THE VOXAIR

CANADA REMEMBERS
LE CANADA SE SOUVIENT

Our Military Community Newspaper, 17 Wing Winnipeg

NOVEMBER 5, 2003 | VOLUME 51, ISSUE 19 | FREE

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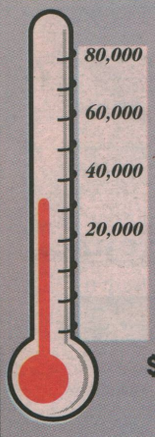
17 Wg Winnipeg
United Way of Canada | Centraide Canada
Campaign 2003



17 Wing United Way Campaign Update

Week 4 Total: $ 33,640.80



Royal Canadian Legion Remembrance Contest – Category: Intermediate-Posters-Colour
First Prize: Emmy Chan Toronto, ON

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REMEMBRANCE DAY

THE VOXAIR

Lest We Forget

THE ROYAL CANADIAN LEGION

LEGION

THINKING ABOUT YOUR FUTURE?

We've been a part of your past and we belong in your future because we can play an important role, not just for retired members, but serving military personnel too.

THINK LEGION!

The Royal Canadian Legion ensures that you and yours will be taken care of when the need is there. We've got 75 years' experience in making sure that Canadian service people get a fair shake while they are serving and when they retire. Our mission was passed on to us by those who, like you, served Canada in its time of need, and in return, worked to secure the benefits they deserved. The Legion also strives to make sure that what you do in war or peace is never forgotten.

WE'RE THERE

Injured while serving? We have a national network ready to assist you with any claim you may have. Interested in getting more involved with your community? We have programs that need your expertise.

FOR YOU.

There's a lot more to the Legion than you may think. We're an extended family of 450,000 people accross Canada who share a vision in our country and our communities. Why not visit a Legion Branch or join as a Military Member at Large by contacting your local branch or visit our web site at **www.legion.ca**.

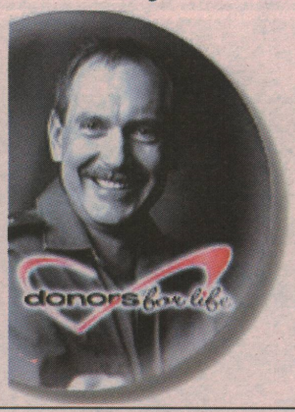
JOIN US.

Roll up your sleeves, Canada

CANADIAN FORCES MILITARY CHALLENGE

CANADIAN BLOOD SERVICES
SOCIÉTÉ CANADIENNE DU SANG

BLOOD DONOR CLINIC
17 Wing, Lipsett Hall Gymnasium



Friday November 21
11:30 am. – 3:00 pm.

For your appointment, call
1-888-2-DONATE (1-888-236-6283)

Walk-ins welcome!

Please eat before donating.

Bring identification bearing full name & signature or photo.

Prior to arriving please obtain record of inmunization and countries visited.

Christmas Mail



The cut off date for Christmas mail going to CF personnel overseas is Thursday, November 27th, 2003. The parcels have to be at the Post Office by 10:00 am on the 27th of November, 2003.

Reminder:
Charitable donations are not allowed to be sent through the DND mail system.
Any donations can be sent to the Red Cross or any other charities.

Cpl Rodriguez R.O.
OP's NCO MPO 400



Winnipeg Military Community Council
presents

Christmas 2003 Craft & Bake Sale

Saturday 15 November &
Sunday 16 November
9:00 AM - 3:00 PM
Lipsett Hall Recreation Centre
(near the corner of Kenaston and Grant)

Open to the Public
Admission $1 per day
12 yrs & under free

Different crafters on each day

Over 100 Tables!!

For further info contact Chris at 833-2500 ext 2299

W.M.C.C. Community First

WMCC Annual Coffee House

A fun evening of refreshments and local entertainment!

featuring:

- Doug's Reliable Cars
- Plain Salt
- WubaZemfree

The Winnipeg Military Community Council will once again host its annual coffee house. This event provides an opportunity for all community members to gather in a relaxed atmosphere to enjoy some refreshments, local entertainment, and of course, one another's company. Please be sure to mark this date on your calendar.

For our guests not associated with DND, please RSVP by 6 Nov 2003 to one of the following numbers so that we can arrange for access beyond the Whytewold Gate. Please provide the names of all people in your party and be sure to bring some form of photo ID, such as a driver's license.
Call 833-2500 then one of the following extensions:
6576 Don Forbes
2059 Melissa Davidson

(Proceeds go back to the military community through projects and events)

Details
Saturday 8 November 2003
7:00 pm – 10:00 pm
17 Wing Officers' Mess
Admission - $2.00

"They carry the torch with pride, courage and perseverance"

NATIONAL DEFENCE

Remembrance Day Message from the Honourable John McCallum, P.C., M.P., Minister of National Defence.

November 11, 2003

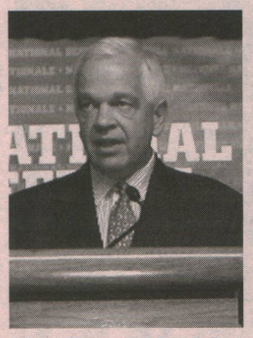
Each year, on November 11th, we come together as a country to remember in words and in silence the tens of thousands of Canadians who lost their lives in the great wars of the last century.

We also come together to honour the many veterans who came back from the wars. It is an opportunity to thank and recognize them for all they gave so that we might enjoy a better tomorrow.

In countless battles, from Vimy Ridge to the Battle of the Atlantic, and from Ortona to Kapyong, they earned the admiration and respect of our allies and of all Canadians. So many years ago, these veterans helped secure Canada's future and forge our identity.

Their fine legacy is now upheld by the men and women of the Canadian Forces. They carry the torch with pride, courage and perseverance.

This November 11th, we will remember the Canadian Forces personnel who have died in service to Canada, making the ultimate sacrifice for their country. In particular, our thoughts will be with the families of the soldiers who were killed during operations in Afghanistan.



The Honourable John McCallum, P.C., M.P. Minister of National Defence

This is also an opportunity to think of the men and women who are serving far from home on overseas operations, and to pray for their safe return.

With all that Canada's veterans have given on our behalf, it is incumbent on us to ensure that their sacrifices are recognized.

And for the many who lost their lives in service to Canada, our duty today, and indeed everyday, is to remember, respect and honour them and to uphold the values for which they died. We do that by continuing their fight to create a better world for future generations -- a world in which all people can know justice, freedom, and peace.

Blood Donor Clinic to Honour Canadian Forces Past and Present

In tribute to those who haven fallen in defence of Canada, and in honour of the men and women who serve and protect us at home and abroad, the Canadian Forces will partner with Canadian Blood Services in a "Roll Up Your Sleeves, Canada!" challenge in November.

Members of the Forces and the general public will be encouraged to donate blood at a mobile clinic at Lipsett Hall on Friday, November 21. The clinic will be open from 11:30 a.m. to 3:00 p.m.

Participants in the challenge who donate in remembrance of past and present Canadian Forces personnel will be invited to sign "In Honour" cards that will be sent to the National Chief of Defence Staff on their behalf.

There is a strong, historical link between Canada's voluntary blood program and Canadian Forces. The program began during World War Two, with the "Blood for the Wounded" campaign, when Canadians were encouraged to donate blood to help the troops overseas. Between 1940 and 1945, the program collected 2.4 million units of blood from a population of 11.5 million, a per capita rate three to four times higher than the United States or Great Britain. In the last year of the war, Canadians made an extraordinary 890,000 donations.

"We need to rekindle that national spirit of generosity, said Myrtle Nichols, Director of CBS in Winnipeg. "Currently, only 3.5 per cent of eligible Canadians donate blood. This compares to about five to seven per cent in other industrialized countries.

Nichols said that Canadian Blood Services is committed to making the donation process as efficient, comfortable and pleasant as possible for donors, and has responded to comments from donors.



"We are continuously looking for new and better ways of doing things, and have taken steps to reduce the overall donation time," said Nichols. "I think visitors to the Lipsett Hall clinic will notice the improvements."

Nichols indicated that the clinic will have nine beds and five screening booths, which will noticeably reduce line-ups and speed the donation process. Previous clinics only had six beds and four screening booths.

Canadian Blood Services has enhanced its corps of volunteers supporting this clinic, ensuring that donor needs will be addressed more quickly.

One easy way in which donors can reduce the length of their visit is to make an appointment for the clinic. Donors with appointments are considered "priority", and given a yellow folder upon arrival. Nursing staff will make every possible effort to accommodate "yellow folder" donors as closely as possible to their appointment time.

"Donors without appointments are still welcome," noted Myrtle Nichols. "We appreciate some personnel are not able to make appointments, and visit the clinics only when they are free to do so. We appreciate their commitment and will do everything possible to make them welcome."

For an appointment, or for more information on the Lipsett Hall clinic, please call Canadian Blood Services, toll-free, at 1 888 2 DONATE (1 888 236 6283).

To ensure donor safety and the safety of the blood supply, some restrictions are in place. To avoid the disappointment of being turned away, or "deferred", prospective donors should consult the information posters placed strategically around the Base. The posters will give them what they "need to know" about donor eligibility before visiting the clinic.

In addition to two pieces of identification, donors should bring information on which immunization they've had, and a listing of countries in which they've travelled.

Information on restrictions is available by calling the Canadian Blood Services toll-free line at 1 888 236 6283. Donors can also visit the Canadian Blood Services website. (www. bloodservices.ca) Click on "Temporary Deferrals".

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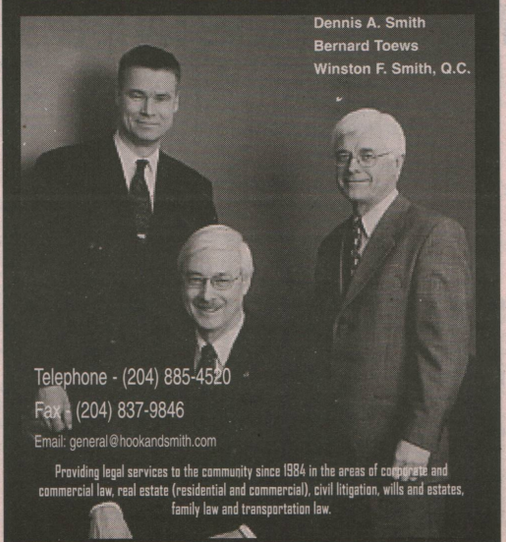

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Providing legal services to the community since 1984 in the areas of corporate and commercial law, real estate (residential and commercial), civil litigation, wills and estates, family law and transportation law.

Winter survival kit

(NC)—As another unpredictable Canadian winter approaches, it is recommended you convert your car trunk into a winter survival kit by adding the following essentials:

- Shovel
- Sand
- Compass
- Booster cables
- Fuel line anti-freeze
- Traction mats
- Tow chains
- First Aid kit
- Extra clothing/ footwear
- Emergency food pack
- Ice scraper and brush
- Fire extinguisher
- Extra windshield washer fluid
- Road flares/ warning light
- Blanket
- Flashlight

Chinthe Bits



Sgt George Lake
435 SQN LOADMASTER

Hello one and all from 435 Transport and Rescue Squadron.

This Squadron has successfully completed another Air-to-Air refueling course. The course began with a week of intensive ground training from the 29th of Sept to 3 Oct 2003. The ground training familiarized new personnel with the specialized procedures and equipment required to safely and efficiently complete Air To Air Refueling missions. This course was special because in addition to the Canadian candidates, we had a number of Swedish Air Force Personnel who attended as observers.

Once the ground training was completed and the candidates acquired a high level of theoretical knowledge, the aircrew began to prepare for deployment to their assigned destination. The flying phase of the course was in Bagottville Quebec from the 5th to the 10 of Oct, and Cold Lake Alberta from 13th to the 18th of October. The course candidates finally got a chance to apply their knowledge in real life situations. This course required that 1 Pilot be upgraded to Tanker Commander, 1 Flight Engineer become current in AAR and 1 Loadmaster be upgraded as an AAR observer. Upon arrival in Bagottville, the Pilots and Navigator attended meetings with the various fighter Sqns and coordinated the next dayís events. This labor-intensive meeting ensures vital requirements on both the Tanker and Fighter sides of the house are met, and ensures maximum training value for all concerned is achieved during the exercise. Each day of flying starts with numerous briefings both on the phone and face to face. A scenario is formulated and briefed with the crew and then the massive Hercules Tanker takes to the air, joins up with our elite fighters, and the proverbial GAS is passed, allowing the CF 18 Hornets all the fuel they need to complete their missions.

Currently, 435 Transport and Rescue squadron is the only Air-to-Air refueling capable squadron in the CF. Due to our ability to enable the fighters to remain in the air for long periods of time, we are considered a force multiplier, and as you can imagine, the demand for our services is high, so the crew was kept extremely busy. Some of the crewmembers stated that they spent the whole week in their flight suits and that civilian attire was an option but not a necessity. Down time consisted of eating and sleeping, but each member of the crew received the satisfaction of knowing they contributed to the success of each mission, and it was a job well done.

The 435 Squadron Air To Air Refueling Cell would like to welcome the following members to the team: Capt Dennis Haley as a new Tanker Commander, MWO Wayne Williams as a new AAR flight engineer, and MCpl Rob Gearns as a new AAR Loadmaster/ Observer. All these individuals did an exceptional job and will be a definite asset to the AAR Cell.

Manitoba Addictions Awareness Week is Nov 16 – 22, 2003

Over the week, take a few minutes to view the new events on the DIN. Each day there will be new information on different addiction topics. While you are there, take the time to complete the quiz and your name will be entered for a prize. This will be drawn on Friday the 21 Nov 03.

Come and join us on Friday the 21 November 2003 at the Junior Ranks Mess between 1100 and 1300hrs to view the displays, sample nonalcoholic punches and enter your name in a draw for one of the many door prizes. RCMP – Party Drugs, MPI – effects on insurance and demonstration of DWI through goggles, Canadian Cancer Society- focus on tobacco, and the Addictions Foundation of Manitoba– General Addictions. There will be lots of exciting information as well as chances to win a few prizes, which will be drawn for at 1300hrs that day. So, come on out and help us celebrate addictions awareness week.

Hope to see you all there! If you have any questions please call!
Sheila Wingerter
Health Promotion Director
4160

Scuttlebutt News Theatre Club



Audition Call -
Open to Adults of all ages

Looking to strut your stuff? We need actors, actresses to come out and try-out for a stage play, "Nuts". Tryouts will be held on the 13 Nov 7-9 Multi-purpose room at Bldg 90 and 15 Nov 12-2, at Bldg 33 Community Recreation Centre located by Bldg 90.

A sample of the play will be provided for reading, at the audition.

Play tentatively set to be performed March 10,11, 12,13.

As with any play, others are needed to do an outstanding job such as stagehands, set builders, producers, costume designers, prop master/mistress, makeup artists, graphic artists, script readers, stage managers, lighting and sound technicians.

For more information contact Anne 832-1314.

Important Notice

Effective immediately (27 Oct 03):
No riding of bicycles will be permitted
within the confines of 17 Wing/CFB Winnipeg.
Any questions or concerns can be directed to the undersigned.

Chuck Haarsma, CRSP
Wing General Safety Officer 833-2500 ext 5950

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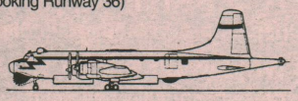

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Remembrance Day
Lest We Forget

"Around The Block"

WINNIPEG MILITARY COMMUNITY COUNCIL (WMCC)

SUBMITTED BY
John Brennan

"One generation plants the trees; another gets the shade."
–Chinese Proverb.

Hello again from your community council. Below is a list of upcoming events sponsored by members of the WMCC.

As always, if you live in the MQs and are interested in what goes on in your community, or if you have a little spare time and would like to lend a hand, please contact either your Ward Representative (for MQ occupants) or contact a member of the WMCC Executive – details can be found on the 17 Wing DIN site by going to Community then Winnipeg Military Community Council.

Upcoming Events

• 1 – 15 Nov: 17 Wing Scouts Popcorn Drive – Members of the 17 Wing Scouts, Cubs and Beavers will be in your neighbourhood selling popcorn as a fundraiser to support the activities and events in which they participate. This provides you an opportunity to support our children and to get a Christmas gift for that person who has everything.

• 8 Nov Coffee House – If you are interested in enjoying an evening of local musical talent, along with some coffee and sweets, this is the event for you. Come join us at the Officers' Mess (North) Saturday 8 November 2003 from 7:00 PM until 10:00 PM. See you there!

• 15/16 Nov Xmas Craft Fair – Due to past success and higher demand, this year's craft fair has expanded to a two-day event. If you have any questions or are interested in helping out, please call 833-2500 ext 2299. Watch for our advertisements.

Calls for Assistance

• WMCC Ward Rep – We still need a Ward Representative for Ward 1 (Carpathia St and Kenaston East). Please contact the WMCC if you would like to volunteer. In the mean time, Ward 1 occupants may contact the Ward 2 Rep John Joleun at 6053.

• Craft Fair Help – Successful execution of this event depends on a crew of volunteers who set up and tear down the tables, chairs and other supporting hardware. If you would like to lend a hand on Friday evening 14 Nov or Sunday afternoon 16 Nov, please call 833-2500 ext 2299.

Reminder – check our web page through the 17 Wing DIN site under Community - WMCC for information and updates.

WMCC EXECUTIVE

Mayor
Don Forbes
833-2500 ext 6576

Deputy Mayor
John Joleun
833-2500 ext 6053

Secretary
Kendra Nevills 833-2500 ext 6095

Past Mayor
John Brennan
833-2500 ext 6395

"The position of Mayor WMCC will be vacant as of the New Year. If you are interested in filling this position please contact a member of the WMCC or Major Rick Harris at 5863".

17 Wing Community Recreation Presents Themed Birthday Parties

Starting on November 17, 17 Wing Community Recreation will be offering a brand new children's birthday party program at Bldg. 90 and Bldg 33. Booking a birthday party through Community Recreation will offer you a worry and hassle free party for your child, we will take care of everything from the cake and pizza to games and crafts in the pool and gym.



Currently all parties run out of Bldg. 90 and offer free time in the gym, swimming pool and multi purpose room. Under the new program, three different themes will be offered and a member of the Community Recreation Special Events Team will host each party. The Special Events team member will facilitate everything at the party from games and activities to the cake and pizza. The themes that will be offered include, Under the Sea, Outer Space and Games, Etc. By choosing which theme you would like for your child's party, you are choosing how your party will run. Each party includes either time in the gym and/or swimming pool as well as a craft for the children to take home with them after the party. Under the Sea is an adventure fit for Jacques Cousteau. Time is spent playing games in the pool, working on a craft and unwrapping gifts. Outer Space will send the children over the moon with fun. Two hours will be spent playing games in the gym and the swimming pool, with time for food, cake and gifts afterwards. The final theme is Games, Etc. This party spends an hour in the gym playing games, – an hour in the pool for free swim and a half an hour for a craft followed by an hour for food, cake and gifts.

Each party lasts approximately three hours. Time spent in the gym and pool will take place at Bldg. 90 while cake and crafts will be held in the Westwin Community Center (Bldg. 33, to the right of Bldg. 90).

The cost for these parties depends on the amount of children who are attending the party as well as whether or not you choose for us to supply the pizza and cake. For five to ten children the cost is $87.00, eleven to fifteen children the cost is $92.00 and for sixteen to twenty children the cost is $97.00. Birthday cake, either vanilla or chocolate, can be added for a cost of $15.99, while pizza can be provided upon request at a cost of $8.00 for every five children. Parties will be booked on a first come, first served basis and a $25.00 non-refundable deposit must be paid at the time of booking.

If you would like more information on booking a birthday party through Community Recreation, you can pick up a brochure at Building 90 or call Dana Hinkema the Community Recreation Program Assistant at 833-2500 ext. 2057.

Aircrew Portraits

At the end of WWII, my father was in the RAF and painted oil portraits of Canadian Aircrew before they went home. His name was Philip Roe. If you know of anyone with one of these paintings, they still owe ten bob! No, seriously, I am in Canada on holidays and it would be a great pleasure for me to see one of my father's portraits & hear the story. Please contact Ms. Bandy directly, if you can offer her any assistance.
Email: **olivebandy@skylinc.net**

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THE VOXAIR
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Monday to Friday, 0815 -1600 hrs
Telephone 204 833-2500 ext 4120
Fax 204 833-2809
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VOXAIR STAFF
LCol S. Neville
Editor-In-Chief
204 833-2500 ext 5281
Capt P.A. Dawes
Managing Editor
204 833-2500 ext 6152
Maureen Walls
Office Supervisor, Sales Manager
204 833-2500 ext 4120
Jose Orellana
Production Coordinator
204 833-2500 ext 6976
Jenny Provo
Accounting
204 833-2500 ext 4121
Jen Sharpe
Journalist/Photographer
204 833-2500 ext 6976
Traci Wright
Proofreading
Jim Holland
Advertising Sales
204 832-0115
Darlene Ashley
Advertising Sales
204 896-8575
Printed By
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Correspondence should be addressed to:
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PO box 17000 Stn forces
Winnipeg, MB R3J 3Y5
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Veterans Work to Keep Memories Alive



Members of the Old Guard stand at attention at 17 Wing's Garden of Memories. The Old Guard is composed mainly of retired military members who wish to continue serving their country and honouring their fallen comrades.

By Jen Sharpe

Finding inspiration in the proud faces of veterans is never difficult on Remembrance Day. We are all aware of the sacrifices they made so many years ago, including the ultimate sacrifice made by their fallen comrades.

But while veterans have lived inspiring lives, that inspiration didn't end when their tour, war, or military service concluded. For many Canadian veterans, military retirement only signaled the beginning of a life filled honouring their friends who didn't make it, enjoying the company of those who did, and educating the public along the way.

Bill Whiston, President of the Air Force Association of Winnipeg's 500 Wing, says that for many veterans, military life is something you just can't abandon upon retirement. "Once you're in the military, it's in your blood. You have a common bond with people and it's very strong."

"Participating in organizations like 500 Wing is sort of like continuing your career," he continues. "In a way, I was reluctant to leave the service. I knew I would miss the camaraderie and the esprit de corps—you just get used to it."

WWII pilot and 415 Sqn Honourary Colonel John Enns agrees. "There's no question you gravitate to friends in the Air Force. That's why I'm involved with the Wartime Pilots and Observers Assocation and 500 Wing."

"I just love it," adds 500 Wing member Rita Green, a former wartime aerial photographer. She says that veterans organizations give her the opportunity to meet people who share her passion for keeping military history alive.

"It's important to maintain those close ties because military life just becomes a part of you. For about 40 years or so I kept in touch with 5 women that bunked around me. Every Christmas we wrote each other a little note to see how we were doing."

Green, Enns, and Whiston are or were all very involved in a multitude of aviation and veterans associations across Manitoba. The Manitoba Aviation Council, Royal Canadian Legion, Wartime Pilots and Observers Association, Civilian Air Search and Rescue Association (CASARA), and 500 Wing's Old Guard ensure they each have a schedule packed with meetings, luncheons, presentations, and parades.

For the trio, retirement isn't about lounging and relaxing but continuing their life's work of serving the people of Canada.

"We have the responsibility to educate and let the public know about our military history and Canada's place in the world," Enns explains. "It's the same objective, the same mission as why the government created the Honourary Colonel rank. We act as a liaison or communication link between the public and the forces."

According to Whiston, veterans have the important responsibility of communicating the consequences of war to today's youths.

"They really don't know what Remembrance Day is all about—to them it's a holiday," he says. "Part of it is the school's fault because right now, all your principals and teachers don't know anything about war because they were never involved."

The key, Enns says, is to get people with first hand experience more involved in Remembrance Day ceremonies and history lessons.

"In one school, I was invited to come back (after presenting), and the Grade 5s and 6s kept me there for two hours asking 'Why was there a war? Why did you go to war? Were you afraid?'... When I went away I had 43 letters from those children."

"Children want to know the truth and be told exactly how it is."

In addition to visiting schools, Whiston says it's important for veterans to maintain close contact with cadets and current serving members. To keep up appearances, the 500 Wing Old Guard participates in a handful of 17 Wing parades throughout the year, including this past July's "Change of Command" ceremony and September's "Battle of Britain" ceremony.

Although it's been decades since Whiston, Enns, or Green have been in service, marching on parade is still second nature. "You'd be surprised," Whiston says with a laugh, "You can be on parade and you can look as sloppy as anything, but the minute that band starts you straighten right up and it all comes right back."

"You often think of all the times you were told to smarten up or stand straight," Green adds. "You relive the whole thing."

Because the veterans have lived through so much in their military careers, they feel that they have an unspoken bond with the cadets and military personnel they meet during the ceremonies.

"You look at them and they don't realize that you can look right through them and see yourself," Enns says. "And talking to them is what makes it interesting. We go to Portage for the past six years and the most enjoyable thing is to spend time talking to the graduates and their families."

Although 500 Wing members are doing their best to represent veterans at schools and ceremonies all over Manitoba, an aging membership means their efforts can't go on forever. By attracting some younger members who share a passion for aviation and camaraderie, the local Air Force Association hopes to keep up appearances and improve the general public's knowledge of wartime history.

This Remembrance Day, 500 Wing's Old Guard will be honouring the fallen at the Convention Centre. When inspiring stories of wartime heroism and sacrifice fill everyone's thoughts that day, perhaps Canadians should take a moment to recognize the inspiring dedication and passion of our hard-working veterans. By spending time in schools, at ceremonies, and with journalists like me, they help to ensure Canada never forgets its military history.

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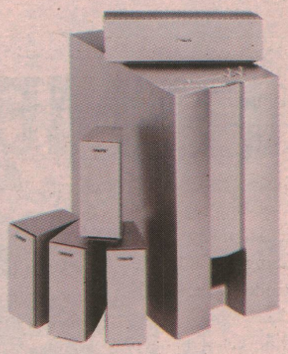

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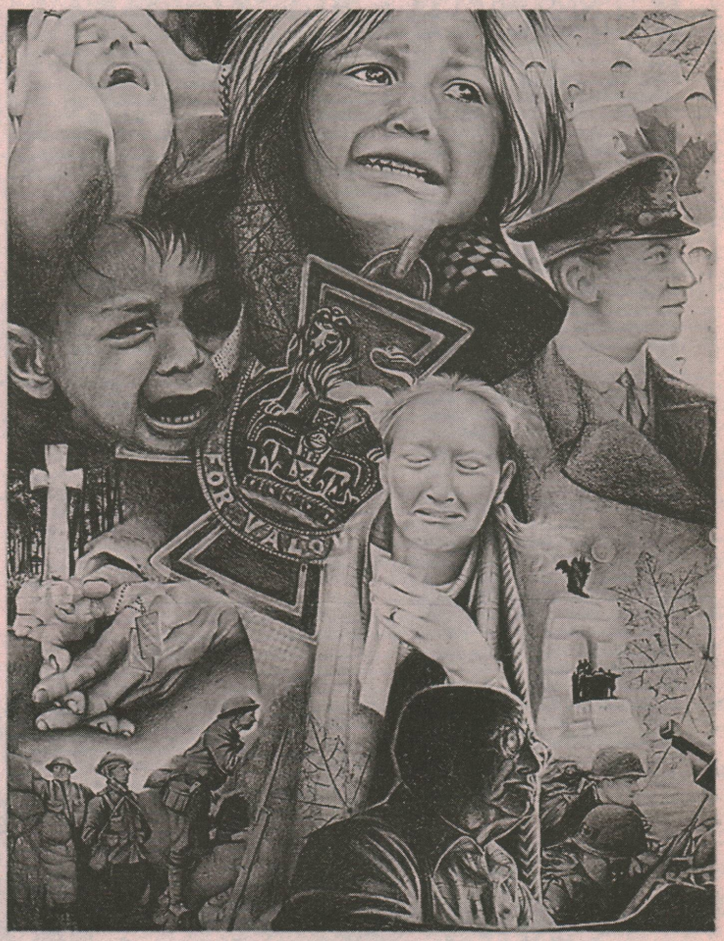

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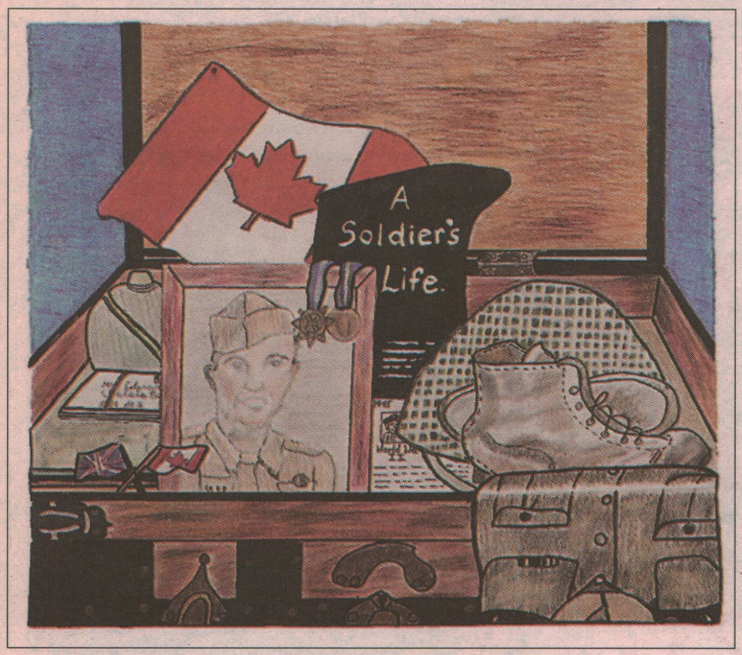

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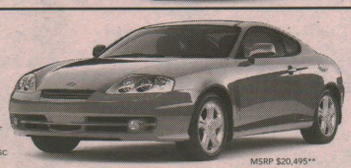

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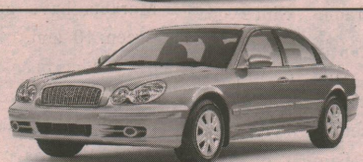

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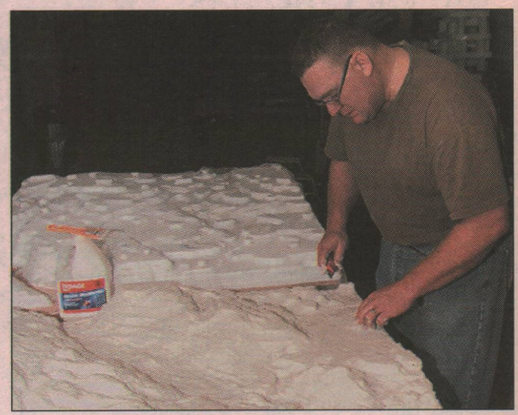

PHOTO CPL WC GOMM 38 CBG HQ

Cpl Scott Wiley of 41 CBG, 6 Int Company, 5 Platoon (38 CBG) works at building a Terrain Model to be used by the LSSR during exercise Kilted Warrior. Terrain Models are used to accurately show soldiers the "ground" they will be using before they go to actual exercise area. This model was made using Styrofoam and plaster.



Cpl Scott Wiley of 41 CBG, 6 Int Company, 5 Platoon (38 CBG) stands by a Terrain Model used in Exercise Fighting Bison a 38 CBG Exercise held in Kenora May 2003.

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Flu Vaccine has arrived at 17 Wing

The influenza vaccine has arrived at 23 Health Svcs Centre (medical clinic). The community health office has developed a few initiatives to make the flu vaccine more accessible to the CF members.

1. Immunization clinic hours will increase to Tuesdays, Wednesdays and Thursdays from 0930-1130 hrs.

2. If your unit or section has five or more members available (at the same time) for the flu vaccine, you can call the community health office at local 5116 and book a time outside regular immunization clinic hours.

3. We will be conducting a flu vaccine clinic in 1 CAD's Mynarski Hall from 1300-1500hrs on Wednesday, 12 Nov 03.

• You must bring your yellow book and this clinic is for the administration of the flu vaccine only.

Notes:

The CF "Strongly Recommends" the flu vaccine be given to all CF members.

Unfortunately we do not provide flu vaccines to any civilian personnel. Contact your local civilian community health unit or your family physician for further information.

The standard thirty six hours grounding period does apply to the flu vaccine for aircrew.

Personnel with an egg protein allergy cannot receive the flu vaccine (this does not include feather allergies).

For further information call the community health office at 5116 S.J. MacLean-Baldwin, RN, BScN Capt, Mngr of Diagnostics & Therapeutic Services
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A/Aeromedevac Standards Officer
23 Health Svcs Centre, 17 Wing Winnipeg 5621

Two Investment Approaches

Written by
Leslie W. Davidson, B.Econ, B.Comm, CIM, FCSI, CFP
Financial Planner/
Branch Manager
SISIP Financial Services, Gagetown

Over the past several years, many investors have realized that they invested in mutual funds that were "riskier" than what they originally perceived. This tendency is partly due to the marketing efforts of financial institutions in advertising investment performances that are obviously favourable. We can easily be disappointed if we forget that the past performance of an investment is not a guarantee of its future performance.

There are two main approaches to making successful investments. The first is quick return and therefore implies high risk. Payoffs must be significant in order to offset the potential for significant losses. The second approach is a long-term view coupled with appropriate investor expectations. Not everyone is comfortable with the double-digit losses some funds have had in recent years. The problem is they only saw the double-digit gains, and hastily began to form return expectations based on these. Few people factored normal market fluctuations in to their expectations and are upset when stock markets lost value. Accepting short-term market fluctuations and maintaining a long-term approach should help to produce better average returns over time.

The first step to successful investing is to establish goals with realistic time frames.. Since goals can vary so much, making RRSP contributions for your retirement in 30 years will likely have very different investment objectives from your saving towards a house purchase in two years time. In the latter example, you must question your ability to accept any capital losses if the time to reach the goal is less than five years. Everyone can handle the "ups", but as you get closer to your goal, each "down" pushes the goal further away. The major North American Stock Markets have grown between 10 and 14 percent, but that has been over a 50-year period. There are short periods (five years or less) where they have declined 30 percent or more.



After goals and time frames are established, you must develop realistic expectations. For example, do not expect a 20% return in one year unless you are willing to accept a possible 20% loss during the same period. If not, then accept that a conservative one-year investment may not get you more than a three to five percent return.

The setting of expectations is best done with the assistance of a qualified financial planner. A planner should provide you with advice based on intimate knowledge of your financial situation, investment products, and markets in general. A financial planner will help you eliminate investment products that do not match you or your goals and thereby provide you with valuable advice over the long term.

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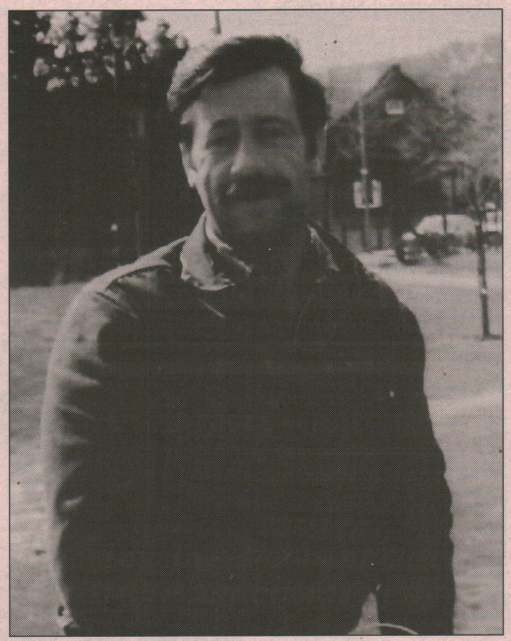
Remembrance Day

Heroes: Dedicated in memory of Nelson V. Macauley, 1951-2002

By Kristina Macauley

My husband is dead. 'So what?' most people would say. They didn't know him. They don't know he died defending their freedom. No, he wasn't killed by a bullet or bomb. His killer was more devious. It was cancer, a disease he contracted while guarding out lives making sure there was a country to awaken to every morning. He died keeping our children, our dreams, and our hopes safe. It crept up on him slowly, caused by asbestos. It festered for who knows how long, finally rearing its ugly head cutting short his retirement after 27 years service to his country.

Yes, he was killed defending a country that will never know what he did, a country ignorant of his death and that of many others like him who gave their all. Only heroes are remembered, but he and others like him are also heroes. They did their jobs quietly, not asking for glory or even a thank you. They did what they felt had to be done and they paid for it with their lives, heroes only to their families. They too should be remembered on November 11. Just because they weren't in a world war or friendly fire tragedy, but they too gave their lives. They deserve our thanks and remembrances as surely as those who went before. My husband was killed. God rest his soul.



Nelson V. Macauley, 1951-2002

November is Osteoporosis Month

(NC)—Osteoporosis remains a major health concern in Canada. Current data reports one-in-four women over the age of 50, and one-in-eight men have osteoporosis, a debilitating disease characterized by low bone mass. It is a primary cause of fractures, falls, pain, disability – and a decline in quality-of-life can be sudden and alarming following a bone fracture. Fractures and falls may result in disfigurement, lowered self-esteem, reduction or loss of mobility – and in the elderly, complications of hip fractures frequently lead to death.

While the statistics are disturbing many effective treatment methods are readily available and getting sound information to the public is important in the prevention of osteoporosis. Yet, there are many misconceptions. Did you know for example, that women build up bone mass until age 25, and after age 30 they slowly start to lose it? Then, in the five to 10-year period following menopause a woman can lose up to 30 per cent of her total bone mass. This is how, even with just simple activities, fractures of the spine, hips and wrist occur.

For those diagnosed with osteoporosis, it is important to note that even an increase in calcium from foods and supplements would not be enough to treat or reverse the disease. While increased calcium is important to prevent further bone loss, it is prescription medication that is necessary to treat osteoporosis, or prevent low bone mass.

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Military Family Resource Centre (204) 833-2500 Ext. 4500

Coming November 19th and 20th, 2003

2PPCLI Information Fair

For families on the move to Shilo

Presented through the Brandon Economic Development Council, the fair will showcase a wide variety of agencies and organizations that will make your move to Shilo a smooth one. You will find everything you need to know about living in Shilo and surrounding areas! Presenters from every aspect of community living will be in attendance to provide you with resources and to answer your questions.

Doors at the Drill Hall (south) open 3-9 pm November 19 and 11-8 pm on November 20. Free childcare for children 18mos+ is available by registration only. Call Local 6846!

For more information about the fair call:
Winnie Green - MFRC Move Coordinator at 471-4078, or Sandy Trudel - Brandon Economic Development: s.trudel@brandon.ca

The Shilo and Winnipeg MFRCs present:

"Moving to Shilo Information Session"

Thursday November 6th, 2003
7:00pm - 9:00pm
2PPCLI Junior Ranks Mess
Transition Centre - 2nd Floor

Still looking for an activity for your preschool child?

Our NURSERY SCHOOL PROGRAMS have spaces available in all 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 centers, 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 Center
Monday, Tuesday and Thursday. Monday, Wednesday and Friday.
9:00a.m. to 11:30a.m.
9:00 to 11:30a.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 Center
Monday, Tuesday and Thursday 1:00p.m. to 3:30p.m.

Santa is on vacation – we need YOUR help.

Since 1993, Operation Santa Claus has served up to 5,000 Peacekeepers at Christmas time. Last year, 4,300 Christmas gift packages were distributed to 21 locations. Canadian companies donate most of the gifts. This September, the Canadian Forces Personnel Support Agency, Deployment Support Unit will be sending a Christmas gift package to all Canadian Forces members serving on deployed operations around the world. Included in each gift package is a hand made letter/card from a child extending Christmas greetings and a supportive message.

Over the years, Military Family Resource Centres (MFRC) have assisted by collecting and forwarding letters and cards from kids of all ages. In the past, children attending MFRC childrens' activities, church groups, daycare centres, scout/guide organizations, recreation programs and unit special events have written these letters. From feedback received from our Peacekeepers, letters, pictures and cards are the favorite part of any gift from home.

Submissions will be forwarded in time for Christmas to current theatres of operation where 17Wing members are deployed. . It is requested that children record their first name only, age and school/group on each card! You assistance with this project is what makes it a success!!

For a limited time only we have great coloring sheets featuring a christmas tree created from animations of CF members! The sheets offer lots of room for children's Christmas wishes to the troops. Get your child's class involvedÖpick up some today at 102 Comet St.

Contributions are to be returned to the MFRC ASAP. For more info call Catherine 833-2500 loc. 4506 Chatterley.C@forces.gc.

Le Père Noël est en vacance.. On a besoin de votre aide!

Depuis 1993, L'opération Santa a desservi plus de 5000 soldats en mission de paix durant la période de Noël. L'an passé, 4300 paquets de cadeau ont été distribués dans 21 différentes locations. Les compagnies canadiennes offrent gratuitement la plupart des cadeaux. En septembre prochain, l'unité de déploiement de l'Agence de support pour les personnels des Forces canadiennes fera parvenir un paquet cadeau à tous les membres des forces canadiennes servant autour du monde. A l'intérieur de chaque paquet cadeau est inclus une lettre/carte faîte de la main d'un enfant afin de leur souhaiter de joyeuses fêtes et un message de support.

Au cours des années, les centre de ressources des familles militaires (CRFM) ont assisté en ramassant et en envoyant les lettres et cartes de tous les enfants. Dans le passé, les enfants fréquentant les activités du CRFM, les groupes religieux, les garderies, les scouts, les programmes de loisirs et durant les évènements spéciaux dans les unités, ont écrit ces lettres.

D'après les commentaires reÿus de nos soldats, les cartes/lettres de souhaits sont les préférées de tout le paquet.

Pour un temps limité, nous avons des pages à colorier mettant en vedette un arbre de Noël créer par les membres animés des FC. Cette page offre amplement d'espace pour les souhaits des enfants. Faites participez la classe de votre enfantÖ ramassez des copies au 102 rue Comet. Votre contribution doit être retourner au CRFM.

Pour plus d'information contacter Catherine, phone: 833-2500 loc. 4506 E-mail: Chatterley.C@forces.gc.

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**
Deployment Services	**C. Chatterley**	**4506**
Volunteer Services	**Nicole Johnson**	**4507**
Youth/Adult Services	**Diane Brine**	**4508**
Information & Referral	**Linda Belisle**	**4509**
Children's Programs/ Emergency Childcare	**W. Richardson**	**2491 *or* 6846**
Employment Assistance	**John Chabih**	**4511**
Special Needs/ PIC Social Worker	**Haley Schroeder**	**4512**
Francophone Services	**Louise Cameron**	**4515**
Thunder Bay MFRC	**Donna Hrycyszyn (807) 345-5116**	

Volunteering and Self-Enhancement

Volunteering provides volunteers with opportunities to enhance their employability, self-esteem, personal coping skills and resources, all of which have health benefits.

Self-Enhancement and Health

- By self-enhancement, we refer to a person's sense of confidence, self-esteem and belief in their abilities, which are related to one's resources, skill development and learning.
- People with a strong sense of their own effectiveness, coping abilities, and social usefulness, and who are socially active, tend to have better health, lower mortality, and healthier lifestyles.
- Self-esteem and confidence are related to reduced blood pressure and improved immune function.
- Multiple roles also enhance health and longevity: for example, occupying the roles or identities of worker, wife, mother, friend, volunteer, and club member increases social integration and personal resources, and aids in coping with stress.
- People who are unemployed tend to suffer from more health problems.

Volunteering and Self-Enhancement

- Three-quarters of volunteers surveyed in the National Survey of Giving, Volunteering and Participating (NSGVP) reported gaining interpersonal skills; volunteers also developed communication, organizational and managerial skills.
- Youth most often volunteer to improve job opportunities (54%) and explore their own abilities (68%). Benefits for youth in terms of enhanced confidence and self-esteem through skill development are particularly important.
- Gerard's recent European research found that those who leave school early or come from disadvantaged backgrounds, yet volunteer, show levels of psychological well-being equal to educated, professional non-volunteers.
- Volunteers often report a "helper's high": a physical and psychological "feel-good" sensation linked to physiological changes.
- Volunteering enhances health because it provides an additional role or identity: individuals with many interests and roles have increased well-being.

The Winnipeg MFRC believes in Health Canada's Volunteering and Self Enhancement Theme. For information on Volunteer Opportunities please call Nicole at 833-2500 ext 4507.

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Kathy Ash 725-8842
Brady Hardy 725-8841
Wendy Flannigan 725-8823
Ron Cornell 725-8836
barryrabe@royallepage.ca

TAROSCOPES

By Nancy

For appointments call 775-8368

ARIES (March 21 – April 19): The best way to stay calm is to have faith in yourself. You will know what to do when the time comes. Beginning something you can really get excited about because it is in keeping with who you are. Youíre living up to your potential, doing what you believe in.

TAURUS (April 20 – May 20): Follow your own inner timing when decisions need to be made. Refuse to be rushed. Observe details when negotiating. Consider how your outlook has been affecting your outcomes. Assisting others feels rewarding and combats pessimistic thoughts that may sneak up on you.

GEMINI (May 21 – June 21): It is important to realize that using your charm to get your way, especially if youíre just being stubborn, may work against you. The ensuing disturbance is far reaching. Consider others, or youíll be accused of arrogance. An identity based on being the best is precarious.

CANCER (June 22 – July 22): When hidden issues surface that have been affecting your perception, answers are finally possible. Youíre celebrating a truce, but it is short lived because one side is not as willing to participate as youíd hoped. Be helpful but guard against being taken advantage of.

LEO (July 23 – August 22): Take time to rest and relax. There is light at the end of the tunnel after a very difficult passage. Youíre completing projects and gaining closure. Your inventiveness inspires others to do their best. Instigate change now that there are no longer impediments to progress.

VIRGO (August 23 – September 22): Your confidence increases when others accept a business venture youíve proposed. Your work speaks for itself. Youíre seen as one who has the energy to get things done. Donít compromise on what you believe is best; respect yourself, your business and the environment.

LIBRA (September 23 – October 23): Education is highlighted, your own and other peoples. Use your practical outlook, patience, and gift with words to further an enterprise aimed at the betterment of your community. Playing a key role in someoneís development by being a mentor is very satisfying.

SCORPIO (October 24 – November 21): Devise unique solutions, but consider who will benefit before implementing. In trying to create something significant you may be overzealous. No matter how much you think you can manipulate things, there are unknown variables present. Practice moderation.

SAGITARIUS (November 22 – December 21):You say you want peace and quiet, but actually you thrive on the excitement of a hectic schedule. Staying constantly in motion makes it seem easier to gain momentum when you want to push your point. Itís time to voluntarily slow down.

CAPRICORN (December 22 – January 19): A situation improves, not because you can now see past the games of others, but because you have tried to be fair and in so doing you have set a standard for all. Continue to maintain integrity for your words will be repeated and your actions imitated.

AQUARIUS (January 20 – February 18): The role youíre playing is wearing you out. Giving more only raises expectations. Itís not your job to guarantee someone elseís happiness. They want a lot but are not prepared to make any effort themselves. Resentment will grow if you donít put yourself first sometimes.

PISCES (February 19 – March 20): Donít expect others to be pleased when you disrupt old patterns. Youíll have to withstand extreme pressure from those who want to maintain the status quo. Faced with unreasonable, outdated demands youíll opt for choices that reflect your values and priorities.

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1- Graco (infant high chair). 2- Century large stroller. 3- Graco - infant rocker. 4- Cosco-high back booster (22 - 70 lbs) black and gray. Will sell items individually or $80 for all four items (OBO). Colette work: 833-2500 ext:6567 home: 831-6132

1/2 carat "princess cut" diamond ring. 3 1/2 years old. Appraised @ $2900. Selling for $1700 or best offer. Have all papers. Worn approx. 2 1/2 years. Sue (269-1031) or 6544

Oldsmobile Achieva S, 1994-205575 kms, $4000.00 or OBO. Ph: 489-7108 or 781-8026

For sale: Large Metal office desk 50.00 call 895-0126 or 333-5354

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4 Broomball sticks/paddles, $5.00 each. **Older ent unit, oak veneer,** holds 27 inch TV. Perfect for kid/rec room, $40.00. Contact Joanne at local 5853.

Set of four Firestone tires P215/70R14 with over 50% tread left asking $120. **Folding ping-pong table** in fair shape asking $80. Contact Ben at 5036(w) or 895-8779(h)

3/4 Upright Handok Piano, with bench, metronome, lamp and books. $4500.00 call: 487-1372

Pram – Silver Cross, navy blue with large spoked wheels. $200.00 call: 487-1372

Single Sofa Bed, Off white in colour, $75.00 OBO. Please call after 5:00 p.m. 338-4117

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Father Tim Nelligan
(Roman Catholic)
Office 833-2500
extension 5272

Father Terry Cherwick
(Ukrainian Catholic)
Office 833-2500
extension 5417

Father Ed Quao
Office: 833-2500
ext 6206

Secretary
Carol Cochrane
Office 833-2500 ext: 5087

Masses
(English only)
Sat 1630 hrs Sun:0900 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 1100 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.

Remembrance Day

Padre's Corner

SUBMITTED BY
Padre Terry Cherwick

On the 11th-day of the 11th-month on the 11th-hour we will remember them- or will we? What does this day mean for you? What does this day mean for Canadians? Schools in our province will be closed and many will see it as a day off. What a travesty that many will see it as a day off rather than a day to remember. The gift of peace should never be taken for granted. The sacrifice that was won by the shedding of so much blood should never be forgotten. Those that have gone on before us have lit the torch of peace and freedom and have passed it on to us to keep burning bright. And today men and women in uniform continue to pay the ultimate sacrifice in the pursuit of bringing peace to all regions of a broken world.

I would challenge each person in uniform, each person that has worn the uniform in the coming days as we prepare to celebrate Remembrance Day to share their stories, and the stories of those that have gone on before us with your children, grand children, with whomever will listen. Each one of our stories woven together makes a collage that speaks of the contributions of our military in the efforts of peace and freedom. No story is too small or too insignificant, for each adds a thread to the collage of democracy and peace. How do we encourage peace in the world? By living it, by constantly promoting the values of peace, by reconciliation, by learning from the past atrocities and preventing them from happening again. A story untold is an opportunity lost. If we are to remember our fallen comrades it should not be done in silence. It should not be seen as a day off. We must continue to stand proud in who we are in what we do and promote national unity and pride in this great nation, for that is what those that laid there lives down would want. Anything less would dishonor their memory. What will you be doing Remembrance Day? Where will you be honouring the past, showing pride in the present, and promoting the future. It is then that we will truly remember them.

Off The Shelf – Book Reviews

Who Dares Wins,
author Peter Legge

"I really liked this book, especially in the morning during breakfast. It's a collection of short personal stories about taking chances and being successful. Written by a Canadian author about Canadians".

– Melissa Davidson,
Community Recreation Director

Forward your Off the Shelf quote about a book you're reading to Michelle Wohlgemuth at Wohlgemuth.MKE@forces.gc.ca

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Every Fri 5 pm - 7 pm
Every Sat 12 - 4 pm

The Voxair

Deadline for next issue is Friday, 7 November 2003

THE VOXAIR Real Estate Section



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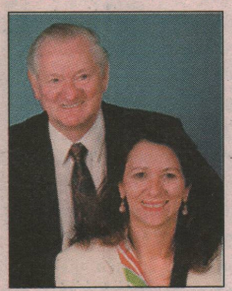

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