

THE VOXAIR

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Cpl Bill McLennan / 17 Wing Imaging

A Christmas Message from Col DC McLennan, WComd

From my family to yours - may you have a very Merry Christmas, and a happy, productive New Year. May you have an opportunity to spend quiet time with your families, and to partake of Winter festivities in the local area, or wherever you may be.

There are those, however, who will not be with their families over the Holidays, and we should remember them and help their families whenever we can. We should call and offer assistance, whether by action or by just lending an ear. The smallest kindness is but a reflection of our spirit, and our desire to pull together as one large, extended family.

The past year, and specifically the past four months have

been as no other in our history. The events of September 11 have, and will continue to cast an uneasy shadow over all our lives. Some of our loved ones and dear friends have been called on deployment to plan for, or to participate in Global actions that will, hopefully, make our world a safer place for us and for our children. We are proud of them, and we will continue to support their actions. There are also those of our extended family who need our help, in understanding what they have been through in the service of our country. Please show compassion and kindness, and help guide our brothers and sisters so they may regain their sense of happiness and belonging.

Over the past year, the Wing has been very busy, and our people heavily tasked, both for deployments and in ensuring the security of the site. Yet throughout, I have seen a sense of optimism, of being happy, and a renewed sense of pride in what we do. We have made progress, and for that I thank you - you all deserve credit and a huge well done!

To all, I again wish the best of the Holidays. May the spirit of Christmas be with us all. Please be safe, take care of those around you, and be happy. I look forward to seeing you all in 2002. Cheers!

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VOXAIR STAFF

LCof S. Neville
Editor-In-Chief / Rédacteur en chef
(204) 833-2500 Ext 5281

2Lt Benoit Doyon
Managing Editor / Directeur-Gérant
(204) 833-2500 Ext 5519

Maureen Walls
Office Supervisor, Sales Manager / Chef de bureau
(204) 889-3963

Mark Remoquillo
Production Coordinator / Production
(204) 833-2500 Ext 6976

Karen Poelker
Journalist / Journaliste
(204) 889-3963

Traci Wright
Proofreader / Correcteur d'épreuve

Misra Yakul
Accounting / Comptabilité
(204) 833-2500 Ext 6976

Jim Holland
Advertising Sales / Représentants des Ventes
(204) 832-0115

Darlene Ashley
Advertising Sales / Représentants des Ventes
(204) 896-8575

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VOXAIR, 17 Wing Winnipeg,
PO box 17000 s/n forces, winnipeg mb r3j 3y5
E-Mail: voxair@autobahn.mb.ca
Outlook: Walls M@3CFSTS@Winnipeg

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WCWO EMOND

WCWO Emond's Christmas Message

This is the time of year where we can all reflect on our past accomplishments and give thanks to all those who have provided us support throughout the year. It is also an occasion for us to sit back and relax with family and friends and enjoy the time that we so much deserve. It might also be time to reflect back on the September 11th event, which changed our ways of doing business. We, the more fortunate, must go on promoting peace on earth and although it might be difficult, we must continue to remember the good over the bad. As a result of Canada's continuous effort to promote goodwill amongst the world, we must not forget our deployed members, their loved ones and their families.

Canada is a leader in the promotion of peace in the world. The members of the defense team, military and

civilian continue to uphold the tradition of the CF as a professional organization. Placing country before self is one of the greatest sacrifices that can be made. The world has changed and the Wing's organization is also changing. What has not changed, is the attitude and the professionalism of the people who have accomplished so much this year and produced excellent results. I would like to welcome our new personnel and their families to the team and take this opportunity to thank those who have done the work before us. Their efforts and support is greatly appreciated.

Barb and I wish you and your families, Best Wishes for continued health and well being.

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COMD 1 CAD GEN LUCAS

Comd 1 CAD Gen Lucas' Christmas Message

To all members of 1 Canadian Air Division and the Canadian NORAD Region. The holiday season is rapidly approaching and, for many of us, this will mean family celebrations and the chance to gather with friends and relatives to share in the joy of each other's company. Unfortunately, some amongst us will not have this opportunity, particularly those serving abroad in isolated posts, or otherwise not able to be home for the holidays. While my thoughts at Christmas are with all members of 1 CAD/CANR, my wife Deb joins me in offering special wishes to those of you who are part of this latter group and to your families. To you, our heartfelt thanks for your sacrifice and our hopes that you will be able to at least share some joys of the season with family and friends via long-distance or the Internet.

At this time of year many of us reflect on the year gone by and think about the future. As we look back on the year 2001 it is hard to believe that a year could have been much busier. The dedication of all our military personnel, Regulars and Reserves, as well as our DND civilians was extraordinary and very much appreciated by all, especially those directly affected.

Throughout the year, your professionalism and competence has been acknowledged here and abroad. You have provided exceptional support to NATO, to NORAD and to our Army and Navy. Most significantly, because of the events of the 11th of September, all of us in 1 CAD/CANR have been at a very high tempo supporting both OP NOBLE EAGLE and OP APOLLO. To all members of 1 CAD/CANR, please accept my heartfelt thanks for your outstanding performance. I would like to offer special thanks to BGen Mike DeCuir and to all of the members of the USAF here in Canada who play such an important role in helping us carry out our important NORAD mission. Finally, let us take a moment to reflect on the tragedy and offer our prayers for those directly affected through the loss of family and loved ones.

This year has also brought some encouraging moments. The first arrival of the new Cormorant helicopter in mid October will be followed by a stream of arrivals in the new year leading to complete replacement of the venerable Labrador in the next 12 to 15 months. The new year should also see significant progress in the Maritime Helicopter Project, the Aurora Incremental Modernization Project and the CF18 Modernization Project. In fact, all communities will see significant enhancements on the equipment side. We are also making great progress in developing a Support Concept for the Air Force that will pave the way for greatly improved CF and Air Force Operations of the future. The future of the Air Force remains bright and I look forward to working with every one of you to achieve success in our collective future.

I am sure that the coming year will bring its fair share of challenges. While I don't know what the future holds in terms of new taskings, based on my experience I do know that I will be able to continue to count on outstanding performance and devotion to duty from our air force family - Regulars, Reserves and civilians alike. On behalf of my entire family, my wife Deborah, and our children Kate, Alison and David, I wish you and your families the very best in health, happiness, and good times for Christmas and throughout the coming New Year.

AN IMPORTANT MESSAGE FOR FIREARM OWNERS IN SASKATCHEWAN AND MANITOBA

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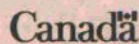
Owners that have already applied to register ALL their firearms do not have to complete the form.

Firearm registration is a legal responsibility for all firearm owners. Registration is a one-time endeavour. You can save the \$18 fee if you apply to register your firearms by the deadline indicated on your form.

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- **Registration works** towards improving public safety by recognizing owner accountability for the safe use and storage of firearms.
- **Any restricted or prohibited firearms** that you registered under the former law must be re-registered. There is no fee for re-registration.
- **Registration enables police** to trace firearms that may have been stolen, illegally imported, illegally manufactured, or bought on the black market.
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- **By law**, all firearms must be registered by the end of 2002.

For more information: 1 800 731-4000,
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THE VOXAIR 2002

ISSUE #	DEADLINE	PUBLISH DATE
01	January 11	January 23
02	January 25	February 06
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07	April 05	Apr il17
08	April 19	May 01
09	May 03	May 15
10	May 17	May 29
11	May 31	June 12
12	June 14	June 26
13	July 12	July 24
14	August 09	August 21
15	August 23	September 04
16	September 06	September 18
17	September 20	October 02
18	October 04	October 16
19	October 18	October 30
20	November 01	November 13
21	November 15	November 27
22	November 29	December 11



GEN RAYMOND HENAULT CHIEF OF THE DEFENCE STAFF

A Christmas Message from CDS Gen R Henault

As the year draws to a close, I would like to extend my best wishes to the members of the Canadians Forces, to the employees of the Department of National Defence and to their families.

This past year has been a busy one and, as usual, the men and women of the Canadian Forces have been involved in a broad range of activities, both in Canada and on the international scene.

Our peacekeeping duties have taken our members to all corners of the world: the Balkans, Africa and the Middle East.

By helping to restore stability in troubled regions, you have improved the lives of thousands of people.

In joining the international coalition's struggle to preserve our liberty and security from terrorism, you are again valiantly defending Canadian values.

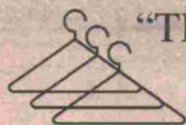
You can be assured that, whether you are here at home or abroad, Canadians are grateful for your courage and hard work. You are truly making a difference.

Life in the military demands dedication and selflessness, but also sacrifices. I personally know that spending Christmas or New Year's far from your loved ones is never easy.

That is why I would like to make special mention of those men and women serving overseas during this holiday season.

I hope you will soon be reunited with your families, whom I thank for their steadfast and crucial support. They also deserve our recognition.

Once again, let me offer to all the members of the Defence team, military or civilian, and to your families, my warmest wishes for this holiday season.



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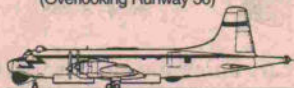
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Good news for military members posted to Manitoba

Amendment relating to voting rights and driving privileges Act. This Bill amends the Elections Act and the Highway Traffic Act.

ELECTIONS ACT

The elections act currently allows people to vote in a provincial election only if they have resided in Manitoba for at least six months immediately before polling day.

This bill will allow Manitoba residents who are members of the armed forces - and the people who live with them - to vote when posted outside of the province for periods longer than six months.

THE HIGHWAY TRAFFIC ACT (HTA)

Under this initiative, amendments are being introduced to address driver licence merit issues for military personnel and their immediate family members.

There are two issues addressed under the proposed amendments to the HTA:

1 Accrual of licence merits/benefits for Canadian Forces members when assigned to duties outside of Manitoba Canadian Forces members often find themselves deployed outside of Manitoba for extended periods of time for training and peace-keeping duties. While merit marks for Manitoba drivers who temporarily move out of the province or relocate to another jurisdiction are not removed from the driver's record, the loss of merit eligibility may affect the driver's related insurance discount benefit (both driver's licence and vehicle insurance premiums).

In these situations, all time accumulated toward earning new merits is lost. A driver must hold a valid licence for the duration of the two-year merit accrual period. A driver who allows a licence to lapse for more than three months will not accumulate merits during the lapsed period and their eligibility date to earn merits is reset to the date they are re-licensed. The driver will not earn another merit until two years from that date, providing all other merit criteria are met. This makes it difficult for some service members to accumulate additional merit points.

While an early renewal option is available to drivers, this option may not always be convenient for peacekeepers, as the renewal of a driver's licence is not the uppermost consideration during times when peacekeeping assignments are received.

The Division of Driver and Vehicle Licencing's current policy is to accommodate military personnel who have not had an opportunity to renew their licences. In these situations, the Division reinstates the person's merit status upon licence issuance as if the person had renewed their driver's licence

without it lapsing.

The proposed amendments will formalize the current practice in legislation and ensure these drivers receive the full benefit of merits, including insurance discounts, upon returning to Manitoba.

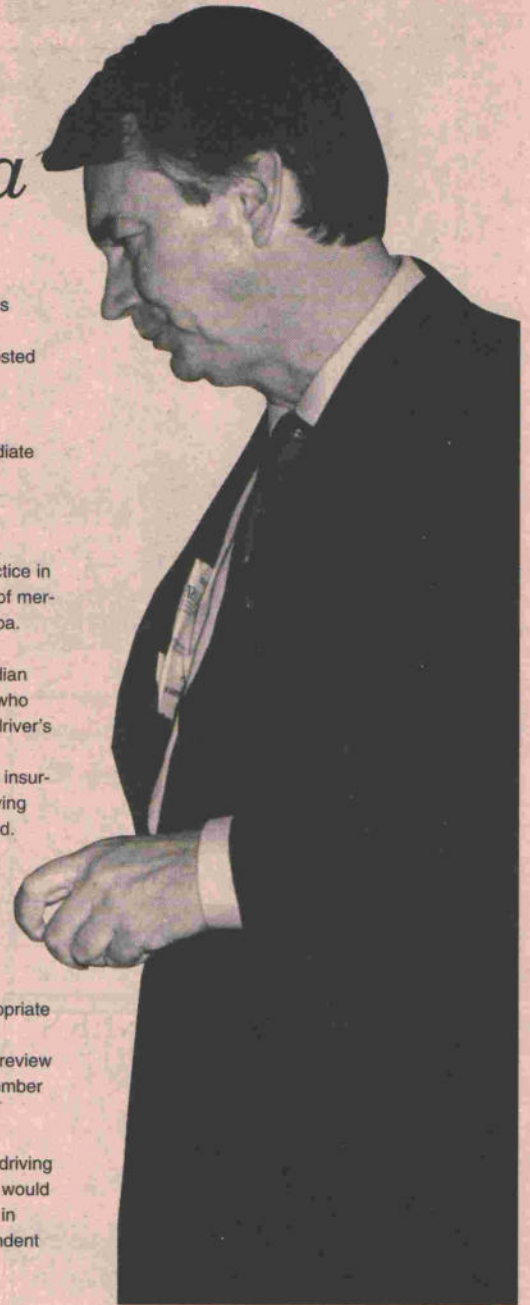
2 Awarding of licence merits/benefits to newly resident Canadian Forces members. Currently drivers from other jurisdictions who become residents of Manitoba may be awarded up to one driver's licence merit upon issuance of a Manitoba driver's licence in order to allow new residents to qualify for insurance discounts. The driver must have a conviction free driving history and no demerit points in the previous two-year period.

The awarding of merit marks to new residents is restricted to only one merit for two primary reasons.

Only one merit is required to obtain the maximum vehicle insurance discount; The driving history of persons from other jurisdictions cannot be ascertained with any accuracy as other jurisdictions do not maintain information necessary to meet the merit criteria for an appropriate assessment.

These amendments provide authority for the Registrar to review the out-of-province driving record of a Canadian Forces' member who moves to manitoba and applies for a driver's licence.

The registrar can then assign the member the number of driving merit marks (or demerit points) that the Registrar considers would have applied to the member if he or she had been licensed in Manitoba. The changes also apply to immediate and dependent family members of the Canadian Forces member.



UN MESSAGE IMPORTANT POUR TOUS LES PROPRIÉTAIRES D'ARMES À FEU EN SASKATCHEWAN ET AU MANITOBA

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• L'enregistrement est une mesure de sécurité ayant pour but de rendre les propriétaires d'armes à feu responsables de l'utilisation et de l'entreposage sécuritaires de leurs armes.

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• L'enregistrement permet à la police de retracer les armes à feu volées et celles qui ont été importées ou fabriquées illégalement, ou encore celles qui sont achetées sur le marché noir.

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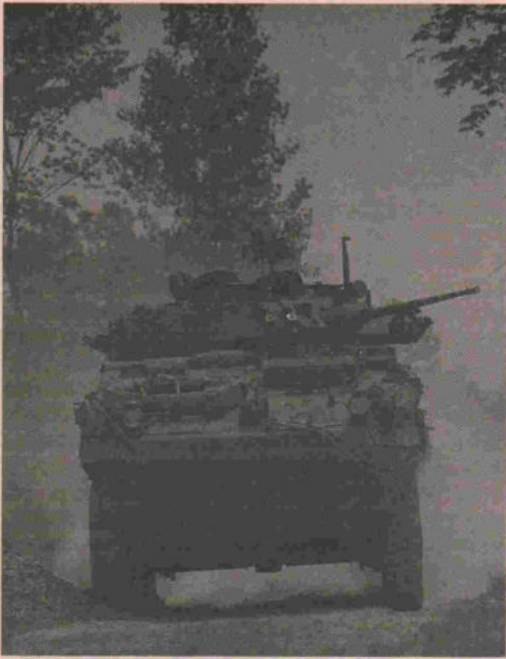
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PPCLI on North Side?

BY CPL SHAWN MERCHANT

Tucked away in a corner of the North side base is Hanger 11. Usually, it houses the heavy equipment of the Construction Engineers and the Royal Air Museum. The months ahead will be different. The hospitality of the Air Command has granted 2PPCLI to run three different courses for the LAV III in half of this hanger: the driver, crew commander and gunnery courses. These three courses are the part of the implementation of the Army's newest purchase.

Using the Gunnery course as an example, there are twenty students and five master corporals/sergeant instructors. For ease of teaching, the students are split into five groups. They are lead by the course warrant, WO Hubbard, and the course officer, Captain Chorley.

The course provides hands-on experience with gun drills and electronics, plus theory of the vehicle's employment. Some of the other things the students must learn are firing platforms and firing on the move, as well as maintenance of the weapons. Several of the classes are in and around the vehicle for hands-on experience. We share a classroom with the other courses to learn the theory, usually taught by the Warrant Officer. On every course there are tests and reviews thereby ensuring the candidates retain the lessons that are taught.

The course is 5 weeks long, with a short trip to CFB Shilo for the practical testing of new skills with the weapons system on this new armoured fighting vehicle. When these courses are done, 2PPCLI will be building on these basic skills in order to participate in live fire training in Wainwright in 2002 and possible operational deployments with the LAV.

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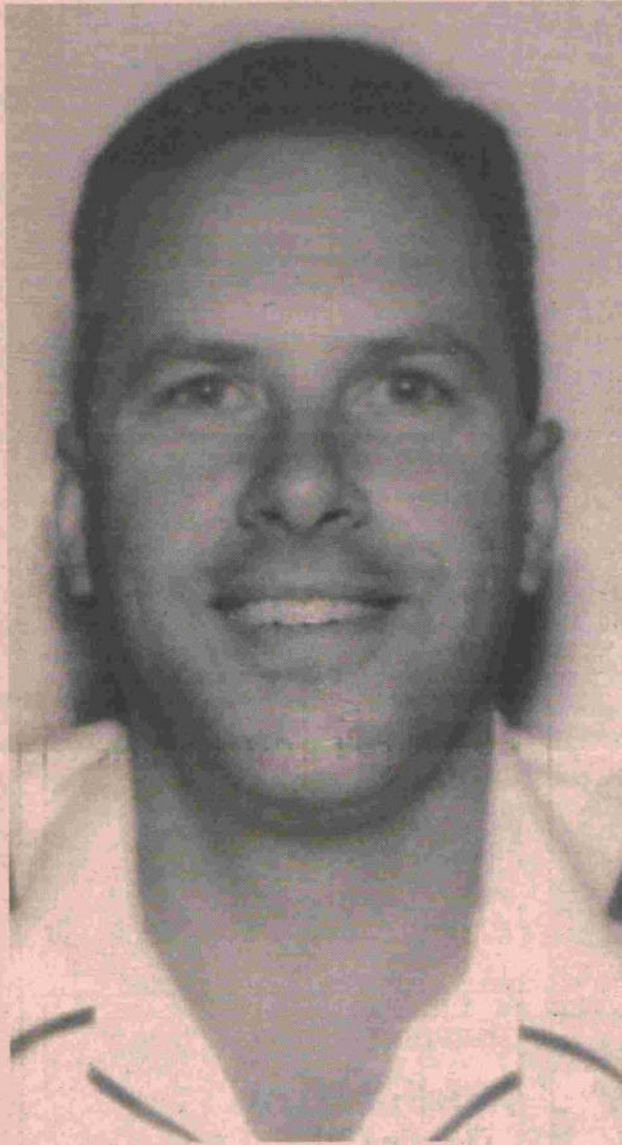
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Residential Security

BY CPL ROD JACKSON, 17 WING MP SQN

Hello 17 Wing, did you know that regardless of whether you live in a PMQ, an apartment or own your own home, there are many steps that you can take yourself to prevent becoming a target of crime. Break and enter is very common within Winnipeg and since residential crime is mostly a crime of opportunity, thieves will target the easiest targets.

A thief's worse enemies are time, light and noise. As such, if you can "harden" your home by adding these deterrents you can discourage them from targeting your home. The following are some ways which you can upgrade the security of your home to do just that.



LOCKS

Locks are your first line of defence and while no lock is burglar proof, good locks can be an effective deterrent whether it be for your entrance doors or articles locked in your yard. One of the most highly recommended locks for main entrances is the single cylinder deadbolt with a minimum one-inch throw.

WINDOWS

Windows are generally the weakest link when it comes to residential security. They can be pried, broken, lifted from their tracks and the panes removed. There are however many ways to increase your window security. All you have to do is conduct a simple security survey of them and ask:

- A how effective is the window design?
- B what are its weak points?
- C is the glass shatter resistant?
- D do the locks work?
- E is the surrounding area outside the windows well lit?
- F is the sight line to the windows obstructed by anything?

Depending on the answers to these questions, you can upgrade the security of your windows by adding lights in strategic areas or by cutting back shrubs which obstruct a neighbour's view of your house. Other features like adding security bars to basement windows are also very helpful.

DOORS & FRAMES

A Exterior doors should be of solid core construction and hung on interior hinges to prevent them from being popped out for easy removal of the door;

B Plexiglass reinforcements should be considered as an overlay on the inside of doors which have glass inserts. This will prevent thieves from just smashing through the door window with their fist and unlocking the door;

C Sliding Patio doors are generally installed with poor latch systems. These latches should be reinforced with some form of secondary system. Without them doors are prone to being lifted out of their tracks. Secondary devices include Jimmy Plates, spring locks

and safety bars. A simple hockey stick cut to fit snugly into the bottom of the track can prevent sliding or drill a hole through the frame and insert a metal pin or nail to prevent sliding or lifting;

D Steel Security Screen Doors are an expensive option, however they are an extremely effective one.

The majority of break ins which occurred in upscale Winnipeg neighbourhoods such as White Ridge and Linden Woods in 2000, occurred by thieves merely kicking in the front door. It was further noticed that none of these homes had screen doors or alarm systems. A steel frame/iron wrought storm door is extremely difficult to circumvent, pry open and especially kick in as it is placed in a metal frame with the main entrance door located behind it to act as extra support to prevent it from being kicked in.

MISCELLANEOUS

There are also many miscellaneous means of adding additional security to your residence such as light timers, through the door viewers, alarm systems and "good vacation practices." When going on vacation consider having a trusted friend cut the grass or shovel the snow in the winter and collect the mail and flyers. Also, don't tell to many people on your street that you are leaving. Should the vacation be during the school year don't have your children tell other classmates that you will be going. Most break ins are committed by young offenders who learn through other teenagers that a certain residence will be vacated for a couple of weeks.

In conclusion, there are many ways which security can be applied for a residence. Police patrols are one method but personal involvement is also very important. Don't hesitate to take a few minutes to inspect and rate the security of your home. Remember, it is not a question of whether you can afford to install a sensor light or cut back the shrubs, it's a question of whether you can afford not to! Should you ever have any questions on ways which you can increase your residential security don't hesitate to contact myself or the 17 Wing Mp Sqn Security Section at 833-2500, ext 6814.

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International Day of Disabled Persons

Persons with Disabilities is one of four Employment Equity designated groups. 17 Wing Human Resource Business Manager's office provides advice and guidance on the development of policies, procedures and mechanisms related to recruitment, retention and training of persons with disabilities in DND and CF. The other three designated groups are Aboriginal Peoples, Visible Minorities, and Women.

BACKGROUND

The General Assembly of the United Nations adopted unanimously, in 1982, the "World Programme of Action concerning Disabled Persons". In 1992, the Assembly proclaimed, by resolution 47/3, that 3 December be observed annually as the International Day of Disabled Persons. Observance of the Day aims to promote increased awareness and understanding of disability issues and trends and to mobilize support for practical action at all levels by, with and for persons with disabilities to improve their well-being and livelihoods on the basis of equality.

The World Programme of Action has two goals: full participation of persons with disabilities in social life and development, and equality. When adopting the World Programme the General Assembly defined equality for persons with disabilities on parity with opportunities for those of the entire population. Parity in this sense is viewed not as a static phenomenon but one that is fostered and changes as countries develop. The Assembly

thus envisaged what can be termed the "disability perspective" on development.

In 1993, the General Assembly adopted, by resolution 48/96, the "Standard Rules on the Equalization of Opportunities for Persons with Disabilities". The "Rules" identify preconditions for equal participation, target areas for action, and measures to implement and monitor progress.

Since the adoption of the World Programme of Action and the Standard Rules, there is growing recognition that disability issues are best addressed as an integral part of national development policies and programmes. Such recognition may be due to increases in both the absolute number of disabled persons and the percentage of the population with a disability in countries. As countries develop they not only create new forms of societal structures but also replace existing structures to reflect new approaches and needs of larger and more diverse populations.

The decade of the 1990s has witnessed increased attention being accorded to the participation of persons with disabilities in development, to the disability perspective in policies and plans, and to the placement of disability issues in a broader human rights framework. Development participation represents both a means and an end. In the World Programme of Action participation pertains to the full and effective involvement of persons with disabilities in development decision-making, to their contributions to development efforts, and to their equal sharing in the results of development action.

International development conferences held during the 1990s have addressed the situation of persons with disabilities with reference to a number of substantive concerns and not simply as an issue relating specifically to disability. Human rights of persons with disabilities now are recognized to be less the concern of a social group with particular needs and increasingly to be a prerequisite for advancing the rights of all. Human rights are used in a broad sense and pertain both to civil and political rights, and to social, economic and cultural rights.

OBSERVING THE INTERNATIONAL DAY OF DISABLED PERSONS During the past two decades much has been accomplished by, with and for the full and effective participation

of persons with disabilities in social life and development. The International Day of Disabled Persons provides opportunities for Governments, organizations of disabled persons and society as a whole to focus upon and take stock of the ways in which the skills, initiative and potentials of persons with disabilities contribute to the betterment of the societies in which they live.

Recent events organised in connection with the observance of the Day have included special exhibitions, workshops and discussions, media presentations and recently use of the Internet to promote an active and wide-ranging dialogue on the Day in cyberspace.

TAKE ACTION

A major focus of the Day is practical action to further implement international norms and standards concerning persons with disabilities and to promote thereby their full and participation in social life and development on the basis of equality. The media have especially important contributions to make both in support of observance of the Day - and throughout the year - regarding appropriate presentations concerning progress and obstacles in designing and implementing disability-sensitive policies, programmes and projects, and to promote public awareness and understanding of the contributions by persons with disabilities not only to the arts and culture but to social, political and economic well being of society as a whole.

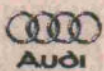
The Employment Equity Act requires that DND/CF consult with employee/member representatives to provide assistance to facilitate the implementation of Employment Equity in the workplace and the communication of issues relating to Employment Equity. 17 Wing Human Resource Business Managers Office provides Employment Equity guidance and support to 17 Wing Civilian Employees and Canadian Forces Members. For assistance or clarification, you may call Florence Bambenek 833-2500 ext 6715 or Brenda Stouffer 833-2500 ext 5657.

Portions of this article were taken from the www.un.org/esa/socdev/enable/disd980.htm.

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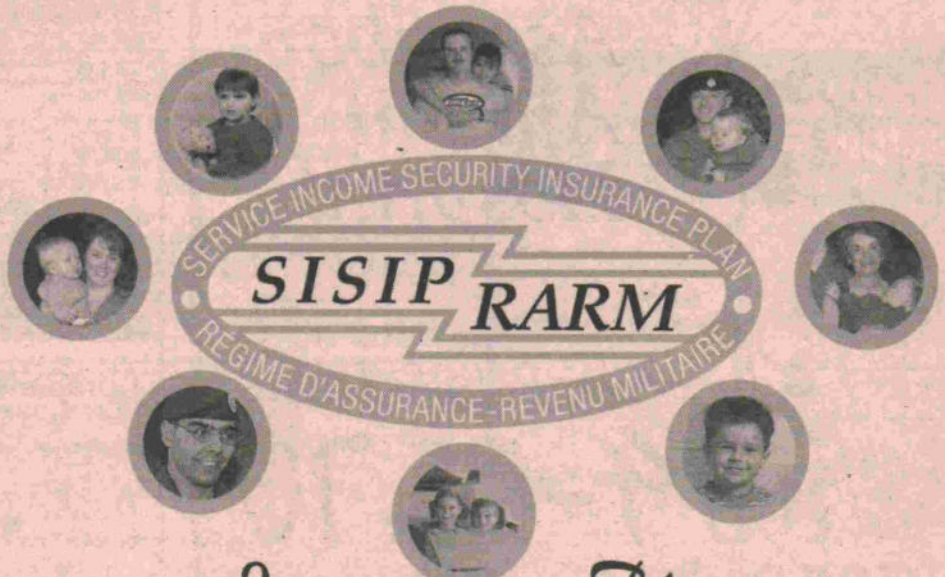
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Seasons Greetings



Joyeuses Fêtes



Sgt Seminar

During the week of 19 - 23 November 2001, 17 Wing conducted its annual Sgt Seminar. This seminar is designed as a NCN professional development program for all Sargeants in the Air Command. It is aimed at providing the necessary tools for the participants to perform their supervisory duties effectively. The seminar curriculum includes: Leadership, Management, Dress and Deportment, Drill, Morale and Esprit de Corps, Interviewing and Counseling, Supervisors responsibilities in a mixed genre service, Addictions, Ethics and Ethos, Military Law, Security, Record Warning/ Counseling and Probation to name a few, as you can see the subjects were varied and often provided the subject matter experts with very lively discussion/debates based on background and experience of the participants. All candidates were presented with certificates and should be congratulated for their participation in this most important professional development program. BZ

FRONT ROW L-R: MWO JB VERREAU, WCWO CWO EDMOND, A/W COMD LCOL WHITBURN, COURSE SENIOR PO2 WARD, CENTRE ROW L-R: SGT O'FLAHERTY, SGT MCGILLVREY, SGT THIBAUT, SGT VIEIRA, SGT TAYLOR, SGT MANSFIELD, SGT MAGIEROWSKI, SGT VERGE, SGT ROOTES, SGT COYLE, SGT LAZAROWICH. REAR BACK ROW L-R: SGT SUTTON, SGT SPIERS, PO2 MORMUL, SGT FORBES, SGT POLLARD, SGT MILLAIRE, SGT EFFORD, SGT MURRAY, SGT HIGH, SGT JESSO, SGT RICHARDS, SGT LAWRENCE, SGT COULSON.

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THE COMMANDING OFFICER OF 1 AIR MOV SQN, MAJ BG BANGSBOLL PRESENTS CPL R GOSSELIN WITH HIS CD.

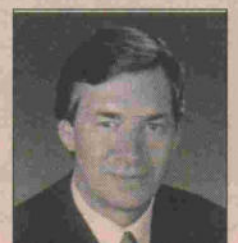


SGT RE ANDERSON RECEIVED A CERTIFICATE OF APPRECIATION (SHOWN HERE) FROM LOGISTICS BRANCH ON THE OCCASION OF HIS RETIREMENT ALSO RECEIVED A SQUADRON PLAQUE MARKING HIS 38 YEARS IN CF FROM MAJ BG BANGSBOLL.

Seasons Greetings

TO OUR ARMED FORCES & THEIR FAMILIES

from your local MLAs
Jim Rondeau, Bonnie Korzeniowski,
Premier Gary Doer & the NDP Caucus



Take Action Against Violence

The National Day of Remembrance and Action on Violence Against Women was on 6 December. Established in 1991 by the Parliament of Canada, this day coincides with the sad anniversary of the 1989 Montreal Massacre when fourteen young women were tragically killed at l'Ecole Polytechnique because of their gender.

In the United Nations Declaration on the Elimination of Violence against Women, the term violence against women refers to "any act of gender-based violence that results in, or is likely to result in, physical, sexual, or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or private life.

Violence against women is also a "manifestation of the historically unequal power relations between men and women which have led to dominate over and discrimination against women by men and to the prevention of women's full advancement.

According to the Panel on Violence Against Women (1993), violence against women can take many forms. It is most commonly divided into the following categories:

PSYCHOLOGICAL VIOLENCE: It encompasses various tactics to undermine an individual's self-confidence such as yelling, insults, mockeries, threats, abusive language, humiliation, harassment, contempt, deliberate deprivation of emotional care or isolation.

PHYSICAL VIOLENCE: The most obvious, it ranges from pushing and shoving to hitting, beating, physical abuse with a weapon, torture, mutilation, and murder.

SEXUAL VIOLENCE: It encompasses any form of non-consensual sexual activity (i.e. forced on an individual) ranging from harassment, unwanted sexual touching, to rape. This form of violence also includes incest.

FINANCIAL VIOLENCE: It encompasses various tactics for total or partial control of an individual's finances inheritances or employment income. It may include denying access to one's own financial records and knowledge about personal investments, income or debt, or preventing a partner from taking employment outside the home or engaging in other activity that would lead to financial independence.

SPIRITUAL ABUSE: It works to destroy an individual's culture or religious beliefs through ridicule or punishment, forbidding practice of a personal religion or forcing someone to adhere to religious practices that are not their own.

Violence against anyone is unacceptable no matter one's gender, age, religion, ethnicity, sexual orientation or mental and physical capabilities.

All members of society are affected by violence. However, Canadian women tend to be more fearful of being victims of crime than men. Women and girls make the vast majority of victims of sexual assaults and criminal harassment. Female victims of spousal violence tend to experience more severe consequences than male victims. They are also more likely to suffer some kind of physical injury and to be victims of multiple incidents. In 2000, three of four victims of spousal homicide were female.

The focus on violence against women is not meant to deny or diminish the rate of violence against men. However, violence against women is a complex issue that is closely linked to attitudes, values and systems that contribute to maintaining and perpetuating inequality of women

in society. It touches every Canadian community and has enormous social and economic costs to our communities and to the country.

Violence against women carries heavy consequences for those who are victims and for society in general.

FOR FEMALE VICTIMS OF VIOLENCE: The consequences are not identical from one person to another. They vary according to factors such as the nature and gravity of the violence, duration, personality of the victim, the support network and resources available. Among the psychological consequences, are fear, distrust, anxiety, feelings of guilt and or shame, loss of self esteem, difficulty concentrating, depression and thoughts of suicide, use of drugs, alcohol and or medications. Physical signs of violence may include wounds, restless sleep, nightmares, insomnia, nausea, injuries, permanent violence may include isolation, stigmatization, failing grades or poor performance at work, absenteeism, financial difficulties, etc.

FOR SOCIETY: Fear of aggression is present not only in the lives of victims of violence but also in the lives of many women. How many women do not dare to travel alone, go on a nature hike, stay out late or walk home alone in the evening? Furthermore, girls and boys who witness or experience violence in the home are at high risk of becoming victims and or abusers later in life. In 1995, the financial costs to society in health care, social services, criminal justice and lost employment were established to exceed \$4.2 billion annually in Canada. Costs related to health and well-being alone amount over \$1.5 billion.

Note - The candle represents the Annual Candlelight Vigil Across The Internet

Women is one of the four designated groups of the Employment Equity Act. We are proud to recognize December 6 as a day to remember and take action on violence against women.

This article was copied from the "Status of Women Canada" website by Florence Bambenek - 17 Wing Human Resource Business Managers Office - ext 6715.



Who is Barbara?

My name is Barbara Sigurdson and I am a Registered Nurse working out of Bldg 62 as the Nursing Case Manager. The case management services are confidential and are offered to Wing and in Garrison personnel who are being released for medical reasons, or have been assigned a temporary medical category. The program is designed to assist you to access and coordinate your health care and help you learn about programs and services you are eligible for. The Nursing Case Management Initiative is part of the CF's commitment to providing better health care to its personnel as an integral part of overall health care reform. Please call me at local 4035 if you have any questions.

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Change of Command

AIR COMMAND BAND-CHANGE OF COMMAND CEREMONY HELD OCTOBER 18, 2001. FROM L-R: MAJOR JGP PINEAULT, COLONEL DC MC LENNAN, CAPTAIN WS ATTRIDGE.



Peace on Earth

In every human heart there is a little light,
Like a candle in the window on a cold winter night,
Though the world is dark, our hearts may glow,
To welcome anyone who needs a warm place to go,
This is the feeling that only Christmas brings,
A special kind of happiness made up of many things,
Of heartfelt generosity of warmth, beyond compare,
Of the hope and inspiration that comes when people care.

Warm Wishes for Enjoying the Holiday Season

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Season's Greetings

Christmas and the associated season is traditionally a period of good will, good times during which we formally, and indeed sometimes in formally, express what is often taken for granted, that is, acknowledgement to our past and present clients and associates for their continued support throughout the year and a sincere hope for future happiness.

The year 2001 started with much optimism. Unfortunately September 11 and the terrorist attack on the World Trade Centre in New York changed that drastically, affecting us all. As we reflect back on the past year hopefully we can recover soon and see a brighter tomorrow. "Thank You" to all our past and present clients as well as associates that we have had the privilege to work with over the past year.

Best wishes for a happy holiday season and a new year of peace and happiness. May God bless our many service men and women who are overseas, away from family and friends at this special time of year.

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Holiday Fire Safety Tips

CHRISTMAS FIRE SAFE CAMPAIGN (17 Wing Fire Department)

COOK SAFELY

Cooking fires are very common during the holiday season in Alberta homes.

- Use a temperature-controlled deep fat fryer for frying. If you are using a pot, keep a proper fitting lid nearby. If a grease fire starts, carefully cover the pan with the lid to smother the flames.
- Never leave frying food or cooking oil unattended on a hot stove.
- Keep combustible materials such as paper, cardboard and plastics away from the stove.
- Wear short or tight fitting sleeves when cooking. Loose sleeves can catch fire over the hot stove.
- Don't store things over or behind the stove. People burn themselves reaching over the stove.
- Avoid cooking when sleepy or drowsy from the influence of medication or alcohol.
- Turn pot handles in to prevent children from pulling them down.
- Do not use defective electric appliances; have them checked and serviced.

USING CANDLES.

Candles are a major cause of destructive fires during Christmas.

- Avoid purchasing candles with flammable decorations such as paper spirals or foil.
- Mount candles firmly on metal or glass candleholders and place them in fire-resistant containers large enough to hold any melted wax.
- Never use lit candles to decorate a Christmas tree.
- Keep lit candles away from paper decorations, curtains, clothing and spray from aerosol cans.
- Never leave children or pets alone in a room with lit candles. Snuff candles out when the festivities are over. Never let the candles burn down to the bottom.
- Forbid children and teenagers lighting candles in bedrooms where the open flame can easily start a fire or tempt misuse.

HOME HEATING

Although they bring us comfort and warmth, heating sources in the home can increase risk of fire. Use caution with all heat sources.

SPACE HEATER SAFETY

- Place all space heaters at least 1 metre (3 feet) away from anything that can burn (wallpaper, bedding, clothing).
- Turn off and unplug space heaters when you leave the room or go to sleep.
- Don't leave children or pets unattended with space heaters.
- Check electric space heaters for frayed cords or overheating.
- When unplugging, pull plug and not the cord.
- Use only the recommended fuel for liquid fuelled space heaters. Never use gasoline. Always turn off the heater and let cool before refuelling.
- An unvented heater (non-electric) can produce deadly amounts of carbon monoxide. Ensure fumes are vented out doors.

FIREPLACE SAFETY

- Burn small amounts of wood at frequent intervals.
- Don't burn paper, wrapping paper or pine boughs. This can cause sparks to drift out of your chimney and ignite your roof or a neighbour's house. Also large fires or burning gift wrap can set the creosote in your chimney on fire.
- Have your chimney checked and cleaned by a professional each winter.
- Use a screen in front of the fireplace to keep sparks and embers in.
- Never use gasoline or other flammable liquids to light a fire. The vapours will explode.
- Get rid of ashes in a metal container, and never store them in your home.
- Make sure the fire is out and embers won't re-ignite a fire before going to bed.

SUPERVISE CHILDREN

Boredom, lack of supervision, curiosity and access to matches, lighters or open flames can lead a child to play with fire with dangerous results. Protect your children from fire this holiday season.

- Keep matches and lighters out of sight and reach of children.
- Supervise children at all times when they are in a room with a fireplace, a Christmas tree, lit candles, space heater or other open flame or hot surface.
- Keep smoker's material out of children's reach. Children in homes where smoker's live are more likely to play with fire.

CHRISTMAS TREE SAFETY

A Christmas tree can brighten your house, but make sure it isn't a fire hazard.

- Place the tree away from exits and heat sources.
- Never decorate a tree with burning candles.
- Check tree lights for damaged or loose connections. Discard damaged light sets.
- Replace burnt out bulbs immediately or other bulbs may overheat and become a fire hazard. Replacement bulbs should have the correct wattage/voltage.
- Avoid overloading electric outlets and inspect all extension cords before using.
- Switch the tree lights off at bedtime or when leaving the house. If a tree catches fire, do not try to move it. Use a fire extinguisher, if available, to put out the flames. If not, evacuate the house and call the fire department.

KEEPING LIVE TREES SAFE

The fresher and more moist a tree, the safer it is.

- Select a tree with needles that do not pull easily from the branches or break when gently bent.
- Clean the tree stand with a mixture of one cup of water and a capful of bleach.
- Re-cut the trunk diagonally one or two inches above the old cut and immediately place in water.
- Always keep the water level in the tree stand above the cut line.
- Remove the tree as soon as possible after the holidays.
- Never burn a tree in a fireplace or wood stove.

KEEPING METALLIC TREES SAFE

- Never use electric lights on metallic trees. Use spotlights to illuminate the trees from a safe distance.

TEST YOUR SMOKE ALARMS

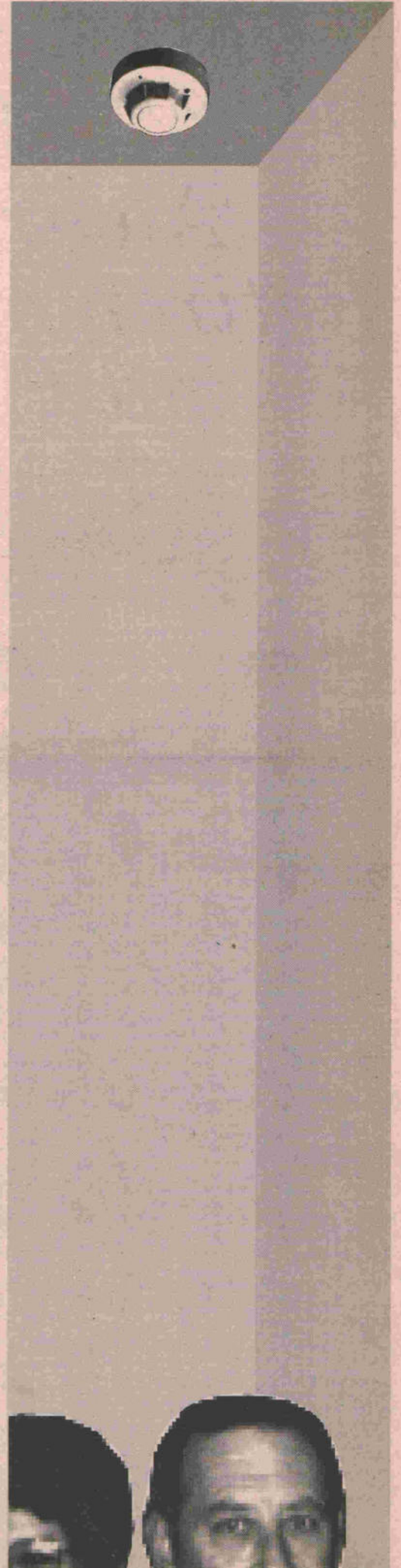
- A working smoke alarm provides early warning of smoke and fire danger. To ensure it is in working condition, test your smoke alarm by drifting smoke from a snuffed-out candle. The alarm should sound within 20 seconds. Fan away the smoke to silence the alarm.
- Clean your smoke alarm by gently vacuuming the inside. Also wipe the inside of the cover with a damp cloth.
- Replace non-working smoke alarms or dead batteries immediately.
- Never remove the batteries from smoke alarms for other uses or to silence them.
- Give the gift of life — wrap up a smoke alarm this Christmas!

PLAN YOUR ESCAPE

- Plan and practice a fire escape. Plan two ways out of every room.

BE CAREFUL WHEN SMOKING

- Never smoke in bed or when drowsy from medication or alcohol.
- After a party check for fallen cigarette butts, especially sofas and behind cushions. A fallen cigarette butt can smoulder for hours and start a deadly fire on upholstered furniture. Keep matches and lighters away from children.
- Let cigarette butts and ashes cool in a covered metal container or flush down the toilet. Do not dispose in the trash can with other combustibles.



Lost Boy given badge

BY 2 LT FAUBERT

Actor-playwright R.H. Thomson was presented with an authentic Fort Garry Horse cap badge November 20th from the Fort Garry Horse Museum and Archives to wear while playing his great-uncle in the play, *The Lost Boys*.

Thomson is the playwright and star of *The Lost Boys*, which ran until November 24th at the Manitoba Theatre Centre Warehouse. *The Lost Boys* retraces the steps of five of Thomson's great-uncles during the Great War.

Gordon Crossley, Director of The Fort Garry Horse Museum and Archives and Regimental Sargent-Major of the Fort Garry was originally consulted by the MTC properties department to lend his expertise on various props for the play.

It was while watching the play that Crossley realized that one of the five brothers, Captain Joseph B. Stratford was a member of the Fort Garry Horse and a winner of the Military Cross for bravery.

"I thought it was significant that a member of the unit was in this particular play. We wanted to help (Thomson) portray the unit when he was in Joe's character and I thought to give him an official cap badge," Crossley explained. "He is doing a great job for our collective memory and shows our ancestry through his uncles' letters. Other families have similar letters and those stories need to be told as well."

Playing each of the five brothers, Thomson acts out each distinct personality and uses different props to represent each character. While playing his great-uncle Joe, he wears a forge cap and until the presentation it had a generic cap badge.

Among other items, Crossley sent extracts from the regimental handbook, a bayonet from the period and maps outlining the bat-



RH THOMSON PROUDLY SHOWS OFF AN AUTHENTIC FORT GARRY HORSE CAP BADGE WHICH WAS PRESENTED TO HIM NOVEMBER 20TH, 2001

tlefield that Thomson's uncle Joe saw action in during his final days. He also invited Thomson to visit the museum which Thomson said he had planned to do in his quest for more information on Calvary training.

Thomson's great-aunt was the family member that lovingly saved over 700 letters from her five brothers. When asked why she not only kept them but

re-typed them, Thomson remarked that she had lost four of her five brothers to the war and it was one way to keep their memories.

Thomson said he knew about these letters as child and had been thinking about doing something with them for years before he took on the task of penning the play and premiering it at the Grand Theatre company in 1998.

Anyone requesting information, or wishing to donate or loan artifacts should contact the Museum committee. The Museum is normally open Monday evenings from 20:00 to 22:30. Appointments can be arranged for other times by calling 204-586-6298 and leaving a message.

Warmest Holiday Greetings



To all our patrons at 17 Wing Winnipeg from the staff at Baldwinson Agencies
Looking forward to serving you throughout 2002

BALDWINSON AGENCIES LTD.

Building 90 (Rec Centre) on Whytewold Road | Open Monday to Friday 8:30am to 5:00pm | TELEPHONE 889 2204



SEATED FRONT ROW, LEFT TO RIGHT: LCOL LARRY CAUX, COMDT, 3CFFTS, HON COL HAL WISHART, HON COL 3CFFTS, BGEN D.L. LUCAS, A4 1 CAD, MAJ BILL CANHAM, CHIEF MULTI-ENGINE INSTRUCTOR. STANDING, BACK ROW, LEFT TO RIGHT: CAPT GREGORY BOYD, CAPT JEFF JACKSON, CAPT DOUG PUBLICOVER, CAPT STEVEN MACDONALD AND CAPT CORRY LIDDLE.

Off and Flying

BY CAPTAIN DAVE FOUTS, UIO, 3CFFTS SOUTHPORT

On 26 October 2001, four students from the Advanced Flying Training - Multi-engine course received their Canadian Forces pilot wings from BGen D.L. Lucas, A4 1 Canadian Air Division. The occasion was marked with a Wings Presentation Ceremony and formal dinner in the Combined Mess of 3 Canadian Forces Flying Training School at Southport, where families and friends gathered to celebrate.

The graduates of course 0103 are as follows (standing, back row, left to right): Capt Gregory Boyd is posted to 413 Sqn in Greenwood NS to fly the Aurora aircraft, Capt Jeff Jackson is posted to 436 Sqn in Trenton ON to fly the Hercules aircraft, Capt Doug Publicover is posted to 405 Sqn in Greenwood NS to fly the Aurora aircraft, and Capt Steven Macdonald is posted to 415 Sqn in Greenwood NS to fly the Aurora aircraft, and Capt Corry Liddle is posted to 435 Sqn in Winnipeg MB to fly the Hercules aircraft.

(Seated front row, left to right): LCol Larry Caux, Comdt, 3CFFTS, Hon Col Hal Wishart, Hon Col 3CFFTS, BGen D.L. Lucas, A4 1 CAD, Maj Bill Canham, Chief Multi-engine Instructor.

Of interest, HCol Wishart presented the Wishart Trophy for top student to Capt Corry Liddle. The Reviewing Officer presented two CDs to staff members of 3 CFFTS: one to Capt Pete Fedak and the other to Capt Bob Evans.

Congratulations to all the Wings Graduates of Course 0103 from the staff of 3CFFTS, Southport.

Financial Tips from SISIP

By Janet Scotland, Financial Counsellor SISIP Financial Services, Comox, BC

MANAGING HOLIDAY SPENDING

Not everyone celebrates Christmas or indulges in serious gift giving, but most Canadians enjoy time off work and spending extra time with family. The kids are out of school for two weeks, so it's an excellent time to travel to visit relatives or take a family vacation. No matter if you're celebrating a religious holiday or just enjoying a break from work, these tips should help you get through with your budget somewhat intact!

SAVE YEAR ROUND

Of course, the most practical tip is to save year round for annual expenses such as Christmas gift giving and annual vacations. Most financial institutions have automatic transfer programs where you can have a fixed amount per pay period set aside in a special savings account. That way, you're not tempted to 'forget' to transfer the money yourself.

First, take a look at your monthly budget and see how much you can realistically afford to set aside each month. Next, make a list of the holiday expenses you'd like to spend and add them up. Take the total and divide it by twelve. Compare that amount with the amount you determined you could afford from your monthly household budget. Can you afford to set aside that much? If not, go over the list and prioritize the items, cut back on the individual amounts you'd like to spend, or remove items you can do without. It's not too late to start now -

anything you save between now and Christmas will help.

CUT EXPENSES AND KEEP THE FUN

On the other hand - it may be too late for most of us! Suddenly we realize we don't have a thing saved for gift giving, traveling, or indulging ourselves in feasting and merriment, and our budget is so tight, we can't imagine how we'll come up with the funds. That's when it's time for hard decisions. You may have to reduce the number of gifts you buy, decide to sell any unused items you have around the house, opt to make gifts, cancel plans to travel or scale down entertainment plans. Be creative. Some families have a 'lottery' type gift giving system, where each family member buys for one family member only. Rather than buying several small gifts for everyone, you can spend less by shopping for a more expensive gift for that one person. How about giving a mechanically impaired relative free oil changes for a year, or give free babysitting one night a month for a year for the new parents on your list. Why not organize a pot-luck open house rather than footing the bill yourself? Progressive parties were all the rage in some neighbourhoods last year - kind of pot-luck in reverse! Each household makes a dish, and the neighbours move from house to house every hour, tasting a different gastronomic delight at each home.

RESIST USING CREDIT CARDS

Above all, resist the temptation to use credit cards. Credit cards lead to over-

spending, and impulse shopping. Most people do not know the exact balance owing on their credit card - they just keep charging until they reach their credit limit. Save your credit cards for genuine emergencies, and find less expensive ways to celebrate the holidays. Most relatives and true friends would feel extremely uncomfortable accepting a gift from you if they knew it put you into financial difficulty. And if you talk to them openly about it, you may be surprised to find their budget is as tight as your own. They may actually be relieved that someone has finally decided to pull the plug on Christmas overspending. After all, the important thing about the holidays is not who can spend the most money, but spending time with family and friends, enjoying each other's company, and celebrating your seasonal religious beliefs.

A FINANCIAL COUNSELLOR IS THERE TO HELP YOU

If you need help setting up a household budget to start saving now, call your local SISIP Financial Counsellor. You don't need to be experiencing financial difficulties to access our services. If you'd just like one meeting to get yourself on track; if you'd like to meet with a Counsellor on a monthly basis to set a budget and stick to it; or you're at your wit's end and don't know how to get yourself out of severe financial problems, call us. We'll discuss thoroughly your financial situation and give you free and confidential guidance.



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Crestview Veterinary Hospital
Dr. Ab Hague 3025 Ness Avenue
Dr. Lorraine Walker Winnipeg, MB R2Y 2G3

SPORTS

New Squash Club Up and Running

BY KAREN POETKER

With winter now upon us, perhaps it is time for people looking for a sport to play to move indoors. A new squash club started up at 17 Wing in late October, with Maj Doug Chess as the Club's President.

"We've drawn up a constitution now, and had our first official club meeting in mid-October," said Maj Chess.

While Maj Chess admits there was a fairly low turnout for the first meeting, the club currently stands at about 30 members, with a lot of matches being played during the lunch hour.

"When I first posted the games, I wasn't really anticipating people showing up to play immediately, but the very next day, people were lined up, waiting to play," said Maj Chess.

The games operate in a box league fashion, with members divided up and placed into skill categories with players of similar skill levels. Match results determine how people move up and down within the league.

"The skill levels vary," said Maj Chess. "We have members that were volunteered to play by their significant others. On the other hand, we also have players like Capt Melissa Reyes, who has been the top female CF player in past years, and continues to be a top ranked player."

Maj Chess acknowledges that there is a problem running a woman's division in the club, as there are few women committed to playing. Presently, the club is being run as a mixed club, with players like Capt Melissa Reyes competing against players of a similar skill level.

"I've played with Capt Reyes before, and her skill level is such that she can handle herself on the court," said Maj Chess.



Photo by Mark Remoquillo

It is hard, however, to draw a comparison level amongst players because the club has been unorganized for such a long period.

"The prior lack of formality is another reason we want to be officially recognized so that we can get ranked and determine who is A level or B level," said Maj Chess.

Another goal of the newly organized club is to become a member of the Squash Manitoba city league, so that they can hold tournaments and perhaps training sessions as well.

"Until we are recognized as a provincial or national club, a membership doesn't get you recognized in other clubs," explained Maj Chess.

"We could send anyone we want down to Squash Manitoba to compete, but they wouldn't be affiliated with 17 Wing, and

they wouldn't necessarily compete at the rank level they should. It's a very tedious way to crawl your way to the top," said Maj Chess.

The facilities for the club haven't changed much since they were built in the early '90s. While they are located in the newer part of the gym, the courts haven't really been updated, but continue to be maintained.

They are, according to Maj Chess, probably in better condition than a lot of courts in the downtown area.

"In fact, Squash Manitoba uses the facility once a month on average to host their junior clinics," said Maj Chess.

The courts have been used in a variety of ways in the past, like when the facility was shut down to house beds for athletes during the '99 Pan Am Games.

One of the courts also temporarily accommodated cardio-machines, an action whose effects can still be seen through the stains on the wooden floor.

In addition to court maintenance, protection of the players is also important to the club. It has mandatory regulations to abide by, like the World Squash Federation rules and local bylaws.

Maj Doug Chess says that there is a lot of interest in the club, especially now that it is becoming more organized and less sporadic. The club also hopes to gain a budget early in the New Year, to maximize operational potential.

For anyone interested in the club, membership is open. Simply contact Maj Doug Chess or MCpl Mike Wendehorst, the club's Secretary Treasurer for more information, or visit the club's DIN website.

2PPCLI Private Leads Hockey Team

BY CAPT DEANNA MANSON, 1 CAD HQ

In the next of our series of player profiles for the 17 Wing Women's Hockey Team we turn to the Army side of the house: introducing Private Lizette Leblanc, one of four players from the 2nd Battalion, Princess Patricia's Canadian Light Infantry at Kapyong Barracks. The team is very excited to have 2PPCLI back home this year as they were missed last season when they were away on Operation Palladium in Bosnia.

An energetic and up-beat addition to our team, Private Leblanc is a leader in the dressing room as well as on the ice. As an Infantry Soldier (MOC 031) she is also in incredible shape. Let's just say that she doesn't get knocked to the ice very often in a game. It is also notable that she has expanded her participation in women's hockey this season by playing not only with the 17 Wing team in Intersection and the Canlan Icesports Women's Hockey Leagues, but she also plays on a 'B' level team in the Winnipeg Senior Women's Hockey League.

Private Leblanc is originally from Moncton, New Brunswick and has only been playing hockey for two years. She started playing in her final year at Matthew Martin Highschool, and took it up again during the summer of 2000 prior to her deployment to Bosnia. Private Leblanc has been a member of the CF since July 1999 and joined 2VP (C Company, 9 Platoon) in March 2000. She has represented 17 Wing on other fronts including the Women's Base Soccer and Volleyball Teams. Welcome to the Sticks Lizette!



17 WING SHOTOKAN KARATE CLUB IS PLEASED TO ANNOUNCE THE RECENT SUCCESS OF CLUB MEMBERS WHO TESTED FOR THEIR BLACK BELT. FROM LEFT TO RIGHT, JOEY INGRILLI 2ND DAN, NIGEL RUSSELL 1ST DAN, 17 WING SENSEI WALTER CROCKFORD, ALICIA INGRILLI 1ST DAN, TARA WETZEL 1ST DAN, AND NATASHA WETZEL 1ST DAN. NOT PRESENT WAS MIRANDA FORREST 1ST DAN.

17 Wing Winnipeg Hockey Stats - End of Round 1, Nov 1 - 23

	GP	W	L	T	GF	GA	PTS	PIM	+/-	SUSP
A Division										
435 SQN 'A'	5	4	1	0	11	16	8	2	-5	0
402 SQN GLADIATORS	5	3	2	0	25	21	6	8	4	0
2PPCLI	4	2	1	1	25	6	5	14	19	0
2VP JR RANKS MESS	5	1	3	1	13	17	3	0	-4	0
2VP WO'S & SARGEANTS MESS	5	1	4	0	20	34	2	4	-14	0
B Division										
WING CE (BEAVERS)	7	5	0	2	36	23	12	14	13	0
W SUPPLY/HAMS	7	3	2	2	35	27	8	42	8	0
WSAMP	6	4	2	0	23	17	8	54	6	4
1 CAD 'GERIATRICS'	6	3	3	0	16	21	6	16	-5	0
CFANS	5	2	3	0	13	7	4	12	6	0
435 SQN 'B'	7	0	7	0	8	36	0	36	-28	0
C Division										
402 HOUNDS	6	6	0	0	40	18	12	34	22	0
1 AMJ	6	5	1	0	31	14	10	43	17	0
WEME	6	4	2	0	38	22	8	32	16	0
GEORGE'S FAT BOYS	7	2	5	0	30	30	4	16	0	0
AIR COMMAND BAND	6	1	5	0	12	49	2	6	-37	0
DIXIE STICKS	5	0	5	0	13	31	0	8	18	0

MILITARY FAMILY RESOURCE CENTRE

TELEPHONE
489 7003

Season's Greetings

Le Centre de ressources des familles militaires (CRFM) de Winnipeg fait partie de votre communauté. Notre but est d'offrir des services aux familles des militaires de tous âges. Notre CRFM est l'un des 44 Centres qui constituent le Programme des services aux familles des militaires (PSFM). L'objectif du PSFM est de favoriser la santé et le bien-être des familles des membres des FC, de fournir les informations et les recommandations nécessaires, d'aider à prévenir l'effondrement des personnes, des familles et de la communauté, d'atténuer le stress lié au mode de vie, d'accroître les habiletés d'adaptation et d'aider les personnes et les familles en détresse.

The Winnipeg Military Family Resource Centre (MFRC) is a part of your community. Our goal is to provide services to families of military members of all ages. Our MFRC is one of 44 Centres forming the Military Family Services Program (MFSP). The aim of the MFSP is to promote health and well-being, provide needed information and referral, assist in the prevention of individual, family and community breakdown, buffer lifestyle stresses, enhance coping skills, and aid individuals and families in distress.

During these stressful times, we want all CF families and the general public to know that we offer a wide range of Deployment Support Services in partnership with the CF and the National Mission Information Line (1-800-866-4546). For further information on our services, please contact us at 489-7003.

Durant cette période stressante, nous voulons informer toutes les familles des militaires et le public que nous offrons une large gamme de Services aux déploiements en partenariat avec les FC et la Ligne d'information sur les missions (1-800-866-4546). Pour obtenir de plus amples renseignements sur nos services, veuillez communiquer avec nous au 489-7003.

Military Family National Advisory Board

The MFNAB provides advice to the Assistant Deputy Member (Human Resources-Military) (ADM HR-Mil) on issues relating to the quality of life of families of Canadian Forces (CF) members. Its role is two-fold: As a policy board MFNAB members review, comment and provide input on a wide range of policies that impact on CF families and their Quality of Life. It is also the responsibility of civilian board members to bring to the attention of senior CF decision-makers issues and concerns of CF families. Spouses of CF members, representing the geographic, linguistic, rank and lifestyles, are joined by CF members to advise, advocate, monitor and promote the military family within DND.

The spouse positions on the MFNAB are open to all spouses or partners of currently serving military members. The term of the position is for a period of three years. The volunteer must be able to attend national MFNAB meetings in Ottawa every 4 months, attendance at regular regional meetings as well as an average of 4 hours/week working on regional family issues. This is a Volunteer position.

If you are interested in any information on the Military Family National Advisory Board, please contact the MFRC at 489-7003 to obtain an application form for consideration for the MFNAB regional representative for the Prairie Region.

Volunteers enhance the capability of the MFRC to provide timely, effective, economical programs and services to the CF community. Where can volunteers make a difference:

OUTREACH PROGRAM

newcomer program, resource library

SPECIAL EVENTS PLANNING

women's conference, Christmas concert, family funday, registration fair, fundraising

YOUTH PROGRAM

after school club, summer/spring camps, movie nights, dances, craft workshops, and special events

CHILDREN'S PROGRAMS

pre-school activities, childcare, toy lending library

ADMINISTRATIVE SUPPORT

receptionist, clerical work

BOARD OF DIRECTORS

advisory committee, ad hoc working committees

COUNSELLING

warm line

In addition to providing skill development and personal growth opportunities, the MFRC Volunteer Program ensures that community members have a wide choice of areas where their strengths and interests can make a valuable contribution toward a stronger community.

The invisible ribbon supports Canadian military families who wear the invisible uniform

Started by military family members in Winnipeg, the Invisible Ribbon Campaign was introduced to symbolize the "invisible uniform" we wear as partners, spouses, children and parents of Canadian Forces members. Wearing a ribbon shows members of the military and their families that you value their contribution to our country and the world.

For more information you may contact the Winnipeg Military Family Resource Centre at 489-7003.

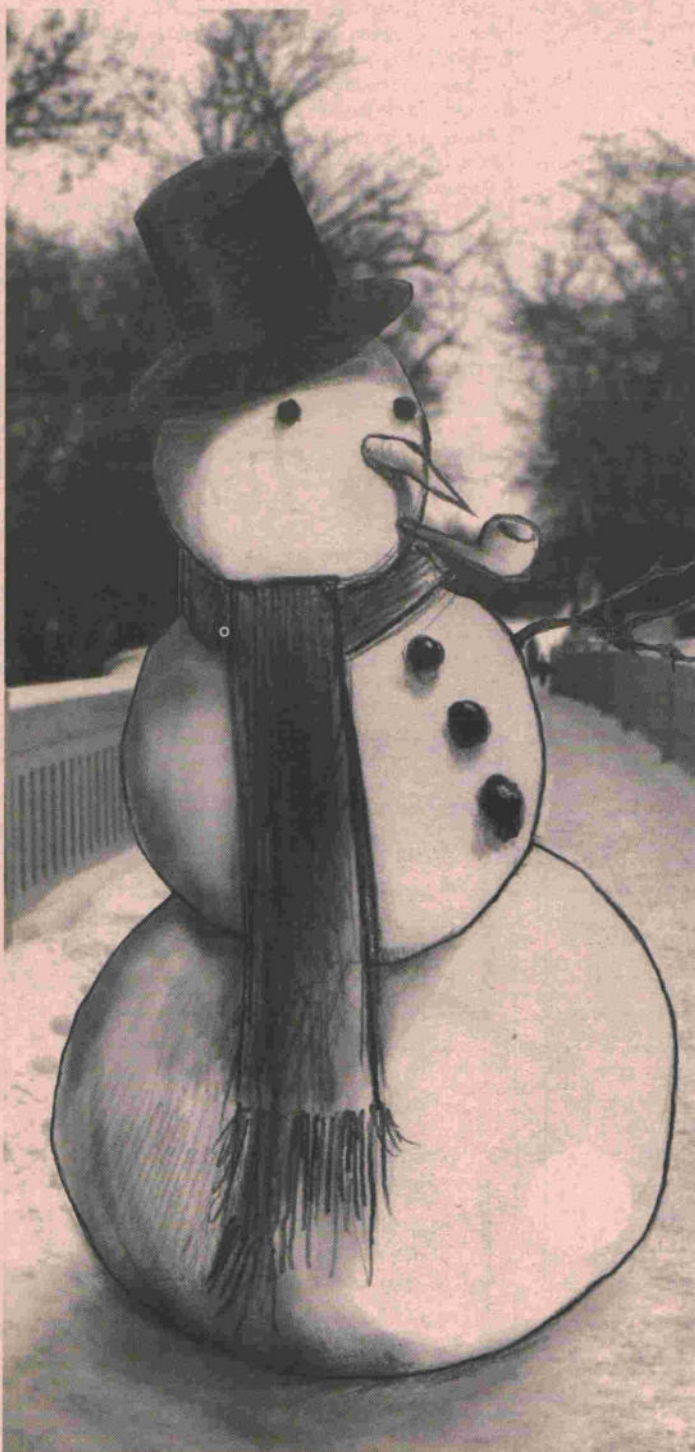
MFRC annual volunteer appreciation

On 2 December, Staff and Volunteers of the MFRC celebrated the many contributions Volunteers have given to the programs and services of the Military Family Resource Centre and our military community.

In total to date for the year 2001, MFRC Volunteers have contributed 1903 hours.

The Volunteer of the Year award was presented to Isabelle Morel who alone contributed 238 hours this year.

Thank you to all of our valued volunteers!



WHAT'S HAPPENING

Christmas Holiday Schedule Bldg 90 Fitness & Rec Centre

DATE	HOURS	POOL CASUAL SWIM
Fri, 21 Dec	0600-2000	1800-2000
Sat, 22 Dec	0900-1800	1300-1600
Sun, 23 Dec	0900-1800	1300-1600
Mon, 24 Dec	0600-1600	1300-1600
Tue, 25 Dec	CLOSED, MERRY CHRISTMAS	
Wed, 26 Dec	0600-1800	1800-2000
Thu, 27 Dec	0600-2200	1300-1600
Fri, 28 Dec	0600-2200	1300-1600
Sat, 29 Dec	0900-1800	1300-1600
Sun, 30 Dec	0900-1800	1800-2000
Mon, 31 Dec	0600-1800	1300-1600
Tue, 01 Jan	CLOSED, HAPPY NEW YEAR	
Wed, 02 Jan	0600-2200	1300-1600
Thu, 03 Jan	0600-2200	1300-1600
Fri, 04 Jan	0600-2200	1800-2000
Sat, 05 Jan	0900-1800	1300-1600
Sun, 06 Jan	0900-1800	1300-1600
Mon, 07 Jan	NORMAL ROUTINE	

Christmas Holiday Schedule Lipsett Hall Gymnasium

DATE	HOURS	POOL CASUAL SWIM
Fri, 21 Dec	1700-2200	Closed
Sat, 22 Dec	0900-1800	1300-1500
Sun, 23 Dec	0900-1800	1300-1500
Mon, 24 Dec	0700-1600	1300-1500
Tue, 25 Dec	CLOSED, MERRY CHRISTMAS	
Wed, 26 Dec	0900-1800	Closed
Thu, 27 Dec	0700-2200	Closed
Fri, 28 Dec	0700-2200	Closed
Sat, 29 Dec	0900-1800	1300-1500
Sun, 30 Dec	0900-1800	1300-1500
Mon, 31 Dec	0900-1800	1300-1500
Tue, 01 Jan	CLOSED, HAPPY NEW YEAR	
Wed, 02 Jan	0700-2200	1300-1500
Thu, 03 Jan	0700-2200	1300-1500/1800-2030
Fri, 04 Jan	0700-2200	1300-1500
Sat, 05 Jan	NORMAL ROUTINE	

Advent and Christmas services Roman Catholic and Protestant

Throughout this holy time of year services will be held in the Wing Community Chapel, 2235 Silver Avenue (Bldg 94, off Whitewold), as follows:

Roman Catholic (In English)

Saturdays	15, 22, 29 Dec 01	1630 hrs
Sundays	16, 23, 30 Dec 01	1130 hrs
Mondays	17 Dec 01	1900 hrs
Wednesdays	12, 19 Dec 01	1900 hrs
Fridays	14, 21 Dec 01	1900 hrs
Christmas Eve	24 Dec 01 (Monday)	1900 hrs Children's Mass 2300 hrs Eucharist
New Year's Day	1 Jan 02 (Tuesday)	1130 hrs

En français

Le jour de Noël	25 dec 01 (mardi)	10h30
Le jour de l'an	1 Jan 02 (mardi)	10h00

Protestant (In english)

Sundays	16, 23, 30 Dec 01	0930 hrs
Christmas Eve	24 Dec 01 (Monday)	1700 hrs Family Service 2100 hrs Holy Eucharist

Ceramic Club will be closed over the holidays and will reopen on the 7th of Jan 02; members with key access still have sign out privileges.
On 4 Jan 02 from 10am to 3pm there will be a youth class, call Michelle at 2490 to register, you must be over 11 years old. Class fee is \$10.00 and you need to bring a lunch.
Wishing everyone a safe and happy holiday.
Merry Christmas and a Happy New Year.

17 WING CERAMIC CLUB

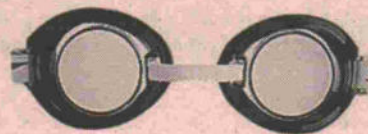
BLDG 33 COMMUNITY CENTRE • PHONE 833 2500 EXT 2996
SUNDAY - WEDNESDAY, 6PM - 10PM. OFFICE CLOSES AT 8:00PM

17 Wing Shotokan Karate Club

CLUB HOURS AND LOCATION

Monday	1830 -2000 hr	Lipsett Hall south side gym
Wednesday	1830-2000 hr	Building 90 multi-purpose room
Saturday	1000-1200 hr	Building 90 gym

Club rates for rec card holders strat at \$20/month for children 17yrs and younger and \$25/month for adults, up to a maximum of \$50/month for a family.



Swim Registration

SATURDAY, JANUARY 12, 2002
0900-1200 hr at Lipsett Hall & Bldg 90
2002 session is from January 12 to March 23

CLASS AVAILABILITY
Saturday at Lipsett Hall
Tuesday, Wednesday, Thursday and Saturday at Bldg 90
Sunday evenings for advanced classes

Together in Church



Secretary
Carol Cochrane
Office 833-2500 ext. 5087

Sunday Services
0930 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 Ladies' Guild
The Guild meets the first Monday of the month at 1900 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 the WOPs Duty Centre, 833-2700, or the 2 PPCLI Duty Centre, 833-2727.

OTHER PHONE NUMBERS
For your convenience, a phone number has been set up to provide callers with information on service times and contact with the Chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts.

CATHOLIC

Chaplains
Father Guy Chapdelaine
Office 833-2500 ext. 5272

Secretary
Carol Cochrane
Office 833-2500 ext. 5087

Masses
Sat (English only) 1630 hrs
Sun
English language 1130 hrs
French language 1600 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 by appointment. Contact the chaplain's office.

Baptisms
We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

Weddings - Marriages
Contact the chaplain at least six months in advance. A Marriage-Preparation Course is a requirement.

Catholic Women's League
Meets the second Tue of the month at 1900 hrs, in the Chapel Annex.

PROTESTANT

Chaplains
Padre Doug Ohs
(Anglican Church of Canada)
Office 833-2500 ext. 5417

Padre Lenora Grauer
(Evangelical Lutheran)
Office-833-2500 ext 5349

Padre Brad Busch
(Evangelical Lutheran)
Office 833-2500 ext 6022

COMMUNITY RECREATION

YOUTH DROP-IN

A youth drop-in program is available to ages 9-15 at Lipsett Hall on Saturdays from 3-6 pm. A schedule of games including soccer, volleyball, basketball, ultimate, floor hockey plus special guests will be available. The program cost is free for recreation members, bring a friend for \$2.00.

CASUAL SWIM HOURS

Bldg. 90	
Monday	6-8 pm
Wednesday	7-9 pm
Friday	6-8 pm
Saturday/Sunday	1-4 pm

Lipsett Hall	
Tuesday/Thursday	6:30-8:30 pm
Saturday/Sunday	1-3 pm

As the season approaches and we are busy with holiday activities, take time to remember past holiday memories, things you have done as a child and the holiday activities you did and share them with your children. These are the memories that make holidays special. Even write or tape a few, this would make a great gift, especially those how may not be here for Christmas.

Have a safe and happy holiday.

17 WING RECREATIONAL LIBRARY

sun 12-3pm | mon 4-9pm
tue 9-12pm & 4-9pm
wed 4-9pm | thu 4-9pm

Please register at the preferred pool for reasons.

CLASSIFIEDS

FOR SALE

TUNDRA TRUCK CAP with side slides tinted, windows and open front with locking back windows and fits 6 ft. \$350 obo. Swing set 20 wings, slide and season \$30 obo. Manual included. TURTLE SAND BOX with top \$20 obo. BIKE TRAILER. Holds 2 Children facing opposite ways. \$75.

PLAYSTATION w/ 2 controllers and 29 games. \$350 obo. 453-5870

COMPUTER Intel 166mx, 6 GIG Hard Drive. 32 Megs RAM. CD ROM. 15" Monitor. 2 Speakers & Microsoft Mouse. \$300. Please call after. 5:00pm at 338-4117.

GE Stove, 6 Years old in good condition, few scratches and dent. Minor things. Asking price \$225 or best offer. Arg0 Super Tracks, 18 inches, wide with Ice Cleats. 60 Hours of use. Bought new in 99. Asking \$1500 obo. Call local 5068.

QUIDOZ Upright Piano, \$300 obo and TEK Athletic BIG STEP Exercise Equipment, \$25 Call Sylvain or Linda at 487-1647.

Bench Press, flat, inc, Preacher curl and Dips Olympic bar, Z Bar \$300.

Work Bench with over 20 different exercise with all the equipment with all the equipment Paid \$900 or \$500. Riffles 303 british 100.00 3030. \$150, Phone 489 3940.

1 MENS AIRFORCE MESS KIT. Size 44 Jacket. 34/36. Waist. Phone Bob 885 7345.

1993 FORD TAURUS. Transmission. Still in crate. \$600 obo. Please phone 832 2464.

Lg. RODENT CAGE 3'x2'x4', \$60. 3 tiered rodent cage, \$30. 2 tiered rodent cage, \$20. New couch, cream colour, damask pattern, asking \$325 obo. Call 832-3271.

1 FOX FUR Jacket size 10, seldom worn, new \$2000. Asking \$500 obo.

Poll Table with accessories needs work, \$75 obo. Gas BBQ 30,000 btu's, \$50 obo. Smoker never used! Great jerky! \$25 obo. We are open to all offers on items. Call Perry @ 895-1919 after 4 leave message.

1990 FORD CROWN VICTORIA. Air, Cruise, Tilt, Power Windows, Power Locks. Needs 4 new tires. \$2500 obo. 889-7170 evenings.

Late model KENMORE stove, 3yrs old, excellent shape. New \$600. Asking \$400 obo. Call Dan 833-2500 local 5323 or 275-5174.

SUPER NINTENDO w/ 2 controllers, case and all games for \$115 or \$10 per game. Choose from Home Alone 2, Power Rangers, Wrestlemania, Side Kicks Soccer, Star Fox, Super Mario World, Super Soccer, Monday Night Football, NFL QB Club 96, Hit the Ice, NHLPA Hockey 93, Ken Griffey Baseball, NBA Jam Tournament Edition. Call Linda at 897-3747 after 1630 hrs.

CHILD'S LOFT BED, solid pine, clear laquered. Comes with ladder and safety rail. Only a couple of years old. Ideal for child aged 4-12. Like new, well cared for. Mattress not included. Feel free to view bed already set up until 17 Nov 01. \$200 firm. Call 889-5945 for viewing.

CHILDREN'S LITTLE TIKES Art Easel \$25 & Fisher Price Figure Eight Race Track with cars \$25 both like new. Call 488-0501

N64 GAMES: Legend of Zelda: Majora's Mask, \$40. LOZ: Ocarina of Time, \$20. Golden Eye 007, \$15. Pokemon Stadium, \$30. PH: Linda 897-3747 after 1630 hrs.

Fancy 3 story HAMSTER CAGE, \$45.00 includes a Free Cute Teddy Bear Hamster. PH: 885-7560. Kenwood portable CD Player, 10 sec anti-shock, AC adapter, Car Kit, like new \$50.00 firm. PH 885-7560. UPRIGHT PIANO, Ennis & Co., Cabinet Grand, Very good condition. Great for beginner \$500

obo. PH 885-7560
PIANO. Handok Upright with bench. Excellent condition, like new. Asking \$4000. Call 487-1372.

NINTENDO 64 with 2 controllers. Asking \$90. Call 831-9658 after 1600.

1997 Neon sport, 5 spd, black ext, gre int, air, AM/FM CD, alarm. Excellent Condition, must sell, 339-6725.

6' x 4'5" Truck bed-liner "over the rail" for '98 Toyota Tacoma X-Cab. \$300. Single futn w/ frame and back rest. \$150/obo. 2 brown cushioned rocking chairs \$45 a piece. VCR & single CD player - needs some work \$60 a piece. Glass top breakfast table. \$25/obo. Call 885-7712 after 4pm.

Technics EX 10 organ with bench seat and manuals; upper and lower key boards. \$900/obo. Call 453-5870.

Contemporary sofa. Winter white with visible stitched pattern, washable throw pillows. Excellent condition, originally purchased from the Bay. Asking \$425. Phone 832-3271.

Queen size headboard w/ 2 night table, dresser w/ mirror and 4 drawers. \$300. Ph 832-1755

1994 Ford Explorer XLT. Loaded, leather, drive train warranty, new brakes, premium sound cassette and power seats. 135, 000 km. New safety in June. Call Richard at 832-2823.

1979 Bellevue tent trailer. 10 ft, good condition, sleeps 6. Canvas needs work. \$800. Ph 487-3287

Billiard table 4x8, with accessories, good shape \$200. Call Wayne 294-5925

Exercise Eqpt; rowin machine \$50. Hab curler and mat \$30. Hab Roller with video \$80. Vinyl weights and bars, 45 lbs. \$25. Call Wayne 294-5925

MINT GREEN, OLAFIN COUCH. Cleaned and scotch guarded. 5 yrs old. Asking \$350. Call 885-1720.

3 SEALED DOUBLE-GLAZED windows 3'x5' - \$5 ea. Phone 832-4074 in Charleswood.

1997 DODGE SE, 5 pass, 277K, incl 4 snow tires on rims, asking \$2200. 832-2695

1985 CAMARO - 185K, \$3200.00 OBO, new safety, new tires and rims, SONY 40 disc CD, runs well, some rust. 888-7368 or Ext 5411

1996 HARLEY SPORTSTER, mint condition, many extras. \$9000 OBO. Call 896-5413.

COMPOUND BOW; Golden eagle, new graphite limbs, 291/2, plastic case, stabilizer, quiver, 2 sets of sights, some arrows, 3 broadheads and a release. \$200 for all. INSULATED CAMOFLOUGE COVER-ALLS: SIZE 40-42, just like new. \$40. Call Rick at 831-0176 after 4:00pm.

DAY CARE PROVIDER- mother of two pre-school boys will provide daycare for children aged from 2 - 5. Non-smoking home, St. John Ambulance level C, CPR and Choking, 5 minutes from 17 Wing north. Snacks, lunches and receipts provided. Please call 897-3195.

WANTED

COMPUTER DESK wanted. Preferably wooden. Call Misra at 6976 or 889 3963.

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TAROSCOPES

By Nancy. For appointments call 775-8368

ARIES (March 21 - April 19): Unexpected expenses coming. A time to exercise patience and forethought. You could get talked into a deal that looks good but the long-term commitment benefits another more than you. Mysterious surprises delight.

TAURUS (April 20 - May 20): Grasp a sudden, new opportunity. It may require a willingness to learn but this won't be difficult as the subject interests you greatly. Take risks, show confidence and believe in yourself.

GEMINI (May 21 - June 21): You'll find peace, love, contentment and the healing this brings by being realistic. Concentrate on making things manageable. Sort out what's workable and what needs to be dropped or delegated.

CANCER (June 22 - July 22): Very reassuring period. Make New Year's resolutions early. Equilibrium restored at home but the ideal of comfort and joy requires work. You can turn things around by instigating positive changes.

LEO (July 23 - August 22): Illness, heartache or homesickness can be avoided by removing your rose colored glasses. Clear away wishes and dreams of what could or should have been and face facts. At a crossroads be honest with yourself as you make decisions.

VIRGO (August 23 - September 22): If you want things completed to your own satisfaction you'll have to do them yourself. Get preparations finished early, as surprise events will crop up over the next two weeks. Good news arrives just before Christmas

LIBRA (September 23 - October 23): Patience and tempering emotional responses are required when dealing with lengthy explanations and instructions. Don't burn any bridges. Know your strong points so you can effectively promote yourself. Volunteer.

SCORPIO (October 24 - November 21): Lots of late night parties. Have a good time but use caution in the company you keep. Those who live in the past or the future are usually dissatisfied with their lives. It's the present that counts.

SAGITARIUS (November 22 - December 21): Good luck is often a reflection of hard work, dedication and discipline. Try to understand underlying anger issues that may have made you erect barriers to protect yourself. Accept gifts.

CAPRICORN (December 22 - January 19): Feeling alone in the crowds. Your life is fuller and richer than you realize. Relying on others to fulfill your emotional needs all the time will keep you on an emotional roller coaster. Respect is more important than possessions.

AQUARIUS (January 20 - February 18): Feeling judged, you may be inclined to embellish because your life is not as obviously rewarding as you think people expect it to be. Fulfilling your own dreams is more important than maintaining an image. Artistic abilities highlighted.

PISCES (February 19 - March 20): Intuitive flashes should be heeded. If you can't sleep, use the time to create a more magical environment. Throw a party. Invite lots of love and romance to surround you this season.

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happy holidays
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