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Health Promotion Program Kicks Off at 17 Wing

by: David Lavallee



Wing Commander Colonel McClennan offers some encouraging remarks on the "Strengthening the Forces" program.



Health Promotion Director Carol Styles is eager to implement the "Strengthening the Forces" program at 17 Wing.

The rejuvenated "Strengthening the Forces" Health Promotion Program officially started nation-wide at noon on Monday, November 04. To kick off the program in Winnipeg, a launch event was held at Building 90. The launch was very well attended and featured display tables, health-related information, a free luncheon, music, and a prize draw.

Health Promotion Director (HPD) Carol Styles organized the local event to celebrate the start of the program across Canada. "I look forward to working with military and civilian partners to deliver a wide variety of health promotion programs to the local military community. The "Strengthening the Forces" program will focus on helping people maintain and improve their health. The goal is prevention, not treatment." Carol will be serving the geographic area between Thunder Bay, ON and Portage La Prairie, MB, and will be working with Shilo HPD Anne Todd to provide programs and services to members of the 2PPCLI. "Strengthening the Forces" is a national program that will offer resources and services like workshops and seminars on various health topics vital to the health of the military community. The revised program components are being developed over time by the Director General Health Services staff in Ottawa and delivered across the country to a universal standard by PSP health promotion professionals.

Wing Commander Colonel McLennan was on hand to give some encouraging remarks on the health promotion program. "As our military personnel carry out their duties on base, it's important to have a program like this in place to ensure they are receiving the health information and support they need," said Colonel McLennan. Also present in support of the launch was Dr. Margo Burns of the Injury Prevention Cell in Ottawa.

As part of the festivities, members of the Air Command Band provided musical entertainment. A video on the "Strengthening the Forces Program" was played, outlining program goals and components. There were a variety of door prizes available, including a 'light' cookbook with

heart-healthy recipes, skin care gift certificates, a physical activity package, a relaxation package, and the grand prize, a stress reduction package which included tickets to Rumor's Comedy Club, a half-hour massage, and a one-hour house cleaning. As a part of the build-up to the launch, a health trivia contest was run in which contestants answered health-related questions to enter the grand prize draw. Display tables were set up and offered information on health promotion topics like addiction-free living, active living and injury/violence prevention, as well as on the various program areas of the MFRC.

Thanks to Carol for all her work in organizing this event, and in promoting health at 17 Wing. Thanks also to Molly Maid, Rumor's Comedy Club, Leana Gorcak of Assiniboine Massage Therapy, and Leyla's Skin Care for their donations and support. If you have any questions about health promotion or "Strengthening the Forces", please contact Carol Styles at (204) 833-2500 ext. 4160 or Edith Fournier at 4150, Anne Todd can be reached in Shilo at CSN 257-3867.



A variety of information on health related topics was available at the launch event.



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DND AND VAC ANNOUNCE NATIONAL PEER-SUPPORT PROGRAM

Ottawa – The Minister of National Defence, the Honourable John McCallum, and the Minister of Veterans' Affairs, the Honourable Dr. Rey Pagtakhan, announced today the creation of a national peer-support program for current and former Canadian Forces (CF) members suffering from operational stress injuries.

The peer-support program was initiated in May 2001 and launched as a pilot project in February 2002, with joint participation by the Department of National Defence (DND) and Veterans Affairs Canada. Under this program, veterans who have suffered operational stress injuries will offer assistance to serving and former CF members who are currently suffering from operational stress injuries. The peer-support program is another example of the collaborative approach announced by the two Ministers in July to enhance access to assessment and treatment of operational stress injuries.

"We are committed to ensuring that all CF members affected by operational stress injuries, and their families, receive not only medical care but also the support they need and deserve," said Minister McCallum. "This program has been created to complement existing initiatives designed to help care for our people, and it is part of our continuum of care."

"As the Minister of Veterans Affairs, I am committed to dealing with the serious effects of PTSD and all operational stress injuries," added Minister Pagtakhan. "Veterans served our country in its time of need and it is only proper that Canada serves our veterans in their time of need."

Currently operating in Edmonton, Alta., Petawawa, Ont., Winnipeg, Man., and St John's, Nfld., the peer-support program will have expanded to Esquimalt, B.C., Valcartier, Que., Gaagetown, N.B., and Kingston, Ont., by November 2002. The network is expected to include at least 12 communities across Canada by the summer of 2003.

"Our objective", said General Ray Henault, Chief of the Defence Staff, "is to provide the best possible peer support to the men and women of the Canadian Forces, who continue to participate in an ever-growing number of demanding operations around the world."

The peer-support program is part of the Operational Stress Injury Social Support (OSISS) project. OSISS was created in May 2001 to deal with the social, educational and leadership aspects associated with operational stress injuries such as post-traumatic stress disorder, anxiety and depression. The educational, leadership and cultural aspects of the program are currently being developed.

Individuals who would like to know more about the Peer Support Network may call the DND-VAC Centre for injured members (both current and retired) and their families at 1-800-883-6094.

Media Enquiries:

Media Liaison Office DND Public Affairs (613) 996-2353 (613) 996-2354
Janice Summerby Media Relations Advisor Veterans' Affairs Canada (613) 992-7468
Amy Butcher Press Attaché Office of the Minister of Veterans' Affairs (613) 992-4903



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Appealing to Youth

By Alf Brooks

A comment that one hears often from stamp collectors is that most of them are older; the question is asked "What will happen to the hobby once we are gone?" It is a valid question. Most philatelists are "older" I estimate that the average age of members of the Winnipeg Philatelic Society is sixty plus. Some of these members try to encourage young people to take up and continue the hobby, working with young people in school and other clubs, encouraging them to collect and study postal items. Postal administrations also encourage youth to collect by issuing stamps that will appeal to them.



Thus we see stamps issued on topics such as Harry Potter, Space, Lord of the Rings, Disney. In October, Eire (Ireland) was more direct, issuing four stamps to honour "Irish Rock Legends": Phil Lynott, Rory Gallagher, Van Morrison and U2. Each stamp design is based on a photo, printed on a gold background. For the postal administration, the aim is to have collectors buy stamps; for collectors such as myself, the hope is that young collectors go on from there and discover the many infinite ways that stamps can be saved and studied.

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"Warm hearts
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“Wha’s That On Your Hat, Suh”

By Bob Butt

Colorado Springs, Colorado, is a beautiful town nestled into the desert-like front range of the Rocky Mountains. It is home to the incredibly beautiful and well designed United States Air Force Academy, the Fort Carson Army Base, Peterson Air Force Base and Cheyenne Mountain - the protrusion of mountainous stone that houses the nerve centre for the North American Aerospace Defence Command headquartered at Peterson Air Base with Air Force Space Command and the United States Space Command.

Obviously the military is a major part of the town’s life, and uniforms are not an uncommon sight. Located in the centre of Town is Memorial Park with its monuments to the many units and formations that have served there. Included with them is a piece of Canada’s Rocky Mountains, shipped from north of the border, that stands with its suspended iron sword as a tribute to Canadians who have served with NORAD and elsewhere. It is there that Canadians gather with their American brethren on 11 November each year to mark Remembrance Day. Except it isn’t Remembrance Day there.

In the United States, Memorial Day in May is the equivalent to our 11 November when it comes to Remembrance. On 11 November they mark Veterans Day. It’s slightly different in its connotation but they do parade, and the Canadians parade too. Interestingly, enough time is taken during the service at the park so that the Canadians serving with NORAD, and those who retired there, can perform their own service of Remembrance. A kind gesture to be sure.

As a Canadian serving in Colorado Springs in the early nineties, it was always an honour to be on parade that day, to hear our own country’s Last Post and Reveille as our countrymen laid the wreath and our neighbours to the south paid solemn respect to those who had passed on in the continuous fight for freedom. But the symbol that drew the most attention from our friends and allies was the poppy.

Back then we uniformed types wore it on our berets, wedges or forage caps, as the case may be. Pinned on to the head dress over the left ear, it came into use each year about two weeks before Remembrance Day, and was gone the next day for another year. Its brief life prompted questions from our allies. In my own case it was the first year I was there serving at the multi-force headquarters with its sailors, soldiers, airmen and marines.

A young U.S. army private first class approached me outside on a cool fall morning about a week after I had started wearing my poppy. In a deep southern drawl he politely asked “Wha’s that on your hat, suh?”

“That’s a poppy, soldier,” I responded. “We wear them in Canada about this time of year to mark our Remembrance of those who have died for our country in war.”

“Well, they’s gotta be a lot like me around heah that don’t know that, suh. Why don’t you write something for the local base paper so’s we all will know when we see it?” he asked. I promised him I would, and I did.

Luckily, I had been a member of The Royal Canadian Legion for a number of years before I took up my duties at NORAD and was familiar with the poppy and its history. A little research later and the base paper had an article titled the same as this one.

Funnily enough, the poppy was officially adopted as the official flower of Remembrance by the United States in 1920, a full year before it became such in Canada. While it is distributed by the Veterans of Foreign Wars in some states, it does not have the same recognition factor south of the border that it does here.

This year will see Canadians donning the fall bloomer for the 81st year in memory of all those who have paid the ultimate price for our freedoms. The little red lapel flower distributed by The Royal Canadian Legion at home and abroad will signal the approach of our national day of Remembrance.

Some 15 million of them will be distributed in Canada and wherever Canadians may be serving in and out of uniform. It is a tradition that must never be allowed to fade lest the memories of war fade as well. Only by remembering its horrors can we try and avoid it, and only by remembering why more than 116,000 Canadians have died for our freedom can we truly appreciate its meaning.

Bob Butt is the Chief of Public Relations for The Royal Canadian Legion. He is a former army officer who served in the NORAD public affairs office at Peterson Air Force Base from 1991 to 1994.

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DRC serves military community

by: David Lavallee

The 17 Wing Dispute Resolution Centre (DRC) is keeping busy. As a regional centre, it is responsible for offering services to the Winnipeg area as well as to its entire region, which includes all DND elements from Thunder Bay to the Alberta/Saskatchewan border.

"The biggest challenge we face right now is getting out into our regional areas," says Maj Takeuchi, Coordinator of the Winnipeg DRC. "Although we're centred in Winnipeg, we are committed to ensuring that the quality of and access to services is equal for all DND elements in our region."

The DRC serves Regular and Reserve forces, Cadets, and DND civilian employees. The operation of the DRC falls into two categories, the first of which is education. The DRC provides information sessions, conducting courses, unit briefings, and providing advisory support. The second area of operation is interventions in conflicts, such as conciliations and mediations.

The DRC is part of the national Conflict Management Program (CMP) which is an integrated system that includes traditional 'rights-based' processes such as harassment and redress of grievance processes, and also includes Alternative Dispute Resolution (ADR) processes. ADR is a spectrum of options and processes to resolve conflicts, such as conciliation, mediation and group facilitation, that

focuses on the interests of the concerned parties to help resolve the problem.

Under general CMP guidelines, the first step for conflict resolution should be 'self-help' in that if the person or people involved are capable of addressing the problem themselves, they should do so. The next step, if necessary, would be supervisor intervention. At this stage in the process, the supervisor must either take steps to resolve the problem or contact an outside agency for help (such as the Workplace Relations Advisor, DRC, etc.).

Generally, the DRC makes use of ADR options. In this system, the onus is placed upon the parties involved in a conflict to find a solution. There is no 'judge' or 'right-wrong' outcome, but emphasis is placed upon helping the conflicting parties find solutions that work for everyone involved. Also, ADR is designed to be a 'multi-access' system, in that there is no one way to enter or engage the process - a 'one shoe fits all' approach.

The staff at the DRC is a mix of Regular force members, Reservists, and civilians. This includes the DRC Coordinator Maj Takeuchi CD, mediator Robin Kogan, and administrative support staff/associate mediator Sgt Lesley Gilmour who are all trained as mediators. Initially, mediators were trained individuals who were thoroughly evaluated and brought into DND. Now, DND has the Mediator

Qualification Program (MQP), a three-phase course involving classroom instruction, scenario applications, research, and evaluations.

The Winnipeg DRC came under the leadership of Major Brett Takeuchi CD in April, 2002. Maj Takeuchi was born and raised in Winnipeg, and has 14 years of military experience. After spending 6 months in Sierra Leone as a United Nations Military Observer, Maj Takeuchi returned to Canada and entered the MQP. He is currently in second phase of the program, and along with the DRC, is working hard to overcome the challenges of the DRC and serve the needs of Winnipeg and the entire region.

The Conflict Management Project was initiated in August 1998 to set up, test and evaluate DRCs across the country, and is operated under Mr. Peter Sterne, the Executive Director of Conflict Management in Ottawa. 17 Wing Winnipeg was the trial base for the Air Force. In the summer of 2002, it was deemed a success, and graduated into program status to become the Conflict Management Program. As a result, the number of DRCs across Canada was increased. Also, Winnipeg's DRC became a regional centre and was given additional responsibilities to serve all DND elements in its region. In total, there are to be 12 regional DRCs and 4 local DRCs across Canada.

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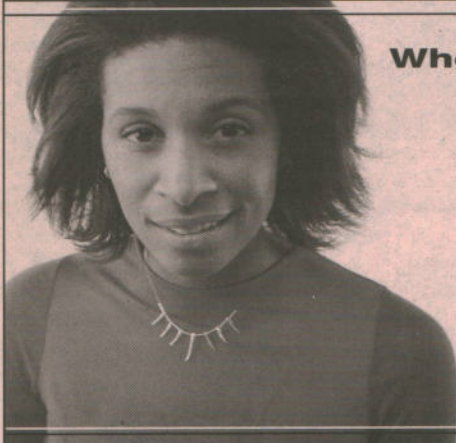
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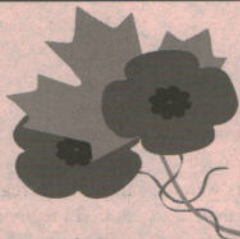
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- Ability to perform searches for information for teaching staff on units of study;*
- Knowledge of audio-visual equipment; ability to carry out minor repairs;*
- Equivalent combination of qualifications may be acceptable to the Division.*

PLEASE QUOTE JOB VACANCY # 02/03-054 AND APPLY TO:
C.L. Labaty, Manager, Human Resources
St. James-Assiniboia School Division 2574 Portage Avenue
Winnipeg, MB. R3J 0H8 Fax: (204)-831-0859

Wing Transport Breakfast A Success

by: David Lavallee
 Photos by Capt Michael Mietzner, 17 Wing PAO

The 2002 Wing Transport breakfast went off without a hitch, as approximately 330 people partook of the food and festivities. Held on October 16 from 6:30 to 10:30, the annual fundraising event not only attracted a large number of people, but succeeded in raising \$1213.00 – a \$181 increase over the money raised at the 2001 breakfast.

The event was organized by MCpl Preston Babcock, who also headed up last year's breakfast. MCpl Babcock planned the event over approximately six weeks, and with the help of other volunteers, the breakfast ran smoothly. The volunteers who helped out included officers, enlisted personnel and civilians, who worked to organized advertising, set up tables, cook and serve

food, and take care of cleanup. Cpl Boudreau, Cpl Legace and Mr. Wilf Jones were just some of the people who contributed their time and effort to the breakfast.

All proceeds from the breakfast go directly to the GCWCC. Thanks to MCpl Babcock for his hard work, and to all of the volunteers for contributing their time and effort. Thanks also to Northern Meat Service, Manitoba Pork Council, White Cap Foods, To-Le-Do Food Service, Unisource, City Bread Co., Canada Bread Company Ltd., Humpty's Family Restaurants, Scott-Bathgate Ltd., Moxie's Restaurant, and Perkins Family Restaurant for their donations in support of the breakfast.



"Caught in the act" Maj Bob Mosnier, Wing Transport officer and Acting WLogO shows how it's done, as he cleans a table. Maj Mosnier was one of many Wing Transport volunteers helping out during the annual breakfast hosted by Wing Transport in support of the Government of Canada Workplace Charitable Campaign. This year's breakfast served 330 people and raised \$1213.



"A long line is always the sign of great food." Members of 17 Wing patiently wait their turn to be served during the annual breakfast hosted by Wing Transport in support of the Government of Canada Workplace Charitable Campaign.



It almost appears as if Wilf Jones (left) has too many helpers in the kitchen. Wilf drops the last egg onto the griddle as hungry members of 17 Wing wait for their eggs during the annual breakfast hosted by Wing Transport in support of the Government of Canada Workplace Charitable Campaign.

Dressed this way for the United Way



Explosives Safety

By: Craig Oversby Wing Hazmat / Explosive Safety Officer

Explosives are made to achieve destruction or some violent effect. Accidents and incidents involving explosives have exceptionally high potential to incur serious bodily harm, death, or damage and loss of material and facilities. They can also cause needless pain and suffering.

What is more, most of them need not happen.

They are preventable.

You might think explosives safety is only a concern to the personnel in uniform. Wrong.

There are numerous cases of homeowners cleaning out their attic or garage and coming across some kind of explosive. These items such as shell casings and grenades could have been made into ashtrays, light stands, penholders etc. probably brought back from the war as a souvenir. Public Military displays that feature munitions shall be certified as being free from explosives (FFE). Hazards of Unexploded Ordnance (UXO) In early spring of 1999, a 12 year old was killed in his home while playing with a munition carried home by his father. This again raises the concern that dangerous UXO is taken off ranges and impact areas. Other live military ordnance collected by the father was recovered



from the house.

In 1995, a somewhat similar incident took place.

Five children between the ages of 7 and 15 were injured when two grenades they were playing with detonated at their residence. The explosives had been taken from an impact area, at a military installation,

during the family's vacation and brought to their home. Two of the children were critically injured with head and stomach wounds, while the other three received numerous minor injuries.

Parents routinely educate their children on the dangers of poisons, electrical hazards, crossing busy streets, etc. When living close to a military installation or ammunition facility, we need to ensure that explosives safety becomes part of educating our children, just as we do our troops.

"Those who cannot remember the past are condemned to repeat it"
(George Santayana, from the *Life of Reason*, 1905.)


For more information on our Explosives Safety Program at 17 Wing, please call Craig Oversby at 833-2500 ext. 2152 email: oversby.cs@forces.ca

Presentation of South-West Asia Service Medal (SWASM) to NSU 16 Oct, 2002.



Photo by: Cpl Willie Langer, National Support Unit, Imaging Technician

Sgt Frank Morin, a Reserve Armoured Reconnaissance Patroller with The Saskatchewan Dragoons, receives the South-West Asia Service Medal (SWASM) from Commodore Daniel R. Murphy, Canadian Navy Task Group Commander, during a presentation ceremony 16 Oct. Sgt Morin, who is stationed at 17 Wing Detachment Dundurn as the Training Coordinator, has been deployed in the Arabian Gulf Region on Operation Apollo since July 2002 serving with the NSU Operations Centre. This is Sgt Morin's first tour serving on an overseas mission with the Canadian Forces.



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WE'RE THERE

Injured while serving? We have a national network ready to assist you with any claim you may have. Interested in getting more involved with your community? We have programs that need your expertise.

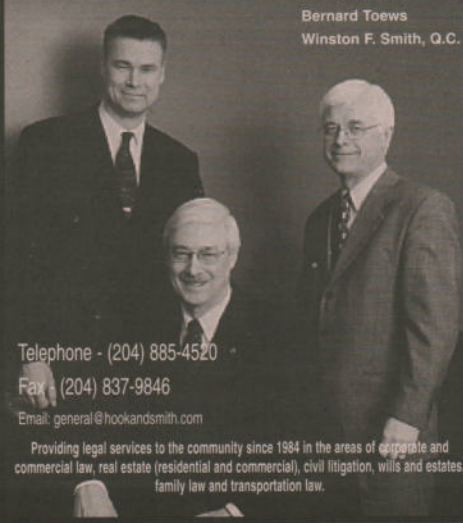
FOR YOU.

There's a lot more to the Legion than you may think. We're an extended family of 450,000 people across Canada who share a vision in our country and our communities. Why not visit a Legion Branch or join as a Military Member at Large by contacting your local branch or visit our web site at www.legion.ca.

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- *Christmas Bingo - Saturday, 7 Dec Time: 1900 hrs*
More than \$3000 in prizes.
Cost: \$5 at the door; \$2/additional card
Dress: Casual - Sign-up required 11 Nov to 29 Nov

For more information or Reservations:
call Lori at 5475**Distance Education and Exercises**

by: Ken Garrity

Well this might not be what the title indicates but that doesn't mean it couldn't! I'm talking about exercises and deployments when the troops are away from home for an extended period of time but that doesn't mean you couldn't read and speak into a microphone while you are walking your treadmill, striding your "Gazelle" or doing your "Palate" workout (exercise - get it!). And they said it couldn't be done, doing two things at once! Here you are walking to France on the trusty old treadmill while you are learning to speak French through reading text books and/or listening to audio-tapes, or maybe learning how computers work, or how to read a balance sheet. The possibilities are endless. Gimmee a call!

Enough fantasizing! Back to work!

There have been a few inquiries recently about whether or not courses could be taken while on exercise or deployment. The first answer to this is an easy, "yes". There are lots of courses that will suit study in locations other than where you are at your home base through continuing education and distance learning. The second answer to the same question is a qualified, "perhaps". As with most educational questions, the answer is not usually an easy and direct one. There are a variety of other factors that need to be taken into consideration. Below I will describe some of them in the hope that if you are thinking about correspondence study while away from home or gainfully employed at home, you will call to discuss your situation.

First and foremost is the nature of the course. Some will lend themselves to remote locations better than others. While there are hundreds of courses offered in college calendars, there is a chance that the specific one you want is not in the list. Now is the time to confirm this while you are still near the phones and can look at alternatives. It is really disheartening to try to register for courses long distance; for heaven's sake, it is difficult enough to do the coursework by distance let alone trying to work through the bureaucratic mumbo-jumbo of registration when desired courses are unavailable.

Some distance courses include components that strive to make them more user friendly to the student, however tie you to technology or facilities that we take for granted, even here in Winnipeg. If there are requirements for you to download assignments or learning materials from the World Wide

Web, you must be sure you have access to these technologies during an exercise or deployment. Similarly, some courses actually involve on-line chats with teachers and other students. Just the time differential if you are in another province or territory or for that matter half way around the world, may affect your chance to participate.

Education for education's sake is admirable, but with limited resources (i.e. time), you need to ensure that any subject you take is readily available and has a connection to the "final goal" you are setting yourself in education. Also, you need to confirm in advance that you will be able to continue your studies upon return to "home base" and count the course you complete while away. The trick here is to be sure you ask the right questions before you leave. Gimmee a call!

These few cautions should be kept in mind, but certainly not discourage you in any way. Our experience over many years is that students have been very successful with distance courses taken while employed elsewhere - if they depart well prepared. In fact, there are quite a few courses that not only suit remote study, but are structured in such a way that you can choose your start and stop dates to be sure they do not conflict with your travel and settling in. However, with a finite time-line for course study, make very sure you do not miss any course-related deadlines.

Another factor that can work to your advantage in a remote location is that you have a better chance of finding someone else studying by distance. Being able to make a regular commitment to meet and study together, even if the subjects are quite different, can considerably increase the odds for each student to complete their course work successfully. This is particularly important for first-time distance learners.

If you are scheduled for a major exercise or deployment or would just like to discuss your unique situation, give me a call at 833-2500 ext. 5115. I will make sure you have all the information at hand to make your decision whether to take a course with you or where you should be looking for educational material if you're just starting out. My objective is to ensure that your educational experiences while at home or away are positive and that if away from home, you return ready to continue your studies following this disruption.

17 WING MEDICAL CLINIC**Hours: Monday to Friday 0730-1600 HRS****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/.

**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.

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

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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 family members of currently deployed military personnel.

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.



Addictions Awareness Week Lunch Box Presentations

Please join us Monday November 18 and Friday November 22 for our Lunch Box Presentations in support of Addictions Awareness week.

Monday's presentation is Herbal Medicines: Weeding Fact from Fiction.

This presentation will be given by Meera Thadani from the University of Manitoba, Faculty of Pharmacy.

Friday's presentation is Addictions Awareness and Community Supports. This presentation will be given by Joel Jervais, Prevention and Education Consultant at The

Addictions Foundation of Manitoba.

Bring your lunch and we will provide dessert and beverages. Get some great information and ask any questions on the above topics that have been on your mind while you eat.

When: Monday November 18 and Friday November 22, 2002, 12:00-1:00

Where: Military Family Resource Centre, 102 Comet Street,

Room 118 Multi Purpose Room

Cost: Free

Contact: MFRC for more information at 833-2500 ext. 4512

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 8 1/2 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 care with extended/flexible hours to accommodate early timings and operational commitments. Consider providing "overnight" and "emergency" care options.

It offers a great resource to families

managing the challenges of deployment. New families are arriving weekly and our childcare resource listings are in high demand. Please drop-off or fax your ad to the MFRC at 350 Doncaster St. Fax. 489-8587. If you have questions about childcare resources, call Wendy @ 833-2500 ext 2491 or 6846.

MFRC Contact List

You may reach the MFRC by dialing (204) 833-2500 and enter 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
Deployment Services	C. Chatterley	4506
Volunteer Services	Nicole Johnson	4507
Youth Services	Diane Brine	4508
Information & Referral	Linda Belisle	4509
Children's Programs/ Emergency Childcare	W. Richardson	2492 or 6846
Employment Assistance	John Chabib	4511
Special Needs	Haley Schroeder	4512
PIC Social Worker	Victoria Lambert	4513
Francophone Services	Louise Cameron	4515

Healthy Choices Can Grow On You

Look for the Healthy Choices trees at Bldg 90, Lipsett Hall and at the MFRC. When you spot a tree stop and decorate a leaf or have your children decorate one with your healthy life style choice. Hang it on the tree and share with everyone your way of being healthy. If decorating is not your style just take a read at other peoples healthy lifestyle choices, they may inspire you to make some changes in your lifestyle.

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Hours: Fri 10:00 am - 1:00 pm
Membership Fee: \$10.00/family/year
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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?
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Ladies Air Force Mess Kit. Excellent condition. Size 14-16. Asking \$200 Call ext 5345 for more info.

Christmas is here again!
Santa Suit for rent, contact Kathy Cox at 888-5659

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Got any plans for New Year's Eve yet?... No?

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TAROSCOPES

By Nancy

ARIES (March 21 - April 19): React with your head not your heart when you hear unflattering comments. The type of people you are happiest being with are those who share your beliefs and who stand for things you can be proud of. To ease your mind, get clearance early to take a needed break.

TAURUS (April 20 - May 20): Review investments. Don't make assumptions or impulsive decisions. To deal with a dip in energy, arrange a long weekend or sign up for a course that teaches relaxation techniques or a relaxing hobby. You've got a bit of a wait before the call you want comes in.

GEMINI (May 21 - June 21): A venture begins where you can branch out and travel. You are shocked when someone who wants your attention goes to great lengths to create a scene or scenario, which forces you to make choices. Choose your words carefully, being diplomatic and loving, even if it's difficult, it is worth it.

CANCER (June 22 - July 22): Feeling like you've put yourself in a vulnerable position. Concerns that you were misled are valid. Information was unclear or withheld. Salvage the situation by keeping your team moving together and put off any major decisions. You need time to think things through or you'll just be reacting again.

LEO (July 23 - August 22): Create a work plan that ensures you meet deadlines. Put in overtime if necessary. Check into getting extra credentials even if the course doesn't really interest you. It puts you on the fast track to promotions. Consider skipping a weekend party to avoid an issue that crops up there.

VIRGO (August 23 - September 22): Bad attitude people are finally being dealt with. A childish individual is asked to grow or leave. Fairness prevails. Decorate then entertain in your own space. People who are prone to poking holes in your happiness want to visit. If you must let them in, keep it short.

For appointments
call 775-8368

LIBRA (September 23 - October 23): You shine when you show you're willing to help. Don't opt to work behind the scenes. You're at your best. Let it be known that the progress seen is the result of your efforts. Check your current standing before presuming you must move on. You're considered more of an asset than you realize.

SCORPIO (October 24 - November 21): Consult experts to see what to expect, instead of relying on what friends say. You're not as eager for commitment as you might think... You want to see the world but not necessarily within the confines of an institution. Review other options. Refuse to be unduly influenced.

SAGITARIUS (November 22 - December 21): Relationship problems arise because you have a concept of fairness that doesn't match your partners. Keeping score doesn't work. Unconditional love means giving even if the other person doesn't. Also love yourself enough to receive what is offered freely.

CAPRICORN (December 22 - January 19): The incentive for others to come on board is promised prosperity. Don't make premature presentations. Proposals should be fully developed. You need the support of the people closest to you still, unless you are financially independent.

AQUARIUS (January 20 - February 18): Retreat when emotions are running high. Finding the right answers isn't always possible. Some people will never be satisfied no matter how hard you try. Be careful not to become a slave to self-improvement when trying to please someone else. Finish with an old relationship before beginning a new one.

PISCES (February 19 - March 20): Express emotions honestly to open discussions. Rewards become apparent but it is in the doing that you get the greatest reward. Don't just exist; celebrate life. Push yourself to remain disciplined. Believe you have already succeeded and you have.

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