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# Holiday Greetings from WComd Col D.C. McLennan

I would like to express my appreciation to each and every one of you for your dedication, professionalism and esprit de corps that you have shown in 2002. We have been extremely busy, with Unit deployments, domestic operations, visits of National and International dignitaries, support to local events, and, of course, many individual taskings and times away. This has put a terrible strain on those away, and their families, but also on those who stayed behind, the results of which are sad but understandable, as we see a rise in the number of days that our friends are not beside us at our place of work. However, we are strong, and we will rise to meet the challenges as we always have – with determination and a sense of pride.

Let us remember those of our extended family that will be away over the Christmas period, and those families that will be missing Mom or Dad, son or daughter. Our prayers and wishes are with them, but sometimes that is not enough. If you can, please call our friends and make sure that they are OK, and know that we are with them and ready to assist them with whatever they may need. Let us also remember our confrères who have served Canada proudly and have returned, but who cannot enjoy the happy times as can we – they must also be in our thoughts, for without us, they could not make it through their tough times.

At this time of year, we need to rein back, and to spend time



with those so very important to all of us – our families. We need to go tobogganing or cross-country skiing, to play in the snow, or spend a few hours on the ice playing hockey with friends or our children. We need to sit in front of a fire with a mug of chocolate and a good book, or teach our kids (or more accurately, have them teach us!) how to play the new computer game, or an old faithful like Monopoly or checkers. Whatever it is that you and your family like to do, I encourage you to take the time to have fun and to realize that you have done a marvelous job over the past year, and you deserve to be happy and contented.

From my family to yours – a very Merry Christmas and a Happy and Fulfilling New Year! May you enjoy the holidays, may you be safe, and may you continue to be compassionate and caring in 2003. Thank you all.

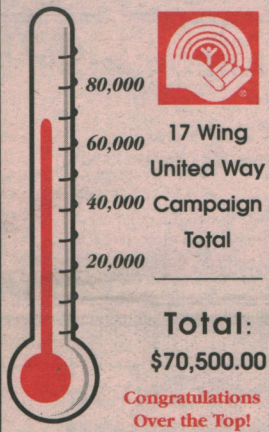
Je tiens à vous remercier du dévouement, du professionnalisme et de l'esprit de corps dont vous avez fait preuve en 2002. Les déploiements des unités, les opérations au pays, les visites de dignitaires, le soutien d'activités locales, les nombreuses affectations individuelles et les séjours loin du domicile nous ont tenus très occupés. Les militaires en mission, et leur famille, ont subi un très grand stress. Il en a été de même pour les militaires qui sont restés sur place. Nos collègues de travail sont absents de plus en plus souvent et, pour autant que cette situation soit triste, nous la comprenons. Nous sommes forts et nous saurons continuer de composer avec les problèmes, et ce, avec détermination et fierté.

Pensons aux membres de notre grande famille qui seront à l'étranger pendant les fêtes et aux familles qui devront célébrer sans un proche parent. Même si ces

militaires sont présents dans nos prières et que nous leur transmettons nos vœux, cela ne suffit pas toujours. Si vous le pouvez, appelez-les pour prendre de leurs nouvelles et pour qu'ils sachent que vous êtes là et que vous êtes prêts à leur fournir ce dont ils ont besoin. Il faut aussi penser à nos collègues, qui revenus de mission après avoir servi leur pays avec fierté, ne pourront pas apprécier les fêtes comme nous le ferons. Nous devons aussi penser à eux, car sans nous, ils ne pourront pas surmonter les moments difficiles.

En cette période de l'année, nous devons prendre du recul et passer du temps avec ceux qui nous sont chers : les membres de notre famille. Il faut aller faire de la luge ou du ski de fond, jouer dans la neige ou jouer au hockey avec nos amis ou nos enfants. Il faut prendre le temps de s'asseoir devant le foyer avec un chocolat chaud et un bon livre ou de montrer à nos enfants (ou plutôt de les laisser nous montrer) comment jouer à l'ordinateur, ou bien au Monopoly où aux dames. Peu importe ce que vous et votre famille aimez faire, je vous encourage à prendre le temps de vous amuser sachant que vous avez accompli un excellent travail au cours de l'année qui vient de s'écouler. Vous méritez d'être heureux et satisfaits.

De la part de ma famille et de moi-même, je vous souhaite un joyeux Noël et une très bonne année! Profitez bien des fêtes, en toute sécurité, et continuez à faire preuve de compassion en 2003. Merci à tous!



## Santa's 24-hour Helicopter Sit Fundraiser for the 17 Wing Care & Share Program



Flying Officer Kris Kringle (a.k.a. Santa Claus) sat in the cockpit of a CH-136 Kiowa helicopter, on top of a pole in the Air Force Heritage Park on Air Force Way to collect funds for the "17 Wing Care & Share Program."

Flying Officer Kringle is with the RCAF (Real Christmas Air Force), he raised \$1,201.41

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## WCWO Emond's Christmas Message

Here we are, another year is gone and we are about to take some most deserving time with our family and friends. However, some of our people will not be so fortunate as they must continue to uphold the tradition of Canadian Forces, as a professional organization who can perform well at home and abroad. Many will not be here to cherish the values of the season and what it really means to be with one another at this time a year. You can rest assured that they will not be forgotten. Many units have already taken steps in ensuring that all of those who are presently promoting peace abroad will receive their Christmas wishes one way or the other, whether they are at sea or on land. We, in the CF, have excellent support in place and always find ways of getting to our people across the pond. This year will be no different than any other year. With the use of emails and flight rotations, why should it be?

To all of you who have joined us this year, I welcome you and your families. You are indeed very much part of this organization, regardless of the uniform you wear. As I am sure you have noticed, we are all very busy and will continue to be for the foreseeable future. We will be faced with more challenges but none of them are insurmountable when one belongs to a true professional organization and one that many wish they could be part of. Be ready to face those challenges! Never forget your loved ones as they too are part of the Canadian Forces family and often make more sacrifices than many of us could probably ever consider.

From my family to yours, Best Wishes for continued health and well being for year 2003.

Une autre année s'achève et nous allons passer du temps avec notre famille et nos amis et profiter d'un repos bien mérité. Cependant, certains militaires n'auront pas cette chance, car ils doivent continuer à soutenir la réputation des Forces canadiennes en tant qu'organisation professionnelle qui excelle tant au pays qu'à l'étranger. Bon nombre ne pourront être des nôtres pour célébrer les fêtes et n'auront pas le bonheur d'être en compagnie d'un être cher. Nous ne les oublions pas pour autant. Beaucoup d'unités ont pris les mesures nécessaires pour que les militaires qui participent actuellement à une mission de paix à l'étranger, en mer ou sur terre, puissent recevoir vos vœux de bonheur. Dans les Forces canadiennes, nous avons établi une structure efficace qui nous permet de communiquer avec nos membres de l'autre côté de l'océan. Cette année ne sera pas différente des autres. Nous continuerons d'utiliser le courriel et les rotations.

Je souhaite la bienvenue à tous ceux qui se sont joints à nous cette année et à leur famille. Tous les militaires font partie de notre organisation, peu importe leur uniforme. Comme vous l'avez probablement remarqué, nous sommes tous très occupés et continueront de l'être dans un avenir prévisible. Nous devons composer avec d'autres situations difficiles, mais aucun problème n'est insurmontable quand on fait partie d'une organisation vraiment professionnelle, une organisation à laquelle beaucoup aimeraient appartenir. Soyez prêts à relever les défis. N'oubliez jamais ceux que vous aimez, car eux aussi font partie de la famille des Forces canadiennes et font souvent plus de compromis que beaucoup d'entre nous accepteraient de faire. Ma famille et moi vous adressons nos meilleurs vœux de santé et de bien-être pour 2003

## A Blessed Christmas to all! From 17 Wing Chaplain

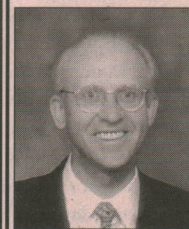
*"While they were there, the time came for Mary to deliver her child. And she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn."* Luke: 7: 6-7

The message of love, peace and joy for the world was the message that the Christ child brought to the world over two thousand years ago. A message that the people of the day had little time for. There was no room in the inn, the inn of their hearts to accept the message. We are living in a day and age of political correctness, where reindeer, snowmen and commercialism have filled the inn. There seems to be no room left in the inn of society to stop and pause on the message of peace and joy for the entire world.

We shop till we drop because we feel we

have to. I would argue that a gift not given out of love is really not a gift given. We have made our lists of things we want, a big difference from the things we need. Today, more than ever, we need the message that only the infant child could bring, the message of unconditional love. The baby Jesus was not born of wealth, but rather in a manger and was wrapped in bands of cloth. A gift from God, with the hope that we might accept this gift of love, and share the message of peace, love and joy for all the world.

On behalf of the 17 Wing Chaplaincy team, we pray that the light from the star may illuminate your home with Love, Peace and Joy for a blessed Christmas, and may your new year be filled with health and happiness. A Merry and Blessed Christmas to all!



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# 1CAD Comd Gen Dumais' Christmas Greetings



Since my appointment as Commander in August, my top priority has been to travel with the 1 CAD/CANR Chief Warrant Officer to our deployed locations and Wings, to meet as many of you as possible. By the time Christmas has arrived, we will have succeeded. Our travels have allowed us to better understand what you do every day, the challenges you face, and to listen to your concerns. Our visits have been very worthwhile, and I believe we have a good understanding of the issues of importance to you.

Most of all, we have come to fully appreciate that our people, each of you, are the true strength in our Air Force, and you have delivered impressive capabilities in many and varied areas.

Whether on deployed ops, posted out of country, or working in Canada, you have experienced a high operational tempo, demonstrated outstanding commitment, and maintained a highly professional standard. We all know we will continue to face daunting challenges, which will be with us for some time yet. Notwithstanding, I am fully confident that, given our collective strength of spirit, talent and ingenuity, we will continue to overcome these and deliver optimal operational capability with the resources allocated.

At this time of year, it is important for each of us to take stock, count our blessings and be thankful for that

which we have. All of us have travelled widely in the course of our careers, and certainly have come to appreciate the true blessing of being Canadian. We recently greeted the Helairdets returning aboard St Johns and Protecteur, and witnessed the emotional homecoming for loved ones being reunited after six months of deployment on Op Apollo. This has reaffirmed that, without the support of our families and loved ones, we could not accomplish our demanding missions. I hope this Holiday period will provide quality time for family and friends, and wish each of you the best possible Christmas.

During the Christmas period, some 650 of our Air Force personnel will be away from home on deployments. For those of you who are on operations, whether at sea, in Bosnia, the Gulf, or other locations, our thoughts and prayers are with you as you continue your important missions. We are all proud of what you are doing. We also wish your families and loved ones the strength to cope with the extra challenge that separation brings at this time of year.

For all of you in our wonderful Air Force organization, I look forward to working with you in the New Year, and meeting head-on the challenges that 2003 most certainly has in store. Per Ardua Ad Astra will be our rallying cry, as ever.

Depuis ma nomination en tant que commandant en août dernier, ma priorité a été de me rendre dans nos lieux de déploiement et nos escadres, accompagné de l'adjutant-chef de la 1 DAC/RC NORAD, en vue de rencontrer autant de personnes que possible. D'ici Noël, nous aurons terminé notre tournée. Nos déplacements nous ont permis d'avoir une meilleure idée de vos tâches quotidiennes, des obstacles auxquels vous vous heurtez et d'écouter vos préoccupations. Nos visites se sont révélées très intéressantes, et je crois que nous avons une bonne compréhension de ce qui est important pour vous.

Nous nous sommes, avant tout, rendu compte que vous êtes tous la vraie puissance de la Force aérienne, et vous avez fait preuve d'une capacité impressionnante dans de nombreux domaines différents. Qu'il s'agisse d'opérations déployées, d'affectations à l'étranger ou de travail accompli au Canada, vous avez connu un rythme opérationnel rapide, démontré un engagement professionnel et affiché un professionnalisme sans égal. Nous savons tous que nous continuerons à relever des défis de taille pendant quelque temps encore. Néanmoins, je suis certain que grâce à notre esprit, talent et ingéniosité collectifs, nous continuerons à surmonter nos difficultés et assurer une capacité opérationnelle optimale en utilisant les ressources qui nous sont accordées.

C'est le moment de l'année où il est important pour chacun de nous de faire le point, de nous estimer heureux et d'être satisfait de ce que nous avons. Nous

avons tous voyagé énormément au cours de nos carrières et nous sommes sans aucun doute contents d'être canadiens. Nous avons récemment accueilli les détachements d'hélicoptères de la Force aérienne à bord des NCSM St. Johns et Protecteur et avons constaté les grandes émotions éprouvées par eux, leurs familles et leurs proches en se retrouvant après six mois de déploiement dans le cadre de l'Op Apollo. Cela a en effet réaffirmé que sans le soutien de nos familles et de nos proches, nous ne pourrions pas exécuter avec succès nos missions exigeantes. J'espère que pendant la période des Fêtes vous aurez l'occasion de vous réunir avec vos familles et amis, et je vous souhaite un Joyeux Noël.

Au cours de cette période, quelque 650 membres de notre Force aérienne se trouveront en déploiement. À tous ceux qui participent à des opérations, que ce soit en mer, en Bosnie, dans le Golfe ou dans d'autres emplacements, nous penserons à vous. Nous sommes fiers de vos réalisations, et nous souhaitons également à vos familles et à vos proches de trouver la force de traverser avec sérénité cette période des Fêtes que la séparation rend d'autant plus difficile.

À tous ceux qui se trouvent dans notre merveilleuse Force aérienne, je serai heureux de continuer à travailler avec vous au cours de la nouvelle année et de relever les défis que l'an 2003 nous réservera sans aucun doute. Per Ardua Ad Astra sera comme toujours notre cri de ralliement.

## 17 WING MEDICAL CLINIC

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**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 emer-

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

**1-887-MED-DENT**  
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*Note: Clinics have limited hours whereas the hospitals are open 7/24.*

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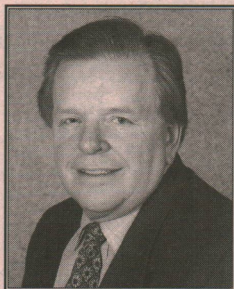
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Season's Greetings to all military personnel and their families at 17 Wing Winnipeg



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## Update on the Case Management Program

CF members on medical category are assured of receiving continuity of care due to the recently approved health services Case Manager program. Since its inception in November 2000, the program has grown from 5 to 28 Case Managers located at 17 bases across Canada. The Case Managers, all civilian Registered Nurses, have been hired to assist members in navigating the military and civilian health care system. For example, Case Managers can provide members with contact and referral information about

community services such as Heart and Stroke Foundation, Canadian Cancer Society, etc. All CF members and entitled Reserve members in need of Case Management have access to these services.

"As the CF continues to improve the quality of care that is provided to its members," says Cdr Bérubé at CFMG, "this new program is seen as a step in the right direction." Client satisfaction surveys from the first two phases of the program indicate that this has been a positive initiative and

most of those who have used the services support the program. Some members indicate that it has saved hours of their time trying to navigate the system and mention that it was very much needed.

If you have any questions about this program you may contact Jody Berscheid, Case Manager at 833-2500 Ext. 4035 or Carol Coulson, Case Manager Assistant at 833-2500 Ext. 4036. You may also contact the National Coordinator at 613 945-8062 extension 3723.

## 17 Wing Combat Clubs Offer Fitness and Fun

One of the many activities available to people on the base, both military personnel and civilians, is combat or martial arts clubs. There are four central combat clubs available on the base — Judo, Canada Goju Karate, Shotokan Karate, and Kung Fu — and each club has something exciting to offer. The first club to be featured in the Voxair is Judo. Please watch upcoming issues of the Voxair for features on the other combat clubs on the Wing.

### Judo

Judo is a very close contact-based sport, more so than the other branches of martial arts. As a result of the close contact orientation, Judo involves learning a variety of throws, grapples, and 'ground work' (somewhat similar to Olympic-style wrestling). There are seven rank levels up to black belt, and unlike other types of martial arts, advancement in rank level up to brown belt is based on an individual's progression as opposed to a formal testing system.

Judo is a physically demanding sport and is one of the few martial arts that is recognized as an Olympic sport. Training can be tailored to suit the needs/abilities of individual participants. Because of this, Judo appeals to people of all ages, and has something to offer for everyone. There are numerous tournaments held in the city and province throughout the year, and while participation in tournaments is not required, they are an exciting way for people to test their skills against others.

People interested in joining a Judo club need to purchase a 'gi', or uniform, which runs in the cost range of \$60 - \$120. The 17 Wing Judo Club trains every Monday and Wednesday at the 1 CAD gym in Building 21, from 6:45 P.M. - 8:45 P.M. Entry fees for the year are only \$57.80 for adults and \$31.40 for children under 12 years of age and include a \$15.00 and a \$10.00 Judo Manitoba fee for adults and children, respectively. The 17 Wing

Judo Club is part of the Judo Association of Manitoba. If you would like more information or are interested in joining, please contact Major Dan Constable at (204) 833-2500 ext. 5793 (e-mail: [constable.ds@forces.ca](mailto:constable.ds@forces.ca)) or Mr. Norbert Pachet (204) 774-0454 (e-mail: [npachet@rrc.mb.ca](mailto:npachet@rrc.mb.ca)).



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## Fitness & Sports Page

### Cold Weather Workouts

by Chris Merrithew- Sports Coordinator

The onset of winter in Canada means four to five months of cold and snow. The image of this chilling cold weather is enough to send many of us flocking indoors. But committed outdoor athletes will train day in and day out no matter what the season. These fitness survivalists have learned how to train and often compete in this kind of weather with no apparent discomfort or ill effects. What's the secret?

Basically, these survivalists have adapted to the cold by knowing the physi-

ology of cold stress. They control heat loss by applying the clothing layer principle to their workout garb. Your body's temperature balance is maintained through a complex system of heat production and heat loss. To some degree, you can control your body heat by adjusting the intensity of your exercise. But if your clothing isn't right, the outside cold can overpower the heat your body produces. When your body temperature drops low enough to affect your body functions, you develop a condition

called hypothermia. Not only does hypothermia mean a temperature drop but your metabolism lowers, you become dehydrated, you lose caloric reserve, your kidneys malfunction and your mental processes deteriorate. If things get bad enough, your body systems stop functioning.

Fortunately, all of this can be easily prevented by the proper use of outdoor clothing. Use of the layer system of clothing maintains body warmth when you're exposed to wind, cold, rain and snow.

### Rec Center Welcomes MCpl Tom Dillon

THE REC CENTER WOULD LIKE TO WELCOME A NEW MEMBER TO THEIR STAFF. MCPL TOM DILLON WITH THE 17 WING ARAF WILL BE EMPLOYED AS THE STORESMAN FOR THE REC CENTER. TOM SPENT 22 YEARS IN THE REGULAR FORCE AND HAS NOW TAKEN UP RESIDENCE IN WINNIPEG AFTER RETIRING IN OCTOBER OF THIS YEAR.

IRONNICALLY TOM WAS A PERI AT THE REC CENTER IN 1995 AND IS NOW BACK WORKING AT WHAT HE ENJOYS MOST. TOM WILL BE AVAILABLE AT BLDG 90 TO SATISFY YOUR EQUIPMENT REQUIREMENTS. ANY QUESTIONS PLEASE DROP BY OR CALL AND HE WILL GLADLY HELP YOU OUT. MCPL DILLON CAN BE CONTACTED AT LOCAL 5514.

### Nutrition Facts and Fiction

#### FICTION:

You can't get good nutrition on the go.

#### FACT:

If you foresee a busy day ahead, have some nutritious snacks on hand, like whole grain muffins, vegetable sticks, dried or fresh fruits and fruit juices. Eaten throughout the day, these mini-meals can be beneficial because they provide you with a steady level of brain power and energy, and prevent overeating at meal time.

#### FICTION:

We all need to take multi-vitamin supplements.

#### FACT:

Healthy food choices from each of the four food groups are nature's way of providing us with all the essential nutrients our bodies need. Vitamin supplements will not counteract a diet that is too high in fat and too low in fibre nor will they provide essential nutrients such as energy, carbohydrates, essential fats and protein, which can only be found in foods.

### The Rock is sweeping up at the 17 Wing Curling Club

No, not the rock of wrestling fame but our own dedicated curlers from various unit on the Wing. Yes, it's time to smell what the curlers are cooking, take outs, draws, bumps and freezes.

Eight teams make up this year's intersection curling league and it couldn't be soon enough or maybe it was? It seems that during the off season curlers make good golfers and as long as there is green in the grass

and no negative mark on the thermometer, curling is just going to have to wait. But Elnina is not around this year and the golfers/curlers did finally come in.

The 17 Wg F&S Staff wishes all the participants the best of luck this season and we hope to see you at the curling club. For more info about this, please call Chris Merrithew, Sports Coordinator at local 5511 for details.

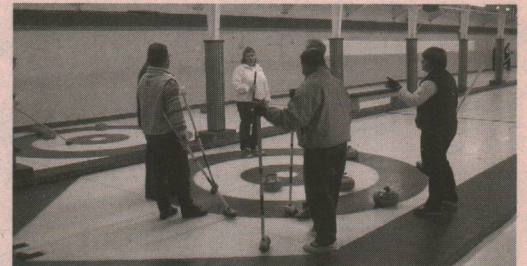
### Christmas Schedule

#### Fitness & Recreation Centre Bldg 90

	GYM	POOL	LAP
SAT 21 DEC	0900-1800	1300-1600	1600-1700
SUN 22 DEC	0900-1800	1300-1600	1600-1700
*MON 23 DEC	0600-2200	1300-1600 1830-2000	2000-2100
*TUE 24 DEC	0600-1600	1300-1600	
WED 25 DEC	CLOSED - MERRY CHRISTMAS!		
THU 26 DEC	0900-1800	1300-1600	
*FRI 27 DEC	0600-2100	1300-1600 1800-2000	2000-2045
SAT 28 DEC	0900-1800	1300-1600	1600-1700
SUN 29 DEC	0900-1800	1300-1600	1600-1700
*MON 30 DEC	0600-2200	1300-1600 1830-2000	2000-2100
*TUE 31 DEC	0600-1600	1300-1600	
WED 01 JAN	CLOSED - HAPPY NEW YEAR!		
*THU 02 JAN	0600-2200	1300-1600	
*FRI 03 JAN	0600-2100	1300-1600 1800-2000	2000-2045
SAT 04 JAN	0900-1800	1300-1600	1600-1700
SUN 05 JAN	0900-1800	1300-1600	1600-1700
MON 06 JAN	REGULAR SCHEDULE!		

\*NOTE: LAP SWIM - 0630-0730 hrs / 1130-1300 hrs

Merry Christmas & Happy New year  
From the Fitness & Sports Staff!



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Thurs-Fri-Sat-Sun-Mon/  
Dec 26-27-28-29-30 at 8 pm  
Parental Guidance

Theatre will be closed from December 16 to 25  
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# Athlete of the Month Lori Ann Mundt

If you had to choose one word to describe Lori Ann Mundt, it would have to be 'athletic'. Mundt, the 17 Wing gym Fitness Coordinator, has led a productive career that has been totally enveloped in sports and fitness, and she doesn't plan to quit any time soon.

"I've been active my entire life," says Mundt. "I absolutely love sports - watching them, competing in them, and coaching them. Fitness falls into that area, and it's given me the best of both worlds, because some of the training I've received I can now pass on to other people here at 17 Wing."

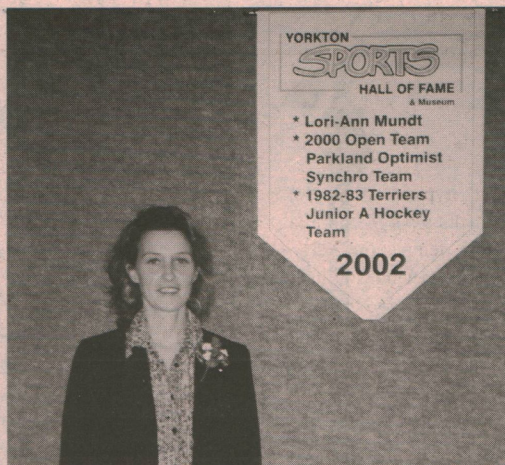
Hailing from Yorkton, Saskatchewan, Mundt started her competitive athletic career in high school, where she participated in a number of different sports. After high school, she had the option of going to either the University of Regina or the University of Saskatchewan to play either basketball or volleyball. She decided to go with volleyball at the U of R.

After two years at the U

of R, she was picked up by the Canadian women's national volleyball team, with whom she spent 5 years. Playing at the professional level demanded a total commitment to the game, as well as a good deal of travel around the world to compete with teams from other countries. It also gave Mundt the opportunity to compete in the Pan Am Games and to be an Olympian at the 1996 Summer Olympics in Atlanta, Georgia.

"I grew up watching the Olympics, so to get an opportunity to compete at that level was pretty amazing," says Mundt. "To actually represent your country in the most prestigious sporting event in the world is an unbelievable experience." Although the team did not place as well as they would have liked, the Mundt says the overall experience was one she'll never forget.

After the Olympics, Mundt retired from the national team and took a position as a Gymnasium Supervisor at 17 Wing. Now, as the Fitness



Lori Ann at her induction into the Sports Hall of Fame in Yorkton, Saskatchewan, on October 26, 2002.

Coordinator, Mundt and five fitness instructors oversee all of the fitness testing on the base, develop fitness programs for military members, provide fitness classes and instruction, and lifeguarding.

With the military, Mundt continues to be involved in competitive volleyball - as the coach of the CF women's national team. She joined the team as assistant coach in 1998, and became head coach in 1999. "It's a different game from the coach's perspective," says Mundt. "You certainly have to put on a different thinking cap,

because you have to worry about 12 people and what they have to do on the floor. But I really like it, and I love teaching the game."

On October 26, Mundt's hometown of Yorkton honoured her by inducting her into the Yorkton Sports Hall of Fame. "That was pretty awesome. It's certainly not something you expect," says Mundt. "It was a really fun weekend. I saw a lot of my old coaches and teammates and my whole family was there, so it was a very special experience for me."

Mundt continues to keep

## Reasons why physical fitness is important for our members in the Canadian Forces.

- 1) allows you to work effectively
  - 2) to be healthy physically and mentally
  - 3) to meet military operational requirements
  - 4) to perform under a wide range of geographical and environmental conditions
  - 5) to cope with the stresses of sustained operations
  - 6) to be ready to respond on short notice
- Our members are constantly being called upon to perform difficult and dangerous tasks whether it be in combat situations, peace-enforcement, peace-keeping or assisting our own countries needs. Each assignment requires numerous fit-

ness components. You not only need these fitness components for your job but you also need them for your own personal needs. Being physically active will help enhance your physical health, your mental health and your well being.

If your require an expres

test, please see your Unit Expres Coordinator, and they will make a booking for you. Don't delay, get your expres test done today. You never know when you may be called upon. CF Expres Evaluation Scores - Minimum Standards

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active herself, playing senior women's volleyball once a week with her friends, and she urges everyone, young and old, to make time for physical activity. "Any type of activity you do will help you, whether it's weight training or walking around the block," says Mundt. "In today's world, our health and fitness often gets put on the backburner in favour of other concerns like work, so it's important for people to take the time to look after themselves."

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## Season's Greetings

In the spirit of the season and as the New Year approaches, we are reminded of the people we have helped during the past year, grateful for this opportunity and mindful of the faith and trust you have placed in us.

As we share with you best wishes for health, happiness, a wonderful Happy Holiday Season and the Very Best in the New Year, we thank you with heartfelt appreciation for helping us make our past year a success.

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## Holiday Greetings

There's more, much more to Christmas  
Than candle light and cheer,  
It's the spirit of sweet friendship  
That brightens all the year,  
It's thoughtfulness and kindness,  
It's hope reborn again,  
For peace, for understanding  
And for goodwill to all men!



\*\*\*\*\*

Whatever is of beauty,  
Whatever is of meaning,  
Whatever brings you happiness...  
May it be yours this Holiday Season  
And throughout the coming year!

**Terie Langen**

837-7000

terie@homesinwinnipeg.com



RE/MAX

1 December 2002

### Open letter to Those Honoured By Commander-in-Chief Commendation

On behalf of all members of 1 Canadian Air Division Headquarters and 17 Wing, I would like to extend sincere congratulations to members of the Second Battalion, Princess Patricia's Canadian Light Infantry and those Reserve Units across Canada, on receiving the Commander-in-Chief Unit Commendation today. Your outstanding service, professionalism and dedication to the people of Canada, while under fire in the Medal Pocket in 1993, serve as an inspiration to all of us who proudly wear the uniform of the Canadian Forces. The Commendation will stand as a symbol for all Canadians, to see and to understand what you did under terrible conditions to prevent unfathomable atrocities, and to uphold and foster the Canadian values of freedom, honour and integrity. Please remember the words that Her Excellency has said, for you know she speaks them from the heart. The Commendation is well deserved - wear it proudly.

We are proud to be serving alongside you, and supporting you at home and while deployed. Congratulations to you all - we salute you as Canadians and fellow members of the Canadian Forces.

D.C. McLennan  
Colonel  
Wing Commander

J.M. Dumais  
Major-General  
Commander

1er décembre 2002

### Lettre ouverte Pour Les Personnes Qui Ont Reçu La Mention Élogieuse Du Commandant en Chef

C'est au nom du personnel du quartier général de la 1re Division aérienne du Canada, et de la 17e Escadre, que j'offre mes sincères félicitations aux membres du 2e Bataillon, Princess Patricia's Canadian Light Infantry, et à tous les membres des unités de la Réserve du Canada qui ont aujourd'hui reçu la Mention élogieuse du commandant en chef. Votre service exceptionnel, votre professionnalisme et votre dévouement envers les Canadiens et Canadiennes, alors que vous étiez sous le feu ennemi, dans la poche de Medak, en 1993, sont une inspiration pour nous qui portons fièrement l'uniforme des Forces canadiennes. La Mention élogieuse aide tous les Canadiens et Canadiennes à réaliser et à comprendre ce que vous avez fait, dans de terribles conditions, pour empêcher d'incompréhensibles atrocités et pour maintenir et promouvoir la liberté, l'honneur et l'intégrité, qui sont des valeurs chères aux Canadiens et Canadiennes. Souvenez-vous des mots prononcés par Son Excellence car, vous le savez, ces mots venaient du fond de son cœur. Vous avez bien mérité la Mention élogieuse. Arboresz-la fièrement.

Nous sommes fiers de servir à vos côtés et de vous apporter notre soutien, au pays et lors des déploiements. Félicitations à tous. Nous vous saluons, en tant que Canadiens et Canadiennes et en tant que collègues, membres des Forces canadiennes.

Commandant de l'escadre  
Colonel  
D.C. McLennan

Commandant  
Major-général  
J.M. Dumais

# 2PPCLI Receives Commander-In-Chief Unit Commendation from The Governor General of Canada



Her Excellency the Right Honourable Adrienne Clarkson, Governor General of Canada words of praise and support to the soldiers of the Medak Guard and the 2 PPCLI ended with resounding applause and a standing ovation for those being honoured by the Commander-In-Chief Unit Commendation.



Her Excellency the Right Honourable Adrienne Clarkson, Governor General of Canada and the Commanding Officer of 2 PPCLI, Lieutenant-Colonel Michael Day unveil the citation scroll, with Colonel (Ret'd) Jim Calvin in attendance and with assistance from Sergeant Bill Aitken.



A retired member of the Medak Guard stands on parade amongst 268 members of the 2 PPCLI Battle Group which served on Op Harmony in 1993, the mission during which the Medak Pocket Operation took place.



Corporal Bill Gomm of 2 PPCLI receives the insignia for the Commander-In-Chief Unit Commendation from Brigadier-General Ivan Fenton, Commander Land Force Western Area.



Lieutenant-Colonel Bryan Bailey, Commanding Officer of the Western Area Training Centre in Wainwright, Alta. and member of the Medak Guard, has the insignia for the Commander-In-Chief Unit Commendation placed on his uniform by Chief Warrant Officer Larry Surridge, Regimental Sergeant Major of 2 PPCLI, also a member of the Medak Guard.

The Second Battalion, Princess Patricia's Canadian Light Infantry received the Commander-In-Chief Unit Commendation from Her Excellency the Right Honourable Adrienne Clarkson, Governor General of Canada at the Winnipeg Arena on Sunday, December 1, 2002.

The commendation was created on July 3, 2002 to recognize outstanding service by members of the Canadian Forces under direct fire in times of conflict. Members of the 2 PPCLI Battle Group received

the commendation for its actions during the Medak Pocket operation in September 1993 when members of the Battle Group held their ground while facing enemy fire, forcing the halt of "ethnic cleansing" in the sector.

Three guards were on parade. The Medak Guard of about 300 soldiers under the command of Col (Ret'd) Jim Calvin was formed by those Regular, Reserve, or now retired soldiers who served with the 2 PPCLI Battle Group on Operation Harmony, the mission

during which the Medak Pocket Operation took place. The second guard, 'A' Company, will deploy to Bosnia on Operation Palladium in March 2003. The third guard, 'C' Company, has recently returned from Operation Apollo in Afghanistan.

Soldiers from across Canada formed the 875-strong Battle Group, including about 400 Reserve Force soldiers. The honour of this commendation therefore goes to all those who served as part of the Battle Group.

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*Seasons Greetings Joyeuses Fêtes*

## 17 Wing Comptroller Staff

Welcome to the new Staff. First of all, the Wing Comptroller and his staff would like to welcome to the branch: Capt Carpenter as the new Fin Mgt & Review Svcs O; Sgt Thompkins as the new P & SS

Supv and MCpl Kendall as the new FMAS Supv.

### Taskings

Besides a welcome to the section for Cpl Dumonceaux as the new FMAS clerk, we also welcome her back from Op

Apollo. MCpl Wendehorst and Cpl Buchanan have been sent on separate Op Apollo taskings.

### Staff Moves

Carol Fernie has now moved to the position of RGDF Cashier/FMAS clerk.

Max Harten has now become the Acq Cards/Prov of Svcs clerk/FMAS

### General Info

Maj Auger is still providing guidance and leadership while making plans to retire next year.

MWO Moore has just come back from an audit/hunting trip on the east coast. We are all wondering what part of the trip did he get the most use out of his rifles, since he didn't shoot a moose.


PO1 Kennedy has put away his bicycle until Spring and is

back to walking to work.

Ms Judy Bosko Neufeld is still trying to teach the world to enjoy FMAS.

Betty Fuller and her husband are enjoying RVing at every opportunity.

**The 17 Wing Comptroller and his staff would like to wish all a very Merry Christmas and a Happy New Year.**



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## Tactical Airlift Detachment Logs 500th Mission

ARABIAN GULF REGION – On October 30, 2002, a Hercules crew from 435 Transport Squadron, serving the Tactical Airlift Detachment (TAL Det) in the Arabian Gulf region, achieved a milestone with the completion of the TAL Det's 500th mission since the beginning of Operation APOLLO, Canada's military contribution to the international campaign against terrorism.

The TAL Det comprises three CC-130 Hercules tactical transport aircraft and more than 120 Air Force personnel from 436 Transport Squadron and 429 Transport Squadron, based at 8 Wing Trenton, Ontario, and 435 Transport Squadron, based at 17 Wing Winnipeg, Manitoba. The TAL Det is currently deployed in the Arabian Gulf region to airlift coalition personnel, equipment and cargo, including

humanitarian supplies, to destinations in the theatre of operations, including Afghanistan.

"Five hundred missions is a significant milestone in the Canadian contribution to Operation ENDURING FREEDOM," said Lieutenant Colonel Robin Godwin, the TAL Det's Commanding Officer. "It demonstrates the superb efforts of all TAL Det personnel to get the job done."

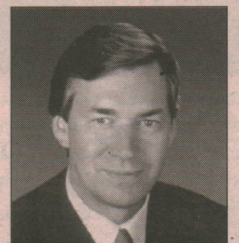
"We owe our success to our maintenance crews, who work tremendously hard," added Captain Steve Lamarche, Aircraft Commander of the 435 Squadron crew that flew the 500th mission. "My crew and I are proud to be a part of this operation and to share in this milestone, but it's truly a reflection of the dedication and commitment of the men and women in theatre, both now and before us."

In addition to the aircraft and personnel of the TAL Det, Operation APOLLO involves the following Canadian Forces units and organizations:

- the Long Range Patrol Detachment (LRP Det), with two CP-140 Aurora maritime patrol aircraft;
- a Naval Task Group of two warships with embarked Sea King helicopter detachments, operating in the Arabian Gulf and the Arabian Sea;
- the National Support Unit (NSU), which provides Canadian units in the theatre of operations with all their logistics requirements;
- the National Command, Control and Information Systems Squadron; and
- the Joint Task Force South West Asia Headquarters, which is co-located with US Central Command in Tampa, Florida.

*Seasons  
Greetings*  
TO OUR ARMED FORCES  
& THEIR FAMILIES

from your local MLAs  
Jim Rondeau, Bonnie Korzeniowski,  
Premier Gary Doer & the NDP Caucus



## Norad to Help Millions Track Santa Claus

WINNIPEG - From the first blip seen on radar screens Christmas Eve at the Canadian Air Defence Sector Operations Centre in the underground complex at 22 Wing North Bay, Ont., CF-18 Hornet fighter jets from 3 Wing Bagotville, Que. and 4 Wing Cold Lake, Alta. will be ready for take-off on orders of the Commander of the North American Aerospace Defence Command (NORAD) to accompany Santa Claus on his Yuletide trip.

Canadian NORAD forces continue the 24-hour vigil they have maintained since 1958, to defend North America against aerial threats.

Canadian fighter pilots will take the first pictures of his sleigh when he arrives over the continent. Millions of curious children will be able to closely follow Santa's progress through special digital photographs and technical information compiled by NORAD, which will be loaded directly on the Internet as per Santa's request.

NORAD will track Santa's progress and provide near real-time updates to children around the world on the Internet at [www.noradsanta.org](http://www.noradsanta.org). Santa has communicated to NORAD that he intends to begin

his journey at 5 a.m. MST, Dec 24. At that time, NORAD's tracking data will be translated into streaming audio and video updates and posted to the web site's radar map. This site is available in French, Italian, Japanese, Spanish, Portug

Children can use the web site prior to Dec 24 and view information about Santa that NORAD experts have collected over the years. Examples of NORAD's intelligence available on the site include what snacks Santa's Reindeer enjoy; how he manages to visit so many homes in one night; and NORAD's satellite tracking of Rudolph's red nose.

To receive updates on Santa's Christmas Eve journey, children may also call the traditional "NORAD Tracks Santa" telephone hotline at (719) 474-2111. This hotline is available beginning 7 a.m. MST on Dec 24 through 2 a.m. MST on Dec 25.

The "NORAD Tracks Santa" tradition started in 1955 by pure accident after a newspaper in Colorado Springs, Colo., where NORAD Headquarters is located, ran an advertisement for a department store

that offered a special service to children who wanted to know where Santa was. A tradition was born - a tradition NORAD assumed in 1957. Since then, the program has expanded gradually over the years until it hit the Internet in 1997. In 2000, the "NORAD Tracks Santa" site received over 200 million hits during the period of December 23 to 27, which is a world record.

Continental Air Defence Command from children who wanted to know where Santa was. A tradition was born - a tradition NORAD assumed in 1957. Since then, the program has expanded gradually over the years until it hit the Internet in 1997. In 2000, the "NORAD Tracks Santa" site received over 200 million hits during the period of December 23 to 27, which is a world record.

NORAD uses a network of ground-based radars, sensors and fighter jets to detect, intercept and, if necessary, engage any threats to the continent. Canada's NORAD forces include the Canadian NORAD Region Headquarters at Winnipeg, Canadian Air Defence Sector Air Operations Centre (SAOC) at 22 Wing North Bay as well as Canadian CF-18 Hornet fighter jets from 441 and 416 Tactical Fighter Squadrons at 4 Wing Cold Lake, and 425 and 433 Tactical Fighter Squadrons at 3 Wing Bagotville. NORAD also receives surveillance data from the U.S. Strategic Command on potential threats from outer space.



...just call and quickly figured out what had happened. He told the kids that he was helping Santa and that he could see him on the radar screens heading south from the North Pole. Local media heard of the calls and reported the story locally. The next year, calls came flooding in to

# Warmest Holiday Greetings



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### A Christmas Sneak Preview

Friday Dec 13: 7pm - 9pm

Saturday Dec 14: noon - 5pm

Sunday Dec 15: noon - 5pm

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Chapel  
Gift Shop  
Crafts & Paintings

Come and join us for Light Refreshments as well

## OFF AND FLYING

By Captain Dave Fouts, UIO, 3CFFTS Southport

On 1 November 2002, three students from the Advanced Flying Training in Rotary Wing course and four students from the Advanced Flying Training - Multi-Engine course received their Canadian Forces pilot wings from Colonel Hal Wishart, Honorary Colonel of 3 CFFTS. Colonel Wishart was chosen to be the Reviewing Officer since it was the 50th graduation that he has attended as Honorary Colonel. The occasion was marked with a Wings Presentation Parade and formal dinner in the Combined Mess of 3 Canadian Forces Flying Training School at Southport, where families and friends gathered to celebrate.

Of interest, Capt (ret'd) McIsaac presented Wings to his son, Capt Jeff McIsaac and Maj (ret'd) Barry McLean presented Wings to his son, Capt

Stephen McLean. Mr. Gerry Russell of the Wartime Pilots and Observers Association presented the Gos Goulding award for the top rotary wing student to Capt Germain Bélanger. HCol Wishart presented the award named in his honor to the best multi-engine student: Capt Stephen McLean. The mayor of Portage la Prairie, Mr. Ian McKenzie, presented the City of Portage la Prairie trophy to the student displaying the highest degree of professionalism and officer-like qualities in the graduating class: Lt Kevin Big Canoe. Finally, Capts Tony Ambrosini and Phil Nero received their CDs from the Reviewing Officer.

Congratulations to all the Wings Graduates of Course 0203 from the staff of 3 CFFTS, Southport.



Photo credits: Cpl Irvine

The graduates of course 0203 are as follows (standing, back row, left to right): Capt Jeff McIsaac is posted to 415 Sqn in Greenwood NS where he will fly the Aurora aircraft, Capt Craig Tomlinson is posted to 427 Sqn in Petawawa ON to fly the Griffon helicopter, Capt Courtney Hunt is posted to 427 Sqn in Petawawa ON to fly the Griffon helicopter, Capt Steve McLean is posted to 440 Sqn in Yellowknife NWT where he will fly the Twin Otter aircraft, Lt Kevin Big Canoe is posted to 435 Sqn in Winnipeg MB to fly the Hercules aircraft, Capt Hooman Shirazi is posted to 405 Sqn in Greenwood NS to fly the Aurora aircraft, and Capt Germain Bélanger is posted to 423 Sqn in Shearwater NS to fly the Sea King helicopter.

(Seated front row, left to right): Col Ben van Ruiten, HCol of 17 Wing Wpg; Col Doug McLennan, WComd 17 Wing Wpg; Col Wishart, HCol 3 CFFTS; LCol Steve Bannister, Comd 3 CFFTS; and Col Dan Edgar, AI Pilot Training I CAD HQ.

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4 - Seasons Room: Seats 30

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CAF Members Welcome

## Les familles francophones de St-James ont une nouvelle école bien à eux.

Par Claire Corriveau

Une école francophone vient d'ouvrir ses portes dans le quartier St-James. Depuis septembre dernier, 23 enfants de la maternelle à la deuxième année, vivent une expérience unique. Plus qu'une école, c'est une véritable communauté francophone qui est en train de prendre forme, et ce à deux pas de chez eux. Si bien que l'école pourrait grandir vite, très vite même, d'ici l'an prochain.

"Ça fait presque 20 ans qu'on attendait ça et c'est maintenant chose faite", lance la directrice, Patricia Thibodeau, d'un ton victorieux. Il faut dire qu'elle sait de quoi elle parle. Elle est elle-même conjointe de militaire. Elle a élevé ses deux filles à une époque où les résidents de St-James devaient se lever tôt pour faire instruire leurs enfants en français. "Dans ce temps-là, seules les familles militaires qui vivaient à la Base avaient droit au transport scolaire vers St-Boniface." Pour elle et plusieurs autres familles francophones, la seule solution possible était le transport en commun. Elle revoit encore sa fillette de 7 ans monter à bord d'un autobus de la ville, avec pour seule protection l'oeil vigilant de jeunes francophones à peine plus vieux qu'elle.

Ce n'est en fait qu'au début des

années 90, avec l'arrivée de la Division scolaire franco-manitobaine, que le transport vers les écoles francophones de Saint-Boniface est devenu accessible à tous les francophones de St-James. Malgré cela, la longueur du trajet a toujours constitué un obstacle de taille pour de nombreuses familles.

Christina Brind'Amour comprend très bien ce dilemme des familles francophones de l'ouest de la ville. Lorsque est venu le temps de choisir une école pour son fils de 5 ans, l'an dernier, cette francophone de cœur a dû y réfléchir à deux fois. "J'aurais préféré inscrire mon fils de 5 ans dans une école d'immersion du quartier que de l'envoyer tous les jours à l'autre bout de la ville en autobus." Christina n'est pas la seule. Plusieurs des enfants qui fréquentent la nouvelle école de St-James ne seraient pas inscrits dans une école de la DSFM, n'eût été de l'ouverture d'une école dans leur quartier. Pour Christina, en tout cas, c'est la solution idéale. Non seulement son fils fréquente-t-il une école francophone, mais elle peut aussi s'engager davantage puisque l'école est près de chez elle. C'est d'ailleurs elle qui coordonne les activités de promotion et de recrutement de l'école. Son comité vient d'ailleurs de lancer un concours pour

trouver un nom et un logo.

Pour l'instant, on l'appelle l'école de St-James. Mais bientôt elle aura un nom bien à elle. "Toutes les propositions sont les bienvenues", lance Christina qui ne veut rien dévaloir des propositions qui ont été soumises jusqu'ici. Mais elle laisse tout de même entendre que le choix sera difficile à faire. Les intéressés ont jusqu'au 16 décembre pour soumettre leurs idées en contactant l'école au 885-8000.

Et ce n'est pas tout, le comité scolaire étudie en ce moment la possibilité d'ouvrir une garderie et une pré-maternelle, peut-être aussi tôt que février ou mars prochain. Et pour septembre 2003, les parents souhaitent offrir tous les niveaux de la maternelle à la sixième année. Ce qui serait un atout majeur pour attirer les familles qui ne veulent pas séparer leurs enfants entre différentes écoles.

En attendant, les élèves préparent le premier concert de Noël de leur nouvelle école. Une soirée de chant et de musique à laquelle sont invités tous les parents, amis et francophones de St-James qui veulent se joindre au chœur des enfants pour chanter les plus beaux airs de Noël du répertoire français.



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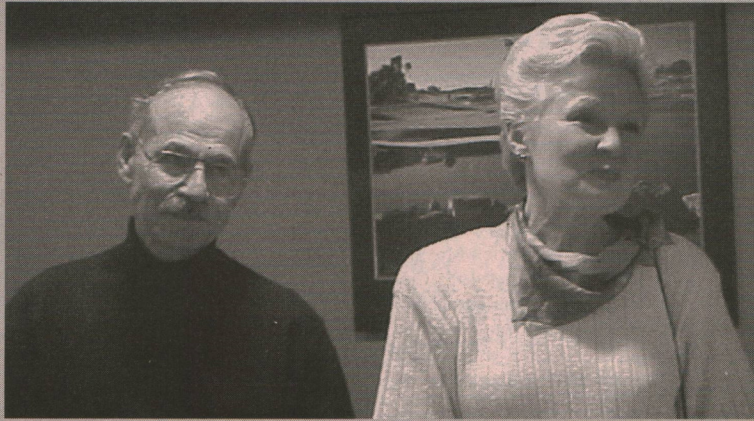
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# Do Not Pay Until March 2003!

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## MFRC Volunteers of the Year



MFRC Volunteers of the Year - Volunteer Service Award was given to Joe and Lois Mallet. Joe and Lois have been active Volunteers with the Winnipeg MFRC for many years. Both Joe and Lois have held many volunteer positions within the MFRC and have contributed a great many hours to the programs and services the MFRC offers. Joe and Lois have a sincere belief in the Military

Family Support Program and in the success of the Winnipeg Military Family Resource Centre. They have a great level of commitment and understand the needs of the 17 Wing Military Community. It is their compassion and dedication that contributes greatly to the success of the Winnipeg MFRC.

"Thank You Joe and Lois"

## Activité de Lecture et de Bricolage en Français

Cette activité familiale se déroulera le 2<sup>ème</sup> et le 4<sup>ème</sup> dimanche de chaque mois. Ce programme est offert aux enfants de 2 - 7 ans. C'est une occasion pour découvrir de nouvelles histoires et faire des bricolages avec des amis francophones de la communauté. C'est aussi une opportunité pour les parents de rencontrer d'autres familles qui parlent français. S'inscrire au 833-2500 #4500. Le coût est de 2\$ par enfants. Les rencontres se tiendront de 14 :00 à 16 :00 au Centre de Ressource des Familles Militaires, 102 rue Comet.

Dates à retenir

Le 1<sup>er</sup> décembre (1<sup>er</sup> dimanche)

Le 12 et 26 janvier

Le 9 et 23 février

Le 11 et 25 mars

## Victoria says Goodbye



I would like to say goodbye to the many people I've met over the past five years of employment with the Winnipeg Military Family Resource Centre. The military families I've worked with were some of the most resourceful, hardworking, and resilient people I've ever had the pleasure of meeting. Haley Schroeder, Social Worker, will be assuming the role of Prevention, Intervention, and Special Needs Coordinator. I am taking a position with the Casualty & Rehabilitation Department of the Manitoba Public Insurance Corporation. Goodbye and best wishes.

Victoria Lambert, Social Worker Winnipeg MFRC

## MFRC Volunteer Appreciation

On 20 Nov 02 the MFRC held its Winter Volunteer Appreciation. Laurie Johnson was presented with a "Builder's Award" by the MFRC Board of Directors Chairperson Cynthia Howlett. Laurie has been an active member of the Military Family Resource Centre Board of Directors for 10 years. Laurie has held many volunteer positions on our Board of Directors including Chairperson for three years and currently holds the

executive position of Past Chairperson. Laurie has brought many skills, years of experience in the Military Family Support Program, expertise in Family Support and Social Services as well as inside knowledge of being a military spouse to the Winnipeg Military Family Resource Centre and has contributed greatly to the continued success of the programs and services we offer.

"Thank You Laurie"



(Laurie Johnson and Cynthia Howlett)

Tuesday, 8 April  
2003 at 7 pm

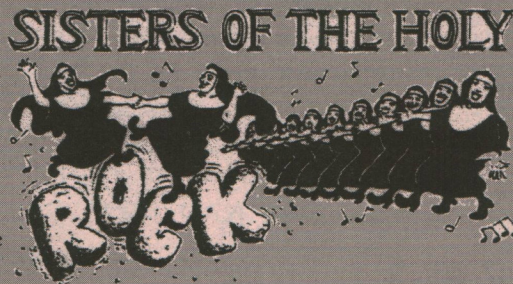
Base Theatre  
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Presented by:

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Proceeds going to MFRC Youth Programs  
and Special Needs Services

Tickets available at the MFRC,  
102 Comet Street

Early Bird Campaign ends 15 January -  
Early Bird Prize will be drawn  
16 January at the MFRC



\$10 per ticket  
(Cash or Cheque)

## 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	2491 or 6846
Employment Assistance	John Chabib	4511
Special Needs	Haley Schroeder	4512
PIC Social Worker	Victoria Lambert	4513
Francophone Services	Louise Cameron	4515

## 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 required for marriages, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required.

### Baptisms

The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

### Protestant Guild

The Guild meets the first Sunday of the month at 1800 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.



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Councillor  
St. Charles Ward

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## Officers Mess 17 Wing

*New Years Ball - Tuesday, 31 December 2002*

*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**

### 17 WING RECREATIONAL LIBRARY



Call extension 2490 for information

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

### WINTER HOURS

Sundays: 12-3 pm

Mondays: 4-8:30pm

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

Thu: 4-8:30pm

Various Craft Days



**JUNIOR RANKS NORTH**  
Kids Christmas Party  
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December 15, 2002

### École St. James

is conducting a survey to see if there is a need for a French Nursery School and/or Daycare serving West Winnipeg.

If you are interested, please contact

**Patricia Thibodeau**

@ 885-8000

for info and a copy of the survey.

### l'École de St. James

est intéressée à établir une classe de pré-maternelle française ainsi qu'une garderie française. Dans le but de connaître les besoins des gens qui habitent l'ouest de Winnipeg, l'École mène présentement un sondage.

Si ce projet vous intéresse, veuillez contacter

**Patricia Thibodeau**

@ 885-8000

pour de plus amples renseignements et une copie du sondage.

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

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

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**TAROSCOPES**  
By Nancy

**ARIES** (March 21 – April 19): Before you can really connect with others you have to be clear on your own expectations and how your history has affected you. If you speak up too soon it could be taken the wrong way. This has happened before and has caused regrets but don't retrace your steps forge a new path.

**TAURUS** (April 20 – May 20): A lack of planning could lead to overspending which in turn limits future options. You may prefer to live in a fantasy but reality is waiting. Those around you don't understand and you're not helping when you withdraw. Luckily there are few long-term repercussions of this period. You'll snap out of it soon.

**GEMINI** (May 21 – June 21): Plans must be put off or pared down as you experience an energy slump. You're slower at reaching goals. Take heart more work is necessary but it's worth it. Go easy on yourself. You'll be happier with the results if you practice patience now. Haste makes waste.

**CANCER** (June 22 – July 22): Harmony between loved ones who see things from different angles is impossible right now. Better to leave well enough alone. Fire and water don't mix. You learn something that sheds new light on an existing situation and prepares you for larger issues about to unfold.

**LEO** (July 23 – August 22): You're asked to pay up front to get a project off the ground. Extra money is required but it is a good investment. Pay attention to details. Choose durable materials. You shine at an upcoming party. Your mood improves dramatically.

**VIRGO** (August 23 – September 22): Leave others to their own devices. They become more independent when you give them the chance. Time to get sensible, stop reflecting on what ifs and imaginary endings. Your future needs attention. Make firm plans. If you have kids, even if it sounds selfish, schedule time for yourself.

**For appointments call 775-8368**

**LIBRA** (September 23 – October 23): Stop trying to figure things out. Information you need isn't available. Save your energy. Immediate returns aren't going to happen. This is a time to learn the value of acceptance. Improving a situation is impossible. It just is. Time is going to deal with at least one of your problems.

**SCORPIO** (October 24 – November 21): Misunderstandings that lead to complications and detours may leave you less than optimistic, however end results are surprisingly good. A period when you may feel extra sensitive or responsible for the "over the top" reactions of others. Things will balance out in the end.

**SAGITARIUS** (November 22 – December 21): Instead of the rest you want, prepare for company. Entertaining is challenging when you're already feeling a bit overtaxed. Thankfully they are only passing through. Be cordial and hospitable while maintaining your boundaries. Re-schedule your own fun for later.

**CAPRICORN** (December 22 – January 19): Travel isn't as enjoyable as you'd hoped. Staying home might be more comforting. You may not appreciate structure and responsibilities but the predictability of the known can be reassuring when faced with extensive changes. Embrace the future, the past is gone.

**AQUARIUS** (January 20 – February 18): Choices must be made. There are an increasing number of distracting, minor, irritants. Force yourself to face the fray. Stay calm and delegate. One or two main endeavors are all you can handle right now. Leave the rest. You don't have to do it all. Really!

**PISCES** (February 19 – March 20): Keep track of your progress. Celebrate even small successes. You're on an emotional roller coaster, which may make you short-tempered when dealing with children (or those behaving like ones). Try not to react emotionally when others are pushing your buttons.

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February 22	Intro to Access
April 12	PowerPoint
April 26	Intro to FrontPage
May 3	Microsoft Word

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