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MFRC Fundraiser BBQ



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(All proceeds will be donated to the MFRC Children's Programs)



Troops Depart for Bosnia



First group of soldiers of Rotation 12 ship out to keep the peace in the Balkans

By David Lavallee

The first group of soldiers departed from 1 Air Movements Squadron for Rotation 12 of Canada's peace-keeping mission, called Operation Palladium, in Bosnia-Herzegovina on Sunday, March 23. Approximately 150 soldiers left Winnipeg that afternoon, and were joined by approximately 600 additional troops and support personnel in the following weeks.

"Canada has a decade-old presence in the Balkans. We were there in its darkest days, and now we're there in its brighter days," said Colonel Stuart Beare, Commander 1 Canadian Mechanized Brigade Group.

"Our continued presence there is a big part of maintaining a safe and secure environment for those people."

As the troops gathered in the hangar and waited to board the

plane, many of them seemed anxious to go.

"I'm excited," said Cpl Glover, a Reservist from 1 Royal Newfoundland Regiment. "I'm interested in seeing what life is like over there and I want to help out any way I can."

While they waited, the troops were addressed briefly by Col Beare, who had flown in for the send-off. Speaking to the media afterwards, Col Beare shed some light on what he shared with the departing soldiers.

"I told them three things: one, that they're being sent to do a job that is important to us, to Canada, and to Canadians," he said. "Two, that they need to be aware that the world is evolving around us and that there can be effects wherever you go."

Col Beare's third point was for the troops to stay in touch with their families and to maintain their ties at home.

"I reminded them to write home as often as possible," he said. "We have a habit of using technology to communicate, but it's hard to look back on a phone call or an email later in life; a shoebox full of letters from overseas service lasts a lifetime."

Despite the unfolding events in Iraq, Col Beare said the troops will not lose sight of what it is they intend to accomplish in the Balkans.

"The troops are professionally and personally interested in events in Iraq, but that's not going to cause them to lose their focus on the mission they're going over there to do," said Col Beare.

"They are hugely ready for this," he said. "There is such a depth of experience in the Battle Group soldiers from Winnipeg and elsewhere; they bring not just their military qualities but their great Canadian qualities to bear on this mission, as well."

Wing Commander Col D.C. McLennan echoed Col Beare on the importance of the mission in the Balkans.

"Canada is well-respected for our commitment to maintaining the peace in Bosnia," he said. "We've been over there for ten years, our troops know the area and the mission, and they are well-trained for their role in Bosnia."

Col McLennan also emphasized the importance of making sure the families of deployed personnel are taken care of.

"The MFRC offers a variety of services for families of deployed personnel," he said. "It's crucial for deployed personnel to know that their families will receive the services and support they require so that our troops can focus on their tasks."

More on pages 6 and 7

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17 Service Battalion Museum Opened March 2003

By Dave Pither, Red River College, Technical Communication program



PHOTO BY JOSE ORELLANA

Honorary Colonel Ken Langridge

Honorary Colonel Ken Langridge, along with a group known as the Senate, has brought together a display of war time memorabilia he hopes will eventually be recognized officially as a museum. Born in Kent, England, Langridge immigrated to Canada in the late forties and spent all his working life in the military. After reaching compulsory retirement age, he remained active with St. John Ambulance and became provincial president of the organization during 1985-86.

In 1992 Langridge became closely aligned with the military once again when he was asked to be Honorary Lieutenant Colonel of 17

Service Battalion. After six years of service, Langridge filled the then vacant position of Honorary Colonel where he started to work on his dream of a museum for his battalion. With the help of Barbra McManus and John Lawrence, both former commanding officers of the battalion, along with a substantial grant from the Winnipeg Foundation, the dream is becoming a reality.

The Service Battalion's function was to support other divisions of the military, making sure soldiers got the equipment they needed. Commenting on the role of the Service Battalion, Colonel Langridge says "Every one was caught up



PHOTO BY JOSE ORELLANA

A view of the 17 Service Battalion Museum

with being part of the action. Without us, they don't even cross the street. Everything they have and everything they use, their maintenance is done by us." Today the collection features many artifacts that Langridge himself gathered through out his service career from places like Burma, where he served with the West African Frontier Force. Uniforms, along with pictures and various objects used by soldiers in their daily life to survive war, are featured.

All museums display artifacts, but what makes this museum particularly interesting is being able to talk to the man who can tell first hand stories behind the relics

on display. You could say that Colonel Langridge is himself part of the display as he tells tales that give the collection credibility and its part in Canadian history.

A visitor will quickly realize the sacrifices others made for the freedom we have today. A visit to the collection is an important lesson for our children that will reveal the costs of our liberty. And with the gentleness of a kindly grandfather, Langridge can get his point across.

During this spring, dig around your basement or at-

tic as the museum also welcomes donations of artifacts left over from the war. Tax receipts will be given for an appropriate amount.

Money raised helps support the Winnipeg Grenadier Cadet Corps who since losing their sponsor would have a difficult time surviving.

The museum's official opening was in March, 2003 at the Minto Armory room 121, 969 St. Matthews Avenue.

Admission is always free, although a donation can be made. Contact number is 832-1227.



PHOTO BY JOSE ORELLANA

Honorary Colonel Ken Langridge shows some of the glass displays at the Museum



The 17 Service Battalion Museum Crest

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Fourth New Patrol Opens for Manitoba: Lynn Lake Patrol

By MWO Wade Jones

Lynn Lake is situated 1100 km north of Winnipeg by road and is accessible by an all weather road from Thompson some 349 km south. Lynn Lake has a population of about 800 residences. It was first established as a mining town in the 1940s. The first town residences moved some of the existing buildings from Sheridan about 300 km south west of Lynn Lake. This was no easy feat as no roads existed and all were moved cross-country and over lakes over the next few winters. Such set the stage for a town that became known for its determination. The town has seen up to seven mines running in the immediate area over the past 60 years. All have eventually closed with the last in 1985. Minerals are still abundant but too expensive to mine at today's prices.

Then, as is today, the residents are a determined strong-minded group and extremely friendly. This set the stage for a warm welcome, after a long week conducting leadership training in Thompson the week before, for MWO Doug Colton, MWO Wade Jones (then WO) and Sgt Jeff Belisle for the initial community briefing. Interest was very high

and the turnout was very good for each briefing. A total of 24 Rangers made the commitment and joined the Ranger Program during the first visit.

Week one of Basic Recruit Training was scheduled for 22 - 28 July 2002. Five more Rangers signed up and a few decided the program was not for them. The Patrol ended the week with a patrol strength of 27, 1 female and 26 males.

The first night was the one most rewarding as it saw all the new Rangers kitted out in their new uniforms and the group Espirit-De-Corps start to build. The week went extremely smooth with enthusiasm and eagerness running high. Highlight of the week had to be drill, thanks to the sound instruction of Sgt Jeff Belisle. The weather was so nice, some drill was conducted outside. This of course was well received by the on-lookers from the community and only made the Rangers more proud of their uniforms and newfound skills in foot drill.

Map and compass, as usual, captured everyone's interest with amazement and many were heard saying that

they always thought it was much more difficult. When it came to the survival and food and water lessons, the Lynn Lake Patrol had many of their own experiences to add and gave meaning to the importance of being prepared for the worst. The classroom portion of the week ended with the .303 rifles, weapons handling drills were second to none. Most had handled firearms before and it was evident that

confidence was not lacking within the Patrol.

The FTX took place at Zed Lake about 12 miles from town. Here the Rangers practiced bivouac routine. Classes carried on through the early afternoon on orienting a map, resections and obtaining magnetic bearings. Each Ranger practiced their map and compass work on a short orienteering course set up by the Ranger Instructors. All did well, and some valuable lessons were learned in shooting bearings and pacing. IMPs, with the new menus, were a great hit and kept everyone busy discussing who had what.

The evening was set aside for traditional skills and of course a little fishing.

A friendly bet had the Rangers throw some change into the pot for the biggest walleye of the evening. Little did the men know that Ranger Kathy Leahy would capture the prize with the only catch, a 22" walleye. "The Fisher Women". Sgt Jeff Belisle took a few lake trout (and knocked a bigger one off someone's line at the boat) so Ranger Glenn Osmand could give a demonstration of a fish fry. Nothing like fresh trout and fired potatoes around a campfire.

Many discussions erupted about bush skills when Ranger Horace Cocherill gave a demonstration of how to boil water, over an open fire, in a 2 liter plastic pop bottle. Rgr Cockerill will explain this detailed in a future article for the Ranger. Everyone turned in early as the skies opened up and rain cut the evening short.

The second morning had the Rangers move to the Lynn Lake Rifle Range about 40 miles away where all had the opportunity to fire their rifles from various positions at a fixed distance. Shooting as a whole was good with the best group produced by Ranger Victor Shortt. The week ended with a move back to town and the Legion Hall for final debrief and pay. With the sound leadership and the enthusiasm of the group, the Lynn Lake Patrol is well on its way to forming a strong Patrol.



Lynn Lake Patrol

Back Row: Rgr Kathy Leahy, Rgr Philip Rodgers, Rgr Al Magson, Rgr Gerald Maneil, Rgr Gabriel Sayies, Rgr Horace Cockerill, Rgr Lawrence Hunt, Rgr Glenn Osmond; Middle Row: Rgr Victor Shortt, Rgr Ken Anderson, Rgr Bert Swain, Rgr Mike Lysohirka, Rgr Jim Sherwood, Rgr Kenneth Cockerill, Rgr Terry Dulewich, Rgr Stevo Potkonjak; Front Row: Patrol Commander Brian Stein, Section Leaders Audie Dulewich, Dennis Holmes, Rick England, Patrol 21/C Fred Salter; Missing: Rgrs Larry Skomorowski, C Burton, Doug Holmes, Ovide Bighetty, K Hrechka, F Magson.

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For more information contact: Michelle at the Library loc 2490 or Kim Anningson 895-1619.

NOTICE: Date Change

Annual 17 Wing Volunteer Appreciation

The 2003 Volunteer Appreciation is sponsored by SISIP Financial Services and will be held April 25 at the Holiday Inn Airport West.

Volunteer appreciation recognizes the Volunteers and their contributions in our community. There are 8 categories including Youth, Teen, Adult, Family and Builder.

Submitted by Melissa Davidson, Com Rec, local 2059



Gearin' Up for Summer Series

Camp Focuses on Fitness Programs and Personal Excellence

This one-week camp will introduce youth to the weight room and fitness training principles. Participants will learn physical strength and agility exercises using their own body weight or equipment. Guest speakers will attend throughout the week to discuss topics such as nutrition, injury prevention, and the right attitude for success.

Great for fitness beginners and future Olympians! The camp will be held at Lipsett Hall July 7- 11 from 0900-1200; Recreation Members cost \$38. Registration begins April 14, for more information call Com Rec 833-2500 ext. 2059

Ceramic Club

by Gail Schmidt

"Spring is Here"

- The CERAMICS CLUB invites you to their General Meeting being held April 13 at 6:30 p.m.
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SCAN Seminar 22 and 23 April 2003

Registration for the 22-23 Apr 03 SCAN Seminar are now being accepted. Please complete and submit the SCAN registration form found on the 17 Wing DIN Billboard. E-mail, mail, or fax to Sgt K O'Quinn WPSO clerk Bldg 52 by 16 Apr 03. Members who cannot access the DIN can obtain a copy by calling WPSO at 2459. If you have any questions, please give me a call: K. O'Quinn Sgt WPSO 2459

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First Aurora breaks 20,000-hour barrier



A Canadian Forces CP-140 Aurora aircraft

A Canadian Forces CP-140 Aurora aircraft has logged its 20,000th hour during a recent surveillance mission over the Arabian Sea, the first in a fleet of 18 to reach this milestone. The Aurora and her crew form part of the Long-Range Patrol Detachment (LRP Det) deployed on Operation Apollo, Canada's military contribution to the campaign against terrorism.

"The Aurora has proven to be a reliable platform over the years," said Lt-Col

Fred Bigelow, commander of the Long Range Patrol Detachment. "On Op Apollo, our outstanding mission completion rate of 98% is testimony to the hard work and dedication of our maintenance technicians. At times faced with unbearable working conditions, they have built Canada's reputation as the most dependable maritime surveillance platform in this coalition."

Flown from Greenwood, N.S. and Comox, B.C., the Aurora first entered service in

1980. Designed originally for anti-submarine warfare, its extended range and array of sensors make it a multi-role platform capable of supporting the navy and other government departments on search and rescue operations, fishery patrols, pollution monitoring and counter narcotics operations off Canada's three coastlines.

Such cooperation has been instrumental to the success of numerous domestic operations. In 1999, during an exhaustive search of the Pacific, Canada's Auroras found several small boats crowded with illegal migrants. Crew members also demonstrated the aircraft's versatility during some of Canada's worst natural disasters, providing communications relay and aerial reconnaissance during the 1997 Winnipeg floods and surveying the damage after the 1998 ice storm in Quebec and Eastern Ontario.

The Aurora community

has also supported Canadian interests around the world. Following Iraq's invasion of Kuwait in 1990, Auroras deployed to the Azores and Gibraltar to exercise the self-defence capability of the Canadian naval task group that had deployed to enforce the UN resolutions. In 1993, Aurora crews patrolled the Adriatic Sea to help enforce UN sanctions against the former Republic of Yugoslavia.

On Op Apollo, the LRP Det detects and identifies vessels suspected of harbouring or smuggling terrorists. The detachment has completed 370 of 378 planned missions and has logged more than 3,500 flight hours since the detachment's arrival in theatre in December, 2001.

Currently in the midst of a comprehensive avionics upgrade, the Aurora fleet will continue to protect Canada's interests well into the future.

New SISIP Office Opens in Winnipeg

By David Lavallee and Natalie Fondren-Gasc

SISIP officially opened its new office in Winnipeg on March 20 at a ceremony at the Junior Ranks Mess. The ceremony included a presentation by M. Andre Bouchard, VP of Financial Planning Services for SISIP, on the various services that SISIP offers to the military community.

"It's a pleasure to be here on behalf of Wing Commander Colonel McLennan to participate in the opening of the new SISIP office," said Wing Chief Warrant Officer Frank Emond, addressing the gathering at the mess. "SISIP provides an important service to the members of the CF, and their new office will better enable them to serve the members of the military community."

For the past eleven years, SISIP Insurance Representative Garry Lind has operated out of a home

office to provide SISIP insurance services to military personnel in Winnipeg, Cold Lake, Moose Jaw, Thunder Bay, and Shilo. SISIP Financial Counsellor Andy Anderson has been headquartered in the Westwin Community Centre for the past few years offering counselling services, CFPAF, and SILP loans. Two new members have also joined the SISIP team in Winnipeg, financial planner Gordon Moore and

administrative assistant Natalie Fondren-Gasc. With the new office, SISIP can now offer financial planning, tax preparation, and investments to 17 Wing personnel, and is headquartered in the ground level of Building 63.

SISIP offers insurance and financial planning services to members of the CF and their families. Their mission statement is: to be the provider of choice for high quality financial prod-

ucts and services desired by the serving and released members of the Canadian Armed Forces at a cost/benefit advantage in comparison to that available in the marketplace.

The new SISIP office is open Monday-Friday from 8:00 - 17:00. If you would like more information, please contact the SISIP office at (204) 889-4656.



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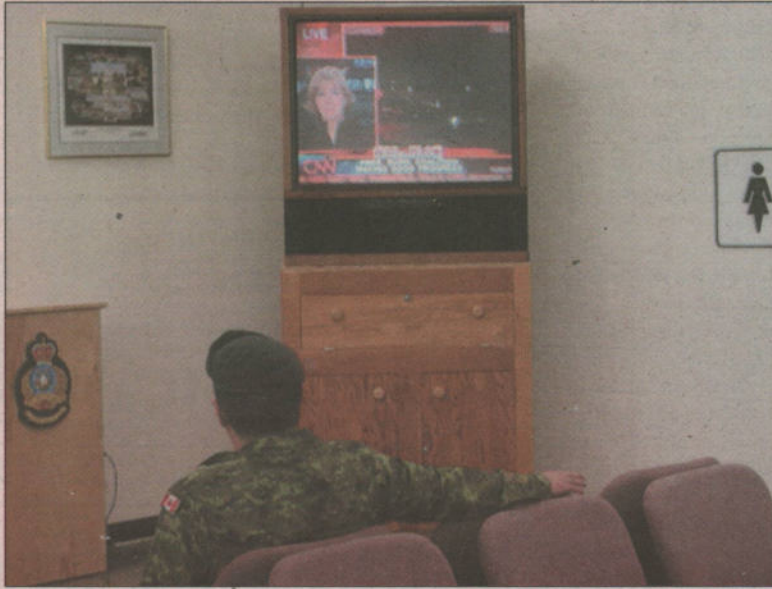


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PHOTO BY DAVID LAVALLEE

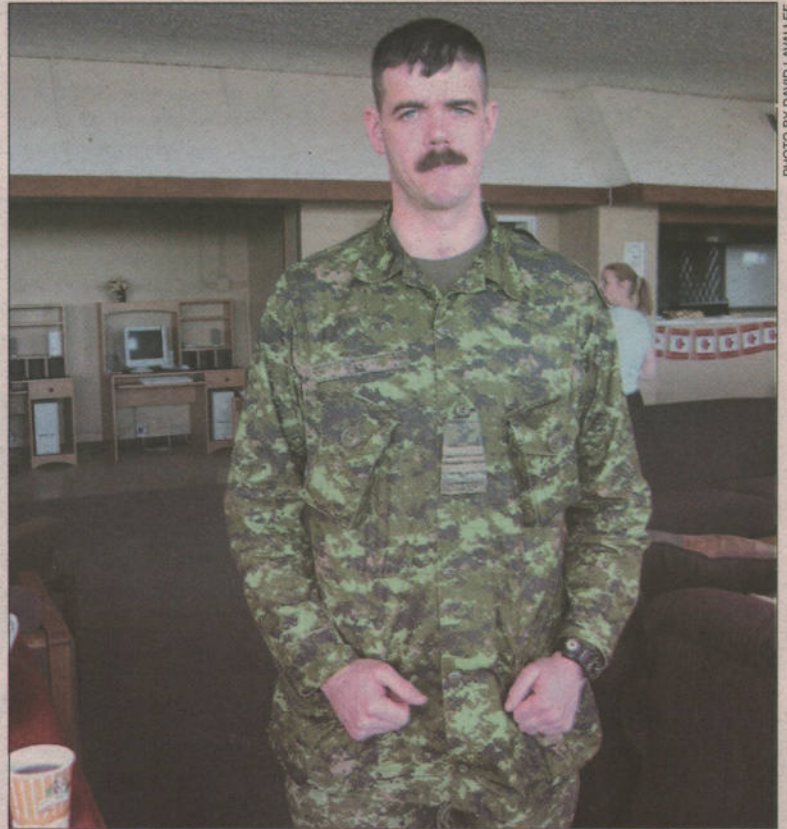


PHOTO BY DAVID LAVALLEE



PHOTO BY DAVID LAVALLEE

Clockwise from top left: A soldier watches unfolding events in Iraq before shipping out for Bosnia; Maj Bob Ford, CO of 2PPCLI Admin Company; Cpl Anna Comerford and her brother will be deployed together in Bosnia; at left, Pte Roger Senum (left) and his wife Pte Crystal Yaroslowski (right) will also be deployed together in Bosnia.

Soldiers from across Canada and their families readied themselves for the six month Rotation 12 of Operation Palladium in Bosnia-Herzegovina as the troops prepared to depart at the end of March. Two days before the first troops shipped out on March 23, a group of soldiers gathered at the Rear Party Drop-In Centre at Kapyong Barracks to discuss their deployment with the media.

For the most part, the soldiers were looking forward to the deployment, which will be a first for many of them.

"I'm pretty excited about going," said Cpl Anna Comerford of the 1st Battalion Royal Newfoundland Regiment of

her first deployment. "It's my first time being away for an extended period of time, but I'm looking forward to it."

Cpl Comerford's brother, MCpl Gary Comerford, will join her on deployment in Bosnia while her other brother, Cpl Keith Comerford, will be deployed to Afghanistan in August.

"My family's definitely worried about me and my brothers, but at the same time, I think they're pretty proud of us," said Cpl Comerford.

Pte Roger Senum of 2PPCLI was also anticipating the deployment, which will be his second in Bosnia.

"It's exciting to be go-

ing again," said Pte Senum. "The last time I went they were just starting to rebuild, so it'll be interesting to see how far things have come along and how the people are doing."

Pte Senum will be joined in Bosnia by his wife, Pte Crystal Yaroslowski of 2PPCLI, who will be on her first deployment. "Our families are worried, but overall, they're very supportive of what we're doing," said Pte Yaroslowski. "It's comforting to know that Roger and I will be over there together."

Pte Senum and Pte Yaroslowski have a 2-year old son, Alexander, who will stay with Senum's aunt until his parents return.

Also heading to the Balkans is Maj Bob Ford, who will command the 2PPCLI Administration Company.

"I'm pretty good with it, as is my family," said Maj Ford of his deployment. "My kids don't understand as much as my wife did, but this is what I joined the Army to do, and I've got lots of time later on in my career to sit behind a desk, so I want to take the opportunity to serve overseas while I can."

Maj Ford is a veteran with many overseas missions under his belt, including Cyprus (ten months), Rotation 6 in Bosnia (March-June 2000), and Operation Apollo (March-July 2002), and he recog-

nizes the importance of Canada's presence in the Balkans.

"It's an important mission," said Maj Ford. "There are still a lot of problems in Bosnia and we have an important job to do in ensuring stability and security in the region."

The Battle Group is made up of a headquarters, two infantry companies, one support company, and an administration company. Approximately 350 soldiers from 2PPCLI will be joined by 90 soldiers of "C" Squadron, Lord Strathcona's Horse (Royal Canadians) of Edmonton; 80 soldiers from 13 Squadron, 1 Combat Engineer Regiment of Edmonton, and 18 soldiers

from the First Regiment Royal Canadian Horse Artillery of Shilo, Manitoba.

The Battle Group will also be joined by 185 Reserve soldiers (including a formed company of 124 soldiers) and a Civilian Military Cooperation organization. A number of individual augmentees representing more than 25 Reserve units from British Columbia to Newfoundland will also deploy as part of the Battle Group, which is the major component of the 1 100 member Canadian Task Force Bosnia-Herzegovina. Canada has contributed almost 40 000 soldiers to helping maintain the peace in the Balkans for the last 10 years.

continued from Cover..

More images of Troops Departing for Rotation 12 in Bosnia



PHOTO BY DAVID LAVALLEE

The first group of soldiers leaving for Rotation 12 in Bosnia gathers around as Colonel Stuart Beare offers some words of encouragement and inspiration to the troops prior to their departure (left). An army captain is interviewed by a Winnipeg Free Press reporter as he waits to board the plane (bottom left).



PHOTO BY DAVID LAVALLEE

17 Wing Detachment Dundurn



Maj Kiteley (left) presents MCpl Lee of 2nd Line Ammunition with his promotion effective 16 Mar 03



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Fitness & Sports Page

17 Winnipeg Snags Curling Silver

By MWO Paul Batchelor

The 17 Wing curling team, comprised of skip Cpl Julie Whyte, third MWO Paul Batchelor, second CWO Earl Meikle and lead Sgt Brigitte Marley, got off to a slow start at the Prairie Region Curling Championships, which ran from March 24-28 at CFB Edmonton.

17 Wing Winnipeg lost their first two games of the round robin tournament to Cold Lake and home team Edmonton. They rallied back in their third game, however, and steamrolled the foursome from 17 Wing Moose Jaw before losing

again to the sharpshooters from Wainwright. A close victory over their fellow Manitobans from Shilo, followed by an extra-end tie breaker against Edmonton earned 17 Wing fourth place in the rankings and a chance to exact revenge on Cold Lake in the third vs. fourth place playoff. Julie, Paul, Earl and Brigitte rose to the challenge and beat Cold Lake, then went on to narrowly defeat Shilo.

The final game against Wainwright was hard-fought and came down to the last rock in the last end before Wainwright stole the gold

medal. After a poor start, 17 Wing battled back and earned silver for their hard work. The team enjoyed their time in Edmonton and would like to extend their sincere appreciation to all those who threw their support behind the 17 Wing Winnipeg curling team at the prestigious Prairie Regional Championships. Congratulations to Julie, Paul, Earl and Brigitte on bringing home the silver and for their hard work and dedication in representing 17 Wing Winnipeg in Edmonton!

17 Wing Oldtimers are CF Champs!




PHOTO COURTESY OF THE BORDEN CITIZEN

The 17 Wing Oldtimers championship hockey team (back row, l-r: Maj Ouimet (coach), Capt Thietke, LCol Reid, Maj Beal, Capt Loney, Sgt Lake; middle row, l-r: Maj Lawrie, Cpl Aube, Cpl Kennedy, Pte Larose, Sgt Spencer (Suffield), MCpl Bond (Cold Lake), Maj Hill; front row, l-r: Maj O'Neill, Sgt Sommerfield, Cpl Baker, Cpl Don Cormier, Cpl Shemko)

**17 Wing Winnipeg
Inter-section Meetings
16 April 2003**

I/S Golf meeting at 0900 hrs.
Bldg 90 Fitness and Rec Centre
Multi-Purpose Room

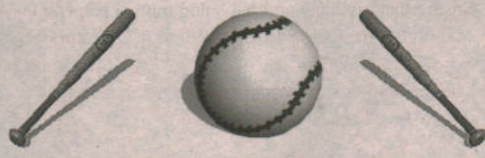
For more information, please
call Sports Coordinator,
Chris Merrithew at
local 5511. Thanks



**17 Wing Winnipeg
Intersection Meetings
16 Apr 03**

I/S Slo-pitch meeting at 1000 hrs.
Bldg 90 Fitness and Rec Centre
Multi-Purpose Room

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VOXAIR Next Issue: April 23
Deadline: April 11

MFRC Nursery School Programs

Our nursery schools offer the opportunity for the preschool child to develop emotionally, socially, physically and intellectually in a happy stimulating environment where children can develop and learn through a play based curriculum. Children are free to choose from various activities including learning centres, stories, music and movement, arts and crafts, games, drama and free play. Children must be three by the end of December to start nursery school in the fall. **Cost:** \$72.00 per month **Annual registration fee:** \$15.00 **Location:** Lipsett Hall Westwin Children's Centre Mon., Tues. and Thurs.

Mon., Wed. and Fri. 9:00 a.m. to 11:30 a.m. 9:00 to 11:30 a.m. Why not consider our French Immersion Nursery Program? This program will help prepare your child for a French Immersion kindergarten. It will give your child the unique opportunity to be exposed to a French environment during our nursery program. Westwin Children's Centre Mon. Tues and Thursday 1:00p.m. to 3:30p.m.

Creative Tot Shop

This 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. Feel free to drop in. It's a great opportunity to meet other parents and make friends.

This program will be offered at two locations and times. Lipsett Hall Nursery School Mondays from 1:30 to 3:00pm. The cost is \$3.00 per family. Please bring a snack for your child.

Mother Goose

This program is a group experience for parents and their babies and young children. It focuses on the pleasure and power of using rhymes, songs and stories together. Come out and have some fun with your children. For information call Wendy or Shannon at 833-2500 ext. 6846. The next session starts on April 16th.

Location: 102 Comet St. (main office of the MFRC) Wednesdays from 11:30 to 11:15am.

This session is being funded by the St. James Neighbourhood Resource Network. The fees will be waived.

Rock and Read

This program is a hands on learning experience teaching nursery rhymes, lullabies, finger plays, book sharing and bookmaking (for the parents). Participants will go home with home made books and a head full of rhymes and songs, information on children's books and how to create a healthy learning environment for children.

Location: Lipsett Hall Nursery School Wednesdays from 1:15 to 3:00pm

This session is being funded by the River Heights/ Fort Rouge Parent Child Coalition. The fees will be waived.

Gym and Movement

This program was developed to provide parents and their young children the opportunity to play together in the gym. It includes creative movement, parachute games, cooperative games and a circle time. Large muscle skills and interpersonal skills will be enhanced as well as the opportunity to socialize and to run off some steam, especially as fall turns into winter.

Location: Lipsett Hall **Time:** 1:15 to 2:15p.m. Thursdays

Cost: \$20.00 per family for a ten week session. The drop in fee will be \$2.50. Start date: April 17th.

MFRC Fundraiser BBQ

Beginning Friday 25 April 2003 the MFRC will be hosting a BBQ outside our 102 Comet Street location every Friday from 1130 hrs to 1300 hrs (weather permitting).



Come by and treat yourself to a hamburger, hotdog or smokie, socialize with others and support the MFRC Children's programs. **COST:** Smokie or Hamburger and a drink \$3.00 Hotdog and a Drink \$2.00 (All proceeds will be donated to the MFRC Children's Programs)



Winnipeg MFRC Board of Directors

The Winnipeg Military Family Resource Centre Inc./Centre de Ressources pour les Familles des Militaires de Winnipeg, is part of the nationally supported Military Family Support Program.

The program is designed to: Ensure that family support within our community becomes part of the Canadian Forces way of life; Ensure that civilian spouses of military members participate in the planning, management and evaluation of their MFRC; and

provide through a volunteer, democratic Board of Directors an objective approach to programs and services.

The Winnipeg MFRC Board of Directors is responsible for policies and procedures that guide the operation of the Centre. Through this governance role and emphasis on communication, cooperation and mutual respect, the Board of Directors play a key role in the Centre becoming an effective, high profile organization.

The Board of Directors needs your help!!

The Board of Directors meets on the third (3rd) Wednesday of each month, January through June and September through December. The Board consists of 3 - 15 full voting members, the majority of whom are civilian spouses of military members. In addition, several ex-officio positions (non-voting) are appointed for their expertise.

What's in it for you?

Gain valuable experience in democratic procedures, grass roots planning and evaluation processes. Be part of a National Organization with Resource Centres all over Canada. Have a voice in the programs and services offered in your community and how they are delivered. The Board of Directors is currently accepting applications for new Board members. If you are interested in becoming a Board member and/or would like to find out more information, please call the MFRC Volunteer Department at 833-2500 ext 4507.



MFRC LENDING LIBRARY

TOYS, BOOKS, VIDEOS, RESOURCE MATERIALS

The Lending Library has many new toys. Come check us out!!!

Extended Lending hours:

The Lending Library is now open during regular business hours: Monday - Friday 8:30 am - 4:30 pm

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




Camping Season is fast approaching!!

The Lending Library has a camping kit available for library members to borrow. The kit includes:

- 6 Person coleman tent
- 2 Adult folding chairs
- 2 folding stools
- Coleman Lantern
- Coleman Stove

There is a \$50 refundable deposit. Camping Kit can be borrowed for a two-week period.



For more information and/or to reserve the camping kit call 833-2500 ext 4507. * Please note: individuals must pay the annual \$10 borrowing fee and be willing to sign a liability release to be eligible to borrow the camping kit.



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.		
<i>Administration</i>	<i>Mona Currie</i>	<i>4500</i>
<i>Teen Centre</i>		<i>4502</i>
<i>MFRC Library</i>		<i>4503</i>
<i>Executive Director</i>	<i>Don Brennan</i>	<i>4504</i>
<i>Education Services (QOL)</i>	<i>Val Hudson</i>	<i>4505</i>
<i>Deployment Services</i>	<i>C. Chatterley</i>	<i>4506</i>
<i>Volunteer Services</i>	<i>Nicole Johnson</i>	<i>4507</i>
<i>Youth Services</i>	<i>Diane Brine</i>	<i>4508</i>
<i>Information & Referral</i>	<i>Linda Belisle</i>	<i>4509</i>
<i>Children's Programs/</i>	<i>W. Richardson</i>	<i>2491 or</i>
<i>Emergency Childcare</i>		<i>6846</i>
<i>Employment Assistance</i>	<i>John Chabib</i>	<i>4511</i>
<i>Special Needs/</i>	<i>Haley Schroeder</i>	<i>4512</i>
<i>PIC Social Worker</i>		
<i>Francophone Services</i>	<i>Louise Cameron</i>	<i>4515</i>

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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 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 ad-

vance. 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	0900 hrs	Morning
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

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with sliding keyboard tray) - \$45; Computer with 14" monitor, keyboard, CD drive, mouse, Windows 98, Intel Pentium Processor, 192MB RAM, 48 Bit Driver MS Office 2000 - \$275; Phone: (204) 833-2500-6519

Twin pine mates bed (Paliser brand) with plain headboard and new mattress for sale for \$200.00. People can call 832-0357 and ask for Jim or Kim.

LAWN CARE - Need someone to cut the grass for the summer. Sorry, South Side PMQ's only.

Call David at 488-4952

1991 Ford Explorer, 4X4, 4 litre engine, 170,000 km, many new parts, excellent condition. Price \$3900; Sears stair master, adjustable resistance levels, like new, \$100; and Kenmore washer, reconditioned, \$100. Phone: 885-0375 evenings or loc 5567 daytime. S.G. Hinze.

Brand new Rockwood 2002 tent trailer for sale, Sleeps 8, 10' feet,

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Condo for sale, South St. Vital. Paddington Place on Paddington. Main floor, 2 Bdrms, AC, parking. Possession negotiable. Phone for apt 235-1757.

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Vivitar Camera, 35mm: \$5;
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TAROSCOPES
By Nancy

ARIES (March 21 - April 19): Get organized, mayhem is about to descend. Endings and beginnings highlighted. You're working longer hours than usual, or you find a special task takes longer than expected. Saying goodbye to someone.

TAURUS (April 20 - May 20): Be patient, understand that a team works for the good of the whole. Don't compromise health by insisting on doing everything yourself. Expect economic changes to affect your own cash flow. Appreciate what you have, you're much better off than you realize.

GEMINI (May 21 - June 21): Unconscious desires surface, surprising you. Don't downplay or hide your intelligence. Teach others how to treat you with respect. Unconditional acceptance and love of self and others deepens when you realize that no one is perfect, and that's perfectly okay.

CANCER (June 22 - July 22): Clarify what you hope to achieve through your actions. You may feel that you're better off if you do what's best for the majority but sometimes you need to claim your own power and make definitive choices for yourself as well.

LEO (July 23 - August 22): Caught up in wishful thinking, you're not seeing how good you actually have it. Happiness is not waiting at the end of the rainbow. Life will not begin when all your problems are solved. Be present in the moment or you'll lose today and the tomorrow that results from it.

VIRGO (August 23 - September 22): News of change arrives. Some of your schemes are not working out as planned. Vying for attention you find out you're almost invisible sometimes. Better to be straightforward and honest even if you're not sure this will get the results you want.

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LIBRA (September 23 - October 23): Be sure someone is at fault before you voice your displeasure, especially if you could have misread intentions or the signs along the way. Avoid this by watching the assumptions you make. You're setting precedents, so consider reactions before taking action.

SCORPIO (October 24 - November 21): Awake at night and sleepy during the day. Put off decisions or meetings. Don't try and impress anyone with new ideas as you could forget to present your main selling point. Learn how to identify behaviors of martyrs, pessimists and manipulators.

SAGITARIUS (November 22 - December 21): Better to rent than to buy. Travelling to serene and historic locations appeals. Stay away from crowds. You need solitude. This is a good time to take an educational leave or leave of absence to renew creativity and vitality.

CAPRICORN (December 22 - January 19): Consider how you interact with others. You feel richer when others hold you in high esteem. You'll be remembered for your ability to relate. When you help others it's returned tenfold. You get what you deserve but a self-absorbed person near you doesn't see it that way.

AQUARIUS (January 20 - February 18): Feeling like you are always saying goodbye while others form long term commitments and partnerships. Get out and get busy. Throw yourself into a task that will keep your mind off what's happening elsewhere; you can't change it with worry.

PISCES (February 19 - March 20): Someone wants their priorities to be the only consideration. Money issues are going to get worse before they get better. Stop avoiding the obvious, look clearly at what is going on and amend your behavior to minimize loss by saving time and resources for yourself.

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