



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

MARCH 31, 2004

VOLUME 52, ISSUE 6

FREE

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Celebrating Women at 17 Wing

By Angela Johnston

Seminar held at Fitness and Recreation Centre for International Women's Week

"I am also a wife, a mother, a daughter, a friend, a colleague ... I think this is more important than my work." This was one of the messages conveyed by Terry Murray, a DND human resources regional director, at an event in celebration of International Women's Week. This event was held in the theatre of the gym on March 10.

WOMEN

in the Canadian Forces



Christine Burton, assistant deputy minister for rural initiatives with the province, joined Murray, a woman in a senior management job. Both came to speak on celebrating women and building careers.

The self-proclaimed soft-spoken Murray began the seminar by describing her work experience, which has spanned "21 jobs over 32 years in seven departments in three provinces." While Murray began in clerical work, filling out unemployment insurance forms, she has moved up to a senior management job.

Murray previously spent ten years working with the postal service. She described her "claim to fame" as being that she began the HOH OHO postal code, which is where many children now send letters to Santa Clause. "It just shows that you can make an impact at any level," said Murray.

Murray left the postal service as a single parent after being passed over for many higher-level jobs within the company. "This was my first realization that being young and a woman could affect how people saw me," she said.

She moved all over the country, living both in Nova Scotia and Ottawa, and is now back in Winnipeg, working for DND. "I did not set a goal to be a director," she said, "I grew into it."

Christine Burton, a fiery employee of the public sector, began by saying, "In some ways, things have changed, but the messages haven't." Burton described personal experiences and advice to the audience.

Burton's colourful descriptions described being true to oneself. She said, "Too often, I think women in a male-dominated world alter their personalities

to be how they're 'supposed' to be."

After the presentations, Murray stressed the importance of making her speech during International Women's Week: "I feel very

blessed. I feel that in my role it's important to talk about things in term of my personal goals."

Laura Holden, a civilian human resources officer responsible for employment equity at 17 Wing, said that 17 Wing is beginning to put on more seminars such as the one on March 10. The next event to take place was the workshop on the elimination of racial discrimination, held on March 21.

Women's issues are one of four commemorative events that the Wing participates in, as well as accessibility (such as for people in wheelchairs), aboriginal issues and racial discrimination. Holden said she was "thrilled" with the amount of questions generated after the presentations.



Speakers Christine Burton (left), and Terry Murray (right), spoke out on building careers and celebrating women.

Photo by Angela Johnston

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39 Years After Husband Missing in Vietnam, Widow Receives Medals

By Angela Johnston

ANOLA – Recent memorial cross and peacekeeping award recipient Barb Perkin, 76, leans back in a plush dusty blue sofa of her daughter’s ranch outside of Anola. There is a definite country motif, with bronzed dancing cowboy statuettes on a ledge above Perkin’s head. Up to 35 horses roam outside on the blindingly sunny March afternoon.

And Perkin begins by making one thing about her awards very clear as the March 12 interview begins: “It is very important to me,” she said, “I really do appreciate it.”

Perkin was issued both awards on March 9, for the peacekeeping work that her husband, Cpl Vernon John Perkin, had performed in Vietnam during 1965. He was a military member of the International Joint Commission, a group set up to monitor a ceasefire in the country.

Cpl Perkin went missing, and was presumed to have died on a flight between Saigon and Hanoi.

Barb Perkin received a letter several weeks ago informing her that she would receive the awards. “That’s when the ball started rolling,” she said.

While Perkin was honoured to receive the awards, her family, which includes 23 members, shared her excitement. And it was this close-knit family dynamic that really stood out during the award ceremony in St. Vital at Perkin’s home. “We’re a really close family,” said Perkin.

Of her family’s reaction to the medals, “They really thought it was great.”

During the award ceremony, rows of shoes were stacked at Perkin’s front door. Family and friends occupied every available seat, with many family pictures diligently hung on Perkin’s wall. A small boy with overalls and golden curls danced in the middle of the shag carpet with



Photo by Cpl Julie Whyte 17 Wing Imaging

Barb presented with a peacekeeping medal and memorial cross by LtCol Bill Spence in an awards ceremony on March 9. Spence served in the same regiment as Perkin’s husband, the Black Watch

American Idol playing in the background, happily posing for the Wing photographer.

“We took pictures of the whole family with my husband’s picture and the medals,” said Perkin.

As for the family’s earlier beginnings, back in the 1950s and 60s, Perkin said she did not mind traveling a lot while her husband was posted all over Canada. The Perkins had lived for ten years in the maritimes, before accepting a posting in Regina.

Cpl Perkin previously served in Korea, so when he was asked to serve in Vietnam, Barb was not concerned. She imagined the two postings would be similar. “I didn’t feel worried at all. It was something he was asked to do, and wanted to do,” she said.

As for their five children, “I think they were used to him being away.”

Later, after her husband’s plane had been shot down, Perkin said she still had much hope when the army padre came to inform her of the news: “It was very sad,” she said, “I thought he would just be found. I was

n’t worried in the beginning.”

During that time, Perkin said the military community “rallied around” to provide support. Her mother was picked up by army soldiers to come and stay by Perkin’s side in Saskatchewan.

Within the larger community of Regina, a holiday write-up went out describing Perkin’s situation during the Christmas season, which prompted many letters and a military collection. “I needed everybody, and I got them,” said Perkin.

However, after six months, army officials informed Perkin that she should assume her husband was dead. “It’s pretty devastating when you get the death certificates,” said Perkin.

Perkin recalls her son, Gilbert, becoming very ill at the time: “Gilbert was his Dad’s pride and joy,” she said. As a child with severe asthma, Gilbert was admitted to the hospital for 12 days.

Perkin never remarried. Though Perkin was familiar with looking after

her children alone, she said the idea of having “sole responsibility” was difficult. Like most families, she jokes that her children gave her “some lip sometimes,” but really “had to pull together.”

Today, all of Perkin’s children live within an hour of each other. Perkin stays with each family for a month, and jokes that after five months of absence, it is impossible to wear out one’s welcome.

Perkin describes her family as one that “celebrates at every opportunity.” At the ranch, there is a drum set in the living room, two guitars, and a banjo hanging on the wall. “There can be some really good jam sessions here,” she said. As for the genre, when asked if her family played country music, Perkin said, “Of course! This is a ranch.”

Though the family finds much to celebrate, Perkin remains very serious about the medals. When asked where she would keep the awards after the ceremony, she softly commented, “I’ll keep them with me.”

Seven Grads Receive AESOp Wings

By Angela Johnston



Photo by MCpl Mark Irvine 17 Wing Imaging

Reviewing officer Col James Cottingham addresses the grads of AESOp course BAC 0301

After a difficult and demanding several months, seven students from Basic Airborne Electronic Sensor Operator Course (BAC) 0301 received their Airborne Electronic Sensor Operator (AESOp) wings. The staff and students of the Canadian Forces Air Navigation School were on parade for the wings presentation to BAC 0301 on March 19. The graduates will continue their flying careers on either the CH-124 Sea King helicopter or the CP-140 Aurora patrol aircraft.

"Those wings sure look good on your chests," remarked reviewing officer Col James Cottingham, who is A3 Combat Support at ICAD headquarters.

Cottingham presented

wings to six of the seven graduates, including Cpl Terry Dickerson, Cpl Mark Douglas, Cpl Phil Ivany, Cpl Parker Lambert, Cpl Duane Osmond and Cpl Dean Parsons. Cpl Ron Carswell had his father, Maj (Retired) Kent Carswell, present his wings.

The top graduate of the class, Cpl Dean Parsons, was presented with the Reginald (Pat) McNamara trophy, which is awarded to a student who has demonstrated overall excellence in academics and flying while on the AESOp course.

"I know that over the last five months ... you've demonstrated that you can fly," said Cottingham. All seven have moved on to continue their flying at their new units. Four of the grad-

uates are headed to Greenwood, N.S. to fly the Aurora. Cpl Dickerson and Cpl Osmond are posted to 405 Maritime Patrol Squadron, while Cpl Lambert and Cpl Parsons are posted to 415 Maritime Patrol Squadron. Cpl Carswell and Cpl Douglas are posted to 443 Maritime Helicopter Squadron in Victoria, B.C., to fly Sea Kings, and Cpl Ivany is posted in 407 Maritime Patrol Squadron in Comox, B.C., to fly the Aurora. During the five-month course, students learn electronic theory, sensor systems, basic navigation, communications, low-level radar navigation, radar theory, meteorology and contact recognition.



Photo by WO Con Fougere

On March 1, Capt William Dymond presented his son, Pte Tim Dymond with his first chevron. Pte Dymond is a member of 1 Air Movements Squadron.



Photo by Capt Brian Creary

Shown here shaking hands with the 3 CFFTS Honorary Colonel, Col Hal Wishart, Capt Brett Banadyga received his wings during a ceremony conducted in the combined mess at Southport on Feb. 13. Brett is currently working in the Helicopter Operations Centre in Southport, and this summer he is posted to 408 Sqn in Edmonton where he will fly the Griffon helicopter.

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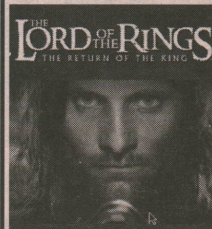
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7. Must be capable of holding Security Clearance to the level of Enhanced Reliability (5-year traceable history in Canada);
8. Mechanical background or experience;

Assets

1. Computer literacy;
2. Experience working on military vehicles as a vehicle mechanic or electronics technician;
3. Military background or experience;
4. Knowledge of the engineering process and associated drawings;
5. Experience in equipment installation and cabling;
6. Knowledge of Workplace Health and Safety legislation and practices.

TEAM LEAD
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3. Must be experienced in the use of hand and power tools used in fabrication procedures;
4. Must have experience in managing small teams of personnel;
5. Must be able to advise on and monitor the health and safety at work legislation and practices;
6. Must be self-motivated and able to work both independently and as a member of a team;
7. Must be able to understand written instructions and engineering drawings;
8. Must be capable of holding security clearance to the level of Enhanced Reliability (5 years traceable history in Canada);
9. Must be computer literate.
10. Must have previous installation experience.

Assets

1. Experience or knowledge of military vehicles; working with military vehicles;
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3. Knowledge of installation and routing of cables and electronic equipment.

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- VISIT the General Dynamics Website at www.GDCanada.com for further information and additional job descriptions.
- ATTEND the Job Fair which will be held on March 28 1-4pm and March 29 10am-4pm, 2004 at the Medicine Hat Lodge (1051 Ross Glen Drive SE, Medicine Hat, AB)

Before You Fill Out Your Tax Return...

Phil Marcus, CFP, Financial Planning Manager, SISIP Financial Services

As the temperature warms up in March and April and the RRSF season is behind us, Canadians turn their attention to income tax time. The deadline for filing your tax return is April 30th. Depending on your situation, non-refundable tax credits can help reduce your tax base. Here are a few simple tips about your federal tax return you should keep in mind.

Spouse or Common-Law Partner Amount. If your spouse or common-law partner earned less than \$7,245 last year, subtract his or her income from \$7,245 to get the amount that can be claimed. The claim cannot exceed \$6,586.

Credits for Dependents. You can claim the expenses of all immediate family members (child, parent, grandparent, brother, sister, uncle, aunt, nephew, niece...) who depended upon you for support during the tax year.

For the two following claims, there is an adjustment formula that reduces the amounts claimed: a) for infirm dependents age 18 or older with income less than \$8,860, b) for caregiver expenses for dependents with income less than \$16,172.

Also, if you were single, divorced, separated, or widowed you can claim a maximum amount of \$7,245 minus the income for any dependent. This amount is called the "Amount for an eligible dependent" and is found on schedule 5 of your return.

Medical Expenses. Medical expenses are also transferable between spouses. Medical expenses can include amounts paid outside of Canada and they must be more than 3% of your net income or \$1,755, whichever is less. Therefore, the spouse with the lowest income should claim all expenses.

You can claim medical expenses paid in any 12 month

period ending in the 2003 taxation year that were not claimed in the previous year.

Charitable donations. Those of you who make donations to your favourite charity will get a tax credit when these are claimed on your tax return. Keep in mind that the federal credit is 16% on the first \$200 and 29% on amounts above \$200. In addition, there are corresponding provincial credits based on your province's tax rates.

Charitable donation receipts can be transferred to your spouse. The higher income earner should claim all donations if his or her province of residence has a provincial surtax and he or she is subject to it. This way you will get the maximum credit against the income in the highest tax bracket. If surtaxes do not apply, either spouse can claim the donations.

Tuition and Education Amounts. You can claim

fees paid for post-secondary courses, each claim must be more than \$100 for each educational institution and the institution should provide you with an official tax receipt or a form T2202A. A portion of the education amounts can also be transferred from spouses and children. To find out what amount is eligible complete the calculation on the back of your T2202A, or schedule 11 in your income tax forms.

Age and Pension Credits. These amounts are based on your age and whether you are receiving a pension and can also be transferred to your spouse.

All of the above mentioned credits and further explanations are in your General Income Tax and Benefit Guide 2003. Take the time to read the portions of the guide that apply to your claims, it may save you money or prevent you from making a costly mistake.



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“If You Can’t Communicate, You’re Dead”

An Infanteer’s Introduction to Basic Communications

By Cpl Dave Taylor

“CC1 this is Pronto End
Ex over”

“1 roger over, 2 roger
over, 3 roger over”

“Pronto roger out”

With these words, the final confirmatory exercise of the Army Tactical Communication Information Systems (ATCIS) 0401 ended late on a Thursday night. ATCIS 0401 was more than a mere communications course in the systems that the CF uses in its land vehicles, or the Tactical Command and Control Communication System course. Taught by Battalion Signals Platoon members and company signallers, the 22 candidates received a wide-range of communications training. Topics ranged from the practical, such as use of radios and cryptographic devices, to the theoretical, such as the science of communications theory and electronic warfare.

Ideally, all Battalion members would receive the ATCIS qualification. However, given the relative newness of TCCCS in the Battalion, successful completion of the



Pte Kyle Pohlka studies the map during a lull in the battle on ATCIS 0401.

course will earmark students for Platoon Signaler positions or allow them to become the comms subject matter experts of their respective sections.

While the first module concentrated on dismounted communications, or those done on foot, the second module of the course focused on mounted communications, or those done in a vehicle, such as those in the LAV, or light-armoured vehicle. Based on my experience as a qualified LAV III

Gunner, or individual who is responsible for the big gun on the vehicle, nothing was more frustrating than the inability to troubleshoot the most basic of communications faults within the turret. This mounted portion was truly the meat and potatoes of the course and allowed students to finally gain an appreciation of a system that, prior to the course, was little understood. With the interior of a LAV acting as a local area network, the system is capable of some rather incredible things. Once connected with fiber optic cable, vehicles can access and use the radios of other vehicles. As such, an entire CP complex, consisting of several or even tens of vehicles, could make use of but one or two radios for the entire complex. The end result would be a smaller radio signature less prone to enemy electronic warfare.

The course’s confirmatory exercise was conducted in Kapyong Barracks with the candidates being divided up

into seven detachments. The Detachment Commanders were provided with a scenario that called for the defense of Kapyong Barracks. They then called upon their experience on exercise and on operations, in order to simulate radio traffic typical of a battle. The candidates took turns sending reports and returns of various types, and plotting the progress of the battle on the maps. With the final assault completed, the net was closed down and the students had succeeded in passing the course.

In this day and age when infanteers are bombarded with such high tech gadgetry as GPS, TCCCS, the Athena Workstation, and the LAV III, the need for technical training and continuing practice has never been higher. While high tech gadgets are not the “end all” and “be all,” they are nevertheless useful tools that, through proper use, can act as combat multipliers.

Cpl Taylor was ATCIS 0401’s Top Candidate.



Pte Dawn Squire, seen here with the CO of Health Service Operational Training Unit (17 Wing’s medical clinic), Maj Murray Crawford, receives her Pte (T).

Photos by MCpl Dwayne Lowe

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Sig R Broccolo (right) and Sig Kyle Gillard man the EXCON CP during ATCIS 0401’s final confirmatory exercise.

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Prairie Region Cadet Support Unit Commanding Officer Receives Meritorious Service Award

MacGillivray played a critical role in ensuring that Air Combat Command was able to respond effectively to post-Sept. 11 contingency requirements. His vision and leadership in the area of homeland security reflect great credit upon himself, the United States Air Force and the Canadian Forces.

The United States Meritorious Service Medal is awarded to members of the Armed Forces who distinguish themselves by outstanding non-combat meritorious achievement of service to the United States.



Photo by Cpl Mark Irvine, 17 Wing Imaging

LCol David MacGillivray, CO of the prairie Regional Cadet Support Unit was presented with the United States of America Meritorious Service Medal for outstanding non-combat service to the United States. MGen Marc Dumais, commander of 1 CAD/CANR presented the medal during an Honours and Awards ceremony at 17 Wing on Jan. 28.

Wartime Pilots and Observers Association



Photo by Capt David Fouts

On Feb. 13, 3 Canadian Forces Flying Training School (3 CFFTS) hosted the Wartime Pilots and Observers Association at a TGIF held in the combined mess at Southport. These Air Force veterans gather regularly to reinforce the camaraderie of their wartime service and to impress new and serving members with the traditions of the service. After a meal of fish and chips, lyrics to traditional Second World War-era ditties were passed out, and, as seen in the picture above, the 3 CFFTS Honorary Colonel, Hal Wishart, led everyone in a traditional singalong. The opportunity to share our Air Force heritage with those who have gone before was much appreciated by the staff and students of 3 CFFTS.

Off and Flying

Eleven Students Receive Wings at Parade in Portage

By Captain Dave Fouts, 3CFFTS Southport



Photo by Cpl Bradley

On Jan. 30, five students from the Advanced Flying Training Rotary Wing course and six students from the Advanced Flying Training – Multi-Engine course received their Canadian Forces pilot wings from MGen Marc Dumais, commander of 1 CAD/CANR. The occasion was marked with a wings presentation parade at 3 Canadian Forces Flying Training School at Southport, near Portage La Prairie, where families and friends gathered to celebrate.

HCol Hal Wishart presented the trophy named in his honour to the best Multi-engine pilot candidate Capt Mark Remington. Dr. Ross Singleton, president of the Wartime Pilots and Observers Association, presented the Gos Goulding Trophy for best Rotary Wing candidate to Lt Chad Ireland. Mayor Ian McKenzie presented the City of Portage la Prairie Trophy for the candidate displaying the most officer like qualities and profes-

sionalism to Capt Sean Remeika.

The graduates of course 0304 include: Capt Chris Fowler, who is posted to 427 Squadron in Petawawa, Ont.; where he will fly the Griffon helicopter; Capt Mark Remington, who is posted to 440 Squadron in Yellowknife, N.W.T., where he will fly the Twin Otter aircraft; Capt Ross Freeman, who is posted to 415 Squadron in Greenwood, N.S., to fly the Aurora aircraft; Capt Andrew Smith, who is posted to 427 Squadron in Petawawa, Ont., to fly the Griffon helicopter; Capt Jody Smith, who is posted to 423 Squadron in Shearwater, N.S. to fly the Sea King helicopter; Capt Steve McAlpine, who is posted to 405 Squadron in Greenwood, N.S., to fly the Aurora aircraft; Capt Tanya Broughton, who is posted to 442 Squadron in Comox, B.C., to fly the Buffalo aircraft; Capt Sean Remeika, who is posted to 408 Squadron in Edmonton, Alta., to fly the Griffon heli-

copter; Lt Chad Ireland, who is posted to 427 Squadron in Petawawa, Ont., to fly the Griffon helicopter; Capt Ryan Port, who is posted to 407 Squadron in Comox, B.C., to fly the Aurora aircraft; and Capt Leighton James, who is posted to 413 Squadron in Greenwood, N.S., to fly the Hercules aircraft.

The reviewing officer presented an Article 5 NATO medal and a Joint Meritorious Unit Award to Capt Tony Lowther for his participation in the NATO operation "Eagle Assist" that occurred following the terrorist attacks in New York. Following the parade, six staff members received their Canadian Forces decorations from the reviewing officer. They include Capts Jeff Ludlow, Bill Fielding, Greg Dixon, Jennifer Kennedy, Dennis Scharf and George Beateay.

Congratulations to all the Wings Graduates of Course 0304 from the staff of 3 CFFTS, Southport.



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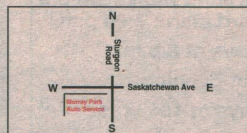
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Sports & Fitness

Athlete of the Month

Veteran Volleyball Player Balances Work, Sports and Family

By Angela Johnston

Behind the glass doors on the top floor of Wing headquarters is Maj Mike Perry's office. Only an office or two away from the Wing Commander, Perry's responsibility as Wing Comptroller is to account for all financial matters on the base. A daunting task, indeed – and yet this diligent man has perfected the art of balancing work, family and military sports.

Perry was most recently a member of the 17 Wing men's volleyball team, which took home the gold at regionals, held in Winnipeg from March 12-14.

"I've always had my hand on the volleyball," said Perry in a March 18 interview. He began to play in 1979 for a military team. Though he had played a little in high school, he really honed his skills during this time. "I was 6'4, the connection was obvious," joked Perry of his recruitment to the team.

Perry joined the forces in 1978, and has previously been posted in Cold Lake twice, Comox, Victoria, Moose Jaw, Ottawa, and most recently to Winnipeg in August 2003. At one time he was posted to Aviano, Italy for a six-month tour, where he got the chance to enjoy much cycling in northern Italy.

Perry continued to play military volleyball until about five years ago, when he took a break to play hockey, which he described as softer on his joints. Not for long, however – Perry said he was "pulled out of retirement" to play on the Winnipeg team.

Perry commented that he has not been to the nationals for a while – but then reveals that he has been there about a dozen times before; an impressive showing. As

for national championships, he modestly remarks that he has been a member of a winning team approximately six times.

Perry is also a former player for the national CISM team. As a participant on the Conseil International du Sport Militaire team, Perry joined other top players from around the country to compete on an international level.

Of the recent regional championships, he said, "I had no idea how well we would do, but our team did really well." In the final game against Edmonton, Winnipeg controlled the game by winning three straight sets, forfeiting nothing to the Alberta team.

Of the game, the soft-spoken Perry muses that it is a relatively simple game, but one that becomes quite complex. "It's almost addictive," he said. He said he enjoys the fast-paced nature of the game, the camaraderie, and of course, the thrill of winning.

Perry plays the position of middle blocker: "Blocking a good hitter feels really good," he said. "It's personally satisfying in being able to deny them a hit." And, referring to his vertical height advantage, he said, "I'm designed to play middle."

Volleyball is by no means the only sport Perry enjoys. He also plays golf, participates in tae-bo classes at the gym, and enjoys downhill skiing when he gets the chance. "Is kite flying classified as a sport?" he jokes.

As for life outside of sports, Perry pauses, then notes, "I'll sum it up as busy." After four years of marriage, Perry attributes much of his success to his wife. "She is the key to doing work, playing volley-



March's Athlete of the Month, Maj Mike Perry, receives his gold medal at the prairie regional volleyball championships after the final game on March 14.

ball and balancing family," he said.

There is a painting taped to Perry's wall with brown and orange streaks – the artist is his young daughter, aged four. Perry recently became a father for the second time, with a five-week old baby boy at home. While his family came to watch him play in the volleyball semifinals, he said unfortunately during the final game, naptime took precedence. Such is life.

Perry is expecting a good showing at the upcoming national volleyball champi-

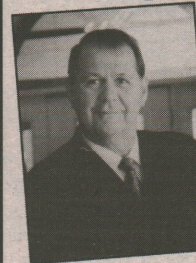
onships to be held at CFB Borden from April 17-21.

"I think the team will do really well," he said. Until then, the team will continue to practice two times a week, and try to maintain focus.

For Perry's ability to balance many facets of life, including family, work and sports, and his long-time commitment to volleyball, the Voxair would like to congratulate him on becoming March's Athlete of the Month.

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Drop-in Programs New Hours

Hey kids!

Take a look at these new hours for the drop-in programs.

TEEN ZONE

- Teen zone evening at the South Side Youth Center is now Friday between 6 to 9 pm.
- Teen zone evening at the North Side Youth Center remains on Tuesday and Thursday from 8 to 10 pm.

Come over... bring your friends... you'll have lots of fun!

SATURDAY DROP-IN

- The North Side Youth Center will be open from 1:30 to 4:30 pm
- The South Side Youth Center will be open from 1:00 to 4:00 pm

Both centers are open Saturday for ALL youth 5 and over.

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.

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 Hryczsyn (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.

If you have any question please contact Haley Schroeder at 4512

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 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.

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.

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

Day	Protestant	Roman Catholic
Each Wednesday, 3 March - 7 April	---	1900 hrs/7 pm - Stations of the Cross
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 <i>Please contact Padre Lenora Grauer at ext. 5785 no later than 2 April if you plan to attend the (P) Seder Supper.</i>	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



Photo by Angela Johnson



On March 22, employees of the Public Service Alliance of Canada took to the streets outside of the Whytefold gates of 17 Wing to inform members of the union of an upcoming strike vote scheduled for April 19. The issue on the table concerns wages. Members gave out hot dogs and chips to 17 Wing employees, handed out flyers and flew balloons to get the attention of union members. The alliance includes members in the federal Treasury Board, Canada Revenue Agency, Canada Food Inspection Agency and Parks Canada, and has members working on the base.

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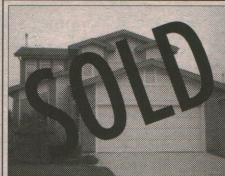
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ARIES (March 21 - April 19): Make a conscious decision to put your best foot forward in order to make all the right moves. You'll find it easy to defend your choices. Money, if it's well spent, allows you to relax and enjoy yourself. As you begin a new venture, expect success, and you'll get it.

TAURUS (April 20 - May 20): Assumptions about the kinds of responses you are entitled to, can set you up for disappointments. Right now you're prone to reading too much into others' actions. Force yourself to look on the bright side, but be realistic and remember it isn't always about you.

GEMINI (May 21 - June 21): Review your relationships. You can tell something isn't working for you right now because you crave more fun and moral support. Change yourself and you'll see a change in others. Let go of regrets; stop rehashing old quarrels. Gentle nurturing is as important as passion.

CANCER (June 22 - July 22): You're struggling with inner uncertainty about your plans for the future because what you should do is not as obvious as it's been in the past. You're afraid of resistance or opposition because you feel unable to defend your dreams. But then, why should you have to?

LEO (July 23 - August 22): Work is required to reach your potential. Your vision must be anchored in reality. You have a tendency to get caught up in your own illusions right now because you may feel that if you want something badly enough it can happen. Check your facts before you make a move.

VIRGO (August 23 - September 22): Promises and debts hold you back when you're eager to move on to something bigger and better. Exercise patience. Time is required before your situation improves. Work at what you've already taken on. The best investments for you right now are buildings or property.

LIBRA (September 23 - October 23): Feeling like your efforts are getting you nowhere. Relax. Take a break. Don't be so hard on yourself. Speedy changes aren't always possible. Stay motivated with a realistic time line of months, not days. Small changes bring large rewards in the end.

SCORPIO (October 24 - November 21): Mood swings result from pondering deep issues. You want to act impulsively but may fear where your spontaneity will lead you. As you add new experiences you must decide to forego others. You're like a new person after you pare down, or change your commitments.

SAGITARIUS (November 22 - December 21): When things don't go your way, don't look for places to lay blame. You're at odds with someone around you because you're both so different. Stop trying to figure out why. Disagreements can be avoided by calmly giving people their space.

CAPRICORN (December 22 - January 19): Unsettling people surround you. They are upset because they feel inconvenienced. Don't take it personally. Expect harsh words. Look for the silver lining. You can acknowledge their regrets without sinking to, and staying at the same level as them.

AQUARIUS (January 20 - February 18): Even though you're getting lots of attention right now you're feeling out of touch; unable to connect with others. When caught in contemplation you have an air of mystery. Being logical and focused keeps you from creating dramas by overreacting or withdrawing.

PISCES (February 19 - March 20): Completion is in sight on a long-range project. Review contracts and agreements to ensure your interests are honored now and down the road. Maintain your standards even if others disagree. Withdraw slowly from emotionally draining relationships. Make new contacts.

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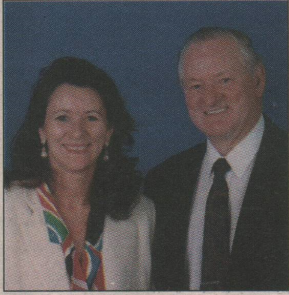
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