

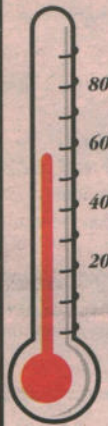
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Ecumenical Remembrance Service Held at 17 Wing



(L-R) LCol Neville, BGen Tabbnor, Mrs. Tabbnor, Ms. Bonnie Korzeniowski, Mrs. McLennan, Col McLennan, and MGen Dumais at the ecumenical Remembrance service.



**17 Wing
United Way
Campaign
Update**
Week Seven
Total:
\$59,717.77

**Christmas
Deadlines
for
Overseas Mail:**



Letters:
Monday,
December 2,
2002

An ecumenical service of Remembrance was held at the 17 Wing Chapel on the afternoon of Sunday, November 10. The well-attended service was a way for the military community to gather amongst themselves and remember the contributions of veterans in two World Wars, Korea, Afghanistan, and peacekeeping missions around the world.

During the week of Remembrance Day, the Chaplains Association would get together to remember the chaplains who passed away and served before, and to prepare for Remembrance Day services. They came up with the idea to invite all the groups that they represent to a service to honour and remember Canada's veterans.

"There's a special bond for those of us that wear the uniform," said Wing Chaplain Padre Major Terry Cherwick. "Although we certainly participate in Remembrance Day services to

commemorate our veterans with the civilian community, we felt there was a need for us to bring together our own in the military community who have their own stories to share."

This was the first time a service like this was held at 17 Wing, and considerations are being made to turn it into an annual event. The brief ceremony was celebrated by Padre Colonel George Davidson, Padre Major Terry Cherwick, and Padre Major Gordon Shields.

The service featured a variety of elements, including the poem "In Flanders Fields" read by Leading Air Cadet Benjamin Ashley, 170 Squadron, and music from the Air Command Band Brass Quintet. Also attending the ceremony were 1 CAD Commander Major General Dumais, Deputy Commander of Land Forces Western Area Brigadier General Tabbnor, Wing Commander Colonel McLennan, and 38 Brigade Commander Colonel Anema. Also

present were MLA Bonnie Korzeniowski representing the Government of Manitoba, and Councillor Peter De Smedt (Brigadier General retired) representing the City.

After the ceremony, everyone was invited to the Chapel Annex for refreshments, and to share their own stories and memories of service and remembrance. The event as a whole drew some positive reflections from Winnipeg's military personnel.

"It was a very touching ceremony," said Major General Dumais. "This one had a particular quality to it because of the music and the participation of the people."

"The ceremony was outstanding," said Colonel McLennan. "It's extremely important for the military to recognize among themselves the sacrifices made by veterans. That recognition starts at home, and we have to make sure that our people know what the commitment is for those of us who serve today."

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Sgt Doug Polegato

by David Lavallee

November's athlete of the month is Sgt Doug Polegato of 2PPCLI. Because of his outstanding commitment to fitness, Sgt Polegato's has been an inspiration to those who work and train with him. With a strong focus on running and weight lifting, Sgt Polegato spends a great deal of his free time at the gym.

Hailing from Cape Breton Island, Sgt Polegato has been in the CF for 14 years, and recently served with the CF in Afghanistan. At the end of November, however, he will be leaving the military and heading to Regina to begin his training as an RCMP officer. Sgt Polegato feels that his fitness training helped him succeed in both his military career and in his acceptance to the RCMP.

"In this line of work, physical fitness is definitely an asset," says Sgt Polegato. "It helps you all around - in physical activities, but also in a mental capacity, as well. Being fit and staying fit is an all-around important thing for anybody."

Sgt Polegato found that a state of fitness was extremely beneficial to him while he was serving in Afghanistan. "For operations in a place like Afghanistan, where the terrain and weather conditions were harsh, I found that being in good shape helped me both physically and mentally," says Sgt Polegato. "Physically, it made it easier to cope with the environment, and mentally, I was better able to concentrate on what I was doing because I didn't have to worry about keeping up physically." Not to be deterred by the severe heat and weather in Afghanistan, Sgt Polegato took advantage of every spare moment

Athlete of the Month



Sgt Polegato on duty in Afghanistan. Despite the extreme weather conditions, Sgt Polegato continued to maintain a strict training regimen.

to continue his training with the facilities available to him in camp.

Sgt Polegato's commitment to fitness is such that he spends, on average, at least ten hours a week in the gym - on top of the training he receives while on duty. While his focus is on running and weight training, he says he is interested in getting into more self-defense-related training.

Having been to bases across the country, Sgt Polegato has seen his share of fitness training

facilities, and he says that the staff and facilities at 17 Wing are the best he's ever seen. "The staff and the facilities here at 17 Wing are exceptional," says Sgt Polegato. "The staff is knowledgeable, helpful and friendly, and the equipment is always clean and in good working order."

Sgt Polegato's commitment, both to fitness training and to his job as a member of 2PPCLI, is exemplary. Good luck in your career with the RCMP!

Junior Lifeguard Program Coming to 17 Wing

Starting in January 2003, anyone aged 14 and up will have the opportunity to volunteer to work with a 17 Wing lifeguard or swimming instructor. The Junior Lifeguard program will offer people the chance to receive free training and participate in a fun, physical activity.

"This is a great opportunity for people to get some training and get involved in 17 Wing recreation," says Leana Gorcak, Aquatic Supervisor for 17 Wing.

Based out of the Building 90 pool, the program involves having participants work closely with a lifeguard or swim instructor to gain experience. Participants learn pool rules and regulations, the jobs and duties of lifeguards/instructors, and get a general sense of the overall operation of the pool.

Before entering the program, participants are required to attend two instructional seminars to ensure they have the knowledge required for working in a pool environment. The first seminars will take place in January, with subsequent seminars and training sessions to be held throughout the year.

Once participants have completed the seminars, they are signed onto the schedule to work shifts with the lifeguards and instructors. In order to ensure people are free to get involved, the program will run on evenings and weekends. Participants will have the option of choosing from a variety of timeslots to fit their schedule.

"The more people that get involved with the program, the more activities and opportunities we can develop for them," says Gorcak. "There is quite a wide range of activities that we can expand into if we have enough participants."

To sign up for the program, people need to fill out and submit a registration form, which is available at both the Building 90 and Lipsett Hall pools. Forms can be submitted to the Community Recreation Centre office, and the registration deadline is Friday, December 27, 2002. If you have any questions about the program, please call and leave a message for Leana Gorcak at (204) 833-2500 ext. 7013.



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Winterizing your Vehicle

It comes as no surprise to anyone that winter, bringing snow and cold, is coming. How many drivers will be caught off guard this winter? One less, if you read on and act in time. The cold makes it rough on our cars while the snow, most certainly, hinders our driving. It is never to late to inspect our vehicles. Here is a brief list we should check:

1. Battery- Cables firmly attached and everything clean, strength tested
2. Antifreeze-Levels are up, all belts and hoses checked for wear and the strength tested
3. Brakes-Fluid level is up and conduct safe brake tests to get a feel of your vehicle.
4. Engine Oil - An oil change is always good. Maintain proper level. If necessary, replace existing oil with winter grade oil or the SAE 10w/30 weight variety. When in doubt, check in your owners manual. Be on the look out for leaks.
5. Transmission-Maintain clean fluid and at the right level, listen and feel for problems.
6. Exhaust system-Look for leaks and check for security of the muffler and pipes.
7. Fuel system-Keep plenty of fuel in the tank at all times (it

- helps keep water out of the fuel). Consider using gas-line antifreeze.
8. Tires-maintain proper pressure and check the tread, signs of uneven wear means trouble. Check for cracks on the sidewalls. Look for damage on the rim and check for loose lug nuts. Check your spare for condition and proper inflation.
 9. Wipers/windshield-Check for good function and use winter wipers and winter strength fluid. Check for cracks and pitted glass.
 10. Lights-All working properly, correctly aligned and cleaned.
 11. Heater/Defroster/all console controls- Check for proper functioning and consider having a few spare fuses available.
 12. Block heater-Ensure the cord is not broken or cracked and that it is routed safely. Ensure your block heater works. If you're not sure of something or think you have a problem, check with a garage. There are many that offer full winter inspections with service. Every driver on the road must care for his or her vehicle. It's not hard to do and I bet you'll feel more comfortable behind the driver's wheel.

Winter Driving

The weather outside is changing, and so too are the driving conditions. As winter closes in, all drivers on the road must start to change their regular styles and patterns of driving. With this in mind, here are just a few important tips that will help you to have a collision free winter:

1. Reduce speed. Those posted speed limits are for ideal conditions.
2. Start to brake much sooner.

3. Do not drive aggressively, you may disrupt the flow of traffic and cause a collision.
4. Clear the frost, snow and ice from your car, this means from all windows, hood, roof and trunk. Snow and ice could come off during travel becoming an obstacle to another road user. Do not forget to clear your lights, both the front and rear.
5. Allow for more travel time, leave

- earlier than normal.
6. Allow for a greater following distance and learn how to deal with icy conditions. Winter driving demands extra caution. Always be ready for the unsafe actions of other drivers and for the poor driving conditions that exist. Drive at a more leisurely pace but do not impede other motorists. Change the way you drive to suit the conditions.

Wing Construction Engineering

Regardless of what some of you may think, we here at WCE are like the proverbial beaver, very busy. Not only are we engaged in the continual battle of replacing vast amounts of rusted out infrastructure, dealing with operational priorities and working with the various units addressing their property and infrastructure issues, we are also engaged heavily in the planning and implementation of various major new construction and renovation projects on the Wing. Some of the highlights that have been completed or nearing completion are:

- Various security upgrades around the Wing;
- Replacement of the roof on Hangar at a cost of \$2.7M; and
- Renovations of the new MFRC building at 102 Comet. In the near future, we are looking forward to the following projects:
- Construction of a new Training, Education and Conference Centre at a cost of \$4.7M;
- A \$4.3M upgrade to the water and sewer lines at Det Dundurn

(you may not think of this as so great, but the personnel in Dundurn sure do!);

- Renovating Building 90 for the 1 CAD Band, to be completed in spring 2003;
 - Construction of a new Logistics and WTIS buildings in summer 2003 (part of the consolidation of 15 Wing South);
 - Construction of a new Headquarters building beginning in 2004 (part of the consolidation of 15 Wing South);
 - Renovation of Buildings 52 and 86 for Prairie Region Cadet Headquarters and Headquarters 38 Brigade to begin approximately 2005 (part of the consolidation of 15 Wing South);
 - A new fuel farm installation to be completed by spring 2003;
 - Renovation/expansion of the Recreation Centre; and,
 - Eventually, the opening of Whytewold road.
- We look forward and take great pride in delivering these new facilities to the various units and helping make 17 Wing the Centre of excellence for Air Force training.

17 Wg Supply Sqn

Supply Sqn has been extremely busy in preparation of 2PPLCI (including a company of Reservists) going to Roto 12 for Op Palladium. Op Apollo has also caused an increase in the number of customers we are seeing, especially in Clothing Stores. We do offer our customers this bit of advice - Please remember to PLAN AHEAD, if you know you are being deployed - the earlier you can advise us in advance, the greater the chance we'll have of getting you the required kit before you depart on your deployment. In an effort to provide our customers with as much information as possible we have enhanced the amount of items on our site for the 17 Wing DIN. We are located under "Logistics" and there is information available on medal mounting, write-off reports, the Duty Supply Tech, our procurement manual (English and French) and the new Air Force clothing (CEMS).

Ongoing initiatives with Supply Sqn include the Materiel Acquisition and Support (MA&S) initiative (aka the replacement of the Supply Chain Project), improving our OUTCAN support, CADPAT and the Interim flying suit, and the new Logistics Facility being built on the North base.

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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?

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gency or situation, or where you should go to obtain care, call the Health Information Line (7/24) at:

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402 Squadron bestows annual award to deserving airmen

by Lt Jennifer Faubert

One of the highlights of the 402 Squadron Reunion dinner held October 5 was the presentation of the annual Vernon Bastable Memorial Award and the Jack Reeves Memorial Award for outstanding performance in the areas of trade skills, leadership and dress and deportment.

Master Cpl Sven Fritsch won the Vernon Bastable Memorial Award which is awarded to a regular force member and Cpl Josephine Sallis was awarded the Jack Reeves Memorial Award which is awarded to a deserving reserve member.

402 Squadron is very good at keeping the nomination process under wraps. Both candidates were unaware that they were being considered so winning the



award was a complete surprise and honour. Their pictures will be hung in the 402 Squadron Hall of Fame.

Fritsch is the Information Systems Manager and currently runs the independent squadron network for aviation matters which operates 24/7. His dedication to the job was noted as well as the improvements he made to the computer information system. He first learned about

networking and systems management back in 1988 when he worked in the command bunker in Europe.

Sallis has been a reservist with the squadron since 1989. She is an aviation technician by trade however she is currently responsible for recruiting for the squadron. She said she loves recruiting and her dedication to the job is testament.

The Jack Reeves Memorial Award was first presented in 1974 in honour of reserve pilot Capt Jack Reeves who lost his life in flying accident March 19, 1974.

The Vernon James Bastable award was first presented in 1993 when the unit became a total force unit. He lost his life in a flying incident March 27, 1949.

What is new in Food Services you ask? Plenty I say!!!

by Capt Swim

Cooks who were deployed on the initial Crotro of Op Apollo have recently returned from the sun and have begun to trek through the snow to work again. Talk about a shock to the system! Returning members are Pte James Bentley, Cpl Dave Burry and Sgt Steve Seymour. In Oct, Cpl Gunther Uhlmann, Cpl Bill Gilbert, and MCpl Larry Graham from 17 Wing left for Roto 1 of Op Apollo. MWO Jose Dulude will be joining them in the near future. Cpl John Hodson has been deployed in Support of Op Danaca since July of this year and is expected back in Winnipeg following the Christmas season.

For those of you who deal with Flight Feeding on a regular basis, the voice on the end of the phone will soon change. After a career as a cook in the military, MCpl John Violette has decided that it is time for him to change the proverbial hat. He has therefore decided to take his release and will leave the forces at the end of Nov. MCpl

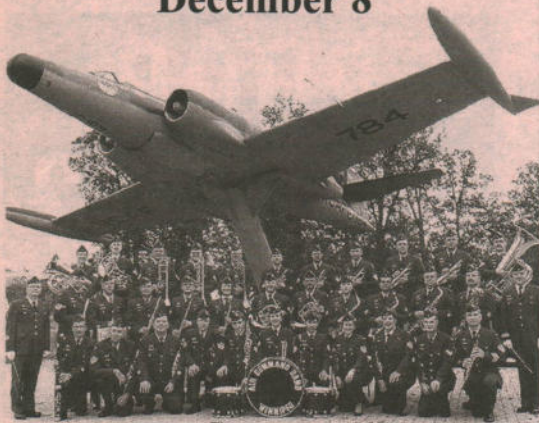
John Woroniuk will be the new IC Flight Feeding, so if you ask for John either way you should be safe!

What can you look forward to from W Food Svcs in the near future? We are currently working on new and improved website with the goal of providing members of 17 Wing with a quick and easy way of finding out menu, pricing and hours of operation info. As well, in the near future we plan on introducing several new menu items so be sure to pop in for a taste parade!!

Just a reminder that the Combined Mess kitchen is open to any military member, NPF or public employees and contractors daily from 0630-1830 hrs. In addition to accepting cash, we also can provide you with a pre-paid, declining balance swipe card for your convenience.

Anyone wishing to inquire about food service support, coffee breaks or the use of the use of the back dining room in Bldg 61 may call local 5805.

Air Command Band Annual Christmas Concert on December 8



The Air Command Band will be holding their annual Christmas concert at the Burton Cummings Theatre (formerly the Walker Theatre) on Sunday, December 8. The family event, titled "Christmas Salute to Canadian Peacekeepers", will run from 7:00 PM to 9:00 PM. Tickets for members of the military community are complimentary, and tickets for the general public can be purchased for \$6.00 through Ticketmaster.

Santa Clause will be on hand to entertain the children at the concert. A donation basket will be open for donations of non-perishable food items for Winnipeg Harvest and money donations for the MFRC's Youth Services.

Free transportation will also be available for members of the military community from either Building 90 or Lipsett Hall. The buses leave after 6:00 PM. To get your tickets, register for transportation, or for more information, please call Elaine at (204) 833-2500 ext. 5976, or Melissa at ext. 2059.

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Personal Reflections on Remembrance Day

By: Donna Boyce, Coordinator Volunteer Development/Employment Assistance Services, Dundurn Military Family Resource Centre

Recently, while attempting to navigate that road construction minefield known as the City of Saskatoon, I found myself well and truly tangled in traffic. To add to my frustration, I was stuck behind an extremely slow moving vehicle driven by an elderly gentleman. I recalled that age-old axiom; "Never drive behind an old man wearing a hat." I checked - sure enough, he was wearing a hat! I just knew it! I was trapped! Oh well, nothing to do but wait it out.

Moving at less than a snail's pace through the construction pylons, I had plenty of time to observe my fellow time travelers. (I was convinced at least one decade would pass us by before we reached our respective destinations.) Glaring at the old gent's vehicle, I looked down and noticed his car sported a bumper sticker. It read: "If you love your freedom, thank a Veteran".

Wow! That simple statement gave me some serious food for thought. Although I am a civilian, the military has played an important role in my life. Both of my grandfathers served in WWI. After several years, my Dad's father finally succumbed to his injuries and was interred in a Veteran's grave at Brookside Cemetery in Winnipeg. My Dad served in WWII as a WO in the RCAF. My Mom served in the

Army as a WAC. My Dad and Mom actually met at a mess function. In addition, many of their siblings, my uncles and aunts, served in various arms of the military.



As a young man, my husband Garry was a Sea Cadet and served in the militia with the Royal Winnipeg Rifles, Little Black Devils. Garry's father served in WWII in the Army as an Orderly Room Sapper. His parents met and married while his Dad was stationed in England. Garry was born during the war and later came over to Canada with his English war bride mother.

My family history is not unique. I am a Baby Boomer. A member of that huge population explosion that took Canada by storm in the years immediately following the war. There are millions of us from coast to coast. In fact, as I looked around

me, I realized that many of my fellow time travelers were also Boomers.

It should not take a bumper sticker, or indeed a beer commercial, to make us sit up and take notice of how truly great it is to be Canadian. We are able to enjoy so many freedoms; the right to elect our government and to change that government if we feel it is not fulfilling its mandate; the right to speak out against the powers that be if we feel an injustice has been served. The list goes on . . .

Yes, I do love my freedom. However, I must admit that I do sometimes take it for granted. My freedom was fought for and continues to be defended by Canada's military. For that I am most grateful.

As traffic began to inch forward, I focused once again on the gent in the vehicle ahead of me. On closer inspection, I realized that his hat was a beret. He was a Veteran and probably on his way home from a Legion meeting.

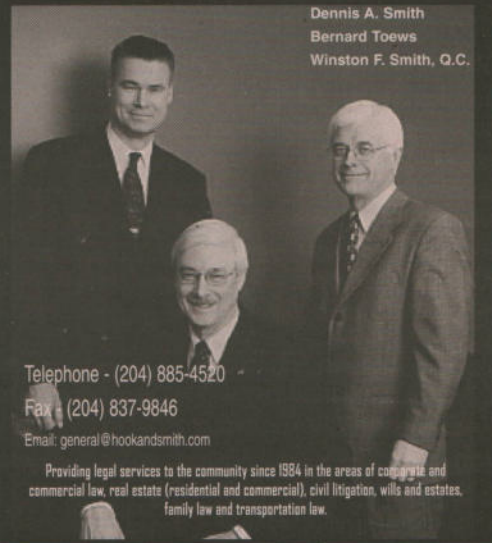
Slowly but surely we arrived at my turnoff. The old gent was going straight through. I gave him an invisible salute and silent "Thank you" as I continued on my way home somewhat chastened, but oh so grateful for my freedom.

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2001/02 Sport Award Presentations



Male Athlete of the Year—Capt Jay Burt CFANS

Capt Burt is a highly motivated athlete whose devotion towards the Wing sports program paid dividends in 2001/2002, participating in both the Prairie Region Soccer and Basketball championships. He was an instrumental part of his 17 WG WPG Basketball team, captaining them to an unprecedented 3rd Prairie Region Basketball Championship.



Female Athlete of the Year Pte Mary-Ann MacDonald 2PPCLI

Over the past year, this member has displayed her dedication towards the CF Sports Award program. Her knowledge and skill enables her to excel in various competitions, whether it is Regional, National or CISM. As well, her involvement in the CF Sports program continues to bring credit not only to herself, but also to 17 WG WPG and the military in general.



Coach of the Year CWO John Quilty—1 CAD HQ

In his inaugural season as head coach of the 17 WG WPG Oldtimer's Hockey team, he guided the Oldtimer's team all the way to the CF NTL Oldtimer's Hockey final. His leadership and years of experience at CF Sports competitions have helped him bring out the best in his players. His knowledge and leadership is contagious and second to none.



Official of the Year—Sgt Dan Crete 402 SQN

Dan is a highly motivated and dedicated official, who this year was Chief Official for the Wing Intersection Hockey League for the second straight year. His 16 years and level 4 make him a very conscientious and experienced official, who continually strives to improve his performance and those around him. His credentials include being an instructor for Hockey Manitoba and Canada and teaches approximately 10 officiating clinics per year. He is also a member of Hockey Manitoba Elite Official Supervision Committee which selects officials for provincial and national competitions.



Team of the Year 17 WG Wpg Oldtimer's Hockey Team

The team cruised through the Regional competition undefeated, taking CFB Edmonton in the final to be crowned PR OLT Hockey Championships at CFB Borden where they advanced to the CF National final against their old nemesis, NDHQ. They were eager to revenge last seasons National final defeat, but unfortunately fell behind quickly and failed to recover losing 3-1 to the CF NTL Champions. Although falling to the defending CF Champs they still fulfilled a great season and 17 WG WPG would like to award them with this prestigious award.

3 CFFTS Mess Invaded by Little Monsters!



Witches, ghosts, and spooks of all sorts took over the 3 CFFTS Combined Mess at Southport on the Friday before Halloween. Working with the food services contractor ARAMARK, several of the spouses led by Michelle Mowbray and Verna Bridges organized a fun filled evening that included ghoulish pizzas and



pop, a pumpkin judging contest, a craft table, a mini dance, cookie decorating, and a competition to pin the wart on the witch. However, the highlight of the party was a piñata filled with Halloween treats. The children took turns striking the hideous beast with a stick until it burst, showering goodies and sundry on all. Most of the



unit members attended with their children, and the little ones, who were attired in all manner of costumes, enjoyed themselves immensely. Later that weekend the grownups enjoyed their own costume party – this one hosted by Hugh and Jennifer Kennedy at their residence, and it too was monstrously successful!

Remembrance Day Ceremony 11 November 2002

The 2002 National Silver (Memorial) Cross Mother is Mrs. Doreen Coolen, whose son, Private Richard Anthony Green, was killed by friendly fire while on duty with the 3rd Battalion, Princess Patricia's Canadian Light Infantry Battle Group in Afghanistan in 2002



Photo by: Joanne Sloeckl

CFSSAT Promotion



Capt Wayne Willmott receives his promotion from Maj Shaw, Crndt CFSSAT.

435 Sqn Promotions



Sgt Marc Coté receives his well deserved promotion to WO from LCol Latouche, CO 435 (T&R) Sqn and MWO Randy Inberg LM Ldr



Capt, now Maj Meikle, receives his well deserved promotion from the WComd Col D. McLennan and the CO 435 (T&R) Sqn, LCol M. Latouche.



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Fitness & Sports Page



Fitness and Recreation Centre (Bldg 90)

The Flu Shot is in!

The Immunization Clinic has received the influenza virus vaccine for the 2002 -2003 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**

Officers Mess 17 Wing

- **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
- **Children's Christmas Party – Sunday, 8 Dec**
The highlights include breakfast, a puppet show, sleigh rides, and a visit from Santa!! Time: 1030
Cost: An unwrapped toy for charity Dress: Casual
- **New Years Ball – Tuesday, 31 Dec**
Enjoy a candlelight dinner, then dance the night in to the New Year!! Time: 1900 for 1930
Cost: \$50/member couple; \$60/guest couple
Dress: Formal (Black tie)
Sign-up: Required- 2 Dec to 20 Dec

For more information or Reservations:
call Lori at 5475

2PPCLI Toy Drive

Drop Off boxes located at:

- North Side (17 Wing) Gymnasium
- South Side Gymnasium
- Domenica's Hairstyle 2255G Ness Ave.
- Learning & Career Centre
(below North Side, 17 Wing Jr. Ranks)

Gifts should be no more than \$20

New Toys Only

Need toys for the ages: "Infants to 15 years of age"

All donations are going to the Child and Family Services Toy Drive.

17 Wing Fitness & Recreation Centre – Important Numbers

FITNESS & SPORTS DIRECTOR – AL BRAZEAU - 5509
FACILITY COORDINATOR BLDG 90 – ANDY OXLEY - 2055
FACILITY COORDINATOR LIPSETT HALL/BLDG 21 – RICK PHILLIPS - 6185
FITNESS COORDINATOR – LORI ANN MUNDT - 2056
SPORTS COORDINATOR – CHRIS MERRITHEW - 5511
FRONT RECEPTION/GENERAL INFORMATION BLDG 90 – 5139
FRONT RECEPTION/GENERAL INFO LIPSETT HALL – 6183
THEATRE/MOVIE INFORMATION – 888-6290

Lipsett Hall Fitness and Rec Centre

FACILITY HOURS WINTER SCHEDULE 2002/03

MONDAY – FRIDAY 7:00am – 10:00pm
SATURDAY 8:00am – 6:00pm
SUNDAY 8:00 – AM 10:00pm

SWIMMING: POOL HOURS CASUAL SWIM:

TUES/THURS 6:30pm – 8:30pm
SAT/SUN 1:00pm – 3:00pm

LAP SWIM: MON/FRI 11:30am – 1:00pm

CASUAL REC: GYM FLOOR HOURS

MON 4:00pm – 8:00pm
TUES 4:00pm – 6:00pm
WED 4:00pm – 7:30pm
THURS 4:00pm – 8:00pm
FRI 4:00pm – 10:00pm
SAT 7:00am – 6:00pm
SUN 1:00pm – 7:00pm

NOTE: Most Casual Rec times is gym, and is subject to change due to special requests! For questions, please call 833-2500 ext 6183.

Tanning Room/Cabine de bronzage

Users must be 16 years of age. Cost is \$1.00 for 5 minutes, max 20 minutes. Same day bookings only local 5139.

Vous devez avoir au moins 16 ans. Le coût est de 1 \$ pour 5 minutes et vous avez droit à un maximum de 20 minutes. Vous ne pouvez réserver que pour le jour même, en composant le 5139.

Theatre Bookings/ Réservation de la salle de cinéma

The Theatre is available for booking Mon-Fri, 0730-1800 Hrs. Contact Andy Oxley at Local 2055.

Vous pouvez faire des réservations de 7 h 30 à 18 h, du lundi au vendredi. Communiquez avec Andy Oxley, au 2055.

Squash Courts/Courts de Squash

There are four (4) squash courts available for booking. Same day booking only. Local 5139.

Il y a quatre (4) courts de squash. Vous pouvez réserver un court, le jour même seulement, en composant le 5139.

Sauna/Sauna

Co-ed sauna users must be a minimum age of 16 years of age. Maximum recommended time is 15 minutes.

Le sauna mixte est interdit aux moins de 16 ans. Il est recommandé de ne pas y rester plus de 15 minutes.

Birthday Party Bookings/ Anniversaires

Birthday Parties can be booked for Saturday or Sunday afternoons. Contact Andy Oxley at 5139.

Vous pouvez organiser des anniversaires les samedis et les dimanches après-midi. Pour réserver, communiquez avec Andy Oxley au 5139.

Fitness and Rec Centre (Bldg 90) Facility Hours Winter 2002

MONDAY-THURSDAY

6:00AM – 10:00PM

FRIDAY

6:00AM – 9:00PM

SAT/SUN/HOLIDAYS

9:00AM – 6:00PM

SWIMMING: POOL HOURS CASUAL SWIM:

MON 6:00PM – 6:30PM

WADING/HOT TUB ONLY

MON 6:30PM – 8:00PM

WED 7:30PM – 9:00PM

FRI 6:00PM – 8:00PM

SAT/SUN 1:00PM – 4:00PM

* Sat & Sun from 3-5PM the gym is avail for casual rec.

CASUAL REC FLOOR TIMES MAY BE SUBJECT TO CHANGE.

FOR INQUIRY CALL 833-2500 LOC 5139

LAP SWIM

MON TO FRI 6:30AM – 7:30AM

MON TO FRI 11:30AM – 1:00PM

MON 8:00PM – 9:00PM

WED 9:00PM – 9:45PM

FRI 8:00PM – 8:45PM

TUES/THURS 3:00PM – 4:00PM

SAT/SUN 4:00PM – 5:00PM

CASUAL REC: GYM FLOOR HOURS

MON/WED 6:30PM – 8:00PM

TUES/THURS 6:00PM – 8:00PM

SAT/SUN 2:00PM – 5:00PM*

FRI 4:00PM – 8:00PM

40th Anniversary Reunion 735 "Firebird" Sqn. of Dundas

On Saturday, May 17th, 2003 our group will be holding a 40th Anniversary Reunion and we are looking for any and all former members of our squadron.

AIR CADET ALUMNI - SIGN-IN!

40th Anniversary Reunion

735 "Firebird" Sqn. of Dundas

Former Officers, Cadets etc., encouraged

to contact Doug at (905) 523-0581 or

E-mail: FirebirdsWorldwide@aircadet.com

Website: <http://735alumni.tripod.com/>



Deployment Services

Catherine Chatterley Deployment Services WMFRC (204) 833-2500 loc. 4506

Deployment of Canadian Forces (CF) personnel, for both regular and reserve forces, has become the norm for the Canadian military. Deployments bring unique challenges and difficulties that can be stressful for families and friends who are separated from the military member.

Deployment services are available to family members of regular or reserve force members when CF personnel who are:

- Away from home for more than 30 days, or
- Frequently away for shorter periods of time

During each stage of deployment families may encounter different stresses, requiring variety of resources. Community members can access services at the MFRC as required, finding just the right combination of support to accommodate the family's unique needs. Our deployment services begin before the military member leaves, and continue long after their return home.

Once we have received the MFRC Deployment Outreach form designating the member's NOK, Families receive a Deployment outreach. This outreach consists of an initial telephone or mail contact. The contact provides the family with pertinent information regarding the variety of services at the MFRC.

At the request of the family facing deployment, an initial meeting and MFRC orientation can be scheduled to discuss family needs and to allow the family to become familiar with the MFRC. During the orientation process, families may identify services that will provide support to them during the deployment.

When interest and numbers are judged to be sufficient, the MFRC will provide families of deployed members with assistance in setting up a support group. As well, pre and post deployment briefings are always available to units upon request.

At any time families can access a variety of

Deployment related services including:

- Regular contact through "Warm Line" telephone calls- A confidential telephone service provided by trained MFRC volunteers. These calls give the partner the opportunity to talk about issues of concern and to access resources and services available at the MFRC and the Wing/Base.
- Newsletters and mail-outs- Our program guide "The Community Connections" published 4 times yearly and

"The Deployment News" offering deployment specific issues and resources 4 times yearly.

- Emergency and Respite Childcare services The MFRC offers Respite childcare for families with a military member on deployment or extended TD. Please call Haley (4512) or Victoria (4513) for details.
- Emergency Childcare Services - a 24/7 services designed for the families of deployed personnel and the wide variety of circumstances that may create a need for immediate childcare. Call 935-7733 24hrs
- A computer is available for people to send or email to a military member who is on deployment or TD.
- Assistance to develop an Emergency Childcare Plan
- Workshops, These education workshops provide the opportunity for family members to get together and discuss the cycle of deployment, their own coping strategies and learn new ways to live with the challenges of deployment special interest activities and social events



portunity for family members to get together and discuss the cycle of deployment, their own coping strategies and learn new ways to live with the challenges of deployment special interest activities and social events

- Lending library with books and videos for both adults and children
- Toy Lending Library
- In-school deployment support groups/programs for children
- Wide variety of deployment related resources for children and adults
- Morale boosting initiatives such as "Operation Santa Claus", "Care Packages for Peacekeepers" and "Write to the Troops"
- Information and resources concerning mail to deployed personnel, "writing to the Troops"
- Computer workstations with Internet access and relevant

web site links Help to set up an e-mail address

Families can take advantage of several Deployment Support Services offered nationally, such as:

- Canadian Forces Mission Information Line: 1-800-866-4546 This line provides information, situation reports, troop movements, UN flights, support groups, Military Family Resource Centres. The information line also offers assistance with referrals, provides active listening, moral support, pre & post deployment support, etc.
- Post Traumatic Stress Disorder Web site (PTSD), and other items of interest to those who have loved ones deployed overseas

On request the MFRC can provide enhanced programming in cooperation with the member's unit. Enhanced services are dependant on resources available from both unit and MFRC. (I.e. Personnel, space, equipment etc.)

Enhanced services include:

- Family Briefings • Arrival/Departure events
- A la Carte Child care • Tour/Unit specific support groups
- Tour/unit specific events/projects • Tour/Unit specific Drop-in Centre

The MFRC's Deployment Services can connect you with services and resources designed to facilitate the adjustment of the family at home when a member is deployed. Although we attempt to capture required family information as the member proceeds through pre-deployment preparations, we are sometimes unaware of a member's departure. Some CF member's experience a "revolving door type of deployment" ie. Regularly scheduled flight crews, SAR etc. These constant separations provide a different type of challenge to both the family and FRC alike. We encourage families to be proactive and drop by the MFRC. Become familiar with the Centre; it's services and staff prior to the member's deployment and we will help to identify services that will ensure your deployment experience is an opportunity to learn.

CF members! As you prepare to deploy be sure to complete the MFRC Deployment Outreach form available through Wops, WSWO and Chapo. These forms are forwarded to the MFRC and the information provided allows us to tailor a Deployment information package unique to your families needs. Keep you family connected to the MFRC as we share the challenges and opportunities that deployment brings.

Tips for Non-Deployed Parents

Pre-deployment...

- Support spouse and the unit's mission. Adopting a supportive attitude about deployment can assist children in doing likewise.
- Assume role of disciplinarian before deployment to allow children time to adjust.
- Discuss household chores and let children choose (as much as possible) the chores they would rather do (both parents need to agree that the division of chores is reasonable)
- Do not overburden children with responsibility
- Turn on your sensors and be tuned in to children's needs and worries about deployment.
- Be honest concerning your feelings and encourage children to express their own concerns and feelings
- The entire family can work together to prepare a small package filled with family photographs, tapes, writing paper, paperback books, cookies, candy and any of the deploying parent's favourite things to be opened after he/she is deployed.

During Deployment ...

- Reassure children of parental love, support and consistency.
- Keep the same routine and rules during deployment as were in effect before deployment. Consistency is very important in helping children to maintain a sense of security.

- Give children a method of measuring the passage of time. Some ideas; crossing days off a calendar, paper chains, jelly beans in a jar, etc.
- Balance trips and treats-don't overwhelm children with too much at once.
- Have realistic expectations- don't expect children to be perfect.
- Be responsible for discipline.
- Look for ways to keep deployed parent's presence in day-to-day family life.
- Have a good photograph of the deployed parent in children's bedrooms, and on the refrigerator or kitchen bulletin board along with deployed parent's postcards and letters.
- Consider taping everyday things (dinner, game playing, bath time etc.) to send to the deployed parent.
- Have children do special jobs-track the deployed parent's favourite sports team or water the deployed parent's favourite plant.
- Remember that the way children come through deployment will largely be determined by the way parents handle the deployment.
- Be up front and honest with your children about your feelings. Children will learn to cope better if they can see that it is difficult for you at times, but you're coping okay.
- Contact the MFRC for great children's resources... find out more about children's deployment support groups and in-school programs.

MFRC RESERVE SUPPORT... A WELL - KEPT SECRET



Many reservists and their families have never heard of the MFRC. If they have, many may have felt that since they weren't "regular" force, it wasn't for them.

If you are one of those people, we urge you to come out to the MFRC to see what we have to offer.

Families of reservists have access to services, before during and after deployment for up to two years. The MFRC has great resources for the reserve family facing the challenges of deployment. We understand that often our reserve "families" are parents, faces unique stressors that may be compounded by a lack of knowledge of the military lifestyle. In addition, families with young children, experiencing deployment for the first time can benefit from a number of programs.

Ongoing services such as the "Warm Line", emergency and respite childcare services provide a lifeline to the MFRC. The Community computer offers access to communicate with a loved one on deployment. For families out of the Winnipeg MFRC area, resources such as the "Mission Information Line" and referrals to the MFRC/Rear Party in their geographical area, ensure that help is close at hand. A variety of deployment resources are available by mail including the "Deployment Services News" published four times yearly.

So this is a secret you can tell: **"THE MFRC IS PROUD TO PROVIDE SERVICE TO OUR RESERVE MEMBERS!"** Please call us today. We will surely have something to offer everyone in the family.

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/	W. Richardson	2492
Emergency Childcare		or 6846
Employment Assistance	John Chabib	4511
Special Needs	Haley Schroeder	4512
PIC Social Worker	Victoria Lambert	4513
Francoophone Services	Louise Cameron	4515

Youth Services

Christmas Craft - 15 December - 1:30 - 3:00 pm
Get into the Holiday Spirit as we create a keepsake decoration for your home.
MFRC Youth Centre - 102 Comet Street.
Cost is \$7.00 per child. Register NOW

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 during

the service for children

ages 3 to 12, except on the

last Sunday of each month.

Childcare is provided on

an as- required basis for

children under 3 years of

age.

Marriages

Six months' notice is re-

quired for marriages, as

counselling is necessary to

prepare couples for

Christian marriage. A mar-

riage 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.

Advent and Christmas Services Roman Catholic and Protestant

Throughout this holy time of year services will be held in the Wing Community Chapel, 2235 Silver Avenue (Bldg 94, off Whytewold), as follows:

Roman Catholic

Saturdays	Advent	30 Nov; 7, 14, 21 Dec 02	1630 hrs	
Sundays	Advent	1, 8, 15, 22 Dec 02	1130 hrs	
Monday		16 Dec 02	1830 hrs	
Tuesdays		3, 10 Dec 02	1830 hrs	
Wednesday		18 Dec 02	1830 hrs	
Friday		20 Dec 02	1830 hrs	
Christmas Eve		24 Dec 02 (Tuesday)	1800 hrs	Children's mass
			2200 hrs	
Christmas Day		25 Dec 02 (Wednesday)	1000 hrs	Bilingual
Saturday Holy Family		28 Dec 02	1630 hrs	
Sunday Holy Family		29 Dec 02	1130 hrs	
New Year's Eve	Mary, Mother of God	31 Dec 02 (Tuesday)	1630 hrs	
New Year's Day	Mary, Mother of God	1 Jan 03 (Wednesday)	1000 hrs	Bilingual

Protestant In English only

Sundays	Advent	1 Dec 02	0930 hrs Holy Communion
	Advent	8 Dec 02	0930 hrs White Gifts
	Advent	15 Dec 02	0900 hrs Sunday School Pageant
	Advent	22 Dec 02	0930 hrs
Christmas Eve		24 Dec 01 (Tuesday)	2000 hrs Family Service
			2400 hrs Holy Communion
Sunday		29 Dec 02	0930 hrs

Please join us.



Firefighters Boot Drive

The 17 Wing Fire Department would like to thank everyone who made a donation to the Muscular Dystrophy Boot Drive held on the Fall of 2002. We raised \$ 1,443.00 Pictured L to R is Capt (Steve) Maude, the 17 Wing GCWCC Chairman. Sgt (Jaye) Sheppard, Mr. (Dale) Gilchrist, from United Way. MCpl (Dan) Donaldson, and Cpl (Jim) Thompson, front row L to R is Dottie, Crystal Rondeau, 17 Wing Honorary Fire Fighter. And Susan Rubin, the District Coordinator for Manitoba & Northwest Ontario Muscular Dystrophy Association.



17 WING RECREATIONAL LIBRARY

Call extension 2490 for information

FALL HOURS

Sundays: 12-3 pm

Mondays: 4-8:30pm

Tue,Wed: 10am-1pm - 4-8:30pm

Thu: 4-8:30pm

Various Craft Days

Westwin Community Centre (Building 33) Whytewold Road by Building 90

For information: call Michelle at 2490



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FOR SALE

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.

2 - Ridge Runner Radial Tires P245/75R16 6 Ply \$160. 00 for both. Leave a message at 897-7484 or 833-2500 Ext 5061

3 Rooms for rent, \$300 per month each. available from 15 Jan 03. Call: 489-3784

Moffatt Washer & Dryer for sale, good cond. \$300/pair. Call Rob at 896-5138

FOR SALE

Round Dining table w/4 chairs \$100 Desk w/ Hutch & Hi back Office chair \$100, Fridge Venus & Moffat stove \$200, 3 - 9X12 carpets \$75, Window Air Con \$250, Ent unit \$150, Fren. Prov Coffee Table \$75. Phone: 229-0251

Table with four chairs: \$50
24" Panasonic TV \$50
Phone: 889-2104

2 Nintendo 64 games- Legend of Zelda, extreme G XG2 \$15 ea.
1 pr boys CCM hockey skates size 1 \$20; 1 hockey helmet CCM boys age 5-6; Kitchen curtains 1 pair tiers IYU/glance 56"x36"; 2insert valances 58"x12" white W/ dark green & ivy leaf print \$20 call linda after 2 pm at 897-3747

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

Well... How does \$12-\$15 per hour sound to see a free concert? We need 15-30 people (pref military) to do Crowd Control. If interested contact Karen @ 897-4771

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

A GREAT GIFT IDEA!

- A unique calendar filled with photos of vintage bush planes.
- 72 chances to win cash prizes ranging from \$100 to \$2,400!
- Only 3,000 calendars are printed to increase the odds of winning.

The calendars cost only \$20 each and proceeds support the **Western Canada Aviation Museum**. Call or visit the WCAM to buy your calendar today!

WESTERN CANADA AVIATION MUSEUM
Hangar T2, 958 Ferry Road - Tel. 786-5503 - Email info@wcam.mb.ca
Lottery License Number MGCC 2192 RF

Would you like to connect with others moms-to-be and parents of children under one year of age?

We would love to have you!

Great Expectations
Jameswood School
1 Braintree Crescent

Tuesday Afternoons
2:30 - 5:00 pm

For More Information, please call Traci at: 781-2968

GRAND & TOY
FOR YOUR OFFICE / COMPUTER / FURNITURE NEEDS

Call Jerry

Tel: (204) 487-5561
Fax: (204) 452-8791
email: kauenhoj@grandtoy.com

Jerry Kauenhofen, John Gatta, Blair Russell

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1380 Ellice Ave 885 Henderson Hwy
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TAROSCOPES
By Nancy

ARIES (March 21 - April 19): There is still time to make amends with a family member with whom you've had a disagreement. Every one is entitled to their opinions and dreams. Instead of dwelling on the misunderstanding, improve your chances of a happy reunion by looking for ways to bridge the gap.

TAURUS (April 20 - May 20): Fearing what other people will say shouldn't influence your decisions especially if their words are meant to manipulate. Down the road, avoiding a confrontation won't seem like a good reason to have given up on your own principles even if the person offering advice seemed to be an authority.

GEMINI (May 21 - June 21): You'll be defending your position, so before you make decisions, give yourself a brief break. Play devil's advocate with an idea. Sleep on it. Announce your intentions then sit back and wait to be inundated with calls.

CANCER (June 22 - July 22): Start the process of organizing a family gathering. Check bookings to ensure travel goes smoothly. Arrange for tickets to events that everyone will enjoy. There are still a few details to work out but it's worth the effort. Spending time with loved ones doing some of what everyone likes, is best.

LEO (July 23 - August 22): What you insist on from others will be asked of you. Be clear on your reasons for intervening. Honest and forthright in giving advice, you may find your words come back to teach you a lesson. Apply your own logic to a personal problem before someone else suggests it.

VIRGO (August 23 - September 22): Justice will prevail after a time of crisis. Show your worth by doing essentials. Your optimism is challenged. It may be hard not to ask "why". Check and see if there's some history or information that explains current events. There is always more than one side to every story.

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LIBRA (September 23 - October 23): Celebrate after a period of disciplined penny pinching. You're coming out ahead and though it looks like luck to some, you know how much work you've put in. Throw a party and celebrate or better still - accept invitations and let someone else play host this year.

SCORPIO (October 24 - November 21): Decision-makers are about to offer up a verdict. You've been staying detached but are aware of the need for change. Information will surface about the games people play and attempts by some to ensure personal gains.

SAGITARIUS (November 22 - December 21): Maintaining your image may be the result of an unconscious need, or feelings of obligation. You are divided as to what is most important. Discovering aspects of yourself you've been avoiding and exploring how they are affecting your life, ends the feeling of being pulled in two directions.

CAPRICORN (December 22 - January 19): You're only seeing half the picture. Be aware that emotions may be influencing you strongly right now. Force yourself to be fair and impartial. Get the facts. There is only so much room for interpretation. How you judge others reflects back on you.

AQUARIUS (January 20 - February 18): Efforts to bring in extra cash will take a lot of time. Other priorities go on the back burner. Earn your success so you aren't expected to agree with those who have separate agendas. There is a price to pay for picking the easiest way.

PISCES (February 19 - March 20): The future provides options if you are patient. When an opportunity knocks, present yourself as someone who embraces future development but knows the basics and has common sense, vision and energy. Focus on improved health.

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