



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

17 Wing Teams With WWF To Preserve Rich Habitat

By Jen Sharpe

One of North America's most endangered ecosystems—the tall-grass prairie—is getting a helping hand from a groundbreaking partnership between the DND and the World Wildlife Federation (WWF) Canada.

On 13 September, under threatening skies and over rain-soaked terrain, a portion of the 17 Wing-owned St. Charles Rifle Range (SCR) was officially recognized as a Tall Grass Prairie Protected Area by the WWF-Canada and various other environmental groups. The protected area consists of nearly 100 hectares of plants, animals, and insects that are indigenous to Manitoba.

"We've lost so much of the tall-grass prairie to other human uses of the land, it's extremely important that we protect the less than 0.2% remaining," said Lindsay Rodgers, spokeswoman for WWF-Canada. "We're thrilled that the DND recognizes and encourages the vitality of the tall grass prairie at St. Charles, and we are excited to work with them to ensure it is preserved."

The Wing is also excited to work alongside the WWF-Canada and the Manitoba Naturalists' Society (MNS) to protect the SCR preserve, according to Acting Wing

Commander LCol Jim Kerr. "The Range has served our purposes, but we must work towards keeping the property as pristine as possible," he said. "DND recognizes the importance of this range and is committed to its preservation in order to ensure the health of the unique flora and fauna that live there."

The SCR, near Assiniboia Downs, started out as a prairie chicken reserve in the 1800's. In 1911, it was donated to DND by Sir Henry Pallot, who recognized the importance of a military-training site close to the city. Since then, it has been used by DND and other organizations—such as the Winnipeg Police—for small arms and other types of training. For safety reasons access to the site is controlled and limited, a situation that has enabled the tall grass prairie to avoid agricultural cultivation.

Preservation and public awareness of the tall grass prairie began back in the late 1980's. Over the last decade, Mr. Lewis Cocks, A4 Env and Mr. Scott Edwards, who held the Wing Environment Officer position at that time, initiated several programs of scientific research and vegetation management at the range. By 2002, the profile of the

St. Charles Range Tall Grass Prairie area was on the rise and the area had gained recognition from several provincial, national, and international groups. In response to the increased interest in the area and the escalating complexity of research demands, the creation of a learned body to advise on non-military activities on this unique plant community was established. The role of the committee is to ensure the site is protected from degradation and overuse and maintained for future generations of Manitobans and Canadians.

Currently, the site is studied by researchers from the University of Manitoba and other academic organizations. Naturalists from the MNS also like to visit the site—"We're people of the prairies; we celebrate the prairies," said MNS representative Les McCann.

\$7,300 has been donated by the WWF-Canada through the MNS to preserve the range. The money was used for a new display welcoming visitors to the site, and will also be used to help fund a variety of research projects on the property.

"The tall grass prairie was a landscape that defined southern Manitoba for centuries before it was commer-

cially developed, and we really need to take any opportunity we can to remind Manitobans of this heritage that was almost lost," explained Rodgers at the display presentation. "The preserve is a symbol of DND's commitment to conserve this national treasure, and to promote a greater understanding of the prairie and its role in this area's ecosystem."



Photo by Jen Sharpe



Photo by Cptl Chris Ward

(left to right) Lindsay Rodgers, Les McCain, LCol Jim Kerr and Lewis Cocks after unveiling ceremony at St. Charles Rifle Range. The ceremony was held to unveil a new sign commemorating the commitment of Department of National Defense (DND) and the World Wildlife Fund (WWF) to the conservation of the Tall Grass Prairie Habitat at the St. Charles Rifle Range.

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Just An "Average" Search And Rescue (SAR) Training Day...

By 2LT Stephanie Taylor



MCpl Harrison, Capt Judd, MCpl Levesque and Capt Kruger accept a painting of a RCAF Yale from Earl Graham of Dauphin, Manitoba.

Incredibly, the activities of practicing to save lives and generating a positive perception of the Canadian Air Force are all just a part of an average SAR training day.

On Tuesday July 20, 2004, a CC 130 Hercules deployed for training purposes. The crew on board the CC 130 Hercules included: two pilots, Capt Ken Kruger and Capt Trevor Judd, one navigator, Capt Brian Luszeck, two Search and Rescue Technicians (SAR Techs), MCpl Luc Levesque and

MCpl Shawn Harrison, one flight engineer, Sgt Jamie MacDonald, and one load master, MCpl Robert Kearns.

After the first parachute drop, the CC 130 Hercules landed, and the crew disembarked the aircraft to join the SAR Techs on the ground. During this time, the crew interacted with the civilians present at the airport. The crew explained what the exercises consisted of and proceeded to demonstrate and explain how some of the SAR equipment worked.

"We are proud of what we do and like to give people a better understanding of what SAR is. Generally, people are surprised at how the Air Force participates in SAR missions," says Levesque.

One gentleman, Earl Graham of Dauphin, Manitoba, was so impressed by the kindness of the crew that he donated a painting of an RCAF Yale to them. The crew then decided to present the painting to the 435 squadron.

The physical and mental reality of the SAR Tech occupation is that it is extremely challenging. The SAR Techs and the 435 squadron crew worked very hard that day throughout the exercise and yet they still took the time to talk to and encourage an interested audience. This is just one more example of the kind of dedication that these members possess.

Regular training ensures Search and Rescue

Technicians (SAR Techs) are prepared for the worst

In order to keep their qualifications current, SAR Techs, members of 435 Squadron from 17 Wing Winnipeg practice and update their skills on a regular basis.

"The training exercises occur daily, depending on weather and scheduling," notes WO Derek Curtis, SAR Tech Leader of 17 Wing Winnipeg's 435 Squadron.

On Tuesday July 20th, 2004, MCpl Luc Levesque and MCpl Shawn Harrison were the SAR Techs present on a CC 130 Hercules deployed for training purposes. MCpl Levesque was the SAR team leader and MCpl Harrison was the SAR team member.

Over the course of the day, the SAR crew practiced numerous missions including searching for a mock-up vessel in distress, launching locator beacons and wind drift indicators and parachuting to predetermined positions. MCpl Harrison was completing tasks in order to become a team leader. The duties he performed included verbally directing the ex-



MCpl Levesque and MCpl Harrison participating in a free fall jump out of a CC 130 Hercules on a SAR training mission.

ercises and physically participating in the jumps.

The SAR Techs participated in two types of parachute jumps: static line and free fall. The static line jump occurs when the chute is deployed automatically after departing the aircraft and the free fall occurs when the chute is deployed at a specific altitude by the SAR tech.

Search and rescue at 435

Squadron is a 24 hour-a-day, seven day-a-week responsibility. The members of the squadron respond to many types of emergencies including lost vessels and downed airplanes. The regular training missions that SAR Techs and SAR crews participate in help to ensure that they are able to respond skillfully to such urgent situations.

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Consumer Products Containing Radioactive Materials

By Craig Oversby, 17 Wing Hazmat & Radiation Safety Officer

Everything we encounter in our daily lives contains some radioactive material, some naturally occurring and some man-made: the air we breathe, the water we drink, the food we eat, the ground we walk upon, and the consumer products we purchase and use. Although they might be familiar with the use of radiation to diagnose disease and treat cancer, many people, when they hear the terms "radioactive" and "radiation," tend to think of mushroom clouds and the monster mutants that inhabit the world of science fiction movies and comic books. Careful analyses can identify and quantify the radioactive material in just about anything. This document describes a few of the more commonly encountered and familiar consumer products that can contain sufficient radioactive material for it to be distinguished from background with a simple handheld radiation survey meter.

Smoke Detectors. Most residential smoke detectors contain a low-activity americium-241 source. Alpha particles emitted by the americium ionize the air, making the air conductive. Any smoke particles that enter the unit reduce the current and set off an alarm. Despite the fact that these devices save lives, the question "are smoke detectors

safe?" is still asked by those with an inordinate fear of radiation. The answer, of course, is "yes, they are safe." Instructions for proper installation, handling, and disposal of smoke detectors are found on the package.

Watches and Clocks. Modern watches and clocks sometimes use a small quantity of hydrogen-3 (tritium) or promethium-147 as a source of light. Older (for example, pre-1970) watches and clocks used radium-226 as a source of light. If these older timepieces are opened and the dial or hands handled, some of the radium could be picked up and possibly ingested. As such, caution should be exercised when handling these items.

Ceramics. Ceramic materials (for example, tiles, pottery) often contain elevated levels of naturally occurring uranium, thorium, and/or potassium. In many cases, the activity is concentrated in the glaze. Unless there is a large quantity of the material, readings above background are unlikely. Nevertheless, some older (for example, pre-1960) tiles and pottery, especially those with an orange-red glaze (for example, Fiesta® ware) can be quite radioactive.

Glass. Glassware, especially antique glassware with a yellow or greenish color, can contain easily detectable quantities of uranium.

Such uranium-containing glass is often referred to as canary or vaseline glass. In part, collectors like uranium glass for the attractive glow that is produced when the glass is exposed to a black light. Even ordinary glass can contain high-enough levels of potassium-40 or thorium-232 to be detectable with a survey instrument. Older camera lenses (1950s-1970s) often employed coatings of thorium-232 to alter the index of refraction.

Fertilizer. Commercial fertilizers are designed to provide varying levels of potassium, phosphorous, and nitrogen. Such fertilizers can be measurably radioactive for two reasons: potassium is naturally radioactive, and the phosphorous can be derived from phosphate ore that contains elevated levels of uranium.

Food. Food contains a variety of different types and amounts of naturally occurring radioactive materials. Although the relatively small quantities of food in the home contain too little radioactivity for the latter to be readily detectable, bulk shipments of food have been known to set off the alarms of radiation monitors at border crossings. One exception would be low-sodium salt substitutes that often contain enough potassium-40 to double the background

count rate of a radiation detector.

Gas Lantern Mantles. While it is less common than it once was, some brands of gas lantern mantles incorporate thorium-232. In fact it is the heating of the thorium by the burning gas that is responsible for the emission of light. Such mantles are sufficiently radioactive that they are often used as a check source for radiation detectors.

Antique Radioactive Curative Claims. In the past, primarily 1920 through 1950, a wide range of radioactive products were sold as cure-alls, for example, radium-containing pills, pads, solutions, and devices designed to add radon to drinking water. The states generally have regulatory authority over these devices. In some cases, a state might even require that these devices be registered or licensed. Most such devices are relatively harmless but occasionally one can be encountered that contains potentially hazardous levels of radium. If there is any question about the safety of such devices, the public is strongly encouraged to contact the Wing Radiation Safety Officer for advice.

For further information contact the following: Craig Oversby, 17 Wing Hazmat and Radiation Safety Officer local 2152

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Off And Flying

By Captain Dave Fouts, UIO, 3CFFTS Southport



Photo by Cpl Ward

On 23 Jul 04, four 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 LGen Steve Lucas, Assistant Deputy Chief of the Defence Staff. The occasion was marked with a Wings Presentation Parade outside Hangar 2 at 3 Canadian Forces Flying Training School at Southport where families and friends gathered to cel-

ebate.

The graduates of course 0402 are as follows (standing, back row, left to right): Capt Dominic Paquette is posted to 424 Sqn in Trenton ON where he will fly the Hercules aircraft, Lt Nathan Mercier is posted to 439 Sqn in Bagotville PQ where he will fly the Griffon helicopter, Capt Ray Townsend is posted to 407 Sqn in Comox BC to fly the Aurora aircraft, Capt Dean Bergamo is posted to 436 Sqn in Trenton ON to fly the Hercules aircraft, Capt Jeff Powell is posted

to 413 Sqn in Greenwood NS to fly the Cormorant helicopter, Capt Adam Stoker is posted to 408 Sqn in Edmonton AB to fly the Griffon helicopter, Capt Jason Wolfe is posted to 415 Sqn in Greenwood NS to fly the Aurora aircraft, Capt Michael Leduchowski is posted to 405 Sqn in Greenwood NS to fly the Aurora aircraft, Lt Cory Csada is posted to 435 Sqn in Winnipeg MB to fly the Hercules aircraft, and Lt David Wood is posted to 417 Sqn in Cold Lake AB to fly the Griffon heli-

copter.

(Seated front row, left to right): HCol Hal Wishart 3 CFFTS Honorary Colonel, LCol Steve Bannister, Comdt 3 CFFTS, LGen Steve Lucas, A/DCDS, 17 Wing HCol van Ruiten.

HCol Wishart presented the trophy named in his honour to the best Multi-engine pilot candidate: Lt Corey Csada. Mr. Russell of the Wartime Pilots and Observers Association presented the Gos Goulding Trophy for best Rotary Wing candidate to Capt Jeff Powell. Mayor Ian McKenzie presented the City of Portage la Prairie Trophy for the candidate displaying the most officer like qualities and professionalism to Lt David Wood.

The Reviewing Officer presented a Flight Safety "For Professionalism" award to Capt Katherine Ashton and a Physical Fitness Award for Aerobic Excellence to Capt Ray Townsend.

Congratulations to all the Wings Graduates of Course 0402 from the staff of 3 CFFTS, Southport.



Pte Steve Bouchard from the TEME Sqn-Tu Flight section, seen here with Maj Stephane Parent the Transportation Electrical Mechanical Engineering Officer, is presented with his promotion to Cpl effective 10 Sept 04.



Detachment Commander at 17 Wing, Maj Mike Moser, presented Sgt Linda White with her new rank of Warrant Officer effective 17 Aug 2004.



Mrs. Chiara Maffioli, 17 Wing Supply tailor, was presented with a framed replica of the 2 PPCLI colours on 3 Sep 04 by Maj Gagne, OC Admin Coy. The presentation was made to recognize her outstanding work in providing tailor services to the battalion.

Central Flying School Change Of Command Ceremony

Central Flying School held a Change of Command Ceremony at which Lieutenant-Colonel P.K. Young handed over command to Lieutenant-Colonel G.T. Hook. The ceremony was held at the 17 Wing Officers' Mess at 1100 hours, Friday, 16 July 2004. The ceremony was witnessed by Lieutenant-General E.A. Findley, Deputy Commander-in-Chief, North American Aerospace Defence Command.



(Pictured left to right) LCol G.T. Hook, Incoming Commandant; LGen E.A. Findley, DComd NORAD; and LCol P.K. Young, Outgoing Commandant



LGen E.A. Findley, DComd NORAD, presented Major S.D. Camm of Central Flying School Instrument Check Pilot Flight with his second clasp to the Canadian Forces Decoration. The award was presented on 16 July 2004 at the 17 Wing Officers' Mess



Maj O'Neill and MWO Runge presenting PO2 Maclean with her promotion to PO2.



Maj O'Neill and MWO Runge presenting Pte Balleny with her first chevron.

Back To Rainy, Chilly-peg

Voxair Journalist Returns Home From The Mid East

By Jen Sharpe



Photo by Jen Sharpe

Voxair Reporter Jen Sharpe soaking up the sun while serving at CF Camp Mirage in the Middle East.



Photo by Jen Sharpe

This is Camilla. I named her Camilla because I couldn't think of another female name that starts with "Cam-". She didn't growl at me, so she was my favourite. Isn't she cute??

I thought it was supposed to be summertime.

After spending seven months in the Middle East working for the Canadian Forces Personnel Support Agency (CFPSA) at CF Camp Mirage, I was looking forward to a nice transition returning home. Unlike the folks from OP ATHENA Roto 0—who finished their tour in freezing February—I was heading home in balmy August.

Although I was sick of the extreme desert heat and humidity, it was a relief to think that I was coming home to comfortably warmish weather—you know, temperatures in the high 20's or so. However, when I started doing a little research in the weeks prior to my big return, I realized that the summer of 2004 in Winnipeg was anything but summery.

I could forget about temps in the high 20's, or even temps in the high teens. Since my return home three weeks ago, temperatures in the low teens have helped

me become reacquainted with the sweaters and jackets long since stuffed in my barracks boxes.

And if the cold wind isn't enough, the friendly Province of Manitoba is also welcoming me back with rain and drizzle and wet stuff en masse. Sure, after months and months of unrelenting sunshine, dreary weather was a novelty my first day back; but after three weeks of nothing but clouds and muddy puddles, my increasingly pale skin is yearning for UV.

I guess this is all part of my "re-integration process." Freezing weather, family, friends, freedom . . . these are all things I've had to get used to, and things I've been looking forward to getting used to for a while now.

I was supposed to leave Camp Mirage at the end of July, right before the big surge—where outgoing Roto 1 personnel switch up with incoming Roto 2 folks—was scheduled to begin. But because I was familiar with the job and comfortable with my

deployed life, I was offered an extension to stay through the surge and help the Camp through this busy time.

So the month of July came and went, and the month of August slowly crept along. Although I was extremely busy running the Mirage Market, the end of my tour was always in the back of my mind, and I think that's why the time passed so slowly.

Because I had arrived at Camp Mirage in late January, I was there before the Roto 0 / Roto 1 surge began in February. During the surge, I saw tired and anxious Roto 0 guys arriving from Kabul and flying off to Canada to re-join family and friends; at the same time, I also saw nervous and excited Roto 1 guys arriving from Canada and flying off to Kabul for their six-month stint.

And just as if time stood still, six months later, I was still working at Camp Mirage when that same Roto 1 crew passed through on the way home. Like the Roto 0

crew who passed before them, they were tired and anxious and eager to put an end to the stress of life on a military deployment.

I'll admit that I was jealous of them. The August surge was a difficult time for me, mostly because I couldn't stop thinking about how I would have been at home since the end of July if I hadn't taken that stupid extension.

But my time came soon enough. Day by day, I focused on what I had to do and I lived my life the way I had been living it for as long as I could remember (my life back in Canada was a little hazy at this point). I looked forward to the arrival of my replacement, and when he showed up, I looked forward to my last day of work.

And when that day came and went, I looked forward to my flight home. I was booked on the last flight of the surge, and although I cried a few times the day of my departure, to my surprise (and perhaps that of my coworkers) I didn't shed a

tear on the tarmac.

Yes, I was sad to leave. I knew I would miss a lot of things about Camp Mirage: my friends, my room, the food, the sunshine (eventually). But I was also really happy to leave. Seven months is a long time, and I had had just about enough of all the little things I thought were cool when I first arrived.

I thought, for instance, that eating in the mess was fun; while the food stayed terrific over the seven months, the dinner-for-two-hundred ambience became tired pretty quickly. And I also thought that living in shared accommodations was fun; however, that was before I went a solid month without ever having time to myself.

In the end, though, I made it through and lived to tell the tale. Although my daily life was repetitive and exhausting, I did come away with a couple of great stories and a lot of great friends.

Now that I'm back in Winnipeg, I'm spending a

lot of time telling those stories and trying to keep in touch with those friends. I'm also trying to get used to this weather and this rain and this green stuff everywhere. (Grass and trees . . . I guess the rain is good for something!)

It's good to be back home, and it's good to be back at work. Which brings me to the point of this article: I am now back at The Voxair.

If any of you have a story idea for the paper, or if you just want to hear some of my stories first hand (I'll make them sound interesting, I promise), please don't hesitate to contact me at 833-2500 ext. 6976. I will be in the office Mondays, Wednesdays, and Friday mornings.

I hope to continue the great job Angela did while I was away, and I hope to hear from many of you soon. I'm sure I will see you around this fall, at one event or another. Smile for the camera! The rain will surely end someday!

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Attention Curlers

The CFB Ladies League has moved to Deer Lodge on Monday nights, starting in October. The draws will alternate between 7:00 pm and 9:00 pm every other week. Teams and individuals curlers are needed to fill the 12 team league. New curlers welcome and we do have a lot of fun. We can also use spares, so call and give us your name. If interested please contact Pamela Garychuk at 786-8888 or Kathy Cox at 888-5659 or e-mail at jcox8@mts.net.

Attention Dart Players

The WOs' and Sgts' Mess will be holding their annual meet and greet night on 30 Sep 04 at the WOs' and Sgts' Mess at 1900 hrs. The dart league meets every Thursday night at 1900 hrs starting 07 Oct 04. New players welcome!! Come out and have fun!! Remember this is a mixed league. If interested just come out or contact Al Cox at 888-5659 or e-mail at jcox8@mts.net.

Do You Need Life Insurance?

If you have family or financial obligations, such as a spouse, dependent children, a mortgage, etc., unless you are financially independent, you need life insurance.

Each year, many Canadian Forces members pass away.

The great majority of them are under 40, married or in a common-law relationship and have children.

Are these CF members' families sufficiently protected financially? Maybe... maybe not. Let us first point out that

- If you die prematurely, will your spouse or children be able to maintain the same living standards, or at the very least, survive financially?
- Aside from your spouse or children, do others such as your parents, grandparents, brothers or sisters depend on you financially?
- If you are a single parent, what financial support do you give or receive? How will you ensure the continuity of this support?

In order to help you determine your family's financial needs in the event of your death, you should consult a life insurance representative who will do a life insurance needs analysis according to your financial goals and family obligations. Once you

know the amount of insurance needed, you and your representative can determine the best type of coverage for you.

Insurance has long been considered the cornerstone of good financial planning. Without it, how can you protect your assets and those

the Minister of National Defence is the minister responsible for administering the Canadian Forces Superannuation Act (CFSA). Under this law, upon the death of a Regular Forces member, a lump sum death benefit equivalent to two times his or her salary is payable. Under cer-

- If you have a mortgage or personal debt, do you want them to be settled upon your death?
- If you have children, do you want a sum of money to be set aside for their education?
- If you have very young children, will your spouse be able to stay home and care for them for a few years after your death?

close to you? Even so, many are still under-insured.

Unless you have enough money set aside to replace the missing income upon your death, life insurance remains the only way to guarantee adequate protection for your family so that they can con-

tain conditions, a monthly benefit may also be paid to the surviving spouse or children.

Although these coverages offer some protection to those entitled to receive them, you must ask yourself whether you need additional protection. Here are a few questions to guide you in this decision:

tinue to live reasonably and fulfill their goals.

This article is for general information purposes only and is the opinion of the writer.

Renée Trépanier, Education and Communications Manager
SISIP Financial Services, Ottawa

Is your family's financial future protected?

Take comfort in knowing your family will be financially secure with affordable term life insurance products that are tailored to your military lifestyle.



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Jr Ranks Mess (N)

BOSSSES NIGHT

Friday, October 1st, 2004 at 1600hrs

featuring

The Curtis Newton Band,
first set at 1700hrs.

We are pleased to announce a
Silver Heights Restaurant
catered buffet at 1645hrs.

Many prizes to be won including:
A Remote Car Starter with installation from
Advance. A Winterpeg Must Have!
A Giselle's Spa Gift Certificate.

We are also requesting your support in bringing a non perishable food item - for each can you will be given a ticket to win a Labatt Blue Sport Jacket!

More food=more entries

All goods donated will be given to the MFRC to support military families in their time of need.

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Postulez en ligne Date de clôture : le 1 octobre 2004

Postes vacants : postes de vente au détail caissier, de services de déplacement, de comptabilité, de conditionnement physique et de loisirs, et de gestion de l'équipement et des ressources. Nous soustrayons au principe de l'équité en matière d'emploi.



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Military Family Resource Centre



Groupe des femmes francophones

Le groupe est de retour pour une autre saison. Joignez-vous à nous pour des rencontres remplies de plaisir, de rire et de bonne compagnie.

Une fois par mois, le groupe se rencontre pour discuter, en français, autour d'un bon repas ou lors d'une activité sociale quelconque. Les femmes de tous les milieux, civiles et militaires, sont les bienvenues à se joindre au groupe. C'est une occasion parfaite pour rencontrer de nouvelles personnes quand on vient tout juste d'arriver à Winnipeg. Si vous êtes intéressées à vous joindre à nous ou pour plus d'informations, vous pouvez contacter Louise Cameron au CRFM au 833-2500 poste 4515. A bientôt, j'espère!

Toi, moi et la Mère l'oeie... C'est gratuit et c'est 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.

Ce programme est rendu possible grâce à un partenariat avec le CRÉÉ, l'école Roméo-Dallaire et le Centre de ressources des familles militaires de Winnipeg

Où : École Roméo-Dallaire (367 rue Hampton)

Quand : les mercredis matin du 29 septembre au 1er décembre 2004

Heure : 9h45 à 10h45

Inscrivez-vous au 833-2500 poste 4515 avec Louise.

Artisanats

Cours de peinture Folk art parti 1 de 2

Plateau de service et porte-serviettes de tables

Découvrez les techniques de peinture sur bois. Le cours vous permettra de terminer deux pièces différentes soient un plateau de service et une porte-serviettes de table. À la fin de ce cours, vous serez capable de lire des plans, préparer votre surface de travail, utiliser différentes techniques de peintures et appliquer la couche finale. Peut-être découvrirez-vous un nouveau passe-temps et le goût de re-décorer votre maison.

Les mardis du 12 octobre au 16 novembre de 6 h30 à 9 h 30 min (cours de 6 semaines)

Où : 102 rue Comet

Coût : \$30.00

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

Nursery School Programs spaces available in all programs

Our nursery schools offer the opportunity for the preschool child to develop emotionally, socially, physically and intellectually in a happy stimulating environment where children can develop and learn through a play based curriculum. Children are free to choose from various activities including learning centres, stories, music and movement, arts and crafts, games, drama and free play. Children must be three by the end of December to start nursery school in the fall.

Cost: \$75.00 per month

Annual registration fee: \$15.00

Location: Lipsett Hall

Mon., Tues. and Thurs.

9:00a.m. to 11:30a.m.

Westwin Children's Centre

Mon., Wed. and Fri.

9:00 to 11:30a.m.

Why not consider our French Immersion Nursery Program? This program will help prepare your child for a French Immersion kindergarten. It will give your child the unique opportunity to be exposed to a French environment during our nursery program.

Westwin Children's Centre

Mon. Tues and Thursday

1:00p.m. to 3:30p.m.

Casual Childcare:

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

Westwin Children's Centre

9:00 am - noon Tuesdays

9:00 am - noon Thursdays

TO REGISTER CALL 833-2500 EXT 2491

Lipsett Hall Children's Centre

1:00 pm - 4:00 pm Mondays

1:00pm - 4:00pm Wednesdays

9:00 am - noon Fridays

TO REGISTER CALL 833-2500 EXT 6846

Please bring a snack and drink for your child.

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

SNACK: Parents must provide a snack and a drink for their children. If the snack requires refrigeration, please pack it with an ice pack. Please remember that our centres are peanut free due to the large number of children with allergies. Popcorn and nuts cannot be served to children under 5 in licensed care.

The NEW Handbooks Are Here.....



Give your family a head start in managing the challenges of deployment and separation. The new MFSP Family Handbook provides resources and practical advice that is helpful for all stages of deployment. Drop by and pick on up today!

Donations Needed!!!

It seems like a long time before Christmas arrives... but 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 at Christmas time. Children's words, always charming and eloquent bring huge smiles in far away places. Get your child's class or playmates involved...any "flat" craft, card or letter writing with a holiday or Canadian theme. Banners signed by friends' family, kids or co-workers make a great contribution. Coloring pages/Deer Peacekeeper letter sheets are available by dropping by the MFRC.



Parcels to be delivered in time for Christmas must be in the mail many weeks before. Please drop off any donations at the MFRC before Nov. 10/04 to be included in this mailing. Please note we gladly take donations anytime to be included in future packages. Catherine loc. 4506

17 Wing Winnipeg Government of Canada Workplace Charitable Campaign



The Winnipeg Military Family Resource Centre Inc./Centre de Ressources pour les Familles des Militaires de Winnipeg is a non-profit, charitable organization that provides access to information and resources through the delivery of high quality programs and services which meet the unique needs of CF members and their families in Winnipeg.

Funds are provided through the Department of National Defence for some employee salaries and unique operating expenses such as auditing, legal and accounting fees. Funds for program supplies and delivery are not provided. Military Family Resource Centres must apply for grants or fundraise for these.

In past years, the Winnipeg Military Family Resource Centre received funds through payroll deductions from the Workplace Charitable Campaign from CF members at 17 Wing to help offset Program costs. We are very thankful for these donations, without it we would not have the funds to provide quality programs and services.

The WMFRC Inc. can be listed as a Canadian Registered Charity on the Government of Canada Workplace Charitable Campaign. Monies obtained from this campaign purchase much needed program supplies such as, consumable craft supplies for children's programs, games and resources for youth programs, toys & supplies to operate the Nursery Schools and Toy Lending Library and offset costs to help support Family events such as the Family Fun Day.

Let your canvasser know that you wish to fill out Section C of the Government of Canada Workplace Charitable Campaign for the Winnipeg Military Family Resource Centre.

We "thank-you" for your continued support!

Don Brennan
Executive Director

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
Padre Paul Southen
(United Church)
Office 833-2500 ext 4277

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 info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts.

Interfaith Prayer Room

Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.

Computer Attacks

By Ms Diane Matt WTISS ISSO

Attacks against personal computers are becoming more prevalent on the Internet these days. For that reason, it's important that you protect your computer system and data by both anti-virus software and some sort of firewall. At 17 Wing, we take every precaution to ensure that our computer systems are patched with the latest antivirus updates and security patches to minimize the risk. Many users also have home computers that are connected to the Internet and are vulnerable to this type of activity. Below are

some Information System Security tips that could help in the prevention of a potential attack.

How to Recognize a Hoax

Many hoaxes take the form of an unsolicited warning. Probably the first thing you should notice about a hoax warning is the request to "send this to everyone you know" or some variant of that statement. This should raise a red flag. No real warning message from a credible source will tell you to send this to everyone you know.

If the warning uses the proper technical jargon, most individuals, including technologically savvy individuals, tend to believe the warning is real.

If thousands of people start sending them mail asking if the message is real, that essentially constitutes an unintentional denial of service attack on that person.

Recognizing a Chain Letter

Chain letters and most hoax messages all have a similar pattern.

The Hook

First, there is a hook, to catch your interest and get you to read the rest of the letter. Hooks used to be "Make Money Fast" or "Get Rich" or similar statements related to making money for little or no work. Electronic chain letters also use the "free money" type of hooks, but have added hooks like

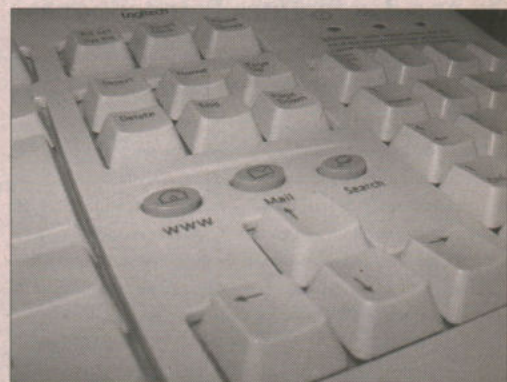


Photo Credit: www.wbcreations.co.uk

"Danger!" and "Virus Alert" or "A Little Girl Is Dying". These tie into our fear for the survival of our computers or into our sympathy for some poor unfortunate person.

The Threat

When you are hooked, you read on to the threat. Most threats used to warn you about the terrible things that will happen if you do not maintain the chain.

However, others play on greed or sympathy to get you to pass the letter on. The threat often contains official or technical sounding language to get you to believe it is real.

The Request

Finally, the request. Some older chain letters ask you to mail a dollar to the top ten names on the letter and then pass it on. The electronic ones simply admonish you to "Distribute this letter to as many people as possible." They never mention clogging the Internet or the fact that the message is a fake, they only want you to pass it on to others.

Phishing

Internet scammers casting about for people's financial information have a new way to lure unsuspecting victims: They go "phishing."

Phishers send an email or pop-up message that claims to be from a business or organization that you deal with - for example, your Internet service provider (ISP), bank, online payment service, etc. The message usually says that you need to "update" or "validate" your account information. It might threaten some dire consequence if you don't re-

spond. The message directs you to a Web site that looks just like a legitimate organization's site, but it isn't. The purpose of the bogus site is to trick you into divulging your personal information so the operators can steal your identity and run up bills or commit crimes in your name.

One scam recently present at 17 Wing was using "CitiBank" as the lure to update your financial info and return the email. This was filtered out at the firewall immediately.

Legitimate companies don't ask for this information via email. If you are concerned about your account, contact the organization in the email using a telephone number you know to be genuine, or open a new Internet browser session and type in the company's correct Web address. In any case, don't cut and paste the link in the message.

NEVER email personal or financial information. Email is not a secure method of transmitting personal information. Ask yourself if you would send that information on a postcard through the mail?

Be cautious about opening any attachment or downloading any files that are attached to emails you receive, regardless of who sent them. These attachments could contain viruses or malicious code that could infect your computer.

Remember it is a misuse of DND Information Technology assets to participate in this type of activity. If you are in doubt, contact the 17 WTISS Help Desk @ 2244.

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For Sale

1983 Volkswagon Westphalia Camper Van, Good condition, \$10,900 OBO, Call 298-0465

Blue 7 pax 1994 Dodge Caravan, Good running condition, 3.0L V 6, ps, pb, ac, \$2800.00 OBO, Call Dan or Elaine 885-3639 or local 5467.

CKC Reg Shetland Sheepdogs (Sheltie pups), Family raised, Written guarantee, First shots, Tattooed, Info 487-3342

Sauder Desk, \$40, Call Colleen at 487-3016

Wooden TV Unit w/Glass Shelf Top & bottom storage area, \$40, Call Colleen at 487-3016

Car Seat Infant To Child Up To 40 Pounds, \$40, Call Colleen at 487-3016

1988 Ford Extended Cab \$1200 OBO, Call 779-4013

Sewing Machine Table & Stool \$70 OBO, Call 779-4013

Children Safety Gate \$20, Call Alain at 489-3940

Hotpoint Stove 3 yrs old, Cost \$950 new, White, Self-cleaning, Black ceramic top, Nearly new condition, Asking \$400, Call Mike or Melissa at 489-7861 or Mike at local 5056.

Hotpoint Portable Dishwasher 1 Year old, Cost \$600 new, White, Cutting board top, Good condition, Asking \$300, Call Mike or Melissa at 489-7861 or Mike at local 5056.

Baby Pereg Highchair Adjustable height levels, Good Shape, Asking \$50, Call Mike or Melissa at 489-7861 or Mike at local 5056.

Nintendo System w/ 3 Games (1 includes 50 separate games) and pistol, \$40, Call Alain at 489-3940

Fence - Approx 150 feet (green chain link with wood posts and frame), \$150 OBO, Call Pam at 896-1925 (leave message)

Child Seat For Bicycle \$25, Call Pam at 896-1925 (leave message)

Reel For Garden Hose \$10, Call Pam at 896-1925 (leave message)

1990 Ford Escort, 1.9L, 4cyl, Auto 224,000kms on body, approx 100,000kms on engine, 4dr, Hatch, New timing belt, tires and much more, Asking \$1000 OBO, Call Dave at 284-1335

1990 Pontiac Sunbird LE 2L, 4cyl, Auto, 27000 original kms, Brand new condition, 4dr sedan, pwr locks, Asking \$6500 safetied, Call Dave at 284-1335

Moving - Must Sell Stove/Oven - \$250, Microwave - \$100, Fridge - \$100, Air Conditioning (window unit) - \$400, New Single Bed (w/ frame) - \$225, All reasonable offers will be considered, Call Guy or France Lecuyer at 896-8251

VW Jetta Factory Roof Rack and 2 x Barracuda Bike Stands, locking bars paid \$750 asking \$500 obo call 297-0134 or 772-3164 like new

Wooden fence 4 ft high x 120 ft long, with 3 gates \$75, Call Doug at 832-2439

1993 Dodge Spirit w/Gold Package 4 cyl (2.5l) Automatic, 167,000 Original Kms, PS, PB, PD, PW, Air Conditioning, Command Start, Tow Package, All Newer Tires, Stored since Sept of Last Year, Very Good Condition Inside and Out, Asking \$2900 OBO, Call Eric at Local 2301 or 453-2599 after 6pm

Garden Shed (wooden) 10 X12 ft with floor, good condition, \$475, Call Doug at 832-2439

1994 Northwood 14 ft Boat Carpeted w/ 2 swivel seats, dry storage & livewell, 1994 Shorelander trailer, 1993 20 HP Mercury outboard w/2 plastic 25 Liter tanks & 54LB thrust transom-mounted electric trolling motor, Removeable WaveWackers on stern, Sale incl. EagleII Fishfinder & battery, Many extras, Priced to sell at \$3500.00 obo, Call 837-8326 for more info

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Dog House Insulated rem. roof, wired for heat lamp, Exc cond, \$100, Call 292-9937

1983 Chevy Van 1/2 Ton Work Van Camper top, Runs well, \$1000 OBO, Call 487-7847 /lve msg

Mega Block Galore "Overflowing 2 cube", \$20 and it's yours!! Call 487-7847

TAROSCOPES BY NANCY

ARIES (March 21 - April 19): You're prone to feelings of disappointment and failure. Even if you did the best you could it doesn't always guarantee others will take things the way you intended. Opinions are an individuals and their ability to see clearly or to be swayed is not within your control.

TAURUS (April 20 - May 20): You reach your goal through willpower and focus. You're in a good position so there's no need to rush. Patiently nurture growth. Be responsible and you'll be proud of the results. Honesty is the best policy where family is concerned right now.

GEMINI (May 21 - June 21): Persevere. Review ground you've already covered and your enthusiasm will return. A brilliant new idea comes from removing the extraneous. If tragedy strikes, turn it into something special. A practical gift to honor your efforts proves to be timely and very useful.

CANCER (June 22 - July 22): Competition can be a good thing if it inspires you to excel. Judge yourself, not by the winning, but by the fact that you're a member of a group that is identified with excellence. Focus on matching your personal best and learning if you have additional strengths.

LEO (July 23 - August 22): This change of season will feel like the end of a significant cycle for you. Reunions are highlighted. Challenges draw people together. A common goal is discovered and arguments end because cooperative efforts are necessary to overcome difficulties that arise.

VIRGO (August 23 - September 22): Try to see your decisions through the eyes of others. Expedite matters, but remember your presentation style is important or family discord results. There appears to be a lack of sharing or a disproportionate meting out of time and money. Anger at past injustices resurfaces.

LIBRA (September 23 - October 23): Always having to deal with the fallout from fighting is frustrating. Though it may feel like it's a losing battle or an impossible task, you're doing better than you realize. Be patient though, for your words land you in hot water if you only care about reaching speedy conclusions.

SCORPIO (October 24 - November 21): Solving family issues requires energy and fresh ideas. Try getting more exercise or working at a labour intensive task while problem solving. Other commitments should be put on the back burner until you've dealt with what's happening at home. Timing is critical.

SAGITARIUS (November 22 - December 21): You love to learn and to quiz others but when someone shares information, you need to realize that this doesn't put you in a position to judge. If you separate yourself from friends and family by holding yourself above them you are setting yourself up for a fall.

CAPRICORN (December 22 - January 19): Bonds are forged when there is work to be done but group ventures need careful handling. This is not the time for a show of temper or loss of control. If you hear stories that could influence your decisions, listen carefully to be sure they ring true.

AQUARIUS (January 20 - February 18): A strong physical attraction signals the possibility of a new relationship. You feel respected and appreciated when you receive a special gift. You will be compensated for some past effort when you took the lead in a difficult situation.

PISCES (February 19 - March 20): Your reputation speaks for you, so with little effort on your part, your ideas will be met with eager acceptance. You're seen as a practical problem solver. When you work for the good of the group your own interests are also well served.

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