



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE



Capt Chuck Cadick (left) and PO Brian Gilchrist are ready to meet applicants at the recruiting centre. Op CONNECTION is looking to increase the CF by 3000 Regular Force and 5000 Reserve.

By Avery Wolaniuk

The Chief of the Defense Staff (CDS) has announced a forces-wide recruiting campaign plan as the number one priority for the CF in 2006. CDS Gen R.J. Hillier's long-term goal is aggressive expansion, increasing the forces by 8 000 personnel by 2010. A major nation-wide effort will kick off Op CONNECTION over the next few months.

The mission is to connect with Canadians through community-based events, increasing national awareness of the CF, in order to attract and enroll quality recruits.

Phase one of the Op, called Energize, is happening at the local level. It started 24 Jan 06 and will continue until

31 Mar 06. This first phase is locally focused, concentrating on raising public awareness about the CF. Bases, Wings and Units will get out in the community and participate in local events; recruiters will work in the background, ready and willing to help anyone whose interest has been piqued by the displays and military members present. In Phase one, demo teams, experts, women, visible minorities and aboriginal people will set up booths at job fairs, sports tournaments, high schools, universities, and other events where large crowds and target audiences will gather, and recruiters will be there to support them.

The second phase, Transition, moves the focus from

smaller local gatherings to huge national events, named the Big 7. These include: Nova Scotia Tattoo (Halifax); Canada Day (Ottawa); Calgary Stampede; Canadian National Exhibition (Toronto); Pacific National Exhibition (Vancouver); 2006 Grey Cup (Winnipeg), and; 2007 Carnaval de Quebec (Quebec City). Phase two will be in effect 1Apr 06 to 31 Mar 07.

Capt Chuck Cadick, Unit Attraction Officer at the Recruiting Centre in Winnipeg, says the recruiters can't meet these goals alone. And the CDS says that they shouldn't have to. "Op CONNECTION says it all," says

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Countdown To PSEA Appointment Processes

The new Public Service Employment Act (PSEA) is scheduled to come into force in December 2005. Many questions have been raised about the new approach to staffing that will start in the new year. We continue to publish 'Questions and Answers' which we hope will help you gain a better understanding of the legislation. In this issue, we answer questions related to the steps you would take after a notice of a job opportunity is presented.

Q: In the last article you told me that closed competitions will be referred to as internal appointment processes. How will I know which ones I am eligible to apply for?

The process is similar to how things are done today; that is, when there is a notice for a job opportunity, there will be an "open to" clause, which will identify who is eligible to apply.

Q: Will a statement of qualifications still be available?

There will no longer be a "statement of qualifications (SoQ)" under the new legislation. A "statement of merit criteria (SoMC)" will replace it. Similar to the SoQ, the SoMC advises an individual applying for the position what will be used as the basis for determining merit. As a minimum, it will list the qualifications considered essential to perform the required work. A manager can also identify other "asset qualifications", such as the ability to use a new piece of equipment or software or a certificate from a specific training course, which are not essential to perform the work, but may be used to select the individual who is the right fit. Also noted on the statement of merit criteria will be any current or future operational requirements and organizational needs, such as the requirement to travel or fill an employment equity gap.

Q: How will I be assessed?

To assess a candidate's competency and suitability for a job, managers can choose from any combination of options including a review of past accomplishments and performance, interviews, written tests, and practical exercises, to name a few. Once qualified candidates have been identified, it will no longer be necessary to rank them and they will not be placed on an eligibility list. Instead, from among those who are qualified, the individual who is the 'right fit' for the position, based on the merit criteria, will be selected for appointment.

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.

Op CONNECTION Continued from page 1

Capt Cadick, picking up the Op to read. "The CDS said, 'Recruiting is everybody's business. I expect every sailor, soldier, airman and airwoman to recognize their role as a potential CF recruiter, effectively spreading the load from the shoulders of the recruiting centre personnel to the shoulders of all Regular and reserve personnel.'" The CDS goes on to say, "I see this as a shared responsibility and duty and I consider it essential in order to connect in a meaningful way with greater numbers of Canadians."

Capt Cadick couldn't agree more. "Our stats in recruiting tell us that 33% or higher of the applicants that come in this door are a direct result of some type of association with a serving member or an ex-serving member - a friend, a family member, a relative or a coach," he says. "It's huge, the amount we have coming in from the people actually serving in uniform. They're one of our greatest assets."

But the recruiting centre doesn't expect members to take over the recruiting job, either. "We're still the recruiting core agency - the expertise. Once you find someone who is interested, the biggest thing is to get the applicant to us," says Capt Cadick. "Things are changing so fluidly, that it's very very hard to keep up on current recruiting initiatives, incentives, rules and regulations." Recruiters have daily-updated numbers in front of them - signing bonuses, entitlements,

scholarships, and available occupations that are all constantly changing. He suggests letting the experts take care of the details so no one is misinformed and therefore no potential recruit is disillusioned when they find out the numbers actually available to them.

"I find sometimes the biggest misinformation comes from people in uniform," says Capt Cadick. Someone might speak earnestly to a potential recruit about their own experiences and expect it to be the same for everyone. But it's not, especially with all the changes happening in Recruiting. In the last two years, the transformation in the process has been phenomenal, says the captain. The CDS himself has worked to cut down on the time it takes to get an individual on board. Currently, a person with a "clean" application can be accepted almost immediately. "For people that come in with no complications, once they're finished the inter-

view by a military career counselor, if there is an opening in specific occupations they're looking for, the objective is to formally give them an offer right there on the spot," says Capt Cadick. And the speedy offers are not just for new recruits. The time it takes for a component transfer, from Reserve to Regular Force, has been drastically reduced, from what was six months to a year, is now three or four weeks to three or four months.

Recruiters will make appointments for potential recruits, at the centre or even for after-hours appointments in the individual's home. And if the individual is located in a more remote location, they can now sign up online with eRecruiting at recruiting.forces.gc.ca. The website can be accessed from anywhere in the world, and once an application has gone through - which will reach the recruiting centre in a mere 24 hours - the applicant can track the status of


their application by logging in to a personal account.

The electronic system is not meant to replace recruiters, but to speed up the process for everyone.

The last phase of Op CONNECTION, Sustain, is exactly that - sustaining a higher percentage of recruits annually, building on the success of the first two phases. It will run from 1 Apr 07 onwards. The desired long-term outcome of the op include 30,000 new applicants annually, and "measurable progress" in achieving representation goals for women, visible minorities, and aboriginal people.

That goal is not so far away. The 2,600 personnel at 17 Wing means 2,600 potential recruiters who, through simple conversation about their own experiences, can work towards achieving the goals of Op CONNECTION, Capt Cadick says. "Just a person walking in uniform to get bread is an advertisement."

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Ombudsman Visits 17 Wing

By Avery Wolaniuk

Personnel at CF bases across the province had the opportunity this month to voice concerns, raise issues and meet face-to-face with the Ombudsman for the DND and CF, Mr. Yves Côté.

Mr. Côté, who was appointed Ombudsman in August 05, toured CFB Shilo, 3 CFPTS Southport, and 17 Wing from 6 Feb to 9 Feb with two Ombudsman Investigators, Mr. Robert Howard and Mr. Gaston Boisvert.

"It's been interesting to get the contrasts in communities between here and Shilo and Portage - all military communities, but all very different," said Mr. Howard, who works out of Winnipeg. "This has been an interesting change of pace to accompany the ombudsman on his visit to the prairie region."

The Ombudsman's office is a mechanism of last resort for members of the DND/CF community to turn to when they encounter a problem internally and have exhausted all other avenues of recourse. The office is independent of the chain of command (Mr. Côté's boss is the Minister of Defence) and their mandate is simple: fairness and equity for those they serve. That includes all current and former members of the CF and of the Cadets, current and former employees of the DND and of the NPF, a person applying to become a member, a family member of any of the above, and an individual on an exchange or secondment with the CF.

Touring bases and meeting military and civilian personnel gives the Ombudsman the opportunity to do two things. "To get people to first of all realize that we exist," he said. "We have a website that is very interesting for people who want to know what we have done, the kind of reports that we have issued generally and also the kind of complaints that we have resolved." Visit them online at ombudsman.forces.gc.ca.

"Point number two is that we have one mandate, and it is to help and assist people in uniform, their dependents and our civilian members in resolving issues that somehow they do not seem to be able to resolve locally, if those issues are grounded in questions having to do with fairness and equity," he continued. "That's our only *raison d'être*, to produce results that make a difference in the lives of our soldiers and their dependents, and the lives of the civilian employees of the department."

In informal, accessible settings, like the round-table discussion with students of the Aerospace Systems Course, or the WComd's coffee break, personnel had the chance to bring up issues they are facing with the Ombudsman and his staff members. Those discussions won't be forgotten. "People are not expressing their views for nothing," said Mr. Côté. Investigators will now go back to their offices and follow up issues raised that fall within the Ombudsman's mandate. "One point I want to make crystal clear is that when people speak to us, what



Ombudsman Mr. Yves Côté at a round-table discussion with the Aerospace Systems Course students.

they convey to us is something that we are going to keep confidential," said the Ombudsman. "The only circumstances we will use personal information about someone is if that person has given their written consent to go ahead. We guarantee confidentiality."

Mr. Côté came in his position aware of some of the challenges CF members face, having served as a military legal officer from 1977-1981. After leaving the Forces, he worked for the Department of Justice in many roles; in 1998, he was named the first civilian Legal Advisor for the Department and the Canadian Forces, a position he held for two years.

This military background aids him in his role as Ombudsman. "I am convinced it helps," he said. "If you are to be effective in trying to get an organization to move in the direction that you would like it to move, knowing how it operates, knowing how it works, knowing which lever to pull or how to pull it, I think is something that is very useful. We all know the military is a refined, very complex organization."

Of the 20 investigators who work for the Ombudsman's office, approximately half bring military backgrounds to the table, half bring civilian resumes. Mr. Howard is one of the former.

"I have respect for the people in uniform, and I approach the complaints with the thought that most of the time we have very good people that genuinely care for the welfare of their subordinates," said Mr. Howard, who served in the CF for 10 years. "At the same time, I recognize that there are times when things don't work as people might think they should. I think that it's good to have that check, when things don't happen as they should."

The Ombudsman's role is not to become anyone's champion. "We have to be objective and impartial," he said. "We are not the advocates of anyone in particular. If anything, we are the advocates of fairness and equity." When a complaint comes to their office, they first ask if the complainant has explored all other recourses. If they have, the Ombudsman may choose to investigate the case, looking at the facts. Only in cases with compelling circumstances (which are determined by the office), such as a time-sensitive matter, does the Ombudsman get involved before all other options have been explored.

Once involved, the role of Ombudsman is not to judge the wisdom of a decision, but to make sure there were no egregious errors made that affected the outcome of the

decision, such as an important document or piece of correspondence being overlooked or misplaced. And then they can make recommendations.

"The Ombudsman does not have the power to make decisions or to issue orders," Mr. Côté explained. "We can make recommendations discreetly, or we can make our recommendations public." By making a recommendation public, the Ombudsman can encourage the wrongful parties into action by bringing the case to the attention of the media and Parliament Hill. Those cases are fairly extreme and don't happen often. For an example, see the report on the Ombudsman's website about the case of SqN Leader (ret'd) Clifton Wenzel, a decorated WWII veteran who fought for 44 years for the pension he felt was wrongfully denied him. The findings, which make recommendations to rectify the injustice done him, have been highlighted as a priority to the new Minister of Defence, the Honourable Mr. Gordon O'Connor.

Most cases never reach this stage. "Very often people have an interest to talk and to share information; they see the interest and value in doing it, but the structures and timeline pressures prevent them from having the conversation until we get involved," said Mr. Boisvert, an investigator stationed in Ottawa. "By being outside of the chain of command, we're able to speak with them individually, collect information, and then go back with them and see if there isn't a way to have that overdue conversation and to dispel perceptions that weren't correct and to work towards a different, more positive outcome."

To contact the Ombudsman's office and speak to any of their highly trained intake officers, call 1-888-8BUD-MAN or visit their website.

"My profound belief is that two reasonable people who are looking at an issue with an open mind can resolve a lot, without having to go public, without having to fight," said Mr. Côté. "Just by taking the time to explain their point of view and listening to the other side, and you can find a solution that emerges that is fair and good for everyone, and there is no blood on the floor."



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An Overview Of The Technical Maintenance Flight (TM Flt)

By Cpl Maria Toone

The TM Flt is made up of a small HQ and four unique sections. The Technical Maintenance Officer (TMO) who is in charge of the flight is Captain Steve Lavoie. Capt Lavoie's right hand man is MWO Gérard Marcil-Dallaire. MWO Marcil-Dallaire is the Technical Warrant Officer (TWO) for the Flight. Between them they administer the flight's personnel, projects, requests, training requirements, priorities, and much much more. They are kept busy on this flourishing Wing and the advance in technology. Directly under the TWO are two Sgts and one CR-5. The four sections are Tel Admin, Line Construction, Audio Video Communications Systems (AVCS) and Telephony Data Systems (TDS). Mrs Denise Bédard is the Tel Admin supervisor. Sgt Andrew Welbergen is the Line Construction Foreman (LCF) for the Line Section and Sgt Darren McDonald is the supervisor of both AVCS and TDS sections. Within the TM Flt a staff of 35 pers are employed at any given time.

The work performed by the TM Flight is broad in scope and very challenging. The Flight's Area Of Responsibility (AOR) covers the province of Manitoba, Saskatchewan, 440 Sqn in Yellowknife, and North-western Ontario. We are tasked to provide support to all Integral and Lodger units of 17 Wing including the 1 Canadian Air Division. WTSS is also mandated to provide support to Reserve Units within their AOR.

AVCS section duties fall into the category of installing, maintaining and close support. Some of the equipment and jobs they perform are as follows:

- 1 Canadian Air Division Exercise and Technical Support;
- Public Address Systems, Intercoms;
- AMX equipment, Video teleconferencing;
- Vehicle mounted radios and systems;
- Line Scan Heinmann Systems, Metal detectors and X-ray;
- Video surveillance;
- Video communication for both Hyperbaric and Hypobaric chambers;
- Projectors, Smart Symposiums;
- Mobile radios (FleetNet and HT1000); and
- Cable TV, Plasma screens.

TDS section duties fall into the category of Telephone Switch Maintenance, Cabling Projects, and close support. Some of the equipment and jobs they perform are as follows:

- 1 Canadian Air Division Exercise and Technical Support;
- Telephone Switch Maintenance, Voice Mail, add/move/delete of phone locals;
- Building Cable Infrastructure;
- Technical Assistance Visits; and
- Lodger Unit phone switches and networking concerns.

The Line section plays an integral part in maintaining the lines of communication between units and sections. Although a small section, their daily tasks can be quite numerous and time consuming. Some of their daily duties include installations and preventative maintenance such as:

- Fibre Optics inside and outside of buildings on the Wing;
- Upgrading and maintaining current cable plant, Cable Locates;
- Manhole maintenance, Construction of Communication Closets;
- Cabling diagrams for the Wing, Cable record updates; and
- Antenna's and support structures, Sundry Antenna's.

Tel Admin are responsible for the daily operation of the switchboard, the maintenance of the phonebook, the purchasing, managing and accounting of all wireless devices (pagers, cell phones, and Blackberrys) as well as all the data collection of long distance for cost recovery purposes.



Cpl Toone is a 226 ATIS Tech currently in the (WTIS) Telephone and Data Systems section.

Between the four sections, Tel Admin, AVCS, Line and TDS, requests are in high demand on a daily basis throughout 17 Wing and surrounding geographical area. Throughout the year we will send our members to other units for Annual Technical Inspections. Following their inspections, another team of technicians will follow up and take care of any issues that could quickly be resolved.

If you have any concerns, queries or praises that you would like to discuss, do not hesitate to call MWO Marcil-Dallaire at 2227. Our purpose is to provide services to 17Wg users and we will do our utmost to satisfy our customers.

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MFSP Wants Your Opinion

Take A Moment, Take A Survey

By Avery Wolaniuk

Do you have 10 minutes? The Military Family Services Program (MFSP) would like just a few minutes of your time in the next two weeks to fill out their Participant Survey.

The anonymous, confidential survey is for CF families who use their services. It's a chance for the people who use their programs to have their say about what works, and what doesn't, at the MFSP. Military members or their spouses (or a member of the household who can speak accurately about the family's experiences) can fill it out.

The survey is happening nation-wide, and will be occurring annually; in Winnipeg, you can fill out the form from 1 March-15

March. This is the first time the survey has been administered, and the Directorite of Military Family Services would like to hear what you have to say.

Nicole Johnson, Winnipeg MFRC Survey Coordinator, says that the survey is a way of maintaining the program's accountability to DND and our military families. "This survey is to make sure MFSP is performing the way it should be, and that we're not losing sight of the mandate, and that we're not missing anything" she says. In order to do that, they need maximum feedback, meaning responses from as many people who use their services as possible. "We want to make sure we have a good representa-

tion of our community," says Ms. Johnson.

Questions focus on CF families' experiences within the military community, as well as the surrounding Winnipeg community. Answers will be used to develop and improve the services that MFSP offers. Once analyzed at both the local and national level, the survey will give individual centres the ability to see the trends in their CF community- how participants feel their MFRC is doing locally and how that compares to MFRC's nationally. Feedback will be used to determine what is working well and which areas require attention.

To fill out the survey, contact Nicole Johnson at 833-2500 ext 4507, or visit the MFRC building.



Military pharmacist Capt Carol St-Laurent (left), pharmacy technician Suzanne Cory and pharmacy student Clive Daley are ready and waiting for your visit to building 62.

Pharmacy Awareness Week - March 6-12

By Captain CA St-Laurent, CD, BA, BSc Pharm

Pharmacists are an important component of your healthcare community. The military pharmacies are dedicated to supporting the welfare of our personnel and military operations through the provision of pharmaceuticals and medical equipment.

Pharmacists are easily accessible to members of the health community, and as such, their opinions, recommendations, and advice are frequently solicited from physicians, nurses, dentists, and patients. Pharmacists can also per-

form limited medical triage. For example, did you know that you can go directly to the pharmacy for a "cold pack" and not have to sit in line waiting to see a doctor at sick parade for a common cold? At the military pharmacy, there are a wide variety of over-the-counter (OTC) medications that are provided to military members as part of the Canadian Forces Spectrum of Care. These medications are comprehensive, and include medications to treat dandruff, cough &

cold, skin conditions, allergies, headache, arthritis, lice, scabies, family planning, and minor inflammation from sports injuries.

Our main priority is ensuring that deploying military personnel are provided with appropriate medical equipment. This can include anything from malaria prevention to gas mask spectacles. Your pharmacist is available, approachable, and committed to providing excellence in patient care. Please come visit us!

Stamps With No Printed Value

By Alf Brooks


In recent years some postal administrations have issued stamps with no actual value printed on the stamp. For instance, Britain has issued stamps printed "1st" for use on first-class mail, thus avoiding having to issue new stamps when postal rates change.

Three recent stamps of France, issued se-tenant (joined together) illustrate another way of issuing stamps with no value printed. They were issued for "Fête du Timbre" and




picture a cartoon character, Spirou. One indicates it is for "lettre 20g" for first-class mail 20 grams or less, delivery promised within a day in Metropolitan France (excluding overseas areas, St Pierre and Miquilon, for

example). Another indicates it is for "monde 20g" for overseas mail to foreign countries. The third is printed "écopli 20g"; it is for mail within France that does not need next-day delivery, what Britain would likely name "2nd."



ANNUAL DFS FLIGHT SAFETY BRIEFING

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| <p>Winnipeg Wed 12 Apr 06 3 Briefings: • 0830-1000hrs Wing Theatre • 1330-1500hrs Wing Theatre • 1900-2030hrs Wing Theatre</p> | <p>Southport Tue 11 Apr 06: • 1030-1200hrs Mess (upper lounge)</p> <p>1 Cdn Air Div Thur 13 Apr 06: • 0915-1045hrs Mynarski</p> |
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Continued from the last issue of *The Voxair*

The Dunking Part 2

By J.C. Hughes / Taken from *Aircrew Memories*, published by *The Victoria Publishing Company Inc.*

My dinghy was in a seat pack on top of the parachute, at the end of a lanyard clipped to my Mae West. I hauled it in and set it up. I pulled myself aboard and found the anchor drogue had set itself. I pulled in the seat pack and opened up the first aid pocket. It was empty. I then opened the escape pocket and it too was empty. I would miss the rain bag. My parachute was floating on the water and I decided to pull it into the dinghy. I rolled it up as best I could. If I heard a Merlin engine, I would let the 'chute blow open to be seen. If it were something else, I would stuff it under the dinghy. I remembered when I had been first hit and thought of the message I had received that I would be covered. Perhaps my side was out of ammo and couldn't drive off the 190s. They may have followed and reported my position. Then there was the 190 I'd hit. I thought there was a good chance I had put him down. He might be near me right now. There could be a boat out searching for him.

I decided to leave the anchor out and stay put until dark. Then if the wind settled down a bit, I would hoist anchor, put on the harness, open the 'chute, and sail home in style. The wind was close to south, and I should be able to move along pretty good. I was about sixty miles from England and as least would be nearer friendly waters where the 'chute could be seen. I figured there was nothing more to be done. I was tired. I had secured everything to the dinghy. I lay back to take a nap and passed out. When I came to, it was dusk, hazy and drizzling. Then I heard it again and that must have been what woke me. Bunga-bunga-bunga! I raised myself up and when the dinghy got to the top of the next swell, looked back to where the sound came from. In the mist and on my left about a hundred yards off was the prow of a boat. It was just sitting there.

There was another boat off to the right. The boat to starboard started "bunga-bunga" again and slowly turned and moved at right angles to me. I tried to stand up (it isn't easy in a dinghy), waved my arms, and shouted as loud as I could. They couldn't just leave me here. When he was exactly up wind of me, he stopped, and I realised he was breaking the seas for me. The port boat began its bunga-bunga, turned its prow toward me, and crept forward.

I recognized the boats. They were the same as the B.C. Fraser River fishing boats: wood construction, overlap planking, pilothouse forward, rigging, drum and lines astern. Overall length about forty feet.

One boat pulled alongside the dinghy, reversed the engine, and held its position. A face appeared over the side and looked down at me. It looked up and studied the water all around. The face gave an order and netting was flung out. Two athletic youths leapt over the side and scrambled down the netting into the water. The each caught hold of a shoulder strap of my Mae West and flew back up the netting dragging me with them. The pulled me over the rail and flopped me face first on the deck. While one pinned me down, the other began running his hands all over me. I figured he was checking my wounds so I tried to tell him. Then they flipped me over on my back and the same procedure down my front. When they had finished, they reported to the skipper.

"He's clean. Not even a pocket knife."

The skipper ordered them to take me below and went back to fishing with a boat hook for my equipment. I realised I was on a minesweeper. Wooden boats were used to avoid triggering magnetic mines. There were two groups in the crew: the army looked after the sweeping gear and Bofors gun, and the navy sailed the boat. I asked



J.C. Hughes

Jack was born in Dauphin, Manitoba, in 1919. He enlisted in the RCAF in 1941 and was accepted for pilot training. He was awarded his wings in September of that year and left for Britain. He joined 402 Squadron to fly Hurricanes and later Spitfire Vs over France. By October 1942, Jack had moved to Malta (249 Squadron) where he stayed until July 1943. In March 1944, he was posted to 401 (RCAF) Squadron flying Spitfire IXs and covered the D-Day operations. Jack finished his tour in Holland and was demobbed in 1945.

the navy how they found me. They said it was quite simple. They saw the fireball and took a bearing on it. The other skipper did the same. They marked the chart where the two bearings crossed. They had been assigned a task and had a lot of sweeping to do before taking on anything else. When they finished their task, the skipper had decided to take a look. The two boats went to the mark and sailed down wind. They spotted the dinghy long before they expected. I told them I was dragging a sea anchor, and they said that would do it. They were pleased it wasn't their error. They said they had not known whether it was one of ours or the enemy's, so they were ordered to take cover. They didn't know how many crew to expect, or if they would be carrying guns or grenades, so they followed prescribed procedures.

Down in the hull the soldiers stood guard over me and in a few minutes a doctor (or medical orderly) arrived. He opened his bag, brought out a big pair of shears, and cut off all my clothes. Then he brought out a bottle of alcohol and swabs of cotton wool and cleaned up my wounds. The bleeding had stopped. He dressed the wounds.

The skipper came down and saw me standing there in the nude shivering so hard I was stuttering. He picked up a blanket from the bunk and wrapped it around me. He told one of the boys to get some coveralls and asked if I would like a bowl of hot soup. Remembering that I was dealing with the navy, I asked for a tot of rum. The skipper said he would see what he could do and left me to go above deck. Soon a sailor came down with a water glass in one hand and a bottle of rum in the other. He handed me the glass, pulled the cork and started pouring.

"Say when."

I lost my voice. When the glass was about half full, he stopped pouring and left. I took a big swig and the rum burned all the way down. Straight uncut navy rum! I wasn't cold any more. I took another shot and my body felt alive again. I knew I couldn't stand up, but what was there to stand for? Sitting on the edge of the bunk I drained the glass and just sat there with the glass in my hand and a silly grin on my face. An army boy came in:

"We haven't any rum but would a little brandy do? I held out the glass and he poured a good-sized shot. I started sipping it and that is the last I remember.

I awoke with a start; something was wrong. The engine had stopped. A thump on the hull had woken me up. The blue light was still on in the hull but the boat was empty. I knew it; they had abandoned ship and left me to go down with it. I dragged myself to the ladder and pulled myself up into the wheelhouse. The compass shed a blue light, and in a few minutes I could see that we were tied to a float at the base of a bit dock about thirty feet high. I was at Dover. A gangplank led from the boat to the float. I was not too stable on my feet, and all I wanted to do was get on shore. I went down the gangplank and on to the float. Then I discovered there were a lot of boats, and many of them were further out. I could hear

the crews calling to each other; and then I heard men running toward me on the float. I stepped behind a piling and let them run past. Then I took stock: I didn't know where I was, I had no shoes, and the only clothes I had were the coveralls. I had no money, no identification (other than dog tags), and there was a lot of activity on the float under some blue lights toward the shore. I wish I had stayed on board and waited for the crew but it was too late to go back now - I'd never find mine. The boats all looked the same and I didn't know the name of the boat or its identification number, nor did I know the name of anyone on board, and to top it all, I had had too much to drink.

I was feeling woozy and the main thing was to get on to solid land. I decided to fake it. I would march right down the centre of the float swinging my arms, keep looking straight ahead, and look like I was on an important mission. I marched out into the blue light and saw there were about a dozen stretchers spread out along the float. On the side was a sergeant major type with a clipboard and a loud high-pitched voice. I marched right past him.

"That man. Halt!"

I was the only one moving so I stopped. He pointed at a stretcher and ordered me to pick up one end of it. That did it; I couldn't pick up anything with my left hand.

I turned to face him and shouted. "No."

Then I heard a familiar voice: "There he is, the ungrateful beggar; after all we done for him. We go to get a stretcher and he skoffs off."

They grabbed me and plunked me down on their stretcher. They paraded with me to the sergeant major type with the clipboard. He glared at me and started his routine:

"Name, rank and number?"

My friends gave him their sheet. "Name and address of next of kin?" I mumbled that I didn't have any. He hesitated and then went on. "Have you ever had measles, mumps, meningitis, malaria, (or a dozen other ailments)?"

"Yeah."

One of my stretcher-bearers spoke out, "He won't tell you anything. He's drunk!" I should have made an effort to cooperate, but I didn't like the way I was being shouted at. I was exhausted, I had lost a lot of blood, and I was in quite a bit of pain. I just closed my eyes and passed out. The last thing I remember was the voice of the sergeant major:

"He'll bloody well stay on this dock until he does answer."

I came to as an unidentified casualty on a stretcher in an ambulance and spent six weeks in an English hospital.

Paddy Finucane and a lot of others were missing and never turned up. The CO thought it was Bill Dewar who had called for help and escorted him back to England, where Bill crash-landed. Bill lost an eye in the operation. The CO said the last he saw of me I was chasing a 109 into France, and as I didn't turn up for a couple of days (being unidentified), he reported me as "missing, presumed killed in action". RCAF Headquarters immediately cut pay and allowances, and my name appeared on a casualty list.

The CO was quite satisfied; we had succeeded in protecting the boats. We lost two Spitfires, but destroyed an Me109 and an Fw190, and we had third party confirmation of this. The score was even.

I returned to the squadron, flew a Spit again on 5 September and volunteered for a posting to the sunny Mediterranean to recuperate. I was posted to Takali, Malta.

I never heard of Paddy Finacune again. It was as if he had never existed. That is the philosophy of fighter pilots: "The war is over for the dead, but the living must return to the sky and fight again. It will only end where there are none left." The German Me109 pilots began fighting in the Spanish Civil war, and the few survivors were still at it at the end of our war.

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.




Hangar T2, 958 Ferry Road - Winnipeg, Manitoba R3H 0Y8 - Tel (204) 786-5503 - Website www.wcam.mb.ca

Cinéma/Theatre


• Just Across the Bridge
• 2 Blocks North Wytewold & Ness

8:00pm Showtimes

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Child/Senior \$3.00
Adults/Youth \$4.00

8:00pm SUN-MON MAR 5-6 126mins



GEORGE CLOONEY MATT DAMON JEFFREY WRIGHT
SYRIANA

Coarse Language (14A)

8:00pm FRI-MON MAR 10-13 188mins



Naomi Watts Jack Black
KING KONG

Violence Not recommended for children (PG)

8:00pm FRI-SAT MAR 17-18 94mins



Steve Martin
CHEAPER BY THE DOZEN 2

(G)

Twoonies From The Heart A Sweet Success

By Avery Wolaniuk

On February 14, big-hearted volunteers braved the early morning cold to stand by the North and South gates on Whytewold and at Airforce Way to collect money for the Care & Share "Twoonies From the Heart" campaign. The 17 Wing community warmly handed over a fantastic \$1,233.43 in loose change.

And for the first time at 17 Wing, red hearts were sold for \$1 and then posted on the walls at the MFRC, Building 90, the library and at 1 Cdn Air Div to keep the giving going.

For Padre Southen, Valentine's Day and the fund go together like chocolates and carnations. "Care and Share is all about caring and sharing, and Valentine's is all about love and demonstrating to those that you care about that you love," he says. "Valentine's is a day when we pause and reflect on those that we sometimes take for

granted. We have the same sort of people in the DND family that maybe we take for granted, or don't realize that they have needs as well. It's a natural fit."

Care & Share is an internal charity that offers support to members of the 17 Wing community who have short-term financial troubles. "The fund is for emergencies for CF members and their families and DND employees and their families," says Padre Paul Southen, the Care & Share OPI. "It's not to pay for ongoing financial support for a given family. It's mainly for people who've had unexpected difficulties. By and large, things have happened that are out of their control and created a financial crisis that they didn't anticipate coming."

As Care & Share grows, the padres are also seeing some of the money given out returned back once people regain their financial footing. "If people feel able to do



Rick Phillips, acting Recreation Director, and Jackie Gallagher, gym monitor, display the Care & Share Valentine's Day fundraising paraphernalia at Building 90.

that, we're always glad to take it back and let it cycle on through to someone else," says Padre Southen, but it's not a requirement.

Michelle Wohlgenuth, Care & Share rep for Buildings 90 and 33, would like to send a special thank you out to the staff at Building 90 for their generous help with the campaign. "Care & Share has received exceptional support from the Building 90 staff. The girls at the front desk and the gentlemen that are working there are a great help, because they've come to the forefront," she says. "They are there all the time and they are

a great support staff." They aren't the only ones working hard for the year-round campaign.

Some units are expanding their efforts, making Care & Share fundraising a regular occurrence. "People are starting to let their creative juices flow and think about different ways that they could have ongoing things happening in their unit to help the fund out, and raise awareness of the fund," says Padre Southen.

Watch for upcoming Care & Share events in the spring, and thanks for opening your hearts and your wallets.

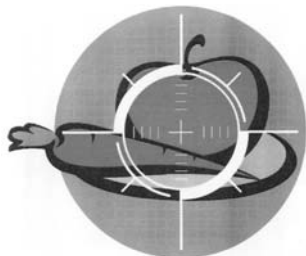
March Is Nutrition Month!

To celebrate Nutrition Month, Health Promotion, in partnership with Food Services, will be launching a new campaign to help YOU

- LOCATE HEALTHIER FOOD CHOICES
- TARGET HEALTHY EATING PRACTICES
- INCREASE FIBRE
- LOWER FAT & SALT

Eating healthy in the Mess is possible and the SET YOUR SIGHTS ON HEALTHY EATING campaign will help you choose healthier choices.

Something new is in a dining hall near you . . . look for this symbol!



and make the healthier food choice, it's that easy!

What is Set Your Sights On Healthy Eating All About?

This new program aims to promote the healthier food options that are available to you at your dining hall. It will make it easy for you to make informed food choices.

Why Is This Program Being Implemented?

We all know that the food we eat influences our health and the food choices we make on a regular basis can have an

impact on physical and mental performance. Since you spend more than 50% of your waking hours at work, the food choices you make at your base/wing can potentially influence your overall health and operational effectiveness.

What Can This Program Do For You?

The Set Your Sights On Healthy Eating program helps you recognize the food choices that are lower in fat and sodium, and higher in fibre. The program symbol makes it easy for you to choose the healthier entree. You will find nutrition messages posted near the salad bar, steam table, beverages and desserts, etc. These will be displayed in the dining room to provide more detailed information on food and nutrition issues. All of this will help you make more informed decisions about the food that you choose to eat everyday.

How Will This Program Make a Difference?

Your wing dining hall will always offer a wide range of food choices. You will be ahead of the game as you recognize the healthier food options and get in the habit of choosing them more often. That may be a challenge at first, but if you give it a chance, healthier food choices can become "Your Choice," everyday!

For more information please contact Health Promotion, Penny/Christa at local 4150/4160.

Letter To The Editor:

On behalf of the Finkle family and the University of Manitoba, I would like to thank all of the excellent candidates who applied this year for the Flying Officer George Finkle annual awards.

I would especially like to thank my mother, Mrs. Esther Finkle, who created these awards in memory of her late husband, my father, George Finkle (180 RAF and 2402 RCAF) 11 years ago. Mrs. Finkle has an unwavering love and appreciation of the Canadian Forces and all who serve. Her husband, three brothers, son and two grandsons have been in uniform.

The winners of the awards this year are: H. Boermann (6th IntCoy); V. Churilev (17th Service); V. Parker (HMCS Chippewa); N. Wetzel (17th Service); and, K. Winning (17th Field Ambulance). Congratulations!

Sincerely,
Gerry Finkle (FGH ret'd)





FLTLT Van Der Wijngaart is presented his Flying Instructor B Category from LCol Ness, CFANS Cmdt.

CFANS Flying Instructor Categories Awarded

By Capt Rhonda Stevens, CFANS Navigator Instructor

A number of CFANS instructors were awarded flying instructor categories on Friday, 27 January after much hard work, many flying hours and upon having successfully completed the dreaded check ride.

Instructors who are posted to CFANS must successfully complete the Flying Instructors Course (FIC) prior to be awarded a C Category instructor level. This course can last anywhere from six-eight months. It consists of classroom lectures, aircraft familiarization, obtaining a classroom teaching qualification and being monitored while instructing navigator students on 15 trainers and flights. After meeting these requirements, a standards check ride from the Central Flying School is conducted.

While holding the C Category, instructors continue to fly on the aircraft with senior instructors and continue to develop their knowledge and instructor ability. After six months of holding a C Category and meeting many other requirements, an upgrade check ride is carried out on the aircraft to verify whether or not the instructor is ready to advance to the next category. B Category instructor qualifications are awarded to instructors in recognition of attaining a satisfactory standard of professionalism as an instructor and officer. Five CFANS instruc-

tors were awarded B Instructor Category certificates from the CFANS Cmdt.

To be awarded an A Category, the instructor must have at least 100 instructional missions and must demonstrate above average flying and instructional ability. The potential to assume the responsibilities of a supervisory position must also be demonstrated. After writing an exam, and successfully completing a check ride, an A Category of instruction can be obtained. This is the highest level of instruction and is divided into A2 and A1. These personnel generally make up the Standards section and have a large amount of flying experience and knowledge. Four CFANS instructors were awarded A2 Instructor Categories.



Capt Rob Brooks is presented his Flying Instructor B Category from LCol Ness, CFANS Cmdt.



Capt Blair Siemens is presented her Flying Instructor A2 Category from LCol Ness, CFANS Cmdt.



Maj John Milligan is presented his Flying Instructor A2 Category from LCol Ness, CFANS Cmdt.



Capt Jeff Chappel is presented his Flying Instructor B Category from LCol Ness, CFANS Cmdt.



Capt Stephane Morency is presented his Flying Instructor B Category from LCol Ness, CFANS Cmdt.



FLTLT Anton Cronin is presented his Flying Instructor A2 Category from LCol Ness, CFANS Cmdt.



Capt Rhonda Stevens is presented her Flying Instructor B Category from LCol Ness, CFANS Cmdt.



Capt Ryan Setter is presented his Flying Instructor B Category from LCol Ness, CFANS Cmdt.



Capt Neil Kinley is presented his Flying Instructor A2 Category from LCol Ness, CFANS Cmdt.

Planning Underway For Royal Regiment of Canadian Artillery (RCA) Reunion

The plans for the upcoming RCA Reunion to be held at CFB Shilo from 30 June until 3 July 2006 are well underway according to Capt Lonnie Goodfellow, chairperson of the organizing committee. Scheduled every 3 years, this will be 7th reunion of its kind to be held here. The first one was held back in 1988. It is expected that over 600 former and serving members of the Regiment, spouses and friends will come together for the event. Of these, many come from across Canada and around the US. The committee has been quick to emphasize that the reunion would welcome former members of non-artillery corps, branches or trades who have any kind of an affiliation with the Royal Regiment. Indeed, any person who considers him or herself a friend of Canada's oldest Regiment is welcome. The committee is planning a set of activities that have been popular in the past. These include a meet and greet, a dinner and dance, a barbecue and a golf tournament. The committee is also considering one or two new twists to make the weekend more varied and interesting.

Anyone who would like more information or tickets should write to: RCA Reunion, PO Box 214, CFB Shilo, MB, R0K 2A0.

Point of Contact for media inquiries: Rick Wilson, Reunion Information Person at 571 0133.

Relocation To The Wing

By Lt(N) S. Griffiths

On 17 January 06 the Regional Cadet Support Unit (Prairie) Detachment Winnipeg section held an Open House in celebration of their new location in Building 52 at 17 Wing Winnipeg.

Lieutenant Colonel M.R.A. Milligan, Commanding Officer, RCSU (Pra) and Lieutenant Commander T.G. Hurley, Detachment Winnipeg Commander commenced the evening event with a ribbon cutting ceremony officially opening the new building. "This building is an example of the commitment made by DND and 17 Wing to this Detachment and the cadet program with their investment of 2.2 million dollars. 17 Wing and CE have ensured that our needs were identified and planned into this fully functional building," said LCdr Hurley.

Specifications like the expansion of the supply area has enabled planners to include unique features such as a "drying area" with hooks and racks designed for drying tents, mukluks and snowshoes on return from an exercise. Three loading dock areas allow for an increase in the movement of equipment and supplies that are distributed on a regular basis to the cadet units throughout Manitoba and Northwestern Ontario.

Throughout the evening, those in attendance had the opportunity to tour the new facilities, enjoy refreshments and converse with many of the detachment staff past and present and members of the three Cadet Leagues.

RCSU (Pra) Detachment Winnipeg had been located at Bldg P4, 1970 Taylor Avenue for the past 8 years.



CO RCSU (Pra) LCol M. Milligan cuts the ribbon at the official opening of the newly renovated Building 52, new home to RCSU (Pra) Detachment Winnipeg.

Photo by Lt(N) S. Griffiths



3 Canadian Forces Flying Training School (3CFFTS) Wing Graduation Ceremony. Course 0503 Rotary Wing Course Graduates.

Photo by Cpl Steven Bogue

Five 3 CFFTS Graduates Receive Pilot Wings

By Capt M. Babin

Friday 10 February 2006 was a memorable day for five student pilots of 3 CFFTS, Portage La Prairie as they were awarded their Canadian Forces pilot wings. Brigadier-General Neumann, Deputy-Commander Force Generation at 1 Canadian Air Division Headquarters was the Reviewing Officer for this special event. The five graduates of Rotary Wing Course 0503 were: Lt David Peddle, posted to 443 Sqn in Victoria, BC to fly the CH-124 Sea-King helicopter; Lt Saul Klassen, posted to 430 Sqn in Québec, QC to fly the CH-146 Griffon helicopter; Capt Simon Latulippe, posted to 417 Sqn in Cold Lake, AB to fly the CH-146 Griffon helicopter; Capt Dean Vey, posted to 444 Sqn in Goose Bay, NF to fly the CH-146 Griffon helicopter; and, Capt Jason Marchinko, posted to 408 Sqn in Edmonton, AB to fly the Griffon helicopter.

Three awards were presented at the ceremony. The

Gos Goulding award commemorates Group Captain Gos Goulding's outstanding service to Canada in two World Wars and is presented to the best overall helicopter student. The Gos Gouldin award was presented to Lt Saul Klassen. The second award presented was the City of Portage La Prairie award, presented to the student that demonstrated the most officer-like conduct throughout the course. This award was presented to Capt Dean Vey. The last award presented was the Top Hat award, presented to the student who has contributed the most to improving the flying standard, morale and good fellowship of his course. Capt Simon Latulippe was the recipient of the Top Hat.

Congratulations to all graduates and good luck on the challenging and rewarding adventure you are about to embark on.



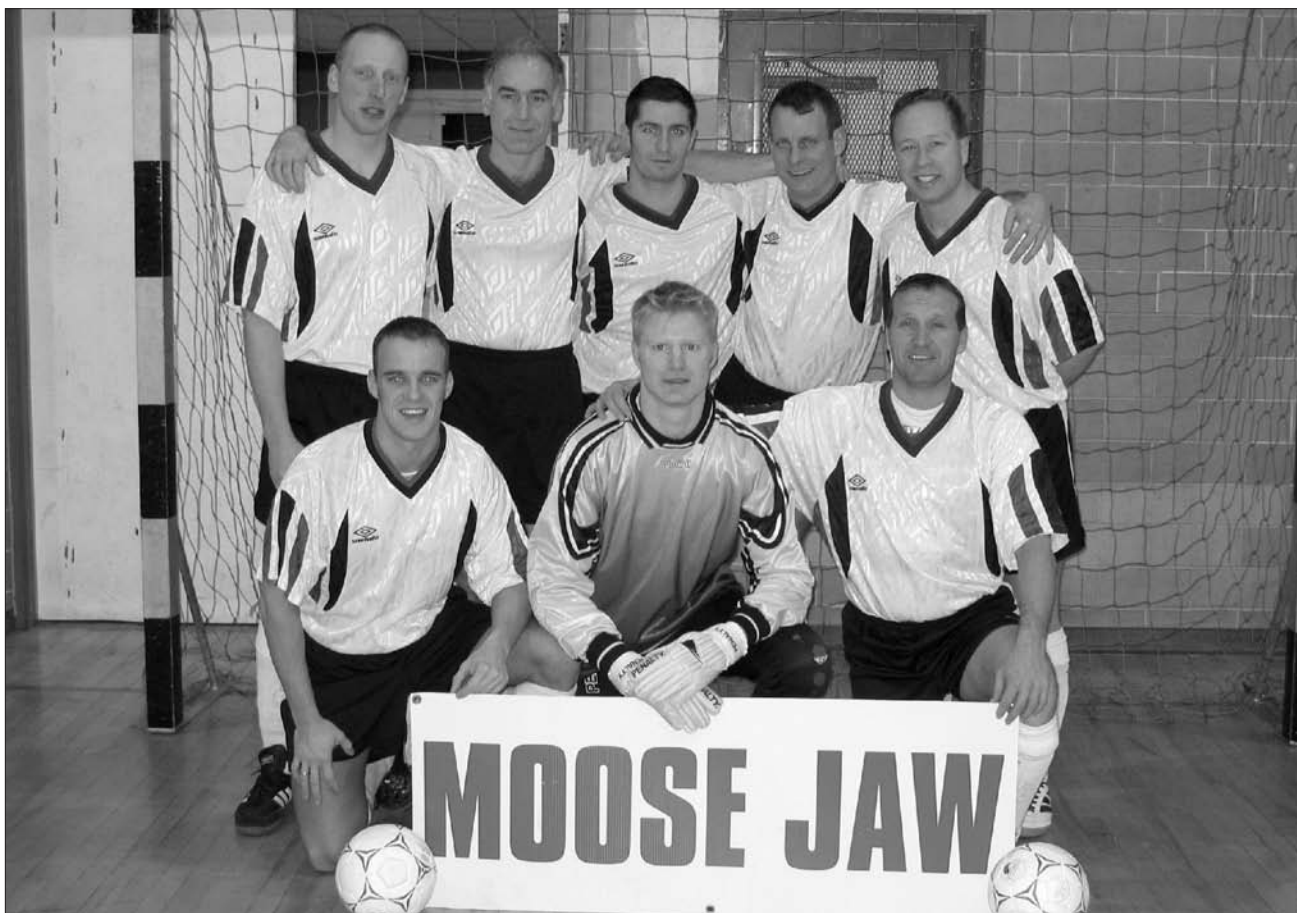
RCSU (Pra) Detachment Winnipeg Staff.

Photo by Lt(N) S. Griffiths



On January 17th, 2006, Capt J.P. Latt (L) was presented with a Regional Cadet Support Unit (Prairie) Detachment Winnipeg Certificate of Appreciation for having served 8 years as the 17 Wing Senior Cadet Liaison Officer. In conjunction with his duties as the 17 Wing SCLO, he also worked as the Cadet Liaison Officer for #144 "FORT FRANCES" Royal Canadian Sea Cadet Corps, Fort Frances, Ontario, #336 "KENORA" Royal Canadian Sea Cadet Corps, Kenora, Ontario and #600 "STARFIGHTER" Royal Canadian Air Cadet Squadron, Atikokan, Ontario. Capt Latt was and still is a strong supporter of the Canadian Cadet Movement and for that, RCSU (Pra) Detachment Winnipeg and all 62 Cadet Units within Manitoba and Northwest Ontario would like to thank him for all he has done and wish him all the best in his new posting.

Photo by Lt(N) M.S. Griffiths



Invitational Tournament Scores

By Chris Merrithew

The action was fast and furious at Lipsett Hall Gymnasium the 10-12 Feb as 17 Wing hosted the 1st ever Prairie Region Invitational Indoor Soccer Championships. Many of the best soccer players from the Prairie Region, including many CISM soccer players, gathered for the event.

After the round robin play, Shilo finished in first place with an undefeated record, followed closely by Winnipeg in second, Moose Jaw and Suffield. Edmonton, the fifth team of the tournament, finished out of playoff contention. Suffield came pre-

pared for the playoffs as they upset the number one ranked Shilo 3-1 in the first semi-final, while Moose Jaw defeated Winnipeg 3-1 in the second semi-final.

The Championship was a tight affair, but Moose Jaw held off some late pressure by Suffield to defeat them 3-2 and be declared the 2006 PR Invitational Indoor Soccer Champions. "It was a really exciting final between two evenly matched teams, but on this day Moose Jaw was the better team," says 17WG Sports Coordinator, Chris Merrithew. "It was a hard-

earned victory which they definitely deserved. Suffield was pressing hard in the final minutes of the contest, but failed to capitalize on their opportunities."

The players named to the Tournament All-Star team were: Capt Szkwark (Winnipeg), Lt Balden (Shilo), Capt Duarte (Moose Jaw), Pte Oliver (Suffield), and Pte Jenkins (Edmonton), who was named Top Keeper of the weekend. 2Lt Peter Toser from Moose Jaw earned the title of MVP of the tournament.

The entire weekend was a huge success. "For a

first ever Prairie Region Invitational Indoor Soccer Championship, it was extremely well-received, and we're looking forward to the possibility of this becoming one of the sports in our prairie regional program," says Merrithew. "This event is essential to the continuation of the growth and development of soccer in the Canadian Forces. Judging from the response that we've had and from the feedback from the participating members in this tournament, the future for soccer in the CF looks very promising."

Before You Fill Out Your Tax Return...

By Phil Marcus

Now that the RRSP season is behind us, Canadians turn their attention to income tax time. The deadline for filing your 2005 tax return is May 1st 2006. Depending on your situation, non-refundable tax credits can help reduce your tax base. Here are a few simple tips you should keep in mind.

Charitable donations

Those of you who make donations to your favourite charity will get a tax credit when these are claimed on your tax return. Keep in mind that the federal credit is 15% on the first \$200 and 29% on amounts above \$200. In addition, there are corresponding provincial credits based on your province's tax rates.

Charitable donation receipts can be transferred to your spouse. The higher income earner should claim all donations if the province of residence has a provincial surtax and the higher income earner is subject to it. This way you will get the maximum credit against the income in the highest tax bracket. If surtaxes do not apply, either spouse can claim the donations.

Medical Expenses

Medical expenses are also transferable between spouses. Medical expenses can include amounts paid outside of Canada and they must be more than 3% of your net income or \$1,844, whichever is less. Therefore, the spouse with the lowest income should claim all expenses.

You can claim the expenses of all immediate family members (child, spouse, parent, grandparent, brother, uncle, niece...) who depended upon you for support during the tax year. The total of these expenses must be more than the lesser of \$1,844 or 3% of the dependent's net income for the year up to a maximum of \$10,000.

You can claim medical

expenses paid in any 12-month period ending in 2005 that were not claimed in the previous year.

Tuition and Education Amounts

You can claim fees paid for post-secondary courses. Each claim must be \$100 or more for each educational institution and the institution should provide you with an official tax receipt or a form T2202A. A portion of the education amounts can also be transferred from spouses and children. To find out what amount is eligible, complete the calculation on the back of your T2202A or schedule 11 in your income tax forms.

Spouse or Common-Law Partner Amount

If your spouse or common-law partner earned less than \$8,079 last year, follow the calculation on line 303 of your return to see what amount you can claim.

If you were single, divorced, separated, or widowed you can claim a maximum amount of \$7,344 minus the income for any dependent. This amount is called the "Amount for an eligible dependent" and is found on schedule 5 of your return.

Age and Pension Credits

These amounts are based on your age and whether you are receiving a pension and can also be transferred to your spouse.

All of the above mentioned credits and further explanations are in your General Income Tax and Benefit Guide 2005. Take the time to read the portions of the guide that apply to your claims. It may save you money or prevent you from making a costly mistake.

This article is for general information purposes only and is the opinion of the writer.

Phil Marcus, CFP
VP Financial Planning
SISIP Financial
Services, Ottawa

The Western Canada Aviation Museum

is currently looking for Friendly, outgoing candidates to assist with volunteer Opportunities in the Guest Services area and also the Take Flight program.

Training is offered on site. We are an organization serving families, tourists and of course Aviation buffs.

Join us !!

We are worth your time and effort. Please call Ginny at 786-0734 Or events@wcam.mb.ca

Faites-nous part de votre expérience du Programme des services aux familles des militaires

Dites-nous ce que vous pensez...

Vos commentaires sont précieux pour la Direction des services aux familles des militaires et votre Centre de ressources pour les familles des militaires/canadiens

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The InfoService kiosk in Building 90 is a way for people without access to a home computer to check out CANEX, SISIP FS, CDCB and CFPSA websites. With the kiosk NPF employees can also access their pay stubs electronically, as hard copies are no longer produced.

Authorized CDCB Patrons

Members of the Regular Force
 Members of the Reserve Force
 DND Public Servants, including casual employees
 Non-Public Fund employees
 Foreign military personnel on duty in Canada
 Members of the RCMP
 Former members of the Regular Force
 Former Civilian employees of the DND
 Former NPF employees
 Dependents of any of those listed above

Not Online? Not A Problem

By Avery Wolaniuk

A mysterious tall red box sits in Building 90, across from the reception desk. What does it do? Who is it for?

Actually, it's not so mysterious at all. It's the NPP InfoService kiosk, and it's for any 17 Wing personnel who don't have access to a computer at home.

The kiosk is one of about a dozen located at bases across the country. "Essentially, the kiosk is a computer terminal that allows the 17 Wing community to connect to various websites that contain information about programs and services offered through the Canadian Forces Personnel Support Agency, such as SISIP Financial Services, CANEX, PSP, and the Canadian Defence Community Banking (CDCB)," says PSP Manager Rick Harris.

"Eventually, it is planned to allow access from the kiosk to our local 17 Wing PSP website. (www.psp-winnipeg.ca)."

From there, NPF employees will also soon be able to access their pay stubs electronically via CFPSA.com, as hard copies are no longer being produced. Access is restricted to NPP service websites because it is located in public space; it's not a place to just go and Google.

The kiosk is especially useful for anyone interested in the CDCB program, an exclusive banking offer from the direct banking division of Canadian Imperial Bank of Commerce (CIBC) in cooperation with the Canadian Forces Personnel Support Agency (CFPSA). Those without Internet access at home can visit their website at

CDCBanking.com using the kiosk. "We're trying to make it easier for people to get information," says Donna Hart, Business Development manager at the CDCB.

The CDCB banking program was created for CF personnel, designed around the needs of those who may be regularly relocated by offering a single, national transit number. That means not having to transfer bank accounts every time you move. A \$5.00 monthly flat fee covers a chequing account, unlimited cheques, bill payments and Interac purchases, and no-charge withdrawals from any CIBC, PC, or AMICUS instant teller. It also pays interest on your chequing account balance, offers 2.75% on your savings account (a better rate than CIBC clients receive), and has lower interest charges

on a line of credit.

By signing up with CDCB, you can also develop a long-term relationship with a bank, and receive the benefits associated with that longevity, no matter how often or where you move. Access is available worldwide, virtually or over the phone toll free. CDCB will also take care of transferring any of your pre-authorized payments, making the move across the country and the move from your old account to CDCB hassle-free. Access to your account and to bilingual support is available 24 hours a day, seven days a week, from anywhere in the world.

For more information on the CDCB program, visit the new kiosk in Bldg 90 or you can call toll free at 1-866-808-9933, visit the website, or email Donna Hart at donna.hart@cibc.com.

Steps Towards A Great Relationship

By Christa Zappitelli

On 7 Feb, Health Promotion, the MFRC, and the Chaplains partnered to offer the first Relationship Enhancement Workshop at 17 Wing. Facilitators Christa Zappitelli, Health Promotion Director, and Haley Schroeder, MFRC Social Worker, guided 18 people through communication and active listening skills. The workshop involved facilitation, active participation exercises, and a question period.

At the beginning of the workshop participants completed a personal reflection survey to help themselves identify their personal communication style. From there the facilitators lead partners through guided practice of the Speaker/Listener Technique, a skill learned

during the workshop, which helps partners to respect one another's feelings and views on the topic of discussion. The goal of the Speaker/Listener Technique is to teach the partners to take ownership of their personal feelings and not rebut or blame the partner. In the role of the Listener, participants learn to paraphrase their partner's concerns/feelings and in the role of the Speaker, participants practiced using "I" statements. Participants also learned the danger signs of communication problems and what adds fuel to a heated discussion.

Towards the end of the workshop, participants had an opportunity to address questions/concerns to Haley and Christa and completed an evaluation.

The feedback received was extremely positive and participants are looking forward to the next workshop! On behalf of the facilitators, I would like to thank all partners who attended the workshop and look forward to seeing you at the future workshops or BRT program.

The Relationship Enhancement Workshop is a small snippet of the Health Promotion (HP) program Basic Relationship Training (BRT). The BRT program is new to the HP list of programs offered in the CF. BRT consists of 14 modules totalling 12 hours of instruction, practice, and coaching by trained facilitators. BRT is for everyone, whether you are about to make a commitment to your partner, living com-

mon-law, happily married, or experiencing a major life transition that impacts your relationship.

The BRT program focuses on preventing problems before they start. The program offers a comprehensive, skill based and effective approach to navigating the unique challenges of life in the CF for couples. BRT is NOT counselling, but counselling is available through other services on the wing (MFRC Social Worker, Haley Schroeder local 4512, and Health Service, Mental Health Department, Cheryl Maxsom local 5479).

For more information on BRT or upcoming Relationship Enhancement Workshops contact Health Promotion, Christa/Penny at locals 4160/4150.

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Health Promotion in the Canadian Forces / Promotion de la santé dans les Forces canadiennes

BASIC RELATIONSHIP TRAINING

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Workshops to enhance and maintain a lasting relationship.



Swimming Information

Bldg 90 Aquatic Schedule
Effective April 10 - June 30, 2006

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|-----------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-----------|
| Lap Swim | 1600-1700 | 0630-0730 1100-1300 2100-2145 | 0630-0730 1100-1300 1500-1600 | 0630-0730 1130-1300 2100-2145 | 0630-0730 1100-1300 1500-1600 | 0630-0730 1100-1300 2100-2145 | 1600-1700 |
| Casual Aquafit | 1300-1600 | 1830-2100 | 1815-1915* | 1830-2100 | 1815-1915* | 1830-2100 | 1300-1600 |
| FTST | | 1730-1930 | 1730-1930 | 1730-1930 | 1730-1930 | 1730-1930 | 0730-0900 |

*Activity pass: \$45.00 / 15 classes (applies to all drop in classes)

Swimming Lessons

| | |
|---------------|-----------------------|
| Dates: Monday | Apr 10 - Jun 12, 2006 |
| 1630 - 1830 | Cost: \$28.00 |
| Wednesday | Apr 12 - Jun 14, 2006 |
| 1630 - 1830 | Cost: \$35.00 |
| Saturday | Apr 15 - Jun 17, 2006 |
| 0900 - 1300 | \$35.00 |

Note: There will be no swimming lessons on Monday Apr 17 and Apr 22 due to the holidays. As a result the Monday session of swimming lessons will run for 8 weeks and has been pro-rated accordingly.

Bronze Medallion: \$105.00/ course (Incl. Canadian Lifesaving Manual) or \$80.00 course only

****Payment is required at the time of registration. We accept Cash, Cheque, credit or debit cards.

Statutory Holidays

- Friday Apr 14, 2006
- Monday Apr 17, 2006
- Monday May 22, 2006

On the statutory holidays listed above Casual and Lap Swim hours will be scheduled as Follows: Casual Swim 1300 - 1600, Lap Swim 1600 - 1700

For more information regarding lessons please contact the Aquatic Supervisor Brianna Fay at 833-2500 ext. 7013 or fay.b@forces.gc.ca

Registration Starts Mar 27, 2006 at the Com. Recreation office (Bldg. 90) or by phone with credit card 833-2500 ext. 2057 or 5976.

Monday Apr 10 - Jun 12, 2006

| | | |
|------|-------------|----------------|
| 1630 | Sea Turtle | Swim Kids 5/6 |
| 1700 | Adult | |
| 1730 | Swim Kids 3 | Swim Kids 7/8 |
| 1800 | Salamander | Booked Private |

Wednesday Apr 12 - Jun 14, 2006

| | | |
|------|-----------------|--------------------|
| 1630 | Swim Kids 4 | Swim kids 9/10 |
| 1700 | Sea Turtle | |
| 1730 | Crocodile/Whale | Swim Kids 5/6 |
| 1800 | Swim Kids 7/8 | Salamander/Sunfish |
| 1830 | | |

Saturday Apr 15 - Jun 17, 2006

| | 1 | 2 | 3 |
|------|------------------|----------------------|-----------------|
| 0900 | Swim Kids 1 - 4 | | |
| 0930 | | Sea Turtle | Swim Kids 5/6 |
| 1000 | | Starfish/Duck | |
| 1030 | Bronze Medallion | Sea Turtle | Swim Kids 7/8 |
| | 930-1200 | | |
| 1100 | 2 Lanes | Salamander / Sunfish | |
| 1130 | | Swim Kids 9/10 | Swim Kids 4 |
| 1200 | | | Sea Turtle |
| 1230 | | | Crocodile/Whale |



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0800 TO 1600 HOURS

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The emphasis of the ASIST workshop is on first-aid, on helping a person at risk stay safe and seek further help. Learn how to:

- Recognize invitations for help
- Reach out and offer support
- Review the risk of suicide
- Increase caregivers' knowledge and confidence to respond to a person at risk of suicide
- Link people with community resources

For additional information and to register contact Health Promotion:
Christa or Penny @ extension 4160 & 4150

Open to military members, civilian personnel and family members at no cost.

RELATIONSHIP ENHANCEMENT WORKSHOP

- *Enhance Communication Skills
- *Learn to Become an Active Listener
- *Spark/Re-spark Your Relationships
- *Communicate Positively

- WHEN: 16 MAR 06
- WHERE: MFRC, 102 Comet St.
- TIME: 1900 hrs

FREE CHILDCARE & REFRESHMENTS WILL BE OFFERED

To register contact Christa, 4160, or Penny, 4150.

BASIC RELATIONSHIP TRAINING (BRT) by Health Promotion, in partner with: the MFRC and Chaplains

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Military Family Resource Centre

Fostering Health Body Image in Children

The Winnipeg MFRC is partnering with The Women's Health Clinic to offer this amazing workshop for parents on body image and children. The body-image presentation will explore children's experiences of being teased about body size, and normalizing differences. The goal is to promote the development of a healthy self image and encourage a friendly relationship with one's body and with food. We promote eating and exercising for energy, pleasure and wellness; dieting is discouraged.



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 Esquimaux. Most centres are not-for-profit organizations, 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 etc. 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.

Where: MFRC 102 Comet
When: March 15, 7:30pm
Cost: Free
To reserve your seat please call 833-2500 local 2500.
Childcare will be available, please advise how many children will require care when you register for the workshop.



HELP is at your fingertips.....

A Great new resource for your family brought to you in partnership with the Better Business Bureau. A direct line for CF families to access a wide variety of consumer information and services.



The CF Family Info Line

Find out more at; WWW.MFRC.MB.CA

Pamper Yourself

Saturday, 11 March
Building 90
1800-2200
\$25.00

The MFRC invites ladies to join us at Building 90 for an evening of relaxation and pampering. Cost includes individual & group sessions,



cool tropical drinks and munchies. You will have the opportunity to enjoy a massage, manicure or pedicure, take a fitness class, relax in the hot tub or sauna. Space is limited, Register Today!

Watch your mailbox for the COMMUNITY CONNECTIONS spring'06!

Our comprehensive program guide will keep your family connected to the great workshops, kid's activities, volunteer opportunities and much more. To be sure you are on our mailing list give us a call!

You can access the "CC" on our web site too... just surf to www.mfrc.mb.ca/



WWW.MFRC.MB.CA



102 COMET ST.
P.O. BOX 17000, Stn. Forces
Winnipeg, MB
R3J 3Y5

Phone: (204) 833-2500 Ext. 4500
Fax: (204) 489-8587

Website: www.mfrc.mb.ca
Email: wpgmfrc@autobahn.mb.ca

Our Programs

- ✓ Volunteer Services
- ✓ Personal Development & Community Integration
 - Information and Referral Services
 - The Newcomer Program
 - 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

Don't Miss Your Opportunity To "PUSH THE ENVELOPE"

March 1-15, the Winnipeg MFRC will be facilitating a national survey on MFRC services. Please take the time to drop by the MFRC and fill out a questionnaire, your input shapes the programs in the Military Family Services Program.



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.

OSI Spousal Support Meetings

The MFRC and the Operational Stress Injury Social Support (OSSIS) Family Peer Support Program have collaborated to offer monthly support meetings for spouses who have a partner suffering with an operational stress injury. The meetings are informal and open to everyone at anytime. The meetings offer a place for spouses to share experiences, support and resources.



When: Tuesdays 7:30 p.m.
Where: MFRC 102 Comet St.
Dates: March 21/April 18/May 16/June 20

Haley Schroeder -
MFRC Social Worker @ 833-2500 ext 4512
or Sandra Guenther -
Family Peer Support Coordinator @ 782-3119.

Together in Church



CATHOLIC

Sunday Services
(English Only) 0900 hrs

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 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.

Sparky's Corner

Plan To Get Out, Alive

Heat and deadly gases are the main killers. Even a small outbreak may be deadly. The only wise course for the occupants of any building is to get out quickly. When you detect smoke or flame, shout to warn others. Remember that small children and older people will need help.

A hot door is a deadly warning. Never open a door without first checking it for heat. If it is hot, leave it closed and go out by the window. If this is impossible, wait by the open window or on a balcony for rescue. Place clothing or bedding at the bottom of the door to keep out smoke.

Beware of stairs. In time of fire the stairs may be the most dangerous part of a home. They can become a chimney of scorching poisonous gases. If you cannot leave an upper room through the window, close doors behind you and open or break the window.

Shout for help and wait for rescue. At night, show a light to mark your position. Second storey windows may need a rope or chain ladder to enable occupants to escape safely.

Raise the alarm. No time should be wasted in calling the Fire Department. If the phone cannot be reached before leaving, shout to neighbours or use any public alarm system. Never waste vital time trying to fight anything more than a very small fire. The most important thing is to get out.

Tell the fire fighters if anyone remains in the building. Leave rescue operations to them, unless you

can safely raise a ladder or help anyone down from a window or roof before help arrives.

Never go back into a burning building for any reason whatsoever. Many lives are lost through the deadly effects of fumes, even from small fires. Never risk a life in an attempt to save personal possessions.

Remember

- An hour of pre-planning may save years of life. Make regular fire drills a family affair.
- Hot gases rise. The cleanest, coolest air is near the floor.
- A closed door provides some protection against fire or fumes. Keep basement or utility room doors closed at all times and close all doors at bedtime.
- Check your home for fire hazards and eliminate them as you find them.
- Your Fire Department inspection and prevention cell will be glad to advise you on any question of fire safety for your home.

Just call 833-2500 ext. 2646



Yipe!! My smoke alarm's screeching!

It makes you jump! It wakes you up! And lets you know there's smoke and probably fire around. Take a tip from the Old Lady. While smoke alarms can't prevent or extinguish fires, they can save your life and prevent injuries - yours and your family's. A reliable, well-installed and maintained smoke detector is a life-saver!

The Old Lady and your Fire Department have lots of other hints on how to prevent fires, how to make your home fire-safe and how to deal with arson, burns and getting out of a fire safely. For these hints, simply contact your fire department.



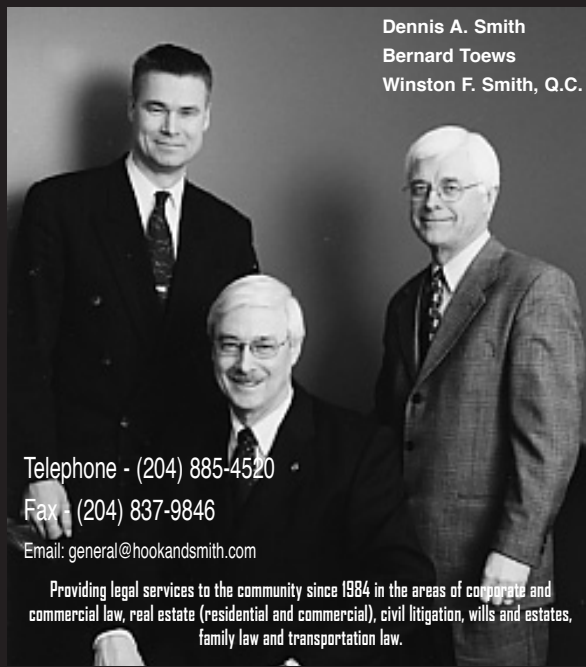
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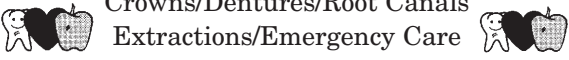
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Open Mondays, Wednesdays, and Saturdays 1pm - 5pm

People and schools interested in tours should contact Capt Rozak at 833-2500 ext 2429

TAROSCOPES BY NANCY

Aries (March 21 - April 19): You need a goal, a plan, and the help of friends as you're prone to being distracted. Jumping from one thing to the next, as you've done in the past, is no longer fulfilling. Expect costs related to a move or home improvements that change your living situation for the better.

Taurus (April 20 - May 20): Learn to identify when something requires immediate action and when it is okay to take your time in dealing with it. It's appropriate and beneficial for some things to develop slowly. A full schedule and annoying interruptions are affecting you. Recheck your work.

Gemini (May 21 - June 21): Wanting to change roles, change jobs or increase your responsibilities so that you are fully utilizing your talents. Alone, or with the help of a mentor, work out a plan to help you advance in your current field, as an alternative to making a complete shift right now. No education is lost.

Cancer (June 22 - July 22): Deal with what is bothering you instead of avoiding it and you'll find your lack of energy, frustration and tendency to lose your temper over little things, disappearing. Your body has been trying to tell you, you need a break from stress. Your emotions influence your sleep.

Leo (July 23 - August 22): You're playing with fire if you use the excuse that you're a flexible, carefree and impulsive person as a means of getting your way or influencing other people's choices. If you want to do what you want to do, simply be honest and say so. In the long run, there is less resentment all around.

Virgo (August 23 - September 22): Someone could be moving in with you or people will be visiting. This influx of outsiders will be an eye opener. Illuminating discussions ensue, with comments that may sound harsh but the unexpected honesty clears the air and makes room for positive changes.

Libra (September 23 - October 23): What appears to be an easy call, isn't. The important thing is that you have the right to choose. No matter what you decide others will believe what they want to. Don't ask anyone to take sides but don't be influenced by a lack of support either. Model non-judgmental behavior.

Scorpio (October 24 - November 21): You suddenly feel stifled and want to do something rash however it's not sudden at all but has been a long time coming. Assess your resources so you don't get carried away. There's a fine line between embracing adventure and creating new problems to deal with.

Sagittarius (November 22 - December 21): What you think, feel, believe and do are not in sync because you are checking to determine if all are strategically correct before acting. This is not an authentic or easy lifestyle to maintain. If you deny all your deeper desires it becomes harder and harder to act appropriately.

Capricorn (December 22 - January 19): Your craziest idea may be the best. Give it a closer look. Decide how you want to live; then take the steps to make your reality reflect this. Accept that starting something new will cost money. Compatibility, compromise and timing factor into all you are reviewing at this time.

Aquarius (January 20 - February 18): Demand the best for yourself. Expect it. You deserve it. Psych yourself out of self-sabotaging behavior, especially if you've been stuck in a rut for a while. Retreating, to gain focus before you boldly step forward, is a good strategy. Relax, and accept assistance.

Pisces (February 19 - March 20): You see things others don't but they will catch up with you eventually, so be patient. Don't try to explain yourself, conserve your energy, meet deadlines, and have fun for now. Fate's influence is felt; an important change is about to occur. Enjoy what comes; it is meant to be.

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