THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg
MARCH 3, 2004 VOLUME 52, ISSUE 4 FREE

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Wing Commander Opens New SERE Classroom

By 2Lt Tim McClure

Col Steff Kummel, 17 Wing Commander and Maj Carolyn Shaw, commandant of CFSSAT, officially open the new Springer Lake SERE classroom in December 2003. Staff from CFSSAT, Wing Foods and Wing CE were on-hand for the event.

Col Kummel addressed the members of 17 Wing to thank them for their hard work on the project. The addition of the new classroom to the Springer Lake training facility reflects the combined efforts of both the CFSSAT and Wing CE staff.

While at camp, Col Kummel toured the facility to gain a better appreciation of the training the air crew receives. The new facility will further CFSSAT's ability to offer world-class survival training to the men and women of the Canadian Forces.



Photo 17 Wing Imaging

Col Steff Kummel and Maj Carolyn Shaw officially open the new SERE classroom at Springer Lake.

CFSSAT would like to express gratitute to all of the staff from Wing CE and Wing Foods for their dedication to the project. The building was constructed in a remote location, on difficult terrain. Wing Foods had staff on-hand throughout the duration of the project, providing meals to all of the workers at camp. The combined efforts of the two organizations will enable CFSSAT to provide a higher level of training in the coming years.

More photos on page 2 ▶

17 Wing Soldier Rescues Baby From Car Wreck

By Angela Johnston

Relying on both adrenaline and instinct, 17 Wing's Cpl Darrell Hulme rescued a baby trapped in a car wreck in freezing rain. On Feb. 4, the Wing Transport driver was running freight between Montreal and Toronto on Highway 401 when a car with three adults and one baby pulled out in front of his truck and rolled off the banked road.

Hulme watched as the car flipped a few times and landed in some woods, then stopping his 80,000 lb truck, called for help on his cellphone, and ran down to help those trapped in the car.

Because the doors would not open, Hulme said that he kicked in the back window, where a baby, who looked to be about six months old, was hanging upside down in the car seat. After he removed the baby from the wreck, Hulme wrapped the baby in his coat.

The mother, who was "in bad shape," according to Hulme, was not wearing a seatbelt. He could not understand what she was trying to say, but stayed with her until she passed away. Hulme said the mother's husband was screaming, but he later helped him climb out the back window.

The grandmother, who had been sitting in the front with the husband, was cut out of the wreck with the jaws-of-life.

For Hulme, he said the impact of the accident did not sink in until he stood back after police arrived, "That's when it hit me … when I left, I drove pretty slow."

According to the *Winnipeg Sun*, the mother was 23-year-old Humaira Shakeel of Hamilton, and the son, Ibrahim. The husband was not injured in the crash.

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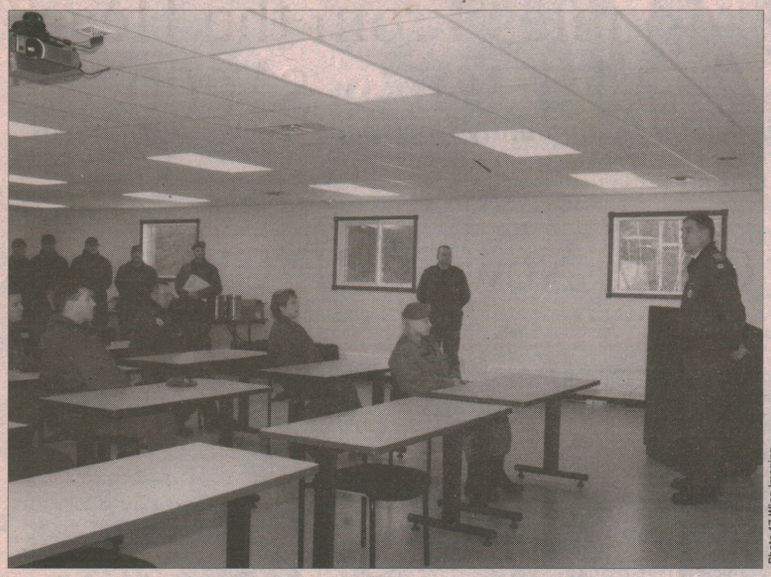

Photo 17 Wing Imaging

Col Steff Kummel addresses the staff from Wing CE and CFSSAT.



Photo 17 Wing Imaging

The CE team are all on hand for the opening of the new SERE classroom at Springer Lake.

From the Desk of the Wing Addictions Counsellor

About Addiction

By Bob Murphy, Wing Addictions Counsellor

Addiction is a process - not an event. Anyone can participate - male/female, rich/poor, old/young, it doesn't matter. Some people are pre-disposed to addiction through genetic inheritance; others have to work a little harder to get there! It takes patience and tolerance to endure all the negative consequences of substance abuse and still hang in there and keep doing it.

The key word here is DENIAL - the denial of the consequences, the denial of the problem and the denial of the solution. The solution lies in complete honesty with self and the courage (or desperation) to reach out and ask for help - you can't do it alone, nor do you have to.

This is where the WAC comes in - I can help! That's what I do!

Like addiction, recovery is a process too and it can start with me.

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Wing Addictions Counsellor (WAC) - Bob Murphy at 833-2500 ext. 5780/5086.

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THE VOXAIR
MARCH 3, 2004
VOLUME 52, ISSUE 4

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Printed By
The Daily Graphic
1 204 857-3427

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"Toonies From the Heart" Collects Over $1000

By Angela Johnston

In only two hours, the recent 17 Wing Care and Share fundraiser collected $1300 in only two hours to aid military families in crisis. The charity, run by the chaplains, accepted donations at the Whytewold and Sharpe gates from 6:30 to 8:30 a.m. on Feb. 13.

17 Wing Care and Share is run year-round, and aims to assist defence employees in times of need. For example, the fund would be accessible to those who experience fire in a military home, or have a car accident.

Though this charity has existed for a few years, this is the first year it was recognized as official. This was the only fundraiser to be held by the charity this quarter. Volunteers included Dana Hinkema, Carol Cochrane, Muriel Range, Sylvia Thordarson, Mary Wilson, Pte Katie O'Connor, Cpl Joseph Whittaker, Cpl Don Marentette, and Michelle Wohlgemuth.

The next fundraisers will be the Care and Share Walk and Run race on April 24 and the upcoming silent auction.

Hospice Aerobics Challenge Raises Over $15,000



Photo by Angela Johnston

▲ **Challenge participants throw punches in support of Hospice and Palliative care.**

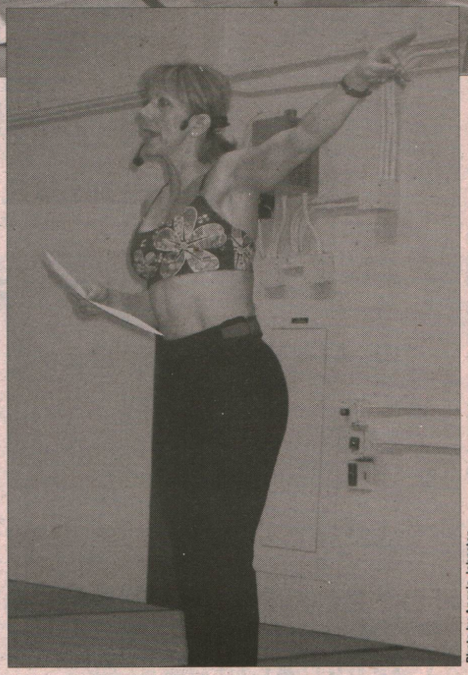

Photo by Angela Johnston

▲ **Fitness instructor Cathy Scott gets the crowd moving.**

In the third annual Hospice Aerobics Challenge, over $15,500 was raised to benefit Hospice and Palliative Care Manitoba. The event, which took place on Feb. 21 at the 17 Wing Fitness and Recreation Centre, featured a two-hour "boot-camp" work-out under Cathy Scott, fitness instructor at the gym.

With 102 pre-registered and 22 walk-up participants, the challenge also included Khari Jones, quarterback with the Winnipeg Blue Bombers and his wife, Justine Jones. Participants in the challenge collected pledges, with a minimum of $50, to raise money for Hospice and Palliative Care.

Hospice and Palliative Care Manitoba is an independent charity which supports those living with terminal illness or coping with grief.

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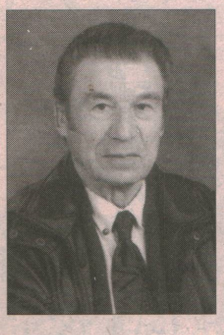
Challanges of Change

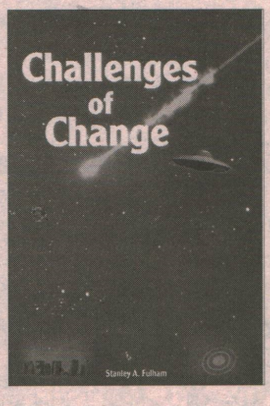
by STANLEY A. FULHAM



The Challenges of Change provides a compelling prespective of world events and aliens as revealed to the author by the Transendor group of 43,000 ethereal entities, which included Edgar Cayce the noted American clairvoyent – challenging information beyond human perceptions.

The Transendors, without judgement, reveal dramatic knowledge on modern day realties – the truth about the Iraq war – where the WMD are – the extermination of Iraqui scientists – the Philadelphia Experiment – the assination of JFK and more!

The Transendors provide an historical perspective on alien intervention with mankind – who are they – where they are from – are they a threat – the abductions and mutilations – the UFO 'canibals' in the USA and Russia – the fascinating facts about the Mothman, Chupacabras and Sasquach, Crop Circles, Stonehenge and more! The author also reports on alien cloning and GMS, financial and religious terrorism and concludes with the Bootes alien hostage in Varginha, Brazil.



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New Air Cadet Squadron Receives Charter

First New Air Cadet Unit in Over Ten Years

By LCdr Terry Hurley

It was a special night for the cadets, staff and sponsors of 199 St. Vital RCACS when, on Jan. 15, the unit received its charter for the Air Cadet League of Canada. The Charter presentation was made by Ed deCaux, Manitoba chairman of the league. The parade was reviewed by LCdr Terry Hurley, Detachment Commander, Cadet Detachment Winnipeg. Members of the Air Force Association also attended.



Photo by Capt G.E. Sutton

Mr. Ed deCaux, Manitoba Chairman of the Air Cadet League, congratulates the cadets, staff and sponsors of 199 St. Vital RCACS upon the receipt of the unit's Charter on 15 Jan 04.

199 RCACS is the first new air cadet unit in Winnipeg in over ten years. It was formed in September 2003 when 176 RCACS became too large to operate effectively. Maj Jim Forestall, the first CO of the new unit, said the unit number and name were re-activated – the original 199 St. Vital unit was chartered in 1942 and disbanded in 1946.

The new squadron now has 72 cadets, including nearly 30 in their first year.

The evening was important for Flight Sgt Steven Rogers, who won recognition from both the league and the Air Force Association. Rogers, who was the top Flying Scholarship graduate in Manitoba this summer, was the recipient of the league's Fred E. Pink Memorial Trophy and a cash award from the association. He had also received the Winnipeg Flying Club President's Award as the top qualifying private pilot for the 2003 training season. It is Rogers' dream to eventually become a "flying doctor."

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1 Month Down, 5 To Go



By Jen Sharpe

I worked as a civilian at 17 Wing for just over 8 months, and I thought I knew a lot about the CF and how things work. As a reporter at the Voxair, I wrote articles about people, events, and issues that affected military operations in Manitoba, Western Canada, North America, and the world.

However, because I did not often leave Winnipeg to cover these stories, I realized my perspective revolved somewhat around 17 Wing, 1CAD, and the Air Force. When I applied for an in-theatre position with the CF Personnel Support Agency (CFPSA) last July, I knew I would get a crash course on CF overseas operations and life on deployment.

And I was right. I arrived at camp on January 23 to take part in Op ATHENA and it has been a revelation from the beginning.

Although I do not suffer the same hardships as my counterparts living and working in Afghanistan, I still had my fair share of lessons learned about life in a military Camp. As I quickly approach one month in theatre, I thought folks at home might like to know how my life has changed since my arrival.

When I stepped off the plane in mid January with 200 military members from Valcartier and 2 CFPSA coworkers, I was welcomed to the Middle Eastern desert by a very rare rain shower.

Although it was close to 2 A.M local time, Tammy Audet, CFPSA Site Manager for the Camp, greeted us on the tarmac. She was friendly and helpful, and didn't seem the least bit mad that we made her get up to stand out in the rain; rather, she said it was a blessing because in her 6 months on camp, she'd only seen it rain once.

Because I was not flying on to Kabul in the following days, Tammy gave my future coworker Francine Dion and I a quick tour of the Camp that night. She showed us to our room—which was small and spartan but very clean—and then suggested we try to get some sleep.

It took a few days to reset my internal clock (10 hours up from Winnipeg is quite a change), but I soon settled into a relatively consistent routine. I started work at the Canex after resting for a day and, working as a cashier, quickly met new people and made new friends.

Because I spend six days a week in the store, it did not take long to start recognizing the faces and remembering the names of my military customers. Whether they were visiting me to buy cigarettes, chocolate, 0% beer, or knife sets (which are an excellent deal, by the way), they were always friendly and quick to ask where I call home.

When living and working on a small camp like this one here, it is interesting to see how everyone relies on everyone else to make time in theatre pass quickly and smoothly. My piece in the puzzle is to meet the members' nicotine, sugar, and knife set requirements; in return, the members help me with things I cannot do on my own.

The post office, I learned, is a great place to go because they have free postage AND free candies at the front desk. After a couple of disappointing workouts, I also learned that while the two Canadian gyms are great for pumping weights or attending a step class, some of our allies have the better cardio room on their camp only a short walk away.

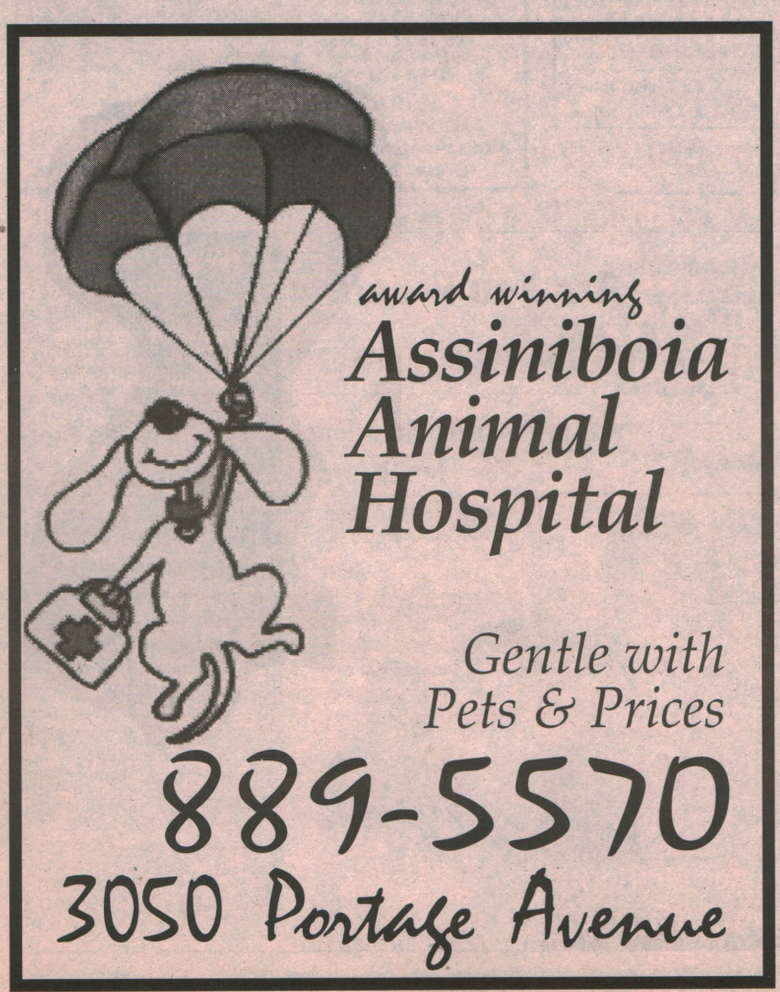
I have learned most of my lessons by meeting people in the store and learning about their specific roles. My friend Roger in Supply, for example, is the man to see when I break my ID necklace (which has happened twice already); Sara, the CF-PSA Fitness Coordinator, is the girl to see when I want a reflective vest to go rollerblading at night.

Making friends has so far not been an issue, which is definitely a good thing. Although there are many activities to do on Camp (watching movies, rollerblading, playing beach volleyball, surfing the Internet) and in the nearby city (suntan on the beach, shop at the mall, tour the historic sites), those things are always more fun when you have someone to share them with.

In fact, I think that is the key to having a good deployment. With an ever-growing group of friends, I have not suffered from homesickness as if I thought I would. I miss my friends and family, obviously, but people who keep me busy throughout the day and people I can talk to at night surround me.

With five months to go, I am sure I still have many more things to learn about CF operations outside of Winnipeg. I know I will have mixed feelings when it comes time to go home, but I am already looking forward to heading back home and applying what I have learned here to future stories in the Voxair.

To everyone back in Winnipeg, thank you for the support you gave me before I left and the support you continue to give me while I am over here. I am sure I will have many more stories to tell when I get back.



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Awards & Promotions



Photo by 17Wing Imaging

Maj Peter Handy receives his promotion from Col Steff Kummel and CFSSAT's CO Maj Carolyn Shaw.



Photo by 17Wing Imaging

CFSSAT's CO Maj Carolyn Shaw, and Honourary Col Vandewater present Capt Gary Johnston with his promotion.



Photo by Cpl Mark Irvine, Wing Imaging

Sgt Colleen Kelly-Wardle, with Col Cleland of 1 CAD A1 Training, was promoted to her current rank on Jan 23, where she began employment as A1 Trg PD NCM2 on the same day.



Photo by WO DOn Fougere

Capt Lauralee Wingert of 1 Air Movements Squadron, with Maj Steven Dewar, Squadron CO, received her CD on Feb 9.



Photo by 17 Wing Imaging

WO Don Dunphy, receives his First Clasp to his CD from CFSSAT's CO Maj Carolyn Shaw.

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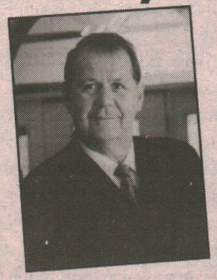

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Flying Officer George Finkle Memorial Scholarship & Bursary

The recipients of the 2003-2004 Flying Officer George Finkle Memorial Scholarship have now been selected. This year's scholarship winners are: Private Ali Khan, Trooper David Sierhuis, and Sub-Lieutenant Colin Stewart.

The family of George Finkle has established a fund in his memory to provide annual scholarships or bursaries to students at The University of Manitoba.

Candidates must meet the following requirements:

1. Be a member of the Regular Canadian Armed Forces or Primary Reserve (or is a member of the immediate family of a Regular Force member) who is resident in Manitoba or northwestern Ontario;
2. Be enroled as a full-time undergraduate student (with 60 percent or more of a full course-load) or as a full-time graduate student in one of the departments of the Faculty of Management or in the Department of Geology in the Faculty of Science*;
3. Have achieved a good academic record (with, for entering students, a high school average on final year courses of at least 70 percent or with, for continuing students, a cumulative GPA of at least 3.0 for scholarship purposes or 2.75 for bursary purposes);
4. Demonstrate the qualities of George Finkle, including love of country, love of family, decency and morality, strength, intelligence, courage, determination and hard work (with these qualities to be documented with reference letters in the application process).

Award applications for the 2004-2005 academic session will be available on or around August 1, 2004 at the Financial Aid and Awards Office at the University of Manitoba (deadline for receipt of applications is October 1, 2004).

(NOTE: The same individual cannot win either of these awards in consecutive years. Applicants will be once again considered eligible for both awards once a year has elapsed since the student received one of these awards; bursary applicants must meet the above criteria and demonstrate financial need on the standard University of Manitoba bursary application form.)

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Queen's Jubilee Medals

Lieutenant Colonel David MacGillivary, Commanding Officer, Regional Cadet Support Unit Prairie, presents 'The Queen's Jubilee Medals' on 29 Jan 04 at 17 Wg Winnipeg MB.



Photo by LCdr Terry Hurley

Captain Gord Bucknell, 2511 RCACC in Thunder Bay, ON



Photo by LCdr Terry Hurley

Lieutenant (N) Lois Burke, 68 RCSCC HUSKY in Flin Flon, MB



Photo by LCdr Terry Hurley

Lieutenant Richard Helps, 179 RCACS located in Morden, MB



Photo by LCdr Terry Hurley

Lieutenant (N) Derrick Inglis of 213 RCSCC QU'APPELLE located in Winnipeg, MB



Photo by LCdr Terry Hurley

Captain Dwight Kremer of 2294 RCACC located in Thunder Bay, ON

Comd 1 CAD and 17 WComd Visit 3 CFFTS

By Capt David Fouts



Photo by Capt David Fouts, 3 CFFTS UIO

Col Kummel and MGen Dumais return to the Operations area after their flights.

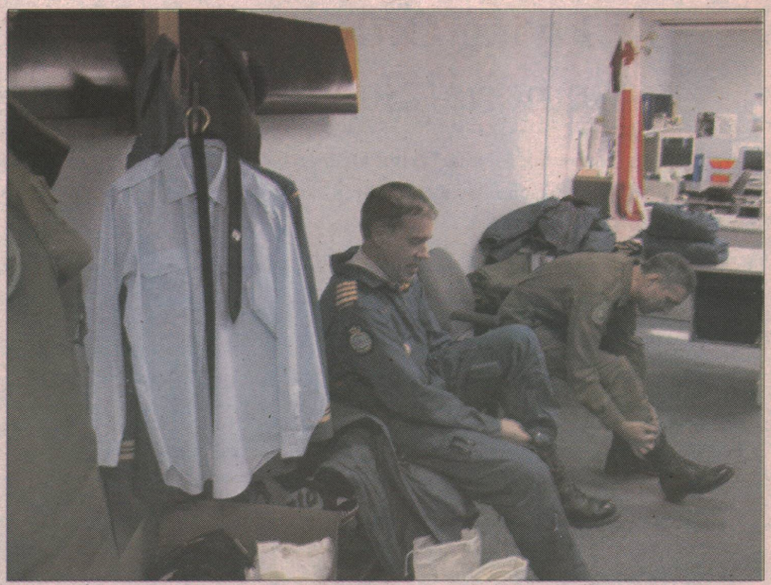

Photo by Capt David Fouts, 3 CFFTS UIO

Col Kummel and MGen Dumais remove their cold weather clothing after their flights.

On Jan. 30, 3 CFFTS hosted both a Wings' Graduation and a visit by MGen Marc Dumais, Commander of 1 CAD, and Col Steff Kummel, 17 Wing Commander at Southport.

In the morning, Dumais and Kummel received briefings from the Commandant of 3 CFFTS, LCol Steve Bannister, and from the acting Director of the Canadian Aviation Training Centre, Mr. Pierro Scaramuzzi.

Then, they had an aerial tour of the local training areas in a Jet Ranger helicopter. In the afternoon, Dumais fielded questions from the School staff during a Question and Answer session prior to acting as Reviewing Officer for the Graduation parade of Course 0304.

The day's activities were capped off with a Graduation Mess Dinner that evening at the 3 CFFTS Combined Mess.

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Top Student Receives Wings



Photo by Lt James Guenther

Lt James Guenther recently received his wings from LCol Stew Schock, CO of 402 Squadron. Guenther graduated top student on BOTC and is currently in Toronto undergoing pilot training. Upon completion, he will fly CT-142 Dash 8 for 402 Sqn and return to his civilian employment as a pilot for Air Canada.

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NPF Long-Term Service Awards

The Non-Public Funds (NPF) long-term service awards were held on Feb. 17 in the Wing Commander's conference room. LCol Shirley Neville, the Wing Administration Officer, who is responsible for the administration of NPF, presented the awards to the recipients.



Photo by 2Lt Travis Vokey

Nadine Werbiski, is presented with an award for 10 years service in the Mess at CFFTS Portage. Nadine began as a bartender, and was promoted to mess manager in 1996.



Photo by 2Lt Travis Vokey

Jackie Gallagher, is presented with an award for 15 years' service as a gym monitor in building 90. Gallagher also worked for public service for thirty years, with five in the Wing Commander's office.



Photo by 2Lt Travis Vokey

Elaine Parent, is presented with an award for 15 years' service in Fitness and Recreation.



Photo by 2Lt Travis Vokey

Vern Dolski, seen here with LCol Shirley Neville, is presented with a NPF long-term service award for 15 years employment in the bar at the Junior Ranks Club.



Photo by 2Lt Travis Vokey

Sheldon Riskin, seen here with LCol Shirley Neville, is presented with an award for 20 years' service as the bar supervisor in both the WOs and Sgts Mess and the Junior Ranks Mess.



Photo by Angela Johnston

Ross Forbes, seen here with Janice Stanley of NPF, is presented with an award for 20 years' service first as an icemaker and then manager of the south side Curling Club.



Photo by 2Lt Travis Vokey

Frank Gallagher, is presented with an award for 25 years' service, as vending manager at Canex, bowling alley manager and a gym monitor.





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Sports & Fitness

Athlete of the Month

Women's Hockey Player "Peaked at the Right Time"

By Angela Johnston

Though MCpl Heather Demchuk surprised everyone at the women's hockey regionals in CFB Suffield by scoring six goals in five games, she had a feeling she would do well at the tournament. The team's weakness proved to be her strength: a short bench meant players were double or triple shifting – Demchuk knew that she had to step up to the challenge.

Demchuk, who said the long shifts created a higher focus, noted, "I was in a really dry spell in Winnipeg, and peaked at the right time." The small hockey team of seven skaters and goalie arrived in Suffield, were able to pick up one additional skater from Edmonton, and ultimately won the regional championships in a 4-0 final score against Cold Lake.

Demchuk was understated – underestimated, even – by rivals on other teams. She said that because other teams focused on defending captain Cpl Lisette LeBlanc and defencewoman Cpl Stacey Kohanski, an opportunity opened for the team, as well as Demchuk, to sneak in a score.

Coach Ed Staniowski noted of Demchuk's performance, "Heather played absolutely outstanding…She rose to the top."

Winnipeg's women's hockey team has often been an underdog sport on the base. Many players are unable to attend tournaments, creating a small team. Still, this year the team didn't lose a single game out of five in the regional tournament.

Aside from the tournament, the south-site Demchuk embraces a rigorous training regimen off the rink. She laughs, "I do a lot of PT here [on the site]." Demchuk runs Mondays, performs a rucksack march on Tuesdays and Thursdays – even in -54°C windchills – and circuit training in the gym on Wednesdays. As for Fridays, she takes them off.

Although the military hockey team practices once or twice a month, Demchuk and many of the players also participate in a city league at The Highlander arena. Demchuk said she believes this league has helped the women's team: because it ranked very high in pre-season games, the team was bumped up to a higher level, from "C" to "B." This provided a more competitive atmosphere, and higher calibre hockey.

Demchuk has skated since nine years of age, and played ringette for seventeen years. She picked up hockey five years ago. She shrugs, and notes, "I'm not much of a summer sport person." Last year, she was named the 17 Wing's Female Athlete of the Year.

What Demchuk enjoys most about winter sports is the team atmosphere. She likes forming friendships, maybe even going out for a drink or a chat after the game.

Still, the team will face a drastic downsize next year when 2PPCLI transfers to Shilo: the women's hockey team will lose five players. Demchuk remains enthusiastic, and adds that the team is always looking for players – even those who have never laced a pair of skates. Any one interested can contact Demchuk.

As for the upcoming nationals, to be held March 19-26 in CFB Borden, Demchuk said, "I'm trying not to get too nervous," as she gears up to represent the prairie region for the first time. She believes the biggest challenge will be to unite different players from different prairie region cities, or "to get everyone working together."

For her dedication to military team sports, and a sparkling showing at the regionals, The Voxair congratulates MCpl Heather Demchuk on becoming February's Athlete of the Month.



Photo by Angela Johnston

MCpl Heather Demchuk surprised many people by scoring six goals in five games at the Prairie Regional Championships in CFB Sutfield held on February 1-6.

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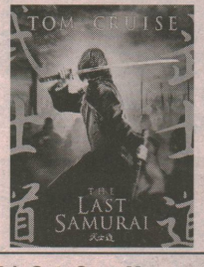

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17 Wing/CFB Winipeg Team Takes Silver in Great Grain Relay

By Angela Johnston

The only military team to participate in the annual Great Grain Relay finished second in its category, receiving a silver medal in the race at the University of Manitoba on Feb. 21. Out of 57 teams, the team finished tenth overall, according to Capt Bill Dymond.

In this relay, teams of five compete on an indoor 200 m track – each member runs at least four laps continually in each turn, and the race ends after two hours. The 17 Wing team ran a total of 156.1 laps of track, or just over 31 km.

The 17 Wing team fell under the corporate male category, consisting of Capt Bill Dymond, Cpl Jim Thompson, WO Wayne Nicholson, Cpl Dan Souka and WO Paul Francis, with Sgt Jim Smith as a lap counter. Only Dymond had run the race previuosly. All money raised from this event goes to Joints in Motion, which is part of the Arthritis Foundation.

Though the team did not train for this event, many of the team members train for full and half-marathons, as well as triathlons.



Photo by Angela Johnston

The 17 Wing team was the only military team to participate in the event. Front row, left to right: Capt Bill Dymond, WO Wayne Nicholson. Back row, from left to right: WO Paul Francis, Cpl Dan Souka, Cpl Jim Thompson and lap counter, Sgt Jim Smith.

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17 Wing NHL Update

"A" DIVISION GOALTENDER STATISTICS — Round 2

Name	Team	GP	GAA	W	L	T	GA	SO
J.P. Tremblay	402 Beavers	4	3.00	1	3	0	12	0
J. Cuppage	2VP Renegades	2	4.00	1	1	0	8	1
M. Quirion	435 Sqn Chinthe	6	4.83	4	2	0	29	0
W. Mockford	1 AMS/ Tn	1	5.00	1	0	0	5	0
M. Charette	435 Sqn Chinthe	1	5.00	0	0	1	5	0
A. Gelinas	1 AMS/ Tn	2	5.50	2	0	0	11	0
J. Brogaard	2VP WOs & Sgts	2	6.00	0	2	0	12	0
P. Mullin	2VP Renegades	2	6.00	1	0	1	12	0
J. Simms	2VP Renegades	1	7.00	0	1	0	7	0
P. Shemko	402 Beavers	1	7.00	0	1	0	7	0
Dempster	435 Sqn Chinthe	1	9.00	0	1	0	9	0

"A DIVISION" SCORING LEADERS – Round 2

Name	Team	GP	G	A	P
C. Pratte	435 Sqn Chinthe	8	11	8	19
T. Baker	1 AMS/ Tn	3	10	7	17
J.J. Campbell	402 Beavers	6	6	8	14
T. Sproul	1 AMS/ Tn	4	8	5	13
W. White	402 Beavers	5	5	6	11
M. Fagan	435 Sqn Chinthe	6	4	7	11
B. Alex	435 Sqn Chinthe	6	5	6	11
S. Dewar	1 AMS/ Tn	5	2	8	10
G. Lake	1 AMS/ Tn	2	2	8	10
S. Schoefeld	2VP Renegades	3	7	2	9
R. Hébert	2VP Renegades	2	7	2	9
C. Collings	435 Sqn Chinthe	7	2	6	8
J. Poirier	2VP Renegades	4	3	4	7
J. Marin	435 Sqn Chinthe	4	5	2	7
K. Lemke	435 Sqn Chinthe	5	3	4	7

"A DIVISION" STANDINGS - Round 1

	GP	W	L	T	GF	GA	PTS
1 AMS/ Tn	6	5	1	0	24	17	10
435 SQN CHINTHE	8	4	3	1	42	43	9
2 PPCLI RENEGADES	8	4	3	1	34	31	9
402 BEAVERS	7	2	5	0	24	20	4
2 PPCLI WOs & Sgts	3	0	3	0	2	13	0

"A DIVISION" STANDINGS - Round 2

	GP	W	L	T	GF	GA	PTS
GERIATRIC JETS	8	5	3	0	29	32	10
W EME	8	5	3	0	40	26	10
FATBOYZ	8	4	4	0	40	48	8
1 AMS/ TN	2	2	0	0	14	5	4
2 PPCLI WOs & Sgts	6	2	4	0	11	6	4
WING MPs	8	2	6	0	31	48	4

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Monday March 29, 2004 we are heading to the hills for a one-day adventure of skiing, snowboarding and tubing. If you are between the ages of 12 – 17, celebrate the start of Spring Break by joining us!

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We will be leaving Winnipeg at 7:00 am and arriving home at 7:30 pm.
Please note that all youth participating in this trip must have a recreation membership.

If you would like more information or want to register please call Dana at 833-2500 ext 2057.

17 Wing Women's Hockey Players Off to Nationals

Unexpected Victory at Regional Tournament

By Angela Johnston

With a regional championship behind them, the 17 Wing women's hockey team is now looking towards a national victory. After a sparkling winning streak throughout the Prairie Regional Championships in CFB Suffield, 17 Wing is now sending six players – and one coach – to represent the region in which it won.

"Winnipeg has always been the bridesmaid and never the bride," said MCpl Stacey Kohanski, a reservist and the regional tournament MVP, of past performances. This time, 17 Wing did not lose a single game during the Feb. 1-6 tournament.

Coached by CWO John Kamperman and former NHL player LCol Ed Staniowski, the team won five games, and had one bye. The final score against Cold Lake was 4-0.

The main challenge the team faced at regionals was a short bench, as many players were unable to attend the tournament. In the end, seven women from Winnipeg played in the tournament, aided by a floater from Edmonton. However, coach Staniowski noted, "The girls that we did have really pulled it together."

A few of the girls, including Kohanski, said it was a pleasant surprise how the team rallied together in the tournament. "I didn't think we were going to come together as we did," she said, "Everyone listened to what the coaches said, played their positions, and played their hearts out."

Despite a short bench, the underdog team surprised everyone at the tournament. Winning games and skills competitions alike, Kohanksi noted; "All you heard was 'Winnipeg.'"

Next is nationals

Up next is the national championships to be held in CFB Borden from March 19-26. Players to represent the prairie region are chosen from all cities. Those representing Winnipeg include MCpl Brenda Beaton, MCpl Heather Demchuk, MCpl Stacey Kohanski Maj Michele Claveau, Capt Gillian Parker and the national team captain, Cpl Lisette LeBlanc.

The nationals involve a higher intensity than the reginals. "The talent is a lot stronger, and the girls are a lot bigger," commented Kohanski.

Still, the coach remains confident: "We'll be a contender this year," said Staniowski. Staniowski was selected as one of two prairie region national coaches, along with Danny Hamilton from CFB Shilo.



Women's hockey team victorious at regionals. From left to right: (standing) Coach LCol Ed Staniowski, MCpl Brenda Beaton, Cpl Robin Roberts, Cpl AT Brent, MCpl Stacey Kohanski, Cpl Lisette LeBlanc, MCpl Heather Demchuk, Cpl Linda Murray, MCpl Mavis St-Germain. Front row is goalie Capt Jen Purdy.

Kohanski and LeBlanc, who have both participated in the national tournament before, noted that the team is particularly strong this year. "There's a lot of heart," said LeBlanc. "All the women involved on the new team, which will unite players from Winnipeg, Edmonton, Cold Lake and Calgary, know each other well from regionals and get along," said Kohanski.

Still, the new prairie region team has yet to practice together. Before nationals, the new team will have only one practice. Staniowski said he believes this will be the newest challenge. "The girls are going to have to buy in on the system very quickly," he said. Girls who used to rival each other must now play on the same team.

As national team captain, part of Winnipeg's Cpl Lisette LeBlanc's job will be to overcome such a challenge, and unite the new team. LeBlanc said her job was to "keep the happiness going" as well as conduct warm-ups, team meetings, and keep a light-hearted atmosphere in the dorms.

The road to nationals began back in September. Most of the girls play in a downtown league two times a week. The high-competition "B" league has only helped the team, said Demchuk. These games are augmented by 17 Wing team practices.

Still, anticipation is rising for the upcoming nationals. Kohanski remains confident: "I think people are going to be shocked. I think we're going to do the best we've ever done." As coach Staniowski said, "It all comes down to that first game."

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Military Family Resource Centre

Risk Management at the Winnipeg Military Family Resource Centre

The management of risk requires an organized approach allowing for the identification of foreseeable risks.
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The WMFRC has been involved in a risk management planning process for the past 1 1/2 years. We began by looking at existing laws, regulations, acts and codes. These included labour, childcare, building use, security & fire, health & safety, codes of professional conduct, finance and administration. These are considered external influences that oblige the WMFRC to operate in certain ways. Next we examined our in-house (internal) policies and procedures to determine to what extent we were compliant.

As a result of our risk management efforts, the WMFRC has made some changes to the way we do business. This has not affected the programs and services that are offered, but how they are offered based on any identified risk associated with them. Both the WMFRC staff and its Board of Directors have been involved in the development and implementation of rules and procedures (risk control methods) designed to avoid or minimize risks for our clients and themselves.

We would like to also provide an opportunity for community members, especially those who use our facilities, to take part in our risk management process. We are very interested in your concerns about risk factors at our Centre. Your feedback allows the WMFRC to evaluate the importance of a service or activity relative to the risks involved in offering them.

For more information on our risk management efforts or to share your risk concerns, please call the WMFRC Risk Manager, Nicole Johnson @ 833-2500 ext 4507.

O Canada Day



We are always looking for individuals and children's groups who would like to provide decorations, letters, cards or pictures to send to our CF personnel deployed around the world on Canada's birthday. Children's words, always charming and eloquent, bring huge smiles in far away places. Get your child's class involved —any "flat" craft, card or letter making use of the maple leaf or anything Canadian is ideal. Please drop off any donations at the MFRC before May 30, 2004 to be included in this mailing. We will take donations anytime to be included in packages mailed in the future!

For more info call Catherine at 833-2500 ext. 4506

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 are now on sale 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. Seating is not assigned and is on a first come rush seating.

For more information
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FRIDAY NIGHT – Show and Tell / Wine and Cheese Reception

SATURDAY – Gym Class: African Dance; Tae Bo; Belly Dancing and Hip Hop
Health Class: Geo Tran; Diet Myths; Nutrition for Your Body Type and Meditation
Arts & Crafts: Decoupage Watering Can; Painted Garden Pokes; Intro to Watercolour & Mosaic Tiles
Social Studies: The Magic of Digital Photography; Home Buying and Selling; Gardening in Manitoba and Transferable Job Skills

Come see us at the MFRC, 102 Comet St. and pick-up your brochure with all the details regarding the Women's Conference.
Reserve your place now. Cost is only $40.
(Babysitting at our Childcare Centre is available at minimal fee.)

Show & Tell is a showcase of the many talents and activities in our community.
If you would like to book a table for the Show & Tell session on Friday night, please stop by the MFRC to pick up your form and register for a table. Table rental is $25.

Together *in* Church



CATHOLIC

Chaplains

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

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

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 20 minutes before mass and by apointment. Contact the Chaplins' 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 WOps Duty Centre, 833-2700, or 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.

Re – "Lent" – ing

By Father Timothy Nelligan



Once again, the Season of Lent is upon us. With Shrove Tuesday, or Pancake Tuesday, we supposedly empty our cupboards and pantries of the lards and fats we eat during year, as a symbol of our penitence during Lent. On Ash Wednesday, we are marked with the ashes of palms, which have been blessed since the previous Palm Sunday as a sign of our mortality.

So now, we are into it – Lent, that is! Lent is the season of the Church's liturgical calendar that calls us to conversion of heart through prayer, penance and fasting. These three elements touch the very fabric of our humanity in that they are outward signs of our faith to the community in which we live, and are signs to God of our willingness to convert our lives for the better.

Each of us as human beings – as social animals – are constantly assailed by the world around us. The demands of work, peers, family, and society as a whole can often be daunting and exhausting. In our attempts to keep up with all these demands, we can become overrun by them. We end up becoming nothing more than the rubble left behind as we are trampled over. This holy season of Lent can become an opportunity for us to retreat, refocus, and repair!

His Holiness, Pope John Paul II, in his Message for Lent 2003, reminds us of our obligation as Christians to be guardians and stewards of this world, especially for those who are needy and incapable of helping themselves for one reason or another. "It is more blessed to give than to receive." (Acts 20:35)

I would like to remind you that we must also take care of ourselves amidst the demands of our own life. All the charity in the world is of no value if we are not charitable to ourselves. Our faith and the example of Christ may call us to dutiful charity in this life, but if the instrument of that charity is broken in one way or another, then the charity exercised through that instrument runs the risk of being broken itself.

God loves us, he proved that on a cross on Calvary some 2000 years ago. If we truly love God, and desire to do all he asks of us, then let us take this time of Lent to build up the instrument of our human person so that we can continue to be lights of Christ's presence in this broken and needy world. May your experience of this Holy Season of Lent be filled with the richness of God's abundant blessings and grace, and may it truly be a season to retreat, refocus and repair.

"In necessaries unitas, in dubiis libertas, in omnibus charitas"
("In Necessity – Unity, in Diversity – Liberty, in all things Charity!")

17 Wing Chapel Communities of The Good Sheperd & St. Marguerite Bourgeoys
"Lent & Easter" Service Schedule

Day	Protestant	Roman Catholic
Ash Wednesday, 25 February	1100hrs/11 am	1215hrs & 1900hrs/12:15 pm & 7pm
Each Wednesday, 3 March - 7 April	---	1900 hrs/7 pm – Stations of the Cross
Friday, 5 March	---	1900 hrs/7 pm – Adoration of the Blessed Sacrament
Tuesday, 23 March	---	2000 hrs/8 pm – Lenten Penitential Service
Friday, 2 April	---	1900 hrs/7 pm – Adoration of the Blessed Sacrament
Palm Sunday, 4 April	1100 hrs/11 am	0900 hrs/9 am
Holy (Maundy) Thursday, 8 April (RC- Easter Triduum)	1800 for 1830hrs *Please contact Padre Lenora Grauer at ext. 5785 no later than 2 April if you plan to attend the (P) Seder Supper.*	2000hrs/8 pm There will be Adoration of the Blessed Sacrament following the "Mass of the Lord's Supper" until Midnight Please sign up at Chapel for a time period.
Good Friday, 9 April (RC – Easter Triduum)	1100hrs/11 am	1500hrs/3 pm - followed by a 'Poor Persons Supper' of Soup and Bread.
Holy Saturday, 10 April (RC – Easter Triduum)	---	0900-1200hrs/9am-12pm RCIA Retreat 2200hrs/10 pm Easter Vigil
Easter Sunday, 11 April	1100hrs/11 am	0900hrs/9 am Resurrection of the Lord

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ISSUE	DEADLINE DAY	PUBLISH
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
10	14 May	26 May
11	28 May	09 June
12	11 June	23 June
13	25 June	14 Jul

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TAROSCOPES

BY NANCY

ARIES (March 21 – April 19): Burn off some excess energy through physical activity. Getting rid of what you're not using allows for new growth and developments. Energy increases when you enjoy what you're doing so change your attitude or career path and you'll be full of fun and passion.

TAURUS (April 20 – May 20): Reviewing rules, regulations and procedures will increase the likelihood of projects going smoothly. Politics can still create issues but being aware of the big picture can minimize the effect. You gain support when you show that you're realistic and fiscally responsible.

GEMINI (May 21 – June 21): You sense the envy of others because you are rewarded for work they didn't see you do. Be assured that you have allies; those who know the sacrifices you've made. Overactive imaginations can be dangerous; yours included, so seek the advice of someone less involved.

CANCER (June 22 – July 22): You're wasting your time trying to make things right. Your dedicated efforts aren't paying off as hoped because sometimes there isn't an answer that will please everyone. Stop trying to be the middleman. You need to identify your own goals and achieve some of them. Start small.

LEO (July 23 – August 22): Work at recognizing patterns and processes so you realize how decisions are made. New connections and developments brighten your outlook. Create a sense of harmony and balance by using natural elements to decorate your surroundings.

VIRGO (August 23 – September 22): Consider the source of news. Reliable people don't gossip; they provide insights and information that can lead you to greater understanding if you take the time for reflection. Use what you've learned to date. Promote your untapped potential to expand your horizons.

LIBRA (September 23 — October 23): The need to express different aspects of yourself is driving you to make changes in your life. Be honest about your emotional needs. When you're open about who you are and what you want, there is less confusion. Your life is becoming more authentic.

SCORPIO (October 24 — November 21): Don't expect to emerge unscathed from conversations where you offer your point of view. Your empathy is greater than other peoples. Guard against taking harsh comments personally. Realize first hand experience and time are the only teachers that work for some.

SAGITARIUS (November 22 — December 21): Face up to your reality and you'll be able to identify the changes necessary to move out of limiting situations. This is an opportune time to review your history and habits to see what needs to be healed in your life. Once you know this, the doing is easy.

CAPRICORN (December 22 – January 19): It is not by chance that your efforts are finally paying off. Nor is it blind optimism. Remain positive. It is realistic to expect a return on your investment of time and effort. Good things are coming your way. A favor is returned with interest.

AQUARIUS (January 20 – February 18): You need to better balance satisfying your physical and emotional needs. You've been confusing reality with wishes. You're surprised when you run into a barrier; yet you helped create it. Commit to behaving in ways that build strong bridges and bonds.

PISCES (February 19 – March 20): Showing others your creative side leads to success. Open up. It takes courage but it can be fun too, especially if you don't take yourself or others too seriously. Deal with minor irritations. Trust that there is something great waiting for you just over the next hill.

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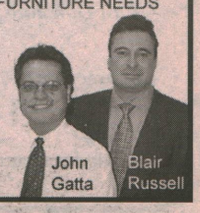

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