



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

## 17 Wing's Central Nervous System: Wing Ops



Operation BOXTOP personnel return to Thule AFB in Greenland after completing a resupply mission to CFS Alert.

By Avery Wolaniuk

You know it exists. You've been there a couple of times. You know it has something to do with airplanes. But do you really know what Wing Ops does?

If you don't, you're not alone. "Wing Ops is so big, my wife doesn't even know what I do," says Capt Charlie Pym, OIC WOC Desk.

Wing Ops is like the central nervous system of the base. One biology text says that the nervous system's function is "to collect infor-

mation about the external conditions in relation to the body's internal state, to analyze this information, and to initiate appropriate responses to satisfy certain needs." The definition aptly describes WOps, constantly sending and receiving messages about the military body to help it function properly.

The Wing Operations Branch information pamphlet states that, "Its overall mandate is to maintain operational readiness and plan,

organize, train and task 17 Wing personnel and resources to meet operational deployments, as tasked by higher headquarters.

"On a day-to-day basis, the Wing Operations Branch directs and controls operational activities, as well as coordinates Wing support services to ensure that safe and efficient military activities are conducted at 17 Wing."

But really, what do they do?

Wing Ops is responsible for most anything to do with aircrafts coming and going, says Captain Pym. That covers a lot of details. For example, let's say it snowed last night. That means snow-clearing operations need to be coordinated and prioritized. When the call for the Sqn 435's SAR techs comes in to search for kayakers who went missing near Thunder Bay, Wing Ops coordinates their dispatch, their flight plan, their meals, and trans-

port to and from the plane. While they fly, Wing Ops keeps tabs on them and all other flights that leave 17 Wing; they are always ready to liaise between the planes and a Mobile Repair Party, should it become necessary.

Under the command of WOPsO Maj Rob McKenzie, daily activities at Hangar 16 include coordinating the flights of Sqn 435 and Sqn 402's CFANS training flights, CFS and some flights from 3 CFFTS and all transient

planes, such as F-18s that occasionally have operational requirements to land at 17 Wing. In the summer, WOps takes care of scheduling civilian contractors for the maintenance and resurfacing of the Apron 6 Ramp. The AIC stores and constantly updates thousands of maps, charts and publications for pilots and navigators.

You may have known they were responsible for all flight operations on the base.

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# Wing Ops Branch Continued From Page 1

But the daily activities of Wing Ops cover so much more. The details of any 17 Wing personnel overseas deployment is handled by tasking; Wing Imaging is responsible for on-location camera operations for still, digital and video imagery; WRTF (Wing Readiness Training Flight), maintaining a level of military readiness with refresher courses for Standard First Aid/CPR, Advanced First Aid, C7 and 9mm pistol, CBRN, Land Navigation, Communications and Peace Support Operations, and the St. Charles Range; Explosives Disposal Flight; and Wing Meteorology, who provide weather briefings for all crews flying out of 17 Wing. All of this, including the Military Police, falls under the broad scope of Wing Ops.

And then there are the out of the ordinary days. At all

times, Wing Ops personnel are prepared to stand up the Command Post in case of an emergency, which could range from flooding to national security issues. They also maintain and staff OSCER (On Scene Crash Emergency Response), a mobile command unit ready for crash sites. In November it was used in a simulated C130 Hercules crash at the airport, coordinating the rescue efforts of firefighters, medics, haz mat, and evacuation. Their efforts are not limited to the Winnipeg geographical area.

Like any other unit, personnel are deployed overseas and return with new skills and new experiences. Deputy WOPsO, Capt Brent Andrews, returned to Wing Ops 17 Jan 06. "I'm glad to be back at work, in the normal routine of things. It's good to be home, taking my

kids to ringette and swimming lessons. Those are the things you miss." Capt Andrews was deployed to Afghanistan in August, first spending a month in Petawawa prepping for his new army role as a Plans Officer and Duty Officer in Task Force Kabul Tactical Head Quarters. "I'm glad I was out of my area of expertise and working with the army," says Capt Andrews. "I gained a much better understanding of what happens when the Herc takes off and you leave guys on the ground, and how much they depend on the support of the air lift."

His new perspective of the bigger picture can only help him empathize with those on the other side of one of the major undertakings of Wing Ops, Operation BOXTOP.

Twice a year, in spring

and summer, WOps runs BOXTOP, a three-week effort that re-supplies the essentials at CFS Alert, the most northern settlement in the world. BOXTOP personnel come from bases across Canada, but a large number of the staff work in Wing Ops. This leaves a smaller crew at home to continue providing the same level of daily support services that are essential to the smooth operation of 17 Wing.

Twenty-four hours a day, seven days a week, your body monitors internal and external signals and sends out messages addressing the situation. Twenty-four hours a day, seven days a week, the Wing Ops desk is manned by a duty officer, ready to send out messages and co-ordinate the efforts of any of its' operations.

Now you know.

## Excellent Morale In WTISS

Welcome back from leave everyone. I am Maj Patrice Sabourin, the new WTISO, posted to Winnipeg a few months ago. The unit has been extremely busy and I wanted to take a few moments to share some of TIS Squadron's accomplishments during the last six months. The Squadron has been busy supporting the changes at the 1 Cdn Air Div. The creation of the new Force Employment group has meant that most Outlook Distribution Lists, email addresses and Shared Folders had to be changed to reflect the new reality. You have probably seen or heard of the deployable TIS



Maj Patrice Sabourin and CWO George Dierickse are busy but happy at WTISS.

demonstration that was setup behind building 21. The demonstration happened the same week Winnipeg had its first snow storm (14-15 Nov). In addition to these highly visible activities, the unit received 9400 requests for service at the Service Desk, completed 420 TSRs and closed

1800 trouble tickets during the same time period.

I am not sure if you have noticed, but while TIS is extremely busy the morale of the Squadron is very high. We started to do PT three times a week, which has been a source of pain (muscle pain because of the circuit training) but also joy.

During the last six months, the entertainment committee has done an outstanding job of organizing several successful events such as the Squadron Golf Day, Christmas Party and other smaller social events. A lot of TIS personnel have an excellent spirit because of these activities and the effect it had on morale.

The upcoming year will bring a lot of projects and we'll send away 20% of the Squadron personnel on deployment. 2006 will be busy again and WTISS will continue to provide the excellent service provided in 2005. Happy 2006 to everyone on behalf of CWO Dierickse and myself.



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SUN-MON FEB 5-6
103mins



**The Family Stone**

Dermot Mulroney Diane Keaton Sarah Jessica Parker Claire Danes Rachel McAdams Luke Wilson Craig T. Nelson

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FRI-SAT-SUN FEB 10-12
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435 "Chinthe" Transport and Rescue Squadron Honorary Colonel BGen John Law receives the Royal Military Institute of Manitoba's "Twice the Citizenship Award" from Col Gary Solar.

# 435 Squadron HCol Receives Twice The Citizenship Award

By Cpl Jen Henderson

**17** WING WINNIPEG, Man. - 435 "Chinthe" Transport and Rescue Squadron Honorary Colonel BGen John Law, CD, (Ret'd) was awarded the Royal Military Institute of Manitoba's "Twice the Citizenship Award" Saturday, Oct. 15, 2005 at the 17 Wing Officer's Mess here.

BGen Law was recognized for distinguished lifetime achievements in both his military and civilian careers and for an extraordinary contribution to Canada, as set forth by the awards program of the Royal Military Institute of Manitoba.

BGen Law was influential in offering sound advice and leadership while serving as a Deputy Minister in various Saskatchewan Provincial Government departments and with the University of Winnipeg over a 17-year period. As well, he served 34 years in the Air Force as an administrator and Logistics Officer, including a further 9 years as Honorary Colonel of 435 Transport and Rescue Squadron.

BGen Law started his career in the Air Force at the age of 19 as an Officer Cadet studying Commerce at Royal Roads Military College in Victoria, B.C.

Law's career included work on the consolidation of various headquarters, the 'unification' process of the Canadian Forces, destroyer refit requirements, the curriculum at the Canadian Forces School of Administration and Logistics in Borden and restructuring of Air Command.

BGen Law's ideals include continuous learning, teamwork, empowering others, and a strong sense of family. As a result, BGen Law has helped foster a stronger, more efficient Canadian Forces and surrounding civil communities, specifically here in Manitoba.

# CFS Goes To Greece

## "We Teach So That Others May Teach"

By Avery Wolaniuk

The Central Flying School took this motto international this winter, accepting an invitation from the Hellenic Air Force in Greece to provide them with Human Performance in Military Aviation (HPMA) Coordinator training. HPMA is the Canadian Air Force's human factors program aimed at increasing operational effectiveness through individual and team performance training.

The Hellenic Air Force approached the Canadian Air Force after seeing a presentation on the HPMA program in November of 2004 at a NATO Human Factors Working Group (HFWG). "The Greeks were really interested in our training and the model that we use because right now we're very unique in that our program covers aircrew, maintenance personnel, and aerospace controllers, whereas (other air forces) have individual training focused on each of the groups by themselves," said Maj Collins, the HPMA Flight Commander. "We're the first air force, as far as we know, that has actually combined them all together under one common program." Until this point, the Greek Air Force had training in place for their aircrew, but no one else.

For five days in December, three instructors from CFS visited the Hellenic base in Athens, instructing approximately 25 personnel, who will then become the trainers for the rest of the Greek Air Force. Now in the initial stages of the program, the Greeks have indicated that they will be



CFS Flight instructors and their international students in Athens.

adopting HPMA as their new national human factors program, said Maj Collins.

Maj Collins was joined by colleagues MWO Brian Welin and MWO Al Wotton. The experience taught the CFS personnel a couple of things, as well. Because there is no Greek equivalent, the rank of Master Warrant Officer was a little confusing. "Whether they got it or not, I still don't know," said MWO Welin. And in spite of the fact that the Greek personnel all spoke English, the instructors were met with puzzled stares at times when they slipped in to "Canadianisms," said MWO Welin. "You say, 'sure, shoot the puck', and you could tell that they had no clue what you were talking about."

"It was a great experience to go over there, to work with them and to learn from them as well," said Maj Collins. "We went there with the idea that we were just going to be providing them with the training. Not only did we do that, but we've made some very good friends within the Greek Air Force that we'll be able to continue working with and exchanging ideas with. That's a huge bonus for our program as well."

The HPMA training attracted attention because "there was a need because of

the prevalence of human factors, as recognized by the flight safety system, in aviation incidents and accidents," said Maj Collins. "Approximately 80 per cent of all aviation incidents and accidents are related to human factors."

Since the implementation of the program in 2003, virtually all Canadian aircrew, maintenance and aerospace controllers have completed initial HPMA training. Five times a year, 75 personnel from across the division attend a one-week course, then take their training back to their units and teach the course to others. Annual recurrent sessions continue, as the program is designed for continuous improvement.

An international nod of acceptance of the importance of the HPMA concepts came after the invitation to Greece, when the NATO HFWG officially changed its name to the NATO HPMA Working Group. "It's a significant indication that the international military community recognizes the importance of bringing the aircrew, maintenance and air control communities together to conduct human factors training. They're embracing a true systems approach to human performance training," said Maj Collins. "It's the way of the future."



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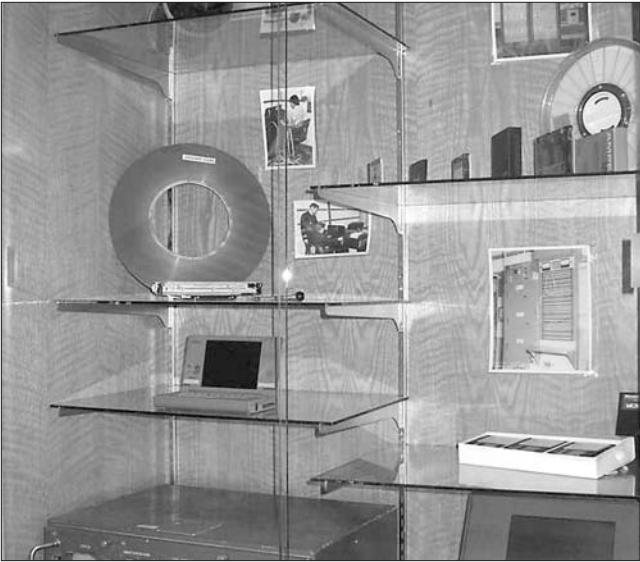
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# We've Come A Long Way!

By Cpl James Macmillan, WTISS



Cellular phones, radio, television; these are commonplace in today's world. But where did they come from? What prompted and eventually imbedded these services into our day-to-day lives? This is where communications evolved.

Since the first hominid breathed the earth's air, there has been a need for human communication, whether to call for help, express feelings or to just say hello. Communication, in some form, is essential to our well being. The first form of communication is voice. Through grunts, clicks, and an array of

verbal sounds, communication was mainly between family groups that could decipher these sounds. Eventually with the evolution of man, and the move from hunter gatherers towards communal groups, individual speech evolved into dialects and languages. Still communication was more for within small areas and relied on muscle power to travel any distance.

The first communications infrastructure was the road system of the Romans. Although still dependant on muscle power (runners or horse messengers), the addition of the road network

allowed messages to be transmitted and received at a much faster rate. Eventually the addition of carrier pigeons further decreased delivery time, but this system was still dependant and limited to physical ability.

The evolution of faster communications is almost solely dependent on military applications. The first comprehensive infrastructure for transmitting messages was developed for Napoleon's military conquests. This was the optical telegraph, much like semaphore. This system consisted of 556 stations each containing two articulated arms that encoded hundreds of symbols in defined positions. At its peak this system covered more than 5000 kms.

Although excellent for its era, advances that would surpass this system were only a short time away. The downside to the optical telegraph was that it relied on the ability

to see the destination or relay station. Specifically, hundreds of relay stations within sight of each other to pass the messages. With the introduction of electricity and Morse code, these stations became obsolete. The rapid deployment of telegraphic lines around the world was driven by the need of 19th century European powers to communicate with their colonial possessions. By adding rubber to the outside of the cables, it was now feasible to extend the reach of the telegraph to other continents. The first continuously successful transatlantic cable was laid in 1866. Although very effective, this media had its downfalls. With the onset of WWI, the British cut Germany's overseas telegraph cable, destroying its communication abilities overseas. This was a huge vulnerability in this media.

With Marconi's first wireless transmission from

Newfoundland in 1901, the need for a physical connection between sender and receiver was negated. Although at first not capable of carrying voice transmissions, the addition of vacuum tubes to boost the signal and operate at higher frequencies, wireless voice transmissions were possible by 1915.

The telegraph infrastructure laid down in previous years was not abandoned however. With the growing popularity and affordability of the telephone, these lines were converted for this purpose. Thus began the widespread usage and inevitable dependence on this form of communications.

With continuing research and development, the capability of satellite communications became a reality. With the launch of the Russian satellite "Sputnik" in 1957, satellite communications became a set communications

medium from then on.

To sum things up, the advances made in the last hundred years in the communications field is almost overwhelming. It can be expected that the advancement in communications will continue to move forward. New technologies and new ideas will inevitably push the boundaries. In just the last 15 years the advancement in some technologies is astounding. One only needs to compare the "norm" for cellular phones in 1990, to the "norm" of today. Not only can today's cell phone fit in one's shirt pocket, it is also capable of playing music, accessing the Internet and even taking pictures. With this type of growth in such a relatively short span of time, one can only wonder what will come next. As a professional communicator I look forward to these advances and the many challenges they will present.



Sgt Darren Small from 1 Cdn Air Div Air Operations Centre receives his promotion to Sgt effective 1 Dec 05 from Col Russell (Director Operations, 1 Cdn Air Div/CANR HQ).



Sgt Verne Wyatt from 1 Cdn Air Div Air Operations Centre receives his promotion to Sgt effective 1 Dec 05 from Col Russell (Director Operations, 1 Cdn Air Div/CANR HQ).

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# More Than History

By Avery Wolaniuk

For sale: boot bands, belt buckles, mess kit accessories, badges, souvenir accessories, posters, air craft prints and books. All of these things can now be purchased at The Manitoba Military Aviation Museum gift shop in building 66. The museum started carrying the articles when CANEX closed in August, making sure that they would still be available to 17 Wing personnel.

And with the donation of goods from a local hobby shop that closed at the end of summer, the museum has some new merchandise. "We're in the process of setting up an expanded gift shop that will

include all sorts of models and model paints," says Capt Mike Rozak, Wing Heritage Officer. The models are all military related, though others can be special ordered. The donations came from The Argus Hobby Shop on Ness Ave. "We closed the hobby shop, and all the articles that we didn't sell, we donated here," says former owner Bert Page, a retired military navigator who has helped out with previous museum restoration projects.

Aside from the articles for sale, the museum offers a variety of displays that tell the story of the Air Force in Manitoba. They use old uniforms, pictures, displays and

models to help visitors visualize the airmen and their combat lives in decades gone by. They also have a library of more than 1000 volumes, with another 22 boxes to be catalogued and shelved. Their oldest volumes, *The History of War from the Times of London*, is a compilation of articles written during World War I.

The greatest challenge the museum faces is a lack of volunteers, says Capt Rozak. Fourteen people currently donate their time, working on restoration projects such as the Hiller "Nomad" helicopter that will be displayed in the new training centre in Portage



Volunteers Bert Page and Cam Holloway display some of the articles now available at the museum gift shop. The museum is looking for people interested in helping out one afternoon a week.

La Prairie, cataloging books, staffing the museum, and setting up the new gift shop area. They would like to open the museum every weekday afternoon and on Saturday, but right now that isn't possible without more help. "What we need are people who will com-

mit one afternoon a week," says Capt Rozak, or even who could come in every other week. Hopefully, then, it will become a more convenient service for military personnel. "The whole idea is to provide a service to the Wing," Capt Rozak says.

Anyone interested in volunteering can contact Capt Rozak at 833-2500 ext. 2429, and those interested in volunteering on restoration projects can call Chris Nielsen at 667-0090. The contact for the library is Jack Blair at 488-2201.

# Tattoo You? The Dangers Of Body Modification

By Dr. Anne M. Cairns MD 23 Canadian Forces Health Services Centre

Tattooing has been practiced since Neolithic times. "Ötzi the Iceman", dated approximately 3300 BC, was found with what appear to be therapeutic tattoos on his back and legs. However, "Ötzi", as well as dozens of early societies, were never aware that the art of tattooing could bear medically harmful consequences.

With the popularity of shows like *Miami Ink*, you may think that your unique form of personal expression will come without risk.

Think again!

Large tattoos may hide skin cancers such as malignant melanomas.

In women of childbearing age, tattoos placed over the lower-mid back may delay, or prevent, having an epidural anaesthetic (pain relief) during labour and delivery. Ask your obstetrician or anaesthetist. If you are unable to resist a tattoo on your back; it is recommended to be placed to the right or left of the midline, or placed above or below the L1 to L5 interspaces (spaces between lower back bones).

These recommendations apply to men as well. Someday you may want a

spinal anaesthetic for your prostate or knee surgery.

Even with the most rigorous local health regulations, infectious diseases can be transmitted by negligent tattoo or piercing practitioners. HIV, Hepatitis B and C, and local bacterial skin infections have all been acquired by means of previously used and/or non-sterile equipment, dyes, or the liquid used to mix the dyes.

And what about allergic reactions? Or what about getting a tattoo while you are pregnant? Many tattoo artists do not know the composition of the dyes that are going under your skin. It is known that inks contain heavy metals. There are many colours that are made of organic (plant) pigments. The content of dyes is not proven medically safe. Does your tattoo artist know how to handle an allergic reaction (considered a medical emergency in some cases)? What do you want floating around in your blood stream?

Being forewarned, the safest way to avoid disease and sometimes injury, is to avoid tattoos and piercings. However, here is some information that may help you if

you decide to proceed.

1. Call your local Department of Health in order to determine if the establishment is even licensed, and what (if any) are the artist's qualifications.

2. Ask the owners/artists about their sterilizing practices.

3. Ask the owners/artists what is in the ink, and what they mix in with the dyes.

4. Always have the tattoo/piercing artist open the sterile package in front of you. The artists should be wearing gloves to protect you, and themselves, during the procedure.

5. Piercing is more invasive than tattooing, and is associated with more trauma and infections.

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David Colvin, Prevention and Education Consultant with AFM, speaks about the myths and facts surrounding Crystal Meth.

# Crystal Meth Highlighted

By Christa Zappitelli

On Friday, January 13/06 Health Promotion partnered with Addictions Foundation of Manitoba (AFM) to host a Crystal Meth information briefing. David Colvin, Prevention and Education Consultant with AFM, answered questions, clarified myths, and addressed concerns regarding Crystal Meth. Twenty-one participants, CF members and civilian personnel, eagerly listened to the facts surrounding the fastest growing drug of choice.

Colvin began the briefing with a short introduction to the history of drugs and continued by defining the four categories of drugs. As the briefing progressed,

Colvin targeted Crystal Meth and addressed topics, which included: Signs/Symptoms to Recognize Use, Recognizing the Drug (physical forms), Side Effects, and the Use and Accessibility Rates in Winnipeg/Manitoba. The one-hour briefing concluded with questions and comments by the participants.

The Health Promotion team would like to thank Colvin, and AFM, for the very informative briefing on a fast growing topic! We would also like to thank those who attended the briefing and hope to see you again at other Health Promotion briefings/programs.

Health Promotion would like to remind 17 Wing that we offer an Alcohol, Other Drugs, and Gambling 12-module workshop. The workshop is on a request for demand basis. Each module can be delivered independently of one another (they are not on a concurrent schedule).

Watch for upcoming Health Promotion programs in the *Voxair*, *DIN*, and around the Wing. For a calendar of upcoming programs or for more information on Crystal Meth and or Alcohol, Other Drugs, and Gambling Modules contact your HP Team, Christa (4160) or Penny (4150) building 63, room 147/148.

# Countdown To The New Public Service Employment Act

In the June edition, employees were introduced to the new Public Service Employment Act (PSEA), scheduled to come into force on December 30, 2005. The article addressed the question: "What does the new legislation mean to me from a staffing point of view?" and highlighted merit criteria. (Please refer to the Civ News website at [http://hr3.ottawa-hull.mil.ca/hrciv/cos/communications/en/home\\_e.asp?reference=11041002](http://hr3.ottawa-hull.mil.ca/hrciv/cos/communications/en/home_e.asp?reference=11041002))

In this issue, we address three new questions about staffing under the PSEA.

**Q1: How is a manager going to choose the best approach to staff a position?**

Managers will continue to consult with their Human Resources Officer (HRO) and will review their Human Resources Plan (HRP), where one exists, to ensure

that current and future organizational needs are considered when determining how to proceed. In the absence of a unit HRP, the manager will ensure that staffing decisions are consistent with either their, or the overall departmental business plan. When staffing under the new regime, internal factors affecting the work unit, such as the skill sets of current staff, skill shortages, the number of existing and anticipated vacancies and career aspirations of employees will need to be considered. Managers should also consider external factors such as the availability of candidates with appropriate skills and competition for these skills in the labour market. These factors are key to helping managers make effective and efficient staffing decisions. These decisions should be communicated to employees

in an open and timely manner.

**Q2: Will managers be able to appoint from inside or outside the Public Service, whenever they want.**

No. The decision to use either an internal or external appointment process is made after careful consideration and always in accordance with the staffing values of fairness, access and transparency. Managers should also consider their own knowledge of the candidate pool. For example, if a manager finds a person who possesses a specialized skill that is difficult to find in an employee and is required for the position, the manager can appoint that individual without delay, regardless of whether the individual is from inside or outside the Public Service. Managers can also consider their past experiences with staffing

positions. For instance, if efforts to hire from within the Public Service have been unsuccessful in the past, then next time, the manager can decide to go directly to external recruitment.

Ultimately, managers must exercise judgment when making staffing decisions to ensure that both the requirements needed to perform the duties of the position and the particular needs of the organization are met.

**Q3: Is it true that managers will be able to appoint anyone they want? What happened to merit and appointing the most qualified individual?**

No, managers will not be able to appoint anyone they want. Merit still applies but its definition and how it is determined has changed, giving managers increased flexibility in meeting the needs of their organization. Merit is

no longer defined as the appointment of the highest-ranking individual and managers will not be required to assess multiple candidates or rank persons according to highest score. Nevertheless, they will continue to be accountable for their staffing decisions, including ensuring that persons appointed meet the essential qualifications of the positions. When deciding who to appoint to a position, managers will be able to give consideration to additional qualifications, such as speaking a third language, the ability to work shifts, to travel, or to meet employment equity or youth recruitment goals. These qualifications would be considered an

asset to the organization and to current and future operational and organizational requirements. By taking into account essential and asset qualifications as well as operational and organizational needs, the manager will be able to select the individual who is the 'right fit' for the position, at that given time.

The PSEA article to be featured in the next issue of Civ News will explore the staffing process and describe what employees can expect when they participate. Don't forget to forward your questions concerning the new PSEA to [Dopson.jm@forces.gc.ca](mailto:Dopson.jm@forces.gc.ca) and look for answers in future editions of Civ News.

## People At Work - Corporal Mike Purll

By Cpl Henderson

The technicians who keep Air Force aircraft safe and ready to fly have often been described as the backbone of the organization. Without their training, expertise, professionalism and attention to detail, the Air Force would not be able to carry out its many missions here at home and around the world.

Today we salute one of those technicians, Corporal Mike Purll of 435 Squadron in Winnipeg. It comes to us from Corporal Jennifer Henderson, a fellow aircraft technician, who wanted to pay tribute to one of her colleagues.

**Name:** Mike James Purll

**Rank:** Cpl

**Occupation:**

AVN Technician

**Unit:** 435 (T&R) Squadron

**Years in the CF:** 15 Years

How would you describe your job? I am an aircraft technician who works on the CC-130 Hercules. My job includes working on systems

ranging from flight controls, landing gear, engines, air conditioning, electrical systems, hydraulics and pneumatics. While working with 435 Sqn, I have traveled completely around the globe twice, visiting many exotic locales, from the tropical climates of equatorial countries, to the North Pole. My job provides me with the opportunity to work with experienced technicians from across the country and train the up-and-comers in my own squadron. Air-to-Air Refueling (AAR) is another exciting aspect of my job. AAR has taken me to several different countries with varying cultures and customs. AAR also offers the squadron the chance to work with other NATO countries in order to exchange ideas, perfect techniques, and enhance their skills.

Why do you take such pride in your job? I take pride in my job knowing that when I am getting up at 0300hrs in





Cpl Mike James Purll

the morning (because my pager just went off for a search and rescue mission), I will be launching the SAR (Search and Rescue) aircraft because someone is in trouble and needs the assistance of the squadron. Even though you may not see my name in the paper, or even hear about

the technicians who continually fix, maintain, prepare and launch the SAR aircraft, you can be assured that we are there. We consider ourselves to be the unsung heroes of the SAR community. The aircraft would not fly without us, just as they would not fly without the pilots.

<p>PROUD OF OUR PAST</p>  <p>PROTECTING OUR FUTURE Welcome... <b>ST. JAMES LEGION</b> Branch No. 4 Royal Canadian Legion 1755 Portage Avenue Winnipeg, Manitoba</p>	<p><b>Bingo</b> Sat 6:30 pm <b>Line Dancing</b> Every Tues &amp; Wed 8:00 - 10:00 pm <b>Dancing To Live Bands</b> Fri &amp; Sat 9:00 pm - 1:00 am <b>Meat Draws</b> Every Fri 5 pm - 7 pm Every Sat 2 - 4 pm</p>
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## Belly Dancing 101

By Avery Wolaniuk

“Things are going to jiggle today, and that’s okay” are not words normally heard at 17 Wing’s gym. But on 14 Jan 06, 11 women took advantage of a free workshop offered during Community Recreation’s Customer Appreciation Week. These women crossed cultural boundaries, rolled their hips and learned a foreign art form that embraces all your curves, softness and wobbly parts. It’s called raks sharqi, or “dance of the East.” Most people call it belly dancing.

The two-hour workshop was taught by Nicola, a performer, choreographer and instructor with 10 years experience who teaches for the city of Winnipeg’s Leisure Program, and at two local dance studios. Her passion for the dance stems from schooling in archeology and anthropology that introduced her to new cultures, combined with a desire to get comfortable in her body and lose some weight. “Belly dancing doesn’t demand that you have a particular kind of body — any build, any

height, any weight and a natural inclination, and you can become good at it.”

Dana Glover, the Com Rec Assistant Program Director, says the workshop was in demand. “We chose to offer a free belly dancing workshop due to a number of requests that we received from our members,” she says. “Our hope was to increase awareness of this popular pastime and offer Belly Dancing as a registered program.”

Belly dancing is the most misunderstood dance on the planet, explained the instructor. It’s not a dance of seduction at all. Instead, in the East the folk versions are often danced just in the home, just among women, as a social dance that girls learn at an early age. Performers of various forms make the sinuous movements seem graceful and natural.

But don’t be mistaken — it only looks natural. “A lot of people walk in expecting it to be easy,” says Nicola. “It’s too hard for lots of people.” The dance requires the isolation, control and strength of muscles most of us don’t

know we have. The level of difficulty can be compared to beginner yoga, says Nicola, and it takes years to develop all the skills.

“Your mind knows what you have to do, but to control your body to do those things is harder than you think,” says participant Kelly Wetick, a relocation consultant on 17 Wing who came out for the morning. But it’s not about becoming a professional for everyone. “You don’t have to be good at something to enjoy it,” says Nicola. “Lots of women take it because it’s relaxing and fun.”

“Some women really blossom who walk in very shy, feeling very self-conscious about themselves. They’ve taken it in and applied themselves and really open up.”

Community Rec is taking down a list of those interested in registering for a class. “After the great response that we received for this workshop we will try to offer a registered session of Belly Dancing in the Spring,” says Glover. For details call Dana at 833-2500 ext. 2057.

## Blood, Rifle Drill And Professionalism

By Corporal Bill Gomm

WINNIPEG, Mb—Any soldier who has ever done a parade knows that things can go wrong during a parade. Rifle drill in Distinctive Environment Uniform (DEU) is pretty straight forward. Add a bayonet and combat clothing and the potential for a problem grows.

Parts of the C7 rifle can get caught on many areas of the combat shirt during rifle drill, especially during the Present and Shoulder Arms movements.

Pte Schroeder discovered this during the 17 (Winnipeg) and 18 (Thunder Bay) Service Battalions Change of

Command parade at Minto Armoury on 10 December 2005.

During one of the many “present arms” at the beginning of the parade, the scope of his C7 rifle caught the pocket of his combat shirt, causing his rifle barrel to jerk back and the bayonet to strike his forehead. This resulted in a trickle of blood that ran from his forehead down to his mouth.

“I didn’t think much about it until I felt the blood dripping down my face,” said Pte Schroeder.

His injury remained unnoticed until the Reviewing Officer, Lieutenant Colonel John

Robins stopped to talk to him.

Pte Calin Ritchie a medic with 17 (Winnipeg) Field Ambulance was called forward and told to clean up his face. “I’m fine, it’s not that bad,” said Pte Schroeder to Pte Ritchie.

Pte Schroeder kept his position and never wavered during the rest of the parade. Once they were marched off and dismissed, he went to the 17 (Winnipeg) Fd Amb and was treated by Corporal Trevor Meredith.

“Other than this, my drill was better than normal,” said Pte Schroeder. “I feel better now, it should heal without a scar.”



Lieutenant Colonel John Robins stops to talk with Private Eric Schroeder during the inspection, with LCol Peachey (L) and LCol Brian Batter (Rear). Pte Schroeder struck his face with his bayonet during a Present Arms.

Operational Stress Injury  
SOCIAL SUPPORT



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### A Social Support Network for Families

OSI Family Support Group

Tuesday February 7, at 7:00 p.m.  
Winnipeg Military Family Resource Centre  
102 Comet St, Winnipeg

Topic: Communication Skills

Guest speaker: Chris Enns, Clinical Social Worker with the Deer Lodge OSI Clinic

Operational stress injuries (OSI) from military operational duties or trauma can impact the family unit. If you are a family member living with someone who has such an injury and would like to connect with others for support; learn more about an OSI and your community resources; and how to better cope with the day-to-day challenges of living with someone with such an injury, you are invited to attend a peer support group for families. These peer support groups will meet monthly and will include an opportunity to connect and learn from others who are experiencing similar challenges.

For more information please contact  
Sandra Guenther, OSISS Family Peer Support Coordinator  
(204) 782-3119 or familypscwin@aol.com

The Operational Stress Injury Social Support (OSISS) Program is a joint initiative between the Department of National Defence and Veterans Affairs Canada.

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LCol M. Milligan, CO RCSU (Pra) presents Maj T. Forsythe with a Certificate of Appreciation on behalf of RCSU (Pra).



LCol M. Milligan, CO RCSU (Pra) presents Maj T. Forsythe with "Shadow Box" in recognition of his contribution at RCSU (Pra) and to the Cadet Program.

## RCSU (PRA) Bids A Fond Farewell

By Lt(N) SL Olson RHRA/RC PAO

Maj Tim Forsythe, RCSU (Pra) Corporate Services Officer, celebrated his retirement from the CIC with family, friends and co-workers at a luncheon held in his honour, 12 January 06 in Winnipeg MB. For Maj Forsythe and his family, this marks a total of 41 years of dedicated and loyal service to Canada in the Regular Force,

Reserve Force and CIC.

Maj Forsythe was born in Fort Francis, ON, joining the Regular Force in 1964 at the age of 19. As an administration clerk, he served in many locations including RCAF Stn Comox, RCAF Cold Lake, CFB Borden, 38 Radar Squadron in Armstrong ON, CFS Beausejour and Air Command HQ in Winnipeg

MB. Maj Forsythe retired from the Regular Force with 24 years of service and achieved the rank of MWO.

In December 1988 Maj Forsythe transferred to the Primary Reserve. Within six months he took his commissioning from the Ranks and was promoted to Captain in July 1989. During this time, Maj Forsythe held a variety

of administrative positions in the Air Reserves, was promoted to the rank of Major in 1994 and appointed as the 17 Wing ARAF Commander.

In 1999 Maj Forsythe won the competition at RCSU (Pra) for the Corporate Services Officer position and began a career in the CIC. "It's people like you that make service in the

Forces such a rewarding experience. In our short period of time together, I quickly came to appreciate the fact that you exude integrity and trust," remarked LCol M. Milligan, CO RCSU (Pra). LCol Milligan went on to read many of the congratulatory letters and messages sent to Maj Forsythe from old and new co-workers and far away

friends.

In honour of his dedicated service, Maj Forsythe was presented with a "Shadow Box" containing a Canadian flag that flew over Parliament Hill, the Queen's Silver Jubilee medal, the Canada Decoration 2nd clasp, the Canada 125th medal, and his rank and Command badges.

## New Leader For The Air Command Band

By Air Command Band Public Relations

17 WING WINNIPEG, Man. - On 9 January 2006 veteran military musician Captain Peter Archibald, CD, assumed the leadership of the Air Command Band, replacing Lt-Cdr Ray Murray, CD, who has led Air Command Band since March 2003. Lt-Cdr Murray has been selected to command the Stadacona Band at CFB Halifax.

Capt Archibald comes from a musical family and was encouraged at an early age to participate in school choirs and musicals. In 1981, he enlisted in the Canadian Navy as a direct entry saxophonist with the Stadacona Band of Maritime Command, at CFB Halifax, Nova Scotia, and it was in this band that Capt Archibald developed his keen interest in orchestration and gained recognition as a

featured jazz clarinetist. After a decade with the Stadacona Band, Capt Archibald was posted to the Royal Canadian Regiment Band, CFB Gagetown, New Brunswick. In 1994 the RCR Band was disbanded and he was posted to the Air Command Band, CFB Winnipeg, Manitoba.

As a member of the Air Command Band, Capt Archibald continued to perform as a soloist and was appointed to the position of Warrant Officer Staff Arranger, where he wrote many arrangements to highlight the band's diverse musical talent. In 1999, Capt Archibald completed the Assistant Director of Music Course at the Canadian Forces Music Centre in Ottawa, and accepted his Commission in the fall of 2002. In September 2003, Capt Archibald was appointed

Deputy Commanding Officer, Assistant Director of Music of the Canadian Forces Central Band in Ottawa, Ontario.

"It's an honour to return to Winnipeg to work with such a great group of musicians and performers," said Capt Archibald. "I'm looking forward to continuing the great work that this band is known for."

The Air Command Band is a 35 member, full-time professional ensemble that performs throughout Canada and abroad. The role of this diverse band is to provide musical support to the Canadian Forces, all levels of government, and to a variety of public functions. Military and public parades, ceremonial occasions, international tattoos, public and school concerts, official dinners, dances and receptions are all typical engagements



Colonel Ken O'Brien (right) hands the Baton to Captain Peter Archibald. Captain Archibald now takes command of the Air Command Band.

for this group. For over 50 years this professional Air Force band has been a highly visible unit of the Canadian Forces, instilling national pride in Canadian audiences across the country, "esprit de corps" in our military and providing the highest degree of diplomacy as representatives of Canada at international events around the globe.

Information on the Air Command Band can be found at: [www.airforce.forces.ca/acband](http://www.airforce.forces.ca/acband)



Capt Peter Archibald conducts the band for the first time.





Front Row L-R: Sgt Siegnersmidt (CC), CWO Roy (SCWO), CWO JRD Dompierre (Army Met CWO), Mr. Redekopp (COMDT), MWO Carleton (STDS WO)  
Back Row L-R: MCpl Fournier (Instr), Sdt Nadeau Sdt Verreault Sdt Pilon WO Rivet (Instr), Sdt Lefebvre, Sdt Dupuis, Sdt Ettien, Sgt Baulne (Instr)

Photo by 17 Wing Imaging



Front Row L-R: WO G. Rivet (CC), CWO Roy (SCWO), LCOL D.G. Grimshaw (A3 Marine Readiness Officer), Mr. Redekopp (COMDT), MWO Carleton (STANDARDS)  
Middle Row L-R: Mr. Richard (TSU LEAD), Ms. White (Instr), Ms. Massey (Instr), Sgt Siegnersmidt (Instr), MCpl Fournier (Instr), MCpl Cleary (Instr), Sgt Baulne (Instr), Sgt Vivian (Instr), Ms. Hasell (Instr)  
Back Row L-R: MCpl McLean, MCpl Hagen, MCpl Bell, MCpl Fisher, MCpl Wilkinson, MCpl Mills, MCpl Gaudet, MCpl Hillaby

Photo by 17 Wing Imaging



Sdt Rachel Nadeau received the certificate of achievement on NQ3 0502 for the highest academic mark of the course presented by CWO JRD Dompierre (ARMY MET CWO)

Photo by 17 Wing Imaging



MCpl Brian Fisher receives the certificate of achievement on QL6A 0502 for the highest academic mark of the course from LCOL D.G. Grimshaw (A3 Marine Readiness Officer)

Photo by 17 Wing Imaging



Sgt Fournier receiving his promotion to Sgt from Mr. Redekopp (Comdt) and CWO Roy (SCWO)

Photo by Sgt Baulne

# The Weather Outside Is Not So Frightful

By MWO Rick Carleton

What a difference a year makes. I seem to remember the holiday season weather last year not being nearly so pleasant. Those of us adopted 'tobans really appreciate Mother Nature's kindness.

CFS Met closed out 2005 with the graduation of two courses and currently have two courses in-house.

The first course to graduate was QL3 0502, which began way back in August and finished on November 17th. This was the second year in a row that we have conducted this course in French.

The QL3, also known as the "Basic Weather Observer" course, is the first step in the occupational training for these new Met Techs. The aim of this course is to train personnel to: take weather observations; disseminate observed

data; and provide technical meteorological information to support operations.

Le premier cours suivi par les stagiaires du groupe professionnel technicien en météorologie (TECH MET) est celui d'Observateur météorologique NQ3. Le but du cours est de former des TECH MET qualifiés pour effectuer des observations météorologiques, diffuser des données observées et fournir des renseignements techniques à l'appui des opérations militaires.

Au cours des cérémonies, nous avons eu le plaisir de présenter le certificat de mérite de l'École de météorologie des Forces canadiennes au Sdt Rachel Nadeau de la 19ième Escadre Comox pour avoir obtenu la note moyenne la plus élevée dans le cours.

The second course to graduate on December 7th

was QL6A 0502, having begun way back on Sep 12th. The aim of the QL6A course is to train Meteorological Technicians to prepare and provide detailed environmental briefings, in addition to providing technical meteorological information in support of military operations. Over one third of the course is devoted to practical operations, while another third is devoted to practical exercises composed of preparing and presenting weather briefings. The use of the latest technology, along with a high instructor to student ratio, is required to ensure success.

Subjects taught include theoretical and applied meteorology, analysis, and interpretation of weather data including satellite, lightning and radar information, presentation tech-

niques, and climate presentation. Upon successful completion of this course, the graduate can expect a posting as a weather briefer supporting naval, land or air missions.

During the ceremonies, we had the distinct pleasure to present MCpl Brian Fisher of Trinity Halifax with the Canadian Forces School of Meteorology "Certificate of Achievement," for obtaining the highest academic mark.

The graduates of both courses should be commended for their hard work, dedication and superb performance in successfully completing this training.

Ah, imagine. In just a few more months we'll be out on the golf course. Or is that wishful thinking on my part? Till next time "COGNITIO CAELI".

# Air Reservist Participates In Year Of The Veteran Presentation



January 2006 - In a ceremony at Branch 283 of the Army, Navy, Air Force Association MWO Paul Batchelor, member of 17 Wing Winnipeg's Air Reserve Flight and part time Canadian Tire Automotive Service Advisor, presented Mr. Bernie Dann with an appropriately engraved watch recognizing the Year of The Veteran and the sacrifices made by so many Canadians who fought for freedom in World War II. The generosity and patriotism of Canadian Tire owners across the country culminated in the presentation of 6000 watches to deserving Veterans as selected by their respective Legion or Army, Navy, Air Force Branch. Also shown in the photo are Mr. Mike Kelley, Automotive Service Manager representing Mr. Jay Crowley Owner of the Unicity Store, and Mr. Hayden Kent President of Branch 283. Watches were also presented to Mr. Tommy Dodds, Rene Gosselin and Red Delschneider. All four gentlemen were extremely appreciative of this recognition and spent the remainder of the afternoon displaying their new timepieces to those in attendance at the New Years Levee. Earlier that afternoon Mr. Kelley had the privilege of presenting identical watches to four Veterans at the Charleswood Branch of the Royal Canadian Legion.



# Customer Appreciation Week

Submitted by Dana Glover

Along with the celebration and the parties surrounding New Year's and the holiday season come the inevitable New Year's resolutions. For the second year in a row Community Recreation wanted to thank its members for their patronage while assisting them in getting their weight loss and fitness resolutions started.

We rang in the New Year by hosting Customer Appreciation Week from January 9 - 14. Throughout this week all of our fitness programs were free to members, there were daily draws, a free belly dancing workshop and a grand prize draw.

Congratulations to the following winners who won a \$45.00 Community Recreation gift certificate:

Draw 1 Winner: C. Davison  
Draw 2 Winner: S. Welbergen  
Draw 3 Winner: J. Stapleton  
Draw 4 Winner: K. Lake

Congratulations to D. Stark the Grand Prize Winner. She won a \$50.00 gift card to the Keg and to Home Outfitters.

The following is a description of all drop in fitness classes. Check the schedule to see days and times.

**Cardio/Kick:** Exciting, fun and dynamic describe this workout. Built from kickboxing, martial arts and boxing techniques put into a group exercise format. Cardio/Kick

is easy to learn and a great way to get aerobically fit. Fitness gains: Cardiovascular, muscular strength, endurance and coordination.

**Sculpt & Tone:** This class provides the opportunity to build and shape muscles as well as increasing muscle endurance while working through a low impact workout. This is perfect for people looking for the extra push to maximize their workout. Work at your own rate and challenge yourself throughout each workout. Weights, and bands are used to target and tone different muscle groups.

**Spinning:** Spinning is a

term for indoor, group-stationary cycling. It is a non-impact workout that can be enjoyed by participants of all ages and fitness levels. Using a specially designed stationary bike, spinning classes target the body in a unique exercise program with a series of cycling movements that provide the participant with both a physical and mental workout. With no complicated moves to learn, a motivating group environment and music that begs your legs to pedal, you'll find yourself having a blast while riding your way to a leaner stronger body.

**Aquafit:** If you like vari-

ety and challenge then this water class is for you. This class will give you an invigorating water workout with minimal impact. Give your muscles and bones a break and hop into the pool for a work out. The water's natural resistance will be utilised to rev up your heart rate, strengthen your muscles and build up your endurance. Water dumbbells, paddles, noodles and flutter boards will be used to increase the intensity of the class. Not a water baby? No problem, buckle up a flotation belt and splash your way to fitness with us.

# The Importance of Teamwork!

Submitted by Brianna Fay

On Jan 5, 2006 17 Wing's aquatic staff took part in a quarterly training session. These inservices are held on a frequent basis in order to ensure that their life guarding skills stay sharp, enabling them to provide a high standard of care in case of emergency.

One way to ensure that the lifeguard's skills stay up to date is to run realistic simulated emergencies. Since major emergencies rarely occur, this allows lifeguards to improve their judgement, knowledge and skills in a safe low-stress learning environment. Feedback and constructive criticism is given after every simulation and group discussion on what could have been done differently to ensure that the lifeguards are always learning and improving.

Topics covered at the inservice included:

- Lifeguarding skills and procedures
- Resuscitation and aquatic emergency care skills,
- Communication and teamwork
- Physical fitness.
- Public Relation Skills

Training also provides an opportunity to increase staff morale and improve teamwork skills. One of the

key definitions of a lifeguard is that they always work together; without the backup and support of another lifeguard they are considered a lifesaver. Because of this, lifeguards are most effective when working as an integrated team who understand and trust the skills of other team members. Lifeguards depend and rely on each other when dealing with any situation, big or small on the pool deck. Strong teamwork ensures quick, complete, and efficient responses from all members of the aquatic staff.

Another way that levels of teamwork and staff morale are increased is through staff get together's outside of the work place environment. In a social atmosphere staff members have the opportunity to interact with one another in a casual, stress-free environment. As a result, staff events such as holiday parties are just as important as inservice training.

If you are interested in learning more about lifeguarding or courses that are offered through the Aquatics department contact Brianna Fay, the Aquatic Supervisor at 833-2500 ext. 7013.

## 17 Wing Community Recreation Winter 2006 Programming Schedule Effective Jan 13<sup>th</sup> 2006

PROGRAM	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Military &amp; Dependant Classes</b>							
Cardio/Kick MPR	1200-1300		1200 - 1300				
Boot Camp					1200-1300		
Spinning		1200 - 1300		1200 - 1300			
<b>Activity Pass Classes</b>							
Sculpt/Tone MPR *	1700-1800	1700-1800		1700-1800			
Spinning *		1200-1300	1700-1800	1200-1300			
Aqua-Fit *		1815-1915		1815-1915			
<b>Registered Classes</b>							
Yoga (Registered Program)		1815-1915					
Swim Lessons -(Bldg 90)	1630-1830		1630-1830			0900-1230	
<b>Recreation Clubs</b>							
Scuba (Bldg 90)		1930 - 2145		1930 - 2145			
Shotokan Karate (Bldg 90)	1900-2030		1900-2030			1000 - 1200	
Badminton (Bldg 90)			1900-2300				1900-2200
Str. Gaming (Bldg 90)						1200-1800 2 <sup>nd</sup> & 4 <sup>th</sup> Sat's	
Judo -(Bldg 21)	1900 - 2200		1800 - 2100				
GoJu Karate (Bldg 90)		1800-2030		1800-2030			1600 - 1800
Flying Tigers (Bldg 90 Pool)	1730-1930	1730-1930	1730-1930	1730-1930	1730-1930	0730-0900	
Toastmaster's (Bldg 33)				1200 - 1330			
<b>Included in your membership</b>							
Library (Bldg 33)	0900-1100 1500-2000	1430-2000	1430-2000	1430-2000			1300-1600
Computer Lab (Bldg 33)	1600-2100	1600-2100	1600-2100	1600-2100	1600-1900		1300-1600

- To participate in an Activity Pass class purchase a pass from the front desk of Bldg 90. They are \$45.00 and are valid for fifteen classes.
- For contact information on each of the clubs please call the Community Recreation office at 833-2500 ext 5976 or 2057.
- Military and dependant classes are free for military members, their dependants and DND/NPF employees. Participants must have a valid recreation membership.
- Swimming Lessons are \$35.00 for a ten week session. This session will be ending March 25. Registration for the next session will begin March 27/06.
- Registered Fitness classes are \$45.00 for a ten week session. This session will end March 14. Registration for the next session will begin March 20/06.

## RELATIONSHIP ENHANCEMENT WORKSHOP

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

- WHEN: 7 FEB 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

## 17 WING "I QUIT" LAUNCH

3 Feb 06  
1100 - 1330 hrs  
Jr. Rank's Mess

To register or for more information  
contact your local unit  
**Strengthening the Forces Rep,  
online ([www.cfpsa.com/health](http://www.cfpsa.com/health)), or with  
Health Promotion**

**Registration Drop-Off Boxes will be  
located in various places around the  
Wing  
(Bldg 90, Mess', 1 Cdn Air Div,  
Bldg 90, and Health Services)**

**Participants are to contact Health  
Promotion to receive their Survival Kit.**

**Sponsored by CANEX and  
SISIP Financial Services**

### \*Participants and Supports must be:

- Age of majority in Manitoba
- Regular CF member/Class B or C Reserve
- Foreign Military Member/Exchange Posting/Training
- Primary Reserve/Cadet Instructor Cadre, Canadian Ranger/Cadet
- Immediate Family Member of above
- DND Employee/Non-Public fund
- Supplementary Reserve
- (-Supporters Only: non-smoker/ex-smoker as of 1 Sept 05)

**\*A SMOKER, OR A FORMER SMOKER WHO QUIT  
SMOKING AFTER 1 SEPTEMBER 05 IS ALSO  
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For more information contact your Strengthening  
the Forces (Health Promotion) Office:

**Christa or Penny @ local 4160/4150  
Building 63, Room 147/148**

# Weight Wellness

By Avery Wolaniuk

Instead of a chocolate covered donut with your coffee tomorrow morning, why not eat 133 oranges? They contain the same 21 grams of fat. Looking for something sweeter? How about trading in the equal fat content (15 g) of a single caramel nut and nugget candy bar for 28 red licorice twists?

These are some of the startling things to be learned at Weight Wellness, a Strengthening the Forces program that teaches healthy living.

"It's not a diet, it's a way of life," says Christa Zappitelli, Health Promotions Director. That means counting steps, not calories. The aim of the program is to help participants become more aware of the choices they make everyday — choosing the stairs instead of the elevator, the carrots instead of the corn chips — and purposefully creating a healthier lifestyle.

Based on the Canada Food Guide to Healthy Eating and the Canada Physical Activity Guide, Weight Wellness is about encouraging routine daily activity, as opposed to

telling participants they must exercise regularly (though that is also encouraged). Most are well known strategies, like parking further from the door. WW helps people turn these ideas into habits.

Because a well-balanced lifestyle means food choices, as well as regular activity, the program also teaches about the good, the bad and the ugly in the grocery aisle.

"The goal for most participants is to lose weight, but they also realize that it does have health benefits," says Zappitelli, who runs the program. "Some of them came to learn healthier eating habits for themselves, and also to create healthier choices for their children."

One of those participants is MCpl Cindy Hearn, Orderly Room Chief Clerk, CFSAS. MCpl Hearn has the exercise part of a well-balanced life down, but she knew she needed to learn about proper dietary choices. "It educated my food choices. It taught me proper nutrition, and not only affected what I eat but what I purchase for my two kids," she says. "What I bring into my home for my family has



(R-L) MCpl Cindy Hearn, Sandie Bode, and Leigh Capar cheered each other on at Weight Wellness all through the fall.

changed. I make more conscious decisions now not to eat improperly, whereas before I was lazy. Now that I know how bad things are, I can't consciously eat badly."

Weight Wellness is a free program available to all CF personnel and civilian employees and dependents. Meetings are once a week over 10-12 weeks. The course is longer because it isn't just about learning, but about changing habits. That takes time. "It's focusing on behavior change, so it can become less like it's work and more like a routine, so that you don't have to think about it anymore at the end of the 12 weeks," says Zappitelli.

A private weigh-in is available (but not required) and Zappitelli stresses that the only person who knows and tracks any weight changes are the participant themselves.

Resources are available

throughout the course. MCpl Hearn, who attended with colleagues Sandie Bode and Leigh Capar, discovered some unexpected benefits. "I liked being educated about the food, but I also liked the different personalities that came to the course, with their own experiences. They weren't all military, there were civilians, and I like that mixture," she says. "I like that Christa let us all speak and share experiences and gather ideas from other people."

"I really encourage people to take it," continues MCpl Hearn, "because we do know so little about what we put into our bodies. For the educational aspect alone, I really think it's a beneficial course."

She won't be reverting to her old ways any time soon. "Yeah, I'm going to continue," she says. "I want to be a healthy old person."

# Christmas Cheer Charity Event

By WO Neil George, 17 Wing TEME Sqn



17 Wing members gathered 'round singing Christmas Carols for QX104.1

In the wee early hours of 15 Dec 05, members of 17 Wing Log Branch aided radio personalities from HOT 103 and QX 104.1 in a One Big Day for Christmas Cheer Charity Event.

The event helped raise food, money and toys for needy families in the Winnipeg area. An email was sent out to the W Log Branch personnel, looking for any volunteers to help out with this charity event. The response back for volunteers in the W Log Branch was overwhelming. Military as well as civilian personnel took part in what turned out to be a super day for a super cause.

The initial task was to set up several sections of modular tenting, have heating, lighting, tables and chairs set up and ready to go by 06:00 hrs, so that the two radio stations, Hot 103 and QX104.1, were ready for live broadcast from the parking lot of the IGA on Jefferson and Main Street. Sgt Plante, TEME Sqn, was put in charge of getting and setting up the infrastructure for this event. During the remainder of the day military and civilian personnel from the W Log Branch helped out by receiving and moving gifts and food into a 48-foot trailer that was

located on the other side of the parking lot. The generosity from the people of Winnipeg was overwhelming; by the end of the day the trailer was full of food and toys that would be distributed to all needy families in the Winnipeg area to make their Christmas a little more cheerful.

The volunteers of the W Log Branch also did a rendition of Jingle Bells on one of the radio stations. I guess we didn't sound too bad because we were asked to do a second encore performance at the close of the day. We're still waiting for a recording contract, but most of us will not hold our breath for that one!

With the total team effort of all personnel involved, this charity event was a great success. This year there was more money and food raised in one day than in last year's charity event that ran for 5 days straight. The greatest benefit for most of the personnel that were involved was the satisfaction of being part a good cause that had direct benefits to the people of Winnipeg during this time of season. Many thanks are deserved to many members of the Logistics Branch for their support with material, equipment, food and toys.

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# Dedicated Piper Named Citizen Of Year

By Janet French, Star Phoenix

In September, Saskatoon nearly lost Don McDonald, one of the city's most dedicated volunteers. A doctor and a medic took turns doing CPR on the bagpiper, who had collapsed during a parade.

Four months later, and back into his dizzying routine of commitments, the 73-year-old's once-troubled heart pumped a little harder when he discovered CTV had named him Saskatoon's citizen of the year for 2005.

"I was quite elated," he said. "It's a recognition of what you might have done and being recognized for the things you do, so yes, I was quite proud of the fact. I phoned my kids and told them. I was very pleased with it."

McDonald has been a bagpiper with the North Saskatchewan Regiment Pipes and Drums for 58 years — his first parade was in 1947. His commitment to the troupe started with his older brother, Hugh Fraser, he said.

"When my brother came home from (the Second World War) overseas, Hugh Fraser, he was a piper overseas with the Queen's Own Cameron Highlanders (of Canada)," McDonald said. "When he came home, it was just natural he was going to teach me. So he started there, and I've been playing ever since."

The bagpipes appeal to him because of his Scottish heritage, he said.

"(My brother) was a mentor to me, and he wanted me learning, and so I did it," he said.

McDonald doesn't just pipe most major marches in town. He's also responsible for organizing the mass march-in of cadets, soldiers, officers, and veterans each year at Canada's largest indoor Remembrance Day ceremony in Credit Union Centre. It's not an easy feat, he said.

"There's no practice," he said. "You just have to hope that everything (works). I time everything backwards from 11 o'clock.

"You've got to try to be at 11 o'clock when it is 11, because people sitting at home are going to look at their watches and say, 'Whoops, they're two minutes early,' (or) 'They're two minutes late.' " He always asks the presiding minister to carry an extra prayer and an extra scripture lesson in his pocket in case the troops march in too smoothly and the organizers have to kill some time.

He's been organizing the march since 1993 and every year, when it's over, he breathes a sigh of relief.

McDonald, who played for the Saskatoon Hilltops in 1951 and 1952, worked for SaskPower for 35 years before "retiring" to a life full of community commitments, including a lifelong role with the Hilltops.

"The Hilltops are a part of my calendar, what I do," he said. "I've done almost every job that's in there."

He also has four children, all middle-aged.

Currently president of the board of the Saskatoon Sports Hall of Fame, McDonald has also served on the board of the Saskatchewan Sports Hall of Fame.

He's also president of the Saskatoon Branch of St. John Ambulance and on the provincial board for the organization. He's president of the North Saskatchewan Regiment Association. He's also a past grand master in the Grand Lodge of Masons and in charge of organizing its 100th anniversary celebrations next year.

And yes — he does sometimes see his wife.

He also has no plans for slowing down.

"You know, I can't even go up to the lake and stay there for a week," McDonald said. "After two

days, I've had it. My boy does all the work. I just show up, and it's a case of just sitting there, wondering what the hell I should be doing.

"I couldn't see myself just sitting there doing nothing. I'd hate to be in that condition health-wise, that I couldn't do anything."

That's why you'll find McDonald at the Saskatoon Field House working out every Monday, Wednesday and Friday morning.

Although his brush with death last fall hasn't curtailed his involvement, it did make him "leery."

"You're not just going to go out and do anything the way you did it before, because you always have in the back of your mind, 'I hope this doesn't happen again,'" he said.

He's especially grateful to the army medic and a doctor passing by who stopped to give him CPR until a police officer arrived with a defibrillator to shock

his heart back into compliance.

Bonnie Mackenzie, CTV Saskatoon station manager, said the station received several nominations for McDonald as Saskatoon's citizen of the year.

"Mr. McDonald's leadership and involvement in Saskatoon spans over 50 years, and covered sports, community service and military involvement," she said.

"I think for the judging committee, because last year was the year of the veteran, this particular nomination stood out."

Although his brother was, McDonald is not a veteran.

The citizen of the year title is handed out to recognize a person for outstanding community involvement, Mackenzie said.

McDonald will receive a trophy and attend a luncheon in his honour in the spring, she said.



Major Ray Richards, CD (retired) plays Last Post as Pipe Major Donald McDonald CD, SBStJ is beside him during the dedication ceremony of Between the Crosses at the Field of Honour in Woodlawn cemetery Sunday afternoon.

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# Military Family Resource Centre

## Military 101

(for people who are new to the military lifestyle!)



Are you a new military spouse or partner? If so, welcome to the military family community!

- Do you want to meet other newcomers to the military community?
- Do you want to learn facts about military family life? If so, this session is for you!

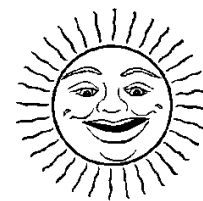
Military 101 features a panel of military spouses who will share military lifestyle stories and personally answer your questions about deployment, relocation, parenting and nurturing a healthy relationship with your military partner.

Call Catherine for upcoming dates

## Crafternoon Drop-in

Join us every second Wednesday  
1-3 p.m.

Each week we will create beautiful greetings, tags and a variety of craft projects. Most activities will be free! (Minimal cost for supplies if required). There will be yummy snacks to feed your body, unique projects to feed your creativity and the company of great folks to feed your soul.



Registration is required 24 hours in advance Call Catherine at ext. 4506

## Kids In the Kitchen - World Tour

Does your child like to cook? If yes, then, Kids in the Kitchen is the program for them. Kids in the Kitchen teaches children the joy of cooking in a safe, fun atmosphere. This program runs for six weeks and the program fee offsets the cost of supplies. Pre-registration is required.



MFRC, 102 Comet Street  
\$25.00

Saturdays, starting 18 February 2006 1:30 to 3:30 p.m.  
Call Diane 833-2500 loc.4508

## 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.  
Upcoming Dates: February 21/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.

## It takes a Village...

It takes a village to raise a child. This informal group meets every month to focus on at parenting. Each month we will invite experts to come & share ideas with us. Recently we have created book bags for trips to the library, had Halloween fun and learned how to make inexpensive cards. Free child care is available on site or through our Casual Child care at Westwin Community Centre. Parents are welcome to suggest topics for discussion. If there is something you would like more information on, let us know. We will do our best to find an expert to help answer your questions.

Coming Up....  
24 February - Snowman Party  
24 March - Activities for the School Break

## Volunteer Opportunities at the MFRC

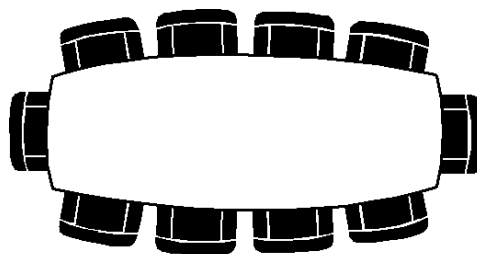


The MFRC is looking for energetic volunteers to supervise young children in a fully equipped play space while parents attend MFRC programming on-site. Current programs run Friday 10 am-noon. If you love children and have some free time, come share your gifts with us.



A motivated volunteer is needed to assist our Youth Centre supervisor during drop-in programs. Drop-in hours include after school and evenings at two locations.

The MFRC is always looking for new volunteers and we have a wide variety of volunteer opportunities to fit every schedule and time commitment. If you want to learn new skills, share your skills and have FUN...Call Us



## Join the MFRC Board of Directors Team

We would love to hear from you. Your ideas and opinions are important to us. The MFRC is governed by a Board of Directors, of which 50%+ must be spouses of CF members. This ensures that the services offered by the centre directly reflect the needs of our community. In addition to being the voice of the community, board members are the voice of the MFRC within your Military Community.

You are just a phone call away from helping build a better community.  
Louise at 833-2500 ext 4515.

WWW.MFRC.MB.CA



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### Our Programs

- ✓ Volunteer Services
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  - 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



## Together in Church



### CATHOLIC

#### Chaplains

**Father Gary Killen**  
Roman Catholic  
Office 833-2500 ext 5272

**Administrative Assistant**  
Carol Cochrane  
Office 833-2500 ext. 5087

#### Masses

(English only)  
Sunday 1100 hrs  
Monday - Friday 1215 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.

# Portable Heaters

By Fire Prevention Canada

As "Old Man Winter" is now here, temperatures are dropping and portable space heaters are again becoming a regular feature in many Canadian workplaces and homes. A recent close call in one of the facilities on the Wing provides a low-cost reminder to all CF military and DND civilian personnel of the potential danger related to using portable heaters. In this instance, luckily, no one was injured and the damage was minor. Under different circumstances, this close call could have resulted in tragedy. Leaders and managers throughout the Wing must protect the safety of their personnel by ensuring that everyone knows and adheres to the following fire safety regulations.

- Portable spaces heaters must be electrically powered and listed by Underwriters Laboratories (ULC) or (CSA) approved. Tags or labels indicating the device has been tested and approved by either of these agencies can be found on the electrical cord or dye stamped on the heater itself. Fuel powered (propane, kerosene) space heaters are not permitted.
- The heater must have a thermostat for heat regulation. The heater's thermostat will sense that the area has reached a certain temperature and reduce heating until the temperature in the area drops (very much like the thermostat in your house). Heaters without this feature (with simple on/off or high/low switches) continue to heat without any regulation and can easily cause fires.
- Approved heaters must be fan-driven. Space heaters with heated metal coils are not permitted. A guard or screen must cover the heating element.
- Space heaters must have a tip-over

shutdown feature. If the heater is knocked over, the unit must shut off automatically.

Approved space heaters may be used only if the following conditions are met:

- a. The Fire Department / Fire Prevention Office must provide a fire safety assessment prior to the installation of any portable heater in any working spaces;
- b. The heater may only be located on the floor. Heaters placed on filling cabinets, tables, desks or equipment are more susceptible to being knocked over, resulting in accidents or fires. Never place anything on top of a space heater;
- c. At least three feet of clearance must be maintained around the heater at all times. Combustible materials like paper, plastic and cloth must be kept away from heater;
- d. Electric cords must be kept out of foot traffic paths to prevent tripping. Electric extension cords are not allowed. Heaters must be plugged directly into a wall receptacle;
- e. The heater must be unplugged (not just turned off) any time the room or area being heated is unoccupied, especially at the end of the workday; and
- f. The Wing Fire Chief or the Chief Fire Inspector reserves the right to inspect and approve or reject any space heater that creates a hazard or is inappropriate to a particular location based on specific circumstances and/or fire safety code requirements.

Portable space heaters have been the cause of numerous fires over the years, some involving injury and death. Staying warm is important but not at the expense of ignoring fire safety rules.

## "Playing" with Fire

Children are naturally curious and are fascinated by fire. Matches and cigarette lighters left lying around the house threaten your child's safety. Keep matches and lighters out of the reach of toddlers and preschoolers and explain why this is necessary. Matches are tools not toys! Teach older children the proper use of matches and lighters and let them use these 'tools' only when grown ups can watch and help.

The Old Lady reminds adults to use lighting and smoking materials wisely by making sure that cigarettes and matches are completely extinguished; by never smoking in bed; by never striking a match or lighting a cigarette in places where flammable materials, dust or vapours might be ignited. Keep matches in a safe place and in noncombustible containers.



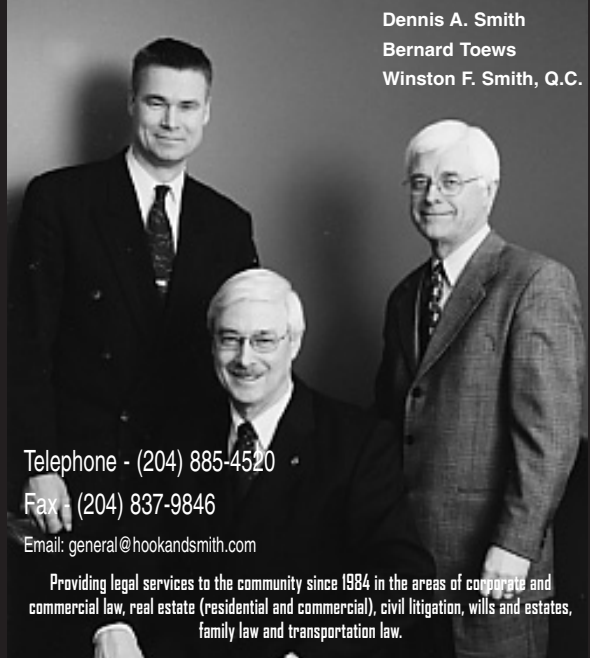
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# TAROSCOPES BY NANCY

**Aries (March 21 - April 19):** Take the time and make the effort to improve your health. You've been taking it for granted. Focus on making one change at a time and your confidence will increase. Persevere even if you don't think you'll get the results you want. Your success will reflect your commitment.

**Taurus (April 20 - May 20):** Review documents and check out the strength of someone's convictions before opting in on a joint endeavor. You seem blessed with luck. Doors open easily and valuable connections are made. If you take the time to do the groundwork, things will continue to go your way.

**Gemini (May 21 - June 21):** There are distractions everywhere. You'll need to be disciplined to stay on track. Get straight to the point when talking to others so they don't lose interest. Keep in touch with friends and family. In the near future you'll want to include them in a celebration.

**Cancer (June 22 - July 22):** You may have to dig for information and risk confrontation to get to the heart of a matter but you are smart enough to hold your own in difficult discussions. Don't judge others too harshly if you find they hid the truth because they were afraid it would upset you or create discord.

**Leo (July 23 - August 22):** It's hard sometimes, to be completely impartial, but that's what is required. It's wiser to avoid conflict and especially important not to get cause up in other people's games. If you feel you must join the fray, take time to consider what the cost to you will be, once all is said and done.

**Virgo (August 23 - September 22):** You're able to manage so much now that you're not forced to prioritize but the time is coming when you'll have to make choices. Practice doing the important things first so it becomes habit. Be sure you can maintain what you have before acquiring new responsibilities.

**Libra (September 23 - October 23):** If thrust into the role of teacher or role model, consider it an opportunity to make a difference and to have a positive influence on others. When sharing your experiences make them as interesting as possible. Passionate honesty brings your presentation alive.

**Scorpio (October 24 - November 21):** You may not think you are getting anywhere because it's not obvious but from your initial interest, to the learning, processing and understanding stage, progress has been slow but sure. Consider your next move, but mostly relax and let nature take its course.

**Sagittarius (November 22 - December 21):** Remain calm when mayhem surrounds you by being open to and accepting of change. You'll come through a crisis with less stress if you act in accordance with your basic values. When you're unsure if others agree with you and you need to know - just ask.

**Capricorn (December 22 - January 19):** There are times when it's best to maintain harmony and other times when you need to stand up for what you believe in. If you're unsure about which this is, sit tight and wait until it feels right before making a move. Set an example for others, think before acting.

**Aquarius (January 20 - February 18):** Through hard work you establish yourself but timing is important too. You are where you're meant to be. Don't worry if you're not making as much money as you'd hoped. That will come. True wealth is having friends who don't care what your bank account looks like.

**Pisces (February 19 - March 20):** Dream big. If you need help, ask for it. Your goal may be difficult but it's not impossible and your expectations are not unrealistic. The means for getting what you want will come to you. It will take time, effort, and possibly education but you'll be happier in the long run.

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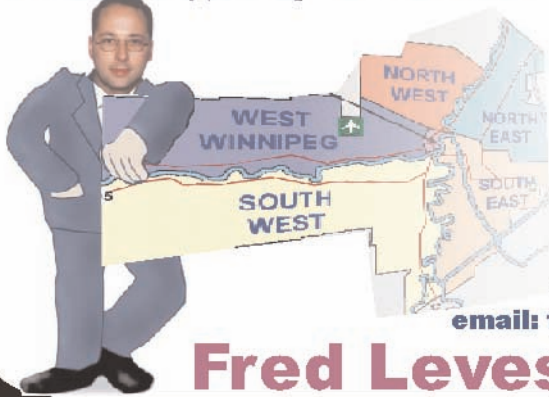
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