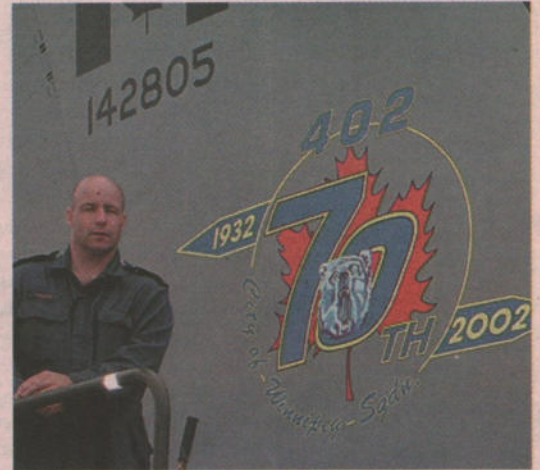


- West Nile Virus
- Behind the serving line at 17 Wing Food Services
- On a wing and a prayer
- Community recreation upcoming activities

## Getting ready for 402 Sqn 70<sup>th</sup> Anniversary



MCpl Robyn Arnold, 402 Sqn ACS technician, is shown putting the finishing touches on the new 70th Anniversary Squadron Crest adorning the tail of the Dash 8 aircraft CT142805.



MCpl Arnold, 402 Sqn ACS technician, proudly stands by the new 70th Anniversary Squadron Crest he placed on the tail of the Dash 8.

Our ACS technician is putting the finishing touches on the newly painted 402 Sqn 70th Anniversary Crest which now resides on the tail of a Dash 8 aircraft CT142805. 402 Squadron will be celebrating its 70th anniversary, October 4-6, 2002 in Winnipeg, MB.

For further information or registration, please visit website at [www.402sqncom/70th](http://www.402sqncom/70th) or by email: [gendron.smp@forces.ca](mailto:gendron.smp@forces.ca)

## Art Competition to Commemorate OP Noble Eagle

Sponsored by 1 Canadian Air Division HQ

In the aftermath of the terrible events of September 11th, 2001, the Canadian Forces, and in particular Canada's Air Force, have been heavily involved with anti-terrorism activities, employing a wide variety of military resources. OPERATION APOLLO, the war on terrorism in Afghanistan is well known; domestic operations under the auspices of North American Aerospace Defence (NORAD) are less familiar but equally important. This on-going major CF commitment is named OPERATION NOBLE EAGLE.

The Commander of 1 Canadian Air Division/Canadian NORAD Region (1 CAD/CANR) has authorized the Office of Air Force Heritage and History to conduct an aviation art competition to showcase and commemorate OP Noble Eagle. The details of the competition are as follows: THEME: Canadian contribution to OP Noble Eagle; the

surveillance and control of Canadian airspace post Sep 11. AWARDS: 1st \$2,500.00; 2nd \$1,500.00; 3rd \$1,000.00 MINIMUM SIZE: 18" X 24" and appropriate for print reproduction.

MEDIUM: Oil, acrylic, watercolour SUBMISSION DEADLINE (35 mm slides of finished works): 16 December, 2002.

The judging panel will include the Commander 1 CAD/CANR, the Division CWO, and the Director of Air Force Heritage and History. Entries will be judged on the basis of artistic merit, technical accuracy, and historical significance. They may represent a collage of activities or one specific incident/ event. While emphasizing aerospace control and surveillance, entries need not be purely aircraft oriented. Winning entries will become the property of the Air Force Heritage Collection and will be prominently and

permanently on display at the Bishop Building in Winnipeg. The first place winner will also be reproduced as limited edition artist's proofs for presentation to all units participating in OP Noble Eagle and other significant recipients.

For further information and entry forms/artist's release, please contact:

Don Pearsons

Office of Air Force Heritage and History  
1 CAD HQ

Office: (204) 833 2500 ext 6276

Fax: (204) 833 2512

Cell: (204) 228 4028

E-mail: [pearsons@escape.ca](mailto:pearsons@escape.ca) or [Pearsons.DGL@forces.ca](mailto:Pearsons.DGL@forces.ca)

— CONTINUED ON PAGE 3

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## West Nile Virus

Submitted by MCpl Natalie Bussieres, Preventive Medicine Technician (PMed Tech)

The West Nile Virus (WNV) is a disease transmitted by mosquitoes. The virus was named after the West Nile region of Uganda, where it first appeared in 1937. Human disease has since been reported in many areas including Egypt, Algeria, Israel, South Africa, Czech Republic, Russia and Romania. It was detected for the first time in North America in 1999 in and around New York City. In August 2001, positive reports of WNV in birds and mosquitoes were confirmed in Southern Ontario. The first positive bird was identified in Winnipeg, Manitoba on 12 July 2002. However, cases of human infection have not been reported to date in Canada.

West Nile virus is spread to humans by the bite of an infected mosquito. Mosquitoes become infected by biting an infected bird. The virus is not spread by person-to-person contact. And, it cannot be spread from a bird to a human. The risk of being bitten by a WNV - infected mosquito is low, even in areas where mosquitoes carry the virus. Most people who become infected with WNV have no symptoms, or develop mild flu-like symptoms such as: fever, headache and body aches. However, certain people, including the elderly, the young, and those with weak

immune systems are at greater risk of experiencing serious health effects such as meningitis (inflammation of the lining of the brain or spinal cord) or encephalitis (inflammation of the brain). Symptoms include the following: severe headache, high fever, stiff neck, vomiting, drowsiness, confusion, muscle weakness and loss of consciousness. Individuals who experience such severe symptoms should seek immediate medical attention.

DND has been cooperating with Health Canada and provincial health authorities in monitoring for WNV. Crows, magpies, blue jays and grey jays seem to be especially susceptible to WNV. If you see a dead bird of the crow family on DND property, report the observation to Manitoba Health Links at 788-8200 or 1-888-315-9257 and to the Preventive Medicine Department 833-2500 ext 2672. Remember to record full details of where and under what circumstances the dead bird was found and to allow for full specimen assessment and possible retrieval. Although it is unlikely that you will become infected with WNV by touching a carcass, AVOID direct contact with dead birds. Because positive reports of WNV in infected birds has already been confirmed in Winnipeg, spread of WNV in rural

areas outside of Winnipeg is now being closely monitored.

CF member can do several things to protect themselves from WNV, and also to contribute to efforts to track the spread of the virus. Good insect discipline is the first line of defence against WNV. Preventing mosquito bites is recommended and includes the following strategies:

- applying a DEET - based insect repellent to areas of the skin that are exposed to mosquito attack. Recent studies have shown that DEET is the most effective for preventing mosquito bites. And actually, other products had no effect whatsoever on preventing mosquito bites. For more information on the use of DEET, see the websites listed at the end;
- wearing appropriate clothing, including; head nets, long sleeved shirts and pants;
- where possible, avoiding areas where mosquito populations are high and/or timing activities when mosquitoes are less active. (e.g. many species of mosquitoes, including some that transmit WNV, are more likely to bite in the morning and evening, or in shaded areas);
- prevent mosquitoes from entering into buildings by screening doors and windows; and
- identifying and taking measures

to eliminate mosquito breeding grounds around the house or cottage and in operational areas. Because many mosquitoes breed in stagnant standing water, this could include filling in depressions in the ground where water accumulates, changing bird bath water regularly, ensuring that rain gutters are working properly and do not accumulate water. Empty, cover or remove other containers (cans, rain barrels, buckets, tires, boats) where water may accumulate.

Additional sources of information:

Health Canada website  
<http://nile.healthcanada.net>

Health Canada  
 (information on DEET):  
<http://www.hc-sc.gc.ca/pmra/arla/english/pdf/notes/deet-e.pdf>  
 See also information sheet: Safety Tips on Using Personal Insect Repellents (includes tips for young children / infants & Insect Repellents)

Manitoba Health website  
<http://www.gov.mb.ca/health/WNV>

17 Wing Medical Clinic -  
 Preventive Medicine Department

FROM THE DESK OF THE WAC:

## "IS THE ECSTASY WORTH THE PAIN?"

MDMA (known as Ecstasy) is a mind-altering drug with hallucinogenic effects. Ecstasy is produced in improvised labs and packaged for cultural appeal to young people. Use of Ecstasy can have severe physical and psychological consequences and is potentially FATAL.

Signs of Intoxification: increased energy, sense of pleasure, sociability, feeling of euphoria. Negative effects may include sweating, muscle tension, increased heart rate, suppressed appetite, nausea, vomiting, blurred vision, grinding of teeth, jaw pain, anxiety, panic attacks, tremors and hallucinations.

Withdrawal Symptoms: Confusion, panic, insomnia - may last for weeks.

### EFFECTS OF CHRONIC USE

- MIND & BEHAVIOUR: Severe depression, confusion, anxiety, paranoia, apathy, distortions in perception and memory, insomnia, suicidal tendencies.

- HEART & BLOOD: Increased heart rate and blood pressure, possible cardiovascular failure induced by high body temperature and dehydration.
- BRAIN: Destruction of serotonin neurons, possible irreparable brain damage.
- LUNGS: Damage, may cause internal bleeding.
- LIVER: Jaundice and liver damage.
- KIDNEYS: Kidney failure.
- MUSCLES: Muscle tension, rigidity, breakdown of skeletal muscle.

### OTHER RISKS

Severe hyperthermia (possibly to 110 °F or 43.3 °C), tachycardia, convulsions, sudden collapse, coma, potentially FATAL

Need to talk to someone?

Call me anytime!!

Bob Murphy  
 Wing Addictions Counsellor ext. 5086

## Open House for Interim Learning and Career Centre (LCC)

During the afternoon of October 1<sup>st</sup>, there will be an open house held at the LCC for all of the Defence Team working in Winnipeg.

The LCC is part of the new Defence Learning Network (DLN). There will eventually be a network of LCCs across Canada to meet the learning needs of the Defence Team. Part of the DLN will be the capability to learn from a distance, no matter where you are located.

Detailed information on this opening will be provided in the next edition of The Voxair.

Further information on the LCC can be obtained from Neil Kimelman @ ext. 4637.



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## Tips and Traps on Credit Use

In today's world almost everyone uses credit. With little or no training on how to budget, save money or use credit wisely, people can get into serious financial difficulties.

A common powerful sales strategy trap used by retail stores is, "buy now and pay later" and it should be avoided. You can't afford the purchase now and you think you have the discipline to put aside the money to pay for your purchase in six months from now? In most cases, this miracle won't happen and this is what the third party finance company counts on.

When you "buy now and pay later", there is generally a deferral fee. The contract you sign is usually sold to third party finance companies and can have interest rates as high as 30%. Interest can be retroactive to the purchase date and calculated in full at the end of the deferral period if the account is not completely paid by the due date. Wouldn't it make more sense to be patient and put money aside and pay cash for your purchase? This way you will know for certain that you can afford your new acquisition.

Another trap used by retail stores is credit cards with bonus points attached. These retail stores cards can carry interest rates calculated daily as high as 28.8%. If you must use credit cards and plan on carrying a balance, consider using a general credit card, such as Visa or Master Card, offering a lower rate of interest, or double your payments.

On the chart below, you can see that by simply doubling the minimum payment, you can save years and money on interest:

Credit card balance of \$1000 at 28.8%:

	Monthly Payment Amount	Paid over # of Months	Interest Charged	Total Months/Interest Saved
Min. 3%	\$30	\$68	\$1036	
Double	\$60	\$22	\$293	46/\$743

Should you have to make an essential purchase and use credit, CANEX offers a no interest credit plan to a maximum of \$5,000 to CF members, their spouses and other authorized patrons. Their plan is a true interest free credit plan for up to one year and can be extended to two years subject to a small administration fee. In addition, the Canadian Forces Personnel Assistance Fund (CFPAF) has a Self Improvement Loan Program (SILP) to address emergencies, and to improve your quality of life. SILP loans may be approved for specific purchases, such as buying a computer or furniture. Contact your base Financial Counsellor who can offer professional guidance, or check out the website [www.sisip.com](http://www.sisip.com) for more information.

Remember "credit" is a business and you will never get something for nothing. Credit is a privilege, not a right and it should be used carefully.

Written by: Paula Wheeler, Financial Counsellor  
SISIP Financial Services, Greenwood

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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 Advisory 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.

**8 Nov 2002**  
Aboriginal Veterans Day



**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



**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



**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

## 2002 CF Professional Drivers Championships

Written By: MCpl A.R. Leyte

On behalf of 17 Wing Transport I would like to extend an invitation to all 17 Wing personnel to come and witness the 2002 Canadian Forces Professional Drivers Championships that will take place from 16-18 September on the Kapyong barracks parade square. The Championship, or more commonly referred to as the "Roadeo", is a series of competitions that gives Mobile Support Equipment Operators (MSE Ops) and their civilian counterparts (MDOs) the opportunity to demonstrate their superior driving skills and knowledge. The competition consists of various obstacles on the course (simulating actual driving hazards), as well as written exams

on driving regulations, first aid, transportation of dangerous goods and air brakes. The Championship is broken down in five different divisions:

Tractor Trailer, 40 passenger Bus, HLVW, 5 Ton truck and Road Rally. The competitors compete at the Regional Level and must obtain a top three placing in one of the divisions in order to earn the opportunity to represent their Region at the National Championship. Once again, spectators are welcomed to come and watch some of the best operators in the MSE Op/MDO trade compete head to head for first place in each division.

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### New stamps for a New Nation

by Alf Brooks

Stamp collectors can tell you that the first adhesive postage stamp was the Penny Black, issued by Great Britain and first used officially on May 6, 1840. Even a quick look at a stamp catalogue will tell you that since that first stamp there has been a flood of postage stamps from countries of the world. Generations ago it was possible to collect all the stamps of the world; possible today? Not likely.

So, where does a collector start? One other starting point appeared earlier this year, when the new country of East Timor issued its first stamps. You may recall the new of the last few years telling us of this small nation's war with ruling Indonesia and the involvement of the United Nations, with May 20, 2002, being the date East Timor became a nation.

On that date its first postage stamps were issued, a set of four values. The 25¢ value shows the national symbol, a crocodile, the 50¢ ceremonial palm fronds, the \$1 depicts coffee-growing, an important industry. The \$2 value, illustrated here, shows us the flag of the new nation. Each stamp also illustrates "tias," a traditional woven cloth.

Australia Post printed the stamps as its contribution to the life of the new nation.

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# Behind the Serving Line at 17 Wing Food Services Squadron

By: Sgt Mark Simm, 17 Wing Food Services Voxair Rep



Pte Michelle Boisonault (foreground) and Cpl Shane Parrington (background) preparing their desserts.



**Dessert examples  
made by Cpl Parrington  
and Ptes Keddy and Bentley.**



Pte Matt Keddy during meal preparation.



In the midst of the regular duties that are completed daily within the kitchens of 17 Wing Food Services Squadron, there are other responsibilities that are carried out as well. The QL 4 On-Job-Training (OJT) program for QL3 qualified cooks is one example. It is the responsibility of Food Service Squadrons to ensure that all QL3 cooks complete this 18 month program which provides them with the basic information they need to work as a Cook and develop their skills.

During a Logistics Conference held in Winnipeg in the Spring of 2002, these cooks were given a practical opportunity to utilize the training and skills they had achieved to date. Recipes for the dishes were chosen either from the Internet, Culinary Arts Cookbook or a

favourite home recipe. In selecting the four courses, the Cooks had to choose carefully so that each course would compliment the other. Soup, main course, salad and dessert had to flow together in taste, colour and in texture. Every course was garnished and placed for eye appeal.

Under supervision, these Cooks worked in teams to:

- plan the menu;
- calculate the cost;
- determine the groceries required;
- prepare for the menu (timing of each course including preparation, cooking and consumption etc.)
- set up the work area, equipment and place settings; and
- cook and present the meal.

As stated by Pte Michelle Boisonault, "It was very important to be organized and prepared for any change that might occur. Also important was to have the work area ready and all equipment that would be used present."

All the Cooks involved felt that the luncheon provided them with a chance to learn everything from start to finish in the preparation of meals. "This experience has shown me what to do and not to do next time round. Some of it was trial and error and I always find it a learning experience when working with new recipes!" Pte Boisonault summed up.

# WCE Promotion & Awards Presentation



Cpl Kim Boudreau employed in Wing Fire Hall, received his promotion to MCpl and WCE departure plaque.



Mr. Brian Grant, employed in WCE as B25 Building Systems Manager, received public service 15 year long service award certificate and a ring.



Mr. Ian Taylor employed in WCE Engineering as a draughtsman, received public service 25 year long service award certificate and a watch.



Ms. Victoria Gallimore employed as WCEO's Secretary, received public service 25 year long service award certificate and Inuit Soapstone Carving.

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**POSTULER EN LIGNE**  
**Date de clôture de ces concours : le 12 septembre 2002**

## 17 Wing Med Clinic Promotions



LCol Neville is shown presenting LT D. Scott his promotion to Capt.



LCol Neville is shown presenting 2Lt C. Hunter her promotion to LT.

## Thunder Bay Armoury Promotion



17 Wing Supply Sqn is proud to announce that Wayne Gosse from the Thunder Bay Armoury was recently promoted to the rank of Sgt. On hand to make things official was Capt Penny from 18 Med Coy.

### 17 Wing Winnipeg-Officers' Mess Entertainment Calendar

- Officer's Mess Golf: 11 September - @ Steinbach
- Environmental Mess Dinner- Friday, 20 September  
 What could be more enticing than a Mess Dinner in operational uniform! The Guest of Honour will be none other than HCol Ron MacLean. Time: 1900 for 1930 hrs. Cost: TBD (Less than \$30) Dress: Flight Suit/Combs w. Mess Kit Shirt & Bow Tie Sign-up required
- Meet and Greet - Wine and Cheese - Saturday, 14 September Time: 1900 hrs Cost: \$5 per person Dress: Jacket & Tie. Sign-up required
- Starting again in September, Childcare services are available during TGIF! 1700-1900hrs. Sign-up required. Call ext 2491 for more information or to make a reservation.



### Military Family Resource Centre **Grand Opening!**

**Saturday 14 September  
 at 3:00 PM**

102 Comet Street (across from Whytewold Gate)

## On a Wing and a Prayer

By Catherine Logan

With cool July temperatures ranging from 2 to 8 °C, a group of Inuit pilgrims on their way to the World Youth Day in Toronto, packed their belongings, toiletries, and an arctic char and headed south to Winnipeg, awaiting obliviously for what was in store.

Coming in two separate groups, the pilgrims were greeted at the Winnipeg International Airport July 17th and 18th by members of the 17 Wing Chapel and a blisteringly hot summer day. There was great excitement in the air since, for many, this was their first trip on an airplane or south to Winnipeg. They struggled with their luggage, consist-

ing of suitcases, native dress, and instruments. A bar-b-que was held at the Wing Chapel Annex for the first group. They were anxious to see the sights and to get in some shopping at Polo Park. Some guests were able to visit relatives who reside in the city.

Before departing for all parts of the city, the Inuit guests showed the volunteers their costumes and held impromptu lessons on drum dancing and throat singing. Volunteers were able to ask questions regarding the territorial flag, dress, symbols, and customs. Some of the guests played the guitar, and folk songs were sung after dinner.

One of the host families opened their home so that the first 12 delegates could swim in their pool. This was a treat for those from Arviat because there is only one pool in the town, and it has only four feet of water in it. The guests were afraid of such a large pool; however, their fears dissipated quickly and they were using the slide by the end of the evening. The party lasted until 2330 hours, when it was time to return to the Chapel Annex for some much-needed sleep.

For the first group of visitors, morning came early at 0600 hours. A breakfast meal was arranged and transportation was provided

to the airport at 0700 hours for their trip to London, Ontario, and subsequently on to Toronto.

The second group of pilgrims arrived on July 18th at 1530 hours. Once again, a bar-b-que was held at the Chapel Annex and more shopping was done. This group, slightly older than the first, was asleep early in anticipation of their 0600 hours wake-up call. A pancake breakfast was provided for the group before leaving for their 0830 hours flight.

A big thank-you is extended to all those who were involved in volunteering their time, talents, and vehicles to make this venture a huge success.



Photo by David Kaczmarek



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### Reunion of Submariners Victoria, BC May 2 to 4, 2003

The Submariners Association of Canada (West) will hold a reunion of submariners in Victoria, BC, from May 2 to May 4, 2003. The reunion will consist of a meet and greet, Submarine/Ship tours, Banquet and Dance, and participation in Victoria's battle of the Atlantic Ceremonies. This will be an international event, and all submariners and their ladies are invited to attend. For more information and registration forms, please contact: Dwight Grieve 2303 Ravenhill Rd. RR#1 Shownigan Lake, BC V0R 2W0 Ph.: (250) 743-7219 dwtndn@shaw.ca

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Every  
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#### Line Dancing

Every Tues & Wed  
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#### Dancing To Live Bands

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#### Meat Draws

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2 pm - 5 pm

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12-6 pm

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**September 22, 2002**

**St. Vital Park**

Registration at 9:00 a.m.

for more info call: 784-9504

Email: parky@mts.net



## Military Family Resource Centre Grand Opening!



**Saturday 14  
September at  
3:00PM**

102 Comet Street  
(across from Whytewold Gate)

All Community members are welcome to come, socialize and have a tour of our new facility. Children are always welcome to come and play in our playroom. (Parents are responsible for their children, as children can not be left unattended.)

### MFRC Contact List

You may reach the MFRC by dialing (204) 489-7003 and entering the 4 digit local of the person you are trying to reach.

Administration: Mona Currie	4500
Teen Centre	4502
MFRC Library	4503
Executive Director - Don Brennan	4504
Education Services (QOL) - Val Hudson	4505
Emergency Childcare - Catherine Chatterley	4506
Volunteer Services - Nicole Johnson	4507
Youth Services - Diane Brine	4508
Info & Referral - Linda Belisle (Outreach Dept.)	4509
Children's Programs - Wendy Richardson	4510
Employment Assistance - John Chabih	4511
Special Needs - Haley Schroeder	4512
PIC Social Worker - Victoria Lambert	4513
Second Language Training	4515

## Emergency Childcare Service

*The ECS provides immediate, affordable, regulated childcare in times of emergency.*

- Designed to be your "BACK-UP"!
- The emergency may be the result of an unexpected/short notice duty/deployment/op. or training, where the member does not have sufficient time to implement his/her family care plan.
- During a deployment, families may experience a childcare emergency for a variety of reasons; medical, compassionate etc., By having one parent out of the area it increases the likely hood of some event that might disrupt the usual childcare arrangement and requires immediate alternative arrangements.

### An "emergency" is NOT ...

"Recurring events for which a plan should be developed"

i.e. Mildly ill children, school in-services and in the case of deployments, misc. Duties, base exercises, or training for which advance warning in excess of 7 days has been given."

- The MFRC compiles and maintains listings of a large variety of childcare resources to help your family plan for just such events. These listings can facilitate the location of childcare providers for all occasions: casual evening, before & after school, emergency, overnight and extended hours.
- BUT... even the best-laid plans sometimes fall apart...and your presence at work is critical, that's where the ECS becomes your "back-up". The ECS can provide subsidised childcare services to assist in the first 72 hrs while you seek out an alternate childcare arrangement.
- For childcare emergencies as described above, funding

has been made available to fully cover reasonable cost incurred during the first 72 hrs and pro-rated partial billing up to a (max) 7 days.

- ECS Childcare providers are selected by the ECS, to ensure compliance with provincial Childcare regulations, appropriate credentials (i.e. .CCW, CPR and First Aid), and, police/child abuse registry screenings
- Call the ECS Coordinator for more information Mon-Fri 8:30-4:30 @ 489-7003
- For Childcare emergencies outside regular working hours. Call 935-7733.
- Every effort will be made to identify childcare within an hour!

### Childcare Resources @ the MFRC

The MFRC compiles and updates a variety of childcare resource listings, which are available by stopping by the MFRC during regular working hours

- All Licensed Childcare Centers and family home daycares in Winnipeg
- Community Childcare Providers
- MFRC Casual Childcare schedule
- The MFRC Childcare Centre!
- Long term childcare services
- Extended Hour Childcare resources
- 24hr Childcare and Health support services
- The Teen babysitters list

## 2002 Dragon Boat Festival

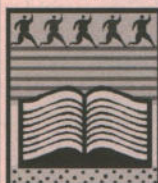
The Winnipeg Military Family Resource Centre participated in this years Dragon Boat Festival. Our team consisted of MFRC staff, volunteers, CF members and family members. Thank you to our team for your dedication and team spirit!

- Team Manager** Nicole Johnson (MFRC Staff)
- Team Captain** Linda Belise (MFRC Staff)
- Steer Person** Chad Swayze (MFRC Volunteer)
- Drummer** Victoria Lambert (MFRC Social Worker)
- Team Rep** Phoenix Chappel
- Paddlers** Andrew Brine, Catherine Chatterly, Cathy Alexiuk, Chantel Menzyuk, Christina Brine, Colleen Ridley, Craig Mantel, Diane Brine, Don Brennan, Donna Mcrae, Frank Cherest, Jeff Johnson, Jodi Chappel, Kevin Lindsay, Patrick Brine, Rick Phillips, Val Hudson.



## MFRC LENDING LIBRARY

**TOYS, BOOKS, VIDEOS,  
RESOURCE MATERIALS**



### Toy Lending

Hours: Fri 10:00 am - 1:00 pm  
Membership Fee: \$10.00/family/year  
We have many new toys for outside play,  
come check us out!

### Books, Videos, Resource Material Lending

Hours: Mon - Fri 8:30 am - 4:30 pm Membership Fee: **Free**

For membership and/or lending information  
you may contact the MFRC

Fridays 10:00 am - 1:00 pm Phone: 489-7003

### ATTENTION LIBRARY USERS...

- Would you like to have a free membership to our toy lending library?
- Are you free Thursdays or Fridays from 10:00 am -1:00 pm?
- Three hours of volunteer work a week gets you unlimited use of our toy lending library **FREE OF CHARGE!**

## MFRC Children's Programs

### CREATIVE TOT SHOP

This program is the first step towards nursery school. It provides the opportunity for parents and young children to come together to create and play. The toddler or preschooler can explore the world of art, music, movement and story. Parent participation is required. Many families come to this program with two or more children of different ages. Registration is not required. Feel free to drop in. It's a great opportunity to meet other parents and make friends.

This program will be offered at two locations and times starting at the beginning of September.  
Lipsett Hall Nursery School at 505 Kenaston Blvd. Monday 1:30 - 3:00 p.m.  
MFRC main building at 102 Comet Street Wednesday 9:30 a.m. to 11:00 a.m. The cost is \$3.00 per family. Please bring a snack for your child.

### MOTHER GOOSE

This program is a group experience for parents and their babies and young children. It focuses on the pleasure and power of using rhymes, songs and stories together. Come out and have some fun with your children.

For information call Wendy or Shannon at 833-2500 ext. 6846.

Please register at the main office at 102 Comet Street by September 18th. The program will start on Wednesday, September 25th.

Location: Lipsett Hall Nursery School  
Time: 1:15p.m. to 3:00 p.m. on Wednesdays.

The cost is \$25.00 per family for a 10 week session. The drop off fee will be \$3.00 per family. Please bring a snack for your child.

### GYM AND MOVEMENT

This program was developed to provide parents and their young children the opportunity to play together in the gym. It includes creative movement, parachute games, cooperative games and a circle time. Large muscle skills and interpersonal skills will be enhanced as well as the opportunity to socialize and to run off some steam, especially as fall turns into winter.

Location: Lipsett Hall Time: 1:15 to 2:15 p.m. Thursdays

Cost: \$20.00 per family for a ten week session. The drop in fee will be \$2.50

Start date: September 26th.  
Please register at 102 Comet Street by September 19th.  
Contact name: Wendy Richardson at ext. 2491.

## Community Recreation Upcoming Activities

### 2002-2003 Computer Courses

Community Recreation will be offering computer courses to all recreation members. Courses are held at Bldg. 33 from 900-500 on Saturdays, to register or for more information contact Recreation at 833-2500 ext. 5976 or 2059. Cost TBA

October 19	Microsoft Word
November 2	Excel Spreadsheets
November 23	PowerPoint
February 8	Excel- Advanced
February 22	Intro to Access
April 12	PowerPoint
April 26	Intro to FrontPage
May 3	Microsoft Word

### Fall Recreation Programming

Community Recreation is excited to offer the following programs to our members. Check out other programs such as Youth Games Night and Pilates at the Registration Fair September 14, at Bldg. 90

### Recreation Activity Passes

Now worry-free classes! Use this pass to try new classes or return to your favorite. Pass is good for 15

classes of cardio-kick, aquafit, or aerobics. Member's cost is \$35. Available at the Community Recreation office.

#### • Co-Ed Adult Volleyball

Come out for a recreational night of volleyball. Great exercise. Non-instructional. Lipsett Hall Mondays 8-10 pm \$20/8 weeks

#### • Aqua-Fit

If you're looking for a change to your fitness program, try aquafit!. The water adds good resistance training component. Wed/Fri Lipsett Hall 930-1030 am \* Childcare available through MFRC Mon/Tues/Thu Bldg. 90 530-630 pm Use your Recreation Activity Pass for \$35/15 classes.

#### • Women on Weights

Join this group to familiarize yourself to weight-training, circuit training, and general fitness principles. Wed/Fri Lipsett Hall 1000-1100 am \* Childcare available through MFRC 25 Sep- 25 Oct/ 5 weeks Cost: FREE

Maximum 6 participants  
Mon/Wed Lipsett Hall 700-800 pm  
23 Sep - 28 Oct/ 5 weeks Cost: TBA  
Maximum 6 participants

#### • Aerobics

Cardio-Kick  
M/W/F Bldg. 90 1200-100 pm  
Use your Recreation Activity Pass for \$35/15 classes

#### • Evening Aerobics

Tues/Thurs Bldg.90 700-800 pm  
Use your Recreation Activity Pass for \$35/15 classes  
*\*Let us know you're interested by calling Recreation Services at 5976 or 2059. This trial class requires a minimum participant interest.*

#### • Weight Watchers

Tuesdays Bldg.90 1200-100  
24 Sep - 12 Nov/ 8 weeks  
New Members \$104  
Lifetime Members \$84  
*Please make cheques payable to Weight Watchers  
Registration deadline 14 September*

## 10<sup>th</sup> Annual Registration Fair

The Tenth Annual 17 Wing/CFB Winnipeg Registration Fair will be held on 14 Sep 02 from 0900 - 1300 hrs in Bldg 90 Fitness & Recreation Centre (680 Whytewold Rd.) for all base personnel, their families and associate members.

The aim of the Registration Fair is to provide a "one stop shopping" event for personnel to familiarize themselves with the programs offered in the community. Displays and/or registration booths will be set up by groups offering a variety of programs etc. for the community.

Last year's event was a great success. Let's make this year's even better. For information, contact Elaine Parent, Recreation Services at 833-2500 loc 5976 or Melissa Davidson, Community Recreation Director at local 2059.

**NOTE:** The location has changed to Bldg 90 Fitness & Recreation Centre, 680 Whytewold Rd.

## No more line-ups

Say good-bye to the long line-ups at the Registration Fair! The Community Center is now accepting registration for September swimming lessons. Lessons will be offered at both Lipsett Hall and Bldg. 90 pools. Lessons at Bldg. 90 will be on Tuesday, Wednesday and Thursday evenings as well as Saturday mornings. Lipsett Hall will be offering lessons on Saturday mornings only.

To register come down to the Community Recreation office at the Community Center (Bldg. 33). Swim registration will also be available at the Registration Fair on September 14 from 9:00-13:00 at Bldg. 90.

## Together in Church



### CATHOLIC

#### Chaplains

Father Guy Chapdelaine (Roman Catholic)  
Office 833-2500 ext. 5272  
Father Terry Cherwick (Ukrainian Catholic)  
Office 833-2500 ext. 5417  
**Secretary**  
Carol Cochrane  
Office 833-2500 ext. 5087

#### Masses

Sat (English only)  
1630 hrs  
Sun  
English language  
1130 hrs  
French language  
1230 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 Bob Brinn (United Church)  
Office 833-2500 ext 5349  
Chaplain Lenora Grauer (Evangelical Lutheran)  
Office-833-2500 ext 5785  
Padre Brad Busch (Evangelical Lutheran)  
Office 833-2500 ext 6022  
**Secretary**  
Carol Cochrane  
Office 833-2500 ext. 5087

### Sunday Services

English Only 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 Guild

The Guild meets the first Monday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

### Prayer Service

An ecumenical prayer service is held in the Chapel each Wednesday (except during the summer) from 1210 to 1250 hrs. All are welcome. Bring your own lunch.

### 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, ph. 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.

# 5<sup>th</sup> Annual



## MFRC/WMCC Family Fun Day

**September 14<sup>th</sup>, 2002**  
12:00 - 3:00 p.m.


Building 61, Combined Mess - North Site

- FREE Hotdogs, Smokies and Pop
- FREE Carnival Games for the Kids, Pony Rides, Bouncers, Cotton Candy, Face Painting, and Prizes

*And the highlight of the day will be Jacques (Jake) Chenier who will be performing at 1:30 p.m.*

## 17 WING RECREATIONAL LIBRARY

**FALL HOURS**  
Sundays: 12-3 pm  
Mondays: 4-9pm  
Tuesdays: 9am-12pm - 4-9pm  
Wed & Thu: 4-9pm  
Various Craft Days



Call  
Extension  
2490  
for  
information

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

### Interfaith Prayer Breakfast

Pilgrimage of Peace  
World Youth Day Experience

Where: Junior Ranks Mess  
When: September 25<sup>th</sup>, 2002 07:30hrs  
Tickets: \$5 available at the Chaplains' office (Bldg 62, Rm 237)  
The registration deadline is September 18<sup>th</sup>, 2002.  
There is a limit of 95 tickets, so register early!

**CLASSIFIEDS**

**PIANO LESSONS**

Teacher, close to base, 30 years experience. Students entered for Royal Conservatory exams if desired. Reduced rates for military families.

**Phone: 885-5700**

**WANTED**

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

**Office Keeping services**

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References available.

Non-smoking mother of 1 will provide TLC for your child in my southside home and many age appropriate activities. Full-time/part-time space available. Will provide nutritious lunch and snacks. Call Cherie 896-7630.

**FOR SALE**

Bedroom Suite, includes triple dresser (6 large drawers, 3 small), 2 drawer bedside table, triple-fold mirror, queen size headboard, medium pecan finish. Well built and solid, \$250.00 obo. Call 889-8025

Necky Lookshaw Kayak, used only 6 times, almost new condition, comes with some extras. only \$1800.00 Rocking chair for baby GRACO; excellent condition, \$40. Wine making equipment; used only once, \$75; for more info call 487-6379 after 5 PM.

Wooden Fence and 2 sheds for sale. Call: 489-2304

1994 Suzuki Swift, 99000 km No rust, \$3500. Cream colour couch and sofa with a glass top coffee table and 2 end tables \$350, Bed \$150, GE Microwave, \$40 Hoover Vacuum Cleaner, \$30; 2 matching Area Rugs, \$10 ea. 586 PC Computer complete \$400 486 PC Computer complete \$150. Call 275-3467 for more details.

Stove for sale, Purchased from Canex, 4 years old, \$150 OBO. Tag along Trailer for 2 - \$50 OBO. Home Ph 487-6176.

Men's Air force mess kit, midnight blue, size small, includes: jacket with Sgt rank and pants with white suspenders. \$125.00 Men's mountain bike \$100.00 489-1573.

Women's Air Force mess kit and blouse, size 10; in excellent condition - \$250.00 2 - piece beige evening dress, long-sleeved (lace), size 12; never worn \$75.00 Shoes to match dress, size 8; never worn - \$25.00 Phone: Ext 5877

Headboard (Queensize) w/ drawers on both sides and overhead light \$90, set of encyclopedias \$70 obo, brass fireplace set \$12. Call 889-7626.

Sofa and matching chair, very good condition, Call 779-3276

Harvest gold oven \$75, Kenmore butcher-block top portable dishwasher (used 6 times) \$200, Vintage 70's-style acorn fireplace \$150. Phone: 885-0404

1993 Mercury Topaz GSat, AC, CC, AM/FM/Cassette, 147Ks, Red, Very good condition, well maintained Safetied, \$4300 TEL: 889-6050

Stepper Exercise Machine \$80, brand new child costume: caterpillar plush, size 5-7 \$15; Child bicycle \$30 Phone: 831-1418

**WANTED**

One land, male mess kit. Size 34, waist 32+ leg, 44 jacket. Call Ken at 487-2871.

Sunday School Teacher wanted for 17 Wing Protestant Chapel (Volunteer) if you enjoy working with children from age 5 to 12 years, this will be a great experience for you. For more information please call A. Murali, Sunday School Coord. at 833-2500 Extn. 2289 or 832-7317 (after 5 pm)

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**TAROSCOPES** By Nancy. For appointments call 775-8368.

**ARIES** (March 21 - April 19): Sometimes even with the best of intentions and plans things don't work out. Consider why you missed the mark. Both your financial resources and inner resources should be considered when you decide whether you can afford to leap before you look.

**TAURUS** (April 20 - May 20): You're getting a deeper understanding of motivations by carefully observing the politics of the environment and people in it. Understanding undercurrents is challenging especially during times of change. Compromise is useful up to a point.

**GEMINI** (May 21 - June 21): What you attempt doesn't bring the expected results. More effort is required. Break up unrealistic goals into smaller, more manageable tasks. You need to learn and practice clarity in your communications.

**CANCER** (June 22 - July 22): People around you are so emotional that what you assume is logical is prone to being accepted or rejected on a whim. Consequently you show a lack of commitment and enthusiasm. Avoiding making a decision is a decision.

**LEO** (July 23 - August 22): You're in a creative fun loving mood, eager to reconnect with days gone by. Don't get so caught up in the memories and moments that you forget you have work to do. Make it fun too, so you don't put off what's essential until it's too late.

**VIRGO** (August 23 - September 22): What kind of foundation or reputation have you built for yourself? Contacts help with growth and development. Watch your temper and your tongue. When disheartened take a time out. A clash of wills may have you striking out on your own.

**LIBRA** (September 23 - October 23): Your thoughts and actions are out of sync leading to self-doubts. Look for a common denominator. Minor issues are just a smoke screen. Your main question needs an answer. Old assumptions will be seen in a new light.

**SCORPIO** (October 24 - November 21): A meeting increases understanding. Re-organization is required. More creativity and innovative thinking are needed not just agreeable doers jumping into action or inaction. Try a fresh, fun way to accomplish tasks.

**SAGITARIUS** (November 22 - December 21): When others get lost in the details, show them the big picture. Your insights and foresights may not be appreciated so present them in an entertaining way. Equity and respect can mean something different to everyone. Be diplomatic at home.

**CAPRICORN** (December 22 - January 19): Your gut reactions and intuitive flashes are signals that should not be ignored even if they're a bit overwhelming. Maintaining your lifestyle carries a high price. The journey must hold joy not only lead to an end result. If you're not happy you lose your drive.

**AQUARIUS** (January 20 - February 18): Consider what's happening to your health. What you believe about yourself is reflected in how you take care of yourself and the situations you get yourself into. Reclaim authority over your life, you know what's best for you.

**PISCES** (February 19 - March 20): Awaiting an important decision is difficult. The steps to take will become clearer. Stand up for yourself. Limiting situations and thoughts can be left behind by facing the truth and issues squarely. Don't let circumstances hold you back - be proactive.

**HOOK & SMITH** 201-3111 Portage Ave. Winnipeg, Manitoba R3K 0W4

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