



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

MARCH 2, 2005

VOLUME 53, ISSUE 4

FREE



## 17 Wing On The Big Breakfast

(L to R) MCpl Eric Crievals and Cpl Ellen Wood of 402 Sqn answer questions from A-Channel reporter Erin Isfeld during the station's visit to 17 Wing on 1 February.

By MCpl Josephine Sallis

On 01 Feb 2005, some members of 17 Wing Winnipeg found their three minutes of fame and then some. Visiting crewmembers of HMCS Winnipeg were scheduled to be part of the in-studio sequences on the A-Channel's Big Breakfast morning show.

Since the Big Breakfast was already featuring one military environment, this presented a good opportunity to do on-location segments that promote recruiting of other elements. Decked out in a blue flying suit, Erin Isfeld hosted the segments filmed at the

Wing. The filming took place in and around 16 Hangar.

38 Brigade stormed the first of five, three-minute segments. Cpl Jason Hygaard, an army reservist with the Royal Winnipeg Rifles, warmed up inside his 10-man tent with Erin

while gusting winds shook the sides of his tent. He explained that Winnipeg has a strong army presence with five hundred reserve soldiers. This number will grow since they are actively recruiting new members.

Canadian Forces Air Navigation School

(CFANS) mapped out the second segment inside one of 402 Squadron's Dash-8 navigation trainers. Capt Kort Nicholauson and Sgt Jean-Yves Boulay explained, "Winnipeg is the premier military air navigator training centre." They train men and women

from across the country and from foreign lands including Norway, Australia, and New Zealand. They also described the roles of the Air Navigators and the Airborne Electronic Sensor Operators (AESOp) in the

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## ATM's Coming Soon To 17 Wing

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## Big Breakfast Continued From Page 1

Canadian Forces today.

For the third segment, Cpl Ellen Woods, a regular force Avionics Systems Technician (AVS) and MCpl Eric Krievans, a reserve AVS, amplified the important role of technicians. Their jobs are to maintain the electronic, navigation and training systems on the Dash-8. Standing in front of a tool board "any man would envy" (Isfeld), they described the intensive training required to be proficient in their trade.

Erin piloted the fourth segment highlighting the pointy end of the air force. Mr. John Getty, a civilian instructor from the Canadian Aviation Training Centre in Southport; Capt Bill Fielding from the Basic Helicopter School; Capt Fred Lord, staff instructor pilot at the Multi-Engine School in Southport; and Capt Gillian Parker, a C130 pilot from 435 Squadron co-piloted the segment. Mr. Getty, Capt Fielding, and Capt Lord

discussed their respective steps in the training programs for pilots while Capt Parker described the satisfaction she experiences with her career choice.

The final segment introduced CF recruiters Capt Steve Robertson and WO Paul Lucas from the recruiting centre, and WO Coutu, the Manitoba Recruiting Officer for 38 Brigade. Capt Robertson and WO Lucas discussed various training and education plans available for all trades. WO Lucas talked about the great potential to have the military pay for selected individuals' university education and earn a salary at the same time. "The deal is there if you want to come and take the challenge." WO Coutu outlined the part-time opportunities in the army, navy, and air force reserves in the city. As well, he informed Erin of openings in the new Field Engineering Unit starting up in Winnipeg.

All groups presented felt the live filming went

very well and provided viewers with a better understanding of the work carried out at 17 Wing and the Winnipeg area. LCol Bannister, the Commandant of 3CFPTS; believes that interviewing the various people who work in the military and seeing the equipment they work with made it very interesting for the viewing public and hopefully "might spark some viewers to visit the recruiting centre to learn even more about a career in the CF."

While planning for the Big Breakfast had been ongoing for several weeks, the presence of Shaw TV was an unexpected bonus. As final preparations were being carried out Monday night, Lt Faubert saw the Shaw crew in the building on another unrelated assignment and invited them to take part in Tuesday's event. She pointed out to the crew that

the location and interviewees were all in place and suggested they take advantage of the opportunity. Shaw agreed and spent two hours filming after the Big Breakfast finished their live show. The segments will air over the next sever-

al weeks on Shaw TV in two-minute segments.

The overall aim of this event was to highlight the large military presence in Winnipeg and to promote the Canadian Forces as a career of choice. "People think that there is no more

military in Winnipeg with the Army gone to Shilo," mused Major Dan Girard, 402's Operations Officer. "Hopefully this coverage on the Big Breakfast will change this frame of mind."

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This kind of thorough review happens about once every 10 years. We're studying our military's size, capabilities, equipment and the role it should play in the future.

We're interested in hearing what you want for our country's military. You'll be given three minutes to present your views, followed by a short question and answer period with the committee.

**Thursday, March 10**

6:30 p.m. - 8:30 p.m.  
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For more information on the Senate Committee on National Security and Defence visit or call  
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1 Briefing:

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**VOXAIR**

MARCH 2, 2005  
VOLUME 53, ISSUE 4

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Printed By  
The Daily Graphic  
1 204 857-3427

VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col Steff Kummel. Opinions and views expressed do not necessarily reflect

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Winnipeg, MB R3J 3Y5  
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environmentally safe inks.  
Publications Mail Agreement No. 1482823

**DEADLINE FOR Voxair 5:  
4 March 2005**

# Off And Flying

By Capt Dave Fouts, UIO, 3CFFTS Southport

On 17 Dec 04, seven students from the Advanced Flying Training – Rotary Wing course and five students from the Advanced Flying Training – Multi-Engine course received their Canadian Forces pilot wings from BGen Paul McCabe at 1 Cdn Air Div HQ. The occasion was marked with a Wings Presentation Parade inside Hangar 2 at 3 Canadian Forces Flying Training School at Southport, where families and friends gathered to celebrate.

The graduates of course 0404 are as follows (standing, back row, left to right): Capt Tina Karlsen of the Royal Norwegian Air Force is posted to 330 Sqn in Bodo Norway where she will fly the Sea King helicopter, Capt Ryan Rustad is posted to 413 Sqn in Greenwood NS where he will fly the Hercules aircraft,

Capt Sean Dionne is posted to 424 Sqn in Trenton ON to fly the Hercules aircraft, Capt Alex McAlpine is posted to 407 Sqn in Comox BC to fly the Aurora aircraft, Lt Shannon Woodward is posted to 408 Sqn in Edmonton AB where she will fly the Griffon helicopter, Capt Ian MacNeil is posted to 442 Sqn in Comox BC to fly the Buffalo aircraft, Capt Tom Goldie is posted to 415 Sqn in Greenwood NS to fly the Aurora aircraft, First Lt Jorgen Roraas of the Royal Norwegian Air Force is posted to Rygge Air Station in Norway to fly the Bell 412 helicopter, Lt Tim Woodward is posted to 408 Sqn in Edmonton AB to fly the Griffon helicopter, Lt Michel Poulin is posted to 430 Sqn in Valcartier PQ where he will fly the Griffon helicopter, Lt Anne Sawhney is posted to 443 Sqn in Esquimalt BC to fly the Sea King helicopter, and



Lt Phil Lacombe is posted to 430 Sqn in Valcartier PQ to fly the Griffon helicopter.

(Seated front row, left to right): HCol Hal Wishart 3 CFFTS Honorary Colonel, LCol Steve Bannister, Comdt 3 CFFTS, BGen Paul McCabe, 1 Cdn Air Div HQ, CWO Secretan, 1 Cdn Air Div HQ.

HCol Wishart presented

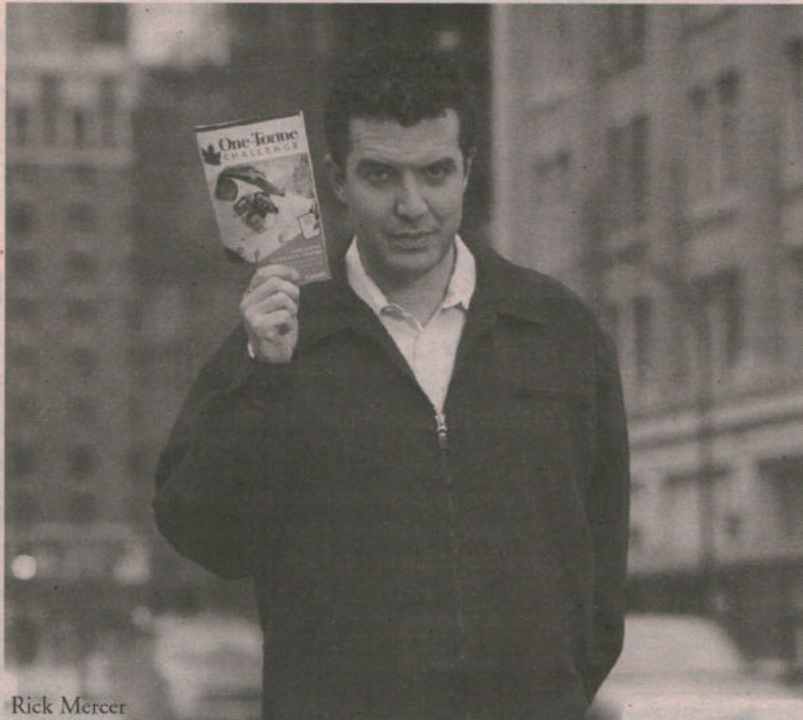
the trophy named in his honour to the best Multi-engine pilot candidate: Capt Alex McAlpine. Mr. Gerry Russell of the Wartime Pilots and Observers Association presented the Gos Goulding Trophy for best Rotary Wing candidate to Lt Shannon Woodward. Mr. Ian McKenzie presented the City of Portage la Prairie

Trophy for the candidate displaying the most officer like qualities and professionalism to Capt Ian McNeil.

The Reviewing Officer presented an A1 Flying Instructor Category Certificate to Maj Glenn Maxwell, Multi-Engine Flight Comd and Commissioning Scripts to

each of 2Lt Givogue, 2Lt Shaver, and 2Lt McLinton. He also presented a Certificate of Appreciation marking 25 years of loyal and dedicated service to Ms. Rose Malenchak, Comdt's secretary.

Congratulations to all the Wings Graduates of Course 0404 from the staff of 3 CFFTS, Southport.



Rick Mercer

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# 40 Years Ago in the Voxair

## March 5, 1965

### Flight Checks: A Bird's Eye View of Flying Wing

By The Gooney Bird

The big event of the last couple of weeks was the Squadron party. The turn out was excellent, especially considering that no arm twisting took place at any time. Hearty congratulations to Marv Nordman who was in charge of the

organization. It is hoped that another of these get togethers will take place before the partying season draws to a close.

Things have not been the same in Deer Lodge these last few days. Jack Fischer is on leave in

Mexico, consequently he has not been in the hospital for a new cast for about a week. He was on his third or fourth then he left for a warmer climate.

Mike Hamel is replacing Dave Mills in operations and seems to be absolutely transported with joy over his first ground job since he joined Flying Wing. Let it be mentioned in passing that Ted Strome has not yet had his turn behind a desk in his three years plus in our worthy organization. I am sure that the poor man feels terribly left out and that he can hardly wait to show off his administrative capabilities. By the way, how does everybody like the new colour of the orderly room? Marilyn thinks that it is

absolutely peachy . . . She was the one who chose it.

Have you noticed the R-211 look on the Flight commanders' faces the last few days? The deadline is March the first and the way those poor men have been working these last couple of weeks makes it feel wonderful to be just an Indian.

Welcome back to the Chief Pilot who has just returned from the military management course in Centralia. By the way S/L Payne came all the way back from Centralia on the weekend of the nineteenth especially to attend our Squadron party; that gesture was greatly appreciated by the troops at large.

Until next time, all the best - The Gooney Bird.



PTE(T) Angela Ballard, a member of 17 Wing Supply, receives her first hook by the W Log O, LCol Gauthier (25 Jan 05). PTE(T) Ballard is the first person from Supply to be promoted in the new Logistics Complex. Her promotion is well earned following her return from a six month Op Athena tasking in Dec 04.



PTE(T) Hao Tran, a member of 17 Wing Supply, receives his first hook by the W Sup O, Maj O'Neill and Supply SAO, MWO Runge (27 Jan 05). PTE(T) Tran is the last person from Supply to receive a promotion at the former Sqn lines at P2 (South Site). His promotion is well earned following his hard work in helping to close out the Supply Squadron lines at the South Site.



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## Rainbow Stage And 17 Wing Team Up For Miss Saigon

By Jen Sharpe

If you think song, dance, and the Wing CWO office have little in common, you are mistaken. Not only does the WCWO office have a hand in all sorts of parades and ceremonies, the experts-of-all-things-military provide services to a variety of Manitoba musicals—including Rainbow Stage's current production 'Miss Saigon'.

According to Assistant WCWO Dennis Hendrickson, 'Miss Saigon' approached the WCWO office because they were in dire need of

replica rifles for a variety of scenes. In the end, the production borrowed eight C7 replica rifles—that are actually heavier than the real weapon—from 17 Wing.

This partnership between 17 Wing and Rainbow Stage is one of many community activities the WCWO supports, WO Hendrickson says.

"We are here to support military functions, but also to support civilian functions as requested," WO Hendrickson explains. "We never really say no to anyone who requests serv-

ices from us, as long as we know they have credibility."

To thank the Wing for their support, Rainbow Stage is dedicating two nights of Miss Saigon to the Canadian Armed Forces on Tuesday, 8 March and Wednesday, 9 March. Military personnel can receive 25% off tickets for those evenings by calling Kathy Buchko, Ticket Sales Coordinator, at 989-5265. Please note that the discount cannot be applied through regular Ticketmaster sales.

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# The Final Frontier

By 2Lt V-G Winter

I recently had the opportunity to go back to school at our very own School of Aerospace Studies (CFSAS). I took a couple of courses to broaden my horizons and will enable me to hold my own when talking to operators. Unfortunately I am now suffering from a very painful brain cramp. It's my own fault. I'm not as young as I use to be and I should have done some warm up exercises before jumping into play. I should have practiced calculating the tax on my groceries bill and memorizing licences plates while driving before doing orbital mechanics.

Still I survived and my mind was expanded, in a good way. Now I must

include a warning I will be just a little more nerd than usual and talk about space. Stop reading now if you can't take it! Now then, we talked about satellites, future trends and how Global Position Satellites (GPS), were essential for lottery machines. It seems the old boys are not only good for telling you where you are but what the time is. That just seems very helpful of them. It is however a little more involved than just asking the guy sitting next to you on the bus.

One of the most insightful comments made by one of my classmates was that our "Current satellites are to future space technology, what observation balloons in the 19th century are to

aviation today". That just blew me away. I mean you see science fiction on TV or in the movies and they have fantastic toys, which seem more akin to magic than technology, and you say to your self, 'whoa that will never happen'. Yet here my classmate had made a link I could not argue with. Now admittedly 150 years have passed for the balloons so I won't be so young when space technology is really advanced but as I said in my last editorial a century isn't as impressive as it used to be.

Toys are nice but how will they change our society is more important. Technology is what led to the industrial age and was important in urbanizing our

country and we still haven't come to grips with the information age and the new connectivity that we live in. My descendents may not even live on Earth, they may be born, grow old, and die without ever having known gravity? "When I was young there was none of this floating around stuff, when you wanted to go somewhere you walked!"

Likely none of my guesses will do more than scratch the surface of what life will be like for future generations. But I still can't help but be curious to know which member of my family will be the first one to walk on the moon. I hear the Armstrongs down the way have got a head start.

# Accelerating Account Administration

By Information System Flight

It's posting season, you've been short two Cpls and a MCpl for a month. Two Ptes and a Cpl are due to arrive Monday and you need to get them contributing quickly. You've arranged for them to have a desk, chair and a computer. You only have one hurdle left - their network accounts.

WTISS has procedures in place for removing access to an account from one person and re-assigning it to another, deleting accounts and creating new accounts. These procedures are designed to ensure mail from the outgoing user is archived and/or exported for use by the incoming user and that the account is ready for use prior to his/her arrival. WTISS uses the Information Systems Access Control Form (ISACF) to capture the information necessary to make these changes. This form can be found on the DIN at: [http://17wing.winnipeg.mil.ca/wtiss/forms\\_e.htm](http://17wing.winnipeg.mil.ca/wtiss/forms_e.htm)

The move of WTISS to Building 136 (B136) has resulted in the necessity to streamline the account creation process. The old

process was admittedly cumbersome and required the member to physically show up at WTISS to deliver a signed ISACF. The form then made three stops in two buildings before landing on the desk of the Account Administrator. Happily, today, the completed form can be faxed directly to the Account Administrator at 833-2721.

To minimize delays, we ask that the ISACF be filled out completely, including the User ID, whether it is a new, or an existing vacant account. User IDs are based on the position a member will hold rather than a name, therefore, it is best for the originator to identify an appropriate ID.

Now that incoming members have been taken care of, your attention turns to routine account administration and the clearing out process. First, name changes will require another ISACF which can not be actioned until the changes have been completed in PeopleSoft. However, modifications to things like rank and/or phone number only require a phone call to the Helpdesk at local 2244.

Secondly, assume the career manager finally gave you your dream posting - a permanent placement in Alert. Not wanting delays in access to your Email when you arrive at your new job, you will need to clear out of WTISS so that your account can be removed from 17 Wing's Email system. This

will make your Email account available to the Alert administrator so that he/she can grant you access in your new location. This means a trip to B136 to action the removal of your account and an opportunity to visit our new WTISS facility. See you then...

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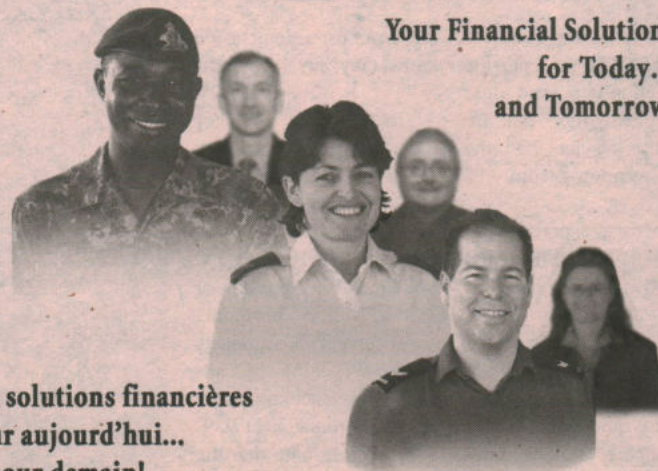
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# Women's Conference Preps For Take Off

By Jen Sharpe

A trip of a lifetime is on sale now at the 17 Wing Military Family Resource Centre (MFRC), and Diane Brine, Youth and Adult Program Coordinator, is hoping to sellout the plane.

March 11 and 12, military women and women of DND families can join local artists, dance instructors, knowledgeable presenters, and others for the MFRC's annual Women's Conference. With the theme of "Your Passport to..." the MFRC is hoping to introduce participants to women-only world of fun and togetherness.

"The purpose of the conference is to give a chance for women—not just female military members but also spouses or partners of military members—to come out, meet, and re-acquaint themselves with people they may have lost touch with," Brine says. "And it's also to learn something—it's a little bit of personal development."

The two-day conference features a Meet & Greet at the Officers' mess on the Friday and then a full day of classes and events on the Saturday. Classes like Clogging, Back Care, and Wild Flower Gardening are

just a sampling of the wide scope of interests covered by the conference.

"We try to include a little bit of everything so that if all you want to do all weekend is come and craft, then you can do that, but if you want to do a little bit of everything, we've made sure that's available," Brine explains. "We try to keep the conference as eclectic as possible, so it's not all brainwork or it's not all physical activity."

With four activities to choose from for each of the five time slots, March 12 promises to be a busy day for conference participants. The

day starts with check-in and continental breakfast, includes an "In Flight Meal Service," and concludes with prize draws.

"There's always something different going on," Brine says.

In past years, the MFRC Women's Conference has attracted as many as 60 women to the themed weekend. According to Brine, last year's "Back to School" theme was a hit: "We had our evaluation set up like report cards and we had recess for our intermission breaks. Each of our slots were broken up into class times, so

you'd have social studies, and arts and crafts, and gym class."

With a travel theme, this year's conference takes its inspiration from airlines and air travel. Accordingly, each classroom will be a gate and each participant will receive a passport and an itinerary.

Although the event is sure to be interesting and fun, Brine emphasizes that the simple act of getting together is just as important as the planned activities. "I know lots of people look forward to coming here every year just to meet up with people that they may not see

for the rest of the year. And then I know groups of women that just come all together just to have fun."

"I think that anytime we can get women together, that's important," Brine concludes. "It's one time that we can celebrate the fact that you're a woman and that you can come out and do something that is just for you."

Although the registration deadline for the MFRC Women's Conference was 1 March, the MFRC will take registrations up until the 4th, space permitting. For registration information, please call 833-2500 ext. 4500.



Pierre Lebeau

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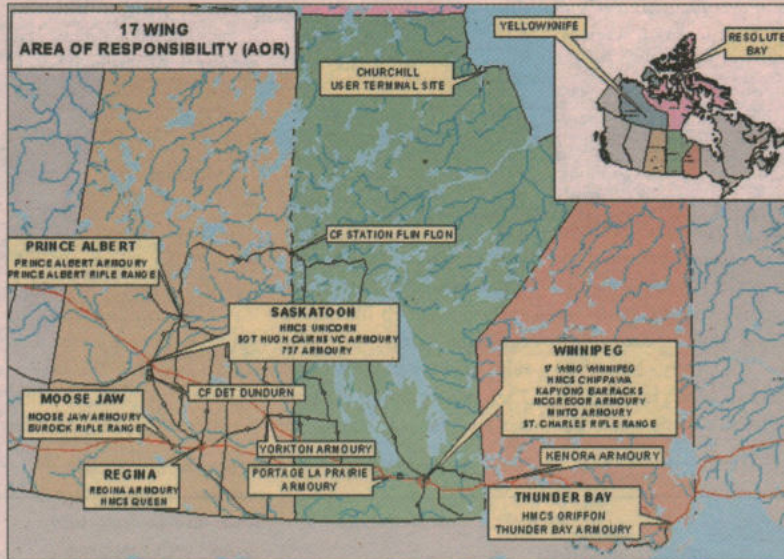
# 17 Wing Winnipeg Realty Asset Development Planning

By Maj David A Strong, P.Eng, CD

It may at times seem capricious\*, but there is a development plan.

Planning is, by definition, an evolving and ever changing melange of intent, capabilities, resources, and constraints. You do what you can with what you have, ask for more, plan for less, think through contingency after contingency, and remain flexible enough to deal with the inevitable events that are beyond your control that will occur.

Realty Asset (i.e. land and infrastructure) development planning is no different than any other planning process. The time span from creation to execution is substantially longer than typical military operational plans that most people would be familiar with; it usually falls into the 'strategic' category, but the requirements for vision, analysis, option development, decision making, resource dedication, and perseverance in the execution of the plan are similar to all of our common planning experiences in the Service. A Section Commander plans on taking a hill, a Wing Commander plans on developing a Base; similar process, somewhat different scope. A Section Commander lives or dies with the consequences of their plan within minutes, a Wing lives with the consequences of its Commander's plan for generations. These two planning processes are essentially at different ends of the same spectrum. With the apparent luxury of planning time however, the development plan should demonstrate a certain depth of wisdom that may be absent in more hasty plans. "One doesn't plant a tree for oneself, but for one's children" is an appropriate analogy. The buildings we construct today will probably be around for several generations, (or at least until we retire), and we should strive to put the right buildings in the right place, connect them properly, and fill in the space between them with a comprehensive and complementary site plan. This is the ultimate intent of an infrastructure development plan.



Having stated the intent of a development plan, it is not at all easy to achieve given the constraints of our system. The military is of necessity a command driven, hierarchical system, where the vision and mission statement of the Commander is of paramount importance. We all follow orders, and it sounds simple enough. The challenge for long term development planning however, is when the orders change. Different Commanders will naturally have different visions, financial opportunities for resources may be fleeting, priorities change within the Department, and within the Government. Governments themselves change. As a public institution, we also have a myriad of constraints and responsibilities inherent in the spending of public money. When the lead times for major works often approach two years or more, the difficulties of long term infrastructure planning within such a fluid context become self evident. We are also constrained by the legacy of past development efforts and existing infrastructure, good or bad. Our society has a constantly evolving relationship with its build environment, and even very basic assumptions (such as energy efficiency) may change radically over time. Another subtle but pervasive form of constraint evolves from worthy individual initiatives or projects that involve an infrastructure component. Appropriate deci-

sions made within the context of an individual project may not be even remotely appropriate when viewed from a larger development context. This very common problem of the 'left hand not knowing what the right hand is doing' is a significant issue in infrastructure planning, and the need for a holistic, integrated, interactive planning approach is particularly apparent over the long term. The efforts to overcome or adapt to all these constraints consistently over time is a succinct, if simple, description of the infrastructure planning process.

So if that is the intent and the process, what then is the actual plan for 17 Wing?

In general context, it should be stated that 17 Wing is a formation responsible for the largest geographical area of any Base in Canada, and a current map of our area of responsibility is presented above. The main location of Wing infrastructure is on the North Site in Winnipeg. (Current site plan is presented on page 9). The Wing's South Site in Winnipeg, (formerly Kapyong Barracks) is another major location, but it is slated for disposal and will not be further developed by the military. The Wing is also responsible for Detachment Dundurn in Saskatchewan, 440 Sqn facilities in Yellowknife, some other military assets above the Arctic Circle, and 15 armoury / ship sites across three provinces.

## 17 Wing's Mission / Vision

"17 Wing will lead the Air Force as the Centre of Excellence for training and professional education while providing a "Global Reach" capability to conduct and support CF operations".

## 17 Wing's Development Strategy

"...to create and support the infrastructure required to meet 17 Wing's mission in Winnipeg. Existing realty assets (RA) will be maintained and improved where possible, with new assets developed to add capability as required. The general strategy is to consolidate RA where possible by condensing and intensifying land usage. The intent is to develop efficiencies of use, and maximize the return on capital investment for existing centralized utilities and built infrastructure. The principles of sustainable development and the concept of 'minimum military requirements' are to be followed in all development."

17 Wing's development strategy also includes some general planning factors that affect all future development.

- Winnipeg Airports Authority and the City of Winnipeg are both key neighbours to be considered in all development policies. Where applicable, realty assets will develop in concert with their initiatives and long-term plans.
- The centralized heating service on the North Site offers some protection from market forces, and allows some operational flexibility in contingency situations. This system will continue in service for the next one to two decades, and new infrastructure will take advantage of this existing capital investment.
- Future development will focus primarily on infill sites, with one major airside site for flight line development. The other remaining major contiguous site is a relatively isolated three-hectare plot of bush on the north end of the Base available for development. With current infrastructure alignments however, this site is essentially accessible only from the exterior of the Base. Future relocation of the explosive storage capability from the North Site would free up significant areas of land for development, though there would be operational implications resulting from such a relocation.
- The NW parcel of land (Parcel f) West of Whytewold Road will

be retained as a key strategic reserve of land for major future projects, or for an expansion of the military mission in Winnipeg.

## 17 Wing's Development Goals

Development goals must be compatible with the Wing's development strategy, and they represent the specific mission and intent of the Wing on several development issues. The goals are:

- The development of 17 Wing Winnipeg as an Air Force Centre of Excellence for training and professional education. This concept will involve a general increase in and upgrade of teaching facilities, quarters, and personnel service facilities on the Wing.
- The implementation of (LTCP(C)) projects as funded, in order to maintain or improve operational capability.
- The consolidation of RA to the West side of the current Base footprint in order to capitalize on existing central utility services.
- The development of infill opportunities for new construction in order to maximize the

### Land Zoning Legend

- Operational Zoning
- Industrial Zoning
- Domestic Zoning
- Community & Recreation Zoning
- Training & Administration Zoning

### Legend

- Ramp Repairs
- Whytewold Road Upgrade
- West Street Upgrade
- South Portion of East Str. Upgrade
- Seventh Str. Upgrade
- 1/2/3/4th & Ottawa Str. Upgrade
- Intersite Road Upgrade
- Proposed Silver Ave. Extension
- DND Property Boundary
- Debris Pile / Contaminated Area
- Existing / Unaffected Buildings
- Affected Buildings

### Proposed Facilities Development - (LTCP(C) - Sept 2004)

- Horizon 1 (1-5 years)
- A - 17 Wing Winnipeg Consolidation Project
  - B - Long Term Ramp Repairs
  - C - Upgrade / Transfer Whytewold Road
  - D - Construct Additional Dundurn Magazines, CFAD
  - E - Recreation Facility Upgrade (Bldg 90)
  - F - Mid-Life Retrofit 1CDN AIR DIV, Bldg 25
  - G - Upgrade Utilities / Roads; PH, 5-9, CFB Winnipeg
  - H - Replace Barrack Blocks 64, 72, & 74
  - I - Construct Commercial / Residential Facility
  - J - Transfer N Site MQ Streets & Services
- Horizon 2 (5-10 years)
- K - Replace Water / Sewage Systems - CFAD Dundurn
  - L - Replace Water Systems - CFAD Dundurn
  - M - Construct AMSE Extension (Bldg 55)
  - N - Recap Hanger 11
  - O - Recap Hanger 10
  - P - CFSAT Bldg Extension (Bldg 75)
  - Q - Winnipeg Armouries Project
  - R - Recap Regina Armoury
- Horizon 3 (10-15 years)
- T - Construct CFSAS DP-2 Infrastructure

benefits of existing infrastructure.

- e) The construction of new assets and the progressive modernization of existing RA's to meet the applicable national standards in order to reduce energy and resource consumption.
- f) The progressive development of the Base, both physically and aesthetically, towards a 'campus concept' in order to improve the general Quality of Life (QOL), promote pedestrian activity, and increase the esprit de corps of all personnel.
- g) The implementation of sustainable development principles and environmental requirements in all

development activities in order to meet Federal policy commitments.

- b) The divestiture or demolition of surplus infrastructure and lands in order to minimize legal or financial liabilities.
- i) The maintenance of the physical security of the site as a closed Base.
- j) The holistic review and redress of deficiencies for quarters and military housing on the Wing, with the intent to improve institutional efficiencies and the general quality of life for resident personnel.

**17 Wing's Master Development Concept, Zoning and Siting Plan**

Refer to enclosed illustration "17 Wing CFB Wpg North Site MRADP Proposed LTCP(C) Development & Development Restrictions". (Note that this has been created using last year's site plan). All major projects are identified on this graphic for reference, though not all the projects have been funded, and their inclusion here does not guarantee their progression to physical reality. There are six different

development zones defined on the Wing:

- a) The operational zone is primarily the flight line. It has space left for one more hangar north of H11.
- b) The industrial zone is essentially the entire remaining North half of the Base. The functions of the Logistics Branch dominate this area, with substantial reserves of land for explosive storage templates. There are 3+ hectares of land isolated in the Northwest corner of this plot, East of Whytewold Road, available for future develop-

ment. Industrially zoned land on the East side of the Base is not planned for development at this time.

- c) There are approximately 16 hectares of reserved land ostensibly zoned for industrial use West of Whytewold Road. With the disposal of the South Site, this land represents the strategic reserve of space for future military missions in Winnipeg, and it will be protected against piecemeal development or disposal.
- d) The Base domestic zone clusters to the South of the Base with quarters and messes. Domestic PMQ and MDPR areas are outside the Base security perimeter.
- e) The community and recreational zone encompasses a wide area, with most active services West of Whytewold Rd. The central recreation areas have limited development potential, as they include either a restricted building zone for the main runway, or they are outside the Base security perimeter and have effectively become public green space managed by the City.
- f) The training and admin zone is a central arc around the domestic zone that includes schools, headquarters, and a hospital. This area includes the main entrance and central parade square.

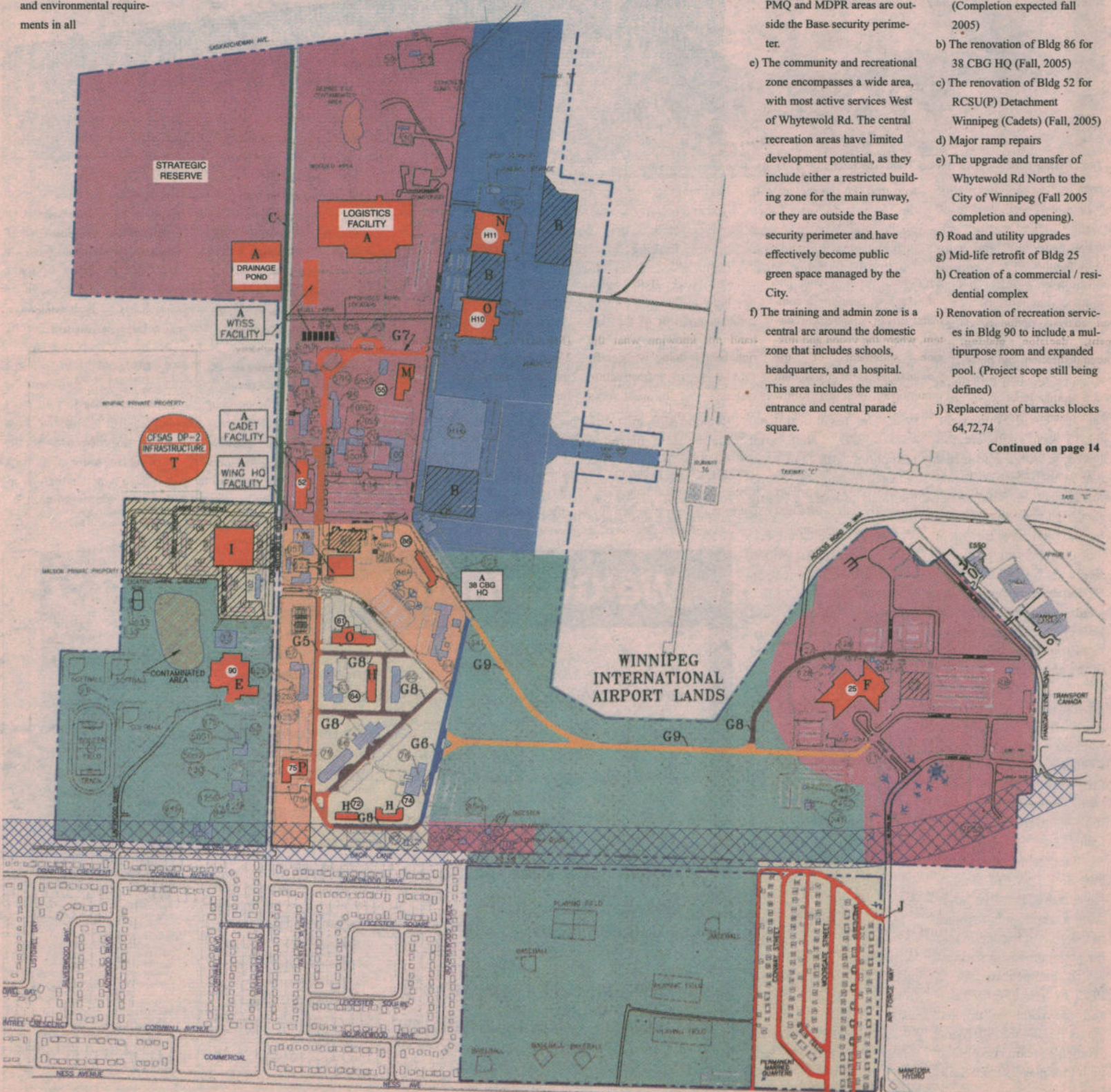
**17 Wing Facility Implementation Plan**

The facility implementation plan will focus on approved projects, projects in the mature conceptual stage, or projects within the Wing's approval authority (\$1 M). These projects are reasonably certain of implementation within the next five to ten years.

The following identifiable major projects / concepts are planned for implementation:

- a) The 17 Wing Winnipeg Consolidation Project, including a Logistics Facility, WTISS building, Wing HQ building. (Completion expected fall 2005)
- b) The renovation of Bldg 86 for 38 CBG HQ (Fall, 2005)
- c) The renovation of Bldg 52 for RCSP(P) Detachment Winnipeg (Cadets) (Fall, 2005)
- d) Major ramp repairs
- e) The upgrade and transfer of Whytewold Rd North to the City of Winnipeg (Fall 2005 completion and opening).
- f) Road and utility upgrades
- g) Mid-life retrofit of Bldg 25
- h) Creation of a commercial / residential complex
- i) Renovation of recreation services in Bldg 90 to include a multipurpose room and expanded pool. (Project scope still being defined)
- j) Replacement of barracks blocks 64,72,74

Continued on page 14



# Wing Hockey Teams Dominate Regionals, Gear Up For Nationals

By Jen Sharpe



The 17 Wing/Shilo Women's Hockey Team celebrates after its Prairie Region championship win.

The first months of 2005 have been great to 17 Wing hockey teams, and those teams are hoping the greatness will continue through spring—or at least until Nationals.

A week after the underdog 17 Wing/Shilo Women's hockey team soundly defeated Edmonton to win their Prairie Region on 11 Feb in Wainwright, the 17 Wing Oldtimers' followed up with a gold-medal win at their Prairie Region tournament in Shilo. After finalizing their rosters, both teams will head to Borden in April to represent the Prairie Region at Nationals.

Representatives of both teams agree that the key to hockey success rests on the team spirit and shared skills of the players.

"We were geared for a good week of hockey and that's all we wanted," Maj Michele Claveau, Assistant Captain and defenceman for the Women's team, says. "We were out there for fun—we were the 'happy' team."

"Our team spirit was awesome," MCpl Stacey Kohanski adds. "I've never seen a team pull together like that. . . It was definitely the best tournament for me."

To compensate for 2 PPCLI's move to Shilo—and the resulting drained player pool—the 17 Wing Women's team combined with four players from Shilo

to round out the roster. With the last-minute loss of their goalie, the Women's team also picked up a goalie from CFB Suffield who, MCpl Kohanski adds, "ended up being amazing."

At Regionals in Wainwright, the 17 Wing Women's team entered as underdogs—despite having won the tournament last year. The team beat Cold Lake 3-1, shut out Edmonton 2-0, and then defeated Edmonton 2-1 in the finals to win the Prairie Region.

The 17 Wing Oldtimers' team showed similar skill in defeating their opponents in Shilo: the team finished first in round robin play, beat Cold Lake in the semi-finals, and then outscored Edmonton 5-1 to win the championship.

According to Oldtimers' team coach LCol Tom Whitburn, the Oldtimers' team "played better and better as the tournament went on."

"Typically, a team will have one or two lines that are very skilled," he explains. "Our team is very deep in talent."

LCol Whitburn says that they will try to keep the team together for Nationals, picking up just a few players from other Prairie Region teams to fill any holes. "We're allowed to pick up three players, so we'll see who can make it to

Nationals from our team first and then try to use other players from the Wing before looking at other teams. . . Ideally, you want to keep the team together."

Unlike the Oldtimers' team that can keep most of its original roster intact, players of the championship Women's team will head to Nationals as part of a Prairie Region "All-Star" team. The Prairie team players were selected by neutral observers who scored every tournament player on her performance throughout the



The 17 Wing Oldtimers' Hockey Team after its Prairie Region championship win.

Regionals. The highest scoring players were invited to join the team.

The combined 17 Wing/Shilo team will be sending Maj Claveau, MCpl Kohanski, MCpl Brenda Beaton, Cpl Mary-Anne McDonald, and Sgt Claudette Siegnerschmidt to Shilo. The Captain for the combined Prairie team is Cpl Lizette LeBlanc of Shilo.

Although the "All-Star Team" system is a new one for Women's hockey in the Prairie Region, Maj Claveau

is already a fierce supporter.

"The Prairie Region just doesn't have the population base to produce national-level individual teams," she explains. "Teams are always undermined by deployments and ops tempo, so it's hard enough to get a good team together, never mind keep it together for the season."

"It's nice to see change in the system. . . It's easy to undermine the quality of hockey at the Nationals if you're not up to par, and the "All-Star Team" system allows us to compete."

Because their team won't be playing together until Nationals, both MCpl Kohanski and Maj Claveau say it's too soon to make predictions. "It's tough to say," MCpl Kohanski says. "Ontario is always strong because of its player base."

LCol Whitburn, on the other hand, is confident the Oldtimers will do well. "It's very hard to predict how we'll do, because of the posting season, but I think we have a better than average chance of winning it."

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# Athlete Of The Month

## 17 Wing All-Star Wows Women's Hockey

By Jen Sharpe

In the wake of a gold medal-winning run at the Prairie Regionals in Wainwright and in anticipation of an upcoming trip to Nationals in Borden, it's no surprise that MCpl Stacey Kohanski of the 17 Wing Women's hockey team has hockey on the brain.

It might be a surprise, however, to learn that the high-scoring defenceman has had hockey on the brain for 20 years . . . and it does-

n't seem to be leaving anytime soon.

MCpl Kohanski, a Thunder Bay native who has been living in Winnipeg for two years, is a hockey fanatic and a Prairie Region All-Star. In three games at Regionals, she scored three goals and earned five points to become the top point getter and top scorer in the tournament.

It's her skill and her attitude that sets her apart,

teammate Maj Michele Claveau says. "I think she's been the top defenceman in the CF each year since she's been playing."

MCpl Kohanski's passion for hockey started at a young age, when her mother was a hockey coach and her brother—her "inspiration"—started playing. In the early years, it was the camaraderie and fun atmosphere of hockey that drew her to the sport, she says: "I loved how everyone got along. The people I met were just awesome, and it's been like that up until today."

The highlights of MCpl Kohanski's hockey career include winning A-Division gold at a provincial tournament while playing for Thunder Bay and making it to the first round of

Canadian Junior National team tryouts. "My nerves got the better of me," she remembers about the tryouts.

MCpl Kohanski also recalls being called up from Thunder Bay, where she belonged to a reserve unit, to play for the 17 Wing team. "I was so thrilled to be invited up," she says.

Although MCpl Kohanski is looking forward to Nationals and is actively working to overcome her pre-game nervousness, she emphasizes that her main goal is simple: to stay involved in hockey as long as possible.

"I'll play as long as I can walk," she says. "After that, if I can be a manager or a water girl, I'll do it. . . I just love the sport so much."



Athlete of the Month MCpl Stacey Kohanski

Photo by Jen Sharpe

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## Flying Tigers Swim Team



The Flying Tigers Swim Team is a very active 17 Wing Club. We consist of approximately 50 swimmers. We train up to 6 days a week at Lipsett Hall. Our swimmers range in age from 6-17 years and are at all levels of swimming ability. We have competitive swimmers who take part in many fun swim meets throughout Winnipeg and in nearby cities as well. Some swimmers choose not to compete and enjoy the opportunity to swim on a regular basis, improve their strokes and endurance, make new friends and simply have fun being active. We are fortunate to have a great head coach, Iga Ziendalski, and she is assisted by superb, dedicated coaches as well. If you have a child that is interested in our swim club, please contact us. Swimmers can join at any time on a trial basis to see if it is right for them.

If interested please contact our President—Denise Gipp 489-7965 or our Treasurer—Andy Sawatsky 488-0232 or our Secretary—Karen Sawatsky—488-0232.

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  - Vice Pres: MWO Bill Lesko - loc 2149
  - Treasurer: Capt Lawrence Klepachek - loc 5952
  - Secretary: Sgt Linda Jardine - loc 6522
  - Equipment Manager: Cpl Rob Nevers - loc 6053

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Stephane Robbinson  
H. 488-0356

Barrie Woods  
3rd Degree black belt  
H. 889-3444  
W. 833-2500 ext 6564

Norbert Pachet  
H. 775-1584

New Members Are Always Welcome

## 17 Wing Karate Club Spreads Their Own Wings And Wins Big At Regional Tournament

By Tammy Marlowe

For the students of 17 Wing GojuKai, karate is a way of life. Goju-ryu, in Japanese, means the style of hard and soft, and the combination of opposites is evident on the floor and in our personal philosophies.

The school, called a dojo, is made up of dozens of students ranging in age from 5 to 55 years old and the group can be heard "kiaiiing" (shouting) loudly three days a week at the Lipsett Hall gymnasium.

In the last six months, head instructor Sensei Shaun Johnson made the decision to join with Karate Manitoba, the provincial governing body for the sport. With the affiliation came many new friends who share a common affection for the traditional way.

The connection to Karate Manitoba also offered 17 Wing a unique opportunity to begin competing at a level previously not available to us.

So it was with much excitement that students took in the news of a regional karate tournament, taking place Feb. 12 at St. Boniface College.

Consistently training hard and giving it your all are regimens in the dojo -- but word of a competition gave many a sparkle in the

eye and an edge on the floor.

Ten students entered the competition in two categories -- kata (series of movements) and kumite (free sparring or fighting).

Placing in the top four at the tournament equalled a chance to compete for a coveted spot on the provincial team, which will travel to Montreal in June to represent Manitoba at the Nationals.

With that kind of incentive, the group worked hard to become solid in our form and technique and after a few weeks of practice, we headed off to our first real tournament. The regionals brought together karate-ka from Winnipeg and the eastern areas of the province. Black belts weren't competing -- they received a by into the provincial tournament -- but our instructor Sensei Shaun was there to support us and help judge the more than 120 students in competition.

17 Wing's most senior student, brown belt Norm Troughton, along with fellow brown belt Brennan Craig, were put in the ring together against others in their category of adult male, blue and brown belts.

Both are strong and have been training in goju

for years, but there were still butterflies as each performed his kata in front of a panel of five Senseis.

When the medals were handed out, Troughton proudly took gold -- and Craig silver.

Young blue belt Hannah Skrynsky and brown belts Braydon Berggren-Ward, Alex Danyliuk and Jay, Eirickson-Jensen had lots of competition in their category, as so many in their age group of 11 - 13 had signed up.

A preliminary round knocked a couple of 17 Wingers out of the running, but Skrynsky and Berggren-Ward advanced to the next level. They performed more kata and when the medals were awarded, Skrynsky had a bronze one around her neck.

Teenager Matthew Ori had been placed in kata in the last days before competition and was nervous to take part. But, as a true goju karate-ka, he got up and did his best and in his own category placed 4th - good enough for an advancement into provincials.

I also competed in my own group of adult female, blue/purple and brown belts.

Being my first time, my hands were shaking as I

announced my kata to the Sensei judges and began to move. I barely remember getting through it, but I did, and was rewarded with a bronze medal -- and that all important spot at the provincials.

Next came sparring and another chance to get one step closer to Team Manitoba.

When the dust settled in all categories, Skrynsky, Ori, and Berggren-Ward walked away with silver, Craig took home bronze and Troughton finished 4th.

We weren't sure how we were going to do in our first Karate Manitoba tournament; we all wanted to go out and do our best and hopefully come home with some hardware.

17 Wing as a whole was really proud of how well the students actually did, and it was a sentiment to their hard work, dedication and instruction.

Now the real work begins.

The Regionals will be held Mar. 19 at St. Boniface College, and with the possibility of Team Manitoba now within reach -- the group again has that unmistakable glimmer in their eye on the floor, while practicing kata and dodging punches.

**BINGO: Mon - Wed - Friday 7:30 pm**  
Early Bird starts 7:00 p.m.

**CRIB NIGHT: Thursdays at 8 p.m.**

**DANCING: Fri & Sat Evening**


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# Military Family Resource Centre



## Join Us The First Thursday Of EVERY Month For Community Coffee Break



10-11 AM.

Take this opportunity to connect with other families experiencing a move to a new posting or managing the challenges of deployment and family separation. Introduce yourselves to the MFRC and our wide variety of services. Our friendly staff is always on hand to answer your questions about our programs and services. Register for a workshop, pick up the latest newsletter or just relax and meet some new friends. Children are always welcome and there will be plenty of refreshments.

CF members, you are invited too! Bring your section to meet the MFRC staff and see what we are all about. A great professional development opportunity...networking and yummy snacks too!

Upcoming Coffee Breaks are March 3, April 7, May 5 and June 2, 2005.  
Join us at 102 Comet St. 10-11am  
For more information, call Catherine at Loc. 4506

## MFRC Lending Library

The COLD weather getting you down?

Join the MFRC Lending Library and sign out the Fort Whyte Centre or Manitoba Museum Passes for 24 hours.

For just a \$10.00 year membership, you can sign out the Fort Whyte Centre or Manitoba Museum Passes for 24 hours. We also have a variety of children's toys and videos you can sign out for two weeks.

Also, check out our Resource Library. A couple of our new books are:

1. We're Moving Where? The Life of a Military Wife by Jeanette (Shetler) Russell
2. My Love, My Life by Dianne Collier
3. Various cookbooks from Time - Life Books

For more information about the MFRC Lending Library, call 833-2500 ext 4500



## Coming attractions at the MFRC

Workshops begin at 7pm and take place at 102 Comet Street. Meet some new friends, learn something new and have fun! Workshops are free unless otherwise indicated. Childcare is available on request on registration. Call 833-2500 loc. 4506/4500 to register.



**March 23** - Have a great Yard Sale!  
Tips and hints to make this year's yard sale a great success.  
Have a lighter load next time you are posted!



**April 20** - Get Moving...get organized! Information and resources gathered from the experts...YOU. We have some coping skills and super hints to make this move painless...OK, less painful!



**May 18** - "Oh...the places I have been"...create a beautiful map framed mirror.  
Bring a map of your favourite place(s) and we will transform a framed mirror into a work of art celebrating the strength and flexibility of Military families!

## Did You Know...

Why is each MFRC different?

Each MFRC reflects the military community it serves and as you can imagine, needs vary from one CF posting to another. MFRCs are individually governed by a board of directors made up of community members. Community members just like you shaping the vision of each MFRC from Gander to Esquimault. Most centres are not for profit organisations, getting only partial funding from the Military Family Services Program/ DND Director Quality of Life sources. The success of local fundraising often determines whether site specific services can be offered.



There are two types of services offered by your MFRC:

**Mandated** - programs and services which address issues encountered within the the military lifestyle are offered at each MFRC. In a nutshell...military family lifestyle is different because they are expected to deal with moving/transition on a regular basis and long periods of separation are common due to job requirements. The level of service depends on what is already available in the community and whether military families have appropriate access. Examples of mandated services might include; parent and child groups, emergency childcare services, The Warm Line.

**Site specific** - As the name implies, these programs tend to vary a great deal among MFRCs. These are services which address the specific needs of a particular Base Community. Examples of Site specific services might include; Special Events, Childcare centres, Youth programming, Unit specific support groups or even things like shopping tours for remote CF locations, etc. Local community needs assessments determine which unique services may benefit the local families.

If you would like to know more about the MFRC or how to volunteer in shaping our vision, call Louise at 833-2500 loc. 4515.

## Web Corner

For some great insight on moving and transition issues for families visit the web sites below.

<http://www.homedepotmoving.com> - great topics like buying/selling your home, planning a move, settling in and projects.

<http://www.mfrc-dodqol.org/healthyparenting/> - sponsored through the US Military, this site provides specific resources for helping families deal with postings and moving. Bookmarks and crafts for kids with calendars and great tips for adults.



## 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.

<b>Office Manager</b> Mona Currie 4500	<b>Emergency Childcare</b> 935-7733
<b>Reception</b> Teresa Morris 4500	<b>MFRC Childcare Centre</b> 837-3653
<b>Youth Centre North</b> 4502	<b>Lois Johnson (Director)</b> 837-3626
<b>Youth Centre South</b> 488-8563	<b>Employment &amp; Education Services</b> John Chabih 4511
<b>Executive Director</b> Don Brennan 4504	<b>Social Work Services</b> Haley Schroeder 4512
<b>Deployment Services</b> Nicole Johnson 4507	<b>Francophone / Volunteer Services</b> Louise Cameron 4515
<b>Youth / Adult Services</b> Diane Brine 4508	<b>Thunder Bay MFRC</b> Evelyn Harrison (807) 345-5116
<b>Information &amp; Referral</b> Catherine Chatterley 4506	<b>Winnipeg MFRC Fax</b> 489-8587
<b>Children's Programs</b> 2491 or Wendy Richardson 6846	

# Together in Church



## CATHOLIC

### Chaplains

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

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

**Administrative Assistant**  
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 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

**Padre Paul Southen**  
(United Church)  
Office 833-2500 ext 4277

**Administrative Assistant**  
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 Chapel 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 info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click on 'Services'.

### Interfaith Prayer Room

Rm 305 in Bldg 62 is avail during regular working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.

# Realty Asset Development Continued From Page 9

- k) Divestiture or demolition of some 200+ PMQ's and MDPR's within the City.
  - l) Consolidation of the WO' and Sgt's Mess into Bldg 61 and the rededication or demolition of Bldg 66 (2005)
  - m) Renovation of the first and second floors of Bldg 62 (Hospital) into a medical clinic
  - n) Expansion of CFSSAT Bldg 75 as required to meet the school's training requirements
  - o) Construction of the planned theatre expansion for Bldg 135 (TEC)
  - p) Development of the DP-2 concept and associated infrastructure (Officer training)
  - q) Development of a Field Training Facility at St Charles Range
  - r) Development of the 'Base as a campus concept', various walking paths, and other QOL improvements
  - s) Development of a sustainable landscaping initiative (Base Beautification Project)
  - t) Main gate redevelopment for security and aesthetic improvements
  - u) Demolition of several buildings
  - v) Minor road and parking lot changes
  - w) Reconstruction and possible relocation of the Headingly Transmitter (WTIS project).
- In conclusion, it is fair to say that 17 Wing Winnipeg, in all its incarnations, has been around for more than three quarters of a century, and it is unlikely to disappear anytime soon. Much of what you see today on the North Site was constructed circa 1954, in a post war construction boom for the military. A few buildings predate that by many years, and a few of the more important ones have been built since. The facilities we live and work in today were created by the generations who went before us, and what we create today will serve or burden not only ourselves, but the generations to come after us. It takes a lot of effort, by a lot of people, over a lot of years, to produce a Canadian Forces Base. The evolution of a Base may at times seem capricious, but rest assured that there truly is a development plan for 17 Wing Winnipeg.

## "March 1<sup>st</sup> I QUIT!"

Only a few days left! Take the Challenge! Quit smoking for at least one month and you could win one of:

- 4 gift certificates of \$1,000 chèques-cadeaux de 1 000 \$
- 40 MP3-CD players lecteurs de MP3-CD
- 15 digital cameras appareils photos numériques

**Relevez le défi!**  
Cessez de fumer pendant au moins un mois et vous pourriez gagner l'un de ces prix.

**"Le 1<sup>er</sup> mars J'ARRÊTE!"**

Plus que quelques jours! Canada

**Attention!** This challenge is for all members of the DND/CF team, including CF members' immediate family. See the brochure for more information.  
**Attention!** Ce défi est destiné aux membres de l'équipe MDN/FC, y compris les proches parents des membres des FC. Prière de consulter le dépliant pour plus de détails.

**You're a non-smoker?**  
By helping a smoker to take the "March 1<sup>st</sup>, I Quit!" challenge, you will become eligible to win one of:  
1 gift certificate of \$1,000  
40 MP3-CD players  
15 digital cameras  
To get your entry form or for further information, call the Strengthening the Forces (health promotion) office on your base or check on the Web site: [www.cfpsa.com/health](http://www.cfpsa.com/health)

**ONLY A FEW DAYS LEFT TO REGISTER!**  
REGISTER ONLINE  
[www.cfpsa.com/health](http://www.cfpsa.com/health)  
BEFORE MIDNIGHT FEB 28th, 2005.  
**PLUS QUE QUELQUES JOURS POUR VOUS INSCRIRE!**  
INSCRIVEZ-VOUS EN LIGNE  
[www.cfpsa.com/sante](http://www.cfpsa.com/sante)  
AVANT MINUIT LE 28 FEV 2005.

**Vous êtes non-fumeur ?**  
En encourageant un fumeur à relever le défi "Le 1<sup>er</sup> mars, j'arrête!", vous pourriez gagner l'un des prix suivants:  
1 chèque-cadeau de 1 000 \$  
40 LECTEURS CD-MP3  
5 appareils photos numériques  
Pour vous procurer un formulaire d'inscription ou pour obtenir des renseignements supplémentaires, téléphonez au bureau de Energiser les Forces (Promotion de la santé) de votre base ou consultez le site Web: [www.aspc.com/sante](http://www.aspc.com/sante)

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# Ask Julie

Dear Julie,

I have a new boyfriend and I'm really into him but I'm also worried. I found out through the grapevine that he is involved in some shady deals at work. I'm not sure what these might be and I don't want to accuse him of anything. How can I change him so that he is more honest?

The Reformer

Dear Reformer,

The idea of trying to get someone to change is popular when it comes to relationships but it is not healthy. If your goal is to change your partner and make him more honest, you are investing more in an idealisation than in your relationship. I would confront your boyfriend with the information you have received to see what you can get out of him. If your boyfriend values your relationship he will be honest with you. If he is open with you, seems honest and you are okay with what he has been doing, your relationship might grow from this. If, on the other hand, he isn't honest, he is clearly telling you that he isn't ready to be involved in a serious relationship. In a healthy relationship, honesty should always come first.

Dear Julie,

My husband just recently came back from deployment. I was used to running the household and taking care of the kids on my own for the last six months. Now he's back and is getting more involved but it's driving me crazy. I'm glad to have him back and I love him but he's just getting in my way. What do I do?

Sergeant-Major Mom

Dear Sergeant-Major Mom,

Although you were probably ecstatic to have your husband come home from deployment, what you are feeling is completely normal. During his absence you had to readjust your life in a big way in an effort to take on the family on your own. You have been leading a different lifestyle for the last six months and as difficult as it was to change when he left, it will be as difficult if not more so to go back to what it was. Be open with your partner and be patient with yourself. In a little while both of you will most likely have adapted to this lifestyle change and you should be able to carry on with your family life as it was before the deployment.

Dear Julie,

My boyfriend broke up with me three days before my birthday. A week later we got back together. I'm suspicious that he only broke up with me to avoid giving me a birthday present. What do I do?

Birthday Girl

Dear Birthday Girl,

While it may seem like a sordid thing for someone to do, your suspicion might be correct. Since this is obviously bothering you, I would confront your boyfriend about it. Talk to him about your suspicion and see how he reacts. I do not know your boyfriend and maybe this really is a big coincidence, however if his intentions were good he probably would have given you a belated birthday card or a little something when you got back together. You had only been separated for a week and your birthday was still very recent. If your suspicion happens to be true, this guy certainly doesn't deserve to have you as his girlfriend.

If you have relationship questions you can ask Julie, Voxair's own Psych Major with a long history of giving relationship advice. Questions can be mailed to the Voxair, e-mailed to voxair@mts.net or called in on our dedicated anonymous voice box 833-2500 ext. 3333. Anonymity is assured.

# Classifieds

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# TAROSCOPES

BY NANCY

**ARIES (March 21 - April 19):** You may be feeling like there is no escape from financial concerns. However a new venture could help, if you've assessed it systematically. The key is to weigh short term losses against long range returns and work out the kinks before you invest your heart and soul into it.

**TAURUS (April 20 - May 20):** If you feel like you are not achieving a high enough level of career satisfaction, it may be because you are measuring your success in relation to others. Create your own definition of success focusing on your own principles, ethics, passions and goals.

**GEMINI (May 21 - June 21):** Be honest about everyone's abilities and interests. Right now you are prone to overlooking other's gifts as well as your own hidden treasures. Ease up on expectations especially if they are driven by society. Balance intellectual learning with physical activity.

**CANCER (June 22 - July 22):** You would like to be treated fairly and your efforts appreciated. Wanting your home to be comfortable and worry free. Tired of juggling and coping; you need a break from work. If you can't hire someone to do the things you hate doing, consider swapping services with someone.

**LEO (July 23 - August 22):** You've been making a good impression and so you want to build on that momentum and meet deadlines. It's better to keep people waiting than to push your luck and rush the process though. If you forget about safety, mishaps could happen. Slow down to avoid mistakes.

**VIRGO (August 23 - September 22):** Harsh words coming your way leave you reeling. Acknowledge your feelings of distress, or you'll be overwhelmed by them at inappropriate times. Ultimately you'll realize this was a lucky break because you are released from obligations that only served others.

**LIBRA (September 23 - October 23):** When socializing, don't fill the empty silences. Wait for others to speak and you'll learn a few things about hidden agendas which help you understand the actions of others. Explanations are finally forthcoming about something from the past that strongly affected you.

**SCORPIO (October 24 - November 21):** Deciding what your strengths are and considering further education. You're not satisfied with what you see happening around you and you need some time to reflect on how you can make a positive contribution. Expect a major shift in your life and priorities.

**SAGITARIUS (November 22 - December 21):** Feeling eager to move up the career ladder. Don't be impatient, you need to look at different options and determine which is best for you. It is not about money now but status. You want to be seen as one in a power position.

**CAPRICORN (December 22 - January 19):** Feeling chained to responsibilities when in fact, you are more like a link in a chain; dependent on some while others depend on you. The real problem is that you're bored with what once excited you. Take small breaks until you can explore new interests.

**AQUARIUS (January 20 - February 18):** Some of the things you've started are slower to pan out. You have to keep things up and keep things going. Sometimes there is little money available for extras. Do a good job though and when you least expect it success and reimbursement come your way.

**PISCES (February 19 - March 20):** There is magic in the air. But be patient and appreciate that timing and good luck go hand in hand. You're asked to assist someone in an emotional turmoil. Feel your way around a delicate situation, especially if you don't have a lot of experience in this area.

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### terie langen

- Moved extensively throughout North America & Europe as a military family and have special empathy for family concerns
- Resident of Winnipeg for 30+ years, working in the city & surrounding areas.
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