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**CFB Winnipeg
Curling Club
to Celebrate
40th Anniversary**



Brigadier General Pangman turns the sod to open construction on the curling club.

Everyone is welcome to attend the 40th Anniversary ceremony on January 23. Look for more history and coverage of the CFB Winnipeg Curling Club in upcoming issues of the Voxair!

A CF Christmas Tradition

Junior Ranks Dinner held at Combined Mess on December 17

by David Lavallee



PHOTO BY SGT GUY TARDIF, 17 WING IMAGING

Sgt Art Smyth, IC Production, looks on as Honourary Wing Commander Pte Edward Earl and Wing Commander Col McLennan carve the turkey.



PHOTO BY DAVID LAVALLEE

The Junior Ranks Christmas Dinner is a CF tradition of good food, friends and holiday cheer.

A timeless CF Christmas tradition played out at 17 Wing on December 17. The Junior Ranks dinner, an event that takes place on virtually every CF base across the country, was held in honour of the junior military personnel and their contribution to the operation of the base.

The atmosphere was festive and the mood cheerful and friendly as nearly 275 members of the junior ranks showed up to partake of the annual dinner. On hand to provide entertainment were members of the Air Command Band, who treated the assembled group to a selection of Christmas tunes that included everything from Silent Night to the Charlie Brown Christmas theme. "It's our way of saying thanks to the members of the junior ranks for all of their hard work throughout the year, without which none of our training or operational mandates would be completed," said Wing Commander

Colonel McLennan.

As a traditional event, the dinner followed a set plan. At the onset of the dinner, the head table was piped into the mess and seated. Wing Chaplain Padre Major Cherkwick said Grace, and then the traditional exchange of rank took place. Wing Commander Colonel McLennan exchanged with Pte Edward Earl (435 Squadron); Wing Chief Warrant Officer Emond switched with Pte Christopher Ricard (435 Squadron); and Honourary Colonel van Ruiten changed off with Pte Tim Dymond (1 Air Movements Squadron).

After the exchange, Colonel McLennan and Honourary Wing Commander Earl carved the turkey, and the dinner began. Upon completion of the main course, the traditional pudding was piped out, and under the guidance of CWO Emond, Honourary WC-WO Ricard "carefully" added the

rum, and desert was served.

Colonel McLennan then delivered his Christmas message to the assembly. "I'd just like to say 'thank you so much' to everyone here today, for everything you've done," said Colonel McLennan. "Without your work, your dedication, and your professionalism, we wouldn't be able to accomplish anything."

"We're all part of a team, and the junior members are an important part of that team," said CWO Emond, addressing the crowd. "On behalf of all your senior supervisors, thank you."

Honourary Colonel van Ruiten, the Honourary Wing Commander, Honourary Wing Chief Warrant Officer and Honourary Colonel also delivered addresses, which were filled with warm wishes for the holidays. Once all the speeches had been delivered, the head table was piped out of the mess, and down into the lounge, where ranks

were once again exchanged, and the festivities continued.

The event was organized through the office of the Wing Chief Warrant Officer, including his assistant WO Dennis Hendrickson. Other key participants in the planning, preparation and execution were Captain Swim, Sergeant Smyth, Sergeant Seymour and the team of cooks, Wing Foods Services staff, and Master Corporal Allen (Junior Ranks Mess PMC). Petty Officer Voelzing and his able staff of stewards organized a body of volunteers (comprised of COs, Honourary COs, OCs, Squadron and Unit WOs and Senior NCOs, Senior staff officers and NCMs) to serve wine, wash dishes, and take care of other duties.

Thanks to the members of the junior ranks for all of your hard work and commitment at 17 Wing in 2002!

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Officers Host Senior NCOs for Christmas Cheer

by David Lavallee

The Officers of 17 Wing played host to the Wing Warrant Officers and Senior NCOs at the Officers' Mess for some Christmas cheer on December 18. 'Officers at Home' is an annual event, and both the Officers Mess and the Warrant Officers and Sergeants Mess take turns hosting it. The atmosphere was friendly and informal, with both commissioned and non-commissioned members casually enjoying the holiday cheer.

"It provides the Officers with the opportunity to welcome the Warrant Officers and Sergeants to our mess to enjoy a cup of Christmas cheer," said Wing Commander Colonel McLennan. "It's been going on for many years, and it's our way of showing our appreciation to the Sergeants and Warrant Officers for their hard work and support over the year."

At the beginning of the event, the non-commissioned members lined up

and walked around the mess, and were greeted by all the Officers. Then everyone settled down to enjoy a drink and friendly conversation. Some senior officers in attendance included: 1 CAD Commander, Major-General Dumais, Wing Commander, Colonel McLennan, and Honourary Colonel van Ruiten. Aside from the Canadian officers, there were also Officers from the United States, Great Britain, and Australia present.

Promotions from the Ranks in Air Command Band

by David Lavallee



Capt Archibald and Capt Byrne of the Air Command Band were recently promoted from the ranks.

On October 28, MWOs Peter Archibald and Robert Byrne from the Air Command Band were promoted to the rank of Captain. After completing their officer training at St. Jean, PQ, they returned to Winnipeg for the holidays before leaving for the Music Centre in Ottawa in early January.

In addition to being posted, the promotions have meant some big changes for Captains Archibald and Byrne. "Perhaps the biggest change, in terms of our duties, is that we no longer play in the band," says Captain Byrne. "We've basically gone from being instrumentalists to being conductors, so our musical responsibilities have changed."

The day of the promotions, the Wing Commander and Wing CWO came

down to congratulate them on their achievement. Other than that, it's been status quo for them and their comrades. "There really hasn't been much of a change in terms of how we're regarded," said Captain Archibald. "I've made many close friends here and have enjoyed performing with the finest band in Canada." After completing further training in Ottawa, both will remain there to fill positions with the Central Band and the Music Centre.

Captain Archibald served for 21 years prior to his promotion, starting with the Stadacona Band of Maritime Command in Halifax in 1981. After ten years, he was posted to the Royal Canadian Regiment Band in CFB Gagetown. In August 1994, he came to Winnipeg to serve with the

Air Command Band, where his responsibilities were WO Arranger and MWO Operations. Captain Archibald's primary instrument is the clarinet.

Captain Byrne has also been in the military for 21 years. He served with the Vimy Band in Kingston for ten years and was posted to the CF School of Music where he completed the one year QL7 Director of Music course prior to his posting to Winnipeg in 1992. Captain Byrne's responsibilities were MWO Admin and Director of the Rhythm in Blue stage band. His instrument of choice is the saxophone.

Congratulations to Captains Archibald and Byrne on their promotions, and good luck to you in Ottawa and in your future postings!

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CFB Winnipeg Curling Club to Celebrate 40th Anniversary

by David Lavallee

At 2:00 PM on January 23, 2003, Wing Commander Colonel McLennan will be on hand to help the CFB Winnipeg Curling Club celebrate its 40th anniversary. Located on the South Site, the club first opened on January 23, 1963, and was then known as the Fort Osborne Barracks Curling Club (Army). Although it was renamed the CFB Winnipeg Curling Club in 1968/69, today it is still known by many curlers in Winnipeg and Manitoba as the F.O.B. Curling Club.

Throughout its history, the curling club has been popular with curlers in both the military and civilian communities. Today, the

club is home to many bonspiels and leagues, and has been the site of some very competitive curling. Prior to its destruction in a fire in 1985, the Westwin Curling Club (North Site) was so popular that Peter Warren of CJOB radio named it the 'Peyton Place' of Winnipeg, thanks to the multitude of calls he received from curlers.

Over the years, the club has been the scene of many changes. In the spring of 1992, a major renovation added a 30-foot extension to the rink, new locker rooms, a bar, and a lounge. Wing Commanders Colonel Armstrong and Proulx were instrumental in getting the project rolling, and appoint-

ed Lieutenant Colonel Cyril McFate to head up the engineering. After a large group of volunteers had done some preliminary work, Concorde Projects completed the work, and the club was reopened in September 1992. For their work on the project, Lieutenant Colonel McFate, Ross Forbes (Curling Club manager), and Darlyne Fathers (Curling Club assistant manager, and current manager of the 17 Wing Golf Course) were awarded a Base Commander's Commendation. Today, the club is arguably one of the nicest curling clubs in the city.

The CFB Winnipeg Curling Club is an indepen-

dent entity, but is operated by the club president, committee and manager on behalf of the Wing Commander as a recreational club for the military community. Since its beginning, the club has relied heavily on volunteer help to oversee and run operations. Financially, the club depends on membership and ice-rental fees, and does not operate on any public funds.

Everyone is welcome to attend the 40th Anniversary ceremony on January 23. Look for more history and coverage of the CFB Winnipeg Curling Club in upcoming issues of the Voxair!

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Brigadier General Pangman turns the sod to open construction on the curling club.



Brigadier General Pangman accepts a cheque from Maple Leaf Services towards the construction of the curling club.



The first official rock, complete with ceremonial ribbon, is thrown at the Fort Osborne Barracks (CFB Winnipeg) Curling Club.



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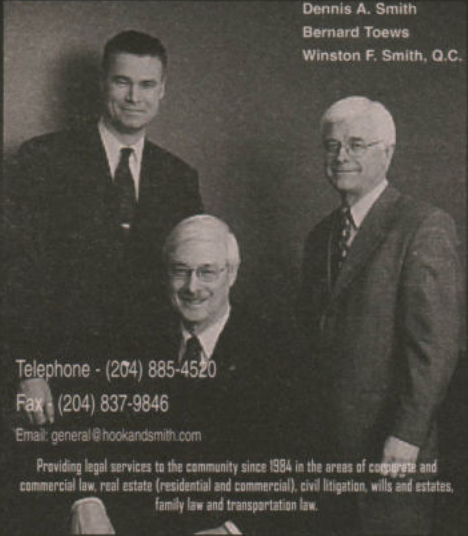
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Construction Opens on New Home for Air Command Band

By David Lavallee



PHOTO BY CPL JOHN BRADLEY, 17 WING IMAGING

Wing Commander Colonel McLennan turns the sod to open construction on the new Air Command Band headquarters in Building 90.

Construction on the new home for the Air Command Band officially kicked off on December 11 with a sod-turning ceremony conducted by the Wing Commander, Colonel McLennan. On hand for the event were members of the Wing Executive, Air Command Band Commanders, Wing Construction Engineering, and representatives from Bockstael Construction.

"We've been waiting for this for a long time," said Colonel McLennan. "A lot of work went into this project from a lot of people, and I'm very pleased to be here to take part."

As part of the ceremony, Colonel McLennan used a special shovel to do the sod-turning. "This is the first opportunity I've had to use this," said Colonel McLennan, referring to the shovel. "I couldn't be happy

er to use it for the new home of the Air Command Band."

The Air Command Band is currently headquartered in Building 47, which it has called home since 1964. Originally, Building 47 was built as an engine-testing site during the Second World War, and was supposed to be a temporary headquarters for the Band, but circumstances have made it their home for the past 38 years. The Band's new home in

Building 90 will be a big step up for them.

"It gives us a professional-level facility to practice in and rehearse, as well as the administrative offices and facilities we need to conduct our operations," said Captain Attridge, Air Command Band CO. "It gives us a better opportunity to hone our skills every day." The target date for the opening of the new facility is spring 2003.

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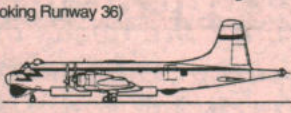
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Message From Capt Steve Maude, 17 Wing GCWCC Wing Chairman

Thanks, 17 Wing!!

Due to your outstanding generosity, 17 Wing raised over \$75,000 for the GCWCC in 2002. We beat last year's total, despite the increased operational tempo and greater number of deployed personnel. The number of partnership (\$365+) and leadership (\$1200+) donors also increased this year, highlighting the giving spirit and can-do attitude of 17 Wing. I am very pleased to announce that 17 Wing raised over \$2500 for the purchase of a Juno Beach memorial brick. Cpl Pat Barys of 17 WTIS was the OPI for this excellent initiative, and did 17 Wing proud. Thanks again, 17 Wing, and good luck in 2003. I'd also like to thank these local community organizations for their contributions to 17 Wing in our efforts to raise money for the GCWCC. Without them, our 17 Wing GCWCC weekly raffles would not have

been such a huge success! Please let the staff members, managers, or directors of these local businesses know you are grateful for their support:

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DID YOU KNOW?

SISIP - THE FACTS

Eyebrows have raised in military homes and SISIP offices recently over newspaper articles alleging the SISIP Financial Services' role in relation to the Canadian Forces (CF) Long Term Disability (LTD) insurance and the Accidental Death & Dismemberment (AD&D) coverage under the General Officers' Insurance Plan (GOIP). To that end, CF personnel deserve clarification, so here it is, pure and simple...

SISIP's Role

SISIP is the administrator of the above two employer-sponsored plans but it does not have governance of these plans as it does for optional term life insurance. It is the Treasury Board of Canada (TBC) that has governance of the plans. Neither SISIP nor Maritime Life, the insurer, nor the Chief of Defence Staff (CDS) can unilaterally effect change to the plans that are part of the CF compensation and benefits package just like pay and pension.

LTD Coverage

The LTD insurance plan provides an income replacement benefit regardless of whether a member is injured in the line of duty or not. Accordingly, a CF member

would be entitled to LTD if eligible because of a military exercise or a car accident while on vacation. This application must be clearly separated from the Pension Act, administered by Veteran Affairs of Canada, which covers only members disabled in the line of duty.

The CF LTD is similar to the LTD plans of the Public Service (PS) and the RCMP. The LTD benefit formula, which combines other government benefit sources, is common and is the norm in public and private group LTD insurance plans. The CF LTD program guarantees 75% of pay to eligible CF claimants for service or non-service reasons combined with the member's pension (CFSA) and the disability benefits under the Pension Act (service disabilities only) and the CPP.

General Officer Insurance Plan (GOIP)

With respect to the GOIP, this plan provides a basic life and LTD insurance benefit, plus an AD&D benefit to a maximum of \$250,000, which is employer paid. This benefit package for colonels and generals is benchmarked to the benefit package of the

Executive Category of the PS and senior officers of the RCMP to whom they compare for pay and benefits.

The LTD and the AD&D under the GOIP are not related except that they are both administered by SISIP Financial Services on behalf of TBC. They are the employer's insurance plans for CF personnel just like the RCMP and the PS.

Premiums Payments & Surplus

SISIP LTD became mandatory for CF personnel who enrolled on or after 1 April 1982. TBC pays 85% of the premiums while Regular Force members pay the remaining 15%. TBC pays 100% premiums for Reserve Force members. As a result, a Regular Force corporal standard pay incentive 4, pays \$8.05/month while TBC pays \$45.60/month of the total premiums.

SISIP and Maritime Life do not make any profit from the premiums collected for the LTD plan but they are paid a fee for their administration of the plan. If there

is a surplus of premiums collected, the money stays in the plan to fund future deficits. The goal of the LTD plan is to break even.

SISIP has served CF members and their families for more than 30 years. Today, 18 offices across the country provide services to the military community. Besides life and disability insurance, SISIP also offers financial planning and counselling, personal financial education and the Canadian Forces Personnel Assistance Fund (CFPAF) programs.

The Department of National Defence is currently evaluating options to provide a lump-sum benefit payable to all CF personnel in the event of dismemberment. This is not a SISIP decision.

CF members who have concerns, or want to ensure that they understand exactly how their personal benefit plan works, are invited to contact a SISIP office or to visit the website at www.sisip.com.

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D I S T A N C E E D U C A T I O N W O R K S

Annual Charitable Event Held at Warrant Officer and Sergeant's Mess

by David Lavallee



PHOTO BY CPL JOHN BRADLEY, 17 WING IMAGING

Santa Claus and WPA President Loren Schinkel spread some holiday cheer at the Paraplegic Christmas dinner.

For the past 43 years, the Warrant Officers and Sergeant's Mess at 17 Wing has been the host of the annual paraplegic Christmas party. A combined effort between the Winnipeg Police Association and the WOs' and Sgts' Mess at 17 Wing, the event brings in approximately 30 guests to enjoy a rich and festive assortment of food, friends and entertainment.

"This is a very special group of people, and both the WOs' and Sgts' Mess and the Winnipeg Police Association are supportive of them," said Winnipeg Police Association (WPA) President

Loren Schinkel. "This event speaks of the spirit of cooperation between the military and the police, but the underlying reason for this has always been the people that it's being done for."

Every year, the event is organized by members of the WPA, CWO Kathy Cox, MWO Jean Birnie, and Karen Jensen. A large group of volunteers also helped make the special event possible. "For me, the best part of the whole event is seeing the smiles on the faces of the guests, that's what it's all about," said CWO Cox. MWO Birnie echoed her words, "It's just

so special to be able to be involved in something that brings so much joy to so many people."

The event was a cheerful one, with an ornately decorated mess, top-notch entertainment, a friendly and festive atmosphere. The entertainment featured a variety of performers, including Reg Baldwin and Mike Hammond (music), Phil Boiteau (music), the Winnipeg Police Choir, Stewart MacPherson (bagpipes), Evan Morgan (magician), and Al Jolson (Kathy Cox). Once the entertainment was complete, Santa made a special appearance and then the guests were

served a delicious turkey dinner.

Some of the guests have been attending the annual party since its creation, like Teresa Ducharme. "All of them!" said Ducharme, when asked if any of the parties were a particular highlight for her. "There hasn't been one year that hasn't been a highlight more than the others, every year is absolutely wonderful."

The event was originally a Winnipeg Police Association affair, and began in 1958 after some police officers were stricken with polio. In 1959, the WOs' and Sgts' Mess in Winnipeg joined in and hosted

the party at Lipsett Hall and the Royal Canadian Artillery Sergeant's Mess. In 1964, it moved to the Warrant Officers and Sergeant's Mess at 17 Wing, where it has been held ever since.

A big thank you to CWO Cox, MWO Birnie, Karen Jensen, the organizing members of the WPA, the entertainers, and all the volunteers for all of their hard work and dedication in delivering this very special event! A very special thanks to the bartenders and kitchen staff, who again volunteered their services to make this event happen.



LCol Neville shares a conversation with some guests.



The Winnipeg Police Choir delivers a selection of holiday music.

Do you recognize them? We do!



In spite of a substantial working experience some former military men and women face employment difficulties in the civilian sector: their military training is not recognized. The solution? The Canadian Forces Community College Program (CFCCP) proposed by College Ahuntsic! **Get credit for your experience.**

More than 100 of the CF Trades have been recognized by the program

MILITARY OCCUPATIONS ANALYSED IN 2002

- Airborne Electronic Sensor Operator
- Marine Engineering Mechanic
- Marine Engineering Technician
- Marine Engineering Artificer
- Electrical Technician
- Marine Electrician
- Vehicle Technician
- Weapons Technician (Land)
- Fire Control Systems Technician
- Traffic Technician
- Mobile Support Equipment Operator
- Junior Leadership Course
- Senior Leadership Course
- Development Period 1-2-3-4

YES, I want to be recognized!



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Christmas Auction Held to Support "Care and Share" Program

By David Lavallee

The 2002 Christmas Silent Auction was held at the 17 Wing Fitness Centre on December 12 in support of the 17 Wing "Care and Share" program. The auction, a joint project between the fitness centre staff and the Wing Chaplain, raised approximately \$1500.

"This is the first year we've worked to support the 'Care and Share' program," said Andy Oxley. "In previous years, money raised by the auction would go to various other programs around the base, but this year we've teamed up with the Wing Chaplain and the 'Care and Share' program. It's a great cause, and we're happy to be a part of it."

The auction featured a variety of items to bid on, including watches, boxing gloves, weight benches, bicycles, decorations of every size and shape, and much more. Most of the items are donated by members of the military community, and

from the military police, who contribute unclaimed lost-and-found and recovered theft items. In addition to the auction items, there was a prize package of new items offered in a raffle. Coffee, juice and assorted goodies were also made available for the many people who came to make a bid.

"It's great to see military members supporting one another through programs like this one," said 17 Wing Honorary Colonel Ben van Ruiten, who was present at the event.

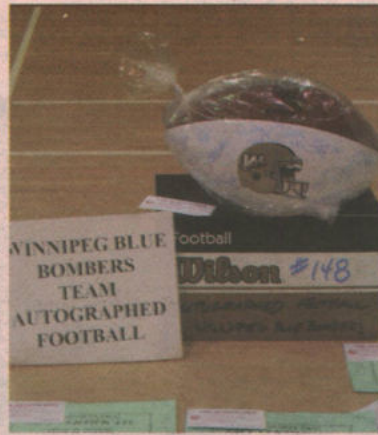
The 'Care and Share' program raises money for a benevolent fund which is used to help members of the military community and their families during throughout the year. Names of recipients are received anonymously, their needs are assessed, and then aid is distributed.

"What's great about our program is that it's military families helping military

families," said Wing Chaplain Padre Major Cherwick. "Sometimes things happen in life, such as having to travel due to a death in the family, and the money just isn't there for people at Christmas time. This is our way of showing that we care for them, by helping them make Christmas special for them and their families."

The program has met with a positive response here at 17 Wing. "The response has been excellent this year," said Padre Major Cherwick. "A number of people have commented that they like the fact that it's military families helping each other."

Thanks to Padre Major Cherwick, the 17 Wing fitness staff, and all of the volunteers that helped out with this important cause! If you would like more information about the 'Care and Share' program, please contact Padre Major Cherwick at (204) 833-2500 ext. 5417.



A signed Blue Bombers football was one of the many items available for bidding.



HCol van Ruiten makes an entry in the raffle.



Padre Maj Cherwick and HCol van Ruiten pose with the Fitness Centre staff, who made the 2002 Christmas Silent Auction possible.

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Fitness & Sports Page

RUNNERS

I have talked to the people at the Running Room and they are able and willing to print our Air Force ensign on a Cool Max shirt or singlet in place of the Canadian flag, or as a smaller "decal" over the left breast.

The cost of the shirt is \$38.33 (the Canadian flag shirt is 39.99 at the Running Room) plus tax. The singlet is approx \$10 cheaper. If you are interested in purchasing one please email or call me at 2020.

Keith Nociar Capt 435 Sqn ext: 2020



Aerobic Kickboxing Program at 17 Wing

by David Lavallee

PHOTO BY DAVID LAVALLEE



Fitness leader and aerobic kickboxing instructor Cathy Scott.

If you're looking for a great way to stay fit, then aerobic kickboxing might be the thing for you. Three times a week, fitness leader Cathy Scott offers an aerobic kickboxing class at the 17 Wing Fitness Centre.

Aerobic kickboxing using boxing-style movements to condition the body. Moves such as punches, jabs, crosses, and uppercuts are commonplace, as are a variety of kicks. The entire workout is done to music to add a rhythmic element to the regimen.

"One of the things this type of exercise offers is focus and concentration," says Scott, who was named the 2002 Manitoba Fitness Leader of the Year. "Participants always keep a 'guard up' stance throughout the sessions, which requires a great deal of focus, concentration and balance." One of the areas Scott focuses on is developing the 'core' area (abdominal and lower back regions), which builds strength for the entire body.

There is an element of discipline involved in the routine, in order to help participants develop the concentration required for this kind of exercise. "It teaches people to focus, which transfers into the other activities and duties they carry out throughout the day, so it benefits both body and mind," says Scott.

Scott says that the moves she teaches are very basic, and that anyone can get involved. "I want to make it so that anyone can come and get into the workout fairly quickly and easily. It's hard work, but you don't have to be a dancer to do this kind of routine."

Scott's class runs every Monday, Wednesday, and Friday from 12:00 - 13:00. The entry fee is \$35 for 15 classes. If you would like more information, or would like to sign up for the class, please contact Melissa Davidson of Community Recreation at (204) 833-2500 ext. 2059.

3 CFFTS Climbing Wall Dedication

On 13 Dec 02, the 17 Wing Commander, Col McLennan, cut the ribbon to officially open the 3 CFFTS climbing wall. The popularity of rock climbing as a sport and a means of keeping physically fit has increased over the last several years and many staff and students had expressed an interest in having such a device available at the Flying School. The initiative to turn the idea into a reality was spearheaded by Capt Phil Nero, and the wall was constructed using 17 Wing's Flight Plan for Life funds.

Present at the ceremony were the 17 Wing Comd, DC McLennan, LCol S.H.R. Bannister, Comd 3 CFFTS, Col B. van Ruiten, Honourary Colonel 17 Wing, Col H. Wishart, HCol 3 CFFTS, Capt Nero, and several students.



Capt Nero holds the ribbon for 17 Wing Comd DC McLennan

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Community Childcare Providers Forum Attention Community Childcare Providers...

Come share your thoughts ...

Tuesday January 21, 2003
6:30 pm - 8:30 pm

Running a home daycare is wrought with challenges from turning your home into an appropriate environment to having effective communications with your clients/parents. Join us at the MFRC for an evening of sharing ideas and resources.

Come out and meet other care providers, enjoy some refreshments and find out what kind of resources the MFRC can connect you to. We will take this opportunity to identify interest in subsequent groups and various workshop topics. A childcare provider will be on hand to keep an eye on the kids. Please call Wendy at 833-2500 ext 2491 by January 14th to register. It's free!!

Youth Services

Kids in the Kitchen MFRC, 102 Comet Street

This program will be offered Friday evening from 6:30 to 8:30 pm. Designed for elementary school age children, the program follows Canada's Food Guide and uses fun and games to promote nutrition. The program will last 6 weeks beginning January 17 2003. Cost for the program is \$30. The cost will offset some of the cost for supplies.

Yu-Gi-Oh Gaming Day

The third Saturday of every month has been set aside for Yu-Gi-Oh. Do you have a young person who has been bitten by the Yu-Gi-Oh bug? Need a safe place for them to play with other young people? The MFRC will open the Multi-purpose room every 3rd

Saturday of the month from 1:00 - 4:00 pm for gaming fun. Trade cards, learn new strategies, or have a tournament with a friend. There is a \$1.00 fee to play.

Children's Programs

Creative Tot Shop



The program is the first step towards nursery school. It provides the opportunity for parents and young children to come together to create and play. The toddler

or preschooler can explore the world of art, music, movement and story. Parent participation is required. Many families come to this program with two or more children of different ages. Registration is not required. It's a great opportunity to meet other parents and make friends.

-Lipsett Hall Nursery School MFRC, 102 Comet St. Mondays, 1:30 - 3pm
Wednesdays, 9:30 - 11am
There is a \$3.00 cost per family. Please bring a snack for your child.

Mom and Tot Swim

Every Monday at Bldg. 90 from 9:00 am - 11:00 am. Bring your baby for a swim. We have a lifeguard on duty and she will be happy to assist you during the swim time. Just bring swimming diapers for your baby and your recreation card. If you need a photo for your child's recreation card call Val at 833-2500 ext 4505

Military Family Resource Centre

Volunteer Connection... Connect to what matters!

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

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

Where can Volunteers make a Difference...

- Outreach Program: newcomer program
- Special Events Planning: Christmas concert, family fun day, registration fair, fundraising

- Youth Programs: after school club, summer/spring camps, movie nights, dances, craft workshops, Volunteer Youth Corps and special events

- Children's Programs: pre-school activities, childcare, nursery school

- Administrative Support: receptionist, clerical work

- Board of Directors: advisory committee, ad hoc working committees

- Volunteer Department: lending library

- Education Services: workshop facilitation, women's conference

- French Services: workshop/course facilitation

In addition to providing skill development and personal growth opportunities, the MFRC Volunteer Program ensures that community members have a wide choice of areas where their strengths and interests can make a valuable contribution toward a stronger community.

For more information on the MFRC Volunteer Program and the many opportunities, please call Nicole @ 833-2500 ext 4507



Tuesday,
8 April 2003
at 7 pm

Base Theatre
(Whytewold Road)

Presented by:

Winnipeg Military Family Resource Centre

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

Tickets \$10
(Cash or Cheque)

Atelier de scrapbooking / Scrapbooking workshop

(Note this workshop will be offered in both languages)

Une soirée pour s'initier et apprendre les techniques de base pour créer des albums de photos qui sortent de l'ordinaire. Apprenez à organiser, documenter et préserver vos souvenirs et vos histoires de famille de façon créative et à l'abri du temps. Veuillez-vous inscrire, avec paiement, au 102 rue Comet. Cette classe est offerte au coût de 15\$ et comprend l'équipement nécessaire pour créer la première page de votre album souvenir. Apportez 6 à 8 photos de votre choix. Salle de réunion, 102 rue Comet Le 31 janvier à 19 h.

Come and join us for an evening of scrapbooking. You will learn the basics of creating amazing photo albums. Learn how to organize, document and save family histories and stories in a safe, creative keepsake memory album. Please register, with payment, at 102 Comet St. The workshop fees are \$15, which includes all your supplies to create your first page in your memory album your first page of your album. Bring 6 to 8 pictures of our choice. Conference room, 102 Comet St. January 31, 2003 at 7pm.

MFRC LENDING LIBRARY

TOYS, BOOKS, VIDEOS,
RESOURCE MATERIALS



Toy Lending

Hours: Fri 10:00 am - 1:00 pm
Membership Fee: \$10.00/family/year
We have many new toys for outside play, come check us out!

Books, Videos, Resource Material Lending

Hours: Mon - Fri 8:30 am - 4:30 pm Membership Fee: Free

For membership and/or lending information
you may contact the MFRC
Fridays 10:00 am - 1:00 pm Phone: 489-7003

ATTENTION LIBRARY USERS...

- Would you like to have a free membership to our toy lending library?
- Are you free Thursdays or Fridays from 10:00 am - 1:00 pm?
- Three hours of volunteer work a week gets you unlimited use of our toy lending library FREE OF CHARGE!

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
Francofone 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 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

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.

Management Development Program Courses: Through SENECA Community College

These are the Management Development Program Courses which earn the student a Certificate in Management from Seneca College. These courses are a wonderful way to develop a stronger managerial style for the individual employed in a supervisory role as well as to develop some significant people skills for those young people who are searching for that indefinable "something" which will get them started on a productive and profitable life. Also we must never forget that for those serving members within the CF, training in management is of great benefit when considerations are being taken into account for professional advancement. All courses are of a week-end duration and a full six courses are required for the Certificate. It must also be remembered that advanced standing is available for those who have completed either their JLC (5 courses required) or SLC or attained an Officers MOC Training (where only 4 courses are required). And remember, with DAOD 5031.3, the costs of these continuing education courses are refunded at 75%, so it's almost free.

MDP 100 -- HUMAN RELATIONS:

Dates 1 & 2 February 2003: Cost: \$ 174.00

Supervisors are very important to the organization, since they interact daily with the employees who are directly responsible for getting work done. The job of a supervisor is a complex and demanding one, often as a result of juggling the demands and meeting the expectations of many people in the organization. To be successful, supervisors need to understand where and how they fit into the management structure and what management functions and skills they need to contribute to the overall success of the organization. In this module you will analyze the scope of the supervisor's job and the skills that are required to be a successful supervisor.

Modules Include:

Module 1 -- The Role of the Supervisor

Module 2 -- Understanding People

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- Module 4 -- Training and Development
- Module 5 -- Leadership
- Module 6 -- Managing Employee Performance
- Module 7 -- Handling Performance Problems
- Module 8 -- Counselling and Discipline
- Module 9 -- Job Satisfaction
- Module 10 -- Managing Change
- Module 11 -- Human Rights and Employment Standards

MDP 200 -- COMMUNICATION:

15 - 16 March 2003: Cost: \$ 186.00

This course is designed to examine communication techniques and strategies that supervisors will find useful in the work place.

Modules Include:

- Module 1 -- Nature and Barriers
- Module 2 -- Communication Skills
- Module 3 -- Questioning Skills
- Module 4 -- Listening Skills
- Module 5 -- Giving Feedback
- Module 6 -- Interviewing Skills
- Module 7 -- Writing Letters and Memos
- Module 8 -- Writing Reports
- Module 9 -- Reading Comprehension
- Module 10 -- Group Communication
- Module 11 -- Context of Communication in the Organization

MDP 700 -- MANAGEMENT FOR RESULTS:

19 & 20 April 2003: Cost: \$ 179.00

The role of manager is constantly changing. The dynamic economy, changing working conditions, new legislation and technology have all resulted in a more complex role for today's manager. Experts agree that management performance very much depends on both the style and quality of managers. While skills and techniques are crucial to be an effective manager, there are many other personal and organizational issues that affect all of us as managers.

Modules Include:

- Module 1 -- Management Process and Skills
- Module 2 -- Goals, Objectives and Tasks
- Module 3 -- Organizational Culture
- Module 4 -- Group Dynamics and Teamwork
- Module 5 -- Time Management
- Module 6 -- Planning
- Module 7 -- Evaluation
- Module 8 -- Authority, Responsibility and Accountability
- Module 9 -- Ethics, Power and Influence
- Module 10 -- Integrity, Human Relations and Personal Growth

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TAROSCOPES

By Nancy

ARIES (March 21 – April 19): Receiving good news improves your mood. Don't expect immediate changes though. You're full of energy and excitement which makes it hard to be patient. Relax, you'll only be spinning your wheels if you try to get everything done right now.

TAURUS (April 20 – May 20): A raise is offered or unexpected funds are received that lighten the financial load. You can now afford to be generous. Allocate money for your future well being, growth and development, then set aside a portion to seed something that will assist others. soon.

GEMINI (May 21 – June 21): If you feel your worries have limited you, you need to determine the truth of this assumption. A missed opportunity actually leaves you available to accept a more suitable challenge coming your way. Have confidence in yourself.

CANCER (June 22 – July 22): You're spending your money at a very healthy rate because you're feeling ahead of the bills and commitments. Be advised that an unexpected expense is coming up early in the New Year. Holding back a bit is prudent.

LEO (July 23 – August 22): Deciding to act even if uncertain, with an attitude of taking a stab at it, may leave you feeling a bit uneasy however this disappears and stress is released because you're no longer in stasis. Something had to be done so you could get on with your life.

VIRGO (August 23 – September 22): Going along with the majority doesn't always work for you. Be sensible and cautious. Play a waiting game instead of getting involved in political games. How you feel about yourself and the quality of your life are more important than titles.

For appointments
call 775-8368

LIBRA (September 23 – October 23): You've thrown yourself into celebrations, situations, relationships and promises with abandon. What looked like a grand idea a week ago is losing its shine. Have you chosen a good partner, in business or life? Time to ask some tough questions.

SCORPIO (October 24 – November 21): You get a break from pinching pennies, struggling and juggling responsibilities. You may think you should take advantage of this and initiate entertainment or outings. If you'd rather just relax, go ahead – do what you want to most – even if it doesn't sound exciting to others.

SAGITARIUS (November 22 – December 21): Someone you're close to will be gone soon. You'll be burning the candle at both ends to, see them as much as possible. The gatherings and get-togethers are non-stop, but you still won't feel you've had enough time before they go.

CAPRICORN (December 22 – January 19): Time goes by faster if you keep busy while you wait. News arrives late. You'll need to be prepared. A chance to travel or take a last minute vacation pops up. Don't wait for others to decide if they can go too. Make your own plans.

AQUARIUS (January 20 – February 18): You're getting better at financial management. Believing in your own capability helps. A message arrives, but you don't appreciate receiving it or the sender's attitude. They presumed you should or would wait indefinitely for word from them.

PISCES (February 19 – March 20): Keeping something in good repair is better in the long run. Inner calm is gained when you only return calls to those who are respectful and mature in action and words. Renewed energy lets you forge ahead with enthusiasm and intelligence.

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Computer Courses Offered

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

February 8	Excel- Advanced
February 22	Intro to Access
April 12	PowerPoint
April 26	Intro to FrontPage
May 3	Microsoft Word

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

Cancellation Policy

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



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