THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg
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Fire Prevention Week

There's a new Fire Chief in town. Master Warrant Officer Alain Rossignol arrived September from CFB Borden replacing Master Warrant Officer Dennis Kleinsteuber. His first assignment is Fire Prevention Week that kicked off Oct. 4th in conjunction with the Annual 17 Wing Firefighter's Boot Drive. Dottie (in the black and white spots) and the firefighting team will be out and about 17 Wing conducting firefighting drills as part of the Fire Prevention activities.

By Cpl James Thompson, 17 Wing Firefighter

Imagine it's midnight and you and your family are safe in bed, when out of blackness a loud high pitched shrill is heard throughout your home and seemingly across the neighbourhood. Awakening quickly, you realize that it's your smoke alarm making that terrifying noise. With your heart beating rapidly, you gather your family, move out of the house to your predetermined meeting place and breathe a sigh of relief knowing that you and your loved ones made it out safely.

This story could've very well had a different ending…a sad one, involving a funeral and many grieving people. However, the owner of this house had changed the batteries in all the smoke alarms, and did a test to ensure that they were functioning properly.

This year, Fire Prevention Week (October 3rd – 9th) has a theme that suits this story - "Test Your Smoke Alarm."

Smoke alarms detect very early and can give the precious seconds needed to escape from homes or buildings, before the fire and smoke spread. Smoke alarms need to be installed in every level of the home and in or near each sleeping area. Replace smoke alarm batteries twice a year, usually when we set our clocks ahead or back one hour, or whenever the unit "chirps" to warn of low battery power. Help participate in Fire Prevention Week by sharing this important information with your family, friends and neighbours. Make sure everyone you know has a working smoke alarm in his or her home and that everyone knows what to do when the alarm sounds.

17 Wing Fire Services kicked-off Fire Prevention Week Monday, October 4, with the reading of the Queen's Proclamation at 17 Wing Headquarters and

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17 Wing Launches Air Assets In Aid Of Large-Scale Search For Missing Hunters In Tuktoyaktuk Northwest Territories

By Captain Mary Lee, 17 Wing Public Affairs

Two CC-130 Hercules aircraft from 435 Transport and Rescue (T&R) Squadron here in Winnipeg and one CC-138 Twin Otter from 440 Transport Squadron based in Yellowknife were launched Sunday on a major search for boaters reported missing in Tuktoyaktuk, Northwest Territories.

The 17 Wing search and rescue (SAR) aircraft were tasked by the Joint Rescue Coordination Centre (JRCC), located in Trenton, Ont., after four people aboard an 18-foot open vessel who departed Tuktoyaktuk on a hunting trip September 22 did not return.

One 435 T&R Squadron Hercules was participating in the National Search and Rescue Exercise (SAREX) held in Comox, British Columbia September 21st to 25th when it was alerted by RCC Trenton of the search and diverted north. While conducting the search the two Hercules and one Twin Otter will be based out of Inuvik.

The search encompasses an area of 48,000 square kilometers over the Arctic Ocean and will continue until the entire area is searched or the missing hunters are located or reported returned.

The Canadian Air Force, mandated by the federal government, provide aerial search and rescue for Canada's landmass, territorial waters and mid-ocean sections - an area of approximately 15,540,000 square kilometers. 435 Squadron along with 424 Squadron based in Trenton provide primary SAR response for the Trenton Search and Rescue Region (SRR), the largest in Canada that extends from Quebec City to the British Columbia/Alberta border, and from the Canada/United States border to the North Pole. 435 Squadron responds to approximately 50 SAR cases each year. 440 Squadron supports search and rescue by responding to SAR missions in the northern region.

Fire Prevention Week continued from page 1

gave special acknowledgment to this year's top fire wardens. Concurrently, the "2004 Boot Drive" went into full swing at the Sharp and Whytewold gates. All donations collected will go to support much needed research for Muscular Dystrophy.

Throughout the remainder of the week, our fire inspectors will be out conducting random fire drills at various locations on the Wing. So, if you see a fire fighter near your workplace or catch a glimpse of Dottie waddling by this week, be prepared for a full evacuation fire drill. Remember that this week is to educate the general public both military and civilian. If you have any questions regarding Fire Prevention or any fire related subject please stop and ask us, or call the Fire Inspector's Office at local 5501, or the fire hall at local 2646.

History of Fire Prevention Week

The history of Fire Prevention Week has its roots in the Great Chicago Fire, which occurred between 08-09 October 1871. This tragic conflagration killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2000 acres. The fire began on 08 October, but continued into and did most of its damage on 09 October 1871. According to popular legend, the fire broke out after a cow, belonging to Mrs. Catherine O'Leary, kicked over a lamp, setting first the barn, then the whole city on fire. Chances are you've heard some version of this story yourself.

In Canada, the Governor-General issued the first National Fire Prevention Day proclamation in 1919. The earliest known provincial proclamation of Fire Prevention Day was by the Lieutenant-Governor-in-Council of Ontario in 1916. The Governor-General first proclaimed Fire Prevention Week in 1923, which is determined during the Sunday through Saturday period in which 09 October falls.

The Saturday ending Fire Prevention Week is Fire Service Recognition Day. It expresses appreciation for the many public services rendered by members of the Canadian Fire Service. Fire Service Recognition Day was first incorporated into the Governor-General's proclamation of Fire Prevention Week in 1977.

This practice continues to this day in communities throughout North America as a constant reminder that prevention is the ultimate cure.

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DEADLINE FOR Voxair 18: 08 October 2004

SAREX 2004 Winners

By Capt Cheryl Robinson

19 WING COMOX – This years Search and Rescue Exercise (SAREX) concluded Saturday evening, September 25th.

The end of the exercise, called following the last event, was at 7 p.m., only half an hour before the awards banquet began! It was a challenging week for the teams involved, made more difficult by the weather, which caused delays in many of the flying events.

There were five demanding events judged during the exercise: search, rescue, parachuting accuracy, medical and maintenance events. A great deal of teamwork, physical abilities and mental stamina were essential to completing all five.

"Under these live exercise conditions, the SAR community was able to gather practical SAR-related data that can be applied to future missions," said Captain Brad Steels, a 442 Squadron Cormorant pilot and operations coordinator for SAREX, the person directly responsible for all scheduling. "We also had to contend with weather, which is a real-world factor of SAR missions."

"The low clouds caused us to push back the search, rescue, and para accuracy events, so we had to be patient and flexible, while factoring in the safety of the aircrews. These were exercise scenarios, so we do not push the envelope the way we do for actual SAR missions. Once the clouds cleared, we had to move quickly to take advantage of the good weather. The teams reaction times and attitudes were outstanding. We had to work right up until the end to complete all the events, but it was a success!"

"I was impressed with the ease in which units from all over the country grouped together to form teams and compete," said Captain Kevin Toone, a 442 Sqn Cormorant pilot and the deputy exercise coordinator. "We had, for example pilots from Comox BC flying with SAR techs from Gander, Newfoundland and no one missed a beat.

"I think that is one of the main reasons why an annual SAREX is so important as part of our operational training plan. With a mandate to respond to distress anywhere in the country, we must maintain our ability to operate as a team."

The exercise also involved meetings and symposiums, where the SAR community discussed changes, experiences and outstanding issues of the past year. The information exchanged during SAREX is important to improving both the profession and capabilities of the SAR community.

19 Wing Comox wishes to thank the public, the Comox Indian Band and especially the following organizations for their support to the exercise:

Gold sponsors - Courtenay Mazda and Performance Designs

Silver sponsors - Sun Path Products, ACRO Helipro, Combat Parachute Solutions, Irvin Canada, IMP Group, Breeze-Eastern

Bronze - Comox Valley Credit Union, Quality Foods, Thrifty Foods, Overwaitea (which is now Save on Foods), Brazen Sportswear, Quizno Subs, Tim Horton's, Staples Business Depot, Para Gear, Walmart, Zellers, Crowne Isle, Mt Washington, and Island InkJet

The following personnel or teams won the eleven SAREX awards:

Team Spirit Award - for the unit demonstrating the best esprit de corps in all phases of SAREX: 413 Sqn from Greenwood

Search and Rescue Trophy – for the unit with the best performance in the search event: 442 Sqn from Comox

Parachute Association Honour Roll – presented to the team with the best overall performance in the parachuting, supply drops and GPS in the rescue event: 103 Sqn from Gander, Nfld.

Allison Trophy – for the team with the best performance in the parachuting accuracy event: The combined Combat Support Service team (formed with a SAR tech each from 417 Sqn, Cold Lake, Alta., 439 Sqn Bagotville, Que. and 444 Sqn Goose Bay, Nfld.

Leslie L. Irvin Trophy – for the individual with the best performance in the parachuting event: Sergeant Kevin Bergquist from 417 Sqn, Cold Lake, Alta.

Sullivan Trophy – for the team judged to have performed the best in the medical exercise event: 103 Sqn from Gander, Nfld.)

Maintenance Trophy – for the best maintenance team in the "Maintenance Event": 435 Squadron from Winnipeg

Diamond Trophy – for the unit with the best overall performance in all five events: 103 Sqn from Gander, Nfld.

SAR Tech of the Year Award: presented to the SAR tech voted best SAR tech by the Para Rescue Association of Canada: Sgt Andrew McLean from 435 Sqn, Winnipeg

Over 40 trophy (Bell Ringer) – awarded to the winner of the over-40 jump event: Warrant Officer Brad Gough, of 442 Squadron, Comox

CASARA National SAR Excellence Award – for the CASARA crew who demonstrated the best performance in the search event: The CASARA 2 team from British Columbia

There was also a Cormorant Trophy for Helicopter Rescue presented at the awards ceremony to recognize the "Canadian civilian, government or military crew that has performed the most demanding helicopter rescue of the year." This year's recipient was a 442 Sqn crew from 19 Wing Comox, for a daring rescue that occurred September 27th, 2003.





17 Wing TEME Personnel Participate In Canadian Forces Professional Drivers Championships (CFPDC)

By Sgt Bruno Wissell, Asst Admin O/Fin

The purpose of the Canadian Forces Professional Drivers Championships is to promote safety as well as provides both military MSEOps and civilian MDO tradespersons with the opportunity to develop and perfect their professional trade skills. This event provides them with an arena in which to demonstrate their skills in a challenging competition against some of the best in their field. The competition provides them with the opportunity not only to gain individual recognition, but also the sense of personal achievement that comes when professionals compete with the best of their peers. In addition, it is an effective means of promoting awareness within the Canadian Forces, as well as the public, of the high degree of professionalism that already exists amongst career tradesmen and the CF.

Championships are held at both the regional and national levels. The regions are: Atlantic, Eastern, Central, and Western. Contestants for the national championship become eligible through competition in the regional events, which serve as play-downs for the national. The competition consists of a series of knowledge, practical, and field tests using a series of obstacles simulating actual driving hazards. Five classes of competition are held in both regional and national championships: tractor-trailer, straight truck (5 Ton payload rating), bus (40 passenger or more seating capacity) HLVW (Heavy Logistics Vehicle Wheeled 10 Ton) and road rally.

During the week of the 16th to the 19th of August 2004, several members of 17 Wing TEME Sqn participated in the Regional Canadian Forces Professional Drivers Championship held at 4 Wing Cold Lake. Subsequently 2 members of 17 Wing, through their professional abilities displayed during the regional competition, had the opportunity to participate in the National Competition held at CFB Val Cartier from the 30th of August to the 2nd of September 2004.

Standings from 17 Wing TEME personnel at the Regional Championships in Cold Lake are as follows:

T/T:
Cpl Laviolette – 5th place
Cpl Hulme – 9th place
Cpl Huffman – 11th place

BUS:
Cpl Taschereau – 5th place
Cpl Hulme – 9th place
Cpl MacKeigan – 14th place

HLVW :
Cpl Laviolette – 2nd place
Cpl MacKeigan – 5th place
Pte Fleury – 9th place

5 TON :
Cpl Taschereau – 3rd place
Cpl Hulme – 10th place
Cpl MacKeigan – 12th place

ROAD RALLY:
Cpl Naylor & Pte Gélinas – 6th place
Cpl Shears & Pte O'Connor – 10th place

Due to their outstanding performance and standing at the Regional Championship, Cpl Taschereau and Cpl Laviolette were chosen to represent the Western Region at the National Championship in CFB Val Cartier and earned the following placements:

HLVW:
Cpl Laviolette – 2nd place

5 TON:
Cpl Taschereau – 3rd place

The Western Region also won the prized Aggregate Trophy, which is given to the Region with the most points earned by their representatives during the competition. The last time Western Region had the honour of being awarded this trophy was over 26 years ago.

Well done to all the competitors and judges who participated in the Championship!

Daytime Running Lights
TEME MSE Safety Section

By Sgt P.J. Babcock, NCO I/C Safety

Why do Canadian vehicles require daytime running lights?

On December 1, 1989, Canada became the second country after Norway to require daytime running lights (DRLs) on all new passenger cars, multi-purpose vehicles, buses and trucks manufactured for sale in Canada, in order to increase visibility and reduce collisions. The combined effect of this regulation and the voluntary use of DRLs – in vehicles not previously equipped with them – has been an estimated 11.3 per cent reduction in daytime collisions involving two passenger cars, vans or light duty trucks traveling in different directions.

Our aim at MSE SAFETY is to provide direction on the use of daytime running lights within the military.

W Tn Orders – 613 states that:

1. During daylight hours, headlights on MSE shall be operated as follows:
   a. headlights shall be used at all times;
   b. during daylight operations, low beams shall be selected;
   c. headlights shall be turned on only after the engine is started and shall be shut off at the conclusion of the detail or when the vehicle is parked; and
   d. headlights shall not be used when they are not appropriate during operations or operational activity.
2. Within the last few weeks it has come to our attention that many of the vehicle users on the Wing are not aware of this policy and may not understand how the light system functions on the vehicle they are driving.
3. Since the vehicle industry has been changing over time so has the way daytime running light function. Some lights will come on automatically once the vehicle is put in the drive position. Others will come on with a sensor in the dash and some only the parking lights come on.
4. Keeping all this in mind, you still have to turn your lights on by flicking the switch, or turning the knob. Also, remember when you leave the vehicle to turn the lights off.

Any questions regarding this or any other matter can be directed to the MSE SAFETY section.

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A4 Log Adventure Training, West Coast Trail 26 May – 2 Jun 04

By Maj D.A. Barton



A4 Log personnel prepare to enter the forest at the south end of the West Coast Trail near Port Renfrew.

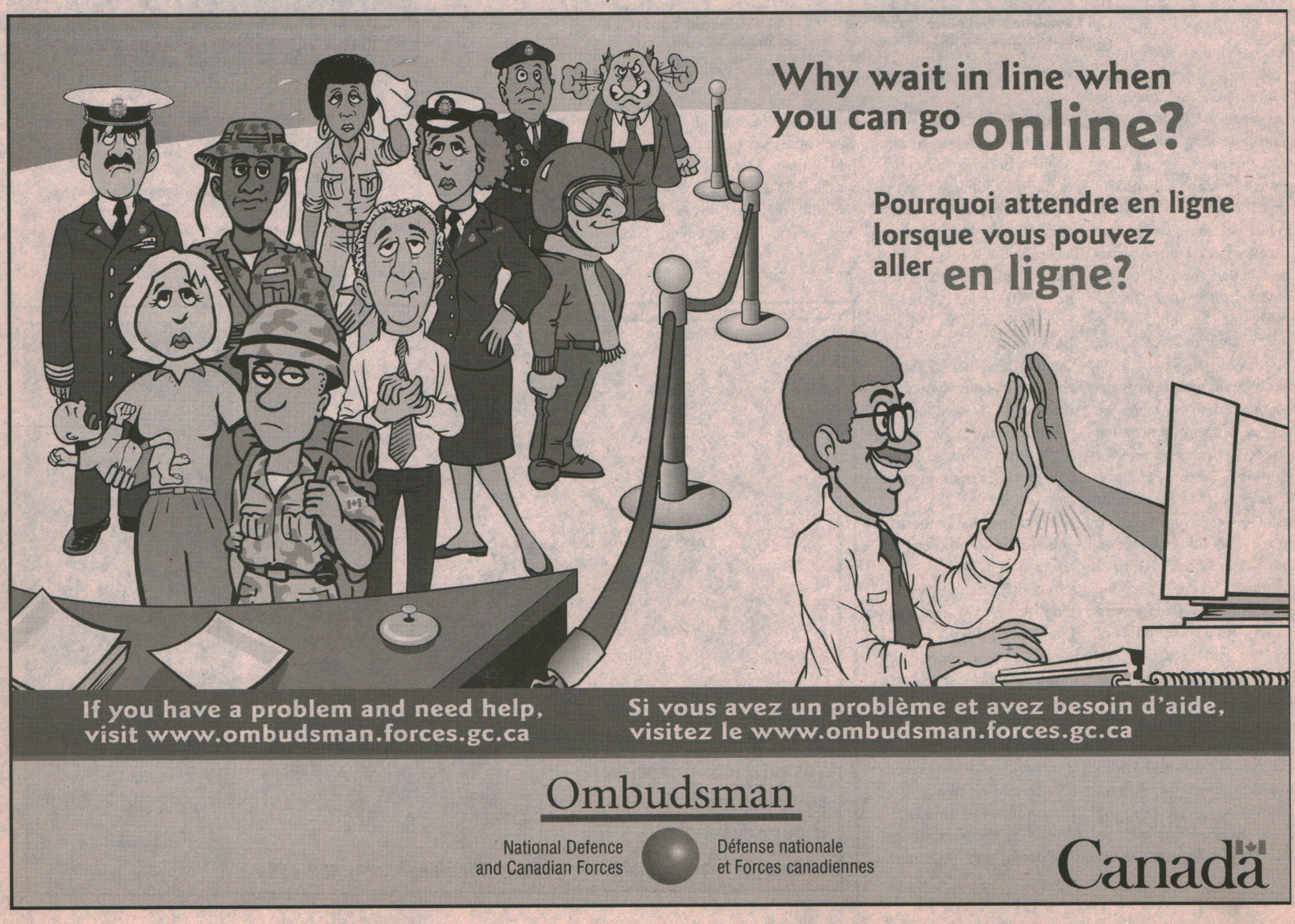
After months of planning, weeks of training, and days of packing and repacking rucksacks that weighed up to 60 pounds, seven staff members from A4 Logistics in 1 CAD HQ set out on an Adventure Training exercise to hike the West Coast Trail (WCT) on Vancouver Island. The 75-kilometre WCT is renowned as one of the most challenging hiking destinations in the world. Everything we would need for the week-long trek would have to be carried on our backs.

We began our adventure early in the morning on 26 May, making our way to the Winnipeg Airport for a scheduled departure at 0630 hours. Four hours later, we were deplaning in Victoria and loading our gear into a van for the two-hour drive to Port Renfrew. After a mandatory trail briefing and a short ferry ride across the Gordon River, we started our trek into the dark forest. Our first afternoon on the steep, narrow, slippery trail was so demanding that it took us five hours to hike 5 kilometres. The next couple of days were equally demanding, however the trail gradually became easier as we progressed northward. We knew we were hiking in the rain forest and we therefore expected to experience some moisture. It didn't rain constantly, but it did rain at least once every day, normally in the morning and/or the evening.

Our daily routine consisted of rising some time between 0500 and 0700 hours, with the first order of business normally being the task of getting the campfire going again. Breakfast, consisting of instant oatmeal, with coffee or tea, was often devoured in the rain. Concurrent activity included packing up tents and cramming everything we had back into our rucksacks. We survived the daily hike by munching trail mix and other assorted snacks, and generally made it to the next campsite by suppertime. Our priorities then became setting up tents, starting a campfire, finding fresh water and getting some hot food prepared. No one ever seemed to have any trouble going to bed and drifting off to sleep by 2200 hours.

A normal day would see us walking part of the day in the dense forest and part of the day along the beach. Each route came with its own challenges and opportunities. The forest trails were often slippery with mud, moss and exposed tree roots. Some slopes along the trail are so steep that sections of wooden ladders have been built to enable hikers to scale them. In other places, the swamp is such that cedar boardwalks have been built to assist hikers in crossing them. These boardwalks are a blessing in disguise as they are usually slippery beyond belief, and over time they decay, sink, tilt and become more of a hazard than a help. The beach trails varied from sand and loose gravel to boulders the size of small buildings. Monstrous driftwood, slippery seaweed and occasional surge channels also added to the challenge of the beach trails. We also had to watch the timing of the tides, since some sections of beach were impassable at high tide.

Although we started our last day on the trail in heavy rain, by the time we arrived at our destination of Pachena Bay the sun was shining brightly. We dried our wet gear as we waited for the bus that would take us back to Victoria. Hot showers, a full meal at a local restaurant and a good night's sleep in a real bed at the hotel were welcome relief before we caught our return flight to Winnipeg the following morning. Well done to all members of the team on successfully completing this very demanding challenge. Other than some aches, scrapes, minor cuts and bruises, and a variety of blisters, no one on the team suffered any serious injuries. MWO John Fougere deserves special praise for his efforts in organizing and leading this very special Adventure Training.



17 Wing CE Operations: The Year So Far...

By Cpl DJ Souka, 17 Wing CE

2004 has been a busy year to say the least for the 120 military and civilians of CE Operations. If you work on either the North or South bases, or at one of the armouries, then you may be quite familiar with the comings and goings of Wing CE trades people. WCE is responsible for the general maintenance and upkeep of not only the North and South bases, but also manages to provide maintenance and upkeep for the armouries of Minto, Chippawa and McGregor within the city. On top of all that, we are also responsible for facilities located at CF Detachment Dundurn, Yellowknife, SARSAT Churchill, the SERE school at Springer Lake MB, and various armouries throughout Northern Ontario, Manitoba and Saskatchewan.



Cpl Starman from W TEME cutting the asphalt for removal.



Capt Adams, WO Morrissey, Sgt Watters and Cpl Leblanc reviewing blueprints to locate underground utilities.

Most of our work orders are usually straightforward repair requests like fixing broken water mains, air-conditioners, malfunctioning doors or windows, repairing leaking ceilings, addressing safety issues, concrete work, and all sorts of small fabrication projects. While all these things are necessary, and always carried out to the best of our abilities, they aren't necessarily that exciting due to the "straightforward" aspect of the job. However, 2004 has brought some very interesting work to our table. We started a major renovation project of the washrooms for Building 72 in February. That project has allowed for a lot of anger management in the demolition phases, as most the work required "sledge" therapy. Also, we were able to provide a good variety of construction work for the various CE trades which doesn't come our way that often. The project is ongoing and the finished bathrooms are quite pleasing to the eye. March arrived with a decent sized, month long renovation project for the Wing Heritage Museum in Building 66. Another important part of our job is the continual upgrading of trade qualifications, career courses and providing support to deployed operations worldwide. So far this year we have had 13 folks attend QL5 training and 5 go on their QL6 at Canadian Forces School of Military Engineering in CFB Gagetown NB. Another 3 received PLQ training and a whopping 23 went on deployments and taskings

In April, the AEF deployed to Texas to do some work with the Texas Air National Guard. For those of you who did not know, we aren't just CE; there is an actual military unit that we belong to (171 Airfield Engineering Flight or 171 AEF is a highly mobile unit capable of providing Force Bed Down and Engineering services anywhere in the world.) We deployed to Texas with attached personnel from 17 Wing Log Branch and Det Dundurn - thanks for the help, troops! The deployment was almost three weeks in duration and a welcome change from normal routine. When the work was all done, members of the unit managed to visit "Six Flags" amusement park, attend MLB games in Arlington, and perhaps the highlight for some - see Canada's own "Great Big Sea" perform in Dallas to a very appreciative and enthusiastic group of Texans and Canadian soldiers. After our fun down south it was back to reality and a return to work on base. Now it was CE's turn to play host to ANG units from Minnesota and Oklahoma. Projects were planned for the ANG units consisting of the construction of a garage for Building 90, a large bridge project at St Charles range, and a large addition to the 17 Wing fire hall. Our American counterparts attacked their projects with enthusiasm and an infectious can-do attitude. Well done to the ANG units - thanks for your support. Summer has come and gone, although it never really showed up, and we have finished one half of Building 72, thrown in some first aid/NBCD training, and integrated two members from the non-tech shop of P1 on the South Site. Welcome again to Dave and Chris. Between them, they bring a wealth of experience and we are glad to have them with us in Ops. Very recently, our most treasured accomplishment is the defeat we handed to the 17 Wing EME section during a challenge match of ball hockey played at Lipsett hall. WCE emerged victorious, but there never really was any doubt of that outcome. Maybe next time, EME! To their credit, EME looked really pretty in their jerseys.

The future holds adventure training in Nopiming Park in mid September, a major renovation project for the Warrants' and Sergeants' Mess starting end of September, more members doing their time in Alert, and a unit deployment to Florida for exercise Silver Flag in January 2005. The engineer motto is "Ubique" which translates from Latin as "everywhere". As you can see, CE Operations is true to colours, everywhere.

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ABC's Of E-Learning

By Capt Bruce Staton, CFB Borden & Paulette Lachambre, KGLCC Kingston

Empirical evidence contends that people retain 10% of what they read, 20% of what they hear, 30% of what they see, and 90% of what they say and do. Enter e-learning, where saying and doing is the order of the day. E-learning is the revolutionary marriage of technology and knowledge transfer. According to Jane Knight of the e-learning Centre, electronic learning can offer just about anything to "just about anyone who wants to find out something on either a formal or casual basis". E-learning offers a variety of possibilities.

Dr. Ruth Colvin Clark (2003) defines e-learning as "instruction that is delivered on a computer by way of CD-ROM, Internet, or intranet." The "e" in e-learning refers to the "how" – how the course or content is digitized so that it can be stored in some electronic format. The "learning" in e-learning refers to the "what" – what content is included and the ways to help people learn it. Why e-learning? The purpose of e-learning then is to make use of available computer technology to help individuals within the defence team achieve educational goals and to help the Department build personnel skills related to improved job performance.

Before we start an in-depth discussion on e-learning, let's make sure that we completely understand where e-learning fits within the DND. E-learning is an instructional strategy in much the same way that face-to-face classroom instruction and on-the-job training are instructional strategies; nothing more; nothing less. E-learning is not a magic pill that will cure all the learning and training requirements of the department, nor is it suitable for all learning events. E-learning is just one method of achieving education and training goals.

Is e-learning better? Education and training on computers has been around for many years within both industry and the DND. Contrary to the impression that is given in the media on the use and benefits of e-learning, much of what we are seeing under the label of e-learning is not new. There have been hundreds of studies done on the effectiveness of various media (computer-based, audio/video, paper-based), with most of these studies leading to a similar conclusion: there is no significant difference in learning (Clark, 1994; Dillon and Gabbard, 1998).

So why do we want to embrace e-learning? What makes it different? Learning online means that you can learn when you want and where you want – at home, at work, day or night. A whole world of flexible and accessible ways to further one's education is now at hand. Previously, learners went to the education; now education goes to the learner. Using computers gives the learner another opportunity to engage with the learning environment, whether that is at the desktop or at the Learning and Career Centre. Computers and e-learning create Access to Content, which has not been readily available to learners before. This drives the learner to quench his/her thirst for knowledge by enabling real-time, real-world exploration from the desktop. E-learning also provides the learner with individualized learning by delivering content that is media rich and hypermedia capable. Learners can undertake courseware at their own pace – from home, school, or work — and be directed, through interactive assessments, to additional material(s) to facilitate or enrich the learning experience or remedial materials.

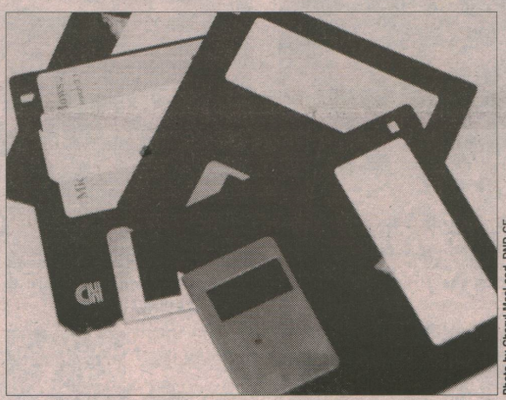

Photo by Cheryl MacLeod, DND-CF

Finally, e-learning and computers are creating a revolution in communications by facilitating efficient and effective contact and enabling teacher peer networks, student interaction with instructors and a diverse virtual student body (Communities of Practice).

Career Pathways: Embark on the Journey

By Darla McFarlane

Since the Saskatchewan Joint Career Transition Committee (JCTC) introduced Career Pathways to the federal public service over 3 years ago, the program has become the most successful JCTC initiative to date. With more than 6500 training days offered to over 30 classification groups in 25 departments, the JCTC and participating departments have cause to celebrate. When it comes to career management, Career Pathways is helping employees climb into the driver's seat and manoeuvre their careers down the road of their choice.

The Career Pathways program consists of 10 modules or units, delivered in any order or combination depending on a participant's specific learning needs. Modules 1-5 provide employees with a deeper understanding of career management issues and strategies. Modules 8-10 guide employees through the competition process by providing resume and interview advice, and improving their understanding of federal public service staffing procedures and values. Skilled and trained facilitators employ a range of instructional strategies and activities to share the content with participants in either half day or full day sessions.

The Winnipeg Learning and Career Centre (LCC) shares the JCTC's commitment to the well-being of federal public service employees and is offering several Career Pathways modules on its upcoming course calendar. If proverbial wisdom holds true, the journey matters more than the destination, but neither can be experienced unless you first learn how to turn the wheel.

Visit the Winnipeg LCC intranet site for full course descriptions and registration information:
http://hr.ottawa-hull.mil.ca/hrciv/regions/prairies/lcc/en/Winnipeg
For more information about the Joint Career Transition Committee (JCTC), visit their website:
http://jctc-cctc.gc.ca/main_e.html

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Air Command Band

By Sgt Shamilla Ramnawaj

The Air Command Band recently returned from its tour of eastern Canada. The first portion of the tour took the band to Ottawa for Fortissimo 2004. This major musical display took place on the grounds of Parliament Hill, featuring military bands such as The Royal Canadian Artillery Band (Edmonton), The Band of the Ceremonial Guard (Ottawa) and The Albany Marine Band (Albany, Georgia). Fortissimo attracted an audience numbering in the thousands on both occasions. The show included a variety of music, featuring a marching display by the massed bands and pipes and drums. A division of the Governor General's Footguards demonstrated excellent unison drill, which contained a feu de joie. The highlight of both evenings was the playing of Tchaikovsky's 1812 Overture, accompanied by artillery gunfire and the bells (Carillon) of the Peace tower.

The Air Command Band spent the second segment of its tour in Québec City as part of the Festival International De Musiques Militaires De Québec (FIMM). The festival was spread over four days and included the participation of ten military music ensembles. Some of these groups included: The Air Command Pipes and Drums (Ottawa), The Stadacona Band of the Maritime Forces Atlantic (Halifax), La Musique des Voltigeurs de Québec (Québec) and La Banda de conciertos del ejército de Chile (Chile). All of the bands performed individually at various outdoor locations in old Québec. The Air Command Band played a great selection of music for large and enthusiastic concert crowds. They also performed for the changing of the guard ceremony at the Citadel of Québec. All of the military bands participated in the Megaconcert, where over four hundred musicians performed musical selections under the direction of featured conductors, including the Air Command Bands Commanding Officer and Director of Music Captain Raymond Murray. The closing ceremony of the FIMM festival was shortened due to the weather, but all of the participants later gathered for a large reception to say farewell to their fellow musicians, in particular the talented band from Chile.

The Air Command Band returned home to Winnipeg in September and is currently preparing for its upcoming performance schedule. For more information on the Air Command Band's concert calendar please call local X5182 or visit the website at: www.airforce.forces.ca/acband



The Air Command Band rehearses as the stationary band for Fortissimo.



The massed bands and guard division rehearse for Fortissimo at Carleton University.



The Governor General's Footguards demonstrate skillful drill on Parliament Hill.



The massed bands began Fortissimo with a marching display.



The Air Command Band and the Air Command Pipes and Drums together for the opening Ceremonies of the Festival International De Musiques Militaires De Québec (FIMM).



The Air Command Band performs the national anthem of Chile with La Banda de conciertos del ejército de Chile.



Photo by Jen Sharpe

This destroyed Bell 206 Jet Ranger helicopter originally crashed a few years ago in Alberta. Its crash site was recreated for the Advanced FSO's Course exercise.



Photo by Jen Sharpe

Capt Stephan Paquet, of the Directorate of Flight Safety at NDHQ in Ottawa, photographs a photographic representation of a crash impact area during the Advanced FSO's Course exercise outside CFSSAT on 23 September 2004.

Flight Safety Officers Investigate Mock Crash Site

By Jen Sharpe

Once a year, outside the CF School of Survival and Aeromedical Training (CFSSAT) at 17 Wing, a complex flight crash scene is set. Wreckage is strewn mere meters from the school, including aircraft parts, a battered fuselage, and photos of gouged terrain.

The destroyed Bell 206 Jet Ranger helicopter littering CFSSAT's lawn originally crashed in Alberta a few years ago; at that time, the crash was expertly studied by a Directorate of Flight Safety investigation team who concluded what went wrong and why the crash happened as it did.

On 23 September, the crash was painstakingly recreated—metal fragments, impact sites, and all—to train Flight Safety Officers (FSOs) on the Advanced Flight Safety Officer's course, conducted by 1CAD's Flight Safety section. Once finished the three-day course, the 25 Canadian and international students will return to their respective Wings as senior FSOs, conducting their own investigations of flight safety incidents occurring in their area.

According to Major Mike Wolter, 1CAD FSO, the course teaches prospective Wing FSOs their role in the investigative process. The subjects include evidence preservation, crash site illustration, fluid sampling and dealing with the inevitable media barrage.

"Post fire and ambulance, the FSO will initially work towards securing and preserving evidence," he says. "While taking photos and mapping out the crash site, they will also probably have to deal with the media and learn how to answer their questions tactfully in a high-stress situation."

To make the exercise as realistic as possible, journalism students from Academy of Broadcasting Corporation and real local media were invited to the "crash site." All flight safety students had the opportunity to photograph and map the site, as well as deal with the media.

Although the Advanced FSO Course is only offered once a year, a basic version of the course is offered six times a year. The seven-day basic course is the initial course given to new Unit FSOs.

Ex Urban Beginning

Captions by Sgt Amber Bineau



Photo by Cpl WC Gomm 38 CBG HQ

WINNIPEG - Soldiers from The Royal Winnipeg Rifles advance on the enemy position, keeping their heads low to avoid enemy fire. The Royal Winnipeg Rifles (RWR) and The Queen's Own Cameron Highlanders of Canada (QOCH) participated in Urban Operations training on Saturday and Sunday called Exercise URBAN BEGINNING. The Army Reserve soldiers trained at Paintball Paradise facilities in St. Laurent, Manitoba. The Urban Operations training included lectures and demonstrations, as well as section-level (a group of eight to ten soldiers) house clearing drills. Soldiers engage in this kind of training because it provides a more realistic environment for them to test their skills. Both the RWR and QOCH are Army Reserve infantry units located at Minto Armoury in Winnipeg. The units belong to 38 Canadian Brigade Group - the parent organization of all Army Reserve units from across Saskatchewan, Manitoba and Northwestern Ontario.



Photo by Cpl WC Gomm 38 CBG HQ

A member of the enenmy force, Cpl Emily Kenny of The Royal Winnipeg Rifles Band, cleans off her visor in preparation for the next attack.



Photo by Cpl WC Gomm 38 CBG HQ

A soldier from The Royal Winnipeg Rifles fires at the enemy forces.



Photo by Cpl WC Gomm 38 CBG HQ

▲ Orders are passed, as soldiers of The Queen's Own Cameron Highlanders of Canada, prepare to take out the next room of the enemy house.



Photo by Cpl WC Gomm 38 CBG HQ

◀ A soldier from the Queen's Own Cameron Highlanders of Canada quickly moves off to cut off enemy fire, while his fellow soldiers provide covering fire.

Battle Of Britain



Photo by Cpl Steven Bogue 17 Wing Imaging

Flt Lt Simon van der Wijngaart (left) of the Royal Australian Air Force (RAAF) and Flt Lt Anton Cronin (right) of the Royal New Zealand Air Force (RNZAF) join two Air Cadets to lay wreaths at the Air Force Association of Canada's 64th Battle of Britain Parade held Sunday, Sept. 19, at the Garden of Memories at 17 Wing Winnipeg. Flt. Lts van der Wijngaart and Cronin are two exchange officers serving with the Canadian Forces Air Navigation School (CFANS) in Winnipeg and also represent two countries that were part of the British Commonwealth Air Training Plan (BCATP).



Photo by Cpl Steven Bogue 17 Wing Imaging

Pilot Officer Mathew Stade (RAAF) (front centre), 2Lt Andreas Torgersen, Royal Norwegian Air Force (RNAF), and Cpl Sean Bampton (right) of the Canadian Forces Air Navigation School (CFANS) during the memorial service of the Battle of Britain parade held at the Garden of Memories adjacent 1 CAD HQ at 17 Wing Winnipeg.



Photo by Cpl Steven Bogue 17 Wing Imaging

Flt Lt Anton Cronin (RNZAF), escorted by an air cadet with the 170 St. James Unit, prepares to lay a wreath on behalf of New Zealand, one of the four Commonwealth countries that participated in the Battle of Britain.

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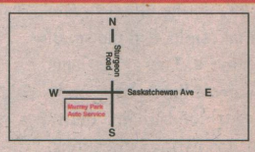

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Taking The "DIE" Out Of "DIET" Part 2

By Jennifer Taylor, RN, BScN, Health Promotion Director

The body is amazing in its ability to perform numerous life-sustaining functions simultaneously. If you look at each system of the body closely, you'll find coordinated, complex processes being carried out by single cells working together. We will look more closely at digestion in this article, Part 2 of our series. Entire books have been written on this subject so keep in mind we will present information succinctly.

We know the basics; we eat food and it provides us with energy. Our bodies use energy to keep things going (heart beating, breathing, thinking) and to get through our day-to-day activities (walking, working, housework). Excess energy is stored as fat, and waste products of digestion eliminated.

Let's look at the actual digestion process: The six nutrients our bodies need are water, carbohydrates, fat, protein, vitamins, and minerals. After chewing food, it travels to the stomach. The stomach mixes and liquefies food through muscle contractions and the use of hydrochloric acid. The stomach releases small amounts of liquefied food into the intestine. The liquefied food is then broken down into nutrients by the chemicals in the small intestine. The concentration of digestive chemicals is determined by communication through body processes telling the pancreas or intestine cells when to release more. The absorption of nutrients into the blood stream also takes place in the small intestine. These nutrients are carried through the body by the bloodstream, delivered to various locations, and used to complete those complex, coordinated processes we mentioned in paragraph 1.

So maybe you're thinking, why the article on digestion. I wanted to address fad diets that discourage us from eating certain combinations of food because the body is unable to digest different types of food at the same time. According to Sizer, a registered dietitian, and Whitney, who holds a PhD in biology, in their book, Nutrition, Concepts and Controversies, a healthy body can manage any combination of food easily. These authors state all foods, despite their identity, are broken down into nutrients by chemicals released into the small intestine.

This explanation breaks down (no pun intended!) digestion into one paragraph. It is basic, but important, information that will set the stage for the next few articles in the series. In this article, we discussed the 6 different nutrients needed by the body. Of these 6, the body gets its energy from carbohydrates, fat, and protein. Watch for the next edition of the Voxair when we will look at energy more closely. We'll investigate calories, how the body stores fat, and explore the equation that can help prevent fat gain.

The following resource was used as a reference for information in this article: Sizer, F.S, and Whitney, E.N., Nutrition Concepts and Controversies, Wadsworth/Thomson Learning., 2003.

For additional information contact Health Promotion:
Penny @ 4150 or
Sheila @ 4160

STRENGTHENING THE FORCES
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Recycling Your Old Computer Equipment

(NC)-There used to be a time when you just didn't care what happened to computer products after you used them. You bought them, threw them out, and forgot about them.

Not any more. North America is running out of landfill space, while savvy consumers – piqued by a rising environmental consciousness – want to do more to save the planet. While computers comprise only 1 to 2 % of the solid wastestream throwing them in the garbage represents a waste of resources that can & should be recycled.

It's also turning into a pocket-book issue. Several jurisdictions are taking action to reduce the amount of discarded computer equipment clogging up municipal garbage dumps.

Recently, Alberta imposed up to $45 disposal fee on electronic equipment including PCs and monitors; other provinces could soon follow the province's example.

Original Equipment Manufacturers (OEMs) are taking a more comprehensive approach to the environment by introducing programs encouraging the three "Rs" – reduce, reuse, and recycle.

For example, Hewlett Packard's Planet Partners recycling service provides an easy way to recycle any brand of computer equipment or printing supplies.

The company's recycling program – based on international environmental management standards – ensures that unwanted hardware or printing supplies don't end up in the local landfill.

To date, more than 64 million HP ink-jet and laser-jet cartridges have been recycled worldwide and has been in place for over seven years in Canada.

HP does it by facilitating the return and recycling of ink-jet print cartridges free of charge.

That's important because consumers don't realize that many companies don't recycle used products.

A good portion of remanufactured ink cartridges, for example, end up in landfills, lost to the recycling process and a potential source of pollution.

Research also shows that remanufactured cartridges can be overfilled and therefore, prone to leakage.

So, while the remanufacturing process delays cartridges from entering the waste stream, it does not necessarily relieve their overall impact on the environment.

This is why consumers need to educate themselves about the options:

- Find out what companies have recycling programs in place for the printing supplies you purchase from them.
- Consider using ink cartridges that are designed to work together with your printer – it will improve output and minimize inconsistent yields that waste resources by reprinting.
- Consider alternatives to disposal: why not donate your used PC to a school.

Finally, don't shy away from asking detailed questions about what the manufacturer is doing to enhance its recycling policies. The more you demand higher environmental standards, the more they will respond.

- News Canada

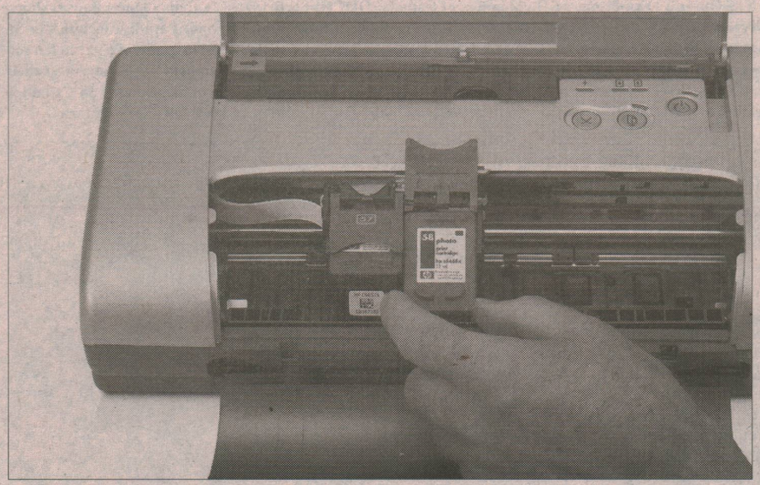

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Photo by Cpl Steven Bogue 17 Wing Imaging

LCol J.W. Kerr, CD Acting 17 Wing Commander (left) and 17 Wing Chief Warrent Officer (right) prepare to lay a wreath on behave of 17 Wing.

Garden Of Memories Holds Unique History

By Capt Mary Lee, 17 Wing Public Affairs

The 64th Annual Battle of Britain Parade organized by the Air Force Association of Canada was held at the Garden of Memories Sunday, September 19, 2004 adjacent the 1 Canadian Air Division/Canadian NORAD Region (1 CAD/CANR) Headquarters outside Air Force Way Gate.

17 Wing was proudly represented in the commemorative parade providing representation from all four Commonwealth countries that fought in the famous air raids – Canada, United Kingdom, Australia and New Zealand. Young Air Cadets and senior Veterans gathered together at the memorial service to pay tribute to those airmen who gave their lives during the battle. Among them were staff and students of the Canadian Forces Ai r Navigation School (CFANS) including international exchange officers from the Royal Australian Air Force, the Royal New Zealand Air Force and the Royal Norwegian Air Force each of whom laid a wreath on behalf of their nation. While Norway did not actively participate in the Battle of Britain their contribution to the British Commonwealth Air Training Plan (BCATP) was notable.

The Garden of Memories is, in fact, a commemorative site that acknowledges the participation of Manitoba in the BCATP and pays tribute to the alliance the Royal Canadian Air Force had with its allies during the Second World War. Which is why it is the ideal location for the Battle of Britain parade.

The idea for the memorial site was started in 1996 by 500 (City of Winnipeg) Wing of the Air Force Association with the intent to have a memorial park where Veterans, friends and family could purchase and display a Memory Stone in the name of an individual who had served with the BCATP or who was associated with the Air Force including civilians.

Since the park opened June 6, 1999, all of the 1600 Memory Stones have been purchased; the last stone just recently purchased Sept 24. One of those remaining Memory Stones recently purchased will be dedicated to Air Commodore Leonard Birchall, the late honorary colonel for 413 (Transport & Rescue) Squadron Greenwood who passed away September 10th. Hon.-Col. Ben Van Ruiten, 17 Wing honorary colonel, and his wife Arlene purchased the stone for Air Commodore Birchall's wife Kathleen who resides in Kingston.

Among other past serving airmen whose names are etched on stones in the Garden of Memories is the late actor Richard Burton, who served only a short period of time as an officer cadet training in Portage la Prairie with the BCATP.

Norman Clark, co-chairman of the Garden of Memories committee, tells of the story of a family who would invite a number of young RAF cadets to their home, among them Richard Burton. Norman Clark persuaded this family (who shall remain unidentified) to make a dedication in the actor's honour. After the idea was agreed to, the thought came to Norman's mind to invite Elizabeth Taylor to the 2001dedication. Regrettably she had to decline the invite, explained Norman Clark, due to prior engagement.

"Just as well," stated Norman Clark, "had she agreed to come there wouldn't be enough military police in the country to control the crowd!"

With the last 21 Memory Stones now purchased, the committee is in discussion to expand the park with an additional 345 stones. The park is already riddled with symbolism right down to the way in which it is constructed. However, the additional stones would certainly represent another piece of war trivia adding to the commemorative meaning behind the Garden of Memories.

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ComRec Clubs Cure Stir-Crazies

By Jen Sharpe

October is typically the month where folks get into the swing of things. Within the military community, the spring/summer posting season is finished and members are able to settle down and finally get to know their surroundings. For kids, October means a full month of school has passed and the balance between classes, homework, and extra-curricular activities has been fine-tuned (or at least acknowledged).

Now that most people—young and old—have their schedules in order, October is a good time to test out that activity you've always wanted to try, or perfect that activity you've been working on for years.

With over ten sport and hobby clubs ranging from Scuba to Strategy Gaming, the Community Recreation office can cure almost anyone's autumn stir-crazies. Although the annual club recruitment drive was over weeks ago, new members are always welcome at the friendly, energetic, and energizing clubs supported by Community Recreation.

According to Community Recreation Director Melissa Davidson, the clubs provide a valuable social venue for many military members and their families.

"The leisure-time activities and total fitness workout that the clubs provide is extremely important to military families," she says. "Most clubs have a minimal charge—Badminton is free, in fact—and many offer family rates so the whole family can get involved. The friendly atmosphere is great, and, considering the great services you're getting, the price is unbeatable."

For many of the clubs, like the Woodworking club, equipment and workspace is included in the enrolment fee. "We have all the woodworking tools and machines you could ever need—pretty much anything that makes a lot of noise," quips Capt Steve Wilson, president of the Woodworking Club. Because Club benefits include contact with wood wholesalers, Capt Wilson emphasizes "the only limitation is the person's imagination."

The Woodworking Club is one of the most popular at 17 Wing with an average of 50 to 60 military and civilian members. "It's an atmosphere where everyone is welcome, and it's a place to unwind and work safely at your own pace," explains Capt Wilson. "Club members work on personal projects, from bird houses to fine furniture." To accommodate Wing shift workers, the Building 33 Woodworking Shop is open 24/7.

With more structured meeting times but an equally welcoming atmosphere, the Goju Ryu Karate Club is another popular venue for military members and civilians. Sundays, Mondays, and Wednesdays, the Club meets at Lipsett Hall to study the disciplined martial art originating in the islands of Okinawa.

The Goju Ryu Club is presided over by Capt David Langille, but classes are taught by Sensei Shaun Johnson, who came to Winnipeg when his father was posted here. Johnson has been studying Karate for 11 years and is currently a second degree Black Belt.

According to Capt Langille, Johnson's teaching and karate skills are the secret to the Club's success. "Sensei Shaun is a top-notch instructor, and especially great with kids," Capt Langille explains. "Karate is a great activity for young people in general, because it gives them the opportunity to learn from their elders and to focus on their lives. . . . But anyone can benefit from the fitness and confidence building the sport provides."

The Woodworking Club, the Gujo Ryu Karate Club, and all other 17 Wing clubs can be reached through the Building 90 Community Recreation office (833-1500 ext. 5976). Interested persons can also contact the club presidents directly at the extensions found below. A complete list of clubs, activity schedules, and contact information can be picked up at the B90 and Lipsett Hall front desks.

Recreation Clubs

Badminton: **MWO J. Runge (6102)**
Ceramics: **Judy Martin (488-1176)**
Gardening: **Sgt D. Reid (6527), Marie-France Reid (5859)**
Judo: **LCol D. Constable (5793)**
Canada Goju Ryu Karate: **Capt D. Langille (5889)**
Shokotan Karate: **MWO G. Kohinski (6536)**
Scuba: **Cpl S. Joly (5240)**
Strategy Gaming: **Capt P. Comeau (5872)**
Swim Team: **Maj A. Sawatsky (4242)**
Toastmaster: **Terry Stoddart (889-9879)**
Woodhobby: **Capt S. Wilson (6674)**

PROGRAMS	MON	TUE	WED	THU	FRI	SAT	SUN
Pilates MPR		1830-1930				0930-1030	
CKick MPR	1200-1300		1200-1300		1200-1300		
CKick Drop In	1730-1830						
Sculpt/Tone MPR		1700-1800		1700-1800			
Yoga			1730-1830				
Aqua-Fit		1830-1930		1830-1930			
Swim Lessons B90	1630-1830		1630-1830 MFRCTots	0930-2145 Med/Cross	1700-1930	0900-noon	
Parent Tot Swim		0930-1130	1730-1830				
Scuba		1930-2145		1930-2145			1000-1200
ShoKarate B90	1900-2030		1900-2030			1000-1200	
Spinning			1730-1830				
Str. Gaming MPR						1200-1800 2nd & 4th Saturdays	
Judo B21	1900-2100		1900-2100				
Badminton (L)			1900-2200				1900-2200
Gujo Karate (L)	1800-2000		1800-2000				1600-1800
Swim Club (L)	1700-1930	1700-1830	1700-1930	1700-1830	1700-1900	0700-0900	
Toastmasters B33				1200-1330			
Library B33	1600-2000	1600-2000	1000-1700	1600-2000			1200-1500
ComputerLab B33	1600-2000	1600-2000	1600-2000	1600-2000	1600-1900		1200-1500

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Military Family Resource Centre

MFRC/WMCC Family Fun Day
THANK YOU!!!!

Thank you to all of the 17 Wing and 1CAD military and civilian personnel that made this year's event a great success

A special thanks to all of the volunteers – the Family Fun Day Committee and Executive, the 400th Pathfinders and most importantly the fantastic MFRC and WMCC Volunteers. The event would not have been a success without you!

A big special Thank you to our sponsors

THE Great-West Life ASSURANCE COMPANY

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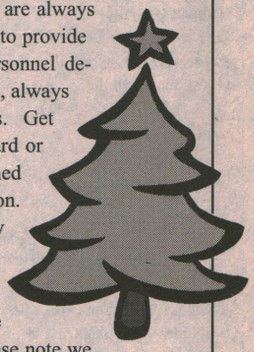
Donations Needed!!!



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/Dear 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

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!

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		***Children's Programs/ Emergency Childcare***	
Mona Currie	4500	W. Richardson	2491 *or* 6846
Teen Centre	4502	***Employment Assistance***	
Executive Director		John Chabih	4511
Don Brennan	4504	***Special Needs/ PIC Social Worker***	
Deployment Services		Haley Schroeder	4512
C. Chatterley	4506	***Francophone Services***	
Volunteer Services		Louise Cameron	4515
Nicole Johnson	4507	***Thunder Bay MFRC***	
Youth/Adult Services		Donna Hrycyszyn (807) 345-5116	
Diane Brine	4508		
Information & Referral			
Linda Belisle	4509		

Deployment Services… at a Glance

- **Deployment Info packages** – tailored to the unique needs of your family. From parenting tips to maps, coloring books to postal regulations; we can prepare a unique package just for you.
- **The Warm Line** – Your "how's it going" call.
- **Children's Deployment Support Groups** - in school and out
- **School Outreach** – resources for teachers, childcare providers and staff briefings
- **Special Group Projects** – letters to the troops, classroom visitors
- **Parcel Packing Station and mail drop-off**
- **Community Computers, Fax machine** – They are always on!
- **Digital Camera, Cassette Tape recorder** - yours to borrow or use on-site.
- **Deployment resource library** – everything from videos to colouring books! Open 8:30-4:30 M-F @ 102 Comet St.
- **Deployment services briefings** – at unit level on request
- **Yellow Ribbon Service** – pick up some supplies for your reunion!

Upcoming workshops….

All workshops at 102 Comet St. unless otherwise indicated

- **"Deployment and you"** – everything you need to know!!!
  Call for the date of the next workshop
- **"Homeward Bound"** – Reunion and families
  Next workshop is November18, 7pm .
- **"Underwraps"**- a parcel support group for families separated by deployment.
  Saturdays - 1-3pm
  Upcoming dates: 13Nov &11Dec
- **"Op-portunities"**- a weekly adult activity group, doing everything from crafts to selling your home. Check more details in Adult Programs
  Every Thursday
- **Building Blocks** – a group for children and parents, exploring and celebrating the CF way of life. Check out Parenting programs for more info.
  Coming Tuesdays
- **Day by Day** – A peer support group for youth experiencing separation/deployment.
  Call 4512 for the next group dates.
- **Parenting Though a Deployment/Temporary Duty** - The goal of this workshop is to show you some coping strategies and resources to help your family sail through deployment.
  Call 4508 for the next workshop date.

To find out more about any of these services, please call Catherine at 4506.

Together *in* Church



CATHOLIC

Chaplains

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

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

Secretary
Carol Cochrane
Office 833-2500 ext. 5087

Masses
(English only)
Sat - 1630 hrs & Sun - 0900 hrs

Religious Education
Religious Education classes are available to all students from Preschool to Grade 6. Please call the office for information on registration.

Confessions
The sacrament of reconciliation is offered 20 minutes before mass and by apointment. Contact the Chaplins' office.

Baptisms
We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

Weddings -Marriages
Contact the chaplain at least six months in advance. A marriage-preparation course is a requirement.

Catholic Women's League
Meets the third Tue of the month at 1900 hrs in the Chapel Annex.

PROTESTANT

Chaplains

Padre Bob Brinn
(United Church)
Office 833-2500 ext 5349

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 c haplain 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.

Mark Your Calendars

Presented by
The Winnipeg Learning and Career Centre, the Wing Personnel Selection Office, the Military Family Resource Centre, and the Employee Assistance Program

UPCOMING LUNCH AND LEARN SESSIONS

Thursday, October 14/04
Internet Research — Janice Ludberg, Librarian, CFSAS

Wednesday, November 10/04
Government Online Partners and Services — Chris Dobbs, HRSD

Thursday, November 18/04
Winning Spirit — Cec Hanec, Cec Hanec and Associates

Thursday, December 2/04
Identity Theft — Marjorie Kolbe, Director, Consumers Bureau, Manitoba Department of Finance

Thursday, December 9/04
Cooking Class — MWO Jose Dulude, Food Services Supervisor, Wing Foods

Tuesday, January 19/05
CPP Disability Benefits — Claudette Dupont, Rehabilitation Case Manager, CPP Disability, SDC



Participants from the
17 Wing Youth Adventure Trip

Would like to thank the following people for their support and assistance with fundraising and trip planning.

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Bldg 90 Facility Coordinator
Canex
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PSP Summer Students
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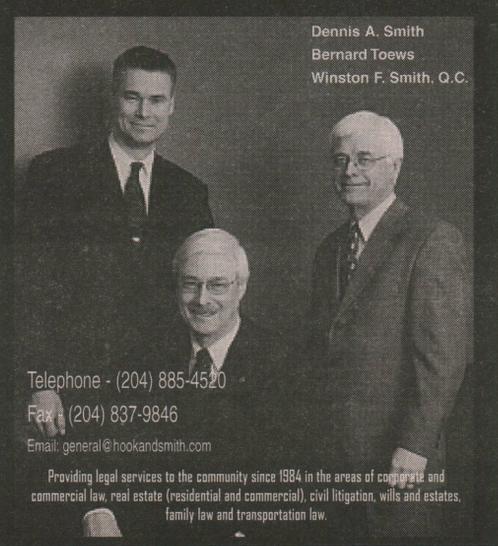

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1983 Volkswagon Westphalia Camper Van, Good condition, $10,900 OBO, Call 298-0465

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 Perego 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

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

1993 Dodge Spirit w/Gold Package
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Browning 308 Cal Rifle
W/ scope and 2 boxes of shells, $450, Call 489-8096

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TAROSCOPES

BY NANCY

ARIES (March 21 – April 19): Accept that grand improvements are beyond reach right now. You're deluding yourself about the time, energy and money you have to expend. Don't confuse a wish with a reality. Needs must be addressed first. Start small though and go slowly and change will come.

TAURUS (April 20 – May 20): You have to keep learning to remain confident that you can teach others in a formal or informal setting. A good way to do this is to take a trip or go to a conference. Invest in further education when it excites or intrigues you. If you want to impress others, just be yourself.

GEMINI (May 21 – June 21): Honesty is commendable. If you fear that your words could be twisted to make you look a fool, relax; your principles and performance make your worth obvious. Not everyone realizes being part of a team means consideration of others. Educating these folks is not your job.

CANCER (June 22 – July 22): Avoid overindulging. Set boundaries to keep the game players at bay. If you're in a position of authority you must remain objective and neutral or you'll lose respect. Giving your fears free rein can influence your expectations and assumptions about the future.

LEO (July 23 – August 22): Go very slowly in negotiations. In contracts include a clause that allows for your withdrawal to cover the contingency of a change in your cash flow. Watch how people act and see if it matches what they say. Hidden information comes to light revealing the motives of another.

VIRGO (August 23 – September 22): You're seen as the one with the answers and the driving force that others depend on. Strive for balance by meeting your own needs too, or your body will send you a message to slow down. Take care of yourself now to avoid ailments that are being passed around.

LIBRA (September 23 – October 23): Working with a group leads to greater discoveries and more than one solution to a problem. Take care in what you say for the words you choose are of great significance. Work at your presentation to ensure it clarifies your position to others.

SCORPIO (October 24 – November 21): Tough situations bring out the best in you. Right now the more stressed and emotional the people are around you the more your own talents are needed and noted. Accept that others may want to rehash the past and keep arguments alive for their own reasons.

SAGITARIUS (November 22 – December 21): If you're making a choice don't be too eager to accept the first offer that comes along. Change for the sake of change will see you right back where you started in a few months time. If you're honest with yourself and others about what you want it's easier to get.

CAPRICORN (December 22 – January 19): Organizational changes could bring a promotion or a chance to work with a special group. Pay attention to personal and joint goals. Acknowledge that completing things is as important as initiating new ventures. Deal with personal business; file documents carefully.

AQUARIUS (January 20 – February 18): Focus on only a couple of things right now. Setting and meeting your own standards is important but don't set them so high they are mountains in your mind. Completion is important. Observe how others manage to meet commitments if you need inspiration.

PISCES (February 19 – March 20): It's the right time to show your true self even if you've experienced censure in the past. Consider the spirit in which you do things and do things that excite your spirit. You get a lot more living in when you don't waste time on doing things you think you should. Schedule fun.

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