

- Air Command Band set to release new CD
- The 17 Wing Bolingbroke
- MFRC Grand Opening
- 2002 CF Professional Drivers Championship

# United Way Campaign kicks off

David Lavallee



One of the numerous activities of the United Way campaign kickoff is the Dunk Tank. Everyone was getting ready to watch or get their best shot at their Commanding Officer.

The kickoff for the 2002 United Way campaign was held at CFB Winnipeg (North Site) on Friday September 20. The fun-filled day had a great turnout, and raised over \$1000 for the United Way. The featured events and activities included sports competitions (volleyball, softball, truck pull), a barbecue, golf, and a dunk tank.

The event was organized to officially open and promote the 2002 United Way campaign, which runs from September 20 to November 15, 2002. The day started with opening remarks from Wing Commander Colonel McLennan, the United Way, and the MFRC, and moved into the sports competitions.

The sports were held at the Building 90 sports grounds. A total of 12 softball teams and 10 volleyball teams took part in the action, and competition between the teams was fierce, but all in good fun. The golf was held on September 18 and 20 at the base golf course, and enjoyed a turnout of approximately 80 people.

After the sports were finished, the barbecue commenced, which was followed by the dunk tank. A long list of "guests" volunteered to go in the dunk tank, including Major General Dumais (Commander 1 CAD), Wing Commander Colonel McLennan, 1 CAD CWO Dietrich, Brigadier General McCabe, 1 CAD Commander EA Major Tremblay, Wing Commander EA Captain Proteau, and Captain Steve Maude (GCWCC Chairman). The cool fall weather had the dunk tank "guests" hoping for a hit as much as the people throwing the balls.

The event was organized by Captain Darrell James (GCWCC 2 i/c), and Al Brazeau, who is in charge of the PSP staff, at the gym. Other events for the 2002 United Way campaign include the Giant Yard Sale at Lipsett Hall on September 28 (9:00 AM - 3:00 PM), and the Wing Transportation Breakfast on October 16. If you would like to make a contribution to the United Way, please contact your unit canvasser.



MGen Dumais eagerly awaits the first challenger.



Col McLennan gets ready to throw the General a curve ball.



Time for revenge: MGen Dumais throws the heat at the Colonel.



Col McLennan takes the plunge for a good cause.

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# THE VOXAIR

2 OCTOBER 2002  
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OFFICE HOURS

Monday to Friday, 0815 - 1600 hrs  
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Fax 204 833-2809  
Telephone-answering system  
operates remainder of the week.

## VOXAIR STAFF

**LCol S. Neville**  
Editor-in-Chief  
204 833-2500 ext 5281

**2Lt Benoit Doyon-Gosselin**  
Managing Editor  
204 833-2500 ext 5519

**Maureen Walls**  
Office Supervisor,  
Sales Manager  
204 833-2500 ext 4120

**Jose Orellana**  
Production Coordinator  
204 833-2500 ext 6976

**Misra Yakut**  
Accounting  
204 833-2500 ext 4121

**Traci Wright**  
Proofreading

**Jim Holland**  
Advertising Sales  
204 832-0115

**Darlene Ashley**  
Advertising Sales  
204 896-8575

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The Voxair  
17 Wing Winnipeg,  
PO box 17000 Stn forces  
Winnipeg, MB R3J 3Y5  
E: voxair@autobahn.mb.ca or  
Walls M@3CFFTS@Winnipeg  
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# 17 WING MEDICAL CLINIC

**Hours: Monday to Friday 0730-1600 HRS**

## EMERGENCIES

Anytime Monday - Friday 0730 - 1600 hrs  
MIR Local 5595

Sick parade hours are Monday-Friday  
from 0730-0900 hrs

Medical appointments are  
Monday-Friday from 0900-1200  
hrs and 1300-1600 hrs

## SICK PARADE OR APPOINTMENT?

Sick parade is appropriate to use when you have an acute illness such as flu or sprains. Medical appointments are appropriate for such things as follow up appointments, prescription renewals, recurring/chronic illness, or appointments required after a member has had surgery

## HOSPITALIZED?

If you require hospitalization, notify the Link Nurse at 5116 so that the CF medical team can coordinate your health care requirements, such as home care, in-hospitalization visitation, and pharmacy services.

## IMMUNIZATIONS

Local 5116  
Tuesday and Thursday from 0930 to 1200 hrs

If you are unable to make these hours, due to operational commitments, contact 5116.

## LABORATORY

Monday - Thursday from 0730 to 1200 hrs and 1300-1500 hrs

Friday from 0730 to 1200 hrs

## OPTICAL DEPARTMENT

Wednesday and Thursday from 0930 to 1200 hrs and 1300 to 1530 hrs

## PHARMACY

Local 5263

Monday - Friday from 0730-1200 hrs and 1300-1600 hrs

Refills can be obtained by calling 5263.

Refill pick-ups are between 0730-1200 hrs and 1300-1600 hrs. Pick up of refills, between 1200-1300 hrs, must be coordinated with pharmacist.

To get refills renewed, you must make an appointment with a physician. Contact MIR for an appointment at 5595.

## SOCIAL WORK

Local 5086

Service members and/or the family members can call directly to the social work office to make an appointment. No referral is necessary.

## WART CLINIC

Wednesday afternoons from 1300 to 1500 hrs. No appointment necessary.

## WELL WOMANS CLINIC

Tuesday, Wednesday, and Thursday afternoons 1300 to 1600 hrs  
Book through the MIR at 5595.

## X- RAY DEPARTMENT

Monday from 0730 to 1200 hrs and 1300 to 1600 hrs;  
Tuesday - Friday from 0730 to 1200hrs



## WHAT TO DO WHEN THE CLINIC IS CLOSED EMERGENCIES / URGENT CARE

Proceed to the nearest civilian health care facility or call 911. Choose whichever is most appropriate for the situation. A list of hospitals and walk-in clinics, available in the local area, can be found on the 17 Wing DIN Site under HR/Administration - Medical Clinic - After Hours Operation OR

If the DIN is unavailable, consult your Yellow pages under hospital and/or clinic-medical/.

\*\*Note: Clinics have limited hours whereas the hospitals are open 7/24.

## UNSURE ABOUT WHAT TO DO?

If you are unsure of the action you should take in a medical emergency or situation, or where you should go to obtain care, call the Health Information Line (7/24) at:

**1-887-MED-DENT (1-887-633-3368)**

You must present both your Military ID Card and your Health Care Card to local providers, including pharmacy.

## DENTAL UNIT DETACHMENT WINNIPEG

Dental Unit Detachment Winnipeg is comprised of two separate facilities:

- 1. Main site:** The North Site Clinic which is located in Bldg. 62 (17 Wing), co-located with the Wing Hospital and;
- 2. Satellite site:** The South Site Clinic (Kapyong Barracks) located in Bldg. B-4, co-located with 2PPCLI UMS.

Sick parade and hours of operations are the same for both facilities.

## CONTACT LOCALS

North Site Clinic reception is local 5522.

South Site Clinic reception is local 6126.

## CLINIC HOURS OF OPERATIONS

Monday - Friday from 0730hrs to 1600hrs

Contact the main site's reception desk, at local 5522, to make appointments for annual exams or to make general inquiries.

## SICK PARADE

Dental sick parade is at 0730hrs (Sharp).

## WHAT TO DO WHEN THE CLINIC IS CLOSED

For after hour's emergency care, please contact Wing Ops at 2700, Wing Op will contact the dental team on duty.



Winnipeg  
**402sqn**  
70th anniversary reunion

402 Squadron will be celebrating its 70th anniversary, October 4-6, 2002 in Winnipeg, MB. Events include:

- Meet and Greet
- Freedom of the City Parade
- Heritage afternoon
- Dinner Ball and
- Farewell breakfast



FOR FURTHER INFORMATION AND REGISTRATION PLEASE VISIT OUR WEBSITE AT [WWW.402SQNCOM/70TH](http://WWW.402SQNCOM/70TH) OR CONTACT CAPT. SANDIE GENDRON AT 1-204-833-2500 EXT. 5345 OR BY EMAIL: [GENDRON.SMP@FORCES.CA](mailto:GENDRON.SMP@FORCES.CA)

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## 2PPCLI PRE PLQ - 2002

By Cpl B. Piukkala

This year's pre-PLQ (Pre-JNCO) ran from 26 August to 6 September, 2002. It was comprised of 25 candidates selected from throughout 2PPCLI. Of those individuals, 15 came from 031 Infantry and the other 10 were comprised of trades throughout the battalion.

This year's course consisted of one week in garrison and a week in the field, at the West Nile testing facility, also known as St. Charles Range. The course was conducted by A Company, always under the watchful eyes of Lt MacIntyre and WO Gelineau.

The week in garrison involved learning the basics of leadership and teaching drill and skill mutuals. It was also used as time to learn the fifteen steps of battle procedure and the SMESC orders format. These classes prepared the candidates to conduct patrols and section attacks while deployed in the field. The ever politically correct Cpl Mayo excelled at drill instruction, with more one-liners than a WATC instructor. While A Company's clerk, MCpl Scott, gave her section a great leg workout with her ground and pickup arms drill class. No Pre-PLQ would be complete without learning the 10 principles of leadership.

After a week of classrooms, it was time to head off to St Charles Range to confirm our garrison classes. Upon arriving at St. Charles Range, we were given a demonstration by the instructors on the proper way to lead a section attack, and yes, Lt MacIntyre can still carry a C9. Our routine consisted of section attacks all day followed by patrols at night. Patrolling at night provided an excellent time to become acquainted with the thousands upon thousands of mosquitoes that call St. Charles Range home. It was hard to figure out which was worse, patrolling through the woods or doing sentry in the patrol base, either way you were lucky if you didn't get eaten alive by the mosquitoes.

All and all the pre-PLQ turned out to be a great learning experience for all involved. Even Cpl Fletcher said he learned a little. Overall, the general consensus was that the pre-PLQ was a success.



## Government of Canada Workplace Charitable Campaign Breakfast



When: **Wed, 16 OCT 02**  
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Where: **BLDG 87 - WING**  
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MDP 600 - LABOUR RELATIONS - Dates 8-9-10 November 2002 - Cost \$ 165.65

This course is designed for supervisors to develop effective labour relations. The relationship between employers and employees results from one person agreeing to perform work under the control or direction of another person. In theory, the two parties negotiate the terms and conditions of the employment contract within the confines of the law. One principal rea-

son for the development of unions was the lack of bargaining power individuals had when dealing with employers. Supervisors must understand the process of labour relations and the concepts that make these processes effective. They are responsible for the day-to-day application of the employment contract.

Modules Include:

- |  |   |
|--|---|
| Module 1 -- Introduction to Labour Relations in Canada | Module 2 -- Getting To Know The Players Govt., Mgmt, Union, Employees |
| Module 3 -- Union/Management Relations                 | Module 4 -- Understanding the Collective Bargaining Process           |
| Module 5 -- Supervising with a Collective              | Module 6 -- The Grievance Process Agreement                           |
| Module 7 -- Guidelines for Effective Discipline        | Module 8 -- The Arbitration Process -- Preparation                    |
| Module 9 -- The Arbitration Process -- The Hearing     | Module 10 -- Trends in Labour Relations                               |

The course will run from 1900hrs on Friday evening until 1700hrs Sunday. The local CFCCN Coordinator is trying to get base transient accommodation for students, but we haven't heard yet if this is possible. If you are interested in taking this important Management Development Course,

please give me a call anytime at 833-5115 and I'll get back to you with the particulars. Don't procrastinate because there are a limited number of seats available and this one fills up pretty fast as Mr. Riddell only comes out west once every couple of years to teach it.



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# MANITOBA EMPLOYERS RECOGNIZED FOR SUPPORTING RESERVE FORCE

By 2LT Jennifer Faubert

Four civilian employers were honoured by the Department of National Defence in Ottawa for their support of the Reserve Force — Canada's part-time military.

Chief of Defence Staff, General Raymond R. Henault on behalf of the Canadian Forces Liaison Council (CFLC) and the Honourable Pearl McGonigal, chair of the CFLC Committee in Winnipeg presented the awards at the Winnipeg Chamber of Commerce Membership luncheon on May 16th, 2002.

Companies were nominated by their employees who are also primary reservists serving in the Canadian Forces on a part-time basis in addition to their civilian job. Companies are recognized for the continuous support they provide in allowing staff to further their military career and to participate in United Nations peacekeeping missions. The Honourable Peter Liba said "Civilian employers play an important role in ensuring reservists are able to train and serve and we are pleased with the level of support from employers across Canada." 2Lt Joe Tyson of 17 Medical Company nominated his employer, Ingrid Olson of St. Boniface General, for granting him a six-week leave of absence from the emergency department for training despite the critical nursing shortage Manitoba. 2Lt Tyson wrote of Ms. Olson. "She is, in my opinion, very understanding of the varied role that the militia plays in aid to civil power and acts matter of factly with granting time off."

Sgt Claude Ouellette of the Regimental Band of the Royal Winnipeg Rifles nominated his employer, Shaun Tyler, Head of National Microbiology for granting time

off for training and exercises. "During my three and a half year employ with Mr. Shaun Tyler, he has been quite flexible and supportive for all of my military training," said Sgt Ouellette. "He is by far an exemplary employer and deserves proper recognition for his support of the Reserves and the military."

Since 1988, LS Bradley Froggatt, of HMCS Chippawa, has been granted time off annually to attend training and exercises. LS Froggatt nominated his employer, Claudette Leclerc of the Manitoba Museum, for her ongoing support of his military career.

Mr. Gerry Berezuk of the Province of Manitoba was nominated by Major Jim Wainwright of 17 Winnipeg Medical Company for granting three extended leave of absences to help with the Manitoba flood, training and to work on special military projects.

Supportive employers recognize that reservists make a valuable contribution to the Canadian Forces and to their fellow Canadians. They bring their work values, leadership training and specific job skills and experience directly back to their civilian workplace. Employers in turn, can take advantage of the ongoing professional development the military provides.

"In Canada, support for the Reserve Force is voluntary," said Deputy Prime Minister Gray. We have not passed job protection legislation because we have always felt that, when military service is voluntary, job protection should be too. So it is especially meaningful when employers show their support by giving reservists time off to train, exercise and operate with their Regular Force counterparts."



Major Jim Wainwright of 17 Medical Company nominated his employer Mr. Gerry Berezuk of the Province of Manitoba.



Sgt Claude Ouellette of the Regimental Band of the Royal Winnipeg Rifles nominated his employer, Mr. Shaun Tyler of National Microbiology.



2Lt Joe Tyson of 17 Medical Company nominated his employer Ingrid Olson of St. Boniface General



LS Bradley Froggatt of HMCS Chippawa nominated his employer Claudette Leclerc of Manitoba Museum.

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# AIR COMMAND BAND SET TO RELEASE NEW RECORDINGS

By Sgt Shamilla Ramnawaj

The Air Command Band is currently putting the final touches on two compact disc recordings. In May 2002, the band spent many hours rehearsing and preparing for this project, the result of which may be clearly heard in over thirty pieces of music.

This compilation is entitled "Music From Within", a title chosen to reflect the concept of both CD's. As aptly stated by Commanding Officer and Director of Music, Captain Scott Attridge, "The recording's theme showcases the unique talents of the soloists and writers of the Air Command Band." It is important to add that several tracks are original compositions and arrangements, many of which were designed to feature the various instrumentalists within the band.

During an intensive week-long recording session at the Walker Theatre, the Air Command Band's two large ensembles recorded the contents of the first CD. The following week, seven

small ensembles from within the unit recorded material for the second CD at First Presbyterian Church and CBC Studios. All of these locations

vidual group. The entire venture was recorded and produced by the CBC with the help and expertise of senior Air Command Band personnel.

Undoubtedly the defining feature of these recordings is the multifaceted musicians themselves. Highlighted on both discs are inspired high-calibre performances, showcasing the artistic creativity of the musicians of the Air Command Band. The band was fortunate to have the professional assistance of 17 Wing Imaging, Polar Bear Productions, and Graphic Artist Mr. Kevin Guenther, all of whom aided in the design or manufacturing of both CD's.

"Music From Within" is a uniquely diverse recording covering almost every genre of music. This project is designed for public relations purposes and, most importantly, to foster pride and esprit de corps within the Canadian Forces family.

For more information or to request a copy of either CD, please contact the Air

Command Band Public Relations office at local 5182.



Woodwind Quintet

were carefully chosen in the city of Winnipeg to facilitate the unique acoustical requirements of each indi-



Sgt Brad Ritson



Sgt Rob Small



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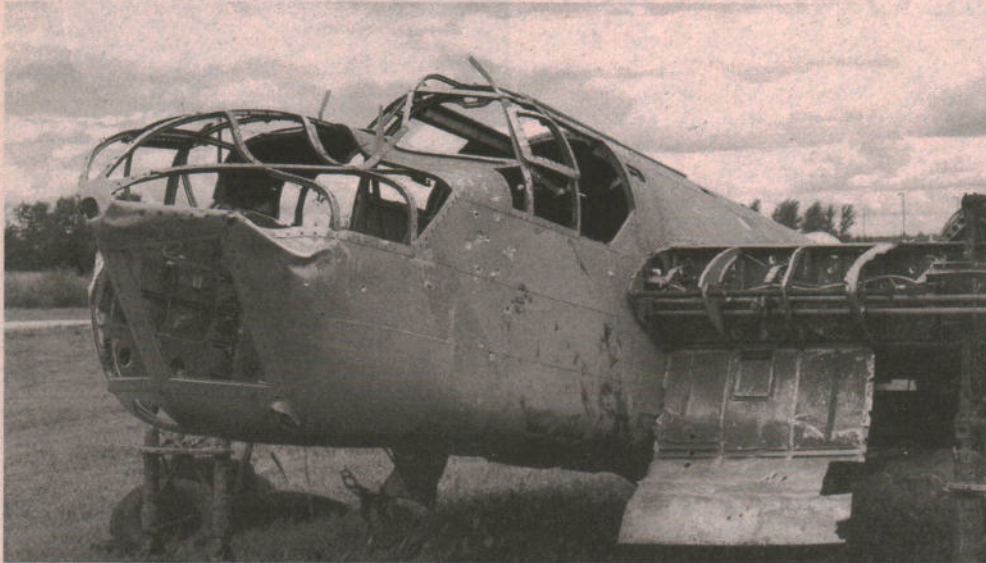
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# THE 17 WING BOLINGBROKE



By Pat McNorgan Sgt 402 Heritage and History

Those of the eagle-eyed persuasion may have noticed a faded yellow airframe in the annex yard adjacent to 11 Hangar. The airframe is the remains of a vintage Bristol Bolingbroke aircraft. During the Second World War, yellow Bolingbroke were a familiar sight on the prairies. As a trainer for bomber crews, it was used extensively with the British Commonwealth Air Training Plan. After the war, the majority of them were sold for scrap but some made their way to farmer's fields and were used for everything from chicken coups to children's playhouses.

As the years passed, and the value of the remaining "War bird" hulks increased, most of the derelict airframes were scooped up by collectors for restoration. The 17 Wing Bolingbroke, how-

ever, had been overlooked. All that changed this summer when Cpl Marcel Hamilton noticed the old aircraft just outside of Headingly.

Cpl Hamilton, an AVN technician with 402 Squadron and a vintage aviation enthusiast, decided to make some inquiries regarding the old bomber. After learning that the owner was planning on selling the aircraft for scrap, Cpl Hamilton, in an effort to save the "Bolly", decided to buy it himself. He then donated it to 17 Wing Heritage who plan to restore it.

On September 18, 2002, Cpl Hamilton was awarded the Wing Commander's Commendation for his initiative and selflessness in saving a piece of our air force heritage for future generations.

## Is your house ready for winter?

We have tips to help you prepare your house for a change in weather

Your wardrobe isn't the only part of your house that needs to be modified as the seasons change. To ensure that energy costs are kept to a minimum, homeowners should start to think about preparing their houses for winter.

"Whenever the climate changes, it's a good idea to conduct an energy audit to make sure your house is ready for whatever the weather has in store," advises John Olivera, an energy expert.

Olivera offers the following weatherization tips to help get you started:

1. Check for drafts around fireplace flues and kitchen and dryer vents. By using heat-resistant caulking and metal collar plates, you can stop drafts and lower energy costs.

2. Stop unwanted energy loss where pipes enter your home by filling gaps with insulation and sealing with caulk or wall patch. Pipes that connect to the house from the outside often have holes larger than the actual pipe, allowing precious conditioned air to escape.

3. Heat registers can be located on the walls or floors. Check for gaps between the edge of the register and seal with caulk to eliminate drafts.

4. Hold your hand in front of outlets and light switch-

es. If you feel a draft, try installing foam gaskets behind the plates to stop air from coming through the wall space.

5. Install weather-stripping around exterior doors and along the threshold to prevent energy loss. Many doorways have large gaps along the doorframe and the threshold, allowing conditioned air to escape. If the gap at the bottom of the door is quite large, the threshold may be replaced with a door shoe gasket.

6. If wooden windows aren't tightly sealed, apply glazing compound where the window glass meets the frame and seal where the frame meets the house. For aluminum windows, weather-stripping may need to be replaced. Installing double-paned windows with a low-emissivity coating helps keep heat inside in the winter and reflect the sun's rays in the summer.

7. To prevent drafts, keep fireplace dampers closed when not in use. Consider installing glass doors to prevent burning ash or embers from flying free.

8. If you have a window air conditioning unit, remove it for the winter months to prevent heat from escaping through and around the unit. If it can't be moved, put a cover over it to prevent drafts.

Just a bit of caulking here and a touch of weather-stripping there can save you a bundle on your home's energy costs.

- News Canada

## In Memoriam

Chief Warrant Officer  
Mike Boivin, CD  
Canadian Forces  
School Of Meteorology



CHIEF WARRANT OFFICER MICHAEL BOIVIN (CD)

Chief Warrant Officer Michael Boivin passed away on September 22nd, 2002, at the Grace Hospital. A memorial service was held at the St. Marguerite Bourgeois Chapel (17 Wing Chapel) on Thursday, September 26 at 10:00 a.m. CWO Boivin served with the Air Force for 35 years, he enrolled on the 10th May 1967 at CFRC Kingston, Mike's career followed a varied and experience enriching path. He has served at CFB Trenton, two tours to Europe at CFB Lahr, on HMCS Saguenay, HMCS Margaree, CFB Halifax, CFB Shearwater CFB Cold Lake, 1 CAD and finally at CFSMET Winnipeg.

Our Chief will be remembered for many reasons, both personally and professionally.

He will be missed. God Bless

# CANEX CASH GOES ... WHERE?

By Brigitte Smiley

Have you ever wondered where your hard earned money goes when you buy an item in a regular retail store? Ah heck, you figure that somebody must be buying a personal Porsche with the proceeds! The last thing you would guess is that it goes back to you, right? But for the Canadian Forces personnel who shop at CANEX, that's exactly what happens – and CANEX has the figures to prove it.

Did you know that in the past year CANEX has given back to the Canadian Forces community \$2.9 million dollars in profits? This money went to Base/Wing Funds for use towards various programs for you and your family to enjoy, right where you live. These programs include physical fitness, health promotion, family services, sports and recreation, youth initiatives, mess management and other programs created to

enhance the quality of life of the Canadian Forces community.

If you want to know exactly how much was given to a particular Base/Wing, check out the new display outside each CANEX store. Each sign shows the exact dollar amount given by CANEX to enhance the Canadian Forces' quality of life at that site. You can also go on the Canadian Forces Personnel Support Agency's website at [www.cfpsa.com](http://www.cfpsa.com) where you will find a detailed breakdown of the distribution. While you are there, visit the whole website to see all of the programs and services that are available to you as a CF member and your family.

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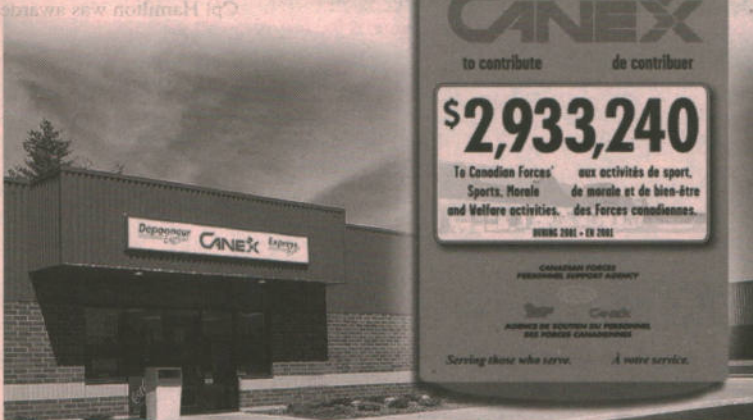
Par Brigitte Smiley

Vous vous êtes déjà demandé où va votre argent durement gagné que vous dépensez dans un magasin de détail quelconque? Tous ces profits doivent sans doute servir à financer la Porsche de quelqu'un! En tous les cas, ce n'est certainement pas vous qui en profitez! Chez CANEX, c'est tout le contraire et nous pouvons vous le prouver!

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Si vous désirez connaître la somme exacte versée à une base ou à une escadre particulière, consultez le nouveau panneau affiché à l'extérieur de chaque magasin CANEX. Chaque panneau présente le montant exact investi par CANEX en vue d'améliorer la qualité de vie des Forces canadiennes à cet endroit même. Vous pouvez aussi consulter le site Web de l'Agence de soutien du personnel des Forces canadiennes à l'adresse [www.asafc.com](http://www.asafc.com) où vous trouverez la répartition détaillée des profits versés. Tant qu'à y être, pourquoi ne pas naviguer sur le site complet pour connaître tous les programmes et les services qui sont offerts à vous, membre des FC, et à votre famille.

La prochaine fois que vous magasinez chez CANEX, vous aurez l'esprit tranquille en sachant que vous en profitez personnellement. Ce n'est peut-être pas une Porsche, mais qui a besoin d'une Porsche quand on a la santé et le bonheur.



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# MFRC Gets a New Home

By David Lavalée



(L-R) CWO Emond, St. James MLA Bonnie Korzenowski, Marjorie Lague, Hunter Johnson, Mann Forbes, Wing Commander Colonel McLennan, and MFRC Executive Director Don Brennan at the MFRC Grand Opening.



Members of the Air Command Band start off the MFRC Grand Opening on a musical note.



Hunter Johnson, Mann Forbes, and Colonel McLennan cut the ribbon.

The MFRC held a grand opening for its new home at 102 Comet Street on Saturday, September 14, as part of the festivities of the 5th Annual MFRC/WMCC Family Fun Day. The beautiful weather and the many people in attendance helped the MFRC make a positive start in their new building.

In a brief speech, MFRC Executive Director Don Brennan spoke of the benefits of the new building. "It's a magnificent building," said Brennan. "It will allow the MFRC to expand its programs and better serve military families now and in the future."

The opening ceremony featured the musical talents of the Air Command Band, speeches from Don Brennan and the Wing Commander, Colonel McLennan, and a ribbon cutting. Under the afternoon sun, Colonel McLennan and two children, Hunter Johnson and Mann Forbes, cut the ribbon and officially opened the new home of the MFRC. Looking on during the ribbon cutting were Marjorie Lague (Chairman of the MFRC Board of Directors), CWO Emond, and St. James MLA Bonnie Korzeniowski.

After the ribbon cutting, everyone was invited into the multi-purpose room for the cake cutting, which was done by Marjorie

one had some cake, tours of the new building were conducted.

"This is a great building," said Colonel



Lague, CWO Emond, and Colonel McLennan. An award of appreciation was also presented to Marjorie Lague, who accepted it on behalf of Wing Telecommunications and Information Services Squadron (WTISS) for their work on the building. Once every-

McLennan, after the cake cutting. "Everyone who helped make this possible deserves credit – they did a wonderful job."

The majority of the work on the new MFRC was done by two groups – 171 Airfield Engineering Flight (AEF) and

WTISS. 171 AEF took care of the construction work, such as carpentry, painting, electrical, etc., while WTISS looked after the installation of communications equipment like phones and computers. In appreciation of the efforts of 171 AEF, an award was presented to Major Gergely and MWO Ouellette, who accepted it on their behalf on September 13.

The MFRC made the move to 102 Comet Street on July 5, 2002. Their previous home had been at the 17 Wing South Site, at 350 Doncaster Avenue, where the shortage of space presented some challenges for the MFRC staff.

"We were really cramped for space in our previous building," says Don Brennan. "This new building allows everyone to have their own office, and includes a conference room and a multi-purpose room, which will allow us to expand our programs and services." Although the MFRC has a new home, it will continue to maintain a presence at the South Site, to ensure that their services are accessible to members of the military community at that location.



CWO Emond and Marjorie Lague cutting the cake.



Don Brennan providing some remarks prior to the cake cutting.



Don Brennan presents an award to Marjorie Lague, who accepted it on behalf of WTISS for their work on the new MFRC building.

# Family Fun Day A Success

By David Lavallee



The Shoppers Drug Mart bear welcomes families and guests to Family Fun Day.

The 5th Annual Family Fun Day, organized by the Military Family Resource Centre (MFRC) and the Winnipeg Military Community Council (WMCC), was held on Saturday September 14 at the 17 Wing North Site, and was a smash hit with families and guests alike. A combination of perfect weather, lots of people, and exciting activities made for a memorable day.

Approximately 500 people attended Family Fun Day, which kicked off at noon with a free barbecue of hotdogs, smokies, pop and cotton candy. The many different activities that followed catered to both the younger and older crowds. For the kids, there was face painting, pony rides, a T-Rex amusement, carnival games, and more. The military police had a police car on hand to show the kids up close, as did the 17 Wing Fire Department with a fire truck. Even acclaimed children's entertainer Jacques (Jake) Chenier was on hand to 'wow' the kids with his talents.

Leading Seaman Steve Choquette was out showcasing

the Military Police car. "This is my first time out with the MFRC," said LS Choquette. "It's all about getting up close with the kids and showing them what we're all about, and helping them have a good time."

Other activities were oriented to the entire family, and the parental crowd. A dog show was held that featured team competition in a variety of events and runs. There was also a car show that showcased some flashy antique and novelty automobiles.

One of the more interesting events that took place was the dunk tank, which featured "appearances" by the Wing Commander Colonel McLennan, MFRC Executive Director Don Brennan, CWO Bob Goch, and others. The volunteers signed up to take the plunge into freezing water in support of the MFRC and the military personnel and families.

Don Brennan says the Family Fun Day event is put on in honour of the military personnel, their families, and the entire military community. "Family Fun Day is the MFRC's way of saying 'thank you' to the military community for all the support they've given us over the years," said Brennan.

The event was organized and run by a joint MFRC/WMCC committee, which was headed by Cindy Howlett, Vice-Chair of the MFRC Board of Directors. A large number of volunteers helped out at the event, without which Family Fun Day would not have been possible - thank you! The annual Family Fun Day event was held in conjunction with the grand opening of the new MFRC building at 102 Comet Street.



Colonel McLennan takes the plunge at the Family Fun Day.



Children's entertainer Jacques (Jake) Chenier puts on a show for the kids.



The car show featured some flashy vintage and contemporary automobiles.



Leading Seaman Steve Choquette showing off a military police car.



A team at the dog show getting ready for the next event.



Proud participants in the dog show.

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# 2002 CF Professional Drivers Championship at 17 Wing

By David Lavallee

The 2002 Canadian Forces Professional Drivers Championship was held at 17 Wing Winnipeg South Site from September 16-18. The national finals (informally called the "Roadeo"), in which approximately 230 people participated, featured tough competition among the top drivers from four regions – Atlantic, Eastern, Central, and Western.

The national championship promotes safety and excellence in both Mobile Support Equipment Operators (MSE-OPs) and civilian Machine Driving Operating (MDO) tradespeople. The competition itself consists of a series of knowledge (written test), practical (Daily Inspection Tests – DIT), and field tests that use obstacles to simulate real driving hazards. The total event features opening and closing ceremonies, the competitions, and a banquet/reception. In attendance at the competition were representatives and guests from the Canada Safety Council and the Community Safety College.



A crowd of spectators enjoys the CF Professional Drivers Championship.

For each event in the finals, the top three finalists from each region compete. The local competitions are held at the various bases in June, and regional finals run in July/August. The national finals are always held in September.

The Roadeo is limited to privates and corporals (both Regular and Reserve) in the MSE-OP trade, and MDOs (4, 5, or 6, who are not at the supervisor level). There are five events – Straight Truck (five ton payload rating), Bus (40 plus passenger), Heavy Logistics Vehicle Wheeled (HLVW – 10 ton), Tractor Trailer, and Road Rally. The Road Rally is a team event designed for junior enlisted competitors not yet experienced enough to compete in the heavy equipment events. In the road rally, teams must drive to a location following a map and identify points, within a specific timeframe.

During the field tests, judges are positioned at every obstacle to monitor the performance of the competitors and assign scores. The obstacles are extremely difficult, often allowing competitors only centimetres of space to maneuver. Scores are posted throughout the competition, but there's a twist – the scores for the written and DIT components are not posted, so competitors are never really sure of how they're doing. The final scores and the winners are announced at the banquet, which takes place after the competition is complete.

Thrown into the mix is a backhoe competition for officers and NCOs, where participants must use a backhoe arm and bucket to pick up balls from atop pylons and drop them into a pail. While this is not part of the official championship competition, it lets the officers and NCOs (many of whom have never operated a backhoe) get involved in a fun and exciting way.

The Central Region won the Grand Aggregate (most points overall), followed by the Atlantic and Western Regions in second and third place, respectively. The

National Rookie of the Year award, which is awarded to the most outstanding first-time competitor, went to Cpl Tibbel from the Atlantic Region. The winners of the 2002 championship events are as follows:

- Straight Truck**
1. Mr. Noye (Atlantic Region)
  2. Cpl Gallichan (Western Region)
  3. Mr. Shlakat (Atlantic Region)
- Bus**
1. Mr. Williams (Atlantic Region)
  2. Cpl Dowe (Central Region)
  3. Cpl Phillippo (Western Region)



A competitor in the Bus event carefully navigates the obstacle course.

- HLVW**
1. Cpl Poulin (Central Region)
  2. Cpl Lavoie (Atlantic Region)
  3. Cpl Fortin (Eastern Region)
- Tractor Trailer**
1. Cpl Lebeuf (Central Region)
  2. Mr. Cantin (Eastern Region)
  3. Cpl Boissonneault (Eastern Region)
- Road Rally**
1. Cpl Tibbel and Pte Penney (Atlantic Region)
  2. Cpl Richard and Cpl Durand (Eastern Region)
  3. Pte Boudreau and Pte Beauchamps (Central Region)
- Backhoe Event**
1. Team 2 (Mr. Giroux, Mr. Furlotte, MCpl Mercure, Mr. DR Williams, Mr. Turgeon)

2. Team 3 (Sgt Bassenden, Sgt MC Beath, Sgt Robichaud, Sgt Conway, WO Patterson)
3. Team 4 (MWO Warren, CWO Pelletier, CWO Sparkes, MWO Alderidge, MWO Greeley)

The competition among the participants was tough, but friendly. Sgt Bruno Wissell, who helped organize the 2002 event at 17 Wing, has been involved in the Roadeo for over 16 years – as a competitor, judge, and organizer. "It's an exciting event, each and every year," said Sgt Wissell. "Some of the competitors are here year after year, and some good rivalries have developed. It's all good-natured though, and lots of fun." The organization of this year's event began in January under the supervision of Sgt Southern, and took a lot of effort. "It was a lot of work to organize it all," said Sgt Wissell. "But it's well worth the effort."



Officers and NCOs try their hand at operating heavy machinery in the Backhoe competition.

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# "The Rodeo"

The Rodeo's history goes back to 1948, when the Department of National Defense participated in the Armed Forces Division of the Canadian National Truck Driving competition, which continued until 1961. In 1979, the First Pacific Region Truck Rodeo was held at CFB Chilliwack, which sparked renewed interest in rodeos across Canada, and regional competitions were held in the Atlantic, Eastern and Central regions in 1980. This prompted a decision to hold the national championships in 1981. The national finals were held each year at CFB Borden, however, the competition began to travel to give other bases the opportunity to participate. Starting in Comox, B.C. in 1997, the final competition has been moving east, and spends two years at each host base before moving on. The 2002 event was the second host year for 17 Wing, and next year's finals will be held in Valcartier, Quebec.



Pte Penney and Cpl Tibbel (Atlantic Region), 1st place winners, Road Rally event.



Mr. Noye (Atlantic Region), 1st place winner, Straight Truck event.



Mr. Williams (Atlantic Region), 1st place winner, Bus event.



Cpl Poulin (Central Region), 1st place winner, HLWV event.



Competitors from the Central Region, which won the Grand Aggregate with 6737.5 points.



Cpl Lebeuf (Central Region), 1st place winner, Tractor Trailer event.



Cpl Tibbel (Atlantic Region), National Rookie of the Year.

## 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 CHRO office at 5657.



**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



**DWAQ**  
Defence Women's Advisory Organization

The mission of a Defence Women's Advisory Organization (DWAQ) 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



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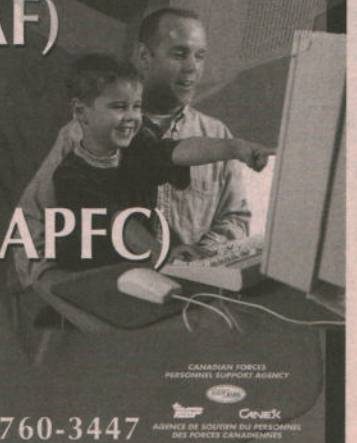
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## 402 Sqn, 70th Anniversary Bike Rally

By Cpl Sallis



Some did not have an auspicious start. Chris Allwood woke up to find that his back tire had sprung a leak and gone flat. He scrambled to switch the whole wheel with that of another bike. Mike Buggie took a head plant over a child's safety gate while readying himself for the big event.

Luckily, the bike was repaired and no serious injury sustained. The two made it on time to join the 402 'City of Winnipeg' Squadron's lean, mean, biking machine team on the now famous bike ride.

Masterminded by MCpl Rob Vipond, the ride was organized to raise funds for the squadron's upcoming 70th Anniversary Reunion Weekend. The team of eight included Mcpl Rob Vipond, WO Marty Wohlgenuth, Cpl Pat Wilkins, Pte Mike Buggie, Cpl Drew Semper, Cpl Marcel Hamilton and Cpl Chris Allwood.

Rounding out the team was Cpl Andreas Steinmar. Andreas was not able to join the team on the day of the ride but he accompanied Rob on the reconnaissance ride to Portage La Prairie a few weeks earlier. The recon ride was carried out to determine the best route. Traffic, rest stops, road conditions and a place to find lunch were the prime considerations.

The route finally chosen took the team out the Perimeter to Highway 1 to Headingly. The pedaling adventurers had a late start after a send off from CWO Secretan. This did not prevent them from beating the support van to their first stop at the Medicine Rock Café in St. Francis Xavier.

No one bought Sgt Lisa O'Donnell's or Cpl Josephine Sallis' explanations for their delay. Marcel made a quick tire change while the beleaguered support crew defended their driving abilities.

His bike repaired, the team followed Marcel westward, much to the relief of the support team. After quick stops at Junction 248 and Poplar Point, the

crew stopped for lunch at Morrison Sports Park just outside of Oakville. Here again the bikers beat the support team but this time they had a legitimate excuse. The support team brought lunch. The friendly folks at the Portage Subway shop had quickly and professionally built ten subs. They even threw in a free brownie, which the support team willingly ate to save the bikers from such a heavy snack. Everyone took a break and enjoyed the great end of summer weather.

The time came for the support team to crack the whip and the team was off again. The last planned stop for the day was at Green Grabber Road. The team, especially Chris, made fast friends with a lonely German Shepard. He gave the dog a muffin snack. When the guys took off again, the dog followed them to the road in a friendly good bye.

Finally to Portage La Prairie. The last leg was a bit on the uphill side. Arriving at the Westward Resort around two-thirty, they quickly made their way to the pool, or rather the refreshment stand beside the pool. Lisa and Josephine, after a strenuous day of driving, talking, laughing, sewing and stopping for lunch and a free brownie, were already paddling around in the heated water.

The accommodations and support from the hotel was outstanding. A room to lock up the expensive bikes was provided to the group. Members of the team paid for their food and accommodations for the trip. This ensured all funds raised would go directly to the Reunion weekend. All agreed the weather had been perfect for the first day of their epic adventure and hoped for more of the same Saturday. Alas, it was not to be. Drizzle and a building wind greeted the group on their early morning departure.

The threat of rain was not realized during the morning. The team made all their initial checkpoints with no

problems. They even got play a quick game of catch with their German friend at Green Grabber Road.

Past Oakville, the support team doubled back to Portage to grab another Subway lunch for the boys. Beating them to the junction a 248, Lisa and Josephine watched them pedal bravely over the bridge. The subs were downed in record time. Everyone enjoyed a brief respite but not the light drizzle that once again started to fall.

No one wanted to be stuck in a downpour so they headed to the last stop at Medicine Rock Café. The wet weather cleared up but the mosquitoes arrived to take its place. Stopping long enough for a photo op by the medicine rock, they raced away from the bloodletting to start the last leg of their journey.

Andreas met the team at the gate and joined them on the remainder of the ride. Lisa met them at the hangar with cheers enough for a whole crowd.

The bike 'gang' traveled almost 230 km on their little jaunt. The experience for the group was varied. Pat was 'Damn glad to be here,' as he was bitten by mosquitoes by the medicine rock. The youngest, Chris, complained constantly that the older guys "kept pushing me and pushing me!"

For some, it seemed less a physical trial than a ride in the park. Marcel barely broke a sweat as he moved up and down the line, chatting and joking with the other members. Rob seemed less concerned with his own exertions as he constantly ensured the team was maintaining their timings and their safety throughout the ride.

Together, the group raised \$1152.50 for the Squadron's Anniversary Reunion Weekend. For more information about the event, which will take place October 4th through 6th visit our website at 222.402sqncom/70th or email: gendron.smp@forces.ca



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### **CF Womens Hockey**

The 17 Wing Winnipeg Women's Hockey team is presently planning for the upcoming winter hockey season. A team (consisting of military, civilian & dependent women) will be registered in the Hylander Hockey League this season. In addition, practices for military women competing in the Regional tournament, will be scheduled every second week, commencing 10 October 2002.

New players from across the Manitoba and Saskatchewan regions are welcome to play.

The Prairie Region Women's Hockey Invitational Tournament will be held at CFB Shilo: 9-14 February 2003

The National Women's Hockey Tournament will be held at CFB Borden: 14-23 March 2003

If you are interested in playing, contact:

Team Manager - Sargent Cindy Kennedy

CSN 257-2500 ext.: 5946

Comm (204) 833-2500 ext. 5946

17 Wing Sports Coordinator: Mr. Chris Merrithew ext. 5511



## 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
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Children's Programs - Wendy Richardson	4510
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## Youth Services

Craft Days for Kids at the New Youth Centre - 102 Comet Street.

### Thanksgiving Crafts

Turkeys and Cornucopias will be our projects this year. October 6 1:30 - 3 pm

### Halloween Craft

Join us while we make masks, using fun foam or casting, children will create an original mask for Halloween October 27 1:30 - 3 pm



**Now on sale... Entertainment Book 2003.** Cost is only \$25.00. Proceeds from the sale of the book go directly towards offsetting the cost of programs in the Youth Services Department at the Winnipeg Military Family Resource Centre. Drop by the Winnipeg Military Family Resource Centre, or call 833-2500 ext. 4508 to get your copy.

### Youth Centre - Hours of Drop-in Programs

The south site Youth Centre will be open during the following times:

#### Afterschool Club

Monday to Friday 3:30 - 5:30

#### Teen Zone

Wednesday, Friday, Saturday 6:30 - 9:30

The north site Youth Centre will be open during the following times:

#### Kids Klub (elementary school age children)

Tues, Thur. 6:00 - 8:00 Saturday 1:00 - 4:00

#### Teen Zone

Tuesday, Thursday, Friday 8:00 - 10:00

The drop-in fee for non-members is \$.50. You may purchase a membership for \$25.00 per family. Memberships are valid from September to June.

## MFRC LENDING LIBRARY

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### Books, Videos, Resource Material Lending

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

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

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## Newcomer Event 2002

This year's Newcomer Event was held on Saturday 7 September. We began our day at the Officer's Mess with an array of breakfast items sponsored from Gerry's Bakery on Ness, Tall Grass Prairie Bakery on Westminster, Tim Horton's on Maryland, and Gunn's Bakery on Selkirk. The bus drivers and transportation

was provided by 17 Wing Transport. The Officer's Mess Kitchen provided us with the refreshments, and the Officer's Mess with the facility. Tourism Winnipeg presented the Newcomer's with highlights of great things to do and see in Winnipeg. Hartland Tours gathered us away for a bus tour of the city, stopping along at points of interest. Lunch was a

picnic with sponsored subs from George's on Ness and Norm'n Nates on Portage, water from Purified Water on Corydon, juices and pop from Costco on St. James. The group returned to the Mess for refreshments of organic desserts sponsored from Urban Ojas on Osborne.



The following sponsors generously donated gifts for our prize table:

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- Purified Water Store (Corydon)
- Sherlock Publishing
- The Bulk Zone
- Urban Ojas Restaurant
- Office Depot
- Costco
- Triber Rivers
- Park Tower Restaurant
- Manitoba Museum
- Bee Maid Honey
- D J's Restaurant
- Clearwater Lodge
- Norman Meats
- Celebrations Dinner Theatre
- Mary Kay-Nancy Whallen
- Itty Bitty Baby
- Agassiz Park Lodge
- Andrew's Hair Salon (Ness)
- Birchwood Gallery
- Evelyne Reistma
- Soprano Pizza On Ness

#### Laura Secord

- Shoppers Drug Mart
- The Dollar Store Plus (Chwd)
- Gasthaus Gutenberger
- Deluca's
- Fabutan
- Victoria Inn
- Winnipeg Blue Bombers
- Teresa Morris-Volunteer
- Cinema City (McPhillips)
- Leaders General Store
- Tall Grass Prairie Bakery
- Royal Winnipeg Ballet
- Canine Design
- Norm'n Nates Delicatessen
- Tim Hortons
- Gerry's Bakery
- Winnipeg Symphony Orchestra
- Branigan's Restaurant
- Manitoba Moose
- MFRC
- Magic Room On Corydon
- Jodi Chappel-Volunteer

#### Edward Carriere

- M & M Meats (Unicity & Tuxedo)
- Boston Pizza On Portage
- Terese Malak
- Jerry Hair Design & Day Spa
- Winnipeg Tourism
- George's Burgers & Subs
- Park Tower Restaurant
- 17 Wing Community Recreation
- The Keg (Portage & Moray)
- Image Ladies Fitness Centre
- The Great Canadian Bagel
- Manitoba Theatre Centre
- de Stress Shop-Osborne
- Ellice Meat Market
- Cadbury-Lawrence Caron
- Saucers
- John Chabih-MFRC
- Academy Massage
- Tuxedo Animal Hospital
- 1st Place Card & Gift
- Leyla's Skin Care
- Kim Legere-Volunteer
- Rumor's Comedy Club

The Childcare Centre provided the parents care for their children while they were at the event. The Newcomer Team of Volunteer's dedicated many hours throughout the year planning for this special annual event.

The handmade chocolates were part of their "extra touches". These are the members of the team of incredible volunteers; Front row: Louise Cameron, Linda Belisle, France Lecuyer, Charmaine Lyons. Back row: Kim Legere, Melanie Burneau, Jodi Chappel, Pat Caron, Evelyne Reitsma, Teresa Morris. Lori Davoren and Yolanda Poyner, are missing from photo.

Thanks to everyone who made this day a success!

If you are a newcomer to Winnipeg and would like any information about the MFRC and the city of Winnipeg, please call for an appointment. Welcome!



## Together in Church



### CATHOLIC

**Chaplains**  
 Father Guy Chapdelaine  
 (Roman Catholic)  
 Office 833-2500  
 extension 5272  
 Father Terry Cherwick  
 (Ukrainian Catholic)  
 Office 833-2500  
 extension 5417

**Secretary**  
 Carol Cochrane  
 Office 833-2500  
 extension 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.

## 17 WING SHOTOKAN KARATE CLUB

(Building 90 Gym)  
**Club Hours**  
 Monday and Wednesday  
 6:30 - 8:00 PM  
 Saturday 10:00 AM - 12:00

**Club Rates:**  
 Club rates (for rec card holders) start at \$25.00/month for children (17 and younger) and \$30.00/month for adults, up to a maximum of \$60.00/month for a family.  
 For more information, please call Ken Johnston at 833-2500 Ext 6754.

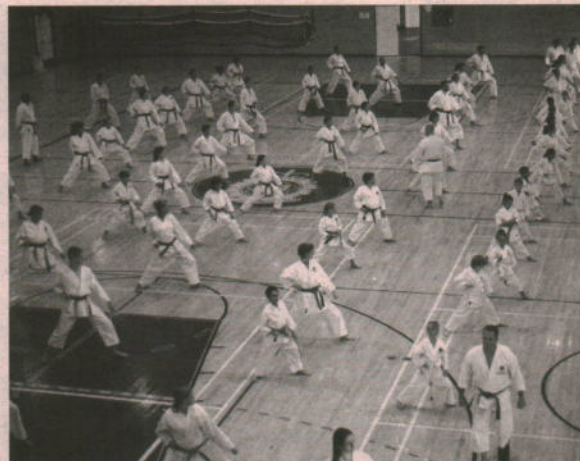


Photo was taken during Shotokan Karate seminar/testing by Master Sensei Yutaka Yaguchi when 17 Wing was hosting the Manitoba Shotokan Dojos at Lipsett Hall from 22-24 August. Of particular interest, several members of the 17 Wing Shotokan Karate Dojo will be competing at the Canadian National Shotokan Karate Championships which will be held in Winnipeg at the Fairmont Hotel, October 11-13, 2002.

## Tips on heating your home

(NC)—If you think it's costing too much to heat your home, if your heating system is in poor condition, or if you are planning to buy a new home, you probably have heating on your mind, which is a good thing. Roughly 60 percent of the energy required to run an average home is used for space heating. An informed decision about heating needs can reduce the cost of running your home and make it more comfortable.

Impressive innovations help make today's heating systems more energy efficient than ever before. It's worth taking the time now to ensure that you make the best choice for your specific circumstances.

Follow these tips to make the best decision about how to heat your home:

- Insulate and draftproof your

home before having your heating system sized, installed or upgraded.

- Select your energy source with care, whether it's natural gas, oil, propane, electric, wood or solar.
- Find out what energy is available: Not all types are available throughout Canada.
- Consider costs (including installation and operating costs), equipment efficiency, the heating needs of your home and the environment.

Finally, remember that a heating system in poor condition is a potential menace — carbon monoxide and other gases can leak into your home. A qualified technician should give your heating system an annual checkup. It's simple: a quick call to your local heating system contractor will ensure peace of

mind, energy cost savings and, best of all, comfort.

To receive information on how to heat your home and save money and energy, call 1 800 387-2000 toll-free, or visit the EnerGuide Web site at <http://hvac.nrcan.gc.ca>.

- News Canada



## OCTOBER IS BREAST CANCER AWARENESS MONTH

### Taking seven steps to a healthier lifestyle

(NC)—Research continues to show that some cancers can be prevented. The Canadian Cancer Society recommends that you take these steps to reduce your risk of developing cancer.  
**Step 1:** Be a non-smoker and avoid secondhand smoke.  
**Step 2:** Eat 5 to 10 servings of vegetables and fruits a day.

Choose high fibre, lower fat foods. If you drink alcohol, limit your intake to 1 to 2 drinks a day.

**Step 3:** Be physically active on a regular basis. This will help you maintain a healthy body weight.

**Step 4:** Protect yourself and your family from the sun. Reduce sun exposure between 11 a.m. and 4 p.m. Check your skin regularly and report any

changes to your doctor.  
**Step 5:** Follow cancer screening guidelines. For women, discuss mammograms, Pap tests and breast exams with a health professional. For men, discuss testicular exams and prostate screening with a health professional. Both men and women should also discuss screening for colon and rectal cancers.  
**Step 6:** Visit your doctor or dentist if you notice a change

in your normal state of health.  
**Step 7:** Follow health and safety instructions both at home and at work when using, storing and disposing of hazardous materials.

For more information about cancer, call the Canadian Cancer Society's Information Service at 1-888-939-3333 or visit our website at [www.cancer.ca](http://www.cancer.ca).  
 - News Canada

## 17 WING RECREATIONAL LIBRARY



**FALL HOURS**  
 Sundays: 12-3 pm  
 Mondays: 4-8:30pm  
 Tue, Wed: 10am-1pm - 4-8:30pm  
 Thu: 4-8:30pm  
 Various Craft Days  
 Call extension 2490 for information

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



### JUNIOR RANKS NORTH

OCTOBER  
 FRIDAY 18

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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.

**CHILD CARE**

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.

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Magnasonic 19" TV with remote, \$90. TV corner unit in oak, \$180. China cabinet/entertainment unit oak, \$200 OBO. Leaving room tables (set of 3) oak, \$ 120. For more info from 2 to 5 Oct call at 227-1145 or at ext 5777 and after 12 Oct at 896-3621 after 4 PM.

Non-smoking mother of 1 has 1 full-time spot available commencing immediately. Nutritious lunch and snacks provided, age appropriate activities and lot's of TLC! Call

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**TAROSCOPES**

By Nancy

**ARIES** (March 21 – April 19): Listen with detachment. Put off judgments until you fully understand all the implications. Exaggerated propaganda leads to assumptions. Don't let a long-winded individual divert you from getting needed answers or you could be left holding the bag.

**TAURUS** (April 20 – May 20): You're caught up in someone else's conflict. Power and personal presence won't be effective against unknown influences. Be calm in the face of furious posings and predictions of disaster. Use your internal gauge to make decisions and commit accordingly.

**GEMINI** (May 21 – June 21): Your heart's desire is close at hand. An opportunity arises for you to join an elite group that allows you to fulfill a life goal or special calling. You are up to the challenge coming your way and there's fun, travel and seeing the wonders of the world as well as work indicated.

**CANCER** (June 22 – July 22): Reward the person who returns a lost article. You're receiving something you've been entitled to for quite some time. Be gracious in your acceptance and understanding of those less fortunate for they make good allies. Perfecting your skills ensures you get the job.

**LEO** (July 23 – August 22): Memories of hopes, (fulfilled and unfulfilled), seem to emotionally overwhelm you. Watch your health. Prevention is better than dealing with a long recuperation period, unless you want lots of downtime to figure out a better action plan to avoid a recurrence.

**VIRGO** (August 23 – September 22): Material gains come and go. Make sure you invest energy into your relationships. The company you keep as well as the company you own will make you rich. Earn loyalty by remaining true to friends. They reciprocate.

**For appointments call 775-8368**

**LIBRA** (September 23 – October 23): What you thought was owing, now comes your way, but the form it takes may surprise you. Read the fine print on contracts you sign. Overlooked details require a lot of attention later. Make surroundings as peaceful as possible.

**SCORPIO** (October 24 – November 21): Finding a perfect solution isn't as simple as it seems. Seek help from outside the usual sources. There are long term ramifications to the solution you choose so confirm that you've the energy to go the distance before you undertake any new responsibilities.

**SAGITARIUS** (November 22 – December 21): You take the lead when others back off from the challenge. You're enjoying yourself so much they may be jealous. No point explaining the sacrifices you are making in order to fulfill your commitments, they see what they want to see and talk like it's truth.

**CAPRICORN** (December 22 – January 19): You have choices: you can daydream about what ifs, moan about what hasn't happened, or you can get out there and do something. To keep motivated, verify that what you seek is attainable, then get going. Perseverance pays off.

**AQUARIUS** (January 20 – February 18): You're working hard. Prepare to meet a dead end or roadblock. Deal with it as if it is a learning experience. Research history and review past developments to discover how to make progress. Honor promises, even when others don't seem to value responsibility.

**PISCES** (February 19 – March 20): Someone is jealous and depressed because you're not. Quit trying to read the signs and change yourself to suit. Accept that your intentions are being misinterpreted. You can't change what people feel or think. If they're determined to be miserable – let them be.

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**Influenza can lead to serious complications and even death for people in high risk groups.**

**Protect yourself and those around you.**

**Get the flu shot. Not the flu.**

CANADIAN COALITION FOR INFLUENZA IMMUNIZATION  
www.influenza.cpha.ca

During the flu season, many people in your community will congregate indoors to attend class, to celebrate, or to gather with friends and family during the holidays. Through coughs and sneezes, the highly contagious and invisible Influenza microbes are easily spread. On average, 1,500 Canadians die every year as a result of serious complications related to Influenza.

Please help your citizens and local health professionals by printing the attached PSA from the Canadian Coalition for Influenza Immunization during the months of October to December – key months to receive protection against the Influenza virus.

For more information, please visit:  
www.influenza.cpha.ca

Durant la saison de la grippe, nombre de vos concitoyens s'assemblent à l'intérieur pour assister à des cours, célébrer ou rencontrer des amis et la famille durant les Fêtes. Par la toux et les éternuements, les microbes invisibles et très contagieux de l'influenza se propagent facilement. En moyenne, 1 500 Canadiennes et Canadiens meurent chaque année des suites de graves complications associées à l'influenza.

Venez en aide à vos citoyens et à vos professionnels de la santé locaux en imprimant le message ci-inclus de la Coalition canadienne pour l'immunisation contre l'influenza durant les mois d'octobre à décembre, les mois importants pour se protéger contre le virus de l'influenza.

Pour obtenir de plus amples renseignements, veuillez visiter : www.influenza.cpha.ca

Congratulations on the release of your first book of poems: "Mes états de toi", published by Les Éditions de Plaines on September 26th, 2002. Well done 2Lt Doyon-Gosselin!

Félicitations pour le lancement de ton premier recueil de poèmes "Mes états de toi", publié par Les Éditions des Plaines, le 26 septembre 2002. Bravo 2Lt Doyon-Gosselin.

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