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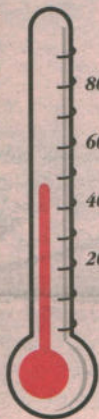
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Queen Visits Winnipeg



Colonel McLennan welcomes Her Majesty Queen Elizabeth II to Winnipeg on October 8 while Lieutenant-Governor Peter Liba looks on.

Photo by: 17 Wing Imaging



**17 Wing
United Way
Campaign
Update**

Week five
Total:
\$48,870.00



**Joint Veterans Association
Remembrance Day
Service**

**Monday November 11, 2002
10:30 hrs**

**Winnipeg Convention Centre
Winnipeg, Manitoba**

“The Last Post” – Memories

By: Charles Campbell

As the notes of the “Last Post” hang over the cenotaph, I do not see the crowd of solemn citizens, nor the blood red wreaths, nor the ranks of uniformed men. I see again the palms and mango trees that enclose a small field of tropical grass, and I smell again the fetid earth of India, newly dug for fifteen graves.

A crumbling wall encloses the patch of green; a small iron cross atop a temple says that Christians lie here. Across the red dust road, near the cool dhubie walla, is the graveyard. So old are the heavy tombstones and onion-topped mausoleums, that lichen and moss cover them, and little plants and grasses grow from their ledges.

Fifteen new graves, yellow-brown mounds, have taken their place for eternity, with those other graves long since forgotten or unknown. Over half the cemetery a giant tree spreads its huge gnarled arms, shading the hallowed ground. A stately palm stands by one grave. This shrine, in India, I see each Remembrance Day.



F/O C.S.H. Campbell, DFC
Navigator 437 Sqn RCAF S.E.A.

CONTINUED ON PAGE 4

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30 OCTOBER 2002

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Telephone 204 833-2500 ext 4120
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VOXAIR STAFF

LCol S. Neville
Editor-In-Chief

204 833-2500 ext 5281

2Lt Benoit Doyon-Gosselin
Managing Editor
204 833-2500 ext 6307

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

Jose Orellana
Production Coordinator
204 833-2500 ext 6976

Jennifer Provo
Accounting
204 833-2500 ext 4121

David Lavallee
Journalist/Photographer
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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435 Sqn Flight Engineer Wins Air Reservist of the Year Award

by: Lt Jennifer Faubert Air Reserve Public Affairs



Colonel E.B. Theun, A1 Reserves, Sgt. Jamie MacDonald, Air Reservist of the Year, MWO Normand Marion, Airman of the Year, Col Don McLeod

Few can say they love their job so much that they would work for free. Sgt Jamie MacDonald is one of those people. MacDonald, a Reserve Flight Engineer with 435 Squadron and a Sergeant in the City of Winnipeg Police Force, can now add Air Force Association Air Reservist of the Year to his accomplishments.

MacDonald was presented the award October 12 in Montreal during the annual Air Force Association Convention dinner.

Chief Warrant Officer Bob McCallum, Flight Engineer Leader for 435 Squadron and MacDonald's supervisor, submitted his name for the award early this year.

"Jamie really stood out," said McCallum. "He is an outstanding individual who does good work when he flies and he gives up his days off to work here. The unit was quite pleased and felt he was well deserving of it and that he was an excellent candidate."

His supervisors and coworkers in the military and police force all agree that MacDonald has all the attributes the award requires. He also volunteers his time coaching hockey and has been involved in the Meals for Wheel program.

"Sgt MacDonald's tremendous dedication, skills, motivation, leadership and perseverance are of the highest caliber," said Maj A.J. Brown, 435 Squadron Flight Commander. "There are very few fully employed people willing to give up their days off to work at another job, but he has consistently done so in a professional and

extremely competent manner."

"His positive attitude and continued support to 435 Squadron's Flight Engineer section and the 17 Wing Air Reserve Flight have resulted in an excellent example of reserve force employment in support of the Total Force concept," said LCol Tom Whitburn, Commanding Officer, 435 Squadron.

It is all in a day's work to MacDonald who says he loves both his jobs and feels he is the luckiest man around by having the best of both worlds. "[The award] is a little bit recognition," said MacDonald. "I love the Air Force and this is a good pat on the back."

He stresses that his wife Carrol, his family and his police supervisor, Inspector Roy Smith, are instrumental in enabling him to successfully juggle two work schedules.

"Roy Smith is very understanding," recounts MacDonald. "I remember phoning him from Croatia to tell him I was not going to be home in time to go on shift. As long as it is not a regular occurrence he usually finds a way to make it work for me."

Smith said the Winnipeg Police Force has quite a few reservists on staff. In fact, Smith was once a naval reservist himself.

"I appreciate the work done by the reserves," said Smith. "If they have a reasonable and legitimate request to have time off, I try to accommodate them."



Sgt. Jamie MacDonald, winner of the Air Reservist of the Year award works as a Flight Engineer for 435 Sqn.

Macdonald also attributes his success to his flexible police schedule that allows him enough days off to parade regularly with the unit. He admits that at times his schedule can get pretty full.

"My wife and family make it really easy for me," said MacDonald. "It really takes an understanding wife. I'm a lucky guy. I love my jobs and I'd probably do both for free if I didn't need the money."

"He is very good at what he does," said Sgt Barry Neeve, 435 Squadron Flight Engineer and coworker. "He is a keen, conscientious individual and a hell of a great guy all around. He does this part time and is good at what he does on a part time basis."

Macdonald started his military career as an air cadet at the age of 13. He transferred to the air reserve in 1996 after serving 16 years in the regular force as a Flight Engineer.

As part of their annual awards program, the Air Force Association of Canada presents the AFAC Air Reservist of the Year award to honour exceptional individual contributions of a deserving Air Reservist. The selection criteria emphasizes aspects of ability, civilian employment, community involvement, dedication, motivation and how collectively the nominee best demonstrates worthy contributions to the Air Reserve to the Total Air Force.

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Commissionaire Gene Wasowicz Retires

By Cpl J.S. Bigelow

On 30 September 2002, Commissionaire Wasowicz (Gene) served his last day as "that nice Gentleman" of the Whytewold Gate. It was a big day for Gene that included a presentation from Colonel McLennan of the Wing Commander's Commendation for Gene's service to the Wing.

Gene has been serving the Military Community as a Commissionaire since 1984. His first post was on a dry/ muddy (dependent on the weather), dirt road: Saskatchewan Road. Gene worked there two hours during the morning and then two hours in the afternoon so that our military community could to have a quicker route to and from work.

He has worked Commissionaire posts such as Vehicle Registrar within the Military Police Guardhouse, however the

bulk of his time has been spent at Whytewold Gate. Thus, Gene has been a familiar fixture of that Gate and has become quite close to many members within our Military Community.

Prior to Gene's service as a Commissionaire, he had served twelve years with the Canadian Navy on vessels such as the HMCS Quebec, HMCS Bonaventure (Bonnie) and HMCS Cape Scott. Gene's service was primarily as a Trumpet Player within the band and was a well known one at that. He speaks often of being honoured to play during Remembrance Day Ceremonies.

Gene, the members of the Military Police would like to thank you for your time and service with us. Please keep in touch - Securitas!



2PPCLI Vehicle Accident



Photo Credit: The Brandon Sun

Two soldiers from 2PPCLI were injured when their MLVW rolled off the Trans-Canada Highway about 9:30 am October 18. Emergency crews from Shilo and Brandon responded to the scene where the pair were trapped inside their vehicle and had to be rescued by the Jaws of Life.

A corporal suffered broken ribs and remains in hospital

in Brandon. A private received a broken arm and has since been released.

2PPCLI was conducting a road move to CFB Suffield for EX PACING RAM. The accident was one of three experienced by the battalion that morning. Weather conditions created extremely icy road conditions.

Blood Donor Clinic at Lipsett Hall Nov. 8

CFB Winnipeg is taking on the challenge to donate blood on Friday, Nov. 8.

Donors from the community are welcome to join CFB Winnipeg personnel at this special event. The clinic will be held at Lipsett Hall on Friday, Nov. 8, from 11:30 AM to 3 PM. For an appointment or more information, call 1 888 2 DONATE (1 888 236 6283).

"It's great to have CFB Winnipeg as a partner in our clinic program," said Jennifer Janzen of Canadian Blood Services. "They will be making a very real contribution to Canada's blood supply, as each donation can help save or improve up to four lives. This event comes as the Canadian Forces and CBS prepare to launch a new national partnership - the Canadian Forces Challenge."

Janzen said that another feature of the November 8th clinic will be the In Honour Program, which is a great way to celebrate any milestone or to mark an occasion.

"Perhaps you know someone who recently received

blood as a result of an accident or an operation, and you wish to donate to replenish the blood that that person received. The program is also a wonderful way to honour the memory of someone who has recently passed away."

Honour cards will be available at the clinic, should anyone wish to donate in memory or honour of friends, family members or loved ones.

Canadian Blood Services is a national, not-for-profit charitable organization that manages the blood supply in all provinces and territories outside of Quebec and operates the country's Unrelated Bone Marrow Donor Registry. CBS operates 40 permanent collection sites, and more than 10,000 donor clinics annually. For more information, please visit our Web site at www.bloodservices.ca

Contacts: Michael Hyduk, Communications Specialist 789-1066

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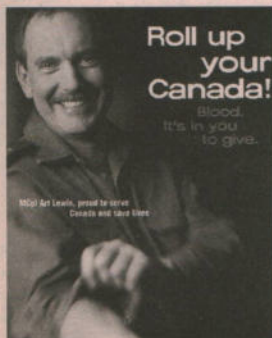
SCAN Seminar

13 and 14 November, 2002

Registrations for the 13-14 Nov 02 SCAN seminar are now being accepted.

Please complete and submit the SCAN registration form found on the 17 Wg DIN Billboard, to Sgt G.D.M. Kaczmarek WPSO clerk Bldg 52 via e-mail, mail or fax to 2738 by 8 Nov 02.

Members who cannot access the DIN Site can obtain a copy thru their unit orderly rooms or unit training coordinators.



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Prince Philip Duke of Edinburgh Receives Regimental Coins



Lieutenant-Colonel Patrick Walsh, Commanding Officer of the Queen's Own Cameron Highlanders of Canada presents His Royal Highness, The Duke of Edinburgh Prince Philip, the first issue of a newly minted Regimental coin during the Royal Visit to Winnipeg.

WINNIPEG, Mb – His Royal Highness, The Duke of Edinburgh, Colonel-in-Chief of The Queen's Own Cameron Highlanders was presented with the first issue of a sterling silver pair of newly minted Regimental coins at a private reception hosted in the Minto Armouries Officers' Mess on October 8th.

Veteran soldiers and current serving members shook hands and greeted the Duke following the presentation. "We are very privileged to have our Colonel-in-Chief visit us here for the

first time in our home station of Minto Armouries," said Lieutenant-Colonel Patrick Walsh, Commanding Officer. "The Royal Visit has an incredibly hectic itinerary and we were fortunate to have been included. Our soldiers were very pleased to have this opportunity to meet with him in person." His Royal Highness Prince Philip was appointed Colonel-in-Chief of the Queen's Own Cameron Highlanders of Canada on 1 July 1967.

The Regimental coin has been minted to commemorate the 60th

anniversary of the Battle of Dieppe, in which the Camerons participated on 19 August 1942. Five serving members of the unit and one piper attended the ceremonies in France this past August to participate in the Canadian ceremonies. All serving members and members of the Cameron Regimental family will be presented with a Regimental coin later this year.

For more information about the presentation please contact Captain Shawna Bruce at (204) 833-2500 ext 6543 or 227-3863 (cell).



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...CONTINUED FROM COVER

"The Last Post" – Memories

Forever will these graves lie there, separated by a stone wall and an iron gate from those who walk by and do not understand why foreign men should come to their country to fight and die. The dhobies call to one another as they slap-slap-slap the clothes on the dhobie board; the clean wash is spread on the grass. The children play in the dust beside the jumbled homes. The birds tee-whit in the lush foliage. Planes roar overhead. But all is still, a little sad and forlorn, in the grave yard by the dhobie wall.

We were chosen for bearers at the funeral. A crowd of Indians collected at the local mortuary as the medical staff carried out the rough hewn coffins. From his list the M.O. lettered the names on each box. The flies buzzed around, and the faint odour of chemicals pervaded the air. We lifted each coffin to the trailer truck, set it to ride head first, and draped each coffin with a Union Jack. Wreaths of fast fading flowers, their heavy tropical perfume filling the air, were laid on the flags. A soft breeze ruffled the bunting.

As the sun set, the heat abated. The shadowy limbs and faces of the Indians faded in the dusk while their white garments glowed more brightly in the gloom. The trucks moved off, bumping over the rough ground, taking our buddies for their last ride.

At the cemetery, the cortege passed the guard of air-men, the Commanding Officer saluted, the firing party presented arms, and we carried the coffins aloft on our shoulders to the graves. Amid the unsteady beams of flashlights and the flickering arcs of glowworms, the Padre said the words and dropped the dry dust. The three volleys sounded harsh and close. The gentle lingering notes of the "Last Post" echoed solemnly. The "Reveille" sounded, calling those brave souls from the deep obscurity of the grave to arise, to live, to go abroad and be with their loved ones.

We stumbled back to the billets, our way lighted only by the glow of cigarettes, the glint of myriad flies and the twinkle of the eternal stars.

The earth has their bodies, God their souls, but their spirits remain with us, and with their families, for as long as man shall remember. Red Deer, Alberta.

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Winter Driving Tips

Even experienced drivers can find their nerves and skills tested by winter road conditions. So here are some tips to help you drive safely as the weather turns cold and road conditions become more difficult:

- Before beginning your trip, know the current road conditions, weather forecast and listen to the radio.
- Keep your car's windows, mirrors and lights clear of snow and ice.
- Always wear your seat belt.
- Drive with headlights on even during daylight hours.
- Leave a few minutes early to allow extra time to get to your destination without having to rush.
- Start out slowly in the lowest gear recommended by your vehicle's manufacturer.
- Be aware of potentially icy areas. Ice commonly forms on bridges, in shaded areas, and in places with dense fog conditions.
- Do not use cruise control on slick highways.
- Keep a safe distance of at least five seconds behind other vehicles and trucks that are plowing the road.
- Don't pass a snowplow or spreader unless it is absolutely necessary.

Treat these as you would with emergency response vehicles.

- A four-wheel drive vehicle has no more traction on ice than any other type of vehicle - don't become overconfident.
- Keep an emergency winter driving kit in your car.

Winter Car Survival Kit

The Canadian Automobile Association recommends the following items be kept in the trunk of your car.

- Shovel
- Traction mats
- Sand, salt or kitty litter
- Warning light or road flares
- Extra clothing and footwear
- Booster cables
- Matches and a candle in a deep can (to warm hands or use as an emergency light)
- Methyl hydrate (for fuel line and windshield de-icing)

The following items should be kept in the cab of your car

- Ice scraper and brush
- Flashlight
- First-aid kit
- Blanket

If you get trapped in a storm or snow bank, don't panic.

Avoid over-exertion and exposure. Shoveling and bitter cold can kill.

Beware of exhaust fumes and the possibility of carbon monoxide. Ensure the tailpipe is not blocked by snow. Allow fresh air to enter your car. Open a window on the side of your vehicle sheltered from the wind. Run your motor sparingly. Use the candle for heat instead of the car's heater, if possible. Set out a warning light or flares. Put on the dome light. Overuse of headlights may run your battery down. Exercise your limbs, hands and feet vigorously. Keep moving and don't fall asleep. Keep watch for traffic. Wear a hat, as you can lose up to 60% of your body heat through your head.

Drive smart!



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CANADA REMEMBERS LE CANADA SE SOUVIENT

In Flanders Fields

Lt Col John McCrae

In Flanders fields the poppies blow
 Between the crosses, row on row,
 That mark our place; and in the sky
 The larks, still bravely singing, fly
 Scarce heard amid the guns below.
 We are the Dead. Short days ago
 We lived, felt dawn, saw sunset glow,
 Loved, and were loved, and now we lie
 In Flanders fields.
 Take up our quarrel with the foe;
 To you from failing hands we throw
 The torch; be yours to hold it high.
 If ye break faith with us who die
 We shall not sleep, though poppies grow
 In Flanders fields.



The grave of Lieutenant-Colonel John McCrae in Wimereux Communal Cemetery along the coastal road near Boulogne, France. Lt-Col McCrae was a medical doctor who wrote "In Flanders Fields" after the first German gas attacks in 1915. He died on January 8th, 1918 a victim of pneumonia.

credit: <http://www.harrypalmgallery.ab.ca>

Remembrance Day Message 11 November 2002



**General
Raymond
Henault
Chief of the
Defence Staff
National Defence**

Every year, we pause at the eleventh hour of the eleventh day of the eleventh month to express our gratitude and respect to those who made the ultimate sacrifice in the defence of freedom and peace all over the world.

We pay tribute to their memory, but we also remember those who returned home – their lives, and the lives of their families, forever changed.

Inspired by their memory, and guided by their example, we renew our pledge to continue defending the values that make Canada a country we are proud to serve and proud to call home.

Canada has a distinguished tradition of helping those in need. From the First World War to today's various international operations, we recognize our responsibility to ensure the triumph of peace and security over tyranny and injustice.

Canadians look to the men and women of the Canadian Forces to defend their country, their interests, and their values, and to play an important role in maintaining world peace. We have courageously done so in the past and will continue to do so in the future.

Through their professionalism, dedication and commitment to peace and freedom, the members of the Canadian Forces – Regular and Reserve – prove day after day that they are worthy of the legacy left to them by our veterans.

I could not be prouder of the accomplishments of the Canadian Forces and of the selfless, devoted service rendered by past and present members. Through their dedication, they keep alive and honour the memories of those whose sacrifices have enabled us to live in peace and freedom.

Lest we forget.

Lest We Forget.



Kenaston Branch
1855 Grant Ave.
982-1470

Crestview Branch
140-3393 Portage Ave.
982-1470



The column of marchers makes their way towards 1CAD during 'The Walk to Remember' on Friday, October 18.

Photo by David Lavallee



The volunteers who make it all possible (Back Row L-R: Rose Dong, Joan Dawkins, Alex Tremblay, Sevanna Geneau, Cpl Dan Geneau; Front Row L-R: Audrey Thompkins, Kris Schellekens.

Photo by David Lavallee

"The Walk to Remember" for Juno Beach Memorial

by: David Lavallee

The spirit of remembrance was strong at 17 Wing on Friday, October 18, when a number of people turned out to participate in 'The Walk to Remember' to raise money for the Juno Beach Memorial. Approximately \$1200 was raised for the purchase of a stone (which will be engraved with the name of 17 Wing Winnipeg) to be used in the construction of the monument.

The event, which was organized by Cpl Patrick Barsy, began at 11:30 AM with a pizza lunch held in Building 90. Posted around the lunch area were displays of historical information and photographs of Juno Beach and the Second World War, depicting some of the men and women who took part in the conflict.

After lunch, the walkers – which included both military and civilian personnel from the base, as well as 60 members of Company C of 2PPCLI – set out from Building 90 to make the trek around the base in the brisk autumn air. Led by a fire truck from 17 Wing Fire Department, the march went through the base to 1CAD, down Air Force Way, up Ness Avenue and back down Whytewold Street to Building 90.

After the walkers had rested, warmed up, and refreshed themselves with pizza, drinks and coffee, Wing Chaplain Major Terry Cherwick said a prayer and observed a moment of silence in honour of those who fought at Juno Beach and in other conflicts in defense of our freedom. Colonel McLennan, the Wing Commander, then made some brief remarks. "Thank you to the organizer, Cpl Barsy, to all the volunteers, and everyone else who came out today," said Colonel McLennan. "It's good to see so many people getting involved and contributing to such an important and worthy cause."

A vital part of the event was the group of volunteers who made it possible, most of whom are part of WTISS. People like Joan Dawkins, Kris Schellekens, Alex Tremblay, Rose Dong, and Audrey Thompkins, who sold food and drinks and collected donations during the lunch. Cpl Dan Geneau and his daughter Sevanna helped out by taking donations and selling 50/50 tickets, as did student Jeanette-Lee Lawson. Pte Jason Andrews, Pte Calvin Conner and Cpl James Deak also collected donations at a tent set up on Air Force Way, which displayed historical information and photographs. Members of the United Way committee were also on hand to help out at the fundraiser.

A total of \$2500 is needed to purchase the brick for the Juno Beach Memorial, and additional fundraising events are planned for the near future to meet that goal. Organizations, companies, units and individuals alike are strongly encouraged to make donations, participate, or conduct their own fundraising for the Juno Beach Memorial to honour the veterans who fought there and in other conflicts around the world in the name of freedom. If you would like to get involved or make a contribution, please contact Cpl Patrick Barsy at 833-2500 ext. 4025.



Walk participants, including members of Company C 2PPCLI, try to stay warm as they prepare to make "The Walk to Remember".

Photo by David Lavallee

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Arctic SAREX 02 in Gimli



Canadian Forces photo by Cpl. John Bradley, 17 Wing Imaging

Old & New - A new Canadian Forces CH-149 Cormorant Search and Rescue helicopter discharges Canadian, Russian and American Search and Rescue Technicians at the site of a simulated major air disaster or MAJAID, while a CH-113 Labrador, which the Cormorant is replacing, lands to unload more rescuers.



Canadian Forces photo by Master Cpl. Tim Durdin, 17 Wing Imaging

Canadian, American and Russian Search and Rescue Technicians at the site of a simulated major air disaster or MAJAID, having just disembarked from a CH-113 Labrador helicopter.



A Canadian Forces Search and Rescue Technician from 19 Wing Comox's 442 Transport and Rescue Squadron examines a casualty during the initial response phase of the simulated major air disaster or MAJAID.

"The exercise demonstrated and exercised the ability of the tri-national participants to respond to a major air disaster from first response through casualty stabilization and evacuation to a location that could offer definitive care,"

Arctic SAREX (Search And Rescue EXercise) 2002 will go down in history as an exercise that saw many firsts – it was the first Arctic SAREX for the new CH-149 Cormorant SAR helicopter and the first live parachute drop of the Major Air Disaster (MAJAID) kit.

The annual exercise is a tri-national endeavour between Canada, the United States, and Russia. This year it was held at the Gimli Industrial Park. A total of 20 Russian SAR personnel, 43 members of the Alaska Air National Guard and Alaska National Guard, and 225 Canadian Forces members and DND civilians from across Canada spent three days practicing the response to the crash of a large jet airliner – a MAJAID. 50 members of the Civil Air Search and Rescue Association (CASARA) participated in the exercise simulating the survivors of the crash. The exercise ran from September 29 to October 1.

"The exercise demonstrated and exercised the ability of the tri-national participants to respond to a major air disaster from first response through casualty stabilization and evacuation to a location that could offer definitive care," said exercise director LCol Grant Smith.

The first day was spent in familiarization training. For most participants, this was the first opportunity to see the new CH-149 Cormorant SAR helicopter, and participants from all nations took the opportunity for familiarization flights on the various aircraft. Aircraft participating included Canadian CC-130 Hercules, CH-113 Labrador, CH-146 Griffon and, for the first time, CH-149 Cormorant aircraft and American HC-130 Hercules, UH-60 Blackhawk and C-23 Sherpa aircraft.

The MAJAID exercise began the next day. The first two SAR Techs arrived on the simulated crash scene, and faced with 50

injured survivors they called for reinforcements. Canadian, American and Russian SAR personnel, including a Russian physician, quickly arrived on the scene. The MAJAID Kit, a pre-packaged, palletized, air-droppable kit containing everything from tents and generators to back-up medical supplies, was parachuted onto the crash site from a CC-130 Hercules to provide shelter and domestic support to the survivors and SAR personnel on the site. Two "four wheeler" all-terrain vehicles were also dropped from the American HC-130.

Soldiers from the Canadian Parachute Centre at Trenton jumped in with the MAJAID kit to provide support to the SAR Techs, who were fully engaged in triage and care for the injured survivors. The survivors and the Search and Rescue personnel spent the night at the crash site.

To add realism, interpreters were not provided, so a real language barrier existed on the crash site. However, common purpose, similar training, gesture and demonstration allowed everyone to communicate and get the job done right. On the final morning, the crash survivors were airlifted by helicopter to a medical detachment established in 1 Hangar at the Gimli Industrial Park, where Canadian Forces medical personnel stabilized them before evacuation to Winnipeg.

Gimli is located on the western shore of Lake Winnipeg, eighty kilometres north of Winnipeg. The former base continues to be an operational airfield, and houses the Royal Canadian Air Cadets' Prairie Region Gliding School. Gimli Industrial Park is used frequently as a training venue for military and civilian aircrew.

Arctic SAREX is rotated on an annual basis between Canada, Russia and the U.S. Last year, Arctic SAREX was conducted at Elmendorf Air Force Base in Alaska, and Russia will host next year's exercise.

FMB at SAREX in Gimli

by: S.J. MacLean-Baldwin Captain Senior Nursing Officer 4 HSOTU Det Winnipeg



Lt(N) Fogue, Sgt Duthie, Cpl Labby, Pte Squire. Working together on an injured casualty



MCpl Gilmore preparing to ventilate a casualty

CF medical personnel from 17 Wing Winnipeg, 8 Wing Trenton, and CFMSS Borden had the opportunity to exercise the Forward Medical Base (FMB) component of the Major Air Disaster (MAJAID) during this year's Arctic SAR Ex at Gimli, MB. The team included administrative support staff, medical technicians, nurses, and physicians. Teamwork, professional atti-

tudes, and skill were the key components to the success of the exercise as personnel worked together to treat 50 simulated casualties. The injuries ranged from minor to life threatening! The administrative cell did an excellent job in keeping track of all those casualty as they made their way through the FMB and prepared for aeromedical evacuation.

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Canadian Forces photo by Master Cpl. Tim Durdin, 17 Wing Imaging

photo by Cpl John Bradley, 17 Wing Imaging

CELEBRATING HEALTH IN THE CF

38 new health promoters across the CF are preparing for the launch of the rejuvenated Strengthening the Forces Health Promotion Program. "This has been the culmination of many years of hard work by the Canadian Forces and Canadian Forces Personnel Support Agency and to see the launch day approaching is great news for the military community", says Dr. Wayne Lee, Director of Human Performance and Health Promotion for the CFPSA. On 04 November, bases and wings across Canada and in Europe will host program launch activities. The celebration will take place in the lobby of building 90 (Recreation

Centre) from 1200-1300. The purpose is to introduce your Health Promotion personnel and to celebrate health while recognizing the long tradition of health promotion programs delivered by CF and civilian personnel. There will be refreshments, draws for prizes, and informational displays. The rejuvenated Strengthening the Forces Health Promotion Program will provide stress management, weight wellness, injury prevention, smoking cessation and other location specific programs. For program questions and suggestions please contact your local health promotion office at 833-2500, ext. 4160. Hope to see you there!

Test your health and wellness knowledge with this short quiz: Health Promotion Quiz:

Directions:

Print off this quiz and answer the questions. Bring your completed quiz to the Health Promotion Program Launch at 1200 on 04 November 2002 in the lobby of building 90 and enter the draw for a great prize! Check your answers at the launch. Door prizes will also be available. The draw for prizes will be made at 1245. You must be present to win a prize. Also, promotional items will be distributed, while quantities last.

True or False:

1. A woman who drinks the same amount of alcohol as a man of the same weight will have the same blood alcohol level.
 - a. True
 - b. False
2. Mental health problems such as depression and anxiety may be the result of chronic stress.
 - a. True
 - b. False
3. Scientists say that accumulating 60 minutes of physical activity every day contributes to maintaining or improving one's health.
 - a. True
 - b. False
4. The best way to reduce high blood cholesterol is by avoiding foods that contain cholesterol.
 - a. True
 - b. False

Multiple Choice:

5. How many grams of fibre should healthy adults aim to have in their daily diet?
 - a. 15-25
 - b. 25-35
 - c. 35-45

Yard Sale a Great Success

The GCWCC yard sale held on September 28 was a great success for the United Way. As the second major event in the United Way fundraising campaign, the yard sale raised a total of \$1365.

The yard sale ran from 9:00 AM til 3:00 P.M., and a large number of people lined up to browse the tables. People wishing to sell their wares rented a table for \$10, and in total

there were 65 tables featuring everything from crafts to "traditional" yard sale items. Additional money was raised through the sale of pizza (donated by Domino's), donuts and coffee (donated by Salisbury House), and private donations of money and sale items.

The yard sale was organized by Nicole Johnson (MFRC) and Sgt Edie Miller. Other events are in the

CÉLÉBRER LA SANTÉ DANS LES FC

Trente-huit nouveaux promoteurs de la santé à l'échelle des FC se préparent en vue du lancement du nouveau Programme de promotion de la santé des Forces, Énergiser les Forces. « C'est le couronnement de nombreuses années de travail acharné des Forces canadiennes et de l'Agence de soutien du personnel des Forces canadiennes, et l'approche du jour du lancement réjouit la communauté militaire », déclare M. Wayne Lee, Ph.D., directeur de la performance humaine et de la promotion de la santé de l'ASPFC. Le 4 novembre, les bases et les escadres partout au Canada et en Europe tiendront des activités de lancement. L'événement aura lieu au centre récréatif (édifice 90) de 12h00 à 13h00.

Le but de l'événement est de vous

présenter le personnel de promotion de la santé et de célébrer la santé tout en reconnaissant la longue tradition des programmes de promotion de la santé offerts par les FC et le personnel civil. Il y aura des rafraîchissements, des prix de présence, et de l'information sera aussi disponible. Le nouveau programme de promotion de la santé Énergiser les Forces offrira des programmes de gestion du stress, de mieux-être par rapport au poids, de prévention des blessures, d'arrêt du tabagisme et d'autres programmes répondant aux besoins cernés localement: Si vous avez des questions ou des suggestions relativement au programme, veuillez communiquer avec le bureau de promotion de la santé local au 833-2500, post 4160.

STRENGTHENING THE FORCES ÉNERGISER LES FORCES

6. Components of a healthy weight control program include all of the following, EXCEPT:
 - a. emphasizes exercise
 - b. nutritionally adequate
 - c. supports a weight loss of 3 or more pounds per week
 - d. provides behavior modification training
7. Which of the following items are controllable risks (things one can change) for heart disease?
 - a. smoking
 - b. stress
 - c. inactive lifestyle
 - d. all of the above
 - e. none of the above
8. Which of the following statements about smoking and heart disease is FALSE?
 - a. Exposure to second hand smoke is not a risk factor for heart disease.
 - b. Nicotine injures the lining of the arteries and increases the risk of build up of fat deposits in that area.
 - c. Carbon monoxide in cigarette smoke decreases the amount of oxygen carried in the blood.
 - d. Nicotine speeds up the heart rate and makes the heart work harder.

Thank you for your participation and interest in health promotion!

Answers to the quiz will be available at the launch and will be posted on the DIN after the Health Promotion Launch.

**Don't forget to mark 04 November on your calendar,
Health Promotion Program Launch at
1200 in the lobby of Building 90.**

Refreshments will be available while quantities last.

Deadlines for Overseas Mail:

Letters: Monday,
December 2, 2002

Parcels: Thursday,
November 23, 2002
by 10:30 hrs

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“What can a Financial Counsellor do for me?”

By: Hal Oare Financial Counsellor, SISIP Financial Services

At some time in their career, CF personnel may have a reason to use the services of a Financial Counsellor. This may be due to the need for professional assistance with debt restructuring and credit counselling or, just the creation of a financial “snapshot”. Such a snapshot, or budget as it is normally called, allows both the Counsellor and the client to determine best where the member stands financially and if some type of corrective action should be taken.

SISIP Financial Counsellors can offer advice under the Bankruptcy and Insolvency Act and are trained to provide assistance in numerous areas of money management. They also have access to many products and resources to assist a CF member and their family to help them regain financial control. These include but are not limited to:

- Developing a budget;
- Renegotiating debts with creditors;
- Obtaining financial assistance through the Canadian Forces Personnel Assistance Fund (CFPAF); and
- Providing referrals to local community services and other military resources.

A Service Level Agreement between SISIP Financial Services and the individual Base/Wing/Unit governs the actions of SISIP Financial Counsellors. This agreement provides serving military members and their families with free and confidential

access to a Counsellor on a voluntary basis. Appointments may be made directly by the individual and do not require the involvement of the member’s unit.

In many instances, money problems could have been corrected before they became severe if the individuals had sought professional help sooner. The longer that you put off your problems, the larger they become. Counsellors usually have built up a good rapport with many creditors and financial institutions in their areas and can often use this relationship to assist in devising an equitable solution for debt repayment or restructuring.

There is no reason to fear repercussions from meeting with the Counsellor. Information obtained during the interview is treated in strict confidence. A member’s financial situation will only be released, if in the judgement of the Financial Counsellor, the financial difficulties are of a nature that may present a security risk, or a risk to the operational effectiveness of the Canadian Forces. In such circumstances, the Financial Counsellor will first encourage the member to disclose this information personally to the unit within seven days.

Further information concerning the many counselling services available to serving military members and their spouses may be obtained online at www.sisip.com.



17 Wing Ghost Squadron Helps Preserve Wing Heritage

by: David Lavallee

During the month of July, the 17 Wing Ghost Squadron washed and repainted the Expeditor in Stevenson Park. The work was completed over a couple of weeks, and was finished in time for the 1 CAD change of command.

The 17 Wing Ghost Squadron is a volunteer squadron dedicated to the preservation and maintenance of 17 Wing heritage and history. The squadron carries out a number of activities in the area of heritage preservation, from working in the archives to conducting aircraft restoration in 11 Hangar.

“The 17 Wing Ghost Squadron is a vital part of the preservation of the Wing’s heritage and history,” says Capt Rosak, the Wing Heritage Officer. “Without their dedication, we wouldn’t be able to do a lot of the work we carry out.”

Gerry Galipeau, a member of the Ghost Squadron, received a commendation from the Wing Commander for his hard work on the Expeditor. He worked tirelessly for over two weeks to help ensure the Expeditor would be ready for the change of command. Another hard working member of the team is a special needs student from Kildonan East, who works with the squadron restoring aircraft every Monday as part of a school work experience requirement.

The Ghost Squadron was formed in the fall of 1999 as a result of discussions be



tween Capt Rosak, Jack Bessey (Heritage Chairman of 500 Wing, Air Force Association of Canada), and Chris Nielsen (past president of 500 Wing). They formally became a part of the Wing in 2000 when a Memorandum of Understanding was signed between them and the Wing Commander, and they have been working steadily ever since.

Jack Bessey was the first Squadron Commander and retired in September 2002 due to ill health. He was presented with a hand-carved 17 Wing Plaque by the Wing Commander in recognition of his dedication to preserving Air Force heritage and history at 17 Wing.

Ghost Squadron, now under the leadership of Chris Nielsen, is always looking for interested volunteers. The only requirement is that you be of legal age and have a desire to preserve Air Force heritage and history. Anyone interested can contact Capt Rosak at (204) 833-2500 ext. 4960, or Chris Nielsen at (204) 667-0090.

Computer Courses Offered

Community Recreation will be offering computer courses to all recreation members. Courses are held at Westwin Community Center from 0900-1700 on Saturdays, for more information contact Recreation at 833-2500 ext. 5976 or 2059.

Location: Westwin Community Center
Bldg. 33 – 0900-1700 hrs
Course Fee: \$80 (Includes Manual)

- November 2
- November 23
- February 8
- February 22
- April 12
- April 26
- May 3

Cancellation Policy

Participant cancellations will not be refunded 7 days prior to the course date; all other cancellations will receive 50% refund.

- Excel Spreadsheets
- PowerPoint
- Excel-Advanced
- Intro to Access
- PowerPoint
- Intro to FrontPage
- Microsoft Word

Monday, November 11, 2002 at 10:30 am
Charleswood Legion Branch 100

Remembrance Day Service

Oak Park High School

820 Charleswood Road at Rannock

Reception to Follow:

Charleswood Legion

“Tank Room”

6003 Roblin Boulevard

Everyone Welcome



7 - 8 ans



LANCEMENT DE LA COLONIE DE CASTORS DE LA 17E ESCADRE

La première rencontre aura lieu le 6 novembre à 18h30 au centre communautaire Westwin (Bldg 33) dans le local de la garderie.

La Colonie se réunira une fois par semaine pour une durée d'une heure. Les réunions comprendront des activités variées, incluant notamment des jeux, des bricolages et des activités d'expression (chansons, danses, pantomime, etc.). Certaines activités, qu'on appelle *barrages*, se déroulent en huttes, d'autres ont lieu en colonie. À l'occasion, la colonie effectuera des sorties ou des camps. Ces activités de plus grande envergure seront appelées *découvertes*.

Vous êtes invités à inscrire vos enfants âgés de 5 à 8 ans dès maintenant par l'entremise de nos animateurs:

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Kim St-Peter – 888-3263



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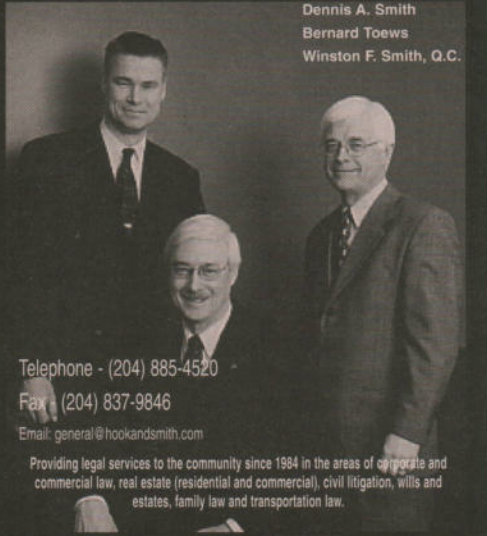
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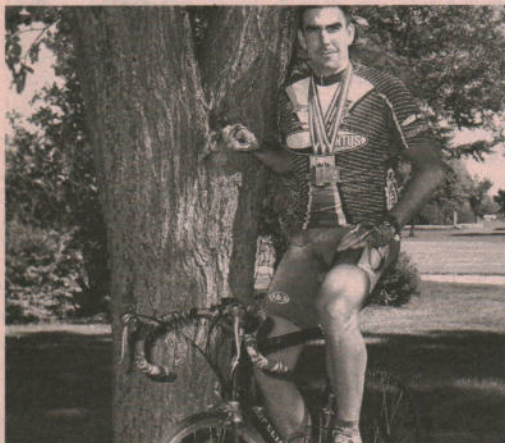
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MB Cycling Champion

Lt. Vermette is shown here with his three 2002 Manitoba provincial championship cycling medals. He won gold in each of the provincial road race and provincial criterium championships, as well as silver in the provincial time trial championships for the Masters 30-39 age group.

The season was in question after a serious crash in Edmonton the day before 2Lt Vermette was to leave for Winnipeg. While on a group training ride, he collided head on with a rottweiler that resulted in a fractured rib as well as a trashed bike frame.

2Lt Vermette is presently in Winnipeg completing his practical phase training for the AERE MOC prior to starting his AOBC course in October at CFB Borden.
Road Race 18 Aug. 02 Criterium 21 Aug. 02
Time Trial 04 Sep. 02

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.

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

**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
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

**DVMAG**

Defence Visible Minority Advisory Group
The purpose of a DVMAG is to exchange information on issues affecting the Visible Minority Persons within

21 March 2003 - International Day for the Elimination of Racial Discrimination

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

the department, maintains networks with the other departmental Advisory Groups, links with other Federal government Advisory Groups and external agencies.



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

Childcare Providers Wanted

The Winnipeg Military Family Resource Centre is looking for community members who operate a family home daycare or casual childcare services. We would like to add you to our "Community Childcare Providers" listings. All we need is an 81/2 x 11 advertisement describing your service, be sure to include hours of operation, location, snacks etc. Highlight any special services.

Military Families are looking for flexible care with extended/ hours to accommodate early timings and operational commitments. "Overnight" and "emergency" childcare offer a great resource to parents who manage the challenge of deployment in their job. Many families are looking for care and our childcare resource listings are in high demand. Please drop-off or fax your ad to the MFRC at 102 Comet Street.

Fax: 489-8587. If you have questions about childcare resources, call Wendy at 833-2500 ext.2491.

MFRC Monthly Community Coffee Break

Thursday 7 November
10 am - 11 am
 102 Comet Street



Children are always welcome to come and play in our supervised playroom during this time.

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!**

DROP OFF CHILDCARE:

We provide care for children from 18 months to 6 years. Children must be registered at least 24 hours in advance. Please note that this service is provided under our nursery school license and thus we do not have the ability to offer full time care. It is set up rather to provide a break for parents or the opportunity to work out, make appointments or do any other activity that may not be possible with young children tagging along. It is advisable to book a week in advance since these programs are very popular.

Westwin Children's Centre

9:00 am - noon Tuesdays

1:00pm - 4:00pm Wednesdays

9:00 am - noon Thursdays

TO REGISTER CALL 833-2500 EXT 2491

Lipsett Hall Children's Centre

1:00 pm - 4:00 pm Tuesdays

9:00 am - noon Wednesdays

9:00 am - noon Fridays

TO REGISTER CALL 833-2500 EXT 6846

COST: \$8.00 for the entire session for one child or \$12.00 per family for more than one child in the same family. To register call 833-2500 ext. 6846.



SNACK: Parents must provide a snack and a drink for their children. If the snack requires refrigeration, please pack it with an ice pack. Please remember that our centres are peanut free due to the large number of children with allergies. Popcorn and nuts cannot be served to children under 5 in licensed care.

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.

Lipsett Hall Nursery School

MFRC Main office at 102 Comet St.

Monday 1:30 - 3:00 pm.

Wednesdays 9:00-11:00 am.

The cost is \$3.00 per family.

Please bring a snack for your child.



Military Family Resource Centre Volunteer Program

Volunteers enable the MFRC to offer quality programs and services to the military families in our community.

We have many flexible Volunteer opportunities and can match your skills, training and experience with a position that's right for you. Where can Volunteers make a difference ...

- Outreach Program: newcomer program, outreach
- Special Events Planning: Christmas concert, family fun day, registration fair, fundraising
- Youth Programs: after school club, summer/spring camps, movie

nights, dances, craft workshops, Volunteer Youth Corps and special events

- Children's Programs: pre-school activities, childcare, nursery school
 - Administrative Support: receptionist, clerical work
 - Board of Directors: advisory committee, ad hoc working committees
 - Volunteer Department: lending library
 - Education Services: workshop facilitation, women's conference
- In addition to providing skill development and personal growth

opportunities, the MFRC Volunteer Program ensures that community members have a wide choice of areas where their strengths and interests can make a valuable contribution toward a stronger community.

For more information on the MFRC Volunteer Program and the many opportunities, please call Nicole @ 489-7003



Winnipeg Annual Festival of Lights Saturday 16 Nov 02

Festival begins with lighting of downtown at 5:00 pm

There will be a parade from Portage and Main

to the Legislative Building

City Fireworks display at 8:00 pm

This has proved to be a fun filled evening for all

This year's event will be dedicated to the families of Canadian Forces Personnel deployed on peacekeeping missions as well as war efforts around the world

There is a bleacher reserved to seat the first 70 registered individuals. If you and your children are interested in attending please call Nicole at 833-2500 ext 4507 to reserve your seat. There will be a bus leaving from the MFRC (102 Comet Street) at approx 4:00 pm to transport families to the event, and will transport families back to the MFRC (102 Comet Street) at approx. 9:00 pm. Remember, this is a first come first seat basis, so register now to avoid any disappointments.



Family Child Care CO-OP

Would you like to be able to go shopping ~ child free; attend a party or outing without the costs of childcare? Now You Can!!

Join the Family Childcare Co-op. We are a group of parents who exchange parenting services at No Charge. Basic guidelines, monthly meetings and membership conditions keep the co-op running smoothly. Co-op members are expected to have a Criminal Reference Check and Provincial Child Abuse Registry Check done prior to providing babysitting services.

For more information contact Kim at 895-1619

Parents' Network - Special Needs Service

If you or a member of your family has special needs, why not drop in to our evening meetings. We'll provide the coffee, snacks and speakers on various topics of interest - YOU supply the conversation.

This is a great way to meet other parents and check out the new location of the MFRC. A supervised playroom is available for younger children. 102 Comet Street
20 Nov - and 18 Dec Time: 7 - 8:30 pm.

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

(English only)

Sat 1630 hrs

Sun

1130 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 dur-

ing 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.

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.

The Block Parents of Winnipeg, Inc.
and Kids, Etc... Youth Movement Company

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Sunday November 17th 2002

Call the Block Parents of Winnipeg Inc. at 284-7562

Or visit our web site at www.winnipegblockparents.mb.ca" or

Call Kids Etc...'s at 896-5172

Or visit our web site at www.wpgkidsetc.com"

And for parents there will be tables set up featuring:

Executive Jewels, Avon Back street Boutique and Regal with

proceeds going to the Winnipeg Block Parents".

The Flu Shot is in!

The Immunization Clinic has received
the influenza virus vaccine for the
2002/03 season. There is no need to
make appointments to receive your
annual flu shot, simply come during the
Immunization Clinic hours.

17 Wing Med Clinic

Immunization Clinic Hours

Tuesdays and Thursdays

0930 - 1130 hrs

VOXAIR SCHEDULE - 2003

Issue	Deadline Date	Publish Date
1	03 Jan	15 Jan
2	17 Jan	29 Jan
3	31 Jan	12 Feb
4	14 Feb	26 Feb
5	28 Feb	12 Mar
6	14 Mar	26 Mar
7	28 Mar	09 Apr
8	11 Apr	23 Apr
9	25 Apr	07 May
10	09 May	21 May
11	23 May	04 Jun
12	06 Jun	18 Jun
13	11 July	23 Jul
14	08 Aug	27 Aug
15	29 Aug	10 Sep
16	12 Sept	24 Sep
17	26 Sept	08 Oct
18	10 Oct	22 Oct
19	24 Oct	05 Nov
20	07 Nov	19 Nov
21	21 Nov	03 Dec
22	05 Dec	17 Dec

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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)

Whitewold Road by Building 90.

For information: call Michelle at 2490.

17 WING WOODWORKING CLUB

Located: Building 33 (WestWin Community Centre)

Hours: 24 hours a day seven days a week

Cost: \$50 + GST per year individually or

\$75 + GST family (dependents over eighteen).

Equipment: Full compliment of stationary and hand tools.

Sales: Limited supply of hardwoods.

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Vice President: LS Mark Farrel-local 6683

Treasurer: Capt Brian Nekurak-local 5556

Secretary: Capt Lawrence Klepachek - local 5952

Equipment Mgr: Cpl Rob Nevers- local 5068

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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

Ladies Air Force Mess Kit. Excellent condition.

Size 14-16. Asking \$200 Call ext 5345 for more info.

Set of encyclopedias \$70 obo, brass fireplace set \$12, Call 889-7626.

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97 Taurus GL, fully loaded, command start, lock, safetied, 103606 kms. Asking \$8500
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TAROSCOPES

By Nancy

ARIES (March 21 - April 19): You're feeling confused and left out because someone is keeping you in the dark. Don't wait for anyone else's input; take initiative based on what you do know. Overcome your fear of making a wrong move or it will paralyze you. Some limitations are self-imposed.

TAURUS (April 20 - May 20): Once a crisis has passed, let it go. Find wonder in new and exciting adventures. Let others solve their own problems. Practice saying goodbye to guilt and worries by taking action when you can and learning acceptance when you can't. Honor your feelings.

GEMINI (May 21 - June 21): The likelihood of success increases if you stay focused and accept assistance. Connections come in handy when you're in new territory. Another's viewpoint may be opposite your own but a broader understanding is valuable.

CANCER (June 22 - July 22): You'll be in the right place at the right time. Things fall into place effortlessly. The best results are achieved when you don't try to exert control. Clinging to the safe and known holds you back. Let go of one experience as another comes along. Keep moving.

LEO (July 23 - August 22): This is not the time to try impressing anyone. Hang out with friends who accept you as you are. Take a creativity break. Fresh ideas come after a "time out" when you explore mixing combinations and colors. Work in a new medium. Have fun being a beginner again.

VIRGO (August 23 - September 22): Don't give in to guilt because you're doing something for yourself, or frustration, if you are off to a slow start. Honor yourself as you shift priorities. You're more internally focused and driven by a purpose greater than money.

**For appointments
call 775-8368**

LIBRA (September 23 - October 23): Get out into the world, into nature, into crowds of people or crowds of sensations. You've been alone with your thoughts too long. Collect some new experiences; gather new images and ideas. Someone else is eager to take on some of your responsibilities.

SCORPIO (October 24 - November 21): Lend a hand when you can. Any contribution will be well received. Use your natural gifts when an opportunity arises. Sharing your work with others leads to their understanding you better. Find inspiration in the images and people around you.

SAGITARIUS (November 22 - December 21): Appreciate that the experiences of life are what are truly important. How you move through your day coping and caring for all around you shows maturity. Plant seeds of hope and renewal. What seems insignificant has its place and deserves respect.

CAPRICORN (December 22 - January 19): If you attempt to decipher subtle messages just now you'll miss the mark. An imagined slight brings an angry response. Your over-sensitivity sets you on a challenging path. Consider your thoughts carefully, your experiences reflect your mindset.

AQUARIUS (January 20 - February 18): One too many misadventures are making you crave peace and quiet. Regroup and learn how to determine the level of risk new ventures carry so you will make better choices in future. Some things just need time to pan out. Review how others influence your decisions.

PISCES (February 19 - March 20): An especially intense time full of a wealth of life experiences that will enrich your future creative endeavors. Before you decide to remake or redo efforts, check; you may be doing fine just the way you are. Keep options open by letting past idea evolve and new ideas grow.

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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

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