



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

NOVEMBER 19, 2003

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FREE

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17 Wing Honours Fallen at Remembrance Day Services



26th Field Artillery Regiment from Brandon firing a 21 Gun Salute at the Manitoba Legislature.



(Left) Passing of the torch from the Old Guard to the current generation of serving CF members at the Convention Centre Remembrance Day service.



(Right) MCpl Brian Wurm guards the cenotaph at the Convention Centre.



BY JEN SHARPE

On November 11, Remembrance Day services across Canada gave Canadians the opportunity to thank veterans for their heroic efforts and grieve those who sacrificed their lives for freedom.

For 17 Wing's MCpl Brian Wurm, this year's service at the Convention

Centre also gave him the opportunity to reflect on this important day while representing the Air Force as Air Command Sentry.

For nearly two hours, MCpl Wurm guarded the temporary cenotaph with three other men and women representing the Navy, Army, and RCMP. Although his frozen posi-

tion required patience, self-discipline, and concentration, the Regina native says any minor discomfort only reminded him of the sacrifices made by Canadian veterans.

"It is important to keep in mind that these veterans had to put up with years of being away from home in battle, and if we can't

stand there for an hour and remember their sacrifices then it's somewhat weak as far as I'm concerned."

"I think it's very important that military people get involved in Remembrance Day," he continues, "and that when we do get a chance to go out and show our faces to the Canadian public that

we do it right and we do it properly."

Being part of the Remembrance Day sentinel is something that comes naturally to MCpl Wurm; next year, he hopes to represent the entire Air Force at the national ceremony in Ottawa.

Please see 17 Wing Honours Fallen on Page 10

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Canadian Forces Salute Outstanding Athletes, Coaches, Teams And Officials

OTTAWA, ON – At a ceremony earlier this evening, the Canadian Forces Personnel Support Agency (CFPSA) honoured Canadian Forces athletes, coaches, teams and officials at the 15th Annual Canadian Forces Sports Awards Ceremony.

The theme of this year's event, "Journey to the Military World Games: The Pursuit of Excellence," recognized the dedication and professionalism of athletes preparing for the 3rd Military World Games, scheduled for December 4-11 in Italy. Many of the evening's award-winners competed in military and civilian regional, provincial, national and international competitions. Tonight's honourees were:

- Team of the Year: CFB Petawawa Men's Soccer Team scored an unprecedented eight goals during the 2002 CF Soccer National Championships, handily winning the tournament, and making their mark in the record books.

- Male Athlete of the Year: Officer Cadet Kevin Dulude

(Basketball) was named Ontario University Athletics (OUA) East 1st Team All-Star, while also earning the title of RMC Male Athlete of the Year. OCdt Dulude also recorded 10.2 rebounds per game, good for 2nd place in the OUA and 3rd overall in the Canadian Interuniversity Sports (CIS) circuit.

- Female Athlete of the Year: Leading Seaman Hayley John (Swimming) is a celebrity of sorts at her local pool in Duncan, B.C. At the 2002 Canadian Master's Swimming Championships, LS John broke four B.C. Masters Records in the 50m and 100m freestyle and butterfly events.

- Official of the Year: Master Corporal Mark C. Gough (Softball and Volleyball) is a much sought after official, in not one, but two sports. In 2002, he became a national official in volleyball, while also obtaining international official status in softball. He officiated at more than six volleyball tournaments in 2002, including the CF National Championships in Borden.

The Canadian Forces



Female Athlete of the Year: Leading Seaman Hayley John (Swimming)



Male Athlete of the Year: Officer Cadet Kevin Dulude (Basketball)

National Sports Program, organized by CFPSA, promotes fitness and good health as a part of the CF's mandate of operational readiness. The program allows participants to raise their level of physical fitness while developing esprit de corps, team cohesion, pride and self-esteem through team and individual sports.

This November 1st ceremony is sponsored by SISIP Financial Services and the Royal Canadian Legion and allows all Canadians to cele-

brate athletic excellence in the Canadian Forces.

For a complete list of winners, visit www.cfpsa.com.

Service Income Security Insurance Plan (SISIP) Financial Services and the Royal Canadian Legion are proud sponsors of the Canadian Forces Sports Awards Ceremony.

See the next issue of the Voxair for a story on 17 Wing's inductee into the CF Sports Honour Roll, CWO John Quilty.

Ironman Hawaii

By Capt Neil Kinley

After 10 hours, twenty minutes and ten seconds of pushing his body to the limit, Maj Luc Guillette raced across the finish line of the Ironman Triathlon World Championships in Kona, Hawaii on October 18, 2003. "The last two miles of the run were magical, with people lining the streets cheering and a lot of Canadian flags out," said Guillette. "The finish line on Alii Drive was a dream come true."

Maj Guillette is the Navigation Flight Commander at the Canadian Forces Air Navigation School (CFANS) at 17 Wing Winnipeg. He has been competing in Triathlon and Ironman events for four

years, with the aim of competing in Hawaii. This year, with a personal best performance at the Canadian Championships in Pentecost, Guillette qualified to compete in the 25th Anniversary edition of this prestigious event.

The Kona Ironman is the ultimate triathlon competition and each year the world's top professional and amateur triathletes are drawn to Hawaii for this gruelling test of endurance. The Ironman involves a 3.8 km swim, followed immediately by a 180 km cycle, and finally a 42.2 km full marathon run.

In Hawaii, the participants not only have to endure the pain of competition,

but also the searing heat and a swim in the salty and often rough ocean waters. Guillette withstood the heat and finished strongly placing 399 out of 1658 competitors. In his category, males 30 to 34 years of age, he placed 112 of 230. This category is the most competitive in the competition and includes most of the professionals entered.

Guillette travelled to Hawaii with his wife, Helene, arriving six days prior to the event to acclimatize himself to Hawaii, to ensure his bike was working properly, to check out the course and to put in his last minute training.

The race began early on Saturday morning with the Guillette's strongest part of the event, the swim. "I'm usually able to pull away and get clear of other people,

but with so many strong swimmers I was caught in a group of about 50 together," said Guillette. "I was getting beat up, scratched and hit." His swim time was slower than expected because of this, as well as having to swim without the buoyancy of a wet-suit and deal with salt water.

Once he dragged himself out of the water he hopped on his bike and hit the road. Guillette powered his way to a personal best for the bike portion of the event, completing it in five hours and 23 minutes. "It was hot at 37 degrees Celcius, very humid and really windy on the bike, but I caught a lot of people on the second half of the course", said Guillette. "For the bike, the name of the game is hydrate and eat well to prepare for the run, while trying to keep cool."

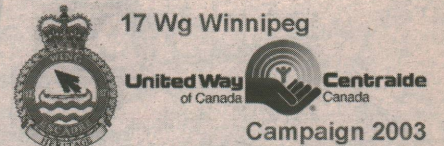
"After the bike, volunteers placed icy wet towels on our backs and shoulders while we changed. It felt awesome," said Guillette. "My shoulders were burned red, but I couldn't feel it for the sore muscles."

The heat and humidity continued over the run, making progress tough. The route took the competitors through town and back out onto the highway to a place referred to as the "Energy Lab." "This is just a road in the middle of nowhere at about the 30 kilometre point in the run where people die. Where the energy is sucked out of you," explains Guillette. "There are no spectators or vehicles here. They aren't allowed. There is just one aid station and it looks like a war zone with bodies lying all around. This is the make it or break

it point where many find they can't continue. Once you're away from the lab you're on the way back to finish."

He was able to push himself hard over the last part of the run and finish well. "I was well hydrated throughout the race and ate well on the bike and this allowed me to have a good marathon," said Guillette.

Maj Guillette was very pleased with his performance in Hawaii. His time was about 20 minutes slower than his personal best, but most others he talked to finished close to an hour slower than their best times. "I felt good throughout the race," said Guillette. "The 10:20 time was controlled. It wasn't easy, but it went according to my plan."



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Campaign 2003

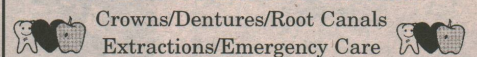
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Air Force History at CFANS

BY CAPT. NEIL KINLEY

A small group gathered at the Canadian Forces Air Navigation School (CFANS) on the afternoon of October 15, 2003 to unveil some special artwork that was donated to the school. The artwork includes portraits of Sqn Ldr James Dow, DSO, DFC and bar and Flight Lt Reginald McNamara, DFC and DFM. These two wartime flyers have a special relationship with CFANS, as the Wartime Pilots' and

Observers' Association has donated trophies in their names. The Dow trophy is presented to the top graduate of each Basic Air Navigator Course and the McNamara trophy is presented to the top graduate of the Basic Airborne Electronic Sensor Operator Course.

On hand for the unveiling were two of Flight Lt McNamara's sisters, Sheila Dolinski and Ellen Huffman; representatives of the Wartime Pilots' and Observers' Association -

Mr. Frank Rowan, Mr. Dusty Titheridge, and Dr. Ross Singleton, President; CFANS Honorary Col Bert Cheffins and Honorary Col Ben van Ruiten, representing the Wing Commander.

The framed portraits were donated to CFANS by Keith Reekie of Hamilton, Ontario. He operates the Foundation for Human Development and believes strongly in the contribution of the military to Canadian society. Mr. Reekie provided the funding for the portraits and Col. (Retired)

Morris Gates did the research and writing for the narratives that accompany the drawings done by Sergey Malina.

The portraits of Flight Lt McNamara and Sqn Ldr Dow hang in the CFANS Conference Room. Along with the two portraits is another piece of art, also donated by Keith Reekie, that describes the history of the Distinguished Flying Cross (DFC), which both Reg McNamara and James Dow received during World War II.

(PHOTO BY: CPL JOHN BRADLEY, 17 WING IMAGING)



Portraits of Flight Lt Reginald McNamara and Sqn Ldr James Dow were unveiled at CFANS on October 15, 2003. Standing in front of the donated portraits are members of the Wartime Pilots' and Observers' Association (from left) - Frank Rowan, Dr. Ross Singleton, President, and Dusty Titheridge, as well as Col Bert Cheffins, CFANS Honorary Colonel, and Lt Col Jim Cameron, Commandant CFANS

Safe Driving Week: December 1-7

BY CPL MIKE HAGANS

Every year more than 90,000 drivers are in vehicle collisions in Manitoba. Many of these crashes are caused by driver error or delayed reactions

the promotion Safe Driving, Defensive Driving Courses and Safe Backing Courses to be the bread and butter of our job.

We would always like for personnel to drive in a safe and defensive manner all year round, but with our great Winterpeg winters upon us we find that all of us must be even more attentive than usual with our driving, whether it be driving a DND vehicle or our own personal motor vehicle.

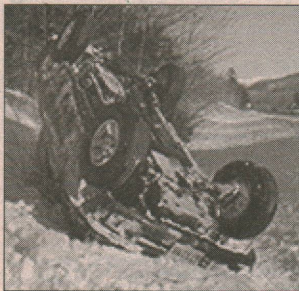
To promote this year's Safe Driving Week, we will be placing two car wrecks at our Whytefold and Airforce Way gates. This is by no means meant to terrify any personnel but to serve as a wake up call and a reminder of what can happen and has happened when they do not drive defensively and do not adjust



to the road conditions.

We will also be doing road patrols and rewarding safe DND drivers all over 17 Wing, North and South side. What would we be looking for? Driving according to road conditions, proper signaling, seat belts being worn at all times, current DND 404 in your possession (which they should be all year round) and all round safe driving.

In closing, 17 Wg MSE Safety wishes you safe driving all year round, whether it be at work or home.



due to inattentions, distraction and impairment by alcohol, drugs or fatigue.

Once again, MSE Safety, in conjunction with the Canadian Safety Council, will be promoting Safe Driving Week from December 1st to the 7th. We at 17 Wing MSE Safety find

2003 Christmas Concert

Sunday, December 7, 2003 - 7:00 pm
Burton Cummings Theatre, 364 Smith St

Tickets are available at no charge with donation to Winnipeg Harvest.
Transportation is available to military members upon registration.

Lipsett Hall, Canex, Bldg 90, Bldg 33, MFRC, and at the Messes.
See you there for the best Air Command Band has to offer.
Contact 833-2500 ext. 5976 for more info.

Tickets are available at the following locations,

How Should You Drive In Winter Weather?

- **Buckle up before you start driving.** Keep your seat belt buckled at all times.
- **Slow Down!** Posted speed limits are for ideal travel conditions. Driving at reduced speeds is the best precautionary measure against any misfortune while driving on slippery roads. "Black ice" is invisible.
- **Be alert.** Black ice will make a road look like shiny new asphalt. Pavement should look gray-white in winter.
- **Do not use cruise control.** Winter driving requires you be in full control at all times.
- **Reduce your speed** while approaching intersections covered with snow or ice.
- **Allow extra travelling time** when going to and from work.
- **Drive with your lights on at all times.** This makes your vehicle more visible.
- **Lengthen your following distance** behind the vehicle ahead of you. Stopping distance on an icy road is double that of stopping on a dry one.
- **Stay in the right-hand lane** except when passing and use turn signals when changing lanes.
- **Be a safe patient driver and drive defensively.**

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17 Wing Officers Mess 2003 golf season review

SUBMITTED BY MAJOR DENIS ST-PIERRE

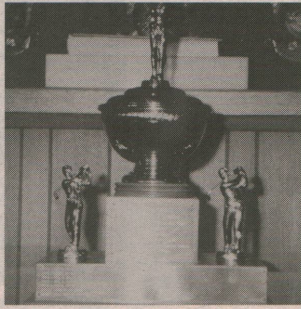
Having had the opportunity to coordinate the Officers' Mess golf tournaments this past summer, we would like to pass on our sincere thanks to all Officers, Associates Members and guests who, through their participation, helped make the 2003 Officers' Mess golf season the tremendous success it was.

The 17 Wing Officers' Mess golf tournaments took place at 5 different locations this past summer; the Transcona GCC, the Selkirk GCC, the Steinbach GCC, the Kingswood GCC and the Scottswood GCC. Also there was great participation in the Sud's tournament, which is dedicated to the memory of Gen Sutherland and is an annual competition between the Officers' Mess and the NCO's Mess, which took place at the Blumberg GCC.

This year a

Memorial Trophy dedicated to the memory of Capt Stan Gitzel who lost his life in a search and rescue mission in the North was reinstated. The trophy was last presented in 1978. It will be awarded annually to the Officers' Mess Golfer of the Year.

All members of the Officers' Mess, including our Associate Members, are eligible to participate in the Memorial Trophy competition. To be eligible, all you have to do is participate in at least 3 of the 6 Golf Tournaments (including the Sud's tournament) during the year. Your best 3 games will be added and the golfer with the lowest 3 games gross score will be awarded the Stan Gitzel Trophy.



Stan Gitzel Trophy

Hopefully this will be an annual occurrence. The competition this past summer was fierce and the winner with a 3

game gross score of 237 was Maj Bill Learmond. Following are the top 5 Officers Mess Golfers for the year:

- First Maj Bill Learmond - 237
- Second LCol Guy Savard - 238
- Third LCol Sam Marcotte - 244
- Fourth Capt Mike Lillico - 245
- Fifth Maj Brian Wong - 247
- BGen Andrew Dichter - 247

The presentation of the Stan Gitzel trophy to this year's winner, Maj Bill Learmond, took place at the 17 Wing Officers' Mess (North side) on October 22. To make the official presentation, we were honoured

with the presence of Mrs. Jeanne Gitzel, widow of Capt Stan Gitzel, and we would like to take this opportunity to thank her again for taking the time to make the presentation.

To close up, we would like to thank all the golfers who participated this past summer and hope to see you all back next year, and hopefully a whole bunch of new golfers.

We also would like to thank Mr. Gord Moore, SISIP Financial Advisor, Mr. Inglis from Re/MAX Real Estate Inc., and Capt Neil Keating of the Cadet Organization who donated prizes for distribution this year as well.

We're looking forward to next summer and if you would like more information on the Officers Mess' Golf Tournaments, feel free to call Maj Denis St-Pierre at local 5097 or Capt Kevin Yetman at local 6373.



Capt Stan Gitzel



Mrs. Jeanne Gitzel, widow of Capt Stan Gitzel, presenting the Stan Gitzel trophy to Maj Bill Learmond.

Children's Halloween Party a Success!!!

SUBMITTED BY DANA HINKEMA

17 Wing Community Recreation hosted a children's Halloween Party this year in the MPR at Building 90. The evening of 'Tricks for Treats' provided refuge for over twenty families from the cold and snow.

We were honoured to have a lot of very important

people attending our party. Snow White, Cinderella, Spiderman, Dora the Explorer and Batman rearranged their busy schedules and made an appearance at our party. These guests along with others were dressed in their scariest and prettiest outfits.

This trick or treating alternative was started by a performance from Brian

Cox - 'The Whimsical Wizard'. He sparked the children's imaginations with his performance of origami, string art, juggling and magic. After his show a short workshop was conducted where the children were given the opportunity to learn some simple origami. Some of the smaller children were given help from their moms and dads

but at the end of the workshop almost everybody had a swan (or in my case an ugly duckling) souvenir to take home with them. The children were able to show their swans in order to earn themselves a treat bag. Two beautiful ghost cakes were donated by Cpl Joanne White and enjoyed by everyone at the party.

17 Wing Community



Recreation would like to thank Cpl Joanne White for her decorating and cake baking expertise as well as her and MCpl Pam Lindsay's assistance with

the clean up. Lt Besnard's donation of Halloween candy was greatly appreciated.

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WWI Flying Ace Honoured at TEC Official Opening

By Jen Sharpe

At a well-attended ceremony November 10, 17 Wing representatives, local dignitaries, and special guests officially opened the new Training and Education Centre (TEC) in the Flying Officer William John Gillespie Building, 17

shop in the sense that the LCC, Wing Ground Training, Personnel Selection Office (PSO), and the Language Training Centre (LTC) are all in one place," she explains. "It's really a nice opportunity for the groups that all have to do with learning to work closely together and provide a

ued. Although the new facility is a centre for learning and education, Monique Lacroix-Labelle, Project Functional Manager for the DLN, emphasized that it isn't your typical institution. "The biggest benefit this new centre will bring is the warm, human touch. By that

importance of learning to build capacity and to help our civilian and military members compete in our knowledge-based economy."

Local Federal and Provincial Government representatives, MP John Harvard (Charleswood, St. James-Assiniboia) and MLA Bonnie Korzeniowski (St. James), emphasized the importance of education and praised 17 Wing's continued commitment to the City of Winnipeg.

"The men and women of 17 Wing have dedicated their lives to the service of Canada, and for that we are very thankful," Harvard said. "These men and women don't settle for second best; they are the very best in their fields, and this Training and Education Centre will ensure continued professional excellence."

"[The TEC] will certainly enhance the profile of 17 Wing as an innovative and valuable place to develop career and life skills," Korzeniowski added. "Also, it demonstrates the military's commitment to main-



Gordon Gillespie, son of WWI flying ace F/O John Gillespie, officially opens the TEC with Col Steff Kummel and other dignitaries.

taining a positive and ongoing presence in the community."

Also attending the ceremony were Gordon Gillespie, son of WWI flying ace F/O William John Gillespie, and his nephew Capt Norm White. Gillespie said that his father would be "quite interested and very pleased with this building."

While fighting with the PPCLI in France during WWI, F/O Gillespie received a serious head wound. Once recovered, he joined the Royal Flying Corps and graduated from Britain's Central Flying School in 1917.

Throughout his flying

career, F/O Gillespie flew 90 patrols and was credited with at least 5 victories. He was commissioned by King George V in 1918 and again by King George VI in 1941; he has since been listed as one of 190 Canadian Aces of the First World War.

Having a building named in his father's honour is very significant, Gillespie said. "We are grateful for this, believe me, because my father would be right in his glory as a school teacher to see a little bit of education going on."

"The TEC improves access to learning resources and career counseling for everybody at the Wing."



The new Training and Education Centre (TEC)

Wing's TEC is one of the first centres across the CF to open under the new Defence Learning Network (DLN) initiative.

According to Karen Kristjanson, Learning and Career Centre (LCC) Manager, the new TEC will benefit all Wing employees because formerly scattered services are now centrally located.

"It's really a one-stop

good service."

Before the ribbon cutting, Wing Commander Col Steff Kummel called the Gillespie Building a "long-awaited and most welcome addition to 17 Wing in supporting key training and education goals."

"This new addition to 17 Wing Winnipeg is the most relevant and technologically advanced contribution to the [DLN] initiative," he contin-

I mean it will provide a comfortable, non-threatening, and quiet place to learn."

Terry Murray, Director of the Civilian Human Resource Service Centre (Prairie Region), agreed. "This new centre for Winnipeg is a symbol of our commitment to provide a learning environment for all members of the defence team. It is also tangible evidence that we recognize the

Celebrating Oscar Peterson

By Alf Brooks

Oscar Peterson was born in Montréal in 1925, and is today regarded as the most brilliant jazz pianist alive today. He began his professional career in the 1940's, has made numerous records, many with other jazz greats, and has won seven Grammys; he is a Canadian known around the world.

On November 19, Austria Post issues a stamp honouring Peterson, the portrait on the stamp taken by Edward Gajdel of Toronto. The stamp also

pictures a piano and the name Bösendorfer, a firm that has been making pianos for 175 years.

The stamp is also noteworthy for being part of a new marketing policy of Austria Post.

Stamps of Austria are printed with the name "Österreich," Austria in German. To appeal to a wider audience a few stamps each year, those judged to have greater international appeal, will be printed with the name "Austria." This is the sec-



ond stamp of 2003 to be printed with "Austria;" the first was one marking the revival of the musical "Elisabeth" in Vienna this year, celebrating the life of the popular Austrian Empress who was assassinated by an anarchist in Switzerland in 1898.

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



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MFRC in Southport

The Military Family Resource Centers are recent additions to the military landscape, and they tend to be concentrated in the Wings or Bases. Consequently, the members and families of 3 CFFTS in Southport have had to make the trek into Winnipeg to access these services but this is no longer the case. Although they can still avail themselves of the programs in Winnipeg, military families will now be able to obtain certain services right in Southport. On 5 November 2003, the 17 Wing MFRC Southport site opened its doors so that when MFRC staff come from Winnipeg to

provide support to the military families in Southport, they now have a dedicated office for their use.

LCol Steve Bannister, Commandant of 3 CFFTS, representing Col Steff Kummel Commander of 17 Wing, Mr. Don Brennan, Executive Director of the Winnipeg MFRC, and Ms. Gwen Kerr, Chairwoman of the Winnipeg MFRC, cut the ribbon to officially open the site office, located in Hangar 2. After welcoming speeches from each of these individuals, the local media, military members, and their families were invited inside to inspect the new MFRC site office.



Mr. Don Brennan, Executive Director of the Winnipeg MFRC, Ms. Gwen Kerr, Chairwoman of the MFRC, and LCol Steve Bannister, Comdt 3 CFFTS, cut the ribbon to officially open the new Southport MFRC.



Capt Rod Lanning from 435 Sqn receiving the McGregor Trophy awarded by the Air Force Assoc. of Canada. LGen DeQuetteville (Ret'd) is presenting the award (on the right).

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Canex Colouring Contest

The 35th Birthday Colouring Contest was a great success with many excellent entries to choose from. We would like to thank everyone for his or her entries.



The Winners were:

- Above left: Amanda 1-4 years
- Above right: Danielle 5-8 years
- Bottom: Gabrielle 9-12 years

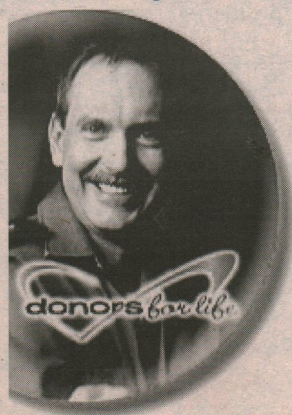
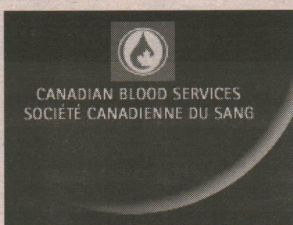


Lt Brad Wood of A4 Maint in 1 Cad HQ being promoted to Capt by BGen Paul McCabe A4. At Brad's side is his wife Ellen. The promotion took place in the 1 CAD HQ Atrium on 05 Nov 03.



Cpl Joleun was presented with The Driver of the Quarter for (Jul - Sept 03) by the WTnO Maj G.P. Moore

Roll up your sleeves, Canada
CANADIAN FORCES MILITARY CHALLENGE
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 immunization and countries visited.

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CANADIAN FORCES PERSONNEL SUPPORT AGENCY
 AGENCE DE SOUTIEN DU PERSONNEL DES FORCES CANADIENNES





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

Christmas is coming! How about child free shopping!
The children will love it, so the parents!

Casual Childcare

We provide care for children from 18 months to 6 years. Children must be registered at least 24 hours in advance. Please note that this service is provided under our nursery school license and thus we do not have the ability to offer full time care. It is set up rather to provide a break for parents or the opportunity to work out, make appointments or do any other activity that may not be possible with young children tagging along. It is advisable to book a week in advance since these programs are

very popular.

Westwin Children's Centre

9:00 am - noon Tuesdays
 9:00 am - noon Thursdays
TO REGISTER
CALL 833-2500 Ext 2491

Lipsett Hall Children's Centre

1:00 pm - 4:00 pm Mondays
 1:00pm - 4:00pm Wednesdays
 9:00 am - noon Fridays
TO REGISTER CALL 833-2500 EXT 6846



COST: \$8.00 for the entire session for one child or \$12.00 per family for more than one child in the same family. To register call 833-2500 ext. 6846.

SNACKS: Parents must provide a snack and a drink for their children. If the snack requires refrigeration,

please pack it with an ice pack. Please remember that our centres are peanut free due to the large number of children with allergies. Popcorn and nuts cannot be served to children under 5 in licensed care.



On November 6, 2003 during the MFRC Coffee Break, Gwen Kerr, Board of Director Chairperson, presented Don Brennan, Executive Director, with a plaque to mark his 10 years of dedicated services. Congratulations and thank you!

Congratulations

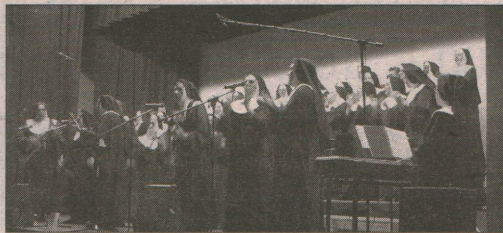
to our Halloween Colouring Contest Winners:
 Meghan and Tylor

They will receive a gift certificate from Toys"r"us. The answer for the question "When is Operation Sugar Rush" was Halloween!

Soirée d'artisanats / Fabrication d'une couronne

Juste au bon moment pour les fêtes. Fabriquer une couronne pour décorer votre maison. Le tout sera fait à partir de fleurs séchées. Le coût pour l'instruction et les matériaux sont de 15\$. Veuillez vous inscrire avant le 21 novembre avec paiement au CRFM 102 rue Comet. Salle Doug McLennan
 Vendredi le 28 novembre @ 19hr

Sisters of the Holy Rock fundraiser



Back by popular demand! The Sisters of the Holy Rock will be performing on Friday 16 April at 7:30 pm at the Base Theatre. Tickets go on sale the 1st of December at the MFRC, 102 Comet Street. Tickets are only \$10.00 each, so buy your tickets early! We were sold out for

last year's performance. Purchase your tickets early and have your name entered in our early bird draw prize, which will be drawn on Friday 13 February 2004. Seating is not assigned and is on a first come rush seating. For more information, please call 833-2500 ext 4500.

Cans for Cures Campaign

Thank You to everyone who participated with the Cans for Cures Campaign. Your efforts assisted with research and the purchasing of some equipment for the Children's Cancer Rehab Unit. You made a difference! Although the campaign for the MFRC is completed, we ask that you continue donating your pop/beer cans to Cans for

Cures by contacting Cpl Sandra Hinze or Capt Brent Andrews at ext 2700 or to the 17 Wing Boy Scouts by contacting Cpl Stacey Antoniuk at ext 5169 or at 487-4768.

Linda Belisle
 Information & Referral Coordinator
 Winnipeg MFRC
 (204) 833-2500 ext 4509

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.

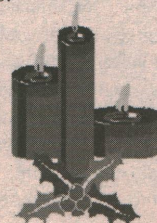
Administration	Mona Currie	4500
Teen Centre		4502
MFRC Library		4503
Executive Director	Don Brennan	4504
Deployment Services	C. Chatterley	4506
Volunteer Services	Nicole Johnson	4507
Youth/Adult Services	Diane Brine	4508
Information & Referral	Linda Belisle	4509
Children's Programs/ Emergency Childcare	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 Hryczyszyn	(807) 345-5116

Cookie Swap

An easy way to simplify the holidays is through a Cookie Swap. We will be holding a cookie swap on December 4th from 7pm to 9 pm at the Transition Centre (upstairs of the PP-CLI Jr Ranks). You need to bake 12 dozen cookies or bars (all the same, please). Bring them wrapped a dozen per package for trading. After some holiday cheer, cookie sampling and great company, we will swap the cookies. You will go home with your holiday baking completed. Please pre-register by calling 833-2500 ext. 4500.

Candle Making

Just before the holidays get very hectic, come and visit with friends. On December 11th we will be rolling beeswax candles and sampling Grog. Not a bad way to start off the Holidays! Meet us at the Centre, 102 Comet from 7pm to 9pm. Pre-register by calling 833-2500 ext. 4500.



Youth Centre Hours

The Winnipeg Military Family Resource Centre operates 2 Youth Centres. The North Centre is located at the south end of 102 Comet Street. The South Youth Centre is located at 347 Doncaster Street. Youth time is open to all children 6-12 years of age (must be going into gr.1). Teen time is open to those 12 yrs or older (gr.7 up to gr. 12). Youth who are 12 yrs may choose to attend either Youth time or Teen time.

102 Comet St. (North)	Tue/Thu	6-8 Youth
		8-10 Teens
	Sat	1-4 All ages
347 Doncaster St. (South)	Mon-Fri	330-530 Youth
	Wed/Fri	6-9 Teens
	Sat	1-4 All ages

Memberships are available.
 \$30.00/military family \$40.00/non-military family
 A \$0.50 drop in fee is required to attend either Youth Centre if a membership has not been purchased.

Together in Church



CATHOLIC

Chaplains

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.

Interfaith Dialogue Presentation

Native Spirituality

Speaker: Mel Swan,
Manitoba Director,
Bold Eagle Program
Where: 17 Wing
Community Chapel
Annex
(2235 Silver Avenue, off

Whytefold Blvd.)
When: Wednesday,
November 26, 2003
0730 - 0830 hours
Muffins with Tea, Coffee
or Juice will be served at
0700 hours.
A silver collection grate-

fully accepted to defray costs.
No tickets but please either sign the list in the chapel or call the Wing Chaplain's Office 833-2500 (5087) if you are interested in attending.

Continued from Cover

17 Wing Honours Fallen at Remembrance Day Services

"I've always enjoyed drill," he admits. "It's a very interesting thing to do, but it definitely takes self-discipline and a certain amount of military pride. . . . When you finally get into it and realize what you're representing, it's a lot more significant."

The significance of the event and the professionalism of all military members was not forgotten in a speech

by Manitoba's Lieutenant Governor, the Hon. Peter Liba.

"Our wartime actions have never been done for selfish reasons: they have been honourable actions, truly beyond the call of duty," he said. "Our peacekeeping role is an obvious extension of that honourable duty. . . . In 1988, the Nobel Peace Prize given to United Nations

Peacekeeping Forces recognizes the important role played by Canadians and their fellow peacekeepers."

In his speech, the Lt Governor's called upon children, veterans, and everyone in between to honour the fallen to make every day Remembrance Day.

"The men and women we remember today didn't take the easy way in life.

Off The Shelf

Book Reviews
Birdman by Mottayder
Likes: good crime drama good main character
Disliked: We found out "who done it" pretty early on although there is a twist.
2 Thumbs up. Reviewed by Dana Hinkema 17 Wing Community Recreation program Assistant.
Forward your Off the Shelf quote about a book you're reading to Michelle Wohl-gemuth at Wohlgemuth .MKE@forces.gc.ca

Neither should we. In everything we do—at work, at school, with friends, in our community—if we give our very best, then we will be a credit to our nation, to ourselves, and to our honoured dead."

Military Police Assist in Building 100th Home for Habitat for Humanity

For the entire day of 19 September 2003, members from both 17 Wing Military Police Section and 1 CAD PM Sqn took part in assisting members of Habitat for Humanity. This was a special event for Habitat as the home located at 415 Langside Drive was the 100th home built within the Winnipeg area by their organization.

Habitat for Humanity is an independent, charitable, faith-based housing program dedicated to the elimination of poverty housing by building homes in partnership with families in need. Habitat builds simple, decent, and affordable houses and provides interest-free mortgages to families who would otherwise not be able to purchase their own home. The Habitat for Humanity program is about home ownership and providing a long-term solution designed to break the poverty cycle.

Habitat for Humanity is not a give-away program. In addition to mortgage payments, each homeowner invests hundreds of hours of their own labour, called "sweat equity", into the building of their house and the houses of others.



Back Row left to right: Sgt Denis Parkin, WO Debbie Cochrane, Cpl Blain McAvoy, MCpl Rodrick Jackson, MCpl Scott Sparkes, and Cpl Jon Bigelow. Front Row (left to right): LS Mark Farrell, Cpl Ronnie Sumeraj, and Cpl Marc Purdy

For most members of the Military Police, this was the first time they had volunteered their time in support of Habitat. Habitat's volunteers generally come from all walks of life and have many different talents and abilities to provide to the program. As the home at 415 Langside was near its completion stage, members of the Military Police assisted in numerous areas of the construction. Those areas included, but were not limited to the construction of new exterior stairs, loading and off loading of supplies, installation of a privacy fence and the painting of numer-

ous rooms within the home. This is not the first time that the Military in Winnipeg has assisted Habitat for Humanity. Members from both the MFRC and 435 Sqn have heard the call and have donated their time in this worthwhile cause. If you are

interested in helping Habitat for Humanity contact them at habitat@habitat.ca

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TAROSCOPES

By Nancy

ARIES (March 21 – April 19): Learning from experience is tough, and it's thorough. Your unique method of processing information sets you apart. It can be lonely but it makes you more interesting to those who take the time to know you. Your ability to cope and to care in a crisis is appreciated.

TAURUS (April 20 – May 20): Don't let current set backs affect your confidence in yourself. You are very good at what you do. You have a natural ability to overcome difficulties. Persevere, approach things from a different angle and you can prevail. Watch the actions of others, they are more telling than words.

GEMINI (May 21 – June 21): You'll have to accept that outcomes are not as you expected. The issue is timing, so don't try to lay blame. Your lack of trust in someone may make you suspicious. It's no one's fault. Focus on developing cooperation and communication, or intelligent action is impossible.

CANCER (June 22 – July 22): Just because people are related, doesn't mean they can relate. Your feelings are hurt by blunt comments. You need to realize that the speaker is too isolated for their opinion to be completely accurate. Take time to work through your reaction before you initiate further discussion.

LEO (July 23 – August 22): If you believe that everything happens for a reason, it is easier to get over setbacks. Then you can find success by creating the right environment and allowing things to pan out as they are meant to. Let the illuminating words of others penetrate your protective shell.

VIRGO (August 23 – September 22): In order to pursue your passion you may have to delegate things to supportive team members that have an interest in your initiative. Doing it all yourself is impossible. Formulate a variety of options, then pick the best course of action. Wisdom is everywhere, so listen.

For appointments
call 775-8368

LIBRA (September 23 – October 23): What looks difficult and distressing is actually a chance for you to overcome fears and gain confidence. Better to deal with things promptly before they deteriorate further. The situation isn't that bad it's your response to it that is creating most your stress.

SCORPIO (October 24 – November 21): Becoming overly content with the status quo leads to complacency and assumptions about the future. You receive a iwake-up call.i Deal with the moods affecting your mindset and energy improves. Taking initiative creates opportunities.

SAGITARIUS (November 22 – December 21): You feel it's your duty to cover expenses that crop up. Others doubt your common sense in picking up the tab and override your decision. Though you'd have preferred being the one in charge, at least you're not responsible when plans go awry.

CAPRICORN (December 22 – January 19): Take action yourself, even if you feel it's someone else's job otherwise things won't improve. You need to end this cycle. Your feeling wronged and stubbornly refusing to address issues can exacerbate things as much as another person avoiding their responsibilities.

AQUARIUS (January 20 – February 18): Strive to offer something unique. Your dependable nature wins the good thoughts and words of another. Someone's devotion costs you more time than you expected but it's worth being available, because it results in opportunities to improve your circumstances.

PISCES (February 19 – March 20): Sometimes it feels like you're getting nowhere, but keep working, eventually you'll see progress. It's because you are attempting something difficult that it takes more effort and time. It is worth it in the end. You will achieve your goal. State your needs and wants clearly.

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"Polar Bear" Water Distiller, all stainless steel construction, table top design, \$250.00 o.b.o.
Kenmore Portable Dishwasher, approx 5 years old, white with butcher-block style top, vgc. Asking \$200.00 o.b.o.
Kenmore 10,000 BTU Air Conditioner, 1 year old, Asking \$ 250.00 o.b.o. Phone local 4286 or 452-1662 (after 1630 hrs).

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. Phone Sue at 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

Free to a kind loving home only. Two sweet tempered male cats. short hair, white with striped tails. Brothers named Bebe and Hummer. Not to be separated 1 1/2 years old all shots and tattooed and neutered. call 895-0126 or 333-5354

2 Bedroom Apt Wolsley Area sec, build. all util incl, parking avail. Male or Female wanted. \$400.00 month 1st and last call 297-0134.

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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