THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg
NOVEMBER 3, 2004 VOLUME 52, ISSUE 19 FREE



Photo by MCpl Frank Hudec, Canadian Forces Combat Camera

We Will Remember



Remembrance Day Message From Camp Mirage

By Col Steff Kummel, 17 Wing Wing Commander and Camp Mirage CO

November 11 is not only a time to remember those who have given the ultimate sacrifice so that we may enjoy the freedoms and rights of our daily lives in Canada, but it is also a time to reflect on what challenges and sacrifices exist today to uphold these values. For the men and women serving in Camp Mirage, Remembrance Day will serve on both counts with special emphasis on the challenges facing us today.

As part of the OP ATHENA team, Camp Mirage personnel, of whom almost 25% come from Winnipeg, are involved in the international campaign against terrorism by providing direct support to our troops in Afghanistan who are conducting frontline patrols. It is a mission that Roto 2 has proudly undertaken since June of this year and will continue until December.

The professionalism, dedication, and success of all our personnel here and in Afghanistan are making an extremely important and noticeable contribution to increased stabilization and security in a once troubled land. So while we give thanks for those who gave so much before us, I would also like to recognize those who are making sacrifices today, on the home front and in the field, to uphold those freedoms and values we hold so dear.

(See pages 8 and 9 for more Remembrance Day messages).

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Firefighter's PT Test Unique In CF

By Jen Sharpe

Eight minutes may not sound like a long time, but when you're breathing from an oxygen tank and wearing 45 pounds worth gear and clothing, it can feel like eternity.

Once a year, 17 Wing's military firefighters must complete the grueling Fire Fighter's Physical Fitness Maintenance Program (FFPFMP), a trade-specific obstacle course conducted and monitored by PSP staff. In less than eight minutes, each firefighter must climb, haul, pull, and carry fire gear around the course to complete the test and maintain their status as an operational fire fighter.

According to Wing Firefighter Cpl Jim Thompson, the test is a competitive and high-energy show of firefighter solidarity. "There is no age category or gender bias so everyone completes the same test and meets the same fitness standards," he explains. "Of course there's friendly competition between the guys to see who can get the best time, but in the end everyone cheers on everyone else because we all understand how challenging it is."

Due to rotating shifts, the firefighters are split into two groups to complete the test on different days depending on their work schedule. This year, the tests were held in early and mid September on the fire hall floor.

The 10-stage obstacle course—precisely laid out to be consistent with the CF standard—includes a one arm hose carry, ladder climb, hose pull, forcible entry, and victim drag. Each obstacle focuses on an essential firefighting skill while providing an exhausting 8-minute workout.

"By the time you're done, you're just soaked," Cpl Thompson says. "I understand that it's one of the hardest PT tests in the CF, but it's also one of the best. It's occupation oriented, so it's applicable and designed to be relevant to our trade."

According to Lori-Ann Mundt, PSP Fitness Coordinator at 17 Wing, the test is "a great thing."

"The PSP staff got to try it out so that we could relate to what the firefighters are going through, and it really is challenging," she says. "It's a great test because it's job related and all the components are relevant to the tasks they have to do."

During the test, three PSP staff walked each firefighter through the test, continually monitoring their progress and level of fatigue. The staff also ask the firefighters how they are doing after each task because, as Mundt explains, "some tasks are more demanding than others."

Because the FFPFMP includes no gender or age bias, all 17 Wing Fire Hall members completed the test in September—except for one. "Dottie the fire dog didn't have to do the test," Cpl 0Thompson admitted with a laugh. "I don't think she would have made the 8 minutes anyway."

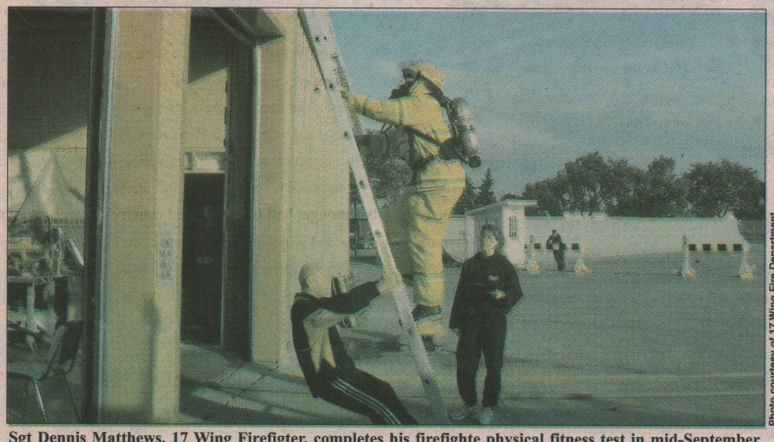

Photo courtesy of 17 Wing Fire Department

Sgt Dennis Matthews, 17 Wing Firefigter, completes his firefighte physical fitness test in mid-September. PSP personnel from B90 monitored Sgt Matthews' progress through the course.



Photo courtesy of 17 Wing Fire Department

Under the supervision of PSP fitness instructors Kim Plett and Lori-Ann Mundt, 17 Wing Firefighter Cpl Donald MacLean drags the "Rescue Randy" across the firehall floor during his fitness test.

SCAN Seminar 17 & 18 Nov 04

Registrations for the 17-18 Nov 04 SCAN Seminar are now being accepted. Please complete and submit the SCAN Registration Form found at Unit Orderly Rooms or from the WPSO OR. Email, mail or fax (2738) to Sgt Shemko WPSO CClk Bldg 135 Room 221 by 10 Nov 04. Questions with regards to the SCAN Seminar can be addressed to Lt Purcell at local 5714 or Sgt Shemko at local 2459.

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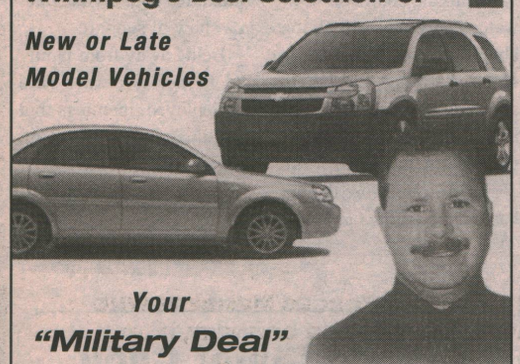

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50 Years Ago In The Voxair

November 19, 1954

News

Edited by 'F/O A. C. Bernier'

RCAF Revises Pilot Training

MONTREAL – The RCAF, faced with a shortage of aircrew, will launch a revolutionary training program intended to make it easier for the young trainee to make the steep conversion from a simple propeller craft to mastery of the supersonic jet. The major change in the aircrew training programme will be the replacement of the Harvard, the basic training aircraft for the last seven years. Details of the new programme were revealed by Wing Cmdr. C.H. Mussels, commanding officer, RCAF Central Flying School, Trenton, Ont. Wing Cmdr. Mussels gave no indication where the large number of Chipmunks needed for the programme would be built, but the aircraft have been produced in the past at de Havilland's Toronto plant.

U.S. Aviation Changes to Nautical Mile

WASHINGTON – Aviation in the United States has officially switched over from the statute mile to the nautical mile and the knot. The Civil Aeronautics Administration announced it would normally transmit information as to speed and distance, in ground-to-air communication, in nautical units, but, on specific request, also would transmit them in statute miles. The American decision to switch to the nautical mile for air-flight measurement has renewed interest in the problem in Canada, a transport department official says. At present the RCAF and commercial aircraft flying overseas routes use the nautical mile, but civil aviation in Canada flies the statute mile.

U.S. Engines for CF-105

The first model of Canada's speedy new supersonic jet fighter—the CF-105—is being planned for test flight in 1956 and it may be powered by engines imported from the United States, federal authorities have disclosed. Originally there had been some thought of a Canadian engine being modified to fit into the planned delta-winged fighter, but now the feeling is that the plane will require far more engine thrust or "push" than any Canadian-produced engine can provide.

Avro's Jet Research Project

TORONTO – A cornerstone was laid in October at Malton for Canada's first establishment dedicated to pure research into jet propulsion. The project, a private venture of Avro Canada Ltd., is described as another important step toward Canadian self-sufficiency in jet aviation. Avro has been the nation's pioneer in this field.

RCAF May Train Germans Under NATO Plan

Canada in a few years may train German fliers and ship armaments to West Germany. Now that Germany has been admitted into the North Atlantic Treaty Organization, she presumably will receive the same treatment as other NATO partners. Germany will be allowed to build a 1,000-plane air force as a contribution to Western defence. Informants said it is unlikely—at least at the moment—that any part of the Canadian infantry brigade in Europe will be used to help bring into being or train a 12-division German Army. They said the brigade is too small to break up for such purposes and that if instructional units were needed, they would probably be taken from the British, French and U.S. forces.



Allies Gamble on West Germany

MONTREAL – Once again the Allies have taken a big gamble on Germany. Unless the Russians manage to upset the applecart—and they're trying hard, though without much immediate chance of success—the 15-nation agreements signed during the weekend at Paris means: 1. West Germany becomes an almost free and not-quite-sovereign nation less than 10 years after all Germany was at war with both Russia and the West, then allies. 2. West Germany—the stronger half of the divided country—comes into the Western defence setup, and will supply 12 divisions. 3. The allied occupation of West Germany ends—as such. This doesn't mean British, American and French troops will go home. It means they'll stay in Germany, but with German consent.

Atom Bomb Planes vs. Guided Missiles

VANCOUVER – Atom-bomb planes rather than guided missiles pose the biggest threat to British Columbia, says Air Vice-marshal F.V. Heakes, provincial defence co-ordinator. He rates Vancouver as an important Canadian target and says all plans of his organization are based on bombing by aircraft. Air Vice-Marshal Heakes does not agree with the view of Dr. Gordon Shrum, director of the B.C. Research Council and head of the physics department of the University of British Columbia. Dr. Shrum has predicted that Seattle could well be the major target of an international guided missile, and he has said "the fall-out of radio-active dust would render Vancouver uninhabitable for at least two years."

"Tridac"

LONDON – Britain disclosed it has developed a giant electronic brain, the size of six houses, to simulate aerial dog fights on a 3-dimensional screen and help solve missile problems. An Air Ministry spokesman said the machine is called "Tridac" (three-dimensional analogue computer) and is being installed at the Royal Aircraft establishment at Farnborough.

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Community Recreation Fall Programming

Submitted by Dana Glover

Survivor Nights

Since Richard Hatch devised the strategy of alliances and walked away with the first million dollar prize viewers around the world have been captivated with Mark Burnett's show Survivor. This season Community Recreation offers the ultimate Survivor party. Long time fans or new viewers are invited to join us in the base theatre in Bldg 90 between 1900 – 2000 hrs. on Thursday nights to watch Survivor:Vanuatu. During the show viewers have the opportunity to answer Survivor trivia, compete in immunity challenges, and tribal council while hopefully winning enough beads to have the longest immunity necklace. On the night of the season finale our very own 17 Wing Survivor champ will be crowned. Can you outwit, outplay, outlast? Join us on Thursday nights to find out.

Activity Pass

Community Recreation offers you more chances to win. If you attend any of our drop-in fitness classes you already know that you are required to purchase an Activity Pass. This pass not only allows you to participate in a variety of fitness classes for only $2.33/class, but also offers you the chance to win. Once your Activity Pass has been completely used drop it off at the front desk in Bldg 90 and you will be automatically entered into our monthly draw to win a free Activity Pass. For a complete schedule of our drop in fitness classes or to purchase an Activity Pass stop by the front desk in Bldg 90.

17 Wing Community Recreation Birthday Parties!

Last fall Community Recreation unveiled a new birthday party program. This program proved to be very successful and over the summer some improvements were made based on the feedback provided by participants. Parties still run on Saturday and Sunday afternoons between 1600 – 1900 hrs, and are still worry and hassle free for parents. A Special Events Staff Person hosts each of our birthday parties. They are responsible for leading games and activities in the gym, and pool as well as facilitating crafts and time in the theater. Previously parties were booked under a specific theme that predetermined the activity blocks for each party. Themes are no longer used, however there are four activity blocks to choose from with each party consisting of two hour-long activity blocks and one hour for food and gifts at the end of the party. The following is a complete list of prices and information regarding our parties. If you would like to book a party or would like more information please call Dana at 833-2500 ext 2057.

Block A - Gym

Spend an hour in the gym playing parachute games, relay races or games of your choice such as badminton, floor hockey or soccer.

Block B - Pool

An hour spent in the pool will pass quicker than a warm day in February. Choose between games being led or having some free time to enjoy the main and kiddie pools. Please note that if you choose to spend time in the pool you will need to provide enough adults to meet the ratios as outlined in the Pool Safety Guidelines.

Block C - Theater

Bring a movie of your choice and watch it on the big screen. You will have the theater entirely to yourself for the duration of the movie.

Block D - Craft

This hour gives you the opportunity to make different crafts ranging from Quackers to aquariums. Make a memento that you can keep with you for always.



Corporal Joseph Ryan, a Vehicle Technician with the Electrical and Mechanical Engineer Section (EME) of the Theatre Support Element, works on a forklift at Camp Mirage, the Canadian Forces sustainment base located in southwest Asia.

Hi From Afghanistan

Submitted By Capt Brian Martin

At mid-morning in Camp Mirage, it's already 40 degrees Celsius inside the weather haven and the temperature continues to rise. Welcome to the environment of the Theatre Support Element EME detachment at Camp Mirage, the logistical hub for Operation ATHENA.

Originally from 17 Wing Winnipeg, EME technician Cpl Joseph Ryan, a husband and father of three, wipes sweat from his brow as he explains what he and his fellow colleagues do.

"From prescription glasses to this (Transportable Air Support Loading Unit), we fix everything," said Cpl Ryan. "We're the only one who have jewellery tools," he chuckled.

Cpl Ryan is one of approximately six technicians that, between all of them, can fix almost anything: mechanical breakdowns, leaks, weld almost anything, and, in their spare time, sew some epaulets or fix rips in flak jackets.

Their unofficial motto 'make it work by any means' which includes looking after the 1982-vintage aircraft refuellers that have had parts discontinued for more than 12 years. To make these vehicles work, the EME det must manufacture the parts on site.

Drinking eight bottles of water every day and fixing about 30 vehicles a week is not new to this detachment and appreciation of what these guys do is not lost on the rest of the TSE. The cooks always ensure the det has lots of Tange, Gatorade, freezes, and juice.

Back home in Winnipeg, Cpl Ryan's fellow members at 17 Wing EME have already shown their support to him and his family. Cpl Ryan, scheduled to participate with his daughter Megan in the 'Cruising the Crescent Walk-A-Thon' for Winnipeg's Rehabilitation Centre for Children, had to depart to Camp Mirage three days prior to the event. However, that didn't stop some 12 members from his squadron as they strapped on rucksacks and walked 10 kilometres with his daughter in a show of support.

Being away from family and friends is always hard on deployed members but the silver lining for Cpl. Ryan is "The people I work with and the Rotation (itself)."

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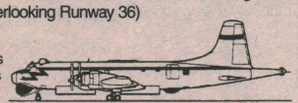

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"You Dream Of Rainbows"

By Lt François Vachon-Decarie

The ongoing construction of the new HQ, Logistics, and TIS building gets a lot of attention on 17 Wing. For us at 17 Wing TIS Sqn, these projects involve multiple levels of connectivity. Particularly, one of the main tasks is to connect the new communications infrastructures with the existing ones. That being said, most people, before being in contact with the linemen, don't realize how much work is required to obtain that dial tone when a phone is initially plugged into a wall jack.



Left to right: Cpl Pete Haurish (1 Line Sqn, lineman), MCpl Al Moore (1 Line Sqn, sect 2IC), Pte Steven Clevland (1 Line Sqn, lineman), Lt Vachon-Decarie (17 WTISS OJE), Cpl Richard Poirier (1 Line Sqn, lineman), On the bottom is Sgt Will Welbergen (1 Line Sqn, line Section Supervisor). (Missing from the picture is MCpl William Whittaker, who is deployed on operation.



Left to right: MCpl Al Moore (1 Line Sqn, sect 2IC), Cpl Pete Haurish (1 Line Sqn, lineman) , Lt Vachon-Decarie (17 WTISS OJE), Cpl Richard Poirier (1 Line Sqn, lineman), Pte Steven Clevland (1 Line Sqn, lineman), Sgt Will Welbergen (1 Line Sqn, line Section Supervisor). Missing from the picture is MCpl William Whittaker, who is deployed on operation.

The Line Section is part of the Telecommunication Maintenance Flight, which is part of the 17 Wing TIS Sqn. Even though the section works for an Air Force unit, all linemen are from the Land element and very proud of that fact. The Line Section is in charge of maintaining the existing connectivity infrastructure; they inspect and maintain antennas, copper cables and fibre optics. In order to accomplish the new buildings communication requirements, the section had to call for reinforcements. That support was found at the Joint Signal Regiment (JSR) in Kingston (aka "the mother ship") which encompasses the national linemen unit: 1 Line Sqn. A detachment was sent here to 17 Wing for a period of over a month and a half to assist us with our new installations. Let me show you why they are the only real connectivity experts!

The typical lineman has a dashing pair of knee high, steel-toed rubber boots, a flashy orange coat and goes around in a large yellow truck. He wears a full body safety harness, a gas sensor, and he carries a suitcase-sized toolbox. He is ready to work in hostile locations, like manholes where it is dark, cold, wet and more often than not stinky. As I vividly remembered from a recent experience with them when I was feeding cable from the top of a manhole, freezing to death, the Line section supervisor told me, "Sir, we build the information highway, but we sure don't get to ride on it!"

The process of pulling cables from manhole to manhole requires a lot of preparation. The conduit that links the holes hold a polypropylene rope that allows the pulling of cable with a mechanical pulley. Of course, once in a while, the conduits are either missing the internal rope, and need to be fished through, or they are literally blocked. The 3 inches thick cable consists of 3000 wires of 20 gauge copper wire, metal shield and all weather plastic sheeting. It is pretty heavy and stiff to handle. With cables that big, it is normally only possible to pull one conduit section of less than 300 meters. Therefore, there is a requirement to connect two sections of cable together at each manhole: splicing.

Two twisted wires are called a "pair" and are all that you need to create a link for a normal analog telephone line. Color-coded binder groups separate the 1500 pairs inside the cable. Each of 3000 wires must be stripped of the coated sheeting and clamped by a connector device called AMP®. The splicing itself can get very tedious; after a while, you cannot think of anything but: blue, orange, green, brown, slate, white, red, black, yellow, violet, and so on and so on…you dream of rainbows.

Fibre optics is quite touchy; it is more vulnerable to internal rupture than copper wire and also requires some special work. The termination process is done with heated plastic and polishing instruments. It is really impressive when you think of the knowledge and expertise that is required of the crew when they deal with the technical aspects of fibre optics and transmission physics.

Everywhere linemen go, you can be sure they will use many rolls of electrical tape and color-coded tie-wraps. The linemen are very proud of their work; they don't hesitate to stay late until the job is done the right way. They are very keen to ensure that all their wiring is "esthetically pleasing"… Most people do not realize how much effort is put into a single telephone line; it is hard to believe. Their work most often goes under-appreciated since their final product is hidden in closets and manholes. Therefore, next time you see a lineman working, I invite you to have a quick peek inside the manhole (be careful – talk to a lineman first and ask permission) and see for yourself why these men and women are the real connectivity experts.

A/W Comd Message On MSE Safety

By Maj S.J. Parent, TEMEO and Sgt Babcock, MSE Safety NCO

A disturbing new trend is slowly unfolding in 17 Wing. Since last April, Winnipeg has had the second worst vehicle accident statistics in the entire Air Force. With the approaching winter season upon us, 17 Wing may very well have the worst vehicle accident statistics in the Air Force if the current trend is not reversed.

A detailed analysis of our accident statistics since last April revealed that one quarter occurred while backing and almost one third occurred in parking lots. These and all other accidents are directly caused by either inattention, bad judgement or misjudging clearances on the part of the DND drivers. Almost half of the drivers involved in those accidents had over ten years of driving experience in DND. Weather, as expected, was a large contributor to our accident statistics but this reveals that drivers are not adjusting their driving habits for the weather conditions.

The TEME Squadron MSE safety section is patrolling the streets of 17 Wing and further observed a number of very disturbing practices. Drivers have been seen driving without safety belts, driving too fast for the posted speed limits and parking in safety lanes and other no-parking zones.

The total losses due to accidents in the first two quarters of this year on this Wing amount to over $80,000. This is a large amount of money that is paid from our operating budget. The loss of this money directly affects our ability to support our mission and our people. All the accidents reported so far have thankfully not caused any serious injuries to our personnel. This streak of good luck, however, will not last long. As anybody involved in safety programs knows, a growing trend in small accidents only indicates that a large accident is just around the corner.

To combat this problem and reverse the Wing's bad driving record, the TEME Squadron MSE Safety section will initiate an aggressive program to educate our DND drivers in safe driving practices. Articles relating to safe driving will be published regularly in the Voxair and new SOPs and directives will be issued in routine orders. MSE Safety patrols will also take place to help educate Wing personnel in regards to proper driving procedures. A Safe Winter Driving course for DND drivers will be re-introduced in the Wing. All Commanding Officers will be informed directly of the details of any accidents involving drivers or vehicles within their units. A new Wing Standing Order will soon be issued directing that all DND vehicles be backed into parking spots instead of driven in. This practice is already in place in many other CF bases and proved effective in reducing the number of backing accidents.

The DND safe driving week will soon be upon us during the first week of December. At that time the MSE Safety section will be actively patrolling the streets of 17 Wing to identify safe drivers. Small gift certificates will be given out at that time to reward safe drivers. Please be one of those safe drivers. If we are going to change the Wing's bad driving record, I urge you to practice safe driving practices 365 days a year and not only during the safe driving week.

So if a member of the MSE Safety section approaches you to correct a safety infraction, take it in stride, learn from what is being relayed to you and remember that they are doing it for the good of the Wing and for your safety.

Taking The "DIE" Out Of DIET Part 4

Carbohydrates And Low Carb/No Carb Diets

By Jennifer Taylor, RN, BScN, Health Promotion Director

Well, here we are at Part 4 of the series. Last week's article dealt with energy and the magic equation of attaining a healthy weight. How did you do with writing down everything you ate? Did you manage to change one thing about your food intake?

This week we are going to look at carbohydrates, one of the main sources of energy for the body. What exactly is a carbohydrate? Sizer and Whitney define carbohydrates as "Compounds composed of simple or multiple sugars" (p.100). There are simple and complex carbohydrates. Fruits and fruit juices, refined sugar, and honey are examples of simple carbs, containing single sugar units or pairs of sugar units. Whole grain breads and cereals, rice, pasta, dried peas, beans, other legumes, and potatoes are examples of complex carbs, containing long chains of sugar units. Fibre is also a carbohydrate usually made up of many sugar units, but the body's digestive chemicals are unable to break it down to use as energy.

Most carbohydrates break down (through the digestion process) into glucose (a single sugar unit). Glucose is THE preferred energy source for most body functions, in particular the brain and central nervous system (also red blood cells). The body tries to maintain control of its glucose so that it is available to the body's cells at a steady rate throughout the day.

If carbohydrates are limited or restricted completely in our diet, we will have a very limited supply of glucose. In order to meet the demands of the vital organs, like the brain and nervous system, the body will use protein to make glucose (unfortunately the body can't convert fat into glucose). The body will actually steal its own protein and prevent it from performing its jobs like repairing body tissues and maximizing the immune system. Weight loss in severely restricted carbohydrate diets is more likely lean muscle mass and water (for every 1 gram of stored carbohydrate, there are 3 grams of water stored).

In order for the body to use fat as energy, cells must use some carbohydrates. If carbohydrates are restricted, fat is broken down in the liver and forms ketone bodies that circulate through the bloodstream. Ketones disrupt the acid-base balance of the body. They cause a bad taste in your mouth and bad smelling breath.

Wholesome carb foods like whole grains, vegetables, fruit, and legumes also provide the body with numerous vitamins and minerals, not to mention fibre, all essential for optimal health. Low and no carb diets do help you lose weight. Unfortunately, the weight lost is probably lean muscle mass and water.

Losing fat and building lean muscle mass is a healthy way to achieve a healthy weight. It takes time and effort, but gives us an excellent foundation to carry us through the rest of our lives while helping prevent chronic illness. The Canada's Food Guide to Healthy Eating recommends 5 – 12 servings of grains and 5 – 12 servings of fruits and vegetables per day. Most adults fall somewhere in the middle (say 6-8) depending on our activity level. These recommended amounts provide us with the carbohydrates we need to meet our energy requirement.

Next week we will learn about trans fats, a very hot topic. Until then!

Information for this article was obtained from the following resources:
Canada's Food Guide to Healthy Eating. Health Canada.

Sizer, F. S., and Whitney, E.N., Nutrition Concepts and Controversies, Wadsworth/Thomson Learning. 2003.
Department of National Defence, Weight Wellness, Canadian Forces Weight Management Program. 2003.

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

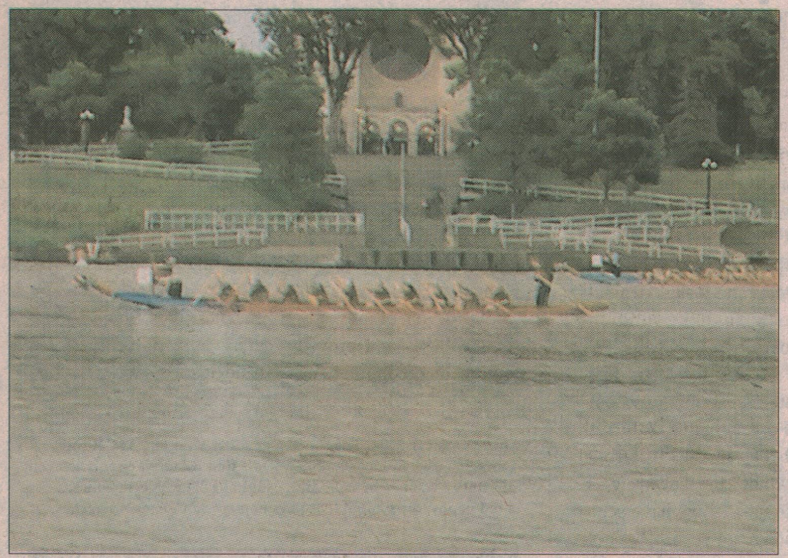
STRENGTHENING THE FORCES
ÉNERGISER LES FORCES



All In The Name Of Cancer Research:

G.I. Janes Show Dragon Boat Supremacy

By Jen Sharpe



Flying down the Red River, the G.I. Janes paddle their way to a best-ever finish in the Manitoba Dragon Boat Festival in mid-August.



Posing in their olive-drab T-shirts and camouflage bandanas, the G.I. Janes showcase their solidarity and team spirit at this year's Dragon Boat Festival.

In a passionate and powerful show of solidarity, the G.I. Janes stormed the Red River in mid-August to challenge hundreds of fierce opponents in an intense three-day battle.

Dressed in camouflage and wielding imposing wooden weapons, the 23 women and one nine-year-old girl pushed and paddled their way to victory in the name of a wonderful cause. Not only did the Janes defeat their numerous opponents, they also moved one step closer to defeating a more widespread and devastating threat: cancer.

This wasn't your typical wartime battle, but then again the G.I. Janes aren't your typical warriors. These two dozen civilian and military women—all of whom have ties with 17 Wing—did their part to fight cancer from a 12-meter, 1500 lb Dragon Boat at the Manitoba Dragon Boat Festival held August 13th to 15th.

In their first year racing as the G.I. Janes, the 17 Wing all-women's team finished first in the Women's B Division and raised over $2,500 for cancer research. According to MFRC Information Coordinator and G.I. Janes Manager Linda Belisle, intense practice sessions and focused team members propelled the team to their best-ever finish.

"We borrowed some canoe paddles from 38 Brigade and were able to practice our paddling in the children's pool here on base," she explains. "I used a clipboard and a wooden spoon to make my beat, and we would practice paddling to the beat for about half an hour." In addition to the work in the pool, the team also spent time circuit training and improving upper body strength in the weight room once a week.

In previous years, the G.I. Janes (then known as the Paddle Pushers) didn't train in the pool and thus didn't have time to perfect their strokes before race week; this year, however, the heavy canoe paddles made the transition to Dragon Boat racing that much easier. "Everybody said that the Dragon Boat paddles felt like feathers, they were so light," Belisle remembers. "We learned a lot and got a lot stronger by using big paddles in training."

Because the 17 Wing team is always one of the earliest teams to register in the Festival, they get to handpick their practice times and race times. Belisle says they prefer to race on the Friday night of the Festival so that team members can relax on Saturday before competing in the finals on Sunday.

For many, the three practices held before the races were their first chance to get in the boat and paddle to a real drum on real rushing water. "I have a bit of a paddling background so I was asked by veteran paddler Colleen Ridley if I would join the team," Melissa Davidson, rookie G.I. Jane and first time steerperson, explains. "It worked out really well. We were in the outside lane during the first race, so I only had to worry about hitting the riverbank and not a ton of other boats," she laughs.

For Belisle, the 2004 Dragon Boat Festival also presented a first: her first time as Drummer instead of paddler. Due to an injury, Belisle assumed the less physical—but perhaps more stressful—duty of keeping rhythm for the paddlers. "It was my first time drumming and it was more difficult than I thought," she admits. "You can't please everybody—you're either going too fast or too slow—but I did enjoy the role."

The entire team could agree on one thing though: raising money for cancer research is the real reason they show up and get in the water. "There's an incredible energy at the competition and it's wonderful to hear the teams get together and tell stories about how they came together," Davidson said. "It wasn't really about us or how well we placed. It was a great time for us, but we were only there to help a great cause."

With their registration already placed for next year, the G.I. Janes are looking for a few new women to join their team. Due to postings and conflicting commitments, the team is short at least two regular team members and three alternate members for next year. People shouldn't be wary of becoming an alternate, Belisle emphasizes, because they will still be able to attend all the practices and are guaranteed to race at least once on the Friday night of the Festival.

Anyone interested in joining the G.I. Janes next year should contact Linda Belisle at 833-2500, local 4509.



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Of Our
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1914-1918 and 1939 -1945
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17 Wing Winnipeg
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We Will Remember Them

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We Will Remember Them

To Those Who Served
and paid The Supreme Sacrifice
We Will Remember Them
Lest We Forget

MANITOBA AND NORTHWESTERN
ONTARIO COMMAND
THE ROYAL CANADIAN LEGION

A Remembrance Day Reminder

By Mr. Albert Bedbrook

The 11th day of November, Remembrance Day, is a day to remember, a day to reflect on so many who made the supreme sacrifice in defence of freedom and the fight against tyranny.

The freedom to protect and foster democracy has been bought at a terrible price. We have lost so many at so young who now rest in foreign fields.

In this world of conflict, there is no peace, and our men and women serving in the Forces continue to be the bulwark that protects and fosters democracy in this world of ours.

Over the years and in recent memory, our Forces have always been at the forefront when the need was great—as we have seen in recent years—but not without sacrifice.

LEST WE FORGET

When the guns be still and tumult cease,
And war no more disturb the world,
And when freedom's flag is unfurled,
And nations live again in peace
Keep in mind the goal we set
We shall not sleep if you forget.

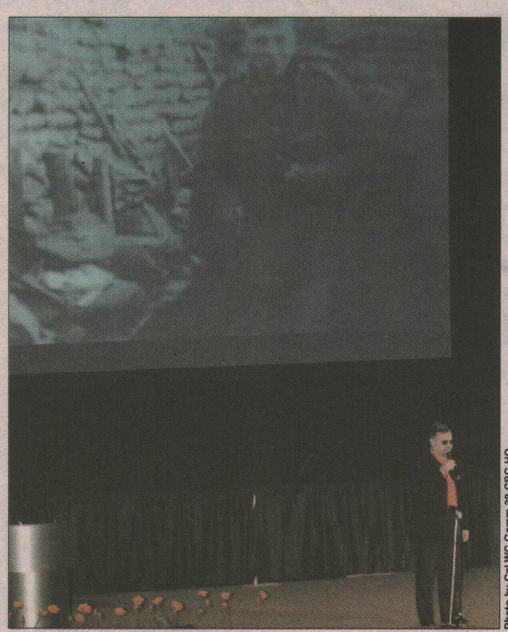

Photo by Cpl WC Gomm 38 CBG HQ

Terry Kelly sings "A Pittance of Time" while images from the First and Second World Wars play behind him.



Photo by Cpl WC Gomm 38 CBG HQ

An enlarged view of the new 25-cent coin featuring a red poppy.

On 21 October 2004, The Royal Canadian Mint and The Royal Canadian Legion unveiled the world's first coloured circulation coin at Minto Armoury in Winnipeg, Manitoba. The 25-cent coin features a red poppy, the symbol that pays homage to Canada's veterans.



Photo by Cpl WC Gomm 38 CBG HQ

Joe Fraser of The Royal Canadian Legion presents a poppy coin to Cpl Scott Hollywood of The Royal Winnipeg Rifles.



Photo by Cpl WC Gomm 38 CBG HQ

Capt Ray Murray, Director of Music for the Air Command band, directs the Band as they play "O Canada", during the opening ceremonies for The Royal Canadian Mint's first coloured 25-cent piece.

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In Remembrance of
Our Fallen Comrades
"We Will Remember Them"
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CDS Remembrance Day Message

By General Ray Henault, the Chief of the Defence Staff

Remembrance Day is a tremendous privilege for all Canadians, particularly those of us in uniform. It affords us the opportunity to remember and honour the sacrifices of those who have gone before us – and those who continue to carry on that proud legacy by choosing to serve Canada.

There is a tremendous and cumulative debt owed the men and women whose courage, dedication and selfless actions through two world wars, the Korean War and countless peacekeeping, peacemaking and humanitarian assistance missions contributed to and continue to ensure a more stable world – a debt which never will be called to account and could never be settled. But in our hearts and in our minds and in our prayers…we remember, and in so doing, we acknowledge that debt.

Despite the diminishing ranks of Canada's war veterans, Remembrance Day will always be a significant national occasion. For all service men and women to whom the torch is passed, it is a reminder. A reminder of why we in uniform do what we do to protect Canada, to protect North America, and to contribute to peace and security in the world.

The world is a much changed place – the nature of the threat even more changed – and the boundary between the home front and the international environment has vanished. By taking part in efforts to promote stability and end conflict overseas, the Canadian Forces contribute to the safety and security of Canadians at home. And I am most privileged to lead, and most proud to serve you – the men and women of the Canadian forces who so willingly pursue a most admirable profession.

We will pause at the 11th hour of the 11th day of the 11th month as an expression of our gratitude to the men and women who made the ultimate sacrifice in the defence of freedom and peace. We will pay tribute to their memory, and we will also remember those who returned home –their lives, and the lives of their families, forever changed. Inspired by their memory, and guided by their example, we renew our pledge to continue defending the values that make Canada a country we are proud to serve and proud to call home.

We will remember.



Members from Camp Mirage Roto 2 pose in front of a 432 SqnHercules on the Camp's tarmac somewhere in Southwest Asia. Nearly 300 CF members are deployed to Camp Mirage, 25% of which come from 17 Wing.



Col Steff Kummel, 17 Wing Wing Commander and Camp Mirage CO, (left) salutes the Canadian Flag during a ceremony at Camp Mirage.

Col Kummel, and the rest of Camp Mirage, will be hosting a group from 17 Wing for 10 days in early November. Look for an article about their visit in an upcoming issue of the Voxair.

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"WE WILL REMEMBER THEM"

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1939 -1945
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WE WILL REMEMBER THEM
THE KOREA VETERANS ASSOCIATION
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Of Our
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Of Past Wars
ST. JAMES BRANCH #4
THE ROYAL CANADIAN LEGION
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ARMY, NAVY & AIR FORCE
IN REMEMBRANCE OF OUR FALLEN COMRADES
WE WILL REMEMBER THEM
ROCKWOOD UNIT #303 341 WILTON

Comd 1 Canadian Air Division Tours 17 Wing



Photo by Jen Sharpe

MGen Charles Bouchard (middle front) visits 16 Hangar on his tour of 17Wing on 22 October.



Photo by Jen Sharpe

Members from 435 Sqn introduce MGen Bouchard (left of door) to the CC-130 Hercules aircraft. This was MGen Bouchard's first tour official tour of 17 Wing since assuming command of 1 Canadian Air Division on August 3, 2004.

Ex Giant Cloak



Photo by Cpl WC Gomm 38 CBG HQ

THUNDER BAY- Soldiers from The Royal Anglian Regiment and The Lake Superior Scottish Regiment prepare to disembark from a Rigid Hull Inflatable Boat (RHIB) after returning from their observation posts.

About 110 Army, Naval, Communication and Medical Reservists from Ontario, Manitoba and Saskatchewan took part in a training exercise called Exercise GIANT CLOAK held in Thunder Bay, Ontario, from 14-16 October. The Naval Reservists focused on port security training while supporting the Army Reserve units conduct small boating operations, raids and urban operations training. Two Naval Reserve dive teams conducted security sweeps in the harbour area. In addition, nine members of the British Army's Royal Anglian Regiment trained with its sister Regiment in Thunder Bay, The Lake Superior Scottish Regiment.



Photo by Cpl WC Gomm 38 CBG HQ

THUNDER BAY - Two soldiers from The Royal Anglian Regiment work their way up the stairs of "M" house, an unused Agricor grain elevator in Thunder Bay

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Better Health Care for Canadians: A 10-year plan

De meilleurs soins de santé pour les Canadiens : plan d'action sur 10 ans

Working together, the Prime Minister, Premiers and Territorial leaders have signed a 10-year plan, supported by $41 billion in new federal funding, that will lead to better health care for Canadians.

Better Health Care

☑ **Reduce waiting times**
- Improve access so that Canadians don't wait as long for key tests, treatments and surgeries

☑ **More Doctors, Nurses and other Health Professionals**
- Plans to train and hire more health professionals while also developing faster accreditation for foreign-trained health professionals

☑ **Expand home care**
- Provide better support for people being cared for or recovering at home

☑ **Improve access to family and community care**
- Increase 24/7 access to doctors, nurses and other health professionals

☑ **Better Access to Needed Medicines**
- A commitment to manage drug costs and ensure that no family is forced to choose between needed medicines and financial ruin

☑ **Improved Aboriginal Health**
- New investments and better planning to close the gap between Aboriginals and other Canadians in terms of health

Shorter Waiting Times

The federal, provincial and territorial governments have committed to report clearly on the progress we are making in health care and, for the first time will report on progress in reducing waiting times.

☑ **Comparable indicators ... so we can measure**
- Federal, provincial and territorial governments will use comparable information to report their progress in improving access to doctors, and to diagnostic and treatment procedures

☑ **Benchmarks ... so we know what we are striving for**
- Federal, provincial and territorial governments will set medically acceptable waiting times – based on advice from medical experts – starting with cancer, heart disease, diagnostic imaging, joint replacement, and sight restoration

☑ **Targets ... to drive change**
- Provincial and territorial governments will set their own targets and report annually to citizens on progress in reducing waiting times

Canadians will see for themselves where their health care money is going and how it is making a difference.

Le premier ministre du Canada et les premiers ministres provinciaux et territoriaux ont de concert adopté un plan d'action décennal qui, grâce notamment à un nouvel investissement fédéral de 41 millards de dollars, consolidera les soins de santé pour tous les Canadiens.

De meilleurs soins de santé :

☑ **réduction des temps d'attente**
- améliorer l'accès pour que les Canadiens obtiennent plus vite les tests cruciaux, les traitements et les chirurgies essentiels

☑ **davantage de médecins, d'infirmières et d'autres professionnels de la santé**
- élaborer des plans plus former et recruter davantage de professionnels de la santé, et accréditer plus rapidement ceux formés à l'étranger

☑ **élargissement des soins à domicile**
- améliorer le soutien aux personnes soignées ou en convalescence à domicile

☑ **meilleur accès aux services de santé à la famille et communautaires**
- augmenter l'accès en tout temps à des médecins, infirmières et autres professionnels de la santé

☑ **meilleur accès aux médicaments essentiels**
- gérer les coûts des médicaments afin qu'aucune famille n'ait à choisir entre les médicaments et la déchéance financière

☑ **amélioration de la santé des Autochtones**
- investir de nouveaux fonds et mieux planifier pour combler l'écart entre les soins de santé offerts aux Autochtones et aux autres Canadiens

Réduction des temps d'attente :

Les gouvernements fédéral, provinciaux et territoriaux ont convenu de rendre compte des progrès accomplis dans le domaine de la santé et, pour la première fois, dans la réduction des temps d'attente.

☑ **des indicateurs comparables... pour mesurer les progrès**
- les gouvernements fédéral, provinciaux et territoriaux utiliseront des indicateurs comparables pour rendre compte de l'amélioration de l'accès aux médecins, aux services de diagnostic et aux traitements

☑ **des jalons... pour préciser le but visé**
- les gouvernements fédéral, provinciaux et territoriaux établiront des temps d'attente médicalement acceptables – fondés sur l'avis d'experts – d'abord dans les domaines du cancer, des maladies du cœur, de l'imagerie diagnostique, des remplacements articulaires et de la restauration de la vue

☑ **des objectifs... pour susciter le changement**
- chaque gouvernement provincial et territorial établira ses propres objectifs pour les temps d'attente et rendra compte annuellement aux citoyens des progrès réalisés

Les Canadiens pourront constater à quoi sert leur argent affecté aux soins de santé et les résultats déterminants qu'il produit.

To obtain a copy of "The 2004 Health Care 10-Year Action Plan at a Glance", call **1 800 O-Canada** (1 800 622-6232) or, to see it on the web, click **www.canada.gc.ca/healthplan**.

Pour obtenir un exemplaire du document « Aperçu du plan d'action décennal sur les soins de santé 2004 », composez le **1 800 O-Canada** (1 800 622-6232). Vous pouvez aussi le consulter sur Internet à **www.canada.gc.ca/plansante**.



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Sports & Fitness

17 Wing Officers Mess Golf

2004 Season Update

By Major Denis St-Pierre and Capt Kevin Yetman

The very successful 2004 17 Wing Officers' Mess Golf Tournaments season is now complete. Once again this year, golfing offered an excellent opportunity to meet new members, relax and enjoy the beautiful summer days and the social experiences. Positive feedback from the ninety mess golfers and numerous guests who participated in the tournaments this year left little doubt that everyone had a great time. This year, the aim of the organizing committee was to offer a new golf experience to all mess members and our guests that registered to play at as many new courses as possible and our aim was achieved. The tournaments at Tuxedo, Kingswood, Selkirk, Steinbach and Scotswood GCCs and the Suds event offered as much challenge as most mess golfers wished to handle.

Our Golfers' competitive spirit was alive and well again this season as the competition results clearly show. Congratulations to LCol Tom Szczerski, the winner of the Stan Gitzel Memorial Trophy as the Officers' Mess golfer of the year for 2004 with a best total three games score of 236. The first runner up was LCol Guy Savard with a three game total of 239, and the second runner up was Maj Daniel Labrie with a three game total of 254.

Thank you to the Officers Mess for providing the funds to purchase the many prizes awarded to all the golfers this season. A special thanks is extended to Mr. Grant Clements from ReMax and to Mr. Gord Moore from SISIP for the very generous contributions to our tournaments.

We hope you enjoyed the golf this year and with your participation next year, and encouragement to your friends to come out and play, the 2005 season should be even more exciting.



Major Denis St-Pierre presenting LCol Tom Szczerski, 2004 Officers Mess golfer of the year with the Stan Gitzel Memorial Trophy.

Following are the tentative dates for next summer Officers' Mess Golf Tournaments.

18 May 2005, Scramble tournament; 16 June 2005, Shot gun tournament; 28 July 2005, Invitational tournament; 24 Aug 2005, Regular play tournament, and 15 Sep 2005, Random team tournament.

For further information on next year's Officers' Mess Golf Season, you can contact Maj Denis St-Pierre at local 5097 or Capt Kevin Yetman at local 6373.

Have a great winter and we hope to see you all back next summer.

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Military Family Resource Centre

Creative Tot Shop

This program is the first step towards nursery school. It provides the opportunity for parents and young children to come together to create and play. The toddler or preschooler can explore the world of art, music, movement and story. Parent participation is required. Many families come to this program with two or more children of different ages. Registration is not required. Feel free to drop in. It's a great opportunity to meet other parents and make friends.

Lipsett Hall Nursery School Monday 1:30 - 3:00pm

The cost is free. The program is being funded by the Fort Rouge/River Heights Parent Child Coalition. Please bring a snack for your child.

We will be featuring a special Monday once a month. We will be having a specific theme which will include crafts, songs and special snacks. The schedule will be as follows:

November 22nd Musical Delights: Come and make some music with your children with our instruments.
December 13th Gingerbread Houses will be made and taken home to enjoy.

Mother Goose

This program is a group experience for parents and their babies and young children. It focuses on the pleasure and power of using rhymes, songs and stories together. Come out and have some fun with your children. For information, call Wendy or Shannon at 833-2500 ext. 6846.

Location: Lipsett Hall Nursery School
Time: 9:15am to 11:00am on Wednesdays

This program will run until November 24th and start up again in mid January.

There is no fee for this program as we have received funding from Bookmates and The Fort Rouge/River Heights Parent Child Coalition.

Please bring a snack for your child.

Girl Talk

Are you a girl who loves fun and are between the ages of 10-15? If so, then Girl Talk may be just the group for you. Girl Talk is a group just for girls that meet the third Monday of every month. We do crafts, games, talk about various topics and, above all, have lots of fun.

If you have any questions about this group, please contact Haley Schroeder at local 4512.

Youth Centre – South, 102 Comet Street Free
3rd Monday of the Month 6:30 – 8:30pm

Toys Needed

As in past years, the MFRC is collecting toys for children of all ages. These toys will then be distributed during the holiday season to children in our military community. This well needed program only works with your help. Please drop off your unwrapped children's gift at any MFRC site. When you drop off your donation, don't forget to fill out a ballet for a fabulous prize.

If you have any questions, please contact Haley Schroeder at local 4512

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. Colouring 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

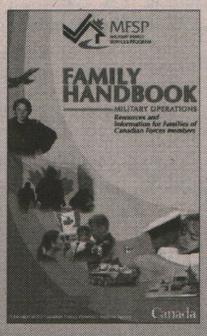
Addictions Awareness Week

Are you able to take the Challenge?

Would you like to know the effects of driving under the influence? Health Promotions has borrowed the goggles and RC cars from the Addictions Foundation. These goggles simulate the effects of alcohol on your vision. We will be setting up a course at the Youth Centres. Come out and give it a try. There will be lots of information, treats and prizes.

Monday November 15, 2004 from 7pm – 9pm, South Youth Centre, 347 Doncaster Street.
Tuesday, November 16, 2004 from 8pm –10pm, North Youth Centre, 102 Comet Street.

For more information, please contact Diane at 833-2500 ext. 4508



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!

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 *or* 6846

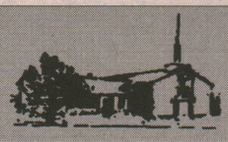
Employment Assistance
John Chabih 4511

Special Needs/ PIC Social Worker
Haley Schroeder 4512

Francophone Services
Louise Cameron 4515

Thunder Bay MFRC
Donna Hrycyszyn
(807) 345-5116

Together *in* Church



CATHOLIC

Chaplains

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

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

Administrative Assistant
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 chaplain's 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

Administrative Assistant
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 Chapel 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. Visit the chaplains' Web Site at http://17wing.winnipeg.mil.ca/main, then click on 'Services.

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.

Padre's Corner

By Padre Brinn

Jesus says in Luke 21:28 "stand up and raise your heads because your redemption is drawing near."

What, you may ask, does this have to do with us today in 2004? How is this relevant to, say, Remembrance Day or the personnel serving in such operations as ATHENA or DANICA to name only two? What can I take from these words, which will help me as I struggle with the violence occurring in Iraq?

These are all good questions. Let us take a few moments to explore them together.

Many say we are modern people who believe that we are our own redemptors. We don't need redeeming because we have so much within our hands. The limits of human life do not apply to us. We have within our hands the ability to save ourselves. I have to wonder how many people fighting in the trenches in Europe, or on the beaches in Turkey or on the continent of Africa during WW I, felt that we had the ability to save ourselves? I have to wonder how many troops during WW II or the Korean conflict shared that thought?

It remains an interesting phenomenon that uniformed personnel turn in greater and greater numbers to their formative faith as they approach an armed conflict. The sacred words of whatever faith they ascribe to, no matter how tenuously, seem to give them a peace and comfort which they cannot receive from any other source. I have had the direct experience of this when I served with the 1Canadian Field Hospital during OP Friction in 1991. It was a powerful and humbling thing to have people looking to my ministry and spiritual leadership as they faced war, SCUDs and danger.

Remembrance Day is nearly here. This is a time for us as Canadians to reflect on the courage and sacrifice of all who enter armed conflicts. It is a time for us to gain, once more, a deeper appreciation of the society we are graced to live in. This is not a time for "Hero" worship, however many examples of courage or heroism we may encounter. These have their place it is true. They stand as examples, which people can emulate.

I believe, though, that "God" that wholly other, that to which our spirits call, calls us in turn, to know that our redemption is near. I believe that God is also calling us to be actively working to promote peace, justice and compassionate community in the world. Jesus speaks this way constantly in the future now sense. Our redemption is at hand and is now here. Coming and arrived.

We have the opportunity of response to this. We can respond to the ills, terrors or dangers of the world by trying to become so powerful that most will be afraid to contradict or argue with us, or, we can choose to work to establish secure stable partners throughout the world community. The latter is much more time consuming, resource consuming, and creatively challenging of the two. It, I feel, holds the greatest rewards.

Those who have served before us and those who serve today, both in uniform and out of uniform, serve out of a vision of making a difference. I feel that these words of Jesus are and will remain relevant to them.

I encourage all who have read this far to take a few moments to reflect and appreciate those who today serve throughout the world, and to remember those who have sacrificed so much, even their very lives for others.

"Greater love has no one than this that they lay down their life for another" paraphrase of John 15:13

Flying Officer George Finkle Memorial Scholorship And Bursary



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Room 422 University Centre Building
University of Manitoba
Winnipeg, Manitoba
R3T 2N2

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Deadline for applications: 30 Nov 04

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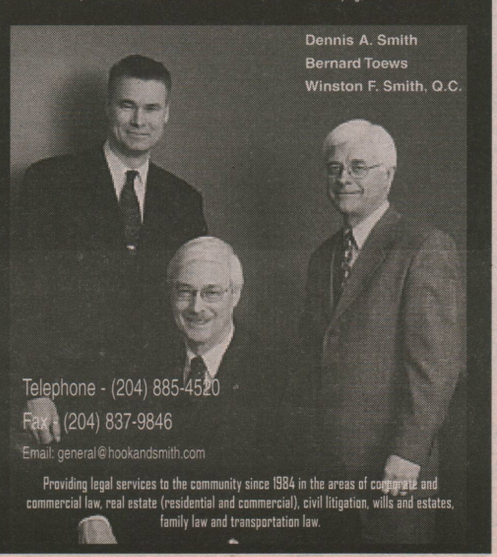

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(green chain link with wood posts and frame), $150 OBO, Call Pam at 896-1925 (leave message)

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ADDICTIONS AWARENESS WEEK - NOVEMBER 14TH - 20TH

EVERYTHING YOU WANTED TO KNOW ABOUT

*SLOTS & VLTs**

*(but were afraid to ask)

- Come to an information session about VLTs, Slots and other forms of gambling.
- Discover how VLTs & Slots work.
- Learn ways to reduce your losses.

When: Wednesday, November 17th
Where: Building #90 - Multi-purpose room
Time: 1330 to 1500 hours

Presented by Al Daly
Addictions Foundation of Manitoba (AFM)

To reserve a seat contact: Penny @ 4150 or Sheila @ 4160

Breakfast



Photo by Jen Sharpe

For the fourth year in a row, personnel from Wing Transport and EME dished out pancakes, eggs, and sausages to hungry 17 Wing personnel in support of this year's United Way Campaign. According to MCpl Claudia Proctor, organizer of the event, the chief cook, Mr. James (top) and his team of cooks prepared a delicious breakfast, supplied by Wing Foods.



Photo by Jen Sharpe

Voxair Production Coordinator Andrew Hughesman (right) receives some breakfast delicacies from TEME personnel during the 27 October event.



Pte Jacqueline Dean was presented her first chevron on Monday, 18 Oct 04. The presentation was made by Maj Luc Guillette, CFANS Flt Comd on behalf of the Comdt of CFANS, LCol Jim Cameron. Pte Dean has been a CR Clerk at the CFANS Orderly Room for the past 2 years.

TAROSCOPES

BY NANCY

ARIES (March 21 – April 19): Use intellect to discern the truth when surrounded by emotional game players. You may act impulsively in an attempt to improve a situation. A speedy solution may feel good at first but may not work well in the long run. This is a time to put lots of thought before action.

TAURUS (April 20 – May 20): Constantly worrying can make you feel things are out of control which erodes confidence. If all is going well don't slip into the habit of wasting time worrying about what ifs. Look at your concerns and determine if they are really yours to address. Solve problems when they arise.

GEMINI (May 21 – June 21): Growing cynical or being swamped by emotions are signs of dissatisfaction. Reclaim your optimistic urge for adventure, accept challenges and new opportunities by becoming passionate about finding ways to preserve or restore what is important to you.

CANCER (June 22 – July 22): Setbacks and loss can lead to disillusionment; however there is value in the process of striving for a goal. Follow hunches. Trust in your ability to find solutions even if you can't see them at this time. The fastest way and the best way to proceed are not always the same.

LEO (July 23 – August 22): What standards do you hold for yourself? What image do you hope to convey to others? It's important to feel you've done your best. Celebrate after you pass the test, not before. If your actions and choices reflect the true you, then you'll be confident if asked about them later.

VIRGO (August 23 – September 22): Your financial habits may need an overhaul. Your creative method of management could leave you buried in debt. Ask an expert for advice. Keep a budget and curtail spending for the time being to prepare for a major expense coming your way.

LIBRA (September 23 – October 23): You're finding out there is often a high cost to seeking adventure. Day to day pleasures can be as special as a fleeting adrenaline rush. Choosing happiness teaches you that it's not the highs but your inner attitude that determines your overall enjoyment of life.

SCORPIO (October 24 – November 21): Create a working space by cleaning up a corner but don't turn this into another distraction. Getting started on a project is the main thing. This is not the time to mind the mess. Let things go, give away what you've lost interest in, or just throw things out if they are broken.

SAGITARIUS (November 22 – December 21): Forgetting your troubles and just moving on is impossible if you don't have the tools. Join a group where it's safe to share. Someone else can help you find a way to work things out; brainstorm together.

CAPRICORN (December 22 – January 19): You feel you're strong enough to move mountains right now but be careful you don't take on too much. Others rely on you to make them feel safe and supported; however all work and no play builds resentment. Try sharing some of the responsibilities.

AQUARIUS (January 20 – February 18): Though you may want to lash out when things don't work out as planned. There will be consequences. Even if you thought you were only venting someone will react strongly to your words. Instead of getting upset, look for things you could do so it doesn't happen again.

PISCES (February 19 – March 20): Make slow and gentle changes in your life and they'll last longer. Reviewing old hurts is enlightening. Find a way to release the toxic effects these scars have. You're vulnerable now to other people's verbal and emotional attacks so be careful. Put your spiritual health first.

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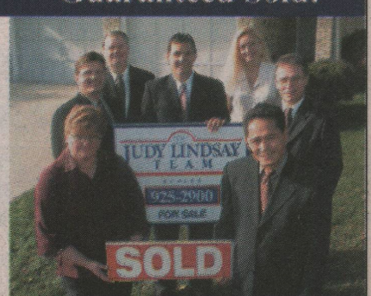

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