



Basic AES Op Course 0501 Graduates!

By Sgt Dave Hight, AES Op Flt Instructor

On January 27th CFANS held a Graduation and Wings Parade for the Basic Airborne Electronic Sensor Operator Course (BAC) 0501. The Reviewing Officer for the parade was BGen Bill Neumann, CD.

This day is a culmination of six months of the hard work by seven candidates to get through 15 Academic exams, 17 Trainers and 11 Flights to earn the most coveted Flying Wings that a non-commissioned member in the CF can wear, AES Op Wings!



Photo by Cpl Bern LeBlanc

The Reginald (Pat) McNamara DFC, DFM Trophy was donated by the Wartime Pilots' and Observers' Association and is presented to the student who has demonstrated an overall excellence in academics and flying while on the Basic AES Op Course. Mrs. Sheila Dolinski, Flt McNamara's sister presented the award with Mr. Ross Singleton of the WPO to Cpl Darren Struble of Coronach, Sask.



Photo by Cpl Bern LeBlanc

Mr. Allan Hansen presented the HCol Cheffins award to the Candidate who made the greatest contribution to team building as voted by his peers, Cpl Pat Lambert.



Photo by Cpl Bern LeBlanc

Basic AES Op Course 0501

Rear (L to R) Cpl B. Simms 405 Sqn, Cpl D. Struble 405(MP) Sqn, Cpl P. Lambert 407 Sqn, Cpl J. Plamondon 405 Sqn, Cpl S. Bampton 407 Sqn, Cpl S. Greenslade 405Sqn, Cpl M. Maher 405 Sqn
Front (L to R) CWO BK Yhard SWCO, LCol GC Ness CFANS Commandant, BGen W Neumann Reviewing Officer, Col K O'Brien Wing Commander, Sgt DA Hight Course Director

The Airborne Electronic Sensor Operator (AES Op) trade is currently a COTP only occupation. Only current serving Regular Force members are able to apply under the Continuous Occupational Transfer Plan, COTP. An AES Op serves on the CH-124 Sea King, and the CP-140 Aurora. The role of an AES Op on these aircraft is operate the Radar, EO/IR cameras, EW equipment, Aerial Photography, Hoisting, Door gunner and operate numerous other electronic sensors and ordinance equipment. To find out more on the AES Op trade, visit your BPSO and www.cfans.com.



Photo by Cpl Bern LeBlanc

Cpl Jean Plamondon received his AES Op Wings from his father MWO (ret'd) Sam Plamondon, a former AES Op.

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Two Canadian Soldiers Die And Others Injured In Week Marred By Tragedy

By Kristina Davis, The Maple Leaf

Two Canadian soldiers were killed, while six others, including a local interpreter, were injured when their light armoured vehicle (LAV III) collided with a civilian taxi March 2.

Dead are Corporal Paul Davis of Bridgewater, N.S., who died in Afghanistan, and Master Corporal Timothy Wilson of Grande Prairie, Alta., who succumbed to his injuries in hospital in Germany. Their remains were repatriated March 5.

Injured were: Private Miguel Chavez, originally of San Salvador, El Salvador; Pte Nathan Justice, Dauphin, Man.; Pte Mark Taylor, Prince Rupert, B.C.; Pte Thomas Wong, Edmonton, Alta.; and Sergeant Darren Haggerty, London, Ont. All were from Bravo Company from the 2nd Battalion, Princess Patricia's Canadian Light Infantry, stationed in Shilo, Man.

In keeping with MCpl Wilson's wishes, his organs were donated to an international organ donation programme.

"Although his death is a terrible tragedy, I hope that his tremendous gift will provide a better life for the many recipients who will benefit from this," said Daphne Wilson, wife of MCpl Wilson. "Tim's selflessness earned him the admiration and respect of all who knew him."

Speaking to CTV News, Cpl Davis' father, Jim, expressed love for his son and support for the CF.

"I also would like you to know that I am an extremely proud Dad. I am very proud of my son Paul. I believed in what he was doing 100 percent. And to his friends that are in Afghanistan, if they're listening to me, I want them to know that I am 100 percent behind all of them."

Just one day after the accident, a suicide bomber attacked Canadian soldiers, mounted in a LAV III, wounding five. Master Corporal Michael Loewen, based at the Edmonton Garrison and the commander of the LAV III, was the most seriously injured and was transported to Germany. While initially

in the intensive care unit, he's already been moved to a regular ward.

On March 4, in what may have been an ambush, Captain Trevor Greene was struck in the head with an axe during a shura-a collegial meeting with local elders. Attacked from behind, the soldier was squatting and had removed his helmet as a sign of respect.

Part of a civil-military cooperation (CIMIC) outreach patrol, the Reservist from Vancouver, B.C., remains in serious condition in hospital in Germany. The attacker was killed when Canadian and Afghan National Army soldiers responded instantly with small arms fire.

In a statement, Defence Minister Gordon O'Connor said: "As this sad moment illustrates, there are risks to our mission in Afghanistan. But the men and women of the Canadian Forces understand those risks. They understand that their presence in Afghanistan is necessary to help the Afghan people have a better future. And most of all, they understand that it is necessary to protect Canada from the scourge of terrorism." Cpl Davis and MCpl Wilson are the ninth and 10th soldiers respectively to lose their lives in Afghanistan. Glyn Berry, a representative from Foreign Affairs Canada, also died while serving in Afghanistan earlier this year.

Deux Soldats Canadiens Perdent La Vie Et D'autres Sont Blessés - Une Semaine Marquée Par La Tragédie

By Kristina Davis, La Feuille d'érable

Le 2 mars dernier, deux soldats canadiens ont été tués, et six autres blessés, dont un interprète local, lorsque leur véhicule blindé léger (VBL III) a percuté un taxi.

Le Caporal Paul Davis, de Bridgewater (N.-É.), s'est éteint en Afghanistan, et le Caporal-chef Timothy Wilson de Grande Prairie (Alb.), a succombé à ses blessures dans un hôpital militaire, en Allemagne. Leurs dépouilles ont été rapatriées le 5 mars.

Le Soldat Miguel Chavez, originaire de San Salvador, en El Salvador; le Sdt Nathan Justice, de Dauphin (Man.); le Sdt Mark Taylor, de Prince Rupert (C.-B.); le Sdt Thomas Wong, d'Edmonton (Alb.) et le Sergent Darren Haggerty, de London (Ont.), ont été blessés. Ils faisaient tous partie de la Compagnie Bravo du 2e Bataillon, Princess Patricia's Canadian Light Infantry, basé à Shilo, au Manitoba.

Comme l'avait souhaité le Cplc Wilson, ses organes ont été donnés à un organisme international de dons d'organes.

« Bien que sa mort soit une grave tragédie, j'espère que son formidable cadeau procurera une vie meilleure aux nombreuses personnes qui pourront en profiter », a affirmé son épouse, Mme Daphne Wilson. « Son altruisme lui a valu l'admiration ainsi que le respect de tous ceux qui le côtoyaient. »

Dans le cadre du bulletin de nouvelles de la chaîne CTV, le père du Cpl Davis, Jim, a exprimé l'amour qu'il avait pour son fils et a manifesté son appui aux FC.

« Je tiens à vous dire que je suis un père profondément fier. Je suis très fier de mon fils Paul. Je croyais pleinement en ce qu'il accomplissait. J'ai aussi un message pour ses amis en Afghanistan. S'ils écoutent ce reportage, je veux qu'ils sachent que je les appuie à 100 % . »

Le lendemain de l'accident, une bombe humaine a explosé attaquant des soldats canadiens se trouvant à bord d'un VBL III, et en blessant cinq. Le Caporal-chef Michael Loewen, posté à la garnison d'Edmonton et commandant du VBL III, a été le plus grièvement blessé du groupe et il a été transporté en Allemagne. Hébergé dans l'aile des soins intensifs à l'origine, il a été transféré dans une aile de soins réguliers.

Le 4 mars, dans un incident qui pourrait bien être une embuscade, le Capitaine Trevor Greene a été frappé à la tête avec une hache, lors d'une shura - une assemblée avec des aînés de la région. Le soldat accroupi a été attaqué par derrière. Il avait enlevé son casque par respect.

Participant à une patrouille de relations externes de coopération militaire (COCIM), le réserviste de Vancouver (C.-



Cpl Paul Davis



MCpl Timothy Wilson

B.) repose toujours dans un état grave à l'hôpital militaire en Allemagne. L'attaquant a été abattu par des soldats des FC et de l'Armée nationale afghane, qui ont répliqué immédiatement avec des armes de petit calibre.

Dans un message, le ministre de la Défense Gordon O'Connor a déclaré : « Ce moment de tristesse illustre que notre mission en Afghanistan comporte des risques. Mais les hommes et les femmes des Forces canadiennes comprennent ces risques. Ils comprennent que leur présence en Afghanistan est nécessaire pour assurer un avenir meilleur au peuple afghan. Et, surtout, ils comprennent que leur présence est nécessaire pour protéger le Canada contre le terrorisme. »

Le Cpl Davis et le Cplc Wilson sont les neuvième et dixième soldats à perdre la vie en Afghanistan. M. Glyn Berry, représentant d'Affaires étrangères Canada, a également été tué cette année, pendant son service en Afghanistan.

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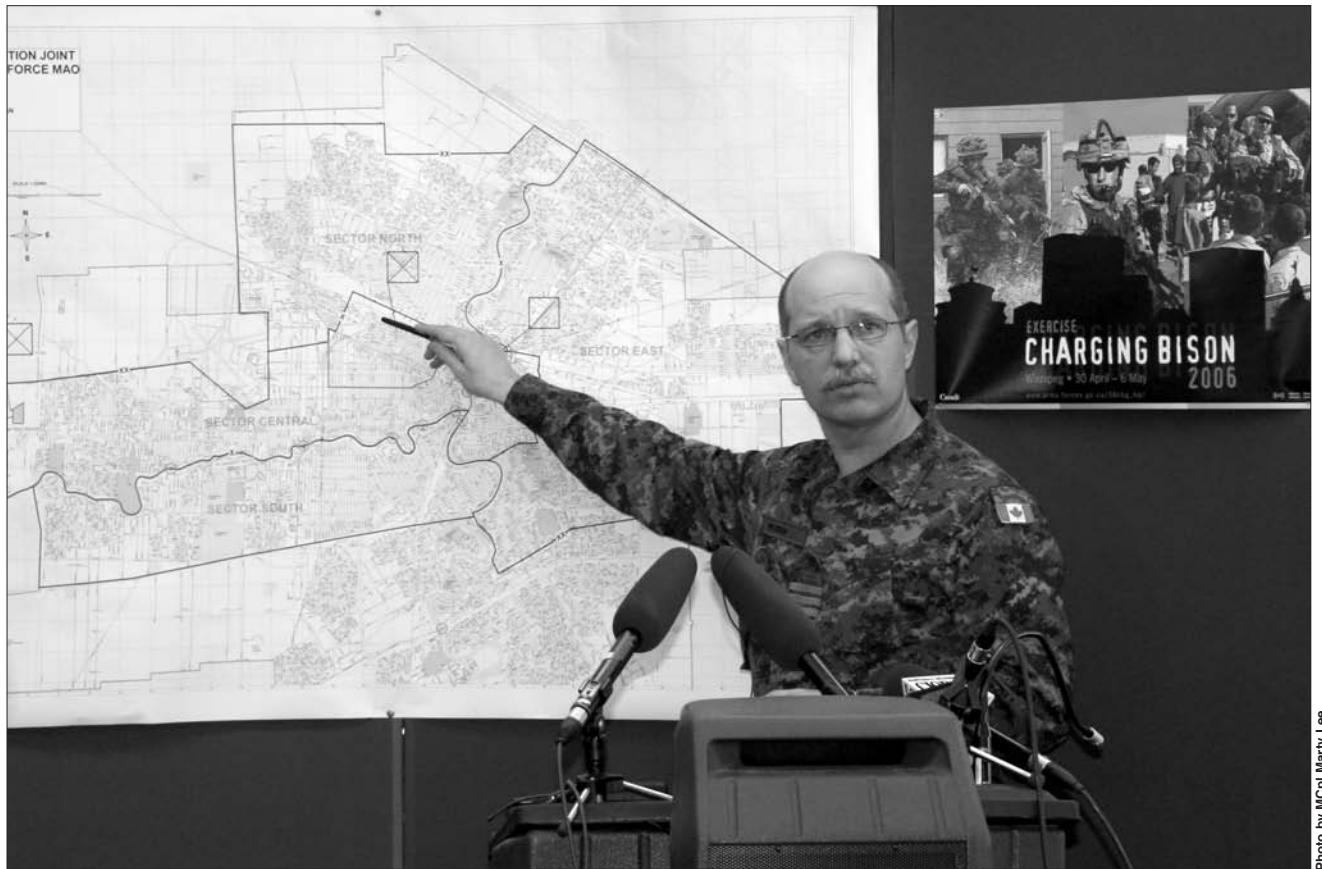
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Col Kelly Woiden addresses the media about Exercise Charging Bison, happening in Winnipeg at the end of April.

Charging Bison Clarified

By Avery Wolaniuk

"The army is not taking over Winnipeg," the Commander of 38 Brigade, Col Kelly Woiden, told a group of reporters at a press conference last Thursday. The press conference was called in order to dispel myths surrounding Exercise Charging Bison, an urban environment training exercise that will be happening in Winnipeg 30 April- 6 May.

Charging Bison is part of the training required for the 200-250 Reservists from 38 Brigade who may be deployed with a task force in 2008. The exercise is not new, it is simply new to Winnipeg. In the past, it has happened in smaller towns that don't really give troops the experience to operate in a location with lots of activity all day and night. "I've chosen this

particular training area because of the high population density, and the requirement to expose my soldiers to a level of training that they don't normally get within a traditional military training base," said Col Woiden. "You can't do this in Wainwright or Shilo, where there is no large population to get used to."

Four main sites will be used for the exercise, with 500 soldiers expected. Camp Red River, at the Exhibition Grounds just outside of the perimeter, will be the tactical headquarters and logistics centre. Soldiers will live in a 24-hour, seven-day mentality in two camps, performing the same duties required in theatre. Camp Pioneer will be set up at the Pioneer Arena on Logan Ave. and Camp

Voyager at Club Rendezvous in St. Boniface. Combat simulations will be held in the fire department's training centre in the northwestern end of the city, a building regularly used for training. Off-site exercises will mostly include V.I.P. escorts and patrol.

"We'll be seeing a full spectrum of activities that we see right now in various theatres that we are participating in around the world," Col Woiden said. Those activities include working with local aid organizations, including The Red Cross. The exercise is meant to train soldiers for the "three block war" that troops face in overseas deployment, where soldiers could be involved in a combat situation in one spot, providing humanitarian on the next

block, and performing regular patrols on the next.

The Commander assured the press that all activities are fully coordinated. "Any exercise events will be pre-orchestrated and controlled in environment and location," he said. "All the people that are part of the actual exercise will be controlled and part of our own group." The brigade has been working with the city for the past year, making sure all required by-laws are followed and permits obtained. Fliers will be going out to residents near the camps, detailing what to kind of activity and noise to expect.

"We have some of the best soldiers in the world," said Col Woiden, "and we will continue to do that because we have the best training in the world."



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2 PPCLI Departure With Dignity Ceremony



LCol Paul Conway, Wing Administration Officer, presents MCpl James Shuffler with his Certificate of Service commemorating 15 years of service with the Canadian Forces and 2 PPCLI.



LCol Paul Conway, Wing Accommodation Officer, presents MCpl Edward O'Neill with his Certificate of Service commemorating 18 years of service with the Canadian Forces and 2 PPCLI.



LCol Paul Conway, Wing Administration Officer, presents Cpl Ricky Volpato with a Letter from the Prime Minister commemorating his 22 years of service with the Canadian Forces and 2 PPCLI.



LCol Paul Conway, Wing Accommodation Officer, presents Cpl Michael Hagans with his Certificate of Service commemorating 22 years of service with the Canadian Forces and 2 PPCLI.

Valuing Life Experience

By John Chabih - 17 Wing Education Coordinator

Give yourself Credit... Life Experience has True Value.

I often hear people say, "I know I can do that job, but I don't have the credentials." If this sounds like you...please read on.

In today's employment market, academics and credentials are important, but employers and educational institutions are now realizing that life experience has value

as well. Over the last few years, educators and employers realized that a standardized process must be in place to address credit for individual's life-skills. This process will not only provide an opportunity for an individual to look at their skills in a more positive manner, but it will provide academic certification and allow skilled employees to meet labour market demands.

PLAR - Prior Learning Assessment & Recognition

What is PLAR?

Prior Learning Assessment and Recognition (PLAR) is a process used to identify, document, assess and recognize skills and knowledge of individuals for Employers, Educational Institutions and Certification Boards (ie. Apprenticeship). Marketable skills acquisition takes place in many situations including:

- work family and life volunteer activities
- hobbies military independent study
- travel formal education workplace training

PLAR can assist individuals to:

- identify personal strengths and goals
- prove knowledge, skills and abilities for employment
- gain academic credit
- attain occupational licensing or certification

PLAR can assist employers to:

- develop a clear understanding of employee skills
- identify training gaps - shorten training time
- recruit a workforce

PLAR can assist educational institutions to:

- increase student retention and recruitment
- allow for more appropriate learner placement in programs
- increase the range of assessment tools for learners

PLAR can save individuals, employers and educators time and money.

Is PLAR for You?

- i. Have you had a variety of learning experiences in your life?
- ii. Have you been involved in volunteer activities?
- iii. Do you have five or more years experience in one field?
- iv. Are you motivated to update your skills?
- v. Do you take on new roles and responsibilities at work or in your community?

(Courtesy: PLAR in Manitoba website http://www.plarinmanitoba.ca/plar_main_e.html)

If you answered "yes" to any of these questions, PLAR may be for you. Please contact the 17 Wing Education Coordinator at (204) 833-2500 Ext. 5247 to learn more about Prior Learning Assessment and Recognition.

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Countdown To PSEA

Informal Discussion, Notification, Right Of Appeal

The new Public Service Employment Act (PSEA) came into force on December 31, 2005. Civ News continues to publish a series of articles to help readers gain a better understanding of the new PSEA. In this article, questions focus on the concepts of informal discussion, notification and rights to appeal during an appointment process.

Q: What is Informal Discussion (ID)?

Informal discussion is an opportunity for persons eliminated from consideration at any point during an internal appointment process to discuss this decision with the manager staffing the position as soon as possible after the decision is made. Candidates will gain a better understanding of why they are no longer being considered and may ask any questions relating to their disqualification. It is also an opportunity for errors or omissions to be identified and corrected if warranted before an appointment is made. For example, the assessment board may have misread the resume and screened out individuals for not meeting the experience required by the statement of merit criteria. Through ID, it is possible for

candidates to demonstrate that, in fact, they do have the required experience. In this case, individuals could be reintegrated into the process.

Q: What is notification?

After the assessment of candidates is completed, the manager must notify them of the name of the person they are considering for appointment. This is referred to as notification of consideration. At this point the appointment decision is not final and there is an opportunity for qualified candidates who are not being selected for appointment at this time to informally discuss the reason for their elimination from consideration. After a waiting period of at least five days, during which no appointment can be made, candidates will be notified of the name of the person that has been or will be appointed. This is the second notification at which point the decision is final and subject to review only through a formal complaint to the new Public Service Staffing Tribunal (PSST).

Q: Will I have the right of appeal?

Under the new legislation, candidates will still have a means through which they can express dissatisfaction

with an appointment decision. The right to appeal to the Public Service Commission (PSC) under the current legislation will be replaced by the right to make a complaint to an independent body called the Public Service Staffing Tribunal (PSST). The PSST is mandated to consider and address complaints regarding internal appointments. However, the grounds for complaint are limited to: abuse of authority in applying merit; abuse of authority in choosing between an internal advertised and non-advertised appointment process; and failure to assess the complainant in the official language of the complainant's choice. Candidates will be advised of the right to make a complaint to the PSST at the time of the second notification, which identifies the name of the person who has been or will be appointed.

For previous articles relating to the new PSEA, please refer to the Civ News website at http://hr3.ottawa-hull.mil.ca/hrciv/cos/communications/en/home_e.asp?reference=11041002. Forward your questions about the new PSEA to Dopson.jm@forces.gc.ca.



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International Women's Day

By Brenda Stouffer

Each year, millions of people around the world celebrate International Women's Day. The idea first arose at the turn of the 20th century, which in the industrialized world was a period of expansion and turbulence, booming population growth and radical ideologies. The first International Women's Day was in 1911 and arose from the determination of women to secure the most fundamental of our democratic rights: the right to vote. Over ninety years of struggle and achievement later, women not only enjoy the right to vote but play pivotal leadership roles, the world over, in all areas of social, economic and political endeavour.

Nevertheless, obstacles to women's full equality still remain. International Women's Day provides an opportunity for us to not only celebrate the progress made to advance equality for women but also assess the challenges that remain.

Over the course of years, the celebrations of International Women's Day evolved and often stretched over a week, with March 8th being the highlight. This year in Canada, International Women's Week was celebrated from Sunday, March 5th to Saturday, March 11th, 2006. This year's theme was "Beyond Laws: The Right to be Me" and marks the 25th anniversary of Canada's ratifi-

cation of the most comprehensive international treaty on women's rights, the United Nations Convention on the Elimination of All Forms of Discrimination against Women.

In recognition of International Women's Day/Week 2006, 17 Wing invited Myrna Phillips, former speaker of the Manitoba Legislature, to address women's rights, women's diversity and the need to put words into action. The commemorative event was held on 8 March 2006 at the Training and Education Center from noon to 1330 hours and was open all CF personnel and civilian employees.



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Air Command Band Upcoming Events

By Air Command Band Public Relations

Here's a sampling of a few of the spring and summer appearances of the Air Command Band:

The Brandon Jazz Festival, March 17th and 18th

Originating in 1983, the Brandon Jazz Festival is a non-competitive event held in March of every year on the campus of Brandon University. Participants in the festival include school based jazz ensembles, small combos, and vocal jazz groups as well as community groups from Manitoba, Saskatchewan, Alberta, Ontario, and the United States. Our "Rhythm in Blue" Stage Band will be featured on two afternoon shows.

A Tour in Saskatchewan, April 23rd to 29th

Students of elementary, junior and senior high schools will learn more about military life as the Air Command Band visits them in Yorkton, Melfort and Prince Albert. School concerts are one of the valuable services that the Air Command Band renders to Canadian communities in support of the Canadian Forces. The Air Command Band presents a varied and exciting program to our school population, helping the CF connect with young Canadians.

The Portage Air Show, June 3rd and 4th

The Southport Aerospace Center, near Portage la Prairie will host Manitoba's air show this summer. It's a great community event and the Air Command Band is proud to be part of it. The Air Force's rich musical tradition is showcased by the Band, alongside the outstanding aerobatics of the Snowbirds, the CF-18, and displays of a great variety of aircraft.

Calgary Stampede, July 5th to 11th

The one hour long Stampede Parade is a highly anticipated event with an estimated TV viewing audience of well over 2 million people, and 350,000 spectators waiting along the 4.5 km downtown Calgary route. During this exciting event The Air Command Band will be marching in the parade and performing concerts in the Stampede Park.

Canada Remembers Air Show in Saskatoon, August 18th to 21st

The Canada Remembers Air Show was created in 1995. Since then, the Air Show has educated and entertained well over 300,000 people and has helped raise over \$300,000.00 for charities and community groups. Again, with the Snowbirds and the CF-18, the Air Command Band will be providing musical support to this worthwhile event.

For more details, please visit our web site at <http://www.airforce.forces.ca/acband>



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Should I Apply Now Or Later?

The programs and services under the new Veterans Charter are expected to be in place as early as April 2006. One of the most commonly asked questions is whether or not a releasing CF member should apply now or later for disability benefits from Veterans Affairs Canada. This decision depends entirely on your own individual circum-

stances and preferences, however, please keep the following points in mind when making your decision.

Most applications for disability benefits received after the new Veterans Charter comes into place (expected to be April 1, 2006) will be processed as a lump-sum Disability Award.

There will be some cases where applications may be

processed under our current system (the Pension Act). This might include:

- clients applying for additional disability benefits for an already pensioned condition; or
- clients who were previously declined benefits but are re-applying based on new information.

If you decide you would

prefer a monthly disability pension rather than a lump-sum Disability Award, your application must be received or postmarked before the new Veterans Charter comes into place. As mentioned, that may be as early as April 1, 2006.

If you would like to speak to someone for advice or help, please contact us at 1-866-522-2122.

Maintenant Ou Plus Tard?

Nous devrions être prêts à offrir les programmes et les services découlant de la nouvelle Charte des anciens combattants dès avril 2006. La question que les membres des Forces canadiennes en voie d'être libérés se posent le plus souvent est de savoir s'ils doivent présenter leur demande d'indemnité d'invalidité à Anciens Combattants Canada maintenant ou s'ils ne devraient pas attendre plus tard. La décision vous appartient et

elle dépend de votre situation personnelle et de vos préférences. Qu'importe ce que vous déciderez, n'oubliez pas les points suivants.

Les demandes d'indemnité d'invalidité reçues après l'entrée en vigueur de la nouvelle Charte (prévue être le 1er avril 2006) seront pour la plupart traitées comme si vous demandiez un montant forfaitaire en guise d'indemnité.

Par contre, certaines demandes seront traitées selon le système actuel (soit

la Loi sur les pensions), dont les suivantes :

- les demandes d'indemnité additionnelle concernant une affection pour laquelle le client reçoit déjà une pension;
- les demandes refusées dans le passé, mais présentées nouveau en raison de renseignements additionnels obtenus concernant l'affection ayant fait l'objet de la demande initiale.

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plutôt qu'un montant forfaitaire, assurez-vous de nous envoyer votre demande pour que nous puissions la recevoir (ou pour qu'elle porte le sceau de la poste en faisant foi) avant l'entrée en vigueur de la nouvelle Charte des anciens combattants, qui pourrait se produire dès le 1er avril 2006.

Vous avez besoin d'aide ou de conseils? Composez le 1 866 522-2022, quelqu'un est là pour vous!

Comradeship Award

By Cpl Jennifer Henderson

435 "Chinthe" Transport and Rescue Squadron's former member Sgt Cameron Barnhill, CD, was awarded the Royal Canadian Legion's "Comradeship Award" for the Royal Mounted Police Depot Division. Ceremonies were held Monday, 17 Oct 05 at the RCMP Depot Graduation in Regina, Saskatchewan.

Constable Cameron Barnhill was recognized for leadership style and ability which 'best symbolizes the ethics of the RCMP'. Constable Cameron Barnhill was exemplary in demonstrating perseverance, providing sound advice and instrumental in leading his peers towards completion of Depot 'Basic' training.

Constable Cameron Barnhill served 15 years in the military from the age of 23 as a member of the logistics trade and as a Loadmaster later in his career until his inauguration into the RMCP. Constable Cameron Barnhill comfortably displays leadership as a member of Royal Mounted Police much as he did here at 435 Transport and Rescue Squadron. He is sorely missed and we wish him the best in his future endeavours. He only has approximately six more years until he sees his Corporals.



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PR Championship Volleyball

By Avery Wolaniuk

CF members could be seen in a different kind of uniform 24 Feb- 26 Feb at Lipsett Hall Gymnasium, where the Prairie Region Men's and Women's Volleyball Championship was held. Teams from across the region came to compete to earn the right to represent the Prairies at the Canadian Forces National Volleyball Championships in April.

In the women's finals, arguably the most exciting match of the tournament, Winnipeg and Cold Lake took turns alternately winning sets. At the end of the fourth set, the teams were tied with two sets each, and the final 15-point rally match would determine the winner. After two hours of high intensity action, Winnipeg pulled ahead to win the set, the game and the tournament with a 15-7 victory over Cold Lake.

In the men's finals, the Shilo team dominated the first two sets of the match, until Edmonton challenged them and took the third set. The fourth set was a tight race with the teams trading rally points right up to the final serve. Shilo won the set 25-23, making them the men's champions.

"Edmonton never said die, and that made the competition worth watching," said LCol Conway in the closing remarks to the crowd that had gathered for the six games of entertaining volleyball played on the final day of the weekend. The winning point in the men's final was scored by Maj Chris Lohnes, who is stationed in Winnipeg but was picked up by Shilo, along with Cpl David Nordsveen from Regina.

MVPs named for the tournament were two former CISM volleyball players: Cpl Christine Wiles from Winnipeg and Cpl Ben Simonsen from CFB Shilo. You would not have known

that Cpl Wiles had not played the last couple of seasons, as she dominated play on the court and was a force to be reckoned with throughout the tournament.

At the end of the men's round robin play, Edmonton was in first place, followed by Shilo, Cold Lake and Moose Jaw respectively. Winnipeg did not have a men's team this year, but there are plans to regroup for next year. "I know next year they'll be back," says Mr. Merrithew. "There were a lot of guys from Winnipeg that were watching this weekend that expressed interest in getting the team back on the floor for next season." Edmonton defeated Moose Jaw in the semi-finals, earning their spot in the finals. Shilo defeated Cold Lake three sets to one in the second semi-final game. "Edmonton went undefeated throughout the whole tournament until that final game," said Chris Merrithew, 17 Wing Sports Coordinator. "Shilo just kept getting stronger."

Teams from Winnipeg, Moose Jaw, Cold Lake, Edmonton and Calgary participated in the women's round robin. On the women's side, both semi-finals were three-zero matches, with Winnipeg defeating Moose Jaw, and Cold Lake beating Edmonton. Those two winning teams then met in the finals Sunday afternoon.

"The women's championship was a really exciting final," says Chris Merrithew. Cold Lake pushed our women's team to the limits but they persevered and won to be crowned Prairie Region women's volleyball champions."

Both teams are now heading to the CF Nationals that will be held 8 April-13 April in Borden. The defending CF National



Photo by Cpl Marcie Lane



Photo by Cpl Marcie Lane

The Shilo men's team (above) and the Winnipeg women's team spiked their ways to the podium at the Prairie Regional Volleyball Championship.

Champion Men's team, CFB Shilo will reclaim some of their players who couldn't be at the regionals, and will enter a strong team. There are also high hopes for the Winnipeg women. "I checked the records, and the Prairie Region team has won the last two CF National Women's Championships, so I'm predicting that the third's a charm," says Mr. Merrithew. "We're cheering them on at the CF National Championships, we're definitely all behind them."

Setting Their Sights On Nationals

By Avery Wolaniuk

They've been rivals, they've been teammates, they've been coach and player, but always they are mother and daughter. And in a month CWO Kathy Cox and her daughter and team captain MS Trish Cox will be leading the women's volleyball team to nationals in Borden after a long, hard fight for the title of champion at the Prairie Region Championships 2006 on 24 Feb-26-Feb.

Even regional finals seemed a distant hope from where the team stood at this time last year. CWO Cox, who started coaching the women's team last year, had players from the CFANS graduating and moving on, others going on course, some deployed overseas and another on maternity leave, Coach Cox took to the floor and became Player-Coach Cox just so her team could compete in regionals. "We really didn't fare well," she says with a laugh.

It's not an easy thing to build a team when your players are coming and going. But, knowing that her daughter had returned from the Middle East ready to play, and several other girls were back in town, she stuck it out and developed a champion team. "It's just the luck of the draw that I got them all. I was just fortunate that these girls were posted in or were back." And maybe it was a little bit more than luck.

"This is the team that last year, when they went out to the PR Championship, their coach had to go out on the floor because they were short players," says 17 Wing Sports Coordinator Chris Merrithew. "They've gone from that extreme to this year, where they had to make cuts. All the players should be very proud of CWO Cox for sticking by the team, persevering, and helping develop the team into what it is today. The last few years have been pretty lean for the women's volleyball team."

More than luck, there is determination. The word most often used to describe both the coach and the 10 players is "committed." They have to be, to show up week after week for their game at 9:45 every Wednesday evening, and then the next

night for a practice.

"Sometimes, you just don't feel like going," says team captain MS Trish Cox.

"You play late Wednesday night. It's midnight when you get to bed, and you really just don't want to practice the next day. But it's part of being a team. You let down other players if you don't show up for no reason."

The Wednesday night games are part of the Manitoba Volleyball Winnipeg Women's Volleyball League. Though they are a Tier 8 team, on the last Saturday in January the women competed in a league tournament, played 14 games in one day and beat out Tier 2 and 3 teams to win the tournament. That huge success was a confidence-boost, and helped the women realize what they were capable of, like the Prairie Region championship that was coming up.

"I think we went in there expecting that if we played well, we should win. Once we saw the other teams play we knew that Cold Lake would be our opposition in the finals," said CWO Cox. The two teams met up for a grueling two-hour, five-set match. Winnipeg and Cold Lake traded victories back and forth, with Winnipeg winning the final match 15-7.

"They were very professional both on and off the court. Just from watching the matches, you could see the confidence and the community amongst all the players," says Mr. Merrithew. "Definitely when you go into a tournament where you happen to be fortunate to make the finals, all the players character and integrity is tested. There's no better test than the championship finals. They definitely passed with flying colours."

MS Trish Cox, who has been playing all the volleyball she can since 1991 (including co-ed and beach) said she asked the girls what they want out of the upcoming nationals. "I asked the girls last night are they going there to win or to have fun, and they all said they want the gold," she said. "They are all great women, with lots of team spirit on and off the court. I am very proud of everyone's hard work, and I love being part of friends



Photo by Cpl Marcie Lane

CWO Kathy Cox (left) and MS Trish Cox receive the championship plaque from LCol Paul Conway. The Cox mother-daughter duo will be leading their team to nationals in April.

who have developed into this awesome team."

It will be just one of the many times the Cox ladies have hit the volleyball court together. They have been teammates in Winnipeg, then rivals against one another in Edmonton, competed in Nationals together and finally together again as coach and player. "I remember the first time we ever played against each other - we cried, or I'd be like 'oh, I'm sorry Mom!'" said MS Trish Cox "It's hard to see your mom fall on the floor, but I always admired her for showing me about being part of a team and never giving up."

Before they head off to the nationals in Borden, the team is looking to win their league championship in mid-March. They are well on the way; they've already won one of three matches in the finals.

CWO Cox is grateful for the help that they've received. "Particularly from the PSP staff, in particular Chris Merrithew for his continued support. I continuously phoning him and asking for this or that and he always came through. He has been our biggest supporter and really helped us along the way," she said.

"I was just proud to see the team developing from what they used to be the last few years to what they achieved this weekend becoming the Prairie Region champions," says Mr. Merrithew. "They showed a lot of strength and determination to where they are today, and I think that they have the opportunity to fare very well at the nationals." And he's not the only one. CWO Cox has faith in her girls, too. "I think I have the team to win, if not, to be right there at the end."

Afghanistan Roto 1 - From An Engineers Point Of View

By Major S.K. Beal



Maj Stew Beal was the 17 Wing CEO. He is currently serving in Afghanistan as the Task Force Engineer. He will be providing Voxair readers with insight into his deployment.

Part 1

We boarded the Airbus in Edmonton at 1100 hrs local and commenced our journey to Afghanistan. The flight was somewhat uneventful, although it was a mere 24 hrs journey, with stops in Trenton and Zagreb to allow all to stretch our legs and intake some fresh air for the smokers. It was somewhat of a culture shock entering the Zagreb airport only to run into a low level plume of smoke. I never appreciated the non-smoking policy in Canada until that moment.

We finally arrived at CM around 2100 hrs local and underwent a mass briefing that outlined what we had to do prior to going to ground. Once all was completed, we were finally assigned rooms and off we went. Even though it was 2300 hrs local, most of us found ourselves wide awake with anticipation of the day ahead and the fact it was 1200 hrs in Edmonton. We were awakened at 0300 hrs for breakfast and departure from CM. Our journey finally ended with a short hop on a CC130.

The approach to the Kandahar was somewhat hair-raising, for those who have any, and it was tough to determine when we actually touched down and started to taxi to our parking spot.

The Chief of Staff, LCol Anderson, greeted us with a motivational speech that I will never forget. He started off by welcoming us to KAF, the home of the corndog, and he explained that we would find the food crappy and it would only get worse. He followed this up by telling us that our accommodations would be crappy and if anyone had a problem with them to come and see him to discuss it. Needless to say, we were wondering what we had got ourselves into. It was quickly noted that the food was OK but somewhat repetitive, and the accommodations are what you make of them. Six months under canvas and on a military cot will be an adventure. The perk is that we all have our 6' x 6' bed space sectioned off to allow some privacy.

The standard arrival assistance group DAG followed by zeroing our weapons took up the first day in camp. The importance placed on insuring our weapons were good to go reinforced the fact that this would not be a standard mission. Many of us then spent the next few days getting our bearing around KAF and commencing our handovers from Roto 0. I never saw so many folks happy to see us; they all realized that once their handovers were completed they would be heading home.

Needless to say, from an Engineering point of view, the amount of work going on was very impressive. Roto 0 accomplished so much with very few resources and much of the thanks goes out to Capt Glen Counsell, Capt Tony Thornhill, WO Greg O'Brien and 24 Fd Sqn as well as to the members of the Naval Construction Troop from Esquimalt, 191 AEF from Comox, BC and 192 AEF from Abbotsford B.C.

We settled into camp routine a few days after our arrival on Camp, which encompassed dealing with the constant dust. I am confident that this is the dustiest place in the world. In addition, the camp is constructed on a gravel pile. There is gravel everywhere. If I ever see gravel again, after this tour, it will be too soon. One-day blends into the next, if you do not have a watch with the day on it one can lose track of the days of the week. Every day is the same, work, work, work, and more work. No rest for the wicked.

As Roto 1, we experienced our first Ramp Ceremony. The entire contingent of soldiers formed up on the tarmac to pay our last respects to the four Americans that lost their lives to an improvised explosive devise (IED) while out patrolling in Uruzgan Province. Needless to say, it was a reality check. I am hoping that we do not have to attend any more of these events.

I will continue an update of our experiences as the tour unfolds. More to follow in the months to come.

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Maj Stew Beal.

Part 2

Well we have been on the ground for just over a month. A lot has happened and yet a lot has remained the same. Each day continues to blend into the next and the work keeps rolling in. The troops of my Engineer Support Unit finally arrived and are ready to go to work. We could see the look of anticipation in their eyes as they stepped off the CC130 and took their first look around trying to take in everything that Afghanistan has to offer. Unfortunately the breeze was from the south and everyone got the full effects of the sewage lagoon, an odour that eventually you get used to. Fortunately the breeze is not from the south very often.

It rained hard for the last two days and we quickly found out why there was so much gravel around the camp. Areas that had no gravel quickly became swamps and mud was everywhere. Thank god for the gravel. Upon our arrival, one of our tent mates indicated that when it rains our tent that is situated on an old US concrete pad, which is the wrong size for the tent, fills up with water. As military engineers, we studied the problem and came up with a quick and relatively easy solution that involved a role of plastic and 100 sand bags. Within an hour we had added the plastic to the flaps of our tent and secured them just off the concrete pad, so when it rained we were nice and dry. After two days of rain, it was somewhat comical to see the folks that were sitting around watching us fortify our tent now doing the same to theirs. Unfortunately for them, they were fortifying their tents in the rain and we did ours on a bright sunny day. I guess it pays to plan ahead.

As the tour unfolds, one quickly realizes that those of us here in Afghanistan have an easy time of things in comparison to that of our spouse and family. We have each other to draw support from. Unfortunately our families are not so fortunate

as life does not stop at home. It only gets harder to meet the family requirements with one less set of hands. As I continue to communicate via the telephone, I can sense the tension in the voices of my family. One feels so helpless, being so far away and knowing you cannot get home and can do nothing to but provide as much support as possible over the phone. For those who believe we are making a sacrifice for being here in Afghanistan, they are sadly mistaken. The spouse and families at home are the ones sacrificing. Without the solid support from our loved ones at home we would not be able to put our full attention to the work at hand. From all of us, Thank-You!

On a lighter note, at one of our O-groups (meetings) last week, a Captain representing the hospital mentioned to the Chief of Staff that she was a Geologist. As a fellow Geologist, I asked her where she went to school. To my amazement she replied Mount Allison University. Being a Mount A grad as well, I inquired as to when she graduated and she indicated 1983, the year I enrolled. She then inquired if I was from Sackville and I responded affirmative. She said you must know my brother, Philippe Legere. We were friends and graduated from high school together. The Captain is Louise Lesley (Legere) daughter of Val and Aline Legere, who still reside in Sackville on Quarry Lane. I can recall attending a few gathering in the early 80s at the Legere residence, on Salem Street, with some of our friends; come to think of it all of them were when Mr. and Mrs. Legere were away. The good old days! Imagine going half way around the world only to run into another person from my hometown. I guess it is true; it is a small world after all. I guess I am starting to sound a bit like Mickey Mouse. Time to rap up this addition of as the tour turns. Until the next edition!

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MCpl Edward Crane spent the morning at Bruce Middle School judging projects, including Brianna Hicks' (left) and Megan McCullough's analysis on the dangers of talking on a cell phone while driving.

402 Sqn Goes Back To School

By Avery Wolaniuk

For Brianna Hicks and Megan McCullough, having a man in uniform ask them questions about their project is just part of the science fair.

These two Bruce School students have had Air Force members as judges since the first time 402 Sqn sent personnel over to participate in the middle school's event three years ago. "They're really friendly," says Brianna. "They were nice, they don't seem different than anyone else," adds Megan. Those assessments sum up why a dozen or so men and women from 402 head over to the school every year; to show the students that the members of the military community, just down the road and up the street from their school, are also part of their community.

"It gives the students a little bit of insight into the non-obvious site of the AF - that we do get involved in the community, that we're mothers and fathers of students," says SCWO Koropatniski, who organized this year's volunteers. "And it gives them the opportunity to ask questions about airplanes. It's an unofficial opportunity to speak positively about what we do."

For the organizer of the science fair, 402 Sqn's help means everything. "One of the tough jobs as coordinator of the science fair is get-

ting enough judges," says science teacher Mr. Grant Fisher-Smith. "I used to panic that I'm not going to have enough. To know that you've got 12 people or more that are always willing to come out is just awesome."

Many of the judges who go out are returners. "We always have a super group. Some of these judges I've seen for two or three years," says Mr. Fisher-Smith.

SCWO Koropatniski says the response from his staff was strong. "People are coming back this year and saying I'd like to do it again next year," he says. "It's not seen to be a secondary duty or a task; I go out and ask for volunteers and I have lots of people put their name down. I didn't have to go out and ask again."

Bruce Middle School and 402 Sqn have a unique liaison that goes beyond the science fair. Three years ago, former principal Mr. Bill Cann contacted the squadron to set up a relationship. The student population was divided into four "houses" (think Harry Potter), only at Bruce, they're called "flights." Each flight is named after a fighter jet used by the 402: the Hurricanes, Spitfires, Mustangs and Vampires.

The school also has a display of military paraphernalia at the front entrance, giving students, staff, and visitors one more

opportunity to learn something about the Air Force. Current principal Mr. Walt Lipinski says the relationship is one he's happy to have. "It's important to celebrate our military heritage, especially in being so close by the base," he says. "It's a good connection between the greater community and the school."

It's also a good connection from the military's perspective. "It gives everybody an idea that there's a squadron out there that's our squadron, that's named after Winnipeg," says Sgt Pat McNorgan, the heritage officer who originated the liaison. "It's good that the kids know about the military, because the military is a huge presence in the city of Winnipeg, and I think it's fun for them to identify with the fighters."

The squadron also participates in Remembrance Day services at the school, and wherever else they are asked to help out. SCWO Koropatniski says it will continue for "as long as they want to have us be a part of it, certainly the science fair and any other activities. It can go on for many years. It's a good thing for the squadron and a good thing for the Wing as a whole."

Mr. Fisher-Smith would also like the connection to continue. "Forever, or as long as I have to be in charge of the science fair."

WComd's Strategic Planning Session



Participants in the WComd's Strategic Planning Session recently held in Southport take a break for a group photo. The session provided the WComd valuable input that will be used to refine the Wing's vision and mission and to finalize a Wing strategic plan.

Farewell Cathy

By Cpl Landriault, 17 Wing TEME Sqn

On behalf of TEME Sqn, we would like to send Cathy away with our best wishes. While being part of the PSP staff

Cathy, otherwise known, as Crazy Cathy, has been an instrumental part of our morning physical training. Although we are going to

miss her enthusiasm and dedication, our bodies will appreciate the momentary rest. All the best in the future.



LCol Gauthier, W Log O, presenting Cathy Smith with the Commanding Officer's Commendation.



Cathy Smith conducting her last Physical Training session with TEME Sqn.

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MSS Update

By Avery Wolaniuk

In two months, the newly-formed Mission Support Squadron will be heading out to the Maple Flag exercise as the first-ever MSS, in preparation for their summer deployment to Camp Mirage. Before they go, they have a lot to learn.

Wing Readiness Training Flight (RTF) is responsible for providing two weeks of training for the unit. They've scheduled, organized and coordinated all of the pre-deployment training requirements for the almost 100 MSS troops from 6 Mar- 20 Mar, give or take a couple of bad-weather days.

"When people deploy, they require specific training before they go, i.e. weapons, First Aid, CBRN, communications, land navigation and the Peace Support Operations course," says MWO Rick Gallant, WRTF Standards. "MSS is deploying as a group, and to foster group morale, they are training as a group. Our role is to administer the normal pre-deployment training, but to a large group." The MSS is so large it had to be split into manageable sections that are rotating through the training schedule. Normally, RTF conducts training for groups of less than fifteen. Logistically, that means coordinating all the training twice, with no double-bookings.

The MSS is the first of six units that will be formed at bases across the country, and are part of the Air Force's vision of being ready to deploy anywhere in the world at a moment's notice. Instead of selecting CF personnel from various bases across the country to be put together in theatre, the new MSS units train together and deploy together. As a pre-formed unit, the groups will function more efficiently.

"This is a new concept of deployment, requiring a



Wing Readiness Training Flight are working with the MSS for two weeks, preparing all personnel for deployment. Training includes time in classroom, at the St. Charles Range, and performing TOETs.

unique training plan," says Capt Rebecca Barton, WRTF O. "17 Wing was selected to produce the first trained MSS, so we have created, from scratch, a training plan incorporating all requirements as specified by the MSS commander." When the training is complete, 17 Wing will have advice and lessons learned that will be valuable to other wings as they prepare to train upcoming MSS's.

For the RTF, organizing the training is all about the little details. "How many busses do we need? Lunches — we are ordering 120 lunches a day. How much water do we need, per person, per day? How many litres is that? Those are details we don't normally concern ourselves with," says MWO Gallant. "Medical — do we have enough First Aid supplies in case something happens? Weather — March is notorious for bad weather, so what do we do for weather days? We're doing a night shoot — portable lighting have to be arranged at the range. Do we need a generator?"

Pre-deployment training is a requirement for all personnel for the Departure Assistance Group (DAG) process. Part of that training is a basic refresher on the handling and firing of the C7 rifle, for which all personnel should already be trained. The weapon's training happens at the St. Charles Range. MCpl Mullin, one of the instructors from the Royal



Winnipeg Rifles, says the other weapons, the C6 and C9, should be a swift study. "From a technical stand point, they're essentially the same, so learning should be pretty quick," he says. "Every weapon, no matter what it is, has an IA, it has stoppages, and these drills are just done. You learn how to do one weapon, and you should already be able to think ahead, 'If this weapon stops, what's the logical thing to do?'"

The MSS will also complete training in mine awareness, foreign weapons and Chemical, Biological, Radiological and Nuclear (CBRN) procedures.

For the RTF, it has been a hectic couple of months in preparation for all of the training. "It's a busy, but rewarding, time for us," Capt Barton says. "It's a great opportunity for my team of instructors to experience large scale training. It has been an excellent process for them to watch from start to finish. It is very rewarding for my staff, to know that these individuals are actually deploying and require this training."

After the two weeks with the RTF, the MSS will have March break and then begin training specific to their mission at Maple Flag, which is happening for 10 days in May at Cold Lake.

2006 POSTING OPEN HOUSE

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17 Wing Recreational Library

833-2500 loc 2490 Location: Bldg 33 next to Bldg 90
 For more information, contact Michelle Wohlgenuth.Mke@forces.gc.ca
 Check out our web site for all events & activities www.pspwinnipeg.ca

Library Hours

Sunday & Holidays 1 - 4 pm
 Monday 9-11 & 3-8 PM
 Tuesday - Thursday 2:30 - 8 PM
 Spring break hours are - 27 - 30 March - 1-7 pm

The library offers a selection for all interests and ages including English, French, fiction, non-fiction, adult, teen, pre-teen and children.

Spend a few minutes enjoying a book in our comfortable relaxed atmosphere in our reading area. A great place to meet and read.

New books at the Library

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A Crown for Atta by Walt Disney
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Charlie Malarkey and the Singing Moose by Brendan & William Kennedy
Clowning Around by Walt Disney

Adult fiction

Drowning Ruth by Christina Schwarz
Must Love Dogs by Claire Cook
The Fairy Tale Bride by Kelly McClymer
The Lovely Bones by Alice Sebold

Non-fiction

Ancient Egypt by George Hart
Canada Inside and Out by OLIVE, DAVID
Dinosaur - A Spotters Guide by David Norman
Dogs Never Lie About Love by Jeffrey Masson
Reflections on the emotional World of Dogs by Jeffrey Masson
The Mammoth book of Eyewitness Britain edited by Jon E. Lewis

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Computer Room

833-2500 loc 7018
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March 17 Games Day

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Hours

Sun 1-4 pm Monday - Thursday 4-9 pm
 Friday 4-7 Spring Break 27 - 31 March - 1-7 pm

Schedule subject to change without notice.
 Ten computers get your Games Internet and email access.

A Weighty Matter

By Dr. Anne Cairns, BSc., MD, CCFP, FCFP

“Atkins,” “South Beach,” “Herbal Magic,” “grapefruit”; you must have guessed that this article is about managing your weight in healthy way. Obesity has become an epidemic in North America and in Europe. Even in the Canadian Forces, there are too many members who are overweight or even obese.

The above mentioned diets each have their own followers, but none of them have any real medical evidence to support that they are truly healthy, safe, or effective for the long-term.

Canada's food guide is certainly not “trendy” or “sexy,” but it is healthy. The guide has recently been updated, with more emphasis on vegetables first, then fruit, followed by grains, then meat or meat alternatives.

So, if you have developed love handles or a spare tire since basic training, here are some tips to guide you towards a healthy weight.

1. The mess is not an all-you-can-eat buffet. The mess, however, can provide you with everything your body needs. Start by dividing your plate into quarters. One quarter for meat or meat alternatives. One quarter for grains. One half for vegetables and fruit. Avoid sauces and gravy as they usually have high fat content. Choose low fat milk products and limit hard cheese to twice a week. Choose a salad mix that is free of dressing (too much fat). Take the dressing on the side and dip the salad into the dressing as you go. To get more nutrients, choose vegetables and fruits with bright colors. Substitute fish such as tuna or salmon for red meat at least twice a week. Grains should be whole grains, such as whole wheat bread, potatoes (not fries), pasta and rice. Lastly, try a vegetarian meal once or twice a week.
2. Remember--calories in = calories out. Exercise!!
3. If you can't cook, learn. Guys, women love men who can cook! But use the frying pan sparingly, and make sure that your menus and food choices have lots of variety. Boredom hits the belt line!
4. Ask your doctor to calculate your BMI or Body Mass Index. Eight for a BMI of 25 kg per meter squared.

Eat healthy, watch those portion sizes, and exercise. These are the keys to maintaining a healthy weight.

References: <http://www.dietitian.ca>

Party at the Museum!

Need a unique setting for a meeting, conference, wedding or birthday party? The rental space at the Western Canada Aviation Museum can accommodate small or large groups. No events planned? Then come just for the fun of it! See vintage aircraft, like our Avrocar flying saucer, explore interactive exhibits, learn through play in SKYWAYS and browse for books and gifts in the Windsock Shop.

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10 Tips For Talking With Kids About The News



1. Explore the age appropriateness of the news you allow your children to see.

Whether and how kids should consume the news really depends on the child and how that news is presented. As parents, we all sense that kids today are growing up too fast. The simple truth is that they have access to much more information than previous generations. To help you decide what's right for your child, Talking with Kids describes three different age groups and possible effects of their exposure to news. Keep in mind these generalizations may not be true for all children.

Age 0-5

Preschool age (under age six) kids have a limited ability to discern the fantasy of an entertainment show from the reality of news. In most cases they don't really see a difference between a car wreck on TV news and a car wreck in the movies. At the same time, kids in this age range are as likely to be afraid of what they see on the news as they are of dragons, or other fictional worries. Most experts do warn, however, that prolonged exposure to news and other media can lead to the "desensitization" kids. That is, commonplace crime and violence seen in the news and other media can work to reduce the emotional response of even the most shocking images among viewers. Parents should use caution when allowing preschool children to be exposed to all types of media. Talking with Kids strongly cautions against allowing your preschooler to watch the news without your supervision.

Age 6-10

Psychologically, kids between the ages of six and ten are most vulnerable to what they see on the news. They know the difference between fantasy and reality, but they lack perspective. Instead of worrying about monsters under the bed, they tend to worry about real dangers like kidnapping, car wrecks and tornadoes. During this time, it is most important to watch the news and other media with your child. If you find these things especially disturb him, consider turning the news off.

Remember that children will not understand the frequency with which events occur. If they hear about break-ins, injury, and murder in their area (even if the area is a large one that contains millions of people), the fact that the event was important enough to be covered will lead them to believe that these are very common events. Help children develop a realistic sense of danger and limit their exposure to gruesome reviews of crime and injury.

Age 11-up

Adolescents (age 11 and up) have grown to be much more media savvy. They have a better understanding of fact and fiction and are expanding their own perspective on a daily basis. But their constant exposure to media and peers can lead to conflicting information and confusion. As the parent of an adolescent, you can't be there to monitor everything your child is exposed to, but it is extremely important to check in with her about the media and other issues she is beginning to experience.

2. Watch or read the news with your kids.

A great way to alleviate the fear and confusion of the news is to share the experience with your child. By reading the newspaper together in the morning or watching a nightly news broadcast with your child, you will be able to know exactly what they are being exposed to and can talk with them about it. If you see something that may be upsetting to your child, don't be afraid to strike up a conversation on the subject. For younger children, you may also consider setting rules against watching the news when you aren't around.

3. Create an open dialogue.

The best way to make sure kids know they are safe is to talk with them about what they see and hear. If your child is worried about the country going to war, talk with him about the chances of that happening and what it would mean for his safety. Additionally, let your children know not to be ashamed or afraid to talk with you whenever they see something they don't understand.

Use the news as an opportunity to discuss tough issues with your kids. We know it is important to talk with our kids about tough issues, but there isn't always enough time in the day to sit down for a long talk. Also, kids tend to resist formal discussions, often thinking they are in for another lecture from mom or dad. But if we use "talk opportunities," moments that arise in everyday life, our kids are less likely to tune us out. For instance, a newspaper item about a child expelled from school for carrying a gun to class can help you start a discussion on guns and violence.

4. Share your feelings about the news you see.

As a parent, you have the opportunity to be the first person to instill in your child your sense of values and moral principles. The "just-the-facts" explanations of a news report may leave a child confused about right and wrong. Remember, research shows that children want and need moral guidance from their parents. Try starting off a conversation with something like "That news report about gun violence bothers me, because I don't believe guns should be kept where kids can reach them."

5. Let your kids know the difference between news and reality.

Is the news real? If you mean did the reported story actually happen somewhere in the world, yes the news is completely real. But the news media can lead people to believe that the stories reported are closer to home, or that they happen more often than they do in real life. Violence in schools is an example of a prevalent story in the news. So prominent in fact, that adults and kids alike are afraid that violence is sure to happen in their schools. The reality, however, reveals that there is less than a one in two million chance that a child will be injured during a violent outbreak at school. Make sure your kids know that just because they saw it on the news, it doesn't mean it is likely to happen to them.

6. Acknowledge your child's fears.

Even though many of the stories reported in the news may not really happen to you or your child, the fear these stories can bring out is very real. That's why it is important to reassure a child that there is people working to make sure her personal world will remain safe. Try saying something like this to your six to ten-year-old: "I know you feel a little scared by what you saw on the news, but you'll be fine. I am here to protect and take care of you." An older child might be comforted by a few additional details: "Dad and I aren't the only ones watching over you. Adults in the community like neighbors, the police and teachers are all looking out for your safety."

7. Explore the facts with your child.

At times it may be necessary to provide your child with more factual information than is provided in a news report. For example, a news report on the increasing number of people with HIV/AIDS may mean additional facts are needed to properly explain the disease to your child. Research the facts with your child about how the disease is transmitted and what can be done to prevent it. Make sure you look at safety and prevention measures when researching topics.

8. Acknowledge the complexity of the news.

Even the most informed parent is sure to have difficulties explaining why people fight wars, or why politicians don't always tell the truth. Even when we can explain them, our children might not understand. It's important that as parents we let our kids know that the news and the world are very complex, and that greater perspective will come with age and continued communication.

9. Select kid-friendly news sources for your child.

All news is not created equal. Take care to select good news sources for your kids. Generally speaking, TV news, especially local news shows, tends to focus on issues like crime and violence. Newspapers are often seen as a better source to get more in-depth news coverage with background and context. Network news usually focuses less on crime and violence than local news. However, there are local news stations committed to presenting "family friendly" newscasts with more responsible reporting. Look for these stations in your area. Also keep in mind that there are news sources created just for kids. Nick News on the children's network Nickelodeon is an example of a program designed to report on issues that kids care about in a way they can understand. There are also many Web sites and magazines dedicated to news for kids. For adolescents, consider subscribing to magazines that focus on news and issues important to your child.

10. Balance your child's news diet.

Few parents would allow a child to fill up on an all-chocolate food diet. Thinking about your child's exposure to the news in the same terms can be helpful. It's important to make sure kids have a balanced news diet. The best way to achieve this is to know your child's news environment, that is when, where and what kind of news your child is exposed to. Is your daughter listening to news radio while you drive her to school in the morning, or is she watching crime scene footage on TV news shows that follow her favourite afternoon cartoon?

Whatever the case, balance your child's news diet by setting clear limits. Make it known to your son that he can only watch the news when you are in the room to watch with him, or limit him to only news sources that are less violence-oriented, like network newscasts. Experience the news with your child, and balance his news diet talking with him about what he sees.

Source: Children Now, <http://www.childrennow.org>

WWW.MFRC.MB.CA



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 - Employment & Education Assistance
 - Services Francophones/Second Language Services
- ✓ Prevention & Intervention Services
- ✓ Family Separation & Reunion
- ✓ Child & Youth Development
- ✓ Parenting Support

MFRC Monthly Community Coffee Break

The 1st Thursday
of EVERY month
10-11 a.m.
102 Comet St.

Resources

The MFRC has Internet-ready community computers, a fax machine, tape recorders, digital camera, and video camera available for use on site during normal working hours.

Other Numbers

MFRC: 833-2500 ext.4500
Emergency Childcare: 935-7733
MFRC Childcare Centre: 837-3653
Youth Centre South: 488-8563
Youth Centre North: 833-2500 Ext 4502

The "Mission Information Line"



Providing CF Families with accurate, reliable and timely information. 24 hours a day.
1-800-866-4546

The Mission Information Line (MIL) is a bilingual telephone service for families of Canadian military personnel serving in operations outside Canada. The toll-free, 24-hour service features detailed reports about Canadian Forces missions and operations from around the world and provides the kind of assurance and support family members depend on. During business hours, callers can speak directly to MIL staff for additional information or referral to other resources. MIL personnel are available to handle calls in confidence Monday to Friday, except on statutory holidays, from 8:00 to 16:30 Eastern Time. The Mission Information Line should not be considered a substitute for Military Family Resource Centres or Unit Rear Parties, but rather a complement to their services.

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

The Situation Reports are provided directly by deployed military personnel from theatres of operation. MIL Staff receive the information from a number of sources at the Department of National Defence, including: units deployed on peacekeeping missions; the National Defence Command Centre; Peacekeeping authorities at National Headquarters in Ottawa; and rear parties.

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

For more information on how the MIL can help your family or your unit's families please call Nicole at 833-2500 ext 4507.

Thanks for pushing the envelope!

During the past weeks (March 1-14) community member have shared ten minutes of their time and the timeless gift of experience. The Military Family Service National Survey process once completed at each MFRC will be compiled to provide direction and guidance to MFRC's across the country. Your input is valued and much appreciated.



Just Drop-in!

Stop by 102 Comet St. (across from the 17Wing main gates) and join us for a coffee, a craft, great info, friendly smiles or an opportunity to have some quality "ME" time. There is a wide variety of ongoing programs at your MFRC, drop-in and find out what's going-on. More info at 833-2500 + (local)

- Newcomer Nite 15Mar 6-8pm
Get the inside info on your new home! (4506)
- Just Posted 15Mar 6-8pm
Check out our library of info packages from every base! (4506)
- Youth Centre Drop-in Mon-Fri 6-10pm
Some age restrictions apply (4508)
- Casual Child Care Tuesday 1-4pm & Fridays 9-12am
Children 18mos-6yr. Registration Required. (2491)
- Sew Around 16Mar06 1-3pm
Every week we get together to work on our projects. Bring your current sewing or needlework project, we supply the coffee and conversation. Diane @ (4508).
- Good Company 17Mar 10am
Casual coffee morning. (4508)
- Crafternoons 22Mar 1pm
Casual Craft Group-Canadian Flag Decoupage Project (4506)
- Opportunities 23Mar 7pm
Personal Development Group Topic: "Personal Safety" (4508)
- It Takes a Village 24Mar10am
Casual parenting Group Topic: "March Break Fun" (4508)

*Registration is preferred for these events so we can ensure sufficient supplies and childcare requirements.

Together in Church



CATHOLIC

Chaplains

Padre Lance Magdziak
Roman Catholic
Office 833-2500 ext 5272

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

Masses

(English only)
Sunday 1100 hrs
Saturday 1630 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 in the Chapel Annex the third Monday of each month at 1830hrs.

Protestant

Chaplains

Padre Bruce MacKenzie
(United Church)
Office 833-2500 ext 5417

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) 0900 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.

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. Those with access to the DIN 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 reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.

Electrical Hazards

Electrical fuses and circuit breakers are important warning devices against the tragedy of electrical fires. When excessive current flows through an electric wire it becomes overheated. Without the use of a suitable over current device, such as a fuse or circuit breaker, to open the circuit under such a condition it is possible for a wire to become hot enough to cause a fire. If a circuit breaker blows, it means your electrical system has been over-loaded. Before resetting the circuit breaker, unplug the appliance on the over-loaded circuit. Re-plug it and if the circuit breaker blows again it could mean that there is an electrical problem and you must contact CFHA as soon as possible.

Heavy appliances i.e. ranges, dryers, air conditioners, etc. are fused according to their ratings. If a fuse blows, and continues to blow after replacement, call a qualified electrician.

Question concerning these issues may be directed to your Fire Inspection/Prevention Cell at 17 Wing loc 2646.

I'm shocked!

The Old Lady knows that children grow and learn by exploring their environment. That environment can be dangerous to the young child who is not old enough to understand the risks of 'live' electrical current. Misuse of electricity and electrical appliances can cause shocks, bodily injuries and even death. Warn children not to stick fingers or play things into wall outlets and be sure to install plastic safety plugs in all unused wall sockets. Little ones are apt to put electrical cords into their mouths causing severe burns and facial deformities. Extension cords should be used as temporary measures and all cords must be kept in good repair. Never leave irons, toasters and small appliances within the reach of youngsters who are unattended and roll up electrical cords which are not in use. Don't overload circuits and keep appliances away from the sink and bathtub and out of the reach of children who are in the bathroom. While all these measures will make your home a safer environment for your growing children the Old Lady reminds you that there is no substitute for parental supervision!



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17 Wing Wood Hobby Club

Submitted By WO George Lake, 1 Air Mov Sqn

Have you ever seen a piece of furniture, and said to yourself, "I wonder how they make that?"

The 17 Wing Wood Hobby Club can answer all your questions. Men and women can learn the basics of how to use all available wood working equipment. One can learn from simple projects, how to operate and become comfortable with the machinery. You can learn all the answers to the questions you have regarding how wood products are made. You can take a rough plank of wood and create a beautiful, useful piece of furniture.

As a new member to the Wood Hobby Club, with limited experience on the equipment available, I am currently being trained on the purpose and safe operation of all power machinery. The process is very simple. Once you have decided to join the Club, for a paltry \$53.50, you will be given an orientation by one of the experienced Wood Hobby members. Depending on your personal experience and confidence, you will either

receive immediate key privileges or become an apprentice who must be accompanied by another qualified member until such time as you feel confident enough for a re-evaluation to work on your own.

The Wood Hobby Club has no set hours of operation. If you have a project on the go and you are feeling restless, you only need to go to the Main Gate (Whytewold), and sign out the key for the club and work on your project.

If you have a desire to do something productive with your spare time, something that produces a result and a product, then the Wood Hobby Club is the Club that can satisfy your needs.

For more information and a possible orientation please contact the following:

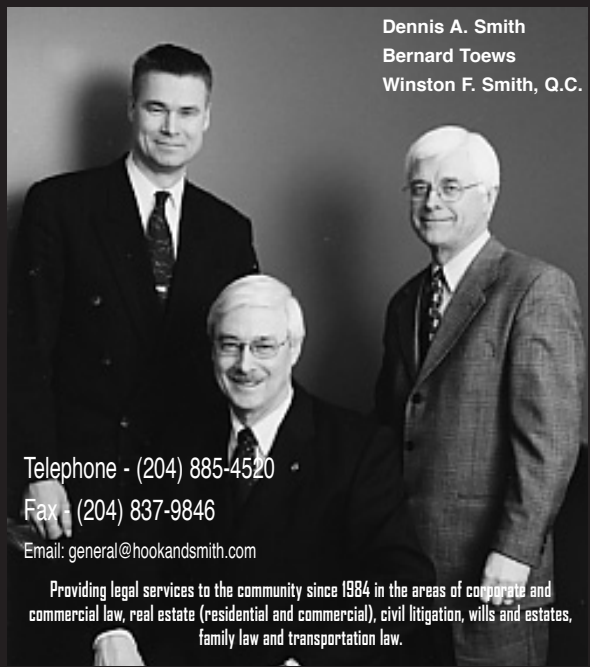
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| Linda Jardine | Club President |
| | 833-2500 Ext 6522 |
| Bill Lesko | Vice President |
| | 833-2500 Ext 2149 |

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Aries (March 21 - April 19): When you fill your spare time with what is personally meaningful, you're more motivated in all areas of your life. If you don't care, you won't dare to explore possibilities or take risks. Additional resources are coming your way; however defend what you've worked for so far.

Taurus (April 20 - May 20): You need solitude to develop in your own way. Still consider joining a new group and expanding leisure activity options to help you overcome feelings of being left out. You'll overcome old, non-constructive habits. Generally restless, you'll be reorganizing and rearranging.

Gemini (May 21 - June 21): Take steps to ensure you keep your energy up. Get in some extra rest when you can and watch what you eat. An upcoming announcement or move means additional work for you. There are challenges ahead. Don't procrastinate. Attack them promptly, for the results benefit you greatly.

Cancer (June 22 - July 22): Improve your overall health and wellness through physical activities and hobbies. It should come as no surprise when someone is overly interested in how you spend money. They are eager to influence you. Look below the surface for the truth about this recurring pattern of behavior.

Leo (July 23 - August 22): You may find you're mixing work and pleasure more often these days. Add a few special touches to a party to make it a memorable event. To provide opportunities for others to progress, train them to take on some of your responsibilities. Then, you'll have more free time for fun.

Virgo (August 23 - September 22): Follow your bliss. If you're unsure of what that is, take the time to experiment with options. Go ahead and tell others what you're up to but don't try to convince them to do the same. Instead, involve friends and family in other activities. Then they won't feel left out.

Libra (September 23 - October 23): What you're looking for is probably right in front of you. You just need to resurrect an old idea and develop a plan for it. It has potential once some real effort is put into it so look past the obvious outcome and consider "what ifs." Ease into this venture on a part-time basis.

Scorpio (October 24 - November 21): You want to help others improve their lives. Provide inspiration, but don't rescue anyone. They need to do the work themselves. You know the benefit of persevering, facing your fears and the joy of rewards that are earned. Pass on this information to motivate others.

Sagittarius (November 22 - December 21): Your thoughts shape your reality. You could be missing something obvious about what is happening and your part in it. To avoid being locked in your own perceptions and assumptions, pretend you are someone else. Then, take another look before judging.

Capricorn (December 22 - January 19): Conflicts leave you feeling like you'll never fit in. That's not always a bad thing. This could be your chance to shine in an unconventional way. Move through your worries. Don't look at others for approval. Look inside yourself. Follow your own North Star.

Aquarius (January 20 - February 18): A change of scenery can be all it takes to make you aware of what you've been missing. You've weathered some rough realities but your strength is returning so get out there and embrace life. Trust your abilities and instincts. Be realistic when you make commitments.

Pisces (February 19 - March 20): Keep track of how you use your time and money and spend both wisely. When you stop focusing on how hard things are you'll realize things are gradually getting better. In fact, your ship will soon be coming in so watch for subtle signs as Spring approaches.

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