

THE VOXAIR

20 March 2002, Volume 50, Issue 05, Our Military Community Newspaper, 17 Wing Winnipeg, Free

2PPCLI DEPARTS FOR AFGHANISTAN TO SUPPORT OP APOLLO



Photo by MCpl Ted Durdin, 17 Wing Imaging

Members of Charlie Company, 2nd Battalion, Princess Patricia's Canadian Light Infantry, board a charter aircraft at 17 Wing on March 7. This is the soldiers' first leg of the journey to Kandahar, Afghanistan, where they will join the 3 PPCLI Battle Group as part of Op Apollo, Canada's contribution to the international campaign against terrorism. These additional 130 soldiers will bring the Canadian battle group to its full complement of three rifle companies. With the addition of these soldiers, the total strength of the battle group is approximately 850 all ranks. The 3 PPCLI Battle Group will be under Coalition command only for daily taskings. Full operational command of the 3 PPCLI Battle Group will remain with the Chief of Defence Staff and, ultimately, the Government of Canada. The 3 PPCLI Battle Group is expected to serve in Afghanistan for about six months.

20 • 04 • 02 VOXAIR

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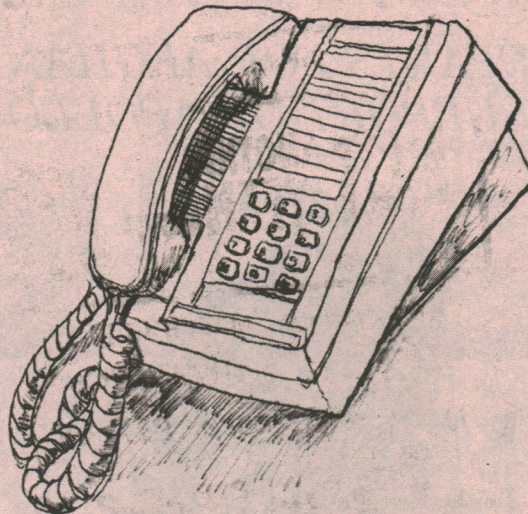
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LCol Don Adamko, an Air Reservist with over 25 years of prior regular force service, said that this is an effective way for personnel who want to re-locate upon release or retirement to have immediate employment.

LCol Adamko also stated that transferring to the Air Reserves is an excellent way to ease the transition to civilian life, while retaining links to the Member branch or Mess. For more information call the Air Reserve Employment Line at 1-866-246-6875.

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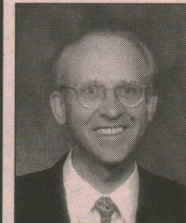
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CFSSAT Change of Command Ceremony held 13 Dec 01. From L-R: Major CM Shaw, Colonel DC McLennan, Major KC Glass.

CFSSAT CHANGE OF COMMAND

BY LT GK JOHNSTON, CFSSAT

The 13th of December marked the Canadian Forces School of Survival and Aeromedical Training's Change of Command ceremony. Major Carolyn Shaw officially took command of CFSSAT on 12 October 2001. She is returning to the school after completing a Post Graduate Programme in Human Factors Engineering at Loughborough, England. Maj Shaw has formerly served as Chief Instructor at CFSSAT prior to amalgamation and as the CFSSAT Operations Officer since 1996. Leaving 17 Wing is Major Ken Glass, who served as school Commandant from 1996 to 2001. During this time, Maj Glass oversaw the amalgamation of Aeromedical and Survival Training and was a key player in the development of SERE training for the Air Force.



Lt(N) LA Forward receives her CD from Col DC McLennan, WComd. Lt (N) Forward has served at CFSSAT for 4 years.



Sgt SM Hayes receives her CD1 from Col DC McLennan, WComd. Sgt Hayes has served at CFSSAT for 1 year.

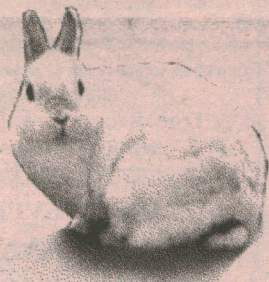


Major CM Shaw receives her CPSM for 99 days of service in Baghdad, Iraq as a member of UNSCOM's Biological Weapons Monitoring and Verification Team and as Deputy Chief Inspector of a Biological Weapons Inspection Team.



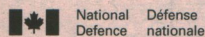
Sgt M Rootes receives his CD1 from Col DC McLennan, WComd. Sgt Rootes has served at CFSSAT for 6 years.

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Interested? To obtain more information and to apply on-line, please visit our web site at www.cfpsa.com under Deployed Ops.

Candidates may also submit their resume to the CFPSA Deployed Operations Human Resources Coordinator, 245 Cooper Street, Ottawa, ON K2P 9G2 or by e-mail to DeployedOps@cfpsa.com before 1600hrs 28 March 2002.

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INSTANT STAMPS FOR OLYMPIC GOLD MEDALISTS

BY ALF BROOKS

When postage stamps were first produced, the only images of living persons to appear were of heads of state - monarchs, presidents. The first stamp, Great Britain's Penny Black of 1840, pictured Queen Victoria. And post offices usually had policies that forbade the pictures of other living persons on stamps.

Recently, however, various countries have issued stamps showing living people. Australia led the way in issuing "instant stamps" for their winners of gold medals in the 2000 Summer Olympics, issuing sixteen different stamps the day following their athletes won gold.

Australia won two gold medals at the Salt Lake Olympics. Alisa Camplin was honoured for her win in freestyle aerials, and Steven Bradbury for finishing first in the 1000-meter speed skating. The stamp illustrated here shows Bradbury and his medal. Did you see how he won it? He was trailing the four leaders when they all went down rounding the final turn, leaving Bradbury to pass them and finish first. The others then scrambled to try for silver and bronze.

Perhaps it would be more fitting if the stamp showed a look of surprise on Bradbury's face.

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Employment Equity News

Currently 17 Wing has one active Advisory Group - Defence Aboriginal Advisory Group. 17 Wing Human Resource Business Manager's office is seeking interest in forming Advisory Groups for the remaining Designated Groups. If anyone is interested in participating or wants to help form an Advisory Group, please contact 17 Wing HRBM office at 5910.



DAAG Defence Aboriginal Awareness Group

The mission of 17 Wing's Defence Aboriginal Advisory Group (DAAG) is to provide support and promote Aboriginal issues with 17 Wing and Community and to advise the Wing Commander. 17 Wing DAAG Chair - Sgt Vince Henderson Co-chairs - Brenda Everett & Cpl Corena Latendra.

20-25 May 2002
Aboriginal Awareness Week

21 June 2002
National Aboriginal Day

25 July - 5 August 2002
North American Indigenous Games

8 Nov 2002
Aboriginal Veterans Day



DAG PWD Defence Advisory Group Persons with Disabilities

The purpose of a DAG PWD is to exchange information on issues affecting persons with disabilities within the department, maintains networks with the other departmental Advisory Groups, links with other Federal government Advisory Groups and external agencies.

3 December 2002
International Day of Disabled Persons

2 - 8 June 2002
National Access Awareness Week



DWAO Defence Women's Advisory Organization

The mission of a Defence Women's Advisory Organization (DWAO) is to identify workforce concerns affecting women and advise on how to resolve them.

October 2002
Women's History Month in Canada

18 October 2002
Persons Day

6 December 2002
National Day of Remembrance and Action
on Violence against Women



DVMAG Defence Visible Minority Advisory Group

The purpose of a DVMAG is to exchange information on issues affecting the Visible Minority Persons within the department, maintains networks with the other departmental Advisory Groups, links with other Federal government Advisory Groups and external agencies.

21 March 2002
International Day for the Elimination of Racial Discrimination



Volunteers needed at the MFRC
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Employment Equity Awareness Sessions

2nd Session - 28 March 02
CFSAS Theatre at 0800 - 1200

These sessions will provide you with a clear definition of the Employment Equity Act, an understanding of how the Act applies to the DND - Civilian and Canadian Forces, and also with a sense of some of the workplace challenges for women, aboriginal persons, visible minorities and persons with disabilities. Feel free to call Wing Human Resources Business Manager's office at 5910 for further information.



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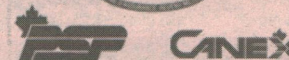
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Les personnes intéressées peuvent aussi soumettre leur curriculum vitae à la coordonnatrice des ressources humaines des opérations de déploiement, QG ASPFC, 245, rue Cooper, 4e étage, Ottawa (Ontario) K2P 0G2 ou par courrier électronique à l'adresse deployedops@cfpsa.com avant 16 h le 29 mars 2002.

L'ASPFC préconise l'équité en matière d'emploi et invite les femmes, les Autochtones, les personnes handicapées et les membres des minorités visibles à poser leur candidature.

SOYEZ L'AVENTURE!



RCAF FLYERS BRING HOME THE GOLD

BY GEORGE DEMARE

Think back to 1947-48. What are your memories of that time? During that winter, I was privileged to be employed on the construction of the LaJoie Dam on the Bridge River near Goldbridge in the mountains of British Columbia.

The wild scenic beauty of that area made life almost idyllic. Some of the unmarried carpenters on our crew had spent most of a lifetime working in surroundings such as this and I could easily understand why. More importantly, that time signaled the joyful arrival of our first child with all the attendant pleasures (and some sleepless nights).

Those were good years for Canada. Our economy had shifted into a peacetime mode, large scale oil production was about to begin in Alberta and consumer goods were more available, including new automobiles, now that factories had made the changeover from war production.

People were in an exuberant mood, except for hockey fans. After a lapse of 12 years, the International Winter Olympics would be staged in 1948 at St. Moritz, Switzerland. Canada had not won the Olympic gold medal in hockey since 1932 and would not be sending a team to the 1948 Olympics.

In the summer of 1947, the International Olympic Committee implemented a strict set of rules defining amateur status for Olympians. Any player who had earned any money from sports would not qualify as an amateur. The Canadian Amateur Hockey Association (CAHA) decided the rules were so strict it would be impossible to find a team good enough to compete and meet the standards, deciding not to send a team to St. Moritz in 1948.

Many hockey fans were offended at the thought of not having a Canadian team at the Olympics. RCAF TO THE RESCUE—in the person of Squadron Leader Sandy Watson, the Senior Medical Officer at RCAF Headquarters in Ottawa. S.L. Watson had coached military teams in Europe following World War II. He knew the Air Force had good players and he had a plan.

In September of 1947, S. L. Watson met with George Dudley, Secretary of the CAHA. He suggested that he would attempt to interest the RCAF in sending a team to the Olympics and there would be no cost to the CAHA. Dudley was ecstatic at the prospect of having a team without any effort of his part.

In mid-October of 1947, the RCAF set up a try-out camp in Ottawa. Airmen from bases in all parts of Canada were flown in, hopeful of becoming part of this once in a lifetime adventure. Sergeant Frank Boucher of the legendary Boucher family was the team coach.

Air Force manuals allowed time off for competition in the Olympics. In early December, the RCAF announced the 17 players who had been selected to represent Canada.

On December 14, the Flyers played their first exhibition game before an audience of 6000 and lost 7-0 to the University of McGill Redmonds. Their fans were dismayed and it was obvious that the team was in trouble. A sports editorial in the Evening Ottawa Citizen questioned the decision to send such a hurriedly organized team to the Olympics.

Attempting to resolve the team problems, Watson and Boucher appealed to the Ottawa Senior League for help. One of the Ottawa players who joined the team on December 20 was ex-Flying Officer Red Schroeder. Sandy Watson told him that if he did well, the RCAF would recruit him to join the Olympic team.

That night the Flyers won. Ted Hibbard, Ab Renaud and Red Schroeder scored five of the six goals. Ab Renaud had received a leave of absence from the Department of Agriculture. The team did well in the next two exhibition games, but they were still not very hopeful. Just ten days before leaving for Europe, team manager Sandy Watson asked the CAHA for help.

Forwards George Mara, Wally Halder and goalie Dick Ball were brought in from the Toronto Mercantile League. Halder wound up on first line with Schroeder and Renaud. Mara would be team captain but Dick Ball was less fortunate. Three days before the departure for Europe, he failed his medical. Murray Dowey of the Toronto Transit Commission replaced him.

A cheerful Flyers team sailed for Europe on the liner Queen Elizabeth. The Olympic Hockey round robin began on January 30, 1948. Hockey experts listed the top three teams as Czechoslovakia, Switzerland and Sweden. Canada was not in the picture.

Nevertheless, the Swiss Ice Hockey Federation prepared for every eventuality. They had heard that Canada's Parliament was debating a new national anthem to replace God Save the King. They telephoned our Legation at Berne to ask for a copy of the music, which was not available.

However, a secretary said she would sing the national anthem, which she did, over the phone. The Swiss National Orchestra Conductor had the anthem orchestrated. When the record was played, it was not "O Canada," but the "Maple Leaf Forever." This was only four hours before game time. As nothing could be done, a decision was made to let it go. In any case, no one expected our national anthem would be required.

Canada won the first game 3-1 against Sweden. The next game against Britain, the defending Olympic champions, was played in a snowstorm. The game had to be halted on occasion to clear the snow off the ice, as the puck would get lost in the snow. Canada won 3-0. The Canadians were now gaining confidence and handily won the next three games against the United States, Italy and Poland. Canada was now tied with the Czechs and the Swiss with 5 wins and no losses.

The next game was against tournament favourites, Czechoslovakia. It ended in a 0-0 tie. Canada now had to win the next two games and count on the Czechs to beat the undefeated Swiss.

Canada and Czechoslovakia were tied for first place with six wins and a tie. On February 8, Canada could win the gold by beating the Swiss. This was a most unusual game. It was played on a natural ice and the sun was very strong at that time of the year. Skating was difficult and the puck would roll, bounce and flip sideways. Nevertheless, the Canadians were confident that they would win. The final score was Canada 3, Switzerland 0. Murray Dowey had his fifth shutout. The gold medal belonged to Canada.

As the Flyers stood on the dais to receive their medals, the Canadian flag was raised and the Maple Leaf Forever was played. The players received their medals with a great sense of national pride.

The RCAF Flyers went on to play 42 exhibition games in Europe, winning 31, tying 6 and losing 5. They returned home to Canada on April 6, 1948 to a heroes welcome and a civic parade in our national capital. Until this year, Canada won only one more gold medal in hockey, at the very next Olympics in 1952.



George Demare lives in Winnipeg where he is the Service Officer of 500 Wing.



Cpl Joan Smalling, Terry Murray, Florence Bambenek and Cpl Corena Latendra were all speakers at 28 Feb 02 Employment Equity Session. Each spoke about her own personal struggle in the workplace.

DND AND THE EMPLOYMENT EQUITY ACT

BY KAREN POETKER

An Employment Equity (EE) Awareness Session was held February 28, 2002 in the CFSAS theatre. The session offered a plethora of speakers on the contentious subject, emphasizing the need for information.

John Ely of the Public Service Commission

began the discussion by highlighting the need for Employment Equity in the Public Service.

By way of illustration, he discussed the difficulties women have had in gaining employment in non-traditional roles, an inequality that EE serves to rectify.

Responding to criticisms from the group of about 40, Ely said, "It's the right thing to do.

We wouldn't have the need for EE if we had behaved properly the last 25 years."

Nicole Richot, the Prairie Regional Director of the Canadian Human Rights Commission spoke about the history of EE, formerly called Affirmative Action.

"Treating everyone exactly the same doesn't promote equality, it denies equality. People are different and need to be treated differently in order to have equality," Richot said in response to concerns about the EE Act, which recognizes four designated groups - women, visible minorities, aboriginal people and persons with disabilities-as needing special considerations.

Citing examples to help with the understanding of the values imbedded in the EE Act, Richot spoke of the former rules regarding acceptance into professions such as the RCMP. "There used to be height and weight requirements that needed to be met in order to become an RCMP officer, which we all know are not predictors of ability," she said.

Contrary to some beliefs, the EE Act in no way advocates the hiring of under-qualified people. Instead, it creates pools of qualified applicants from which employers can choose, but which also helps to have the workplace more accurately represent the available workforce.

Capt Norman White spoke of the role of EE

in DND, emphasizing that EE is an Act passed by the federal government and not something to be judged flippantly.

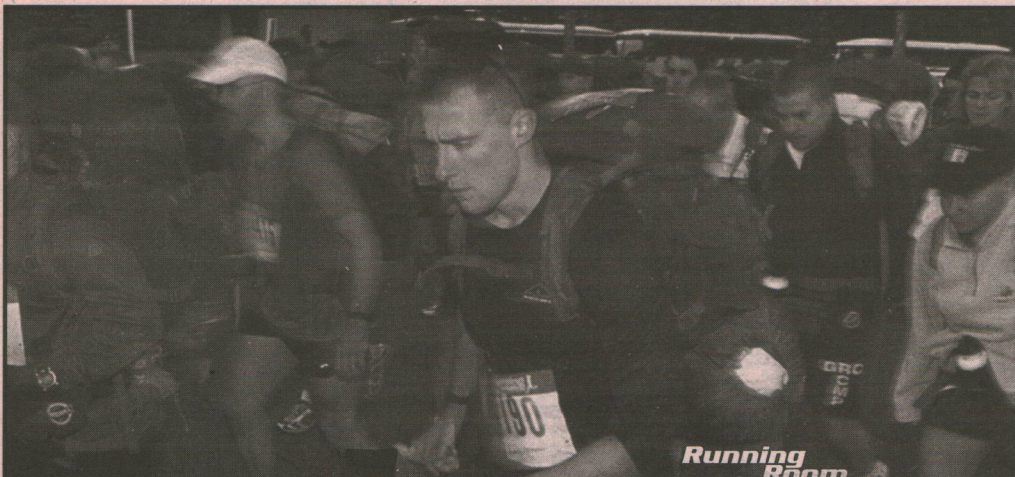
"If policies change, we change. It's that simple," asserted Capt White.

EE, however, has a unique position within the CF. "The CF can discriminate if a person can't perform their job safely and efficiently," explained Capt White.

Marc Johnson spoke briefly on the civilian component of EE in DND. He explained that in cases where a military person is injured in the line of duty, that the CF, by law, needs to accommodate the needs of the disabled person, unless such an act would cause undue hardship for the employer.

A four-person panel concluded the event, which featured Terry Murray, Corporal Corena Latendra, Corporal Joan Smalling and Florence Bambenek. Each speaker focused on her own personal struggle with being a member of one of the four designated groups underrepresented in the workplace.

Another EE information session is to be held on March 28, 2002. This service is meant to provide information to, and answer questions of, any military or civilian employee. For more information or to confirm your attendance at the next session, please contact Florence Bambenek at local 6715.



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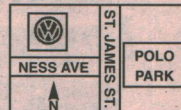
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Sports

17 WING LOSES IN HEARTBREAKER

BY MITCH GILLET

FEBRUARY 28 - This year's annual Canadian Forces (CF) National Basketball Championships was a carbon copy of last year's tournament as the Pacific region, represented by CFB Esquimalt, narrowly defeated the Prairie region's 17 Wing Winnipeg squad 75 to 71.

This latest victory extends the team's championship winning streak to three and Head coach Warrant Officer Henri Dagenais attributes the win to his team's depth.

"The guys worked really hard but the difference was I was able to use more bench players," he said. "We knew their bench was too strong so we had run their five starters down and once they were tired, take advantage of that."

Like last year's match, it was either team's game until the last few minutes of play in the final quarter. The Pacific region hung on to even the score by sinking three point baskets in the dying seconds of the first two quarters.

The third set ended with the Prairie region in the lead by four points. But just like last year, after playing a tight game with solid offence and defence, 17 Wing Winnipeg fouled three times. With about 40 seconds left on the clock and the score sitting at 72 to 68 for the Pacific region, the West Coast squad had the momentum.

The Pacific region sunk three of the six free throws



Flanked by Cpl MacIntosh (left) and 2Lt Vokey of CFB Esquimalt, Corporal Kris Dukeshire, of 17 Wing Winnipeg attempts a jump shot.

and seconds later, the Prairie region retaliated with a three-point basket bringing them back into striking distance. With 10 seconds left on the clock the Prairie region got the ball but was unable to move it down court to score.

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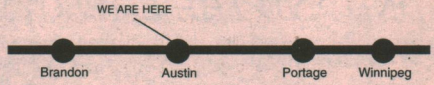
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"The team did really good. They all played hard and did the best they could," said Winnipeg Coach, Corporal Tom MacIntosh. "I think those two three-pointers that Esquimalt got in the last couple of seconds of the first and second quarters were the big turning points."

Five teams representing the Pacific, Prairie, Ontario, Quebec and Atlantic regions took part in the event. They squared off in a round robin and the top four teams

advanced to the semifinals. The Ontario region, represented by CFB Petawawa, went undefeated in the round robin and finished in first place with eight points. It was a three-way tie for 2nd place between the Prairie, Pacific and Atlantic regions.

In the end, the Prairie region defeated the first place Ontario squad in the semi-finals, while the Pacific team squared off and defeated the Atlantic squad.



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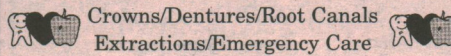
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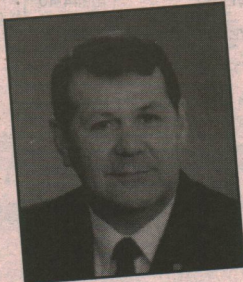
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 613-545-333 office

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 Website at www.interbaserealestate.com
 OR Email: donwyld@kos.net

Next Deadline

Next deadline for submission is Friday, 22 March 02.

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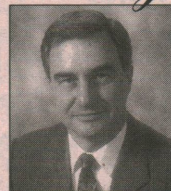
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Military Family Resource Centre (204 489 7003)

THE EMOTIONAL CYCLE OF DEPLOYMENT

Deployment can be a very emotional experience for those left behind. But understanding the different stages of emotions and that those feelings are perfectly normal can make the separation much easier for everyone.

Stage 1: Anticipation of Loss (1-6 weeks prior to departure)

There can be difficulty accepting that a partner is going to leave. A lot of tension between the couple may exist (i.e. arguments and bickering that is out of the ordinary). The functional purpose of this tension and arguments is to allow emotional distance between the two in preparation for living apart.

Stage 2: Detachment and Withdrawal (1 week prior to departure)

This occurs in the final days before departure. Couples feel that they should be enjoying the last few days together, but feel a sense of despair and hopelessness. The partner remaining behind often feels fatigued. Decisions are increasingly difficult to make. Ambivalent feelings regarding sexual relations are quite common. Often the most difficult stage, the partner remaining at home feels, "If you have to go, go," and the deploying member thinks, "Let's get on with it!"

Stage 3: Emotional Disorganization (first 6 weeks after departure)

Actual deployment, no matter how prepared we think we are, still comes as a shock. The initial sense of relief is followed by guilt, feelings of being numb, aimless and without purpose. New routines must be established. The partner at home may withdraw from friends and neighbors. They experience feelings of being overwhelmed with, for instance, total responsibility for family affairs. Difficulty sleeping or sleeping excessively is common. The partner who has been deployed reports feelings of loneliness and frustration. It is important to move on from this stage emotionally because getting stuck in this rut will cause problems throughout the deployment.

Stage 4: Recovery and Stabilization (occurs between these two stages)

At some point, the partner at home may realize, "Hey, I'm doing OK." Being more comfortable with new roles and responsibilities follows. Feelings of self-confidence increases with each successful experience. New sources of support are cultivated either through friends, church, work, support groups, etc. The partner at home has adopted the role of "single partner" as they experience both the single and relationship roles. New freedoms, as well as responsibilities, come from being alone. Although many partners remaining at home continue to feel mildly depressed and anxious on the whole, most have a new sense of independence and freedom and take pride in their ability to cope on their own.

Stage 5: Anticipation of Homecoming (up to 6 weeks before homecoming)

Feelings of joy and excitement, as well as apprehension, surface. This is a time to re-evaluate the marriage. That the hole that was left by the deployed partner has been filled with activities. Effort is given to "cleaning house" in order to make room for the returning

partner. "I want him/her back, but what am I going to give up?" These are real feelings that may cause nervousness, tension and apprehension. Partners returning from deployment may have feelings such as, "How have we changed? How will I be accepted? Will the children know me? Does my family still need me?" Restlessness and confusion may occur. Decisions become harder and may be postponed until after homecoming.

Stage 6: Renegotiation of the Marriage Contract (up to 6 weeks after reunion)

Feeling like a couple again may take some time. Couples are together physically, but not necessarily emotionally. Decisions, previously made alone, must be made as a team again. Some partners who were left behind sense a loss of freedom and independence while others are happy to become dependant once more. There may be feelings of being disorganized and out of control. During this stage, the couple has to make major adjustments in roles and responsibilities. This implies a renegotiation of the unwritten marriage contract.

The marriage cannot and will not be exactly the same as before the deployment. Both spouses have had varied experiences and have grown in different ways. Assumptions will not work. Sexual relations may seem frightening. Couples need sufficient time together to become reacquainted before they can expect true intimacy. This stage can be difficult, as well as joyful. Something that civilian couples rarely enjoy, the military couple has an opportunity to renew their relationship through these experiences.

Stage 7: Reintegration and Stabilization (between 6-12 weeks after homecoming)

Within four to six weeks, feelings of "our" and "we" return. New routines have been established for the family. Spouses feel relaxed and comfortable together. There is a sense of being a couple and a family.

Variations of the Cycle

Many different kinds of deployment exist, from short engagements to long ones, and it takes time to work through each stage. Emotions don't fit into the military's schedule. During short engagements, for instance, the family may never have the opportunity to experience the Renegotiation and Stabilization stage as deployment may occur again shortly after return.

Many problems in military families could be avoided or minimized simply by understanding the process of adjustment. Arguing during some of these stages may be tolerated rather than perceived as evidence of a deteriorating marriage. It also helps to know that it is perfectly normal to feel somewhat strange with each other when the deployed member first comes home. Almost everyone feels reassured by knowing that their range and fluctuation of emotions are normal.

The above information is condensed from the article by Kathleen Vestal Logan and was provided by the Petawawa Military Family Resource Centre, as featured in the Winnipeg Military Family Resource Centre Reserve Support Newsletter Volume 3, Issue 1, Feb. 2002.

DEPLOYMENT RESOURCES

The following resources are designed to assist you during deployments and military lifestyles. A comprehensive list of community resources is also available. Please contact the MFRC for any needs you may have, and we will try and assist you as best as we can and if we can't assist you, we will refer you to someone who can.

Deployment Videos

- Coping with Military Separation
- Getting back together
- Mission Information Line
- Celebrating Military Wives

Children's Books

- My mom is a soldier/Maman est un soldat
- A father to be proud of/Un père don't on peut être fier
- The Griffon

Family Resources (Bilingual)

- Family Handbook (deployment information)
- Mission Information Line pamphlet
- Preparing for deployment
- Critical Incident Stress
- Preparing for reunion
- Member assistance program
- Mailing information for deployments

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.

EMERGENCY CONTACT LIST

Winnipeg Police, Fire, Ambulance	911
Military Police	833-2633
Military Chaplains Wing Ops:	833-2500 ext 2700
2PPCLI Duty Centre	833-2500 ext 2727
Area Social Worker's Office	833-2500 ext 5086
CF Member Assistance Program	1-800-268-7708
Mission Information Line	1-800-866-4546
Addictions Foundation of Manitoba	944-6200
Child & Family Services	944-4050
Crisis Suicide Line/Klinic	786-8686
Deaf Access Line TTY	784-4097
Gambling Help Line	944-6382
Kids Help Phone	1-800-668-6868
Legal Aid	958-8570
Mediation Services	774-2469
Osborne House Crisis Line & Women Shelter	942-3052
Sexual Assault Crisis Line/Klinic	786-8631
Teen Touch	783-1116
Youth Emergency Crisis Stabilization System (24hrs)	949-4777

Attention Families:

Are you a spouse/partner or next of kin to a deployed or soon to be deployed 17 Wing Military Personnel?
If you answered yes, then you should plan to attend the following:

DEPLOYMENT INFORMATION SESSION

FAMILIES OF DEPLOYED 17 WING PERSONNEL

Hosted by the Winnipeg Military Family Resource Centre
10 April 2002 | 6:30 pm - 9:00 pm
WO's & Sgt's Mess (North Side)

Families of 17 Wing Military personnel are invited to attend this evening information session on Deployment Support for Families. The evening will focus on programs and services available for families through the MFRC, Emotional cycles of deployment, how to safe guard your family and your home, what to do and where to go in case of emergencies, Q & A session and much more.

Childcare is available at the MFRC Daycare on Whytefold Rd, free of charge. Transportation can be provided if needed.

For information please call the MFRC @ 489-7003.

Unexpected events are part of military life - having to deal with them alone, is not. Being prepared helps families cope with the accompanying stress of deployments. There are many services available to families of deployed military personnel, come join us and find out what the MFRC and 17 Wing have to offer. (Refreshments will be provided)

What's Happening

COMMUNITY RECREATION

Self-Defence Workshop

An Introduction workshop for youth to learn the "Three A's" of self-defence; Awareness, Assessment and Action.

Saturday, March 23

1300-1600

Building 21

To register for free, call Recreation Services at local 5976 or 2059.

Tae Bo

Challenge yourself with this dynamic cardio/strength class. An excellent workout for beginners and enthusiasts.

Monday/Wednesday/Friday

1200-1300

Building 90

Aqua-Fit

If you want to start a fitness routine or need a change from your regular schedule, Aqua-Fit is the answer. The water acts as a natural resistance and won't add unnecessary strain on your joints.

Coordinated with MFRC Child Drop-In to give Mom a Timeout

Wednesday/Friday

0930-1030

Lipsett Hall

Tuesday/Thursday

1800-1900

Building 90

Spring Break 2002

Join Community Recreation and Youth Services for fun and excitement March 23-28. Check out the schedule and register at the MFRC.

March 23 Ceramics (register at the library)
Self-Defence Workshop at Building 21

March 24 Moose Hockey Game

March 27 Darkzone

March 28 Fun With Fitness



LENTEN AND EASTER SERVICE, ROMAN CATHOLIC AND PROTESTANT

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

Roman Catholic ENGLISH SERVICES

Saturday
March 23, 30 at 1630 hrs

Monday
March 25 at 1900 hrs

Wednesday
March 20, 27 at 1900 hrs

Friday
March 22 at 1900 hrs

Palm Sunday
March 24 at 1130 hrs

Holy Thursday
March 28 at 1930 hrs

Good Friday
March 29
Meatless Soup 1600 hrs
Divine Worship 1900 hrs

Easter Vigil
March 30 at 1930 hrs
Easter Sunday
March 31 at 1130 hrs

FRENCH SERVICES
Palm Sunday
March 24 at 1600 hrs

Easter Sunday
March 31 at 1600 hrs

Protestant
Palm Sunday
March 24 at 0930 hrs

Easter Sunday
March 31
Divine Worship at 0700 hrs
Pancake Breakfast at 0800 hrs
Holy Eucharist at 0900 hrs

Ecumenical
Good Friday
March 29 at 1500 hrs

Together in Church



CATHOLIC

Chaplain
Father Guy Chappdelaine
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 third Tue of the month at 1900 hrs in the Chapel Annex.

PROTESTANT

Chaplains
Padre Lenora Grauer
(Evangelical Lutheran)
Office-833-2500 ext 5349
or ext 5785

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

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.

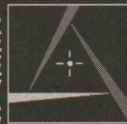
COMMUNITY RECREATION/YOUTH SERVICES

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Before You Fill Out Your Tax Return...

As the temperature warms up in March and April and the RRSP season is behind us, Canadians turn their attention to income tax time. The deadline for filing your tax return is April 30th. Depending on your situation, non-refundable tax credits can help reduce your tax base. Here are a few simple tips you should keep in mind.

Charitable donations

Those of you who make donations to your favourite charity will get a tax credit when these are claimed on your tax return. Keep in mind that the federal credit is 16% on the first \$200 and 29% on all other amounts. In addition, there are corresponding provincial credits based on your province's tax rates.

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

Medical Expenses

Medical expenses are also transferable between spouses. Medical expenses can include amounts paid outside of Canada and they must be more than 3% of your net income or \$1,678, whichever is less. Therefore, the spouse with the lowest income should claim all expenses.

You can also claim the expenses of all immediate family members (child, spouse, parent, grandparent, brother, uncle, niece...) who depended upon you for support during the tax year. There is however an adjustment formula that reduces amounts claimed for dependants other than a spouse with income in excess of \$7,412 for the year.

You can claim expenses paid in any 12 month period ending in the 2001 taxation year that were not claimed in the previous year.

Tuition and Education Amounts

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

Spouse or Common-Law Partner Amount

If your spouse or common-law partner earned less than \$6,293 last year, follow the calculation on line 303 of your return to see what amount you can claim.

If you were single, divorced, separated, or widowed you can claim the same amount of \$6,293 minus the income for any dependant. This amount was called "Equivalent-to-spouse amount" last year. It is now called the "Amount for an eligible dependant" and is found on schedule 5 of your return.

Age and Pension Credits

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

All of the above mentioned credits and further explanations are in your General Income Tax and Benefit Guide 2001. Take the time to read the portions of the guide that apply to your claims, it may save you money or prevent you from making a costly mistake.

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Cellular Phone, Audiovox - Digital. \$50.00. Please call after 5pm at 338-4117.

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Tundra Truck Cap with side slides tinted, windows and open front with locking back windows and fits 6 ft. \$350 obo. Swing Set. 2 swings, slide and saw. \$30 obo, Manual included. Turtle Sandbox with top \$20 obo. Bike Trailer. Holds 2 children facing opposite ways, \$75. Phone 897-9151.

Solid hardwood dining room set, table and six chairs,

blonde wood. \$150 obo. Call 5176 or 832-7317 after 5pm.

Wood Computer Desk w/ shelf \$80. Round Dark Brown Coffee Table \$25. White Metal Day Bed \$50. Maroon Couch with Matching Chair \$100. Phone 292-4398.

Kenmore stove, excellent condition. \$100. Phone 885-4894 after 6pm.

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condition. European Tailoring, full length, non-tapered. Suitable for sizes 14-18. Asking \$875. Queen Size Non-Wave Waterbed. In very good condition. Frame included fits regular headboard. Selling due to move. Asking \$225. Call Mary at local 6454 or 633-1603. Trailer Hitch (hidden hitch) for 1996 Honda Civic. Asking price \$90. Contact Dan local 2802 or 633-1603.

1994 Ford Explorer XLT, loaded/leather interior, power seats, new brakes and safety. \$11,000. Call 832-2823.

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10x10 Wood shed including solid wood flooring, shingled and painted. Shed is only one

year old and in new condition \$600. Kenmore dishwasher good condition \$100. Phone 889-2756.

Nike Air Penny 3 basketball shoes. Size 11.5. Slightly worn asking \$60 obo. Various Hip-Hop music CD's. From commercial to hardcore. Circa. 1995-1999. Please call 633-6097.

Procter Silex coffee maker. 3 years old. Good condition but has no coffee pot. Price negotiable. Please call local 6976.

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Looking to rent RV for 2 weeks in July. Please call 885-5230.

Looking for PS2 w/ games for \$300. Please call 889-3964.

Taroscopes BY NANCY. FOR APPOINTMENTS CALL 775-8368.

ARIES (March 21 - April 19): Put ideas into action. Commit to creating results. Follow your passion in a focused fashion. Blindly following another's lead or accepting an offer sight unseen will bring you some unpleasant surprises.

TAURUS (April 20 - May 20): Consider the practical as well as the desired aspects and options when contemplating a change in residence. If you don't, someone else will want to fill you in with a lecture. Sift, sort and purge.

GEMINI (May 21 - June 21): If you're not getting the results you desire, change your approach. Are the people around you a help or a hindrance? Observe behavior patterns to find out where you get twisted round or your wishes side-tracked. Be honest. Don't exaggerate even to yourself.

CANCER (June 22 - July 22): Someone else's project gets priority over your own. Offer help, you'll pick up useful information and make friends. Your work shows improvement. Learn a technique for restoring inner peace.

LEO (July 23 - August 22): Surprising news or an announcement results in celebrations but you're not in a partying mood. Look for inspiration before acting. You are frustrating someone by procrastinating on doing the big and little chores.

VIRGO (August 23 - September 22): Fear of making a mistake has you thinking things through for so long you may lose the advantage. Clear thinking is clouded by pride. Enjoy the company of others but be sure to maintain your boundaries.

LIBRA (September 23 - October 23): Someone is trying to turn your head. Check out their story to ensure things add up. What you see may not be what you get and could lead to jealousies. Be fair to others but most importantly be fair to yourself.

SCORPIO (October 24 - November 21): You're easier to get along with when you're sure of what you know. Are you working towards a dead end? Is the risk too high? Perhaps you've made the right choice but you're going about it the wrong way. Find your own answers.

SAGITARIUS (November 22 - December 21): Your continued impatience is becoming costly. You could hurt someone's feelings and sabotage a relationship. Support and understanding won't be given at a moment's notice. Let others in on the details early.

CAPRICORN (December 22 - January 19): Feeling like you're on autopilot. Oblivious to tension at work and at home. Use this feeling of detachment to complete mundane tasks. Don't ignore legalities. An old alliance ends.

AQUARIUS (January 20 - February 18): Use common sense, remain resolute when faced with disorganization and financial challenges. Learn more about the people you are dealing with if you're considering a partnership.

PISCES (February 19 - March 20): Take the first step even if you don't know where things are going. Continue to gather information as you try something new. Don't worry about the long-range return; enjoy the creative process whether you're painting a picture or the house.



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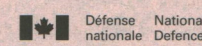
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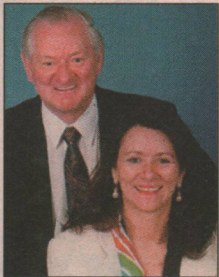
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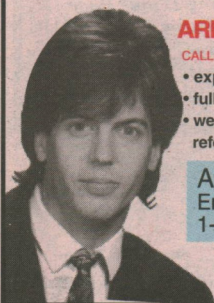
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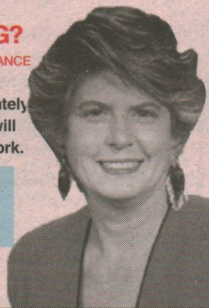
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