and curtain ties - 1year old, $40.00 - Fits 4bed-PMQ bedroom window perfect. Comes with curtain clips if desired - window treatment can be negotiated when seen. Call 487 2864

Metal Mini Vientiane blind, white, 60", $35. Call 487-2864.

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Lloyds Stereo with turntable and Cassette. $75 obo. Call after 5 pm at 338-4117.

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TAROSCOPES BY NANCY

ARIES (March 21 – April 19): Disappointing news arrives. You're being asked to do what you don't want to do in order to appease someone else, or being asked to shoulder someone else's responsibilities. You need to determine why this is expected of you. Respond carefully or guilt could get you.

TAURUS (April 20 – May 20): Things aren't as simple as they seem. Your actions don't bring result as quickly as expected because it's easier to change your mind than to re-open closed doors. You may think others have gotten the wrong message but consider what your actions said as well as your words.

GEMINI (May 21 – June 21): What really matters to you? If you're excited about something – do it. It may get messy but it's worth it. If you make the choices you do, because you're following the crowd or worried about opinions and what it all looks like to others then you're failing to follow your own vision.

CANCER (June 22 – July 22): Expect the unexpected. Plans going awry can make you weary. Avoid this by following inner hunches instead of trying to stick to a schedule. In conversations, do more listening, but listen with your heart and your mind not with attitude and ego or you may feel let down.

LEO (July 23 – August 22): Getting a major urge to spruce things up and improve your surroundings. This includes changing group dynamics. Wanting to make sweeping changes where you see waste or unrealized potential. Consider your motives if you attempt to right a wrong.

VIRGO (August 23 – September 22): You sense something is wrong, may even see it coming. And there's more to follow. A meeting is required before the situation improves. Don't overlook the leadership qualities of a quiet, innovative, individual. In uncharted territory the old rules don't work as well.

LIBRA (September 23 – October 23): You may feel rejected because you spoke up but in fact it's not the way of things. You've been a key force or pivotal person in creating stability for those around you. While others are adjusting to a new environment and emotional shifts they just need space.

SCORPIO (October 24 – November 21): Your words are coming out all wrong and your actions aren't helping either. Even the elements seem to conspire against you these days. Better to keep a low profile right now and just take care of your own interests until this phase passes.

SAGITARIUS (November 22 – December 21): You'd thought everything was organized and going well. But rules get in the way of what you want to do. You have the energy, you have the support but you may end up very angry when you hit a roadblock. Convincing another of your point is like talking to a wall.

CAPRICORN (December 22 – January 19): Don't worry if things don't seem to be coming together as planned, everything works out in the end. Let others get caught up in the crazy stuff happening around you if they want to. They can deal with it themselves while you go looking at cars.

AQUARIUS (January 20 – February 18): It's unrealistic to think you have to practice until perfect. Practice until you feel capable. Perfect isn't possible and you know it, harsh judge that you are. Be the best you can be and enjoy what you're doing. Feel it, experience it. Move in the moment with confidence.

PISCES (February 19 – March 20): Disappointments are part of life so give yourself a little extra, (downtime or chocolate), to get through a rough period. Let yourself feel a loss but stay balanced by recognizing what is bountiful and beautiful in your life. You'll hear of a good opportunity soon.

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CETTE INFORMATION EST DISPONSIBLE EN FRANCAIS SUR LE SITE
WWW.DNDIRP.COM Ou **WWW.RCMPIRP.COM**

The websites listed above will greatly assist you in many aspects of selling your present home or choosing a home at your next location. You will profit from this site if:

- You are a **federal government employee** who is transferred and needs to sell your present home or purchase a new residence at your next location under the auspices of the **Integrated Relocation Program** (IRP)

- You require information about your next place of residence prior to your **House Hunting Trip**. For example: sample pictures and prices of homes, links to the local base websites & Military Family Resource Centres, area maps, **MLS** listings, local weather, RCMP contact info, and tourist or Chamber of Commerce data.

- You want to have a full-time professional REALTOR ™ (in either official language) who will send you a **complimentary relocation package**. Our local Realtor will connect you to other local experts who are also familiar with the IRP thereby maximizing your time and minimizing the stress on your family.

- Other experts we could connect you to may include Mortgage Specialists who provide **aggressive interest rates** & terms, credible Home Inspectors and Lawyers who are familiar with acceptable government fee schedules etc

- You need a Realtor who can **effectively sell your home** in a specific timeframe for the best possible price. Your local Realtor is connected to this network, as well as others, which increases the exposure of your home to more qualified buyers. For example, your local Realtor has distributed 100,000 of these flyers nation-wide to promote his/her business and therefore the homes he/she has listed. Ge one of our agents and get sold!

If your new location is listed here call one of our team members today – don't delay! We will have a complimentary location specific relocation package sent to you ASAP. If you don't find the city or base you are looking for on the back of this flyer please don't hesitate to call **David Weir BA, CD, Royal Lepage Sales Rep. at 1-866-965-3637**(24/7) or email at **david@davidweir.com** We will have a complimentary location specific relocation package sent to you ASAP. Good luck with your move! Merci beaucoup.

LOCATION	REALTOR	PHONE	EMAIL	COMPANY
BAGOTVILLE, CHICOUTIMI, PQ	Claudette Maltais	418-696-3083	claudettemaltais01@hotmail.com	1 Royal LePage Saguenay - Lac-Saint-Jean
BORDEN – BARRIE, ON	Hugh Hardy	800-383-3980	hugh@realtyguy.com	2 Remax Chay Realty
CALGARY, AB	Linda Wilks	800-896-4361	lindawilks@remax.net	1 Remax First Realty
CALGARY, AB	Leonard Wong	800-830-9430	lenwong@telus.net	1 Remax Len T. Wong & Assoc.
COLD LAKE, AB	Kathy Harrison	866-812-7377	kathy@kathyharrisonhomeinfo.com	1 Remax Cold Lake 2000 Realty
COLD LAKE, AB	Larry Melanchuk	800-707-8374	larrym@remax-coldlake2000ab.com	2 Remax Cold Lake 2000 Realty
COMOX – COURTENAY, BC	Mike Gariepy	888-339-7910	mikegariepy@royallepage.ca	1 Royal LePage in the Comox Valley
CORNWALL, ON	Debbie Wood	613-938-3860	debbiewood@royallepage.ca	1 Royal LePage M. Jean Cameron R.E.
EDMONTON, AB	Ian Robertson	800-216-9452	ian@robertsonrelocation.com	1 Remax Real Estate
ESQUIMALT – VICTORIA, BC	Peter Lindsay	800-663-2121	peterb@vreb.bc.ca	1 Remax Camosun
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HALIFAX – SHEARWATER, NS	Yolande Mason	902-478-3197	ymason@ns.sympatico.ca	1 Sutton Group Professional
HULL – GATINEAU, PQ	Louise Duchesne	819-770-3391	lduchesne@cyberus.ca	1 Trans-Action
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NORTH BAY, ON	Ron Dillig	800-339-1190	ron-dillig@coldwellbanker.ca	1 Coldwell Banker Peter Minogue R. E.
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