THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg
12 MARCH 2003, VOLUME 51, ISSUE 5
FREE

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Queen's Golden Jubilee Medal and Commander-In-Chief Unit Commendation Awards



See the complete list of all award recipients on Page 10

Lieutenant-Governor Liba Presents Awards at 17 Wing

By David Lavallee

The Honourable Peter Liba, Lieutenant-Governor of Manitoba, was on hand at 17 Wing on Friday, February 21 to present the Queen's Golden Jubilee Medal and Commander-In-Chief Unit Commendation awards. Also present for the event were MLA-St.James Mrs. Bonnie Korzeniowski and Mr. Korzeniowski, MLA-Assiniboine Mr. Jim Rondeau, Wing Commander Colonel D.C. McLennan and Mrs. McLennan, and Wing Chief Warrant Officer Frank Emond and Mrs. Emond.

"It's such an honour to have The Honourable Lieutenant-Governor and Mrs. Liba here today," said Colonel McLennan. "They are strong supporters of the military in Manitoba and in Winnipeg, and are very active in social affairs in the province."

The ceremony was held to recognize the efforts and accomplishments of military personnel (both active and retired) and community members. The Commander-In-Chief Unit Commendation was created by the Governor-General in 2000 to publicly recognize the performance of military deeds of a rare, high standard under extremely hazardous circumstances, which brings honour to Canada and benefits the reputation of the Canadian Forces. The Commnendation was awarded to the 2nd Battalion Princess Patricia's Canadian Light Infantry Battle Group for courageous and professional execution of duty during the Medak Pocket operation in the Former Yugoslavia in September, 1993. Members of the 2PPCLI Battle Group held their ground under enemy fire, forcing the Croatian Army to cease 'ethnic cleansing' in the sector. Their bravery undoubtedly saved many innocent lives.

The Queen's Golden Jubilee Medal commemorates the 50th anniversary of the reign of Her Majesty Queen Elizabeth II, and is awarded to Canadians who have made a significant contribution to their fellow citizens, their community, and to Canada. Recipients are nominated for the medal by a wide variety of public, private and non-profit organizations across the country.

"This is a very special occasion, where we recognize those who served Canada with honour, distinction, and valour," said His Honour, Lieutenant-Governor Liba. "The actions of the recipients of the Commander-In-Chief Unit Commendation saved the lives of countless people from the escalating madness of 'ethnic cleansing', and your actions will not be forgotten."

There were a total of fourteen recipients of the Commander-In-Chief Unit Commendation, as follows:

Cpl Stephen Murrant 2PPCLI / Wing Supply

MCpl Chris Whitelaw 2PPCLI / 1 Air Movements Squadron

MCpl Ed O'Neill 2PPCLI

Mr. Chris Byrne Former member of 2PPCLI

Cpl Mike Hagans 2PPCLI /Wing Transport

MCpl Richard Burke 435 Squadron

Sgt Albert Caines 26 Fd Regt Brandon

Pte David Jackson 2PPCLI

MCpl Larry Lavoie 2PPCLI

MCpl Brent Yorke 735 Comm Squadron

Mr. Andy Oxley PSP

Cpl Greg Jabusch 402 Squadron

MCpl Cameron Stephen CFAD Dundurn

Mr. Claudio Gasc Former member of 2PPCLI

Please see **LIEUTENANT-GOVERNOR LIBA PRESENTS AWARDS AT 17 WING** *on Page 10*



PHOTO BY CPL MARK IRVINE, 17 WING IMAGING

Wing Chief Warrant Officer Emond (left) receives the Queen's Golden Jubilee Medal award from Lieutenant-Governor Peter Liba.



PHOTO BY CPL MARK IRVINE, 17 WING IMAGING

Mandi Singh accepts the Queen's Golden Jubilee Medal award from Lieutenant-Governor Peter Liba.

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New Patrol for Tadoule Lake, MB

By WO Wade Jones

Tadoule Lake is situated 250 km west of Churchill and 920 km north of Winnipeg. It has a population of approximately 250 Sayisi Dene First Nation people. Tadoule Lake is truly an isolated community. The closest community is Lac Brochet some 120 Km west as the crow files. The only way in or out is by air or winter road; the latter only for a few months of the year (and mere 24 hrs by truck to Lynn Lake). The ecomomy is based on hunting, fishing, trapping and many are professional guides for outfitters.

The people of Tadoule Lake gave a warm welcome the CO, 4CRPG, Maj Ian Hay, GSM, MWO Bud Fisher and the Admin O, WO Shannon Wills from our HQ in Victoria BC, as well as the MB Ranger Det from Winnipeg, MWO Doug Colton, WO Wade Jones, WO Christine Fink and Sgt Jeff Belisle. The chilling temperatures and hundreds of caribou on Tadoule Lake were the backdrop for the initial community briefing on the Ranger Program. Two more briefings were given over the next 2 days and the interest steadily grew. From that day on, the community was very enthusiastic and eager to help the Ranger Program in any way they could.



Shooting on Weiner Lake - Marksmanship as a whole was very good, with a few of the younger members of the patrol such as Ranger Jedrick "Steven" Thorassie, showing great promise for the GSM's shooting team in years to come. He had the best grouping of the day.



Living on the land comes as no great hardship for the older members of the Patrol but becomes a little more difficult for the younger ones. Having a cross section of the age groups provides a great opportunity for the passing of knowledge from generation to generation. Patrol Comd, Sgt Jim Clipping says. He has been actively involved with the youth of the community for a while now and sees the Ranger program as a positive step for the community.

Weather is always a factor when this far north and often halts the best laid plans, or at least one must re-evaluate them, as was the case with the FTX. Temperatures dropped to -50 with the wind chill, so day trips replaced the overnight exercise. Even daylight temperatures did not warm the soul as we had hoped, however, a good hot fire, a brew of tea and hot IMPs kept the body fuelled enough to squeeze in a couple of hours of lake trout fishing on Stony Lake. Where tales of 50 pounders kept Sgt Jeff Belisle and most of the patrol huddled around holes on the ice to witness a couple of 5 pounders jump through the holes to keep the interest. These hardy new Rangers were not to be slowed. Try standing on a toboggan, hanging onto a backboard and being towed by a ski-doo for 15 or 20 miles at -40 to -50, not a problem for the Rangers from Tadoule Lake. "Winter travel is a way of life for some" says Section Leader, Mcpl Tommy Cheekie, who has made the 500 km round trip to Churchill many times and has guided professional adventures from Europe across the north.



Training went very well with an excellent turnout each night. Map and compass proved to be an interesting subject for all. Though the Dene people travel extensively in their traditional hunting grounds, map and compass are seldom used, if at all. It was enlightening to see traditional navigational skills coupled with modern aids and how they enhance each other. Ranger Joe Thorassie SR, one of the older members of the patrol, tells of when his people travelled as far east as Churchill and north of the 60th parallel to the Coppermine and Kazan River all without maps or compass. Even today, seasonal trips still happen. Patrol 2I/C Ernie Bussidor says "All you have to do is look at any map and the names of the lakes and you can tell how far my people travelled. The names are in Dene, like Kasba Lake, Dene for Ptarmigan", and the list went on.



Let's meet the Tadoule lake Patrol.

Back Row-Rgr Ray Ellis, Rgr Joe Thorassie SR, Rgr Clifford Anderson, Rgr Isaac Thom, Rgr Steven Thorassie, Rgr Darryl Antsanen, Rgr Raymond Powderhorn, Centre Row-Patrol 2I/C Mcpl Ernie Bussidor, Rgr Cynthia Clipping, Rgr Moses Anderson, Rgr Leo Thom, Rgr Jedrick Thorassie, Rgr David Ellis, Rgr Lawrence Yassie, Rgr Johnny Cheekie, Patrol Comd Sgt Jim Clipping Front Row- Section Leaders Mcpl Peter Duck, Mcpl Tommy Cheekie, Rgr Fred Yassie, Mcpl Edna Thorassie

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Butting Out – Making it a Reality: 17 Wing Members Share their Stories. Part III

Submitted by Carol Styles
17th Wing HP Director **ing HP Director**

STRENGTHENING THE FORCES
ÉNERGISER LES FORCES

The following is the final article in our 3-part series on butting out, in which 17 Wing members share their personal stories about smoking cessation, to assist those participating in the **"March 1st, I Quit!"** smoking cessation challenge. This personal story focuses on remaining smoke free in the long term. The author of this article shares practical strategies for personal motivation. I'm sure you'll agree that the personal stories shared in this series on smoking cessation are inspiring and provide really useful strategies for quitting smoking.

Thank you to PO2 Mitch Cormier, WO Al Miller, and the author of the following article for sharing your stories with us, and congratulations on your success in quitting smoking! Thank you to LS Wilson for providing words of encouragement and continued support for members via the Butt-Out program.

Quitting Smoking, or more aptly put... GETTING REAL

I won't get into the history of why I smoked and what I experienced while smoking. Waste of time for smokers to read that. I will discuss quitting though, why I did it and how I did it.

Having smoked for 13 years, and resolving to give up the habit many times, I decided it was time to get real about the whole situation. My second son was born Dec 11th, 1991. I smoked my last cigarette on Dec 15th, 1991. In spite of the oncoming holiday season and the obligatory celebrations, I just decided that it was time to get real. I just love the phrase "Everyone quits smoking – sometime". Both my sons – the first was born in 1988 – were too important to continue the lunacy of polluting both myself and the air around them with what I knew (and everyone else knows) are the hundreds of chemicals, otherwise known to the human body as carcinogenic garbage, within the smoke I was creating. My wife had quit smoking during her pregnancy, and appeared to have the habit kicked.



I'm not saying it was simply the presence of my children or my wife's ability to stop smoking. It goes to something much more profound. The recognition that I believe every smoker needs to go through – what the real situation is - that cigarettes are nothing more than junk, garbage, and people-polluters that have no place in our world. They are currently about as anti-social a phenomenon as can be. They are impediments to many, many social situations.

But enough diatribe. Over the years that I was a smoker, I met several people who had quit. Some of them started up again, even after months and sometimes years of having gone without smoking. As a smoker who wanted to quit, that was just flabbergasting! How I wished that I could quit for a month, even a couple of weeks! I knew that by "investing time" I could stay off them. And thus was born my strategy.

When I quit, I made sure that the day I picked was an appropriate one. Not a Friday, nor a Saturday – I was worried about getting involved in a social situation that might tempt me to light up. I chose a Sunday because it was the day before work. I allowed myself to smoke that day, but decided to go to bed early that night. Then I went for it. I counted time, in terms of hours, without smoking. The first nine hours were a breeze. I slept right through them. Suddenly, I was into double digits. 10 hours. You see, my strategy was to consider the milestones I was achieving, and that I didn't want to waste the time I "invested" in not smoking, like the other people I described before who started up again after lengthy periods of going without. I was getting good at counting hours and figuring out when milestones would occur. Did you know that 100 hours is exactly 4 days and 4 hours? I considered that milestone as one of the most important. Or that 1000 hours is 42 $^1/_3$ days? Once you have 200 hours, you've gone over a week, and I think that the 250 hour point – of 1000, or 10 days/10 hours is the magic milestone. 1000 hours occurred on a February morning as I was waking up. I went outside and took a deep breath of cold Winnipeg air and felt glad because I knew it was over. I continued to count to 2000 hours (almost 3 months), and sometime between 2000 and 3000 I stopped counting. Well, not quite. I still do to this day in terms of the months and years I have gone without smoking. Now it's been just over 12 years, and my next milestone is the 13 year point. That is exactly how long I smoked for, and it feels like it will be an eraser to all those years of being under the nasty influence of cigarettes.

Some might feel it would be anti-productive to be thinking about quitting smoking while doing it, as it may be tempting to start up again because of all the thought going toward the effort. But for some reason, the more I involved myself with the milestones, the more repulsive it felt if I was to go back to inhaling the noxious substances into my body. I could literally feel the headache I would achieve by puffing, especially if I was enjoying a beer! (or more to the point, the headache I would have the next morning...). I ate a lot of sunflower seeds, not the already shelled kind, and read a lot of books.

In summary, and at the risk of sounding "preachy", quitting can be relatively easy if one is willing to invest the time and to not "sell out" the time invested. The more milestones one reaches, the more difficult it is to go back.

Worked for me.

Anonymous

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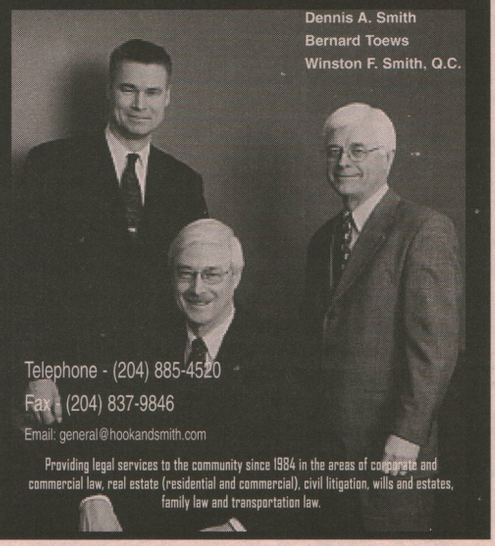
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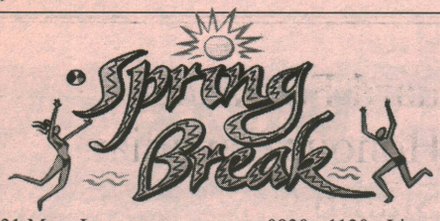


31 March - 4 April 2003

31 Mar	Lacrosse	0930 - 1130	Lipsett Hall
1 Apr	Bowling	1300 - 1600	Academy Lanes - 394 Academy Rd. $5.00/family
3 Apr	Roller Skating	1330 - 1600	Galaxy Skateland 595 Portage Ave. $2.00/person
4 Apr	Pool Party	1300 - 1500	Bldg 90 Pool (Organized Games)
4 Apr	Ceramics	0900 - 1200	Parent/Child 5 yr+ (Heart Vase, String Art $10 + gst)

Casual Swim Times

Bldg 90

Mon Main Pool	1300-1730
	1830-2000
Mon Wading Pool	1300-2000
Wed	1300-2100
Fri	1300-2000

(plus Reg. Evening Lap Swim)

Lipsett Hall Tue/Thu 1300-1600

Activities Provided by Community Recreation & Military Family Resource Centre

• NOTE

Register for Lacrosse, Bowling & Roller Skating @ Westwin Community Centre

For Info: Elaine @ 833 -2500 Local 5976; Diane - Loc 4508; or Melissa - Loc 2059

Summer Sports Camps

Submitted by Melissa Davidson, Community Recreation Director, local 2059

Community Recreation is again very busy planning an eventful summer program to keep everyone of all ages busy! Plus we're pleased to offer joint programming with the City of Winnipeg. (Camps will be available at a reduced fee for Recreation Members.)

In addition to our regular preschool activities and sport day camps, I'm pleased to share these summer highlights:

Athletic & Sport Conditioning	7-11 July
Triathlon Camp	14-18 July, ages 9-12
Lacrosse	14-18 July, ages 6-12
Dance/Improv Camp	21-25 July, ages 10-15
Team Handball/Water Polo	21-25 July
Wrestling & Rugby	28 July –1 Aug
Racquet Sports	18-22 Aug, ages 9-14
Youth Golf Camp	TBA
Children's Golf Camp	TBA
Youth Canoe/Kayak Trip	25-29 Aug, (Entering grades 10-12)

Watch upcoming issues of the VOXAIR for articles highlighting summer camps and activities available this summer in our community. A complete summer guide and registration will be available in April.

Youth Centre Hours

South Side	North SIde	
Tue, Wed, Fri 1:00 - 4:00 pm	Mon-Thu	6:30 - 9:00 pm

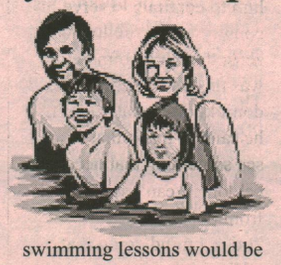
New Pre-School Swim Program ready, and Improved Swim Lesson Delivery to Make a Splash

Beginning in April, parents with preschool aged children will see a big difference in class programming. Community Recreation is introducing a new five level preschool program created to meet the physical and mental capabilities of children between the ages of three and five. The program incorporates the same knowledge and water based skills as the Red Cross Aqua Quest program but has been designed with the unique needs of preschool aged children in mind. In level one, children will be introduced to the aquatic environment through games, songs and practice of the basic skills. Advancing through the levels, they will be taught floats, glides, breathing and strokes. At completion of the 5 levels, children will be able to swim an entire length of the main pool.

To ensure that each child is given the best opportunity to succeed, we have set the class ratio for these lessons at four children to one instructor. In addition, Preschool classes will now run for a full thirty-minute class instead of just twenty minutes.

Child – Instructor ratios will also change for the Aqua Quest program. Aqua Quest Levels one through six will have six children to one instructor, while children registered Aqua Quest seven to twelve will have eight children to one instructor. These ratios have been set with your child's learning in mind. The new class sizes will ensure more one-on-one attention for each child as well as maximize the amount of time that each child spends swimming.

In the event a swim block becomes open, private



swimming lessons would be made available. At a cost of $15.00, your child will receive one thirty-minute lesson that will allow them to receive individual attention from one of our instructors. Enrolling your child into one of these lessons will allow them the time to grasp a new concept that they might be struggling with or extra time to practice some drills that will help them improve their overall swimming ability.

If you are interested in taking some of the advanced life guarding and instructing courses such as Bronze Medallion, Bronze Cross, Aqua Leaders, or N.L.S., please phone ext. 7013 to have your name added to our interest lists.

To assist in the cost-recovery of these programs, the swim lesson registration fee will increase from $25 to $35/level for the first two children in a family, additional children can register for $25/level. Bronze Medallion and Bronze Cross courses are available at a cost of $95.00 per child including the manual.

Registration for the spring session will begin on March 17, 2003. The lessons will start the week of April 15 and run for 10 weeks until the middle of June. To register by phone with a credit card, call Elaine at 833-2500 ext. 5976 or in-person at the Westwin Community Center, Recreation Office. Regular hours are Monday to Friday 0800 – 1200 and 1300 – 1500.

If you would like more information on the programs and changes that are listed above please call Dana Hinkema, AQ Supervisor at 833-2500 ext. 7013.

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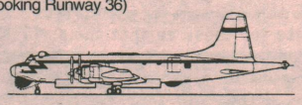

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Air Commodore Birchall Delivers Words of Wisdom

Distinguished officer shares experiences, lessons with AAOC

By David Lavallee



PHOTO BY DAVID LAVALLEE

Air Commodore Leonard J. Birchall was at 17 Wing on February 28 to give a lecture to the AAOC.

17 Wing had the honour of hosting a lecture on leadership by Air Commodore (retired) Leonard J. Birchall, which was delivered to the Advanced Aerospace Operations Course (AAOC) at the Officer's Mess on Friday, February 28.

"Command is a source of authority," said Air Commodore Birchall. "Command brings obedience, but not loyalty and trust – those must be earned."

The Air Commodore's lecture focused on what he calls the "Three C's" of leadership – Character, Competence, and Comradeship. Through the afternoon, the Air Commodore recounted his personal experiences in the military – which included a moving account of his experience as a pilot and Japanese POW in the Second World War – to point out the qualities inherent in a good officer.

"The fight with selfishness is the biggest battle that you'll ever have to wage," said the Air Commodore to the assembled officers. "Once you've won that fight, everything else will fall into place."

The Air Commodore actively served in the CF for over 30 years, and after retirement from active duty, continued to remain very active in both military and civilian affairs. His list of honours is long and prestigious: the Order of Canada, Order of the British Empire for Gallantry, Order of Ontario, Distinguished Flying Cross, and the only member of the CF ever to receive the fifth bar to the C.D., just to name a few.

During the Second World War, the Air Commodore was named the "Saviour of Ceylon" for getting a warning to the Island of Ceylon that a Japanese fleet was closing in on April 4, 1942. His actions saved the British fleet and allowed the island time to prepare a defence. Just after getting the signal away, the Air Commodore's plane was shot down. He became a Japanese POW, and was taken to Yokohama Camp, where he remained for the rest of the war. He and his fellow prisoners faced horrible atrocities at the hands of the guards, and often the Air Commodore and the other officers intervened and took punishment that would otherwise have been meted out to the men. Even though a rest is well deserved after such a remarkable record of service, Air Commodore Birchall continues to give. When asked what it is that drives him to continue to serve his country and his fellow citizens, the Air Commodore was unsure of the answer. "I don't know, I really don't," he said. "I guess that when I see something that needs to be done, I can't stop myself from doing it."

"I don't mind doing it at all," said Air Commodore Birchall of his frequent touring around the country to share his knowledge and experience. "If I can help out in some way, the let's do it. I feel I owe the Government and the people of Canada that much."

We Stand On Guard For Thee: Canada Post to Honour Canadian Rangers with a Stamp

OTTAWA– Formed on March 3, 1942, the Pacific Coast Militia Rangers (PCMR) were established in response to the wartime threat of a Japanese invasion. Originally made up of loggers, trappers, fishermen and Natives, the PCMR were the precursor of the Canadian Rangers, a vital component of the Canadian Forces. The Honourable André Ouellet, Canada Post's President and Chief Executive Officer, announced today that a single domestic rate stamp will be issued on March 3rd to honour the Canadian Rangers for their important work. A total of 3 million stamps will be available in panes of 16 stamps.

The stamp's design is by Oliver Hill and Dennis Page of Page & Wood Inc. of Halifax. Mr. Page previously designed the 1999 Naval Vessels stamps as well as the Killam stamp in Canada Post's Millennium Collection that same year. The principal image is of a red-capped Ranger looking through binoculars, with snow-capped peaks reflected in the lens. Mr. Page explained that the design effectively communicates the Ranger's motto, the watchers, and highlights the organization's critical role in defending the remote areas of Northern Canada.

The Canadian Rangers duties are many: the reporting of unusual activities (including unidentified vessels within Canadian waters), search and rescue operations, surveillance/sovereignty patrols, and at times, mentors and educators for the Junior Canadian Ranger (JCR) program. The JCR program was launched in 1996 to promote traditional cultures and lifestyles by offering a variety of structured activities to young people in remote and isolated communities of Canada. Currently, there are more than 2,500 JCRs in 79 communities across the country. For additional information on the Canadian Rangers, please visit www.rangers.forces.gc.ca.

Available for sale at post offices across the country on March 3, 2003, the stamp measures 56mm x 29mm, and will be sold in sheets of 16. The stamp was printed by Lowe-Martin, using six-colour lithography with gloss spot varnish and P.V.A. gum, on Tullis Russell Coatings paper. The stamp is general tagged on all four sides and has 13+ perforations. The Official First Day Cover will read Yellowknife NT.

Stamps and Official First Day covers will be available at participating post offices, or by mail order from the National Philatelic Centre. From Canada and the USA, call toll-free: 1-800-565-4362 and from other countries call: (902) 863-6550. Stamp information may also be found in the Newsroom section of Canada Post's Web site.

Follow the links off the homepage at: www.canadapost.ca.

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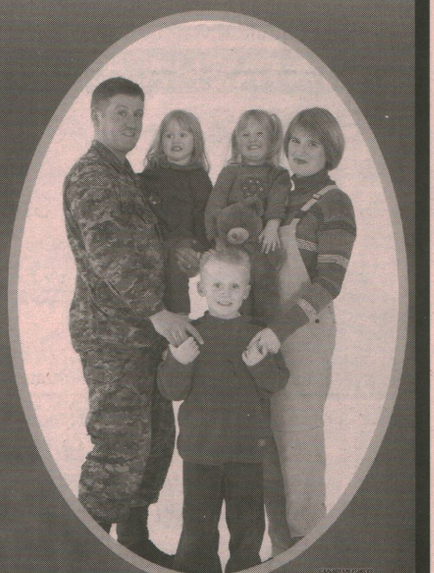

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Warrant Officer Tollenaere in Op Apollo

As the Visits NCO for Op Apollo, Warrant Officer Walter Tollenaere was instrumental in coordinating Her Excellency The Right Honourable Adrienne Clarkson, Governor General of Canada, and the Canadian Forces Bishop, Military Ordinary Don Theriault's, visit into theatre.

Warrant Officer Tollenaere coordinates all VIP and regular visits by ensuring transportation and gate passes as well as rations and quarter arrangements. He said the job is extremely busy and the days can be quite long.

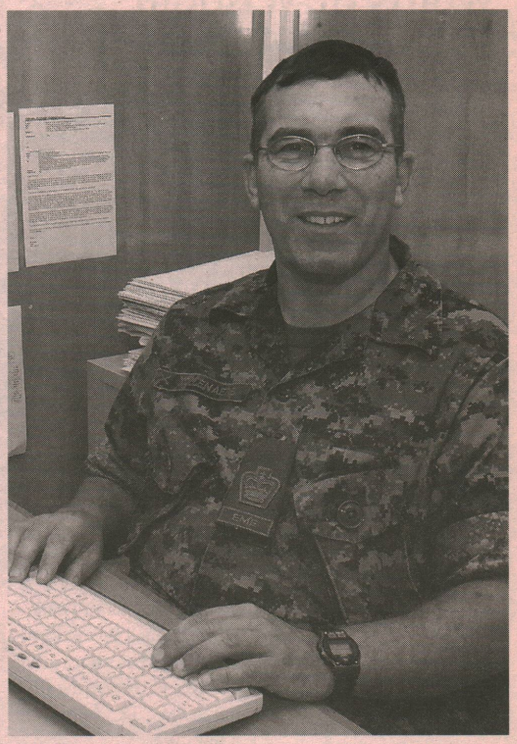
"What time off?" he remarked of his hectic schedule which often requires him to be up as early as five a.m. to make an airport run or working as late at 1 a.m. "When I get a chance, I lay behind the quarters and take in some sun."

Warrant Officer Tollenaere is no stranger to deployments. Op Apollo is the fourth tour of his 25-year military career; however, it is his first deployment as a reservist. He joined the air reserves only four years ago.

"My wife, Warrant Officer Madeleine Tollenaere, talked me into joining the reserves," he said. "She told me that it was a good organization to be part of. It is like being part of a big family."

Although he admits the extended separation from his wife and two boys is difficult, he says his family is very supportive and that helps a lot.

When asked about the process of deploying, he said, "I believe every reservist should go on deployment, but for those that really want to go, be patient, keep your collective training up to date and don't choose the operation that you wish to go on. I have been trying to go on Op Palladium for two years and look where I am - Op Apollo."



WO Walter Tollenaere serves as the Visits NCO for Operation Apollo.

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CF Basketball Championships Held at 17 Wing Fitness and Rec Centre

By David Lavallee

The 2003 CF National Basketball Championships were held March 4 – 8 at the 17 Wing Fitness and Recreation Centre. The competition featured teams from all five regions across the country – Pacific, Prairie, Ontario, Quebec, Atlantic – battling for the title of top basketball team in the CF.

"For those who have never been to Winnipeg, I welcome you here, and for those who have, I welcome you back," said Wing Commander Colonel D.C. McLennan at the opening ceremonies of the tournament. "It's going to be a week of good ball, and you should all be proud of representing your respective regions. You've done a lot of hard work just to get here, and no matter who comes out on top, you're all winners."

The 17 Wing Winnipeg team, representing the Prairie region, will be among the teams competing. The tournament was still going on at press time, so look for more detailed coverage of the tournament results in the next issue of the Voxair.



PHOTO BY CPL JOHN BRADLEY, 17 WING IMAGING

Colonel D.C. McLennan (centre) conducts the opening jump-off of first game of the tournament, between Prairie Region (17 Wing Winnipeg, right) and Atlantic Region (left).



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Hospice Aerobics Challenge A Smashing Success

Charitable event surpasses previous participation and fundraising record

By David Lavallee



PHOTOS COURTESY OF MARC GALLANT / WINNIPEG FREE PRESS

Khari and Justine Jones were on hand at the 17 Wing Fitness and Recreation Centre to lend their support to the 2nd Annual Hospice Challenge. Approximately 160 people participated in the event, which raised in excess of $22,000 for Hospice and Palliative Care Manitoba. Khari and Justine Jones 'step up' for palliative care (left); one of the event's participants works her way through the challenging aerobics routine ; and Khari gets into the workout (right).

The Second Annual Hospice Aerobics Challenge at the 17 Wing Fitness and Recreation Centre shattered its previous record of attendance and money raised, as approximately 160 people turned out to take part. At press time, the event had raised in excess of $22 000, which will benefit Hospice and Palliative Care Manitoba; however, pledges were still coming in.

"This year's event turned out wonderfully," said fitness leader Cathy Scott, founder of the Hospice Aerobics Challenge. "It's great to see so many people coming out and getting involved."

The money raised by the event will go to benefit many different areas of Hospice and Palliative Care Manitoba's operations. "The funds raised by this event will go to support our programs and services – helping to support those people who are living with terminal illness and those who are coping with grief," said Margaret Clarke, Executive Director of Hospice and Palliative Care Manitoba. "It will also support education for volunteers and other health professionals that work with the terminally ill."

The Hospice Challenge raises money by getting participants to sign up for the event, and then go into the community to raise pledges. Participants then take part in the the challenging two hour workout at the Fitness Centre, which is led by Scott, a certified aerobics instructor and 2002 Manitoba Fitness Leader of the Year.

The event was created the previous year when Scott, who had organized and led similar fundraisers for the Arthritis Society, joined forces with Hospice and Palliative Care Manitoba. Scott says that the cause is one that is close to her heart. "After I was diagnosed with breast cancer, I really realized the fragility of life," she said. "Tragically, not everyone is as fortunate as I was in surviving my illness, and it's important that they get proper end-of-life care."

Scott decided to apply her talents to try to raise money for a worthy cause, and the Hospice Challenge was born. "I felt that by doing what I think I do best, which is exercise and motivate people, I could maybe make a difference and support a great orgranization and a great cause."

The 2003 Hospice Challenge drew support from a pair of local celebrities – Winnipeg Blue Bombers quarterback Khari Jones, and his wife, Winnipeg Free Press writer Justine, who both participated in the challenging aerobics workout. "It was something that Justine brought to my attention, and I got a call from Cathy asking if we'd come out and lend our support," said Jones. "End-of-life care is something that people don't like to think about, but eventually a lot of people need it, so I think it's a great cause to support."

Although he said he enjoyed the workout, Jones mentioned that he thought it was challenging. "I did aerobics when I was a little younger, but I don't think I've ever done two hours worth, so that was a little tough," he said. "But Cathy is definitely a great leader, and it was a lot of fun."

Khari and Justine even went so far as to challenge each other to see who could raise more money. "Khari and I always like a little challenge, so we thought we would compete to see who could raise the most money," said Justine. "When we learned about all the services that Hospice and Palliative Care Manitoba provides, we really wanted to get involved, and we thought this was a great way to help out."

This is the second year the event has been held at the 17 Wing Fitness and Recreation Centre. Clarke said that the first Hospice Challenge was originally scheduled to be held at the St. James Civic Centre, but as more and more people got on board, she realized they needed a larger facility. The 17 Wing Fitness and Recreation Centre had the space and the resources needed to handle the event, so the Hospice Challenge was moved to 17 Wing. "This has been a great place for the event – it's a great facility and the atmosphere is very welcoming," she said.

"Physical activity is about improving quality of life – improving body, mind, and soul," said Clarke. "Hospice and Palliative Care is all about helping people to live as fully as possible and celebrate life, even though their length of life is shortened, so I think that there's a strong connection between exercise and end-of-life care, which is why events like this one are so successful."

Thanks to Cathy Scott for all of her hard work and dedication in bringing this event to life, as well as to Khari and Justine Jones for lending their support, to assistant fitness leaders Wendy Adams and Vicki Zachanowich, and to event organizers Margaret Clarke, Joan Lawless, and Sophie Tapper. Thanks also to Andy Oxley and the 17 Wing Fitness Staff for their work in helping to organize and set up the event at the Fitness Centre, and to Cpl Brian Mullen for providing the audio/visual elements of the event.

Promotions and Awards



Maj Mosnier, W Tn O, presented Capt Fisher his promotion to that rank effective 14 Dec 02.



LCol Pratt, W Log O, presented (L) Cpl Wery and (R) Cpl Van Osch with their award for being selected Tradesperson of the Quarter for W Tn for Oct-Dec 02 and Jul-Sep 02. Congratulations!



Cpl Smit was presented her accelerated promotion to the rank of Cpl and her award for being selected driver of the year. Presentation was made by Maj Mosnier, W Tn O, and MWO Maidment, W Tn SWO.



Having recently returned from six months in Bosnia, MCpl Goodall was promoted to the rank of Sgt effective 4 Dec 02. Sgt Goodall has taken over the duties of NCO i/c MSE Safety.

How to prevent eye injuries in hockey

- Replace helmets every seven years and avoid purchasing used ones. Older helmets may have weak plastic, may have lost the ability to absorb impact, or may contain deteriorated lining.
- Ensure helmets and face protectors are certified by the Canadian Standards Association (CSA).
- Make sure equipment fits properly. Helmets should be snug and secured to the head by a taut chin cup. Ensure face protectors are properly fastened to helmets.
- Get accustomed to new helmets and face protectors before a game. Practice looking through the face mask.
- Do not tamper with equipment. Never cut wires on face protectors, because it weakens the entire structure.
- Immediately replace cracked or damaged helmets and face protectors.

(Source: Canadian Safety Council)

For more information about eye safety, please visit www.cnib.ca or contact The Canadian National Institute for the Blind (CNIB) or the Canadian Council of the Blind (CCB) local office.

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Voici le gagnant !
Félicitations au capitaine Jim Bekkema (au centre), le tout dernier gagnant du grand prix de 10 000 000 de points du Club Xtra dans le cadre du concours Club Xtra CANEX / La Personnelle 2002. Pierre-Yves Dumouchel, directeur national chez CANEX et James Malcolm, directeur principal à La Personnelle, compagnie d'assurance, remettent à l'aumônier catholique de la BFC Shilo (Manitoba) son chèque d'une valeur de 10 000 $.

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Continued from Cover

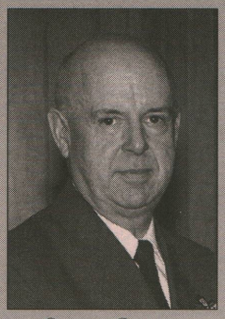
Lieutenant-Governor Liba Presents Awards at 17 Wing

After presenting the Commander-In-Chief Unit Commendations, Lieutenant-Governor Liba turned his attention to the Queen's Golden Jubilee Medal awards. "The medal was created to celebrate Her Majesty's 50 years as Queen," said Lieutenant-Governor Liba. "It's a tangible and lasting way to pay tribute to Canadians who have made significant contributions to their fellow citizens and their country."

A total of 63 military personnel, civilian personnel, and citizens received the Queen's Golden Jubilee Medal award, as follows:

Cpl Linda Armstrong	Wing Supply
Maj Tim Auger	Wing Comptroller
Mr. Bill Barnes	Former member of Wing Operations Branch
Mrs. Denise Bedard	WTISS
MCpl Brad Belbin	WEME
Mr. Jack Bessey	17 Wing Air Force Association, former CO of Ghost Squadron Air Force Association
Maj Steve Camm	Central Flying School Winnipeg
Capt Guy Chapdelaine	Wing Administration Branch Chaplains
Ms. Catherine Chatterley	MFRC (awarded on behalf of the late Honourable Ron Duhamel, Member of Parliament)
Capt Bill Collier	Central Flying School Winnipeg
Cpl Peter Cross	WCE
Cpl Eric Dietz	1 Air Movement Squadron
Father Joseph V. Driscoll	l'Archidiocese de Winnipeg (awarded on behalf of the Honourable Mira Spivak, Member of Parliament)
MCpl Darwin Duckworth	WEME
Sgt Jos Dureau	435 Squadron
Ms. Shelley Finnen	WEME
MCpl Darcy Flett	WCE
CPO2 Jon Fraiser	Wing Personnel Services
MCpl James Frederick	435 Squadron
Cpl George Gebauer	435 Squadron
CWO Bob Goch	WTISS
MCpl Jeff Grogan	435 Squadron
MCpl Jogi Hannappel	Wing Operations
MCpl Terry Harrison	Wing Operations
Capt Pat Hintz	Wing Operations
Cpl Marjolaine Joly	WTISS
Capt Ken Kruger	435 Squadron
Cpl Paul Lafosse	WEME
Cpl Murray Lagace	Wing Transportation
Cpl Steven Lapensee	Wing Transportation
CWO Brian Lauzon	WEME
Mr. David Lavich	Former member of 435 Squadron
Cpl Mark Laviolette	Wing Transportation
Cpl William Leonard	Wing Operations
Cpl Jeffrey Lukasik	435 Squadron
MWO Ronald Maltby	435 Squadron
Sgt Joseph Markewicz	Wing Operations
Cpl Heather Maschio	435 Squadron
Mrs. Constance McDonald	Wind Administration Officer EA
Capt Michael Mietzner	Wing Public Affairs Officer
Cpl Stephen Murrant	2PPCLI (Wing Supply)
MWO Garry Nelson	WEME
Cpl Allen Neumann	WEME
WO Sandy Noble	WEME
Sgt Wayne Olafson	WEME
Maj (ret'd) Howard Otchenash	Wing Headquarters
Capt Claude Prud'homme	Central Flying School Winnipeg
WO John Robidoux	WEME
Maj William Saunders	CFSAS
MCpl Jay Sheppard	WCE
Ms. Mahinder Kor Singh	Wing Administration Branch Cleaning Services
Mr. Christian Stumpf	Manager Corporate Services 17 Wing
Cpl Scott Trapnell	Wing Operations (CE Section)
Sgt Frederick Tucker	Air Command Band
Maj Fred Tuttle	CFSAS
Cpl David Van Osch	Wing Transportation
Sgt Sherree Vickers	Air Command Band
Cpl Edwin Villamor	WEME
Cpl Keith Watson	WEME
Maj David Wolfe	CFSAS
Capt Joanne Lintott	Former member of Wing Comptroller Branch (received posthumously by sisters Carol and Katherine)
CWO Frank Emond	Wing Chief Warrant Officer
Col Doug McLennan	Wing Commander (awarded on behalf of Bonnie Korzeniowski, MLA St. James)

Congratulations to the recipients on receiving your awards, and thank you for your hard work and dedication to your fellow citizens, your community, and your country.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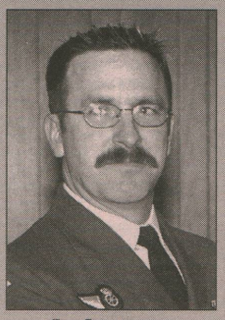
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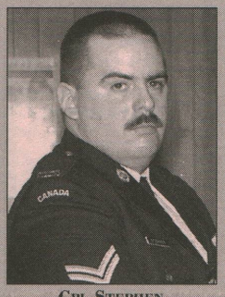
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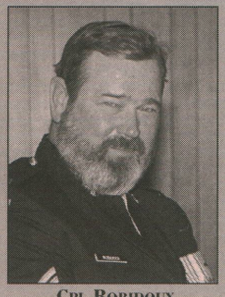
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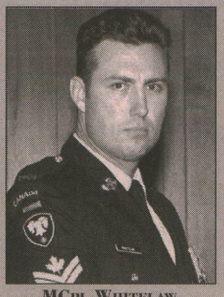
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Fitness & Sports Page

Westwin a Centre of Curling and Camaraderie

By David Lavallee







The old Westwin Curling Club on the North Side of 17 Wing (left) was a popular spot in both summer and winter, and served as a gathering place for many people on the Wing. A crew cleans up the remnants of the club (centre, right) after it was destroyed in a fire on August 24, 1985.

Before it was destroyed in a suspicious fire on August 24, 1985, the Westwin Curling Club was a hub of activity at 17 Wing. In the winter, it served as the primary curling club for the military community in Winnipeg, and in the summer, it was a popular hangout for ball teams. All year round, it was a gathering place for many different people on the base.

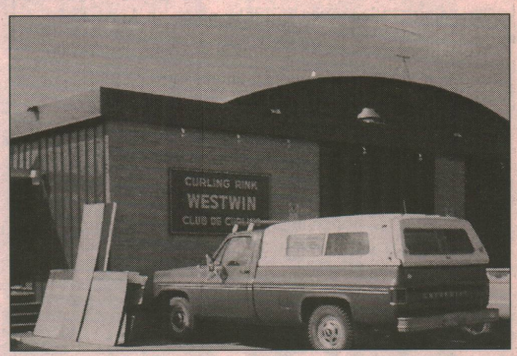
"We had more fun at Westwin than you could shake a stick at," recalls Earl Lin, who was the presiding manager of the club at the time of its demise. "In the winter, we'd have men's, ladies', and mixed curling, and in the summer, we'd socialize with the ball teams and with our friends." People on the base often spent their lunch breaks at the club, turning it into a makeshift restaurant throughout the year. In fact, the club was such a popular hangout that CJOB's Peter Warren once called it the 'Payton Place' of Winnipeg. "It was busy all year round," says Lins.

During the curling season, Westwin had a large body of regular curlers that always kept the place busy. "It was a very large club," says Lins. "In a given season, we had anywhere from 90-100 rinks curling out of the club, which included men's, ladies', and mixed." In addition to the regular curling leagues, the club also regularly rented out ice sheets when league games and events were not scheduled. Westwin was also home to a good number of bonspiels over the years, including the annual city bonspiel, and even once hosted the CF championships.

Westwin underwent a major overhaul in the summer of 1983, and the renovations made the club one of the nicest in the city. The lounge area in particular was reworked with the addition of wooden wall finishing, similar to what can be seen at the CFB Winnipeg Curling Club today. Althought there was no upper level, the club added a staircase in anticipation of a second-floor addition.

The Westwin and Fort Osborne Barracks clubs were amalgamated in the 1968/69 season to become the CFB Winnipeg Curling Club. After the two were amalgamated into one club, CFB Winnipeg Curling Club held a Guinness World Record for the longest distance between two sheets of curling ice in one club – sheet 4 at Fort Osborne and sheet 5 at Westwin.

Tragically, Westwin was laid to waste in a fire in the summer of 1985, after two previous fires, one of which was of a suspicious nature. The flames that consumed the club brought a sudden end to years of curling tradition on the North Side of 17 Wing. "It was a terrible shame to see it go like that," says Lins. Today, the Westwin Community Centre stands on the spot of the old curling club, but for many curlers, the name Westwin will always be linked to the busy club on Whytewold Street.



Another glimpse of the Westwin prior to the fire that destroyed it in 1985.

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WILD Thornberrys MOVIE
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R19
SISTERS OF THE HOLY ROCK
Thu/Apr 8 7:00 pm

Job Skills for Teens

Looking for a job? Want to explore other job options? Unsure where to start? This series of workshops will help you prepare for the job market. The course covers skill assessment, identifying past work experience, resurme writing, interview techniques and the law pretaining to work.

April 1	**The World of Work**
April 3	**Writing an Effective Resume**
April 9	**How to Ace the Interview**
April 10	**The Hidden Job Market and How to Keep a Job**

Each session will run from 6:00 to 8:30 at the MFRC, 102 Comet Street. Cost is $5.00 per session or $15.00 for all 4.

THE MANITOBA MUSEUM

Sleepover at the Museum of Manitoba

This annual Sleepover will take place on April 25.

We will meet at the Museum at 6:30 pm on Friday night. Activities include a planetarium show, a visit to the Nonsuch, a tour of the museum galleries and science centre, story telling, flashlight mystery tour and of course food. Pick up is 9 am Saturday morning.

Please register in person at 102 Comet Street prior to March 21. If you require further information, please contact the Youth Services Coordinator at 833-2300 ext 4508.

Cost is $25.00 per person.

MFRC LENDING LIBRARY

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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: Thurs - Fri 10:00 am – 1:00 pm Membership Fee: **Free**

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

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

Drop-in Programs

Afterschool Club - the South Youth Centre is open for elementary school-aged children every weekday from 3:30 to 5:30. You can play games, create crafts, play ping pong, pool, N64 or do your homework. The Internet is available.
Kids Klub - The North Side Youth Centre is open for elementary School-age children every Monday, Thursday and Friday evening. Monday the centre is open from 5:30 to 8:00, Thursday and Friday it is open from 6:00 to 8:00. There are computers, TV & VCR, PS2, foosball, arcade game, board games, and crafting area. Why not stop by and check us out?

Teen Zone

Want a place to hang out with your friends? Both Youth Centres are open during the evenings for teens. Each centre has computers, gaming system, large games, board games, crafting and a canteen. The South Youth Centre is open on Wednesday and Friday from 6:30 to 9:30. the North Side Centre is open on Monday and Thurday from 8:00 - 10:00 and Friday from 6:00 - 8:00.

Saturday Drop-in
Both the North and South Youth Centres will be open on Saturdays from 1 - 4 for casual drop-in. These Centres are safe place for young people to come and hang out. Both centres will be open for all youth 5+.

Drop-in fees apply to all the above programs.

The drop-in fee is $.50 per person.
The drop-in programs are closed for all government holidays. Extended hours will be in place over Spring Break. The last day for drop-in programs will be June 14, 2003.

Craft Classes

The following craft sessions have been scheduled. All classes require pre-registration with payment at 102 Comet.

Cost of craft sessions is $7.00 for Youth Centre members and $8.00 for non-members.

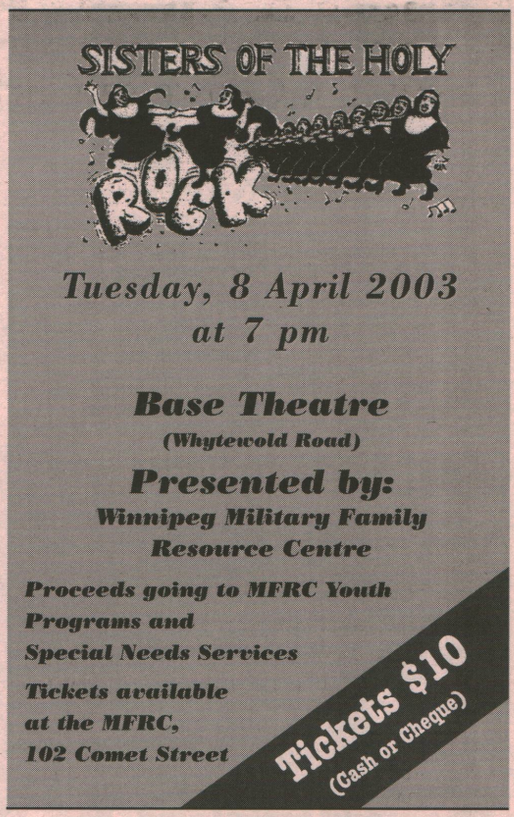
Classes are held in the multi-purpose room at 102 Comet Street from 1:30 - 3:00

March 31
Friendship frame:
Bring pictures of you and your best friend and we will create a unique frame to display yourselves in.

13 April
Easter Craft - Bunny Fun
Everyone likes bunnies. We will be spending the afternoon creating our own bunnies.

4 May
Mother's Day Craft
If we tell you what we have planned it won't be a surprise. You'll have to come to find out.

8 Jun
Father's Day craft
Just like Mum, we don't want to spoil the surprise!



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

Tickets $10 (Cash or Cheque)

We need your help to connect the pieces!!!

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

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

If you enjoy meeting new people, making a difference in your community and HAVING FUN!! The Military Family Resource Centre is for you.

For more information please call Nicole @ 833-2500 ext 4507

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/ PIC Social Worker	*Haley Schroeder*	*4512*
Francophone Services	*Louise Cameron*	*4515*

The Union of National Defence Employees (UNDE) is a proud member of the Defence team and we are committed to supporting our Canadian Forces. Our position as a Union is to encourage and work with our military colleagues and family who are responsible to carry out their duties as assigned to them by the people of Canada.

UNDE is not pro-war. Labour and peace coalitions in this country are actively supporting anti-war demonstrations.

It needs to be stated that UNDE will not be involved in or supporting in any way these demonstrations.

We encourage the men and women in the Canadian Forces to be confident and to take pride in their abilities. We will not undermine our military in the performance of their duties.

It is from the membership of this Union that the loudest and clearest message needs to be expressed.

We are in this together, proud and strong.

Les membres de l'Union des employés de la Défense nationale (UEDN) se sentent fiers de faire partie de l'équipe de la Défense nationale. Ils se sont engagés à soutenir les Forces canadiennes. Comme entité syndicale, l'UEDN a adopté la position d'encourager ses collègues militaires et leur famille, et de travailler avec eux, car ceux-ci assument les tâches que le peuple canadien leur a assignées.

L'UEDN n'est pas en faveur de la guerre. Dans ce pays, les coalitions en faveur des travailleurs et de la paix appuient activement les groupes qui manifestent contre la guerre.

Cependant, l'Union tient à faire savoir qu'elle ne participera à aucune de ces manifestations et qu'elle n'appuiera aucun de ces groupes.

Nous incitons les hommes et les femmes travaillant au sein des Forces canadiennes à rester confiants et à se sentir fiers de leurs compétences. Nous n'avons pas l'intention de nuire à nos militaires en service.

Les membres de l'Union tiennent à exprimer clairement qu'ils se rangent du côté des militaires, pour que,

nous soyons tous unis, fiers et forts dans les circonstances.

UNDE

UEDN

Recreation Facility Fee Increase

By Melissa Davidson

Associate members using Lipsett Hall or the Building 90 facilities can expect fee increases the next time you go to the gym. Effective March 1, 2003, the Associate membership fee for a six- month membership increased $20 and the drop-in fees increased $1-$3 a visit, depending on the category. The change in fees is in response to administration and to encourage Members to take advantage of the full-year membership.

The breakdown of fees is as follows:

Memberships	6 Month	1 Year
Single Member	$195	$350
Family Member	$270	$500
Drop-in Fees		
Child (14 and under)	$2	
Student (15-17)	$3	
Adult	$7	
Family	$10	

Associate members are required to have a Military or DND sponsor with renewal each year. Once a member, all programming is available including fitness classes, swimming lessons, summer camp and family activities. A Family consists of a spouse, and dependents – living at home and going to school full time under the age of 25.

For membership information, contact Elaine Parent at (204) 833-2500 ext. 5976.

For recreation information call Melissa Davidson at (204) 833-2500 ext. 2059.

Annual 17 Wing Volunteer Appreciation

By Melissa Davidson

Nominations are now being accepted to recognize volunteers and their contributions in our community! There are eight categories including Youth, Teen, Adult, Family and Builder. Nomination forms are available to pick up at the Community Centre, MFRC, Chapel, and the Post Office or electronically on the DIN Bulletin Board.

Deadline for nominations is March 28,2003. The 2003 Volunteer Appreciation is sponsored by SISIP Financial Services and will be held May 2 at the Canad Inns Polo Park.

For more informatio, please contact Melissa Davidson of Community Recreation at (204) 833-2500 ext. 2059.

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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 ext: 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.

LENTEN AND EASTER SERVICES
ROMAN CATHOLIC AND PROTESTANT

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

a. Roman Catholic

Saturdays	8, 15, 22, 29 Mar; 5, 12 Apr 03	1630 hrs	
Sundays	9, 16, 23, 30 Mar; 6, 13 Apr 03	1130 hrs	
Tuesdays	11, 18, 25 Mar; 1, 8, 15 Apr 03	1830 hrs	
Thursdays	13, 20, 27 Mar; 3, 10 Apr 03	1830 hrs	
Fridays	7, 14, 21, 28 Mar; 4, 11 Apr 03	1830 hrs	Sta. of the Cross
	Ash Wednesday 5 Mar 03	1900 hrs	
	Holy Thursday 17 Apr 03	1900 hrs	
	Good Friday 18 Apr 03	0900 hrs	Morning
	Prayers	1900 hrs	Way of the Cross
	Saturday 19 Apr 03	0900 hrs	Morning
	Prayers 2100 hrs	Easter Vigil	
	Easter Sunday 20 Apr 03	1130 hrs	

b. Protestant

Sundays	9, 16, 23, 30 Mar; 6, 13 Apr 03		0915 hrs
	Maundy Thursday 17 Apr 03		1830 hrs
	Easter Sunday 20 Apr 03		0630 hrs

c. Ecumenical

Ash Wednesday	5 Mar 03	1200 hrs
Good Friday	18 Apr 03	1500 hrs

TAROSCOPES

By Nancy

For appointments call 775-8368

ARIES (March 21 – April 19): Improved communication with loved one. Increased stability has you considering a change of property or plans for improvements that would increase the value of your home or improve quality of life for you. There's more to consider than you realize so keep an open mind.

TAURUS (April 20 – May 20): The romantic road is bumpier than expected. You're finding it hard to remain reasonable and realistic when things aren't panning out emotionally or financially. Plant your feet firmly on the ground. Make lists until you're back on track.

GEMINI (May 21 – June 21): A bit weary but still able to juggle tasks and accomplish a lot. Finding and keeping dependable friends is worth the effort. Pay attention to world issues and how they could impact on your future. Network. Don't try to hide from reality, planning for possible eventualities is best.

CANCER (June 22 – July 22): Decisions are required but no matter what you decide you will have mixed feelings. Insults only have power if they continue to hurt or influence you after the first airing. Using energy to fuel your anger is wasteful. Replace draining "should do stuff" with exciting activities.

LEO (July 23 – August 22): Thinking you've gotten a little ahead financially may lead you to make a questionable decision. Read carefully whatever you plan to sign so that you don't find you've over-extended yourself in terms of time, energy or money.

VIRGO (August 23 – September 22): Until you're certain of your choice refuse to be rushed about a decision. It is not always possible to have a plan. This could cost more cash initially, but perhaps buying time isn't such a bad idea. Changing your mind after the deal is done would be very costly.

LIBRA (September 23 – October 23): Dwelling on what's lost is pointless. Get on with your life. Where do you find fulfillment and joy? Ask yourself tough questions to gain insight into your purpose. You gain renewed faith in self and respect for others when you take responsibility for turning things around.

SCORPIO (October 24 – November 21): Living in the moment leads to a few sleepless nights. Someone you love worries about you. Balance your enthusiasm for adventure, with rest, or you'll burn out. Call home as often as you can. Emotions run high with upcoming changes. Be sensitive to the needs of others.

SAGITARIUS (November 22 – December 21): Radical mood swings. You could lose the support of friends because of impulsive words and actions. Someone is confused but prepared to give you the benefit of the doubt. Sitting in the sun improves your outlook. You'll be back on top of the world soon.

CAPRICORN (December 22 – ary 19): Your quick tongue leads to major changes and that's not such a bad thing. You're better off and in a more stable situation because you spoke up. It will take nerves of steel and flexibility to get through the next 2 weeks though.

AQUARIUS (January 20 – February 18): Defend yourself, when someone speaks harshly. They have issues, not you. Initiate contact with someone who will further your career. You can create the illusion of confidence because your presentation skills are better than you thought.

PISCES (February 19 – March 20): A judgement in your favor won't result in noticeable changes. Be realistic about what you can afford. Plan ways to break free from an old cycle or situation. Realize that sometimes if others insist on maintaining the status quo, all you can do is maintain your own integrity.

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1991 Ford E150 Van, to view at 646 Whytewold Road, Winnipeg, MB. Sealed bids only to Canex Supervisor, cutoff date: 31 March 03

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Entertainment Calendar

TGIF - Fridays

Join us for TGIF each Friday afternoon. Come for the food, the beverages, the friends, and the opportunity to win free entertainment tickets and the 80/20 jackpot.

Childcare services (2 – 12 years old) are available during TGIF! 1700 – 1900hrs. Sign-ups required

St. Patrick's Day (Mega TGIF) – Friday, 14 March

Share the luck o' the Irish with a hearty bowl of Irish stew and Celtic music. Come eat, dance, and have a wee drop o' the crather! Time: 1630hrs Cost: Free
Dress: Casual or Green Sign-up: Not Required

Call ext 2491 for more information or to make a reservation.

BINGO: Mon - Wed - Friday 7:30 pm
Early Bird starts 7:00 p.m.
CRIB NIGHT: Thursdays at 8 p.m.
DANCING: Fri & Sat Evening
6 MEAT DRAWS: Saturdays at 1500 hrs.

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17 WING RECREATIONAL LIBRARY



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Westwin Community Centre (Building 33)
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For information: call Michelle at 2490

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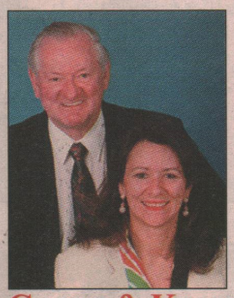

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