

## AIR COMMAND BAND ON TOUR



By Sgt Sherree Vickers

Captain Scott Attridge and the members of the Air Command Band have been extremely busy lately with tours and local school concerts. This thirty-five piece professional military ensemble breaks down into many different groups, including an elementary school ensemble called "The Hornets," Dance bands, Chamber groups and Parade/Marching bands. They are

extremely versatile and anyone that has seen this fine group of musicians in action can attest to this. Whether the band is musically supporting a CFANS graduating parade in Bldg 21 or performing a series of concerts at a variety of local and out-of-town schools, the professionalism of the Air Command Band is always very apparent.

The Band toured Thompson, MB from Feb 11 - 15. The stage was set in the Letkemann Theatre in the high school and remained there for the week. Many concerts were performed during that week, including elementary and high school shows, as well as a public performance with all proceeds being donated to the high school band. The next tour brought the Air Command Band to Thunder Bay, ON from Feb 26 - Mar 3. Again, a number of school concerts were performed during the week. The "Rhythm and Blue" Big Band entertained at RCMP Tri-Service Ball which was a fundraiser for Crime Stoppers as well. A tour to Regina, SK is planned for Apr 22 - 26.

Upcoming public performances for the Air Command Band are scheduled in Portage la Prairie (Glesby Centre) on April 10 at 7 pm as well as at the Assiniboine Park Conservatory with the Woodwind Quintet on May 5 at 2:30 p.m. Tickets for the Portage concert can be arranged by calling (204) 239-5591. Looking ahead, don't miss the full concert band performing at The Lyric in Assiniboine Park on Canada Day!

## Books and Coffee for Canadian Troops

By Karen Poetker

It seems that all you need to create a home away from home are books to read and some Tim Horton's coffee. And if you are stationed with the Canadian Forces (CF) in Afghanistan, this is exactly what you're getting.

A program entitled "Operation R & R," initiated by Heather Fedorchuk, was implemented with the goal of sending donated reading material to those CF soldiers stationed in Afghanistan. Fedorchuk's husband, Sgt Stephen Fedorchuk, is abroad with the Tactical Airlift Detachment.

After hearing that her husband was running out of reading material, she decided to approach a local bookstore to ask for donations. Chapters Polo Festival jumped at the opportunity to help send books to the troops, setting up signs asking customers to purchase a book for donation. In return, each customer received a \$5 coupon to spend in the store.

What started out as a small idea, however, has turned into a huge event.

"It's becoming quite a large program," stated Fedorchuk. "There have been about 300-400 books donated so far. The first shipment of books has left Winnipeg, but I'm not entirely sure when they will be received in Afghanistan," said Fedorchuk.

While the program has officially ended at Chapters Polo Festival, Fedorchuk explained that the owner of Chapters/Indigo books, Heather Reisman, is interested in running the program across Canada to provide continued support to Canadian troops.

At the same time in another area of Winnipeg, Daniella Block, whose husband Master Corporal Juergen Hannappel is also serving in Afghanistan, discovered that her husband not only missed home, but specifically his Tim Horton's coffee.

While talking to his wife on the phone, he admitted that he wished he had some Tim Horton's coffee. Purchasing three cans of Tim Horton's coffee to send to her husband, Block was struck with the idea that if her husband wanted coffee, chances were, others missed it too.

"I contacted the Tim Horton's at 1609 Kenaston and asked for their help. They offered me a discounted rate on their coffee, so I started approaching friends, family and co-workers about donating a can of coffee," explained Block.

A Manitoba Moose game held on March 8th also added to Block's efforts, with the support from Tim Horton's head office in Calgary, which sent over 6 cases of coffee to be used for general distribution to CF troops.

Dubbing it Operation Caffeine Bust, she ended up with 84 pounds of coffee and contacted Capt Mike Rozak to ask for assistance in transporting the coffee to the troops. Learning about Fedorchuk's book donation drive, the two women joined forces, meeting at Chapters Polo Festival for a news conference attended by A Channel.

*Continued on P2, "Something to remind them of home"*

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 Photo by Ben Kozlovskiy





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## VOXAIR STAFF

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

2Lt Benoit Doyon-Gosselin  
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 Poetker  
Journalist / Journaliste  
(204) 889-3963

Misra Yakut  
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 Stn Forces, Winnipeg, MB R3J 3Y5  
Email: voxair@autobahn.mb.ca or Walls M@3CFPTS@Winnipeg

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## "Something to remind them of home"

Continued from P1, "Books and Coffee for Canadian Troops"

However, after the CF troops in Afghanistan received some of the Tim Horton's coffee, they realized the difficulty of keeping the flies out of their coffee, an annoyance that called for stainless steel sealed coffee mugs.

"We have collected about 600 mugs to send overseas. Various corporations, including Tim Horton's, Bank of Nova Scotia, Agri-Core United, Can-West Global and the City of Winnipeg donated them. Over 400 of the mugs came from the military office in Ottawa," said Block.

The Province of Manitoba involved themselves in the donations by providing 50 flashlights for the troops. In addition, Tim Horton's contributed a Tim Horton's coffee sign for the troops to display on their turf in Afghanistan; something else to remind them of home.

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**The following important information pertains to this service:**

The Canadian Forces and the Canadian Forces Postal Services are not responsible for any loss, theft or damages caused to any item sent via this service. As there is no postage affixed on the items, no claim can be made through Canada Post. Should you send articles of value, you are encouraged to send them via Canada Post services such as Priority Courier and Security Register, both of which provide insurance coverage.

- Items must be hand-delivered during working hours to the personnel of the Military Post Office at Bldg. 90.
- Dimensions of the item must be limited to 24 x 12 x 12 inches with a maximum weight of 10 kgs.
- No return service for undeliverable items will be provided. Therefore, proper addressing is important. Due to transit times, this service should not be used if the addressee is scheduled to return to Canada within three weeks of your mailing time.
- Parcels must bear the address of the sender in the top left corner and a detailed list of contents inscribed on a Customs Declaration Form.

**Unauthorized Personnel**

This service is offered by the Canadian Forces Postal Service and is for the sole benefit of the military members serving overseas, their dependants and any other person as identified by NDHQ. It is therefore prohibited to use this service to send items to any person who is not an employee of DND unless NDHQ approval has been granted. Doing so may jeopardize mail service to/from these overseas locations.

**Charitable Donations**

Charitable donations will not be accepted for mailing using this service. Humanitarian Aid or charitable donations should be sent to the following agencies:

**Canadian Red Cross**

International Service Division  
1800 Alta Vista Drive, Ottawa, ON, K1G 4J5

**United Nations High Commission for Refugees (UNHCR)**

United Nations, New York, NY 10017

**Prohibitions**

The following articles are prohibited and shall not be sent:

- Articles which are obscene/immoral;
- Compressed gases (aerosol cans);
- Corrosive liquids (bleach, acids, ammonia);
- Flammable liquids/solids (lighter fluid, matches);
- Explosive substances;
- Intoxicating beverages (beer, alcohol);
- Drugs and narcotics;
- Perishable items (fresh fruit); and
- Tobacco products.

The Tobacco Act was officially amended on April 25, 1997, making it illegal to ship tobacco products in the mail and to advertise the availability of tobacco products by mail.

Essentially, tobacco products are now in the same category as alcohol and drugs in terms of mailing, unless they are being shipped by a manufacturer or an authorized reseller.

Please note that claims for loss of illegal tobacco shipments will not be paid by CPC and may lead to further investigation.

Note: The above is not a complete list. It contains prohibited items which are most likely to be mailed, seized or cause harm to postal personnel. If in doubt, advice can be obtained by calling the Military Post Office at 833-2500 ext. 6264 or 5381.

Please do not call the Military Post Office and ask for individual member's overseas mailing addresses. We are not equipped to handle enquiries.



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# The Mission of the Employment Equity Act

"It is no longer enough to do the right thing, but we must also ensure that we are doing things right. It is no longer sufficient to be a place where people work - the workplace itself must be built around the people and give them the support they need."  
-Mel Cappe of the Privy Council

**What is the Employment Equity Act's (EEA) purpose?** The EEA's purpose is to achieve an equitable workplace where no person is denied employment opportunities or benefits for reasons unrelated to merit. A workplace where there is no disadvantage in employment for women, aboriginal peoples, visible minorities and persons with disabilities.

**How can we achieve this?** In order to achieve an equitable workplace, special measures may be required, and differences accommodated.

DND received approval of a DND Employment Equity Program under section 5.1 of the Public Service Employment Act. The increased delegation allows DND to conduct external recruitment and make appointments of EE group members (where under-representation exists).

Create a supportive work environment and a corporate culture that is welcoming to the designated groups by:

- communicating to all employees the rationale, objectives and importance of equality in the workplace;
- emphasizing that the merit principle is at the core of employment equity;
- demonstrating a commitment to employment equity at all levels of the department or agency by hiring, promoting, developing and retaining members of designated groups, which is accomplished by using all existing initiatives, including special programs, using bridging, mentoring and outreach strategies, and supporting flexible work arrangements and developmental assignments;
- recognizing that different strategies are required for each designated group;
- expecting accountability on the part of managers to set and achieve employment equity goals and objectives.

17 Wing is committed to the Employment Equity Act. Human Resource Business Manager is the OPI for Employment Equity. For more information, please contact Brenda Stouffer WHRBM local 5910.

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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

**8 March 2003**  
International Women's Day

**3 - 9 March 2003**  
International Women's Week



### 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 2003**  
International Day for the Elimination of Racial Discrimination



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## CFSAS DISTANCE LEARNING BASIC AEROSPACE OPERATIONS COURSE

By Maj DV Marleau, CFSAS OD Flight, DL BAOC DS

Occupying the largest portion of Mawdsley Hall (Bldg 84) is not, as most people assume, the Air Navigation School but rather the Canadian Forces School of Aerospace Studies (CFSAS pronounced siff'-sass). The mission of CFSAS is to "enhance the operational capabilities of the Air Force" by delivering a broad range of courses, all dealing with various aspects of aerospace operations. On the technical side, courses vary in scope and length from the one week Space Applications and Basic Electronic Warfare Courses to the 10-month post-grad level Aerospace Systems Course.

Complementing the technical education of air force personnel are the courses delivered by the Officer Development Flight that include the Basic and Advanced Aerospace Operations Courses (BAOC and AAO). CFSAS OD Flight is also home to the course that will be the focus of this article, the Distance Learning Basic Aerospace Operations Course (DL

BAOC).

The Air Force has for a long time recognized that to be effective, all air force officers must have a broad knowledge of aerospace power and methodology in order to be able to plan, execute and sustain air operations. To aid in meeting this requirement CFSAS was mandated to develop and deliver aerospace operations courses designed to form the foundation for development of air force leaders equipped to direct employment of the full spectrum of air power-capabilities. The first step is the Basic Aerospace Operations Course, the aim of which is the introduction of the junior officer to the evolution and development of aerospace doctrine and its application to the planning and sustainment of aerospace operations.

In the early 90's senior Air Force leadership directed the implementation of the 'Total Force Concept', one of the tenets being that all reserve personnel shall be recruited, trained and employed at the same standard as regular force personnel. Thus, with the need to broaden the professional education of junior officers combined with the requirement to ensure reserve Air Force officers attain the same standards as their regular force peers, the Distance Learning BAOC was born.

Like the in-house BAOC, the DL BAOC discusses the evolution of Canadian Military Air Power and the doctrinal principles that emerged from historical experiences during war and peace. Focused on providing junior officers with the fundamentals required to develop into experts at the tactical level of war, the course covers a broad range of topics including the principles of war, characteristics of air power, historical evolution of air power, air power doctrine, planning of air operations, command and control within the air force and the sustainment of air operations. There is also a strong emphasis within the course on ethics and the principles of leadership. Whereas these subjects are delivered through a combination of staff

and guest lecturers, written and oral assignments and short exercises over a five-week period during the in-house BAOC, the varying employment patterns of the air force reserve demanded a more innovative delivery method. This is primarily due to the fact that five weeks away on course is not an option for a large portion of the air reserve community.

When the Reserve BAOC project team formed in the fall of 1999, it was agreed the current BAOC met all the standards of a reserve course and that the emphasis would be placed on finding a means of delivering it to the reserve community. After an examination of distance learning methodologies and the delivery resources available, the team chose a combination of CD-ROM based lectures, written study guides and reading material and an internet based secure e-mail/newsgroup/chat hosting program to facilitate student/student and student/instructor communications. A short eight consecutive day in-house portion would complement these core distance-learning techniques, during which special guest lecturers would address the students, planning exercises would be conducted, and presentation and leadership objectives would be evaluated. The Reserve BAOC project team, now consisting of two air reserve majors and a sergeant clerk, spent most of the next two years converting the in-house BAOC course material to the chosen distance learning format. It was during this development process that the name of the course was changed to the Distance Learning BAOC in recognition of the fact that course slots not used by air reserve officers would be made available to regular force officers.

*Continued on P 8, "Why weren't we taught this in high School?"*



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# 'Why weren't we taught this in high school?'

Continued from P7, "CFSAS Distance Learning Basic Aerospace Operations Course" On 1 Nov 2001, the pilot DL BAOC commenced with two 11-student syndicates ranked 2Lt-Capt. The distance learning course is intended to run from 1 Nov 01 to 28 May 02 with the in-house portion running from 3-10 Jul 02. The DL course is broken down into a series of 10 topic specific modules, each consisting of a series of readings; anywhere from one to four CD-ROM based lessons of approximately 1 hour duration each; a short written response to a series of topic related questions; and, a 1-hour on line chat to discuss the topic. Additionally over the duration of the course, each student is required to prepare one research paper, one personal 10-minute presentation and assist their syndicate in researching and preparing a 40-minute group presentation. The research paper is due by end-May and the presentations will be made during the in-house portion of the course. At first glance this may appear to be a significant workload, however, it exactly mirrors the in-house course at a ratio of one week of the DL course equalling one day of the in-house course.

By mid-February 2002, we have just passed the mid-point of the course, completed the mid-course student interviews and for the most part are quite pleased with the results achieved to date. Attrition rates as high as 75% often quoted in the educational literature for pilot DL courses have not materialized. We have had very positive feedback from the students on what they are gaining from the course with respect to understanding the history of air power, air doctrine and the development of the Canadian Air Force. One student who has never been a history buff was even quoted as saying, "I never realized Canadian military history was so interesting.

Why weren't we taught this in high school?" We have also realized that there is still room for improvement.

During the conduct of the course we have made every effort to adapt delivery methods to the students who are taking the course. We have switched the periodic on-line chats to one session during the day, for those available during working hours, and an additional session in the evening. We have adjusted dates for assignments taking into account the student deployment schedules. Student technical or academic questions are normally addressed within 24 hours through the use of the news group, e-mail or telephone. Our next step will be the re-evaluation of the study material, as the number one comment by students was on the extensive readings required for the lessons. New methodologies for the delivery of the material will be examined and readings will be reviewed for any extraneous material. Another major improvement area will be course awareness.

A large portion of the Air Force is unaware of the existence of the DL BAOC or the advantages it offers to units and their personnel. This article and the presentations we at CFSAS hope to be making to Air Reserve conferences, Commanding Officers' conferences, and the annual 1 CAD Commanders Combined Training Sessions will assist in raising the awareness of the DL BAOC within the Air Force. This awareness of the requirements of the DL BAOC amongst Air Force leadership is essential to the students taking the course. Students may at times require some flexible scheduling of unit activities to work on this career course or some minor level of technical support from the unit or wing computer support department. The level of support provided by the unit directly impacts on the

results achieved by the student on the course. It is therefore contingent on us at CFSAS to not only ensure the entire Air Force is aware of the DL BAOC but that they are aware of the support requirements of the students. I for one firmly believe that as the quality and value of the DL BAOC becomes better known there will be more and more demand for the course.

Beyond the immediate improvements to the DL BAOC, what does the future have in store for us? The next major change will be implementation of the Officer Development Period 2 (or DP2) syllabus to replace the BAOC. While it currently appears the DP2 syllabus will contain most of what is now in the BAOC, it looks like the curriculum will be considerably expanded to contain a broader scope of subjects with a commensurate adjustment in its duration. How this will affect the DL BAOC is yet to be seen, but it will no doubt mean some changes are in store for us here at CFSAS, as well for the Air Reserve community.

From what I have presented here, I now hope you have a better understanding of what we in the DL BAOC shop are doing and hoping to accomplish. You have no doubt come to the conclusion that the Distance Learning Basic Aerospace Operations Course is a work in progress. Nonetheless, initial indications are that the course is meeting the objectives set for it and as a result the air force is getting better prepared reserve Air Force officers. As well, development and delivery of the Distance Learning Basic Aerospace Operations Course is just one more way that CFSAS is meeting its vision of being the "recognized centre of expertise in the Air Force for the development and dissemination of Canadian military aerospace knowledge."



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Website at [www.interbaserealestate.com](http://www.interbaserealestate.com)  
OR Email: [donwyld@kos.net](mailto:donwyld@kos.net)

**Next Deadline**

Next deadline for submission is Friday, 05 April 02.

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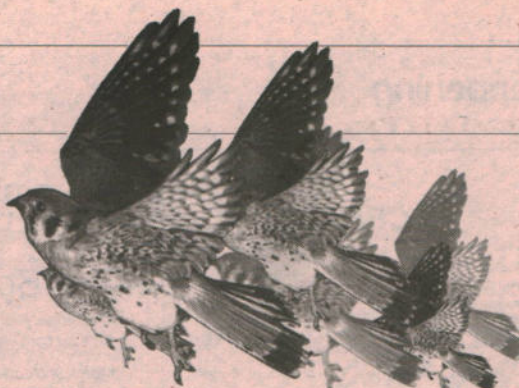


## Military Family Resource Centre (204 489 7003)



### SHRINERS DONATES 100!

Cpl Scott Trapnell, a member of the Khartum Shriners Circus Management and Circus Daddies, donates 100 Circus Tickets to Linda Belisle of the MFRC. Circus Daddies is a Shriners program that, once a year, donates all the tickets of one show to various organizations.



### VOLUNTEERS SOAR TO GREAT HEIGHTS

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, lending library
- **Special Events Planning:** women's conference, Christmas concert, family fun day, registration fair, fundraising
- **Youth Programs:** after school club, summer/spring camps, movie nights, dances, craft workshops, Volunteer Youth Corps 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.

### FAMILY BRIEFING

The Winnipeg MFRC recognizes the increasing pressure experienced by our military families during times of deployments. At present a number of deployments are ongoing, with the recent advent of Op Apollo, we would like to remind all military members and their families of the deployment services we offer.

If you are a Spouse/Partner or Next of Kin of a Deployed or soon to be Deployed 17 Wing Military Member then you should plan to attend the following:

#### 17 Wing Deployments

Family Information Evening 1 Hosted by the MFRC  
10 April 2002, 6:30 pm, WO's & Sgt's Mess (North Side Base)

The focus of the evening will be on Family Support. You will gain knowledge on the MFRC's programs and services; information on how to safe guard your family and your home; very important information on the Mission Information Line; need to know information on things like gaining power of attorney; and the effects of deployments on families.

Childcare will be provided free of charge at the MFRC Childcare Centre on Whytewold Ave. (you must pre-register)

Transportation can be provided, if needed.

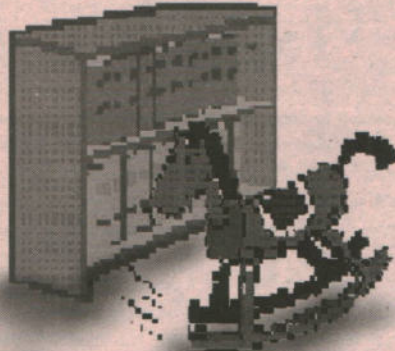
For more information you may call the MFRC @ 489-7003 or check with the members unit.

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



### MFRC LENDING LIBRARY

TOYS, BOOKS, VIDEOS, RESOURCE MATERIALS

Books, Videos, Resource Material Lending  
Hours: Mon - Fri 8:30 am - 4:30 pm  
Membership Fee: Free

#### Toy Lending

Hours: Fri 10:00 am - 1:00 pm  
Membership Fee: \$10.00/family/year

For membership and/or lending information you may contact the MFRC Fridays 10:00 am - 1:00 pm @ 489-7003



### Monthly Community Coffee Break

On the first Thursday of every month we host our community coffee break from 10 to 11 am at 350 Doncaster St. Drop by for coffee or tea and meet some community members, the staff and volunteers. Children are always welcome. The next community coffee breaks are on 2 May 2002 & 6 June 2002. We hope to see you there!



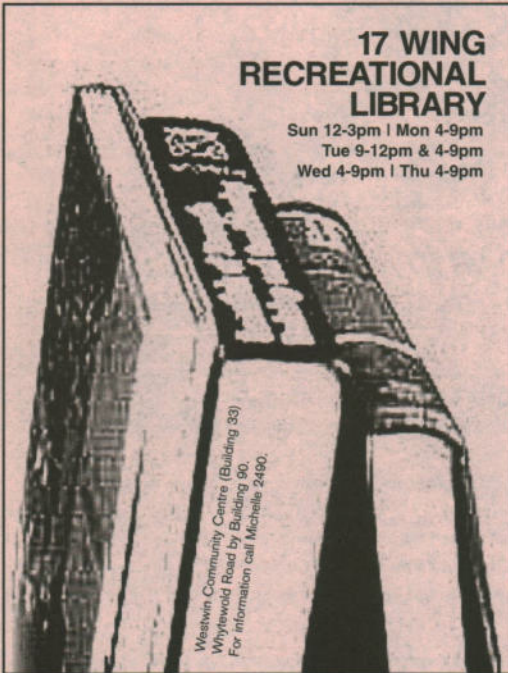
### Thank You Community Members

Throughout the past couple months, MFRC Volunteers have been conducting a Telephone Survey within our community on the MFRC's programs and services. The participation of our community was essential in the success of the Telephone Survey. The Telephone Survey allows the MFRC to evaluate the programs and services we offer and incorporate the needs of the community in all areas of programming. Most importantly, you get to have a say in what is offered to you and your families. While we know how we all hate completing telephone surveys, the community participation was very positive. Thank you to all who completed a survey.

## What's Happening

### 17 WING RECREATIONAL LIBRARY

Sun 12-3pm | Mon 4-9pm  
Tue 9-12pm & 4-9pm  
Wed 4-9pm | Thu 4-9pm



Westwin Community Centre (Building 33)  
Whyteford Road by Building 90.  
For information call Michelle 2490.

Reading Corner by Michelle

17 Wing Recreational Library, Bldg 33

Tel - 833-2500 loc 2490, Email - winglibrary@email.com

Hours: Sun 12-3, Mon 4-9, Tue 9-12 & 4-9, Wed 4-9, Thu 4-9

## The Woman in the Wall

Review by Rose Evans

For me, *The Woman in the Wall* is a darkly disturbing, yet also surprisingly tender and amusing story about the coming of age, and the coming into oneself, that is easy to read, and easy to empathize with.

Anna is the master of blending in, she is so small and unassuming that she is constantly overlooked by her family, and she is so shy and introverted that she is happy to be overlooked. A very intelligent, and very adept child, she single handedly keeps their rambling old Victorian home from disrepair, working on the house at all hours of the night and day. She is perfectly content to be left to her own devices and to "blend into the woodwork" until she turns 7 and her mother announces that she must attend school.

Driven by an almost incapacitating fear of leaving behind the walls of the home that has cocooned her all her life, Anna develops a plan to truly disappear. Then, under the guise of the usual home repairs, she builds a secret room of her own and a network of secret hallways and hidden doors all over the house. She then retreats into her hidden recesses, coming out only when the family is asleep. It takes so long for the family to realize she is not there, that they are not completely sure she ever really existed at all.

Anna lives behind the walls for 7 years, growing to young womanhood without guidance, without reassurance of the normality of the changes taking place within her, then, an anonymous note in the crack of a wall changes everything, and her true journey into womanhood, into life itself, begins.

Look for this book in the library and many others as well as future reviews. Anyone interested in sharing their review of a book just email or drop by the library to give the information.

Come by and check us out : )

## Community Recreation

### 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	Tuesday/Thursday
0930-1030	1800-1900
Lipsett Hall	Building 90

## Where to get help for family members

By Kenn Garrity

Many of the calls I receive come from members asking about assistance for their family, mostly spouses. Most of these calls include a question on financial assistance. Unfortunately, this is not one of the benefits provided by the CFCCN. In fact, for part-time students, there is not a lot of assistance available.

Reimbursement is generally tied to employment, so if the spouse is working, the employer may provide some assistance to those who take courses related to their work. These funds are often not widely advertised, so it takes a bit of checking to see what might be possible. The military policy, found in DAOD 5031-3, does not extend benefits to the family of the serving member. There are CIF-PAF loans that the member can apply for that can be used for educational purposes within the family, and while these are at beneficial interest rates, the money does have to be repaid. For further information about this possibility, call Mr. Anderson at 833-2500 ext 5644.

Legion Branches often set aside some money for bursaries and scholarships, so it is worth checking there to see if you qualify. Each Branch has its own resources and requirements, but there are definitely qualification rules. Also, colleges have awards that can provide some assistance, although most of these are for full-time students, and most of those are achievement awards that you win through proven performance. One restriction on most of these awards is that if you are taking correspondence or other distance education courses, you probably do not qualify.

Many times right after a posting, the spouse is eligible for EI assistance. If you are receiving EI and have an interest in a specific training program, you should check with your caseworker. If they consider that it will likely lead to employment, you may be eligible for sponsorship. Each case is different, but there are lots of precedents. Ask around and see if you cannot find someone who has been able to receive this kind of support and find out what they had to do to qualify.

Finally, if full-time study is your goal, there are provincial plans such as Manitoba Student Aid, Education & Training (EI) which has

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Father Guy Chapdelaine  
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**Secretary**  
Carol Cochrane  
Office 833-2500 ext. 5087

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French language 1600 hrs

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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.

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**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.

specific criteria for eligibility and may help cover educational costs. Check out the on line resource at [www.studentaid.gov.mb.ca](http://www.studentaid.gov.mb.ca) and there is even a link here for on line application. These loans are often provided on a needs-assessment basis so if your family has reasonable resources, a brand new car and no children, your chances are slim. But if your need is evident, you may qualify. While all your family resources are considered, so are all your costs, including not only the tuition and materials, but also all other family expenses, childcare, transportation and anything else specifically related to attending the college program. You may even wish to try [www.scholarshipcanada.com](http://www.scholarshipcanada.com) which holds a plethora of information on various loans, grants and bursaries.

One further item about the provincial plans is that you usually have to apply to the province in which you paid your provincial taxes the previous year. So if you just moved to Winnipeg from Ottawa, you may need to deal with the province of Ontario for the first year. These applications take many weeks to assess, so if you are planning to attend somewhere full-time in September, now is the time to apply for the student loan.

Want to discuss your situation? Need help choosing a program? Want more information on your alternatives? Just need someone to bounce ideas or frustrations off of? Why not give me a call at 833-2500 ext. 5115. We'll make sure you have all your options covered.

## Classifieds

**FOR SALE**  
Quick Freeze Chest Freezer. 14.8 cubic ft, 46x29, comes with 2 heavy duty food baskets. 4 yrs. old. Asking \$250 obo. Call 896-0743.

Hot Tub - 4 man, soft sided with wooden platform. Drink trays, thermometer, power-pack, change wall and chemicals incl. 2 yrs old. Used by 1 person. Asking \$1,500. Ph 889-1438 after 3pm.

Tae Kwon Do leg stretching machine, Free. Ph 889-1438 after 3pm.

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

Queen size waterbed mattress and heater, only five years old. Best offer. Call anytime 888-5659.

Tundra Truck Cap with side slides tinted, windows and

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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.

Ladies 10 K Yellow Gold "Pear Shaped" Emerald Ring (faux gemstone) size 6 3/4. In great condition: in original jewellers box. \$65. Ladies Red Fox Fur Coat in great 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.

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\$11,000. Call 832-2823.

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Washer Admiral \$250. Dryer GE \$200. Both for \$350. In good working condition. Call 253-5184.

**WANTED**  
Wanted, part-time childcare required for 3 yr. old boy. North Side PMQ. CPR/First Aid, Non-smoker. 831-1610.

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): Leave unequal alliances or situations. Learning who your friends are. Put aside uncertainties, once you get moving your energy increases. Betrayal of trust results when someone thinks it wouldn't hurt if you don't know about it.

**TAURUS** (April 20 - May 20): Stop sitting on the fence. Revealing your true feelings brings a surprise response. You're seeing yourself and others more realistically. Decide what you can afford financially and emotionally. The price of pretending is very high.

**GEMINI** (May 21 - June 21): Don't plan your future based on fantasies. Starting another course or project may not be the answer. Finish one thing before you begin another. Seek employment or life counselling for unbiased guidance. What worked for a friend won't work for you.

**CANCER** (June 22 - July 22): Deal with money issues. Consult a person with an unbiased opinion. The increase in funds you were expecting is either less than you hoped or delayed in coming. Plan accordingly, list needs before wants.

**LEO** (July 23 - August 22): Organize paperwork that provides detailed instructions to co-workers sharing job responsibilities. Take "time outs" if necessary, even if it's just taking a few deep breaths. Better yet, take an extra long weekend. You've earned it.

**VIRGO** (August 23 - September 22): Struggles with time management continue. Needing to pay attention to your surroundings and yourself. You're surprised to see how much time has passed. Assist someone who needs your help. Participate in family activities.

**LIBRA** (September 23 - October 23): Don't limit yourself to how others see you. Be the best you can be. If you've put your dreams on hold to attend to responsibilities honor that decision. Find enjoyment in doing related work until you can pursue your primary interest full time.

**SCORPIO** (October 24 - November 21): An inspiring individual can show you how to transform your life. Expect radical changes, living fully with passion and purpose. What you own is not as important as the freedom to be who you are.

**SAGITARIUS** (November 22 - December 21): There will be a judgement in your favor. A relative appreciates you. What you saw as a lost opportunity was not meant to be. Realizing this, you can make more congruent decisions. Look beyond tomorrow.

**CAPRICORN** (December 22 - January 19): You know the value of patience but don't bother trying to convince anyone else. Meeting your inner needs is as important as monetary returns. By Spring you'll be ready to respond when opportunity knocks.

**AQUARIUS** (January 20 - February 18): Constantly watching your words and hiding your real feelings makes someone else feel good but it's not constructive. A heart to heart is required. Things will get better once you stop participating in emotionally draining dramas.

**PISCES** (February 19 - March 20): Practice open and loving communication. Appreciate what you've got. Write ideas down to use later when you have more energy and cash. Make a few small changes in your home now and be prepared to consider a change of scenery.



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