



# THE VOX AIR

Our Military Community Newspaper, 17 Wing Winnipeg

JANUARY 21, 2004

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FREE

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## Christmas Cheer

The annual Fort Garry Horse Parcel Push (Reservists and Cadets) helps out the Winnipeg Christmas Cheer Board by delivering Christmas Hampers to fellow Winnipeggers who are unable to pick up the hampers themselves.



Photo by Cpl WC Goum 38 CDS HQ

Cadet Tisha Mattila gets help from her older sister Cpl Victoria Mattila, Fort Garry Horse Cadets, picking up a large Christmas Hamper, to be carried out to awaiting Ittis so it can be delivered.

## Bring Your Kids to Work Day at 435 Sqn

By Sgt Brad Marriott, Flight Engineer, 435 T&R Sqn

For three teenagers, the morning of November fifth came early. Awoken by their fathers, the three—Kristofer Kaehler, Kassandra Webster, and Kyle Marriott—were on their way to 435 Sqn to carry out a Flight Engineer (FE) pre-flight on the SAR stand by CC-130 Hercules. The FE's of 435 Sqn normally have an 0600 start time for the pre-flight, so one leaves it to the imagination at which time these teenagers arose.

Closely monitored by their fathers—MWO Mike Kaehler (435 FE Lead),

Sgt Wayne Webster (435 Standards FE), and Sgt Brad Marriott (435 Line FE Under Training)—the three teens carried out the FE pre-flight. The Kaehlers and the Marriotts took care of the cockpit area, while the Websters inspected external, cargo, and top portions of the aircraft.

Not long after the FE pre-flight was underway, Sgt George Lake and his daughter Samantha arrived to complete the Load-master (LM) pre-flight. Like the FE kids, Samantha got her hands dirty doing the LM checks under the close

watch of her dad.

By 0815, both the FE and LM pre-flights were complete and it was time to head upstairs to inform the pilots of the status of the aircraft. Here, the FE and LM kids met Capt Kevin Big Canoe, First Officer (FO) for the day, and his daughter Sara. By this time, Sara would have gone over the weather, flight planning, and any other items required for the day with her dad. The Aircraft Commander (AC) was Capt Terry Foley, whom the kids would meet later.

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## Festive Fun at WO and Sgt's Mess

By Jen Sharpe

Some honoured guests of all ages gathered in the WO and Sgt's Mess on December 4 for entertainment, delicious food, and holiday cheer. The annual event, organized by the Mess and the Winnipeg Police Association (WPA), recognizes the contributions made to the local community by people living with physical disabilities.

Now in its 44th year, the 17 Wing Annual Paraplegic's Christmas

Party is one way the Wing and the WPA give back to the community, said Superintendent Bill Evans, Deputy Police Chief. "The WPA has been doing this since the mid-50's and it's very important to us. We all look forward to coming to this event—our jobs are so busy that sometimes it's difficult to find the time, but we try."

"It's always nice to see the people and to wish them happy holidays," he said.



Photo by Cpl Bradley, 17 Wing Imaging

James Holland, a retired Air Force veteran and member of the WO and Sgt's Mess, agreed with Superintendent Evans. "I'm here to assist the paraplegic people, and I've been doing it for the past 30 years," Holland said. "Anytime you can help people, it's

gratifying and it comes from the heart, especially around the holidays."

Throughout the festive afternoon, singers, dancers, and a handful of goofy performers kept the audience laughing and entertained until dinner was served. The Winnipeg Police Choir,

the West End Cloggers, the 2PPCLI Drumline Light Show, and singers LS Tricia Cox and WO Dennis Gray performed their various routines, songs, and dances before Santa dropped by for a visit.

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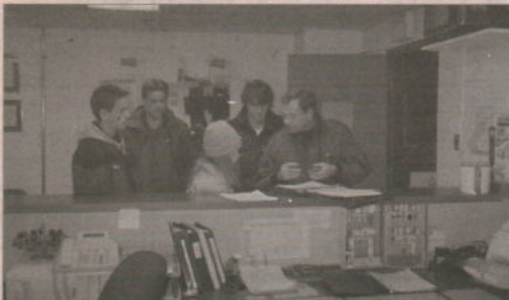
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Kassandra Webster, Kristopher Kaehler and Kyle Marriot review the CC-130 Aircraft Maintenance Record, under the watchful eye of Sgt Wayne Webster (CCFE). MWO Mike Kaehler (435 Sqn FE Ldr) observes from a distance.

After receiving the daily morning brief, the acting Commanding Officer (CO) welcomed the kids to 435 Sqn and told them to enjoy the day.

By this time, more parents had shown up with their teenagers: Aviation Tech-

nician (AVN) Cpl Dawn Meier with her daughter Alex, and Navigator (NAV) Capt Al Haviland with his niece Laura Barton. The kids were divided into two groups in preparation for briefings by each member of the CC-130 Hercules crew.

Briefings on pilot, navigator, and LM duties were given by Capt Big Canoe, Capt Haviland, and Sgt Lake respectively. To get a maintainer's look at the CC-130, the kids received an overall brief of the aircraft from MCpl Stelman, Cpl Stertz, and Cpl Meier.

After lunch, it was time for a visit to the Search and Rescue (SAR) technician's shop for a brief and a rock climbing exercise on the hangar floor. Cpl Ernie Whelan carried out the brief in the SAR shop and, after a general job description, brought out a bush suit, parachute, SARPELS and helmet.

In the meantime, some of the kids were already doing some rock climbing under

the guidance of MCpl Levesque and MCpl Guay. Laura Barton picked a good day to overcome her fear of heights—she managed to make it to the top after a hard struggle.

After visiting the SAR-techs, the teens were treated to a flight in the mighty CC-130 Hercules. At roughly 1600, after the required safety brief, the crew prepared for start only to have Mother Nature interfere with a quick snowfall. Once the aircraft was de-iced, the crew quickly completed the start.

The Herc took off smoothly, and everyone was allowed to wander the aircraft under the guidance of Sgt Lake and Sgt Marriot. The AC invited the kids to take turns occupy-

ing the co-pilots seat for 5-7 minutes throughout the flight to Brandon. With half of the kids getting to fly, we arrived at Brandon. After completing the required checks and three touch-and-goes, the remainder of the kids got to fly on the way home.

Back in Winnipeg, it was one touch-and-go with a fly-over of the city to a landing. Some of the kids had really good co-ordination while flying, so watch out Sqn pilots—we might have found some replacements for you!

Capt Foley taxied the CC-130 back to the ramp and, after thanking him and his crew, the kids and their parents called it a day well past 1830.

Overall, Bring Your Kid to Work Day was a resounding success. The kids enjoyed the hands-on aspect of the day, especially the actual flying of the Hercules. Also, I think it made some of the kids realize the hours that their parent can put in during the day. On the way home, my son said, "Now I know why sometimes you come home tired and don't want to do anything, or go anywhere. Not to mention if you had a bad day you can be cranky as well."

I wish, once again, to thank all those who gave their time for briefings, demonstrations, etc. You are all named in this article. If I have forgotten anyone, my apologies.

## My New Year's Resolutions

By 2Lt T. McClure

This year make your New Year's resolution to improve your health with the help of the health professionals in your community. Every year many Canadians start the New Year with the intent to improve their health, while still being hindered by

ongoing health complaints. These old distractions, however, can often sabotage their efforts. If you are living with the lingering effects of a previous injury or disability, making the switch to a healthy lifestyle can be challenging.

Living with back or knee

pain, headaches, or digestive complaints can prevent you from fully enjoying an active lifestyle. If this year's resolution was to improve your health and fitness, identify the professionals in your community who can help you succeed. In the coming months,

articles on Chiropractic, Acupuncture, Foot care, and other health fields will explore how each of these professions can help people trying to live a healthier lifestyle. Make a team approach to your health a part of this year's resolution.

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ISSUE	DEADLINE DAY	PUBLISH
01	09 Jan	21 Jan
02	23 Jan	04 Feb
03	06 Feb	18 Feb
04	20 Feb	03 Mar
05	05 Mar	17 Mar
06	19 Mar	31 Mar
07	02 Apr	14 Apr
08	16 Apr	28 Apr
09	30 Apr	12 May

## THE VOXAIR

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**Deadline for Voxair 02:**  
 23 January 2004

... continued from page 1

Theresa Ducharme, a guest who attends the party every year, said the organizers should be congratulated for their commitment to Winnipeg's disabled community. "Most people are getting on in age, and it's great that the military and the police make sure that our Christmas is a happy one... Important events like this bring joy into our lives and encourage us not to give up living and having fun."

It is encouraging words like those that drives the annual event, says CWO Kathy Cox, who is in her 12th year as event OPI. "In the past 44 years we have given a lot of joy and

entertainment to a lot of people old and young. We have lost a lot (of guests) over the past few years, but we have younger ones joining us each year."

"I just love to see them all once a year and talk about different things," she explains. "I enjoy seeing the looks on their faces and the enjoyment they are getting out of the day."

The Annual Paraplegic's Christmas Party was started in the mid-1950's to bring holiday cheer to polio patients. Because the amount of people living with polio decreases every year, the event is now open to guests with a variety of disabilities.



2004 - 2005

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Last year there were 15 scholarships awarded, with 3 coming from the prairies, including Marshall Ruskin from 17 Wing. Nominees must be indeterminate civilian employees.

**Application deadline is March 1, 2004**

For more information contact:

Neil Kimelman

Winnipeg LCC Learning Advisor

Local 4637

or go to <http://hr.dwan.dnd.ca/scholarship>



Photo by Sgt Dan Basuline of CFS Met.

MWO Richard Dompierre of CFS Met was recently promoted to CWO by the Wing Commander, Col Kummel on 7 Jan, 04. CWO Dompierre is posted to 3 ASG Gagetown effective 21 Jan 04.

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For more information about the Compassionate Care Benefit, call 1 800 O-Canada (1 800 622-6232), 1 800 465-7735 (TTY) or visit [www.canada.gc.ca](http://www.canada.gc.ca).



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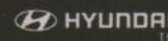


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## Flight Philately

by Alf Brooks



FIRST FLIGHT - WRIGHT BROTHERS - 1903

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A topic that has been popular through the years is airplanes and flight. Many collectors save covers with special postmarks that commemorate such events as first flights and aviation anniversaries.

The past year offered two significant events that saw the issue of related stamps.

Concorde first carried passengers in 1976; twenty Concorde were built, with fourteen flying commercially. Concorde flights were profitable, but with the aircraft approaching thirty years of age a large investment programme would have been necessary to

update many of the systems on board the aircraft. As a result, the decision was made to take Concorde out of service, with the last commercial flights in October 2003. The aircraft are retiring to museums, and a number of countries have issued stamps to honour this airplane. One hundred years ago last month, the Wright brothers made the first controlled, powered, sustained flight in a heavier-than-air flying machine. The US Post Office, along with many others, issued a stamp to mark the anniversary.



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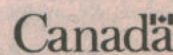
### Faits importants :

- Depuis le 4 janvier 2004, les personnes admissibles qui présentent le certificat médical approprié ont droit à six semaines de prestations de compassion.
- Les prestations peuvent être utilisées par une seule personne ou partagées avec d'autres membres de la famille admissibles pour prodiguer des soins à un enfant, à un parent ou encore à un époux ou conjoint de fait gravement malade et qui risque de mourir.

Pour en savoir davantage sur les prestations de compassion, composez le 1 800 O-Canada (1 800 622-6232), le 1 800 465-7735 (ATS) ou visitez le site www.canada.gc.ca.



Gouvernement du Canada / Government of Canada



# Junior Ranks Christmas Dinner



Photo by Jeff Sharpe

▲ Surrounded by friends and coworkers, guests enjoy shrimp appetizers and drinks while patiently waiting for turkey to be served. (above)



Photo by Jeff Sharpe

▲ Honorary Wing Commander Col William Westwater (aka Pte William Westwater of 402 Sqn) carefully carves the Christmas turkey during the Junior Ranks Christmas Dinner, 16 December. In accordance with CF tradition, Pte Westwater and WComd Col Steff Kummel exchanged ranks before dinner. The dinner is held every year to honour junior military personnel for their contribution to the operation of the base. (above)



Photo by Jeff Sharpe

Members of the Air Command Band perform a medley of Christmas favorites at the Junior Ranks Dinner. ▶

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17 Wing Winnipeg

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# Squadron's 59th Birthday and Medals Presentation



Photo by Cpl Julie Whyte, 17 Wing Imaging

435 Sqn's CO LCol Latouche and our HCol, Col Law together cut the traditional cake.



Photo by Cpl Julie Whyte, 17 Wing Imaging

Lt(N) Burneau receiving his well deserved promotion to Capt from Maj Hughes.



Photo by Cpl Julie Whyte, 17 Wing Imaging

LCol Latouche, CO 435 Sqn, presents the First Clasp to his CD to Capt Dan Brennan



Photo by Cpl Julie Whyte, 17 Wing Imaging

Pte Zebiere receiving his well deserved promotion to Cpl from Capt Zebiere.



## Christmas Lights



MCpl Frederick's house at 466 Air Force Way won 1st place in the North Side category of the Winnipeg Military Community Council Christmas Lights contest. A complete list of winners can be found below.

### List of Winners:

#### Rowhouse

- 1st Cpl MacKinnon
- 2nd Mcpl Payne
- 2nd Sgt Rodgers

#### North Side

- 1st MCpl Frederick
- 2nd Cpl Ceccato
- 3rd MCpl MacDonald

#### South Side

- 1st CWO Newhook
- 2nd Sgt Arsenaull
- 3rd WO Hooyer



## CDS Visit



Photo by Cpl Julie Whyte, 17 Wing Imaging

Deputy Wing Commander LCol Jim Kerr (right) greets Chief of the Defence Staff General Ray Henault during his visit to 17 Wing's Training & Education Centre on 8 Dec 2003.

## Air Reserve Flight



Photo by Cpl Brindley, 17 Wing Imaging

Major Art Brown, 17 Wing Air Reserve Flight Commander, swore in the Flight's newest member on December 1st. Ocdt Joy McClure enrolled as a Personal Selection Officer and is off to Borden, Ont. to take her Basic Officer Training Course, followed by trades training.

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## Fitness & Sports Page

### 17 Wing NHL - A/B Division

#### GOALTENDER STATISTICS

Name	Team	GP	GAA	W	L	T	GA	SO
J. Brogaard	2 VP/ 402 Beavers	2	2.00	2	0	0	4	0
M. Quirion	435 Sqn Chinthe	8	2.25	8	0	0	18	0
J.P. Tremblay	402 Beavers	4	2.25	3	1	0	9	1
J. Leblanc	1 AMS Tn/ 402	5	3.20	2	2	1	16	1
M. Charette	435 Sqn/ 1AMS/ 402	7.5	3.20	4	2	2	24	0
A. Gelinás	1 AMS Tn/ 402	9	3.78	4	4	1	34	0
B.J. Clancy	2 VP Renegades	0.5	4.00	1	0	0	2	0
R. Shave	Fatboyz	1	4.00	0	1	0	4	0
J. Cuppage	2 VP Renegades	2	4.00	2	0	0	8	0
P. Shemko	402 CE/ Wing MPs	4	4.25	3	1	0	17	0
S. Doyle	Geriatric Jets	9	4.56	3	4	2	41	0
J. Simms	2 VP/ Geriatric Jets	9.5	5.16	6	3	1	49	0
W. Mockford	Geriatric Jets	1	6.00	0	1	0	6	0
T. Batt	W EME/ 402/ MP/ GJ	16.5	6.48	4	11	2	107	3
B. Mullen	Fatboyz/ 1 AMS Tn	14	7.14	7	7	0	100	1
S. Marcotte	Wg MPs/ Ger. Jets	13	7.31	1	11	1	95	0

#### SCORING LEADERS

Name	Team	GP	G	A	P
C. Pratte	435 Sqn Chinthe	14	26	24	50
J. Sim	402 Beavers	10	20	29	49
D. Hopwood	402 Beavers	12	15	17	32
B. Alex	435 Sqn Chinthe	13	14	17	31
J. Simpson	Fatboyz	8	17	11	28
W. White	402 Beavers	9	10	17	27
J.J. Campbell	402 Beavers	8	13	14	27
S. Joudrey	2VP Renegades	5	12	15	27
T. Baker	1 AMS/ Tn	5	12	11	23
M. Coutu	Geriatric Jets	12	9	11	20
T. Sproul	1 AMS/ Tn	10	10	10	20
J. Poirier	2VP Renegades	8	8	11	19
D. Tower	402 Beavers	5	9	9	18
M. Fagan	435 Sqn Chinthe	5	7	10	17
C. Collings	435 Sqn Chinthe	9	10	7	17
S. Silva	2VP Renegades	6	11	6	17
S. Dewar	1 AMS/ Tn	10	8	9	17
T. Moore	402 Beavers	7	5	11	16
B. Starman	W EME	11	10	5	15
B. Boisvert	1 AMS/ Tn	4	5	10	15

#### STANDINGS - ROUND 1

	GP	W	L	T	GF	GA	PTS
435 SQN CHINTHE	14	11	1	2	97	38	24
402 BEAVERS	13	10	2	1	95	28	21
2 PPCLI RENEGADES	13	10	3	0	89	56	20
1 AMS/ TN	14	6	7	1	63	49	13
FATBOYZ	14	6	8	0	50	100	12
GERIATRIC JETS	14	3	8	3	52	72	9
W EME	13	2	9	2	37	86	6
WING MPs	13	1	11	1	45	107	3

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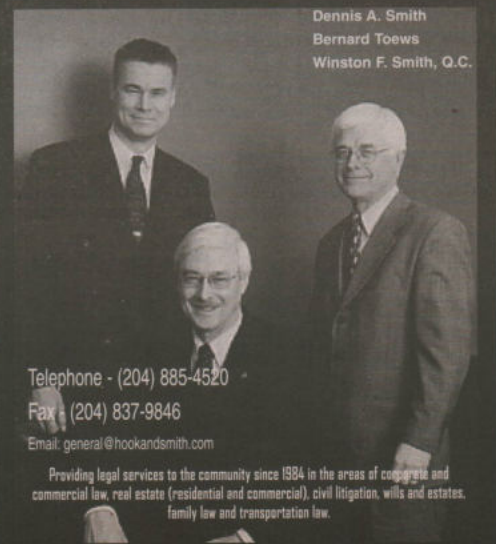
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**Military Family Resource Centre (204) 833-2500 Ext. 4500**

## Operation Home Safe

Every year, Sections on the Wing open their doors for a grand Open House. This year's Open House offered members the option of a safe trip home if they had too much holiday cheer. The Winnipeg MFRC's jolly staff became Holiday Elves and loaded up their sleighs (vans) with anyone needing a safe ride

home. The service was provided until 1800 hours. Everyone who called upon the Elves was delivered safely to their homes. The MFRC would like to thank the Wing for their support of the program and to everyone who chose to hail one of our sleighs (vans). We will see you next year!

### Soirée d'artisanats

**Mardi le 10 février à 19h00**

Vous aurez la chance de fabriquer une tresse en fleurs séchées. Très belle décoration pour la maison ou pour offrir en cadeau.

**Cout de 20\$**

incluant instruction et matériaux.

S.V.P vous inscrire  
au 833-2500 poste 4500

### Creative Tot Shop

This program is the first step towards nursery school. It provides the opportunity for parents and young children to come together to create and play. The toddler or preschooler can explore the world of art, music, movement and story. Parent participation is required. Many families come to this program with two or more children of different ages. Registration is not required. Feel free to drop in. It's a great opportunity to meet other parents and make friends.

Lipsett Hall Nursery School

Monday 1:30 - 3 pm

Free with the support of The Fort Rouge/River Heights  
Parent Child Centered Coalition  
Please bring a snack for your child.

## Op-Portunities

We are pleased to present a series of workshops for community members. Workshops will be held at the MFRC, 102 Comet Street unless otherwise noted. Cost covers supplies only. The following are workshops and activities for the coming months.

### January 22 - Scrapbooking

Do you have some great holidays pictures that you would like to organize? Kim Anningston will demonstrate various techniques that will help us preserve the memories.

### January 29 - Helping your Child make Healthy Choices

Learn the trends in drug and alcohol use among teens in Manitoba. A presentation by Addictions Foundation of Manitoba.

### February 5 - Literacy & Children

February is I Love to Read Month. Celebrate by learning about activities and programs that are available to help your child become a lifelong learner.

### 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
Francoophone Services	Louise Cameron	4515
Thunder Bay MFRC	Donna Hryczyn	(807) 345-5116

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- Une expertise reconnue en enseignement des langues secondes aux adultes peut-être pris en considération

Pour plus d'informations, contactez :

**DIANE BRINE**

Coordonnatrice des cours de langues secondes  
Centre de ressources des familles militaires  
102 rue Comet, C.P. 17000 Stn Forces, Wpg, MB R3J 3Y5  
833-2500 poste 4508 Télécopieur: 489-8587

## Rock and Read

Are you looking for a weekend activity for you and your child?

The Military Family Resource Centre is offering a hand-on experience focusing on sharing books, rhymes, song and bookmaking. The program is designed for parents with preschool children.

Open to all, this bilingual program will start on Saturday January 24 from 10am to 11:30 am at the MFRC, 102 Comet Street.

Free with registration at 833-2500 ext 4500

## Des histoires tendres/ Rock and Read

Ce programme sera offert en français et anglais dès janvier prochain. Ce programme est une expérience pratique utilisant les comptines, les berceuses, le partage de livres et les techniques de fabrication de livres. Les parents et les enfants rapporteront à la maison des livres et une tête remplie de rimes et de chansons, d'informations sur les livres pour enfants et comment lire aux enfants, et le savoir nécessaire pour créer un environnement sain et propice à l'apprentissage.

Ce programme bilingue débute le 24 janvier et sera d'une durée de 6 semaines.  
Samedi 10h à 11h30

Centre de ressources des familles militaires

Gratuit avec inscription au 833-2500 poste 4500

## MFRC Contest

How well do you know the Winnipeg Military Family Resource Centre? Answer the following question, and find out. The answer will appear in a later issue of the Voxair along with our next contest question.

Programs offered by the Winnipeg MFRC are designed for:

- Families with young children.
- Families with older children.
- Families with no children.
- Parents of deployed service members.
- Engaged and dating couples.
- Reservists and their families.
- All of the above.

Circle the correct response (responses) and deliver to the Winnipeg MFRC, 102 Comet Street for your chance to win a prize basket.

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

## 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.

## Chapel Gives Early Christmas Gift to MFRC Childcare Centre

By Jen Sharpe

Over 70 happy children will be even happier this year thanks to a \$500 donation given to the Military Family Resource Centre (MFRC) Childcare Centre. The donation was presented to Lois Johnson, Director of the Childcare Centre, by 17 Wing's Chapel of the Good Shepherd Protestant congregation on December 16.

Johnson says the money will go towards installing Plexiglas over certain battered walls in the Centre. "It not only will protect certain areas, but it's also sort of a play source—the children will be able to paint the Plexiglas and put pictures on it without destroying the walls."

According to Johnson, Plexiglas walls are becoming popular in daycares around Winnipeg because they are fun to decorate and easy to clean. "At first I thought it was going to be hard to decide what to spend the money on," she admits, "but I like this idea because it benefits the whole Centre and every age of children. This is actually more than just a toy, it's going to keep our building looking really tidy and neat as well as being used as play material for the children."

Capt Dave Muralt, Chairperson of the Chapel of the Good Shepherd Protestant



Capt Dave Muralt (left) and Capt Robert Brinn (right) present MFRC Childcare Centre Director Lois Johnson with a cheque for \$500.

Chapel Committee, says that the MFRC Childcare Centre was a natural recipient for Chapel funds. "We have to disperse most of the funds we take in every year, either to wider missions or local missions, and we wanted to do something that was for the local community that immediately surrounds the Chapel."

"There are a lot of military members that have their children in our day care here and there are a lot of folks that live in the area that aren't military but have kids here," he explains. "We thought it was a good way to benefit our local community."

According to Capt Muralt, the holidays are an especially busy time for the Wing Chapel, and the donation to



Photo by Jen Sharpe

Photo by Jen Sharpe

the Childcare Centre is one of many distributed to organizations around Winnipeg and the world.

"We're very fortunate that unlike most civilian churches or chapels, we don't have to pay for the heat, the lights, the Chaplain or things like this," he says. "We start thinking about what we're going to do at the end of the year in October, and we start examining how we're going to disperse the funds that we have. The end of the year also coincides with Christmas and there's a lot of need

in the community around Christmas."

Johnson says she is thrilled with the support the Childcare Centre has received from the Chapel and the Wing not only at Christmas but also throughout the year. "I can't express how happy I am that the Centre has always received huge base support and huge support from the MFRC. We've been open since January 2000 and we've done nothing but grow and become better and better."

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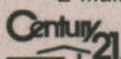
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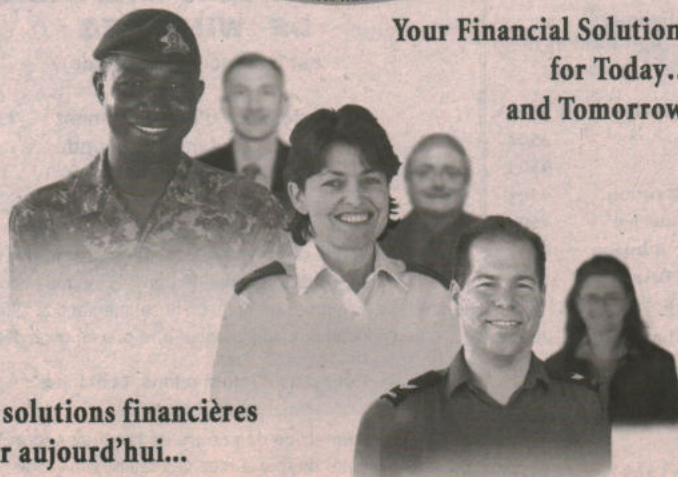
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**TAROSCOPES**  
 By Nancy

**ARIES** (March 21 - April 19): When someone shares their views, don't react instantly. Show patience. Though you may not agree with them, it is worth trying to understand. When you decide to incorporate new habits to address health concerns, listen to your body, it will tell you what you need to know.

**TAURUS** (April 20 - May 20): Act now and you'll get what you want. Don't wait for someone else to fix your life. Remove yourself from a situation that hasn't met your expectations. Initiative is essential, even if it just means making time to plan. Keep your own counsel while considering your options.

**GEMINI** (May 21 - June 21): Improve the way others interpret your meaning by making your words specific and your actions congruent to them. Your attempts at appearing smart or worldly are only leading to miscommunication. Be who you really are and you'll find you like the people you attract.

**CANCER** (June 22 - July 22): Consider your budget and contracts carefully. You are being strongly influenced by inflated promises. You might want to get things rolling, but it's not prudent to make hasty decisions or push your own timeline. Winning for the sake of winning isn't always for the best.

**LEO** (July 23 - August 22): Left out of the communication-loop, you miss key information. Consider how your associates' actions impact on your sense of self-worth. You're not required to judge or fix others but to learn how to identify and commit to spending time with those who are respectful.

**VIRGO** (August 23 - September 22): You're receiving lots of offers and invitations from people who really like you. You'll be happy to have choices. Quick decisions are not required. Take the time to get to know those you are interested in and let nature take its course.

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**LIBRA** (September 23 - October 23): Your sense of fairness has given you a reputation for being one who turns the other cheek. But this is not always the best tactic if it affects how you see yourself and the treatment you accept. Learn how to deal with manipulators without getting into arguments.

**SCORPIO** (October 24 - November 21): Make necessary changes right away. Keep your New Year's resolutions. Ensure success by getting involved in things that will help you avoid pitfalls and keep you on track. Physical and mental health should both be priorities as they are key components for wellness.

**SAGITARIUS** (November 22 - December 21): If you're dissatisfied with where you are, put in for a position that allows you to be part of the decision making process. You're seen in a favorable light when you strive to find common ground and can show the benefit of your contributions.

**CAPRICORN** (December 22 - January 19): Refrain from defending your position or appealing to others for support. Do what you've been hired to do if you want to remain employed. You see things differently, and this isn't about to change. If you don't want to adapt, look for more suitable work elsewhere.

**AQUARIUS** (January 20 - February 18): Expect strong emotional responses to what's happening around you, then you'll be prepared and give yourself breathing room. When others release pent-up frustrations you may feel overwhelmed. You crave stability. Cultivate dependable friendships.

**PISCES** (February 19 - March 20): Stop trying to evaluate the past and instead look for new prospects. Don't expect logic from others, as their reasoning eludes you. Make new contacts and network to gain entrance into circles more suited to your style. Change your surroundings and habits so they work for you.

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