



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

MARCH 17, 2004

VOLUME 52, ISSUE 5

FREE

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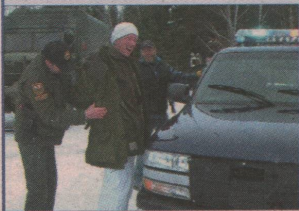


- Chamber of Commerce Supports 17 Wing in Ottawa

- Volunteers Needed

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- Exercise Northern Lights: Cold Weather Ambulance Training



- Health Promotions

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Five Students Receive Wings at CFANS Graduation

By Angela Johnston



Reviewing Officer MGen Simon Willis from the Australian Army speaks during Canadian Forces Air Navigation School Graduation Parade 26 February 2004.

After nearly eleven months of hard work, Basic Air Navigation Course 0208 graduated from the Canadian Forces Air Navigation School on Feb. 26. According to the course director, Capt Eric Arsenault, this flight of graduates included the last Australian students to graduate at the school until next spring.

Maj-Gen Willis of the Australian Army, currently the head of the Australian

defence staff in Washington, presented navigator wings to four of the five graduates. These graduates included Lt Matt Crosbie, Lt Annie Maheux, Lt Chris Singer and Flying Officer Scott Hannah.

The top graduate of the class, Lt Joel MacDermaid, had his wings presented by his uncle, LCol Rob Dunlop, a 1967 graduate of the school. MacDermaid, originally from New Brunswick, will be posted

to 443 Maritime Helicopter Squadron at Pat Bay, B.C.

Two of the graduates were posted to Greenwood, N.S., to fly on the CP-140 Aurora. Lt Crosbie is posted to 405 Maritime Patrol Squadron, while Lt Singer is posted to 415 Maritime Patrol Squadron. Lt Annie Maheux is also posted to Greenwood, but will be joining 413 Transport and Rescue Squadron, flying the Hercules. Flying Officer Hannah, the lone Australian



Lt Joel MacDermaid receives the LCol Kenneth H. Paul Memorial Trophy from HCol Wishart during the CFANS course 0208 Graduation Parade.

graduate, will be posted to a Royal Australian Air Force squadron at RAAF Amberley, where he will fly the F-111.

Lt MacDermaid received both the LCol Paul's trophy,

for being the best student overall on the course, and the James R. Dow trophy, for being the top student during the flying portion of the course.

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Chamber of Commerce Supports 17 Wing in Ottawa

Business Leaders and Politicians Lobby Defense Minister and Chief of Air Staff

By Angela Johnston

In a recent Winnipeg Chamber of Commerce trip to Ottawa, local politicians and business leaders scheduled meetings with both the Minister of National Defence and the Chief of the Air Staff to throw support behind 17 Wing. The Winnipeg delegation, which included the Mayor and Premier, was in the nation's capital from March 8-10.

"17 Wing is very, very important to the community, and its roots run deep and reach out, whether it is through employment, the aerospace industry, or training," said chamber president Dave Angus, in a telephone interview before the trip.

The chamber scheduled such high-profile defence meetings after media reports in the National Post hinted that 17 Wing may be one of four air force bases closed. New Defence Minister David Pratt has insisted there is no weight to the allegations, which Angus says "puts our mind at ease." Still, the chamber wanted a face-to-face assurance.

"It underlines the importance we place on 17 Wing here in our community," said Angus.

The meeting with the Chief of Air Staff, LtGen Ken Pennie, was scheduled for the afternoon of March 8 and the meeting with Defense Minister David Pratt on March 9. Manitoba Premier Gary Doer planned to attend the meeting with Pratt.

Angus said the annual chamber meeting was organized months ago with plans already in place to discuss issues such as the expansion of Winnipeg's infectious disease centre, and Prime Minister Paul Martin's "New Deal" with cities. "It just so happened that we were going, and it became more important," said Angus of the recently scheduled defense meetings.

Angus was optimistic about the meetings before departure; "We expect them to be positive ... there was a positive response to requests for meetings."

Angus added that the chamber planned not only to lobby for maintenance of the base, but also for growth and possible expansion.

"The 17 Wing operations are really a world class operation," he said, adding that the 17 Wing site was very unique, and one of the only

Wings in an urban setting, as well as with an adjacent-to-airport location. He further discussed the important synergies 17 Wing has with the aerospace industry and joint-training programs; operating five schools, including pilot training in Portage La Prairie.

Bob Edgar, vice president of airport redevelopment for the Winnipeg Airports Authority, chairs the Winnipeg Chamber of Commerce's military affairs committee. He said that 17 Wing is the only base in Canada to have an active relationship with an airport, and that the Winnipeg airport provides 17 Wing with \$1.7 million support in landing fees.

"I think there's always a challenge - the government of Canada needs to find creative solutions necessary for the military to prosper and fulfil its mandate," said Edgar, "It's positive that we're being received." Edgar planned to attend meetings in Ottawa, including one with the Chief of Air Staff, LtGen Ken Pennie.

The chamber delegation, which totaled over 30 people, returned home on March 10.

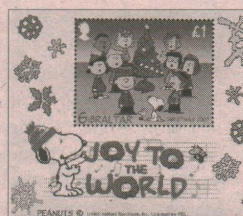
Souvenir Sheets

By Alf Brooks

Over the past years many postal authorities have issued what collectors call Souvenir Sheets. Many of them incorporate one or more postage stamps within the design. If you collect these it will be easier to find them in unused

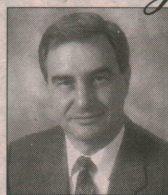
condition, as not many will have been used for postage.

This past Christmas, Gibraltar issued one featuring Charles Schulz's creations, the characters from the comic strip Peanuts. The sheet shows a Christmas tree and eleven



characters. And if you know the comic strip well, you will know that one character is missing. Which one?

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Transportation Awards

Photos by MCpl Anthony Leyte



Ten-year Safe Driving Awards, presented to Cpl Micheal Arsenault, Cpl Stephane Robinson, Cpl Micheal Shears and Cpl Micheal Crotty by WLogO LCol Gerald Pratt and WTnO, Maj Garth Moore.



Fifteen-year Safe Driving Awards are presented to Cpl Vladimir Schultz, Mr. Jack Morsette, Cpl James McKibbin and MCpl James Jackson by WLogO LCol Gerald Pratt and WTnO Maj Garth Moore.



Twenty-year Safe Driving Awards are presented to Mr. Wilfred Jones and Mr. Robert Thiessen by WLogO LCol Gerald Pratt and WTnO, Maj Garth Moore.



Five-year Safe Driving Awards are presented to Cpl Dawn Lustig and Cpl Darrell Hulme by the WLogO, LCol Gerald Pratt and the WTnO, Maj Garth Moore.

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Cpl Micheal Beal of Wing Transportation squadron is presented with the Trades Person of the Quarter Award for October to December 2003, by WLogO LCol Gerald Pratt and WTnO Maj Garth Moore.

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Health Promotions

"May 1st, I Quit!"

The Strengthening the Forces Health Promotion team is launching the "May 1st, I Quit!" Challenge to encourage members of the Department of National Defence/Canadian Forces team to quit smoking. According to a recent CF health and lifestyle survey, 29 per cent of current CF members smoke and about 60 per

cent of those want to quit. The Strengthening the Forces health promotion team views the "May 1st, I Quit!" Challenge as a great opportunity for smokers to quit, and anticipates close to 5,000 members will take part.

All members of the DND/CF team, including CF members' immediate family who have reached the age of

majority are eligible to participate. Even non-smokers may register as supporters of members trying to quit.

Participating is easy. Smokers must stop smoking by May 1, and remain smoke-free until at least June 1. They must register at a Strengthening the Forces Health Promotion office (on bases across Canada) or at www.cf-psa.com/health no later than midnight April 30.

Participants and supporters will be eligible to win prizes that include five \$1,000 CANEX gift certificates, 26 DVD players, 26 digital cameras and one of 26 \$100 CANEX gift certificates. Prizes are donated by CANEX and SISIP, Title sponsors of "May 1st, I quit!" Challenge.

The "May 1st, I quit!" Challenge has been implemented in the CF with very

encouraging results. In fact, six months after last year's contest, "March 1st I quit," 47 per cent of participants are still smoke-free.

Health Promotion teams on every base will provide support for smokers who decide to take this important step in the quitting process by organising regular activities and sending information kits to everyone who registers.

Strengthening the Forces organisers say that smokers shouldn't be discouraged if they tried several times in the past to stop smoking. Quitting takes practice and entering the "May 1st, I quit!" Challenge gives smokers another chance.

For additional information contact: Penny @ 4150 or Sheila @ 4160.

Good luck to all smokers who take the Challenge!

Top Fuel for Top Performance

Want Top Performance? Go for Top Fuel!

Military members and athletes have a lot in common in their request for top performance. Proper nutrition is fundamental to the "soldier-athlete."

If you are serious about getting the most out of your workouts, it is vital that you regularly supply your body with nutritious food. Healthy eating packs a powerful punch, providing your body with the nutrients and energy to deliver maximum performance. It provides that winning edge!

Timing is everything. A critical period occurs right AFTER activity. Recovery nutrition prepares you for your NEXT physical challenge. It promotes muscle repair, glycogen (energy) storage and mental alertness.

Does your recovery plan replenish protein, carbohydrates, fluids and electrolytes?

Protein and Carbs. After training your muscles are primed for growth and repair.

So ideally within 15 - 30 minutes, fuel up with food to give lots of carbs (50 - 100g) and adequate protein (10 - 20g). Eat a balanced meal within 2 hours (or snack every 2 hours until your next meal).

Good bets. Yogourt, orange juice and 2 fig bars; bagel and milk chocolate; milk, a granola bar and an apple; fruit smoothie (in a thermos) and a low fat muffin; instant breakfast in milk and a banana.

Protein is abundant in food such as milk, yogourt, eggs, lean meats, poultry, fish, tofu, skim milk powder, cheese, and even grain products.

Fluid replacement is vital. Drink 1.5 L of fluid for every kilogram of weight lost during exercise.

Electrolytes are an issue in hot humid weather. You easily can replace sodium and potassium with foods such as vegetable juice, pretzels, salted nuts, fruit and milk.

Protein for muscle building. There's a cheaper why!

The average North American diet supplies more than enough protein for athletes. If you want extra, rather than spending big bucks on protein or acid powders, try good old skim milk powder - it is cheaper and contains whey as well as other proteins. Mix it into milk, puddings, sauces, even meatloaf.

Nutrition supplements. Beware if it sounds too good to be true - it probably is. There is no magic bullet or potion that will take the place of hard work and smart food choices.

So what is in your bars and bottles? Read the labels, be a detective. Can you compare products and spot the top fuel options?

The ingredient list is a great place to start. Ingredients are listed from most to least by weight.

The top 3 ingredients give you a feel for what you are eating (carb, protein, etc.).

Caffeine or guarana in drinks (sport, energy or cola soft drinks) can lead to jitters and poorer performance.

100% fruit juice packs a bigger punch than fruit

"punches" or "drinks" which are mostly water and sugar.

Next, remember to check out the Nutrition Facts table to determine your serving size before calculating your nutrients and calories.

Nutrition claims. Low fat - high fibre. These are examples of nutrient content claims used by manufacturers to feature their products. But the claims usually tell only part of the story. So check out the detailed information on the Nutrition Facts table as well. Remember that "fat free" does not mean calorie free - the product may be high in refined ingredients such as sugar.

Hungry for more? Contact your local Strengthening the Forces, Health Promotion Office for additional resources or visit the Strengthening the Forces web site at www.forces.gc.ca/health/Services/Engraph/health_promotion_home_e.asp

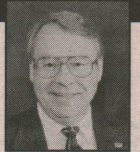
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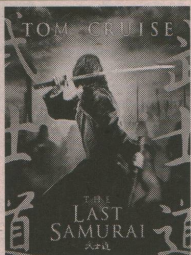
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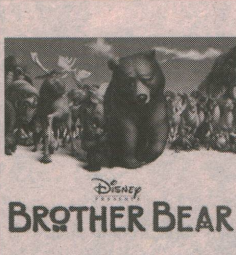
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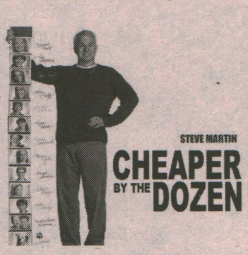
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VOXAIR 06:
19 March 2004

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Exercise Northern Lights: Cold Weather Ambulance Training

By Capt Lisa Baspaly

Though Feb.15-21 was the University of Manitoba's mid-term break, the week was not much of a rest for the 17 Field Ambulance soldiers.

Soldiers from 17 Field Ambulance as well as other reserve and regular forces medical units across the country participated in Exercise Northern Lights, a week-long winter survival exercise held in Hecla Island, MB.

The exercise included the basic winter warfare course, snowmobile familiarization, and numerous challenging UN-type scenarios, such as the simulation of a stolen generator and children found on the battlefield.

The scenarios were greatly enhanced by the presence of observers and trainers from the 323rd Combat Support Hospital (CSH), Lt Mullen, SSGT Thomas and from 1 Field Ambulance, PO2 Lye.

Local Parks and Recreation officials demon-

strated a phenomenal amount of support. The officials lended snow machines and participated in scenarios. Arbourg General Hospital allowed one medic a day to rotate through their wards, and the town of Hecla was also hospitable. The town's co-operation went a long way to making the exercise a success.

Participants in the exercise included members of 323 CSH, 1 Field Ambu-

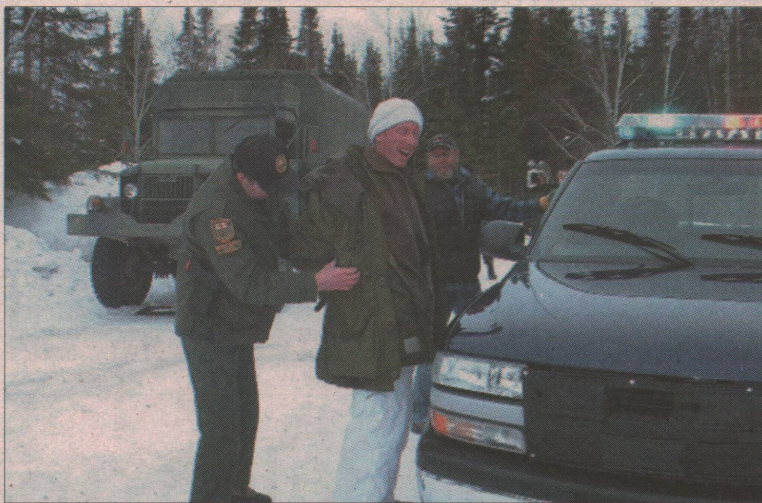
lance, 17 Field Ambulance, 16 Field Ambulance, 51 Field Ambulance, 52 Field Ambulance, 4 HSOTU. This exercise was also generously supported by 17 Service Battalion, 15 MP Platoon, 735 Comms Reg and the Royal Winnipeg Rifles.

We look forward to something even bigger and better next year!



Basic Winter Warfare instruction.

Photo by Lt Bob McAllister, 1 Field Ambulance



Parks and Rec Official Doug Smiley (acting as MP) arrests Sgt Mike Desmarais (17 Med Coy) in "Generator for sale" scenario.

Photo by Lt Bob McAllister, 1 Field Ambulance



Judith Pyke, Clerk/Cashier at CANEX

◀ Muriel Runge, ExpressMart Supervisor at the 17 Wing ExpressMart, received a Boomerang award from Mac McMillan, CANEX Regional Manager, Prairies, on March 3, 2004. This award recognizes an employee's extraordinary work where his or her contribution was significant and exceeded expectations in the area of customer service.

17 Wing Winnipeg
15-21 March 2004

Spring Buying Guide

DVD/VHS Combo

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179⁹⁹

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High School Recruits Adjust to Military Life

By Angela Johnston



Photo by Angela Johnston

Two high school recruits prepare to participate in video-simulated shooting practice in the basement of Minto Armouries.

Many teenagers spend Friday nights engaged in the expected debauchery: catching a movie at Silver City, sipping a vanilla latte from a café, or perhaps attending an unsupervised basement party in the suburbs. Most teenagers do not spend a Friday night at

Minto Armouries, practicing their shot before a rigorous weekend at the rifle range. But then again, these teenagers have enrolled in a course many of their counterparts do not. On Feb. 7, a group of eleven students enrolled in the reserves as part of a unique co-op program

between 38 Brigade and local school boards. The students will receive three high school credits upon completion of BMQ, or basic military qualification. It has been just over a month since enrollment, and already many of the students have noticed a change in

their lifestyle since joining the military.

For Karl Sierks, a 16-year-old from Kildonan East, he said he noticed his life has taken on a rigid routine: "Come home, shower, shave, shine your boots," he said. His room is cleaner, the dishes are washed more frequently - this has not gone unnoticed by his parents.

Tonight, on March 5, the students are in a black room of the basement in the Armouries, practicing shooting techniques through video simulation. They aim at a video screen with a gun loaded with carbon dioxide; this will feel like shooting a loaded weapon. Speakers echo each shot, and on a computer screen, the instructor can see if the student's weapon is level, if the trigger is being pulled properly, and determine if the student is ready for the live range.

Weapons training is by no means the only facet of BMQ. According to Sgt Nathan Guiboche, the students will also learn how to deal with nuclear, biological and chemical weapons, and how to act safely in the work environment. They will also learn general military information, such as history, ranks, pay and drill.

For Guiboche, and second-in-command instructor MCpl Mark Pearson, new challenges arise in teaching high school students.

"They're young, they're very young," said Guiboche. Most of the co-op students

are just under 17. "It must be such a shock from high school," he said, "They're learning how to be a team."

From the student's point of view, "It's really intense. It's fun. It's everything I thought it would be, and more," said 16-year-old Jessica Porter, a student from Garden City Collegiate. Porter, who participates on her school's track team, also takes regular classes in history and drama at Garden City, but mentions, "You study more for this." Since the course is worth three credits, it is important to do well.

Such a program can take up a lot of time: the students attend class every weekday from 1 to 6 p.m., and stay at the Armouries every other weekend.

With such a schedule, military life can put a dent in the social life. Porter said her friends miss her, but "they think I'm pretty hardcore" for going through all of the physical training. She said that the other students are becoming her close friends.

So far, the students have become a close-knit group. Guiboche said he will often create fun competitions, such as seeing who can load a truck the fastest, to improve drills. While reciting information before their video simulation tests, they tease each other and joke around.

In this communal atmosphere, many of the students agree on their favourite part

of BMQ: "To be honest, the weapons," said 16-year-old Randall Ramoutar, from Sisler High School. Sierks said, "You get to fire a C7."

As for Guiboche, the most satisfying part of instructing this group of young reservists is "seeing them come through as a raw product, and to watch them develop by the end of the course, they're quite effective." Pearson's satisfaction is more immediate: "I like seeing the end product after an 80 minute class."

The final test for the students will come in a few months when they will have to apply all the theory and skills they have learned at the Armouries during their soldier qualification test. This five-day exercise will provide infantry training, and for Guiboche, it will be a "confirmation of everything we've taught them." Should they graduate from BMQ, they could then enter into further training, perhaps as a clerk or in trades.

For tonight, however, the students still need to pass this video simulation test before entering a live range at the St. Charles firing range the next morning. Both Sierks and Ramoutar said they are nervous, but then, as Sierks said, "It's live grounds. You are going to be a bit nervous."

The co-op program will run until the end of May, before regularly scheduled exams take place.



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Photo by Capt Mike Wray

Col Millar, M4 Mait, 1 CAD HQ presented MWO Cormier his promotion to CWO on 18 Feb 04. (L-R: Col Millar, CWO Cormier, Mrs. Dorice Desbiens-Cormier.)

Sports & Fitness

Volunteers Needed

On Saturday April 24, 2004, 17 Wing Community Recreation is proudly sponsoring a 10 Km run and a 5 Km Fun Run and Walk at Assiniboine Park. This run is in support of 17 Wing Care and Share; five dollars from each registration will be donated to Care and Share, which assists military families in need.

This is a call-out for volunteers willing to assist on race day. Our goal is to have 25 people ready to cheer on participants; this event is a four-hour time commitment plus a briefing the day prior to race day. If any of the following positions are of interest please call Sheila Wingerter, Volunteer Chair 833-2500 ext. 4160.



The Volunteer Positions needed to be filled are:

- Equipment coordinators
- Course Marshals
- Registration
- Race timers
- Hospitality

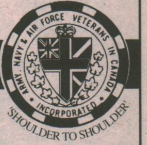


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Monday March 29, 2004 we are heading to the hills for a one-day adventure of skiing, snowboarding and tubing. If you are between the ages of 12 - 17, celebrate the start of Spring Break by joining us!

- COST**
- Lift Ticket Only - \$24.00
 - Ski Rental and Lift ticket - \$33.00
 - Snowboard rental and lift ticket - \$42.00

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.

You are invited to our upcoming...

LUNCH & LEARN SESSIONS

- | | |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------|
| Thursday, March 18/04 | Prior Learning Assessment and Recognition - Lois Morin
PLAR, Coordinator, Manitoba Advanced Education & Training |
| Thursday, April 1/04 | Creative Retirement - Peggy Prendergast, Creative Retirement |
| Thursday, April 15/04 | Make a Spring Craft by Michaels Crafts |

Presented by the Winnipeg Learning and Career Centre, the Winnipeg Personnel Selection Officer, the Military Family Resource Centre, and the Employee Assistance Program.



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Mess (upper lounge) |
| • 1330 - 1530hrs
Wing Theatre | |
| • 1900 - 2100hrs
435 Sqn Briefing Rm Hgr 16 | |



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ANGER MANAGEMENT: LOOKING AT ALTERNATIVES

The MFRC in conjunction with Health Promotion Services will be offering a four-session anger management program. The sessions will look at what anger is and alternative ways to manage it.

Day sessions will run Wednesday April 7, 14, 21
and May 5th from 8:30 am – 11:30 am

Evening sessions will run Thursday May 6, 13, 20
and June 3rd from 6:00 pm – 9:00 pm

All sessions will be run at the MFRC and childcare will be provided.

For more information or to register

Contact Haley Schroeder at 4512 or the Health Promotion office at ext 4160.

Infant Message

Are you looking for an opportunity to spend some quality time with your infant? The MFRC will be offering infant message classes. This is an opportunity for moms, dads or both to come out with their infant and learn about the benefits of message therapy. A trained message therapist will teach you all about message therapy and the techniques. This hands on program will consist of five sessions and materials including oil will be provided.

Date: Starting Monday March 29, 2004

Time: 10:00am – 11:30am

Location: MFRC

Cost: \$35.00 per family

If you would like more information about this program or would like to register, please contact Haley Schroeder at 4512.

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

Célébration de Pâques

De retour par la demande populaire!

Dimanche le 11 avril 2004 de 13h à 16h, joignez-vous aux autres familles francophones pour célébrer la Pâques. Chacun apportera un plat pour partager avec les autres membres de la communauté. La fête se tiendra au centre de transition coté sud (immeuble B-12)

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- Chasse aux úufs
- Opportunité pour socialiser entre adultes
- Et pour dire bonjour aux gens mutés

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Toi, moi et la Mère l'Oie (Nouveau programme en français)

Ce programme est une expérience de groupe, pour parents, bébés et enfants de 0 à 4 ans, qui se réunissent pour connaître et partager la joie des comptines, des chansons, des rondes et des contes.

Où : École Roméo-Dallaire

Quand : les mercredis matins du 14 avril
au 16 juin 2004

Heure : 9h45 à 10h45

Inscrivez-vous au 833-2500 poste 4515 avec Louise.
C'est gratuit

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 6846 or
Employment Assistance	John Chabih	4511
Special Needs/ PIC Social Worker	Haley Schroeder	4512
Francophone Services	Louise Cameron	4515
Thunder Bay MFRC	Donna Hrycyszyn (807) 345-5116	

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
Call 833-2500 ext 4500

Attention All Book Lovers! You are invited to Chapters, Polo Park

(695 Empress & Maroons Road) for a fabulous MFRC fundraiser.

Make a book purchase on April 20, 2004 between 6:30 and 9:00 and a percentage of your sale will be donated to the MFRC. It's a win, win situation. You have an excuse to buy that new book and you are helping support the MFRC and its great programs. The MFRC staff and volunteers will be on site at chapter with lots of surprises.

Keep your eyes and ears open for further information.

Chapters
www.chapters.ca

If you have any question please contact Haley Schroeder at 4512

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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 appointment. Contact the Chaplains' 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.

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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.

Volunteers Bring Life to New Museum

By Angela Johnston

The new air force museum, which is being constructed in the dining room the Warrant Officers and Sergeants' mess is coming to life with help from many volunteers. The volunteers have been hard at work in Building 66 since the end of Christmas, preparing for the grand opening on April 1.

"We love airplanes, and we love military life," said Gerald Johnson, a volunteer who used to work in the insurance industry. Many of the volunteers at the museum have an interest in aircraft and are members of the Air Force Association.

Johnson and Jack Blair, a former aerospace engineering officer who retired from 14 Training Group, belong to the 17 Wing Ghost Squadron. Members of the Ghost Squadron maintain the display aircraft in the Air Force Heritage Park, located on Air Force Way on the Air Division side of the Wing.

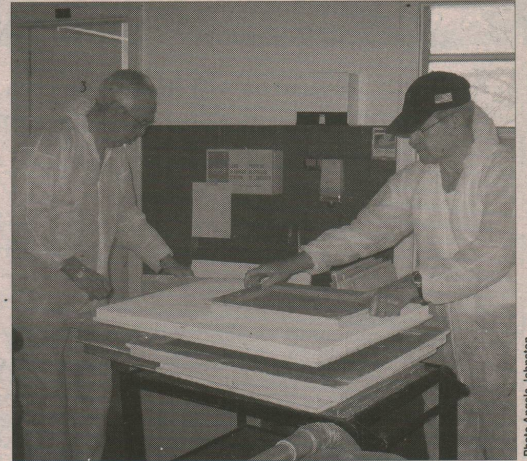
On Feb. 27, a Friday morning, Johnson and Blair were joined by Paul Shepherd, a former RCAF I&E technician who once worked in Air Command Headquarters, to sand some new display cases. Said Shepherd, "We like to volunteer whenever we have some time."

The museum's theme is military aviation in Manitoba, and will feature a WWII Tiger Moth training aircraft a 20mm cannon from a WWII Hurricane fighter, old uniforms, photographs and up to 150 model airplanes from the Air Force Association in Colorado Springs, said Capt Mike Rozak, Wing Heritage Officer.

Rozak has developed plans for the new museum for the last three years. "I've been pushing for a museum on the base for awhile," he said, "and had hoped to open a small display area in the basement of Building 61 to help celebrate the 80th anniversary of the RCAF. The space in Building 66 will allow for much larger displays, inclusion of the Tiger Moth, and a heritage reading room."

Though the museum will initially open in Building 66, there are plans for a new building to be constructed near the Air Force Heritage Park.

The project, which cost under \$30,000, has been greatly aided by both the volunteers and donations. Rozak said that at least \$6,000 worth of display cases were donated by the Winnipeg Art Gallery and there is a possibility that the Bay will donate several used mannequins. "This



Volunteers Shepard and Blair prepare panels for sanding.

project would not have been possible without anyone wishing to volunteer on the project or people donating artifacts to us and without the help of the Ghost Squadron volunteers," he said. Anyone wishing to donate items of interest can call Wing Heritage at 833-2500 extension 4098.

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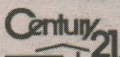
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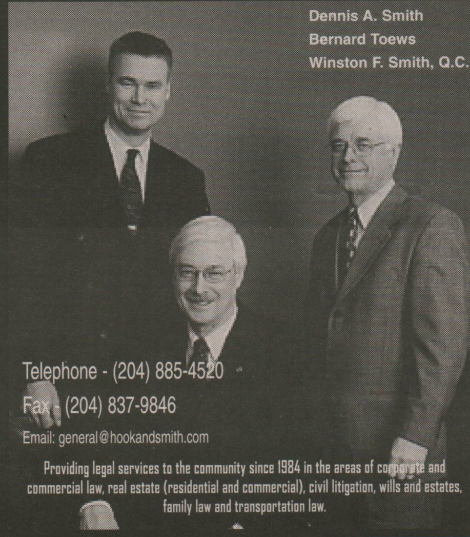
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VOXAIR 2004 PRODUCTION SCHEDULE

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06	19 Mar	31 Mar
07	02 Apr	14 Apr
08	16 Apr	28 Apr
09	30 Apr	12 May

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TAROSCOPES BY NANCY

ARIES (March 21 – April 19): It's time to quit giving away your time or resources. Expect to be reimbursed for your efforts. Respect yourself and others will too. Focus on your own success. Commit to initiatives that will produce more balanced work and home situations for you.

TAURUS (April 20 – May 20): Rely on your own efforts if you want something accomplished. Others are not as team oriented as you had hoped. Hidden and obvious aspects are equally important. Watch to see if people's actions are congruent with what they say. Hidden emotions are revealed.

GEMINI (May 21 – June 21): There are subtleties in the politics of your environment that you may not be aware of. Before you criticize those in charge for not acting promptly, try and identify their motives or priorities for stalling. Don't assume anything. Your appearance is more important than usual right now.

CANCER (June 22 – July 22): Circumstances are putting limitations on you. You can't think of a way around the hurdles. Time and a change in attitude are necessary. Make sure your own outlook isn't contributing negatively to the situation. It's very liberating when you get the chance to do the unexpected.

LEO (July 23 – August 22): There is a time for everything. Your main task right now is to determine your own sense of timing. To move or to stay put can be decided easily if you look at where you need to be in order to learn more or to advance yourself. Either way change is all around you.

VIRGO (August 23 – September 22): Emotional outbursts may cause complications. Consider other points of view before you vent. What kind of image do you want to present? You don't have to agree, to be agreeable and showing empathy doesn't mean you've adopted others' issues.

LIBRA (September 23 – October 23): A confident approach is a winning approach. Many will have faith in you, however your positive attitude and sense of responsibility may get taken the wrong way. Continue to stand up for what you believe in. Show others by example how to overcome their anxieties.

SCORPIO (October 24 – November 21): There's a whole world of possibility waiting if you are willing to take a risk and to fight for what you feel is yours. Show respect and gratitude even when progress is slow. Taking a trip gives you the chance to reconnect with forgotten aspects of yourself.

SAGITARIUS (November 22 – December 21): An idea must be financially feasible first, as resources are frozen just now; but necessity is the mother of invention. Never mind the extras – determine what is needed. Bail yourself out of an embarrassing situation instead of looking for someone else to help.

CAPRICORN (December 22 – January 19): Your words carry like wildfire so be accurate when relaying information and if possible put it in writing. This prevents someone, who has their own agenda, from trying to use you. Look honestly at the history you have with confidants to avoid feeling betrayed.

AQUARIUS (January 20 – February 18): You'll surprise those who have underestimated you. You may not see a monetary return for what you've done but rewards are coming your way. Others will finally recognize the value of your contribution and offer their support.

PISCES (February 19 – March 20): If you're overwhelmed by unexpected expenses try and put off a few decisions or delay dealing with situations. Consider future plans carefully before you take action. Believing that what is meant to be, will be, frees you from the frustration of unmet desires.

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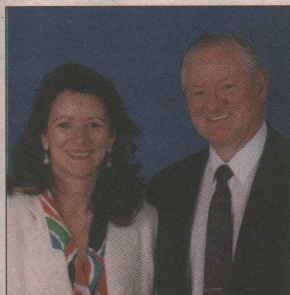
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