THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg
NOVEMBER 17, 2004 VOLUME 52, ISSUE 20 FREE

Collaborative 17 Wing Effort Rescues Four Helo Crash Victims



Photo by Cpl Chris Ward

(Above) MCpl Luc Levesque is interviewed by a reporter from CBC news. (Inset) MCpl Luc Levesque and MCpl Dwayne Guay, SARtechs with 435 Sqn Winnipeg. They rescued 4 people from a helicopter crash near Kugaaruk, Nunavut over the weekend of 31 Oct 04.

By Jen Sharpe

After a long flight home, countless media interviews, and hours of paperwork, MCpl Dwayne Guay and MCpl Luc Levesque are exhausted. But only two days after completing a northern Search and Rescue (SAR) operation in blizzard-like conditions, the two 435 Sqn SAR Technicians (SARTECHS) are back on call, ready to respond to another emergency situation in a moment's notice

Two days before the inundation of media interviews and paperwork, MCpl Guay and MCpl Levesque were called into work at around noon on Saturday, 30 October. They learned that a helicopter had crashed near Shepherd Bay, Nunavut and that the Rescue Coordination Centre (RCC) in Trenton had tasked 435 Sqn with the operation.

In conjunction 424 Sqn in Trenton, 17 Wing's 435 Transport and Rescue (T & R) Sqn is responsible for conducting SAR operations within the Trenton Search

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Take Your Kids To Work Day
A Glimpse Into The Lives Of Our Canadian Heroes

By Laura Lockwood

Take Our Kids To Work day is a program that allows all Canadian grade nine students to experience "work in the real world." It has existed in Canada since 1994, and has just celebrated its 10th anniversary. The goal of Take Your Kids To Work Day is to show students what their parents go through and what a workplace is like. It also lets them experience different type of careers that may spark their interest and help them decide what type of job they would like to do in the future.

On October 17th, CBC aired a new series featuring Canada's top fifty Canadians. One of the Canadians included in the top fifty is William Avery Bishop at number forty-eight. Many of you will know him as "one of the most acclaimed air aces of World War 1." A few other top Canadians are General Sir Arthur Currie who made the list at number twenty-four, and General Sir Isaac Brock at number twenty-eight who made it possible for us to be Canadians.

In considering where I wanted to spend the day known as "Take Your Kid To Work Day" I knew that this would be a great opportunity to explore areas I am interested in the future. I have always had an admiration for our military and I honour the important role they play in my life and freedom as a Canadian.

I would like to be a pilot or a journalist in the future. By watching the news and reading the newspaper, I have realized that I would enjoy letting others know about what is happening in the world. LCol Colin Goodman, my neighbour, facilitated a chance for me to experience both of these potential careers. I would like to thank him for his initiative in making this dream possible.

Since I was able to experience what it is like to be a journalist and what it takes to be in the military, I have realized that I would not know what I would like for a career if it wasn't for the program "Take Your Kids To Work." I am sure that after experiencing this program, many other 14 and 15-year-old Canadians have a better impression of what they would like to do as an adult.

I would also thank 17 Wing Winnipeg, Voxair Newspaper (which is the "Voice of the Air force,") for letting me tag along with their reporter Jen Sharpe and showing me and other grade nine's what an Air force building looks like, and what they do in their jobs.

Thank you for taking time in your busy schedules to make this day a wonderful experience for us.

From the 17 Wing General Safety Office

By Warrant Officer Pat Kieffert, A/WGSO

The Wing General Safety Office would like to take this opportunity to thank the 17 Wing DND civilians and CF military personnel for attending a variety of locally sponsored safety workshops. Mr. Claude Vincent from Safety Systems in Ottawa provided Workplace Inspection, Confined Space Entry and Effective Workplace Health and Safety Committee classes during 4-8 October 2004.

The Workplace Inspection workshop helped attendees identify safety and health hazards in the workplace, to ensure they are corrected before incidents or accidents occur. The Confined Space Entry workshop was intended for workers who are required to enter confined workspaces; it assisted the students on the recognition, evaluation and control of confined space hazards. The Effective Health and Safety Committee workshop was aimed at members of the Workplace Health and Safety Committee (WHSC) and Safety Representatives and familiarized participants with their responsibilities under the DND General Safety Program.

By the time you receive this copy of the Voxair, the Safety Management Course (SMC) will be underway (17-19 November). Mr. Arden Langille, a former CF member and a licensed Construction Safety Officer, will provide instruction that informs Unit General Safety Officers (UGSO) and WHSC members of their various responsibilities and functions in support of the Unit General Safety Program.

Mr. Claude Vincent is back at 17 Wing during the November-December timeframe. On November 29-30, he will provide a two-day workshop titled Workplace Hazardous Material Information System (WHMIS) - Train the Trainer. Among others, topics taught include the key elements of the WHMIS Program, the WHMIS classification system, Material Safety Data Sheets, and the WHMIS education and training programs. The intention of this workshop is twofold: To enhance the participant's technical knowledge and skills relating to the DND WHMIS program, and to enable the new trainers to present and deliver an Introduction to WHMIS seminar at their own respective workplace. Beginning December 1, 2004 and for the ensuing two days, Claude will instruct the Safety Program Evaluator's Course (SPEC). The SPEC includes the Safety Program's evaluation principles, methods and techniques, measurement criteria and the evaluating process using the Safety Program Development and Evaluation Technique, or SPDET.

The Wing General Safety Office sets off its 2005 Safety Training schedule with Dr. Max Haggett and the Occupational Health Course (OHC) from 31 January to 3 February 2005. A Registered Occupational Hygienist by the Canadian Registration Board of Occupational Hygiene and a Certified Industrial Hygienist (CIH) by the American Board of Industrial Hygiene, Dr. Haggett will familiarize course members with the unwanted health hazards encountered at the workplace (e.g. noise, vibration, ventilation, and thermal stress) and ways to minimize their risks.

Seats are available for the SPEC and the OHC programmes. Please contact Ms. Julianna Fillion (5913) or WO Pat Kieffert (4149) for further details.

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Collaborative 17 Wing Effort

Continued from page 1

and Rescue Region, stretching from Quebec City to the Alberta/B.C. border and from the Canada/U.S. border to the North Pole. Because the helicopter crash occurred within this area, 435 Sqn was called to respond.

Within two hours of getting the call, MCpl Guay and MCpl Levesque were in a 435 Sqn CC-130 Hercules en-route to Shepherd Bay. During the four-hour flight, the two SARTECHS prepared their gear for a parachute drop into the crash site. Due to fierce winds and bone-chilling temperatures, MCpl Guay and MCpl Levesque admit that the rescue was a challenge.

"We couldn't see 15 feet in front of us," MCpl Guay explains. "It was probably –30 degrees out there, and with the winds it might have been closer to –35."

After dropping the men to the crash site, the Hercules stayed near the site for approximately an hour, "to confirm we were okay," says MCpl Guay.

At the time of the crash, the Bell 212 helicopter was taking off from a North Warning System station near Shepherd Bay with two pilots and three contractors. One of the pilots was killed in the crash, while the remaining four survivors walked a few hundred meters through the blowing snow back to the station to call for help.

Once on the scene, MCpl Guay and MCpl Levesque treated the survivors' injuries with the equipment they had available. "One person was in a lot of pain—8 out of 10 on the scale," MCpl Guay explains. "Other people had sprains and lacerations. Our main goal was to control the infection."

"We're not doctors," MCpl Levesque adds. "It's the doctors who make the assessments. We just analyze what we see and treat as best we can."

Canadian Helicopters Ltd, the company that operated the crashed helicopter, sent another helicopter up to the site late Saturday. However, due to poor weather conditions, that helicopter remained at the site until Monday when it was finally able to transport the four crash survivors and two SARTECHS to a nursing station at Pelly Bay, Nunavut.

By this time, 435 Sqn was able to return to Winnipeg and pick up 17 Wing Medical Officer Capt Robert Cronin, Nurse Capt Dawn Wojtowicz, and Medical Assistant Cpl Scott Kennedy before flying back to Pelly Bay. When the crash victims arrived at the nursing station, Capt Cronin was briefed by the SARTECHS and then assessed the victims.

"We landed in Pelly Bay, and only about five minutes later the helicopter landed with the SARTECHS and crash victims," Capt Cronin explains. "We took everyone to the nursing station and completed a medical assessment of each victim and made sure they were fit for air travel back to Winnipeg."

According to Capt Cronin, the four crash survivors were treated for a variety of injuries, including broken ankles and lacerations. "There were no life-threatening injuries," he emphasizes.

Once the victims were deemed fit for the flight back to Winnipeg, the medical crew, the crash victims, and the two SARTECHS returned to 17 Wing. The victims were transferred to the Health Sciences Centre in Winnipeg for treatment.

"The whole thing worked really well; there were no hitches at all," Capt Cronin says. "The SARTECHS looked after the victims and treated the injuries until we were able to get there. Those guys did a great job."

Although they were first on the scene and provided initial medical care to the crash survivors, both SARTECHS emphasize that the success of the operation was due to all 17 Wing parties and RCC working together as a team. "We brought four people back from a potentially very dangerous situation, and that is a testament to the professionalism of our military personnel," MCpl Guay concludes.

Stamps For Christmas

By Alf Brooks

Each year, usually in November, many countries issues stamps with Christmas subjects, allowing those who send Christmas cards and other messages at this time of year to use appropriate stamps to frank their mail. Some collectors assert that the world's first Christmas stamp was issued by Canada in 1898. It pictured a Mercator projection of the world with the countries of the British Empire in red and was overprinted with "Xmas - 1898." However, its purpose was to mark the inauguration of Imperial Penny Postage; commemoration of Christmas was not its purpose, I argue, and it is not the world's first Christmas stamp. This year Canada Post issues three stamps marking the 100th anniversary of Toronto's Santa Claus Parade. Each stamp pictures Santa in a vehicle: a sleigh for the 49 cent value, an automobile for the 80 cent and a locomotive for the $1.40.

Some countries still issue Christmas stamps with religious themes. This year Portugal has issued stamps picturing the Christ child, one of which is pictured here.





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New DAG Process Arrives At The Wing

By Jen Sharpe

For the past few weeks, 17 Wing personnel have been participating in a new program that promises to speed up Departure Assistance Group (DAG) procedures and facilitate the retrieval of vital DAG information from across the CF.

The Annual Personnel Readiness Verification (APRV) consists of a comprehensive database featuring the current DAG information of every CF member, including reservists, rangers, and cadets. Relevant deployment information from medical, dental, orderly room, transport, PSP, and security sections is gathered for each CF member and compiled in the database so commanders can access current readiness statistics and monitor the progress of the unit's training plan.

According to CWO Andre Lelievre, creator and coordinator of the program, the CF adopted the new system to speed up and standardize the pre-deployment process for the Air Force, Army, and Navy. "The APRV started because members were spending a lot of time training and getting ready for deployment right before departure," he explains. "With the new program, members can spend more time with their families because their DAG status will be up-to-date and more easily accessed."

Although the APRV is a massive database containing dozens of deployment-relevant statistics on the 80,000 or so CF members, the process is surprisingly short for members updating their information. In about half an hour, Capt Christopher Lohnes of 1CAD completed all stages of the screening, as conducted in the WO & Sgt's Mess. "It's very efficient," Capt Lohns said. "I've been here for just under half an hour and everything's running smoothly."

All 17 Wing military personnel will eventually undergo an initial APRV screening so their information in the program is accurate. Once entered in the system, each member will be required to revisit the first and second parts of the program—concerning "basic soldiering skills" such as medical and fitness status, says CWO Lelievre—annually.

The third section of the program features mission specific information and will only be completed if the member is directed to deploy; the fourth section, concerning reintegration and post-deployment information, is completed upon the member's return.

CWO Lelievre says the reintegration checklist is one of the most important aspects of the new process. "When a member gets back from deployment and goes through the post-deployment checklist, the member and the CO both have to sign that the member is ready to go back to work." This step, CWO Lelievre says, ensures that both parties agree that the process is complete and that any issues have been addressed.

Although the APRV is now up and running, CWO Lelievre estimates that the program should be fully operational within the next six months.

USMC Presents Education Bursaries To Sons Of CF Fighter Pilot

By Capt Mary Lee, 17 Wing PAO



LCol Mark Wise, of the USMC, presents Deanne Nichols with educations bursaries on behalf of the Marine Corp Law Enforcement Foundation – a foundation established to provide assistance to children of Marines, Federal law enforcement or foreign exchange personnel killed on duty while serving with the Marine Corps.

Deanne Nichols struggled to get out the words, as she stood before a small group of local Winnipeg media reporters interested in hearing her story.

It's a story of courage wrought with many tears. A story that began with the tragic loss of her husband, Capt Derek Nichols, a Canadian Forces fighter pilot killed in an F/A 18 Hornet he was piloting on return home to Marine Corps Air Station (MCAS) Beaufort, South Carolina, June 28, 2004. A story that has now ended this past month with some degree of happiness and a sense of closure for Deanne and her sons, Bryce and Logan.

On November 3, Deanne was presented with two bursaries in the sum of $16,000 US for her boys' education from the United States Marine Corps (USMC) where Derek spent the last three years serving on an exchange posting. Through the Marine Corp Law Enforcement Foundation, funds were raised from public donations to help Deanne get on with her life and set the boys up financially for a strong educational future. This foundation was, in fact, developed to provide assistance to children of Marines or Federal law enforcement personnel who were killed on duty. The assistance has also been extended to foreign exchange personnel, like Capt Nichols, killed while serving with the Marine Corps.

"It's nice to have that comfort in knowing my boys, they are so young, will have some security," commented Deanne in a crowd gathered at the Military Family Resource Centre where the private presentation was held for her family and some colleagues from the fighter community here at 1 Cdn Air Div HQ.

Lt-Col Mark Wise, Derek's commanding officer at MCAS Beaufort, made the trip from South Carolina to personally present Deanne with the generous contribution from the Law Enforcement Foundation - a gesture that evidently comforted Deanne since she had left the United States following the accident to take up residence temporarily with her parents in Winnipeg.

"The military family both here and below the border have been so good to me through all this," Deanne went on to say. "Today has given me closure."

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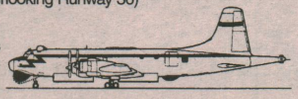

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November 19, 1954

WD's Report & Observation Post
By Cpl Bonnie Wade and 'Scoop and Droop', respectively

Immediately after October 31st many changes of appointment of staff officers in Group were noted. Obviously Hallowe'en pranksters were up to some tricks. Relax, girls, I won't even mention your initials.

--

Dig that new bar steward in the Lounge! Wow, can she pour! Watch that stuff, "Flight." While on this topic, let's give a round of applause for our ex-steward, Irene Kurmey. You have done an excellent job, Rene, and we'll all miss you, but we can't expect you to sacrifice your world travels for we peasants.

--

It looks like the fur trapping was extra special this year, judging by the modeling being done around barracks. Let's hope for sub-zero weather so a couple of gals we know can "slink into their mink."

--

Rumor has it that some of our Station Winnipeg talent might be visiting Grand Forks at the time of the Grey Cup game to participate in the one-hour talent show being presented on television before the game gets underway.

Incidentally, talking of talent, the new "Variety Show" just starting to get underway looks like another brand new "Peg-Air Revue," so you boys and girls on the Station willing to participate in this bang up production can contact F/O Beasleigh at the Ground Defence School. This show will be presented in Greater Winnipeg and surrounding areas, including RCAF and Army units in the Manitoba Region. So, let's get on our horses and start galloping for a frolicking exhibition that has proven RCAF Station Winnipeg to be one of the best as far as service shows are concerned.

--

The old airmen's wets is really hopping these nights. The Christmas gift shop is operating from there this year, and the laughter and cheering is reminiscent of some gay times we used to have there . . . remember?

--

A number of airmen are sporting well curried moustaches; a good sign that winter is here to stay, or possibly a new fad is being born at the Station.

--

Congratulations to the committee of the Corporal's Club on the fine opening show held in their beautiful new premises. A very appropriate opener, fellas!

--

If you have wondered at the smug faces on the lads from the Orderly Room these days it is because they have finally moved into their new building—"a vast improvement on the old one" seems to be the general consensus of opinion.



Speaking of the dances at the Rec Hall it's a shame we don't have decent spotlights for the orchestras that perform there. It would be a heck of a lot better.

--

While strolling past the old flight cadets' lounge, we noticed they are partitioning it off. Let's hope they keep the upstairs the way it is so that the sections will still have some place to hold those big section shindigs.

The Canadian Forces Personnel Support Agency salutes "Unsung Heroes - The heart of CF Sports"

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Taking The "DIE" Out Of DIET Part 5

Fats

STRENGTHENING THE FORCES
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By Jennifer Taylor, RN, BScN, Health Promotion Director

Last time we tackled the truth about carbohydrates, our body's preferred source of energy. Carbohydrates in the form of whole grain products are a healthy choice as they also provide the vitamins and minerals we need to keep our bodies functioning and fiber to keep our gut healthy. Fat is our topic this week. Fat may be a little word, but it is loaded with meaning & emotion.

This article will look at fat in the food we eat. We know that there are 9 calories per gram of fat (carbohydrate and protein each have 4 calories per gram). We also know that we need some fat in our diet. Canada's Guidelines for Healthy Eating recommend that we have no more than 30% of our energy (calories) from fat and of that 30%, no more than 10% from saturated fat.

We hear a lot about saturated and unsaturated fat. Fatty acids are made up of long chains of carbon molecules. Unsaturated fatty acids have one or more unusual or double bond(s) between two of the carbon molecules. This bond bends the fatty acid molecule and changes the way our body uses it. Below we show a picture of a saturated fatty acid and an unsaturated fatty acid ("C" stands for carbon and "H" stands for hydrogen).

Saturated Fat(i.e., saturated fatty acid)	Unsaturated Fat(i.e., unsaturated fatty acid)
H H| |-C - C-| |H H	H H| |-C = C-
Carbon-CarbonSingle Bond	Carbon-Carbon Double Bond

The saturated fatty acid has all the hydrogen atoms it can hold (which is why it is called saturated!). The unsaturated fatty acid has a double bond (represented by =) because it's missing hydrogen atoms.

Now imagine long chains of unsaturated fatty acids. If there is only one double bond in the whole chain, it is called a monounsaturated fat. If there are 2 or more double bonds, it is called a polyunsaturated fat. Makes sense.

Another way to look at saturated vs unsaturated is by the temperature at which the fat melts. Saturated fats are usually solid at room temperature. Unsaturated fats are usually liquid (oils) at room temperature (and melt at lower temperatures). Beware of coconut oil and palm oil! These plant-based oils are high in saturated fat (they are exceptions to the rule). Our liver uses saturated fats to make cholesterol, so eating too many foods high in saturated fat is a risk factor for heart disease. In the interest of keeping our bodies healthy, we want to choose foods lower in saturated fat. Using unsaturated fat in place of saturated fat is a healthier choice. Some examples of unsaturated fats are canola oil, olive oil, safflower oil, corn oil, and flaxseed oil.

Watch out for trans fats! Many commercial foods contain trans fats because they extend the shelf-life of the product. Adding hydrogen to a liquid vegetable oil converts a healthy oil into unhealthy trans fat. Leslie Beck a Registered Dietitian, states that trans fat increases your LDL (bad cholesterol) and decreases your HDL (good cholesterol). Read labels and watch out for fat content. Check labels for words such as "partially hydrogenated vegetable oils", "shortening", or "vegetable shortening" that are indicators that trans fat is present. According to Beck in her Today's Nutrition quarterly publication, stick and some tub margarines (check the labels!), commercial baked goods, snack foods, and fried fast food are where we get about 80% of the trans fat in our diet. Remember that ingredients on labels are listed in order of weight. That means the first ingredient listed is the most abundant in the product. Try to choose foods low in trans fats so make sure the trans fat is at the bottom of the ingredient list.

So far in this series of articles we've looked at digestion, energy, carbohydrates, and fat. Hopefully, as you read them, you are inspired to do some more research into each topic and make some healthy choices for yourself. The next couple of articles in the series (believe it or not the series will end at some point!) will deal with physical activity and research (it'll make sense when you read it).

Information for this article was obtained from the following resources:
Sizer, F. S., and Whitney, E.N., Nutrition Concepts and Controversies, Wadsworth/Thomson Learning. 2003.
Health and Welfare Canada., Action Towards Healthy Eating…Canada's Guidelines for Healthy Eating and Recommended Strategies for Implementation, Minister of Supply and Services Canada, 1990.
Mullen, K.D., Gold, R.S., Beslcastro, P.A., & McDermott, R.J., Connections for Health. Brown & Benchmark Publishers, 3rd Edition, 1993.
Beck, L., Today's Nutrition A Healthy Eating Digest for the Millenium. Leslie Beck Nutrition Consulting Inc. 2003.

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

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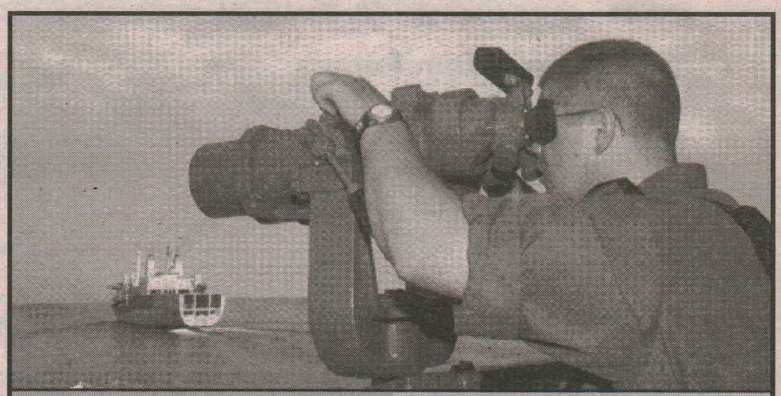
Free Parking - Visitor Lot - Center Gates Only - Ticket validation in the Auditorium



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Medals

By WO R. Gaumond

Canadians are not known to be "flag-wavers"; we appear bashful and discrete, even when singing our National Anthem at sporting events. Somewhere deep inside we feel that such displays are a little "braggish" and arrogant (I think). As a nation, we are not a very demonstrative people about what we do, regardless of how well we do it! We are proud of our heritage and accomplishments but in a very humble (shy?) and subdued way.

There are times, however, when we should strive to overcome this national humility and proudly proclaim our just-place in the world.

Looking back at my (30 odd) years of Service, I am amazed by the breadth of missions that we have taken part in both nationally and internationally. We've been to virtually every troubled spot on the planet, we've helped with third world country unrest, Middle-East conflicts, we've participated in countless NATO and UN missions, as well as assisted civil powers with floods and disasters of all kinds. We are (and should be) proud of our role as Canadian soldiers and worldwide peacekeepers. We are proud to have (and continue to make) friends everywhere, in every country.

Keeping that in mind, this is what medals mean to me: They show that, as Canadian soldiers, we take an active role in the world and that we are involved in something greater than ourselves.

There is another group of Canadians, however, who is equally involved and proud of what we (and they) do. This group, unfortunately, seldom gets any recognition for their efforts, yet we could not have accomplished everything that we did without them. I am speaking of our husbands, wives and families, of course. They are the people that stay behind while we deploy (and get all the glory); they have to look after everything at this end on their own. They have to do our part of as well as theirs. They have to look after the kids, mow the lawn, take the car to the garage, deal with school problems, family emergencies and disasters, make lunches, and countless other tiresome, relentless, unappreciated duties and responsibilities. Isn't it ironic that we refer to them as dependants when in reality, we are the ones who are dependant on them for… everything!

I am very proud to wear my medals on special occasions but as I place them on my uniform, I always think about all the dependants without whose help I could not have earned them. Looking in the mirror (to ensure that my medals are on straight) I always make a point of placing my right hand on my medals - as our southern cousins do when pledging to their flag, and give a personal silent (Canadian) tribute to all "dependants" everywhere: Thank you.

Remembrance Day

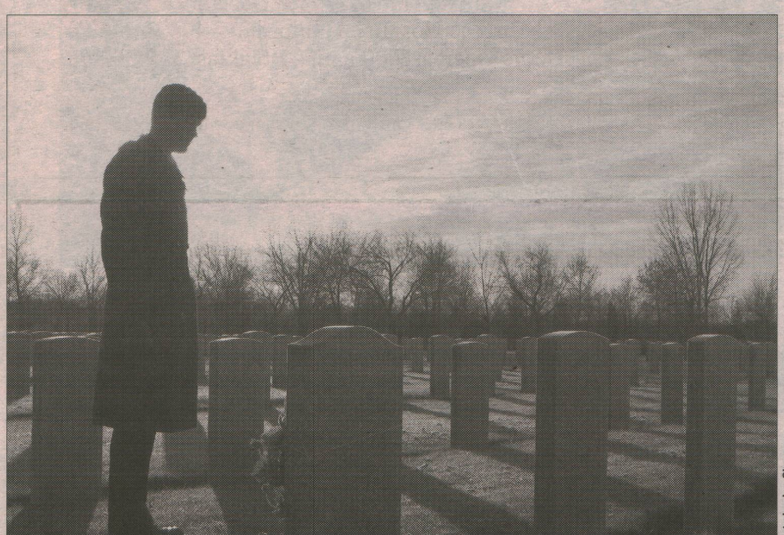

Photo by Jen Sharpe

Pte Jeremy Sharpe of 1 Royal Canadian Horse Artillery in Shilo reflects on the sacrifices made by the CF members buried at Brookside Cemetery in Winnipeg.



Photo by Jen Sharpe

Members of 38 Canadian Brigade Group parade at the corner of Valour Road and Portage Ave. in Winnipeg to honour three Victoria Cross Recipients who lived on the street prior to WWI. The ceremony was one of many across the city honouring the contributions made by past and present CF members.



Photo by Jen Sharpe

FLTLT Simon van der Wijngaart (left) listens as FLTLT Matthew Hetherington (right) reads an excerpt from a book written by fellow Royal Australian Air Force (RAAF) airman FLTLT Robert Kellow. FLTLT Kellow flew for the RAF's 617 "Dam Buster" Sqn during WWII before retiring in Manitoba; he is burried at Brookside Cemetary in Winnipeg. FLTLT van der Wijngaart and FLTLT Hetherington, instructors at 17 Wing's CF Air Navigation School, joined others at Brookside on 11 Nov. to honour FLTLT Kellow.



Photo by Cpl Julie Whyte

(L to R) 17 Wing's Acting WComd LCol Jim Kerr and Wing CWO CWO Claude Parent prepare to lay a wreath during the Remembrance Day ceremony at the Convention Centre on 11 Nov.

435 Sqn Change Of Command


Photo by Cpl Whyte J.A.


Photo by Cpl Whyte J.A.


Photo by Cpl Whyte J.A.

Change of Command Parade, 12 Sep 2004, 16 HGR Floor, Marking official transfer of command from Lieutenant-Colonel M. Latouche, CD, to Lieutenant-Colonel D.B. Chicoyne, CD. LCol J.W. Kerr the presiding Officer A/Wing Commander 17 Wing.

Operation Santa Claus

Operation Santa Claus (OSC) is a highly successful program that sends deployed Canadian Forces members a Christmas gift package filled with items donated by Canadian corporations. Packages also include letters and Christmas cards from school children and loved ones. These special packages bring a feeling of home to those deployed Canadian Forces members serving in remote Canadian locations and overseas.

If you are a company or corporation and wish to donate items to the Op SANTA program, please contact us at communications@cfpsa.com.

Canadians are encouraged to post holiday messages on DND/CF's electronic "Write to the Troops" message board. To post an electronic message, visit the DND/CF website at www.forces.gc.ca and click on the " Write to the Troops " button located on the main page.





Manitoba Recognizes Sacrifice And Lasting Contribution Of Veterans And Peacekeepers With Specialty Licence Plate

Submitted by Brian Smiley



(l to r) Willy Williamson, past-president Manitoba/Northwestern Ontario Command, Royal Canadian Legion; Cliff Tessier, president Manitoba/Northwestern Ontario Command, Royal Canadian Legion; Jim Rondeau, MLA Assiniboia; Bonnie Korzeniowski, MLA St. James; Honourable Ron Lemieux, Minister of Transportation and Government Services and Eric Murphy, President Royal Canadian Legion No. 4.

To honour the province's veterans and peacekeepers, Manitoba has introduced a special licence plate bearing the symbol of the red poppy.

The prototype was unveiled today by Transportation Minister Ron Lemieux and Clifford Tessier, President, Manitoba and Northwestern Ontario Command of the Royal Canadian Legion.

"Manitoba is home to many thousands of men and women who have protected our country and helped bring peace to countries around the world," said Lemieux, at a ceremony at the Royal Canadian Legion Branch #4 in Winnipeg.

"This is an opportunity to show our gratitude for their bravery shown and the sacrifices they have made."

The new plate features the Canadian flag, a red poppy and the word "veteran" over the familiar design of the Manitoba licence plate. On request, Driver and Vehicle Licencing will also provide alternate versions of licence plates with the word "peacekeeper" or "veteran" in any language, which can be affixed over the English version, the minister said. There is no cost to obtain the plates, other than a $5 administration fee charged by the Royal Canadian Legion to verify eligibility.

"We're pleased the province recognizes the sacrifice and value of our veterans," said Tessier. "A licence plate that honours them is a fitting tribute."

Those who qualify for the plates include those who served in:

- The First World War, the Second World War, the Korean War, as members of the Canadian Armed Forces, Allied forces, Merchant Navy or Ferry Command
- Peacetime as members of the Canadian Armed Forces for at least three years
- NATO or peacekeeping missions as members of the Canadian Armed Forces or a United Nations peacekeeping force
- The Royal Canadian Mounted Police

Application forms are available from all Royal Canadian Legion branches and the Driver and Vehicle Licencing offices of Manitoba Public Insurance.

"For this Remembrance Day, we're pleased to offer a new way to remind people of the sacrifice and service of Manitoba veterans," said Lemieux. "We must never forget to show them our gratitude for making our country, and our world, a better place."



Photo by Cpl Bogue

Capt Michael O'Kane, shown here flanked by the Comdt of 3 CFFTS, LCol Steve Bannister, and by HCol Hal Wishart, was presented with his flying wings at a ceremony held in the Combined Mess at Southport on 14 Oct 04. Capt O'Kane is posted to 408 Sqn in Edmonton AB where he will fly the Griffon helicopter.

Tickets now available for the Air Command Band 2004 Holiday Concert

Sunday December 5, 2004, 7:00 pm
Burton Cummings Theatre, 364 Smith St.

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Lest We Forget... Canada's Military Planted Seeds For Flourishing Arts Scene

University of Calgary

Canadians will pause on Nov. 11 to acknowledge the gift of freedom that Canada's Armed Forces helped earn for them during the Second World War. What is not well known is that the country also owes a huge debt to the military for what it did for Canada's artistic community, according to research by a University of Calgary historian.

Laurel Halladay, a PhD candidate in the Department of History and a Research Fellow with the U of C's Centre for Military and Strategic Studies, says the post-war boom in Canada's cultural industries can be traced directly to the huge numbers of returning writers, musicians, dancers and singers who performed for Canadian soldiers and civilian audiences during the Second World War.

"This is really an overlooked chapter in Canadian history," Halladay says. "As far as I can tell, at war's end not a single one of these people leaves their entertainment service in the military and permanently turns their back on that training. They stayed involved in the arts, going back into their small communities and setting up acting classes and little theatre groups, or joining the CBC or National Film Board. They are really responsible for this explosion in Canadian culture that we see in the late 1950s and into the 1960s, and stranger still, the military paid for it."

Some of the more well-known artists who performed for the troops include singers/comedians Johnny Wayne and Frank Shuster, actor Lois Maxwell, who enlisted at age 16 and went on to portray Miss Moneypenny in the James Bond films, singer Roger Doucet, who until the early 1980s was perhaps best known as the Montreal Forum's anthem singer, and writer-satirist Eric Nicol.

"Historians generally agree there was a boom in Canadian culture in the post-war years, but they usually attribute it to the Massey Commission, which pointed out the importance of having a domestic culture to fight off the influence of the United States," Halladay says. "Although the Massey Commission was important, I argue that Canada's military entertainers had a far greater and earlier impact than they've ever been given credit for and we should be honouring this contribution."



Photo by www.ucalgary.ca

Wayne and Shuster performing in a CBC radio broadcast of The Army Show, January 1944.

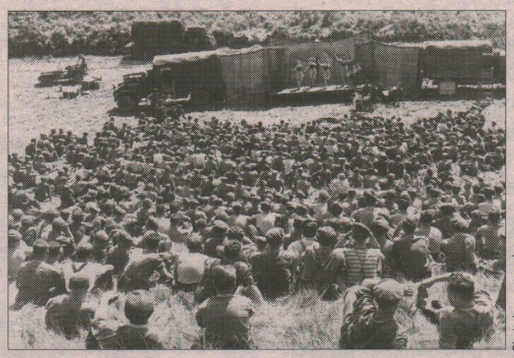


Photo by www.ucalgary.ca

A much needed break for the troops - entertainers put on a show for allied soldiers near Normandy.

Each arm of the Canadian Forces – army, navy and air force – had its own entertainment units that kept the troops occupied in their free time, raising morale but also offering an alternative to less healthy diversions. There was a unique tone and type of show that each service group put on, but each included many of the popular entertainments of the day: big bands, accordion players, singers, dancers of all types, puppets, magicians, and various comedy routines.

"There was a lot of really quick, literate slapstick, which Wayne and Shuster became famous for later, but this generally appeared throughout all the shows," Halladay says. "They were disrespectful of military authority, which the troops loved, and reflected this view that Canadians have of themselves as being robust and independent." There was also at least one sentimental piece included to tug on the heartstrings, she says.

Unlike the Americans and the Brits, the Canadian entertainers were full members of the military who had gone through basic training and, in a few isolated cases, even combat, a fact that Halladay says gave them special insights into the lives of soldiers and earned them a special sort of respect.

The navy put together one major production, the splashy "Meet the Navy," which was a huge Broadway-style spectacle that involved more than 200 cast and crew members. The Canadian Army Show's 1945 finale for troops awaiting repatriation in England, "Rhythm Rodeo," also involved a huge cast and even called on Calgary Stampede expertise for choosing and handling the many horses that were involved.

Much of Halladay's source material comes from the war diaries that all military units were required to keep. She also corresponds with about 40 individuals now scattered across the country who were involved with the entertainment productions.

Sea King Crew Visits "Moose"

By Capt Dave Devenney

12 Wing, Shearwater - A Sea King crew from HOTEF and 406 Squadron, 12 Wing, Shearwater, paid a visit in early September to Wing Commander Robert Carl 'Moose' Fumerton, a 91-year-old retired pilot and former commander of 406 Squadron now residing in Huntsville, Ontario. With few opportunities to see a Sea King in the area, a crowd from the local community greeted the aircrew after landing in Huntsville.

"I considered it a great privilege to meet such a man as LCol Fumerton," said Sea King navigator Captain Mark Nasmith.

Landing close to Fumerton's residence allowed the aircrew time to view Fumerton's flying logbooks and photographs and to then provide the former commanding officer with a tour of the Sea King. Serving with 406 Squadron during World War II, the former military pilot was credited with shooting down 14 enemy aircraft and managed to survive being shot down twice. His efforts earned him the Distinguished Flying Cross in July 1942, the Air Force Cross in January 1946 and a place in Canadian history books.

"As aircrew, we train and prepare for a time when we may be called to serve in such circumstances as he has, so we can identify with him," said Capt Nasmith.. "It is obvious from speaking with him and his wartime record that he served Canada with honour. Doing his duty to Canada, he put himself under tremendous risk that included personal injury. What a fine example he provides to those of us who may yet face such risk in the line of duty."

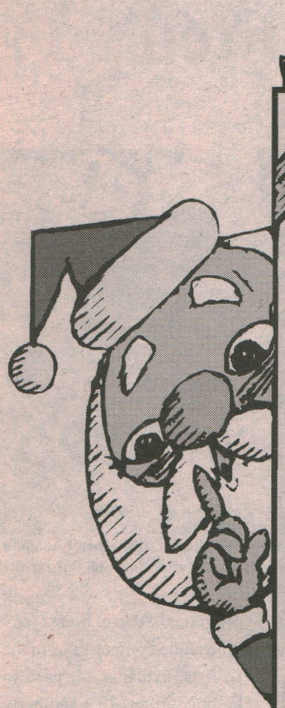
Fumerton flew early fighters including Beaufighters, Hurricanes and Mosquitoes, serving around the world and commanding 406 Squadron from 1943 to 1944. Now, 406 Maritime Operational Training Squadron is charged with training crews in operational flying and maintenance procedures for the CH-124 Sea King.

Having spent the day swapping stories, the Sea King crew presented Mr. Fumerton with a brake disc from the first Sea King, engraved with the name 'Moose."



Photo by Cobourg Daily Star

Names of crew (l to r) Capt Ruzgys, Capt McCarthy, Capt Nasmith, Sgt Kato, LCol (ret'd) Fumerton, Cpl Oliver, MCpl MacInnis.



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Stop by the Community Recreation office between Nov 18 - Dec 2, 2004

*Some conditions apply



Photo by Cpl Bill Gomm 38 CBG HQ

WINNIPEG - A section commander from The Royal Winnipeg Rifles indicates covering positions before entering the building.

The Royal Winnipeg Rifles (RWR) and The Queen's Own Cameron Highlanders of Canada (QOCH) participated in Urban Operations training under the code name Exercise URBAN HELL, held on Saturday and Sunday, October 30-31, 2004. The Army Reserve soldiers trained at Paintball Paradise facilities in Winnipeg, Manitoba. 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 North Western Ontario.



Photo by Cpl Bill Gomm 38 CBG HQ

A soldier from The Royal Winnipeg Rifles quickly moves into a position that will provide him with some cover from enemy fire.



Photo by Cpl Bill Gomm 38 CBG HQ

Soldiers from The Royal Winnipeg Rifles slowly advance along a wall watching for signs of enemy movement. The orange flag in the window tells the soldiers that the building beside them has already been cleared.

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Sports & Fitness

Athlete Of The Month

TEME Cpl Excels In Judo

By Jen Sharpe

In 1984, aboriginal kayaker Alwyn Morris won a gold and a bronze medal at the Olympic Games in Los Angeles. After the games, Morris toured aboriginal communities across Canada to show off his medals and talk about how sports had impacted his life.

When Morris stopped by Thompson, Manitoba, a young Brent Thompson—who had just started taking Judo at the insistence of his mother—saw the Olympic medals, listened about Morris' accomplishments, and thought to himself, "I want that."

20 years later, Cpl Brent Thompson of 17 Wing TEME is moving ever closer to what Alwyn Morris had in 1984. Thompson is a highly-competitive Judo athlete with a third-place finish at the Canadian National Championships under his black belt.

Ever since his mother forced him to take Judo "because the club was offering a family deal and my sister wanted to go," Cpl Thompson has never lost his passion for the strategic and physical sport.

"I've been doing Judo for the better part of 20 years," he explains, "but not at the level I'm competing in now. I'm probably training harder now than I have ever trained."

And train he does: Cpl Thompson trains three days a week with Manitoba's provincial Judo team and, just recently, an extra two days with a Judo club in downtown Winnipeg. He also participates in unit PT three days a week and visits the gym two days a week, alternating between endurance and strength training.

"I want to raise my standing in the National team," Cpl Thompson says, explaining his focused training program. After this year's National Championships in May, he was seventh in his weight category according to the sport's point system.

With an average of one or two competitions per month until next year's Nationals, Cpl Thompson is excited about his chances this year. "You always want to win gold, but I'd be happy with a top-3 finish," he says.

The upcoming Ontario Open at the end of November and the Pacific International in February are two events Cpl Thompson is looking forward to. His participation in events like these, he emphasizes, is entirely dependent on the support he receives through the Chain of Command.

"Everyone is tremendously supportive—I couldn't ask for anything more," he says. "I definitely wouldn't be able to participate in these events and improve my standing if it wasn't for the support I get from the chain."



Cpl Brent Thompson (second from left) stands with other Canadian National Judo champions in his weight class after finishing third in the competition last May.

Cpl Thompson also appreciates the support he receives from his wife and children at home. "Ultimately, it's my kids and my wife who sacrifice a lot for the amount of time I put in," he says. "I probably put in 15 to 20 hours a week training and competing, so I'm away from home a lot."

It would be nice, Cpl Thompson admits, if the CF re-instated its national Judo program. "There aren't any more Judo competitions in the CF," he explains. "It used to be huge in the 70's and early 80's." In relation to that, Cpl Thompson would also like to represent Canada at the CISM Judo championships some day.

For his dedication to the sport of Judo, Cpl Brent Thompson is the Voxair's November Athlete of the Month.

Wing Runners Place Well In TO Marathon

By Jen Sharpe

Somewhere in the sea of 10,000 bodies running through the streets of Toronto, four military men pounded the pavement in the name of 17 Wing Winnipeg. Although these men hadn't been officially introduced, they all shared a common goal: to do their personal best in the CF National Running Championships during the 10th Annual Toronto Marathon.

After showcasing impressive running times in various races over the past 18 months, MWO David Hiscock, Maj Bill Dymond, LCol James Lamb, and Cpl Jim Thompson qualified for Nationals and made the trip to Toronto in mid October for this year's chilly, rainy competition.

CF runners competing in the Nationals could enter either the full or half-marathon. 25 runners were selected from the Prairie region, including the four mentioned above from 17 Wing and one runner, MCpl Al Verzyl, from Shilo. MWO David Hiscock placed first among the full-marathon Prairie region runners and seventh among all CF full-marathon runners. Shilo's MCpl Verzyl was close behind, placing tenth among CF runners in the same category.

In the half-marathon, Maj Dymond placed ninth among all CF runners, just ahead of LCol Lamb who placed tenth. In only his second showing at the CF Running Nationals, Cpl Thompson placed 24th in the half-marathon.

Because running is such an individual sport, many of the 17 Wing runners didn't meet until after returning to Winnipeg when they got together for a group picture. "Most of us train by ourselves, so we didn't all meet before the race," Cpl Thompson explains. "And once in Toronto, there were so many people everywhere at the marathon that it was nearly impossible to find anyone in that crowd."

Although Cpl Thompson hadn't met all of 17 Wing's runners before the competition, he was familiar with longtime runner Maj Bill Dymond. "I really look to him as a mentor," Cpl Thompson said.

With 20 years of running and 32 marathons under his belt, Maj Dymond is a regular participant in the CF Running Championships. Holding the competition during the Toronto Marathon is a good move, Maj Dymond says, because it presents "a good opportunity to get out and see how you stack up against civilian runners, to see where you fit in."

"Military runners are comparable to civilian runners, and I think our placement in the rankings shows that," he says. "But it's difficult to compete against civilian runners who are sponsored. Our national athletes are just missing that extra time to train."

Although their marathon experience is drastically different, both Maj Dymond and Cpl Thompson agree they are "addicted" to running. "I started jogging to get in shape for unit PT in the morning, and I just sort of forgot to stop," Maj Dymond jokes.

"It's great for your health and it clears your head," Cpl Thompson adds. "I find that I'm better able to handle my problems after a run. I run for the competition too, but that's at the bottom of the list."

Cpl Thompson is quick to emphasize that the 17 Wing running team is strong, but it could be even stronger if more people came out and showed interest in representing the Prairie Region at Nationals. People looking for more information on qualifying times and upcoming races should contact Chris Merrithew, 17 Wing Sports Coordinator, at 833-2500 ext. 5511.

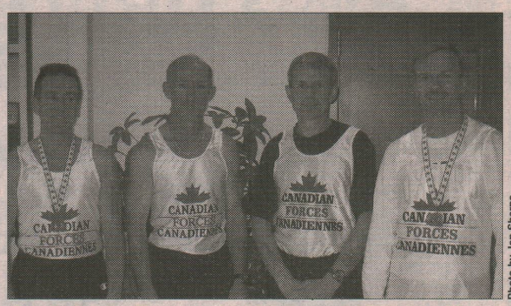

Photo by Jen Sharpe

(L to R) Cpl Jim Thompson, Maj Bill Dymond, MWO Dave Hiscock, and LCol BJ Lamb pose for the first time as a group after representing 17 Wing at the CF National Running Championships during the Toronto Marathon.

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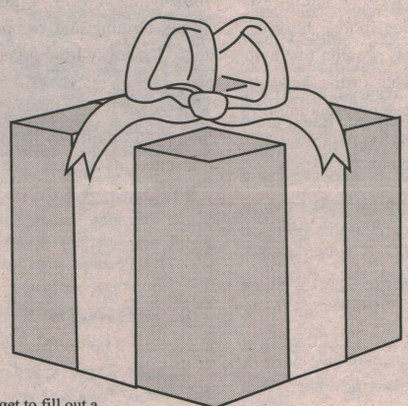
Les enfants sont les bienvenus!

Holiday Hampers

As in past years, the MFRC is partnering with the Care and Share program to provide holiday hampers. The mission of the Care and Share program is to utilize charitable donations to assist military and DND families who may find themselves in difficulty, for one reason or another, in maintaining the necessities of life, and to bring cheer and support.
The holiday season can be a difficult time. If your family could use assistance, please contact Haley Schroeder at local 4512 or Father Nelligan at 5272. All calls will be confidential.

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 ballot for a fabulous prize.

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

Creative Tot Shop

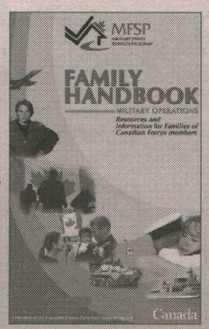
This program is the first step towards nursery school. It provides the opportunity for parents and young children to come together to create and play. The toddler or preschooler can explore the world of art, music, movement and story. Parent participation is required. Many families come to this program 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.



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!

The following are details of fall/winter programs for parents and young children. For further details on these programs and our nursery school and casual childcare program, please see the Community Connections or visit our website at www.mfrc.mb.ca.. There are spaces in all of our nursery school programs and our Casual Childcare program provides an opportunity for you to get a break from the children and the children to experience a professionally led program.

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.

MOTHER GOOSE ON SATURDAYS

Starting on January 15th , Mother Goose will be offered at 102 Comet Street from 10:00am to 11:30am. This program is being funded by the St. James-Assiniboia Neighbourhood Resource Network. The program is being offered free of charge and is open to everyone.

GYM AND MOVEMENT

This program was developed to provide parents and their young children the opportunity to play together in the gym. It includes creative movement, parachute games, cooperative games and a circle time. Large muscle skills and interpersonal skills will be enhanced as well as the opportunity to socialize and to run off some steam, especially as fall turns into winter.

Location: Lipsett Hall
Time: 1:15 to 2:15p.m. Thursdays
Cost: $20.00 per family for a ten week session. The drop in fee will be $2.50.
This program will run until November 25th. It will start again in mid January.

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.

Care & Share

"A Benevolent Fund that Assists Military Family in Helping Military Families"

By Fr. Tim Nelligan

Over the course of the last year, from December '03 to present, the Care & Share Program has actively sought to provide assistance when called upon to do so. With the fund raising last fall, the Care & Share distributed in excess of $5,000.00. These funds were distributed largely via Food Voucher Cards from Safeway, particularly during the Christmas Season. It says a great deal about the generosity of people, especially you, the Military and DND Family here in Winnipeg. Without the charity you have expressed through the monies you have given, none of what we do, could be accomplished. THANK YOU!!

As you may or may not know, in conjunction with the Care & Share being a benevolent fund, I am aware that simply asking for money in order to supply this fund is not always the easiest nor is it necessarily the best way to proceed. To that end therefore, various events have been designed and put together throughout the year in order to accomplish our fund raising goals.

Last April, Melissa Davidson, the Community Recreations Director, put a Run/Walk together for the Care & Share. It was the first event of its kind for us, and it successfully made a donation of $640.00. It is hoped that this coming April will see this event again, with an even greater number of participants. The annual 'Sticky Floor Day' in December and the 'Toonies from the Heart' in February, raised in excess of $2,500.00. Additionally, our '1st Annual Care & Share Golf Tournament' was held this past September. With very few participants, we were still able to raise $200.00. Although the amount was small, those who participated had a great time, received some wonderful prizes and are eager to give it a go next year. It is our hope that this function will become the Signature Event for the Care & Share Program. With your help, these events and the Care & Share can become every bit the success that we hoped for. Consequently then, it is the desire of the Care & Share OPI, currently yours truly, to keep fundraising away from the Fall Period due to the United Way Campaign. In so doing, and by utilizing various and fun events, the task of fund raising can become a joy to participate in.

I look forward to what the coming year will bring and to the opportunities this benevolent fund will provide in assisting our Military and DND Family in time of need. No one ever desires to find themselves in difficult circumstances, but when it does happen, it is comforting to know that assistance is only a helping hand away. May God bless each and everyone of you. May your lives be filled with abundant joy and your heart open to God's will. Once again, I would like to THANK YOU for the contributions you have made, and will make this coming year.

GOD BLESS!

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Every Sat 12 - 4 pm

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For more info & applications, please contact:

Financial Aid and Awards Office
Room 422 University Centre Building
University of Manitoba
Winnipeg, Manitoba
R3T 2N2

Tel: (204) 474-9533
Fax: (204) 275-6534
Email: cheryl_ricardson@umanitoba.ca

Deadline for applications: 30 Nov 04

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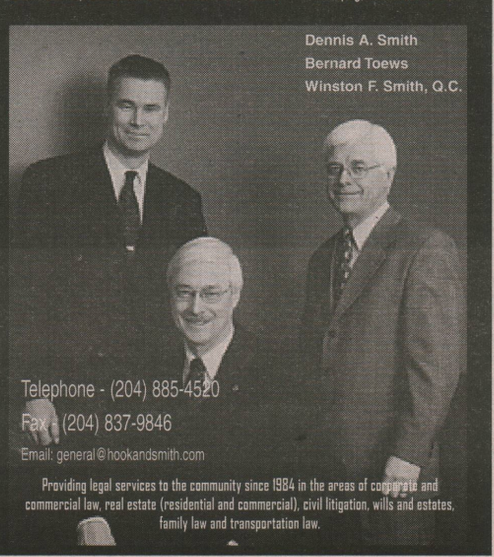

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Rolex Watch/ Three Wheel Adult Bicycle, Call 669-2331

Moving-Must Sell
Portable Dishwasher, 2 years old, White, Exc. cond., Asking $250, Air conditioning 5000BTU (window unit) $175, Stationary bike w/ heart monitor $75, Call Ben at 487-0210 or 833-2500 ext 4041

Furniture: Moving Overseas
Near-new. All excellent condition, Dining table + 6 Chairs ($500), Sofa setting (3 seat + 2 seat) ($800), Lamp side tables x 2 ($150), Coffee table ($150), Huge Computer corner desk ($375), Office Chair ($110), Big TV cabinet ($60), Microwave oven ($60), BBQ ($60), Contact Matt at 896 5779(h) or 833 2500 x 5887(w) or mattnlis@shaw.ca

Moving-Must Sell
3 Window Air Conditoners 10-12000 BTU--$50.00 ea, 2 Fridges--$50.00 and $25.00, 1 Stove--$75.00, 1 Dishwasher--$25.00, 1 Large Wood Shed--$50.0, All items are in good/very good condition. Stove and 1 Fridge not avail till mid Dec., Call 488-4952 and leave a msg or call CSN 258-6303 in Shilo for more details.

Dolomite Extra Low Walker
Seat/tray/brakes/basket, $350, Call 889-4442

Old 40's Trunk w/ Drawer
$45, Call 889-4442

2001 Carradio
$70, Call 889-4442

Microsoft Combat Flight Simulator 3: Battle For Europe & Logitech Extreme 3d/Twist Handle Force Feed Back Joystick
$70, Call 889-4442

Sharp Mini Component Stereo System, Powerful home theatre system, 180 Watts total output power, $175 OBO, Call Gord at 832-9353

1997 Class C Travel Master 30ft
ONAN Generator/AC, 66,000 miles rear queen bed, Non-smoking, No pets, Sleeps 8, Exc condition w/ many extras, Call 888-5659

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5 Years old, Exc cond, $700, Call Collin at 831-7008

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For Taurus, 205/65/R15, $175 OBO, Call 453-5870

Universal Gym
Weider 8530, $450 OBO, Call 453-5870

Halex Air Hockey Table
Excellent Condition, Asking $70, Call 487-1372

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

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

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.

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)

NPF OUTLET: WMCC
POSITION & TYPE: Rink Maintainer – Part time - Seasonal (Southside rink)
POSITION SUMMARY: Reporting to the Community Council this position is responsible for the preparation and maintenance of the Southside outdoor rink. This includes the installation and upkeep of the ice surface and the maintenance of rink equipment and facilities.

HRS/WAGE: 13 - 26 HOURS PER WEEK / $7.93 PER HOUR
EMPLOYMENT COMMENCES: December 2004 (depending on weather conditions)
APPLICATIONS ACCEPTED UNTIL: 19 November 2004 – 1500 hours
RESUMES CAN BE DROPPED OFF OR APPLICATIONS MAY BE PICKED UP AT BLDG 63 ROOM 101

Submit Application to: Non Public Funds Human Resources Assistant
Bldg 63 Room 101 PHONE: 833-2500 ext.5580
17 Wing Winnipeg FAX: 833-2671
Winnipeg, MB R3J 3Y5 EMAIL: ukleja.silvia@cfpsa.com

TAROSCOPES

BY NANCY

ARIES (March 21 – April 19): You'd be wise to hold your tongue when in conflict situations or when you're faced with tempers and tantrums. Striving for honest communication doesn't mean you must express all your opinions. Teach by example.

TAURUS (April 20 – May 20): Enjoy your current level of success but continue to strive to improve or you'll get bored. Organize your life so that you can accept an invitation or ticket on short notice. Spontaneity leads to entertaining discussions.

GEMINI (May 21 – June 21): An opportunity to take on more responsibilities should be considered carefully because it means you'll have less time to spend on a relationship. This dilemma of how much time to spend on career and relationships needs your attention because it is emotionally draining you.

CANCER (June 22 – July 22): You're getting better at juggling finances and people because you've realized you've been pleasing others before yourself too often. Once comfortable with putting yourself first, your confidence returns. You're reading people and situations more accurately.

LEO (July 23 – August 22): You may think you have lots of energy but if you need help to get a project done, ask. Trust your intuition when it comes to investments of money and time but always be on the safe side and set an upper limit. Learning about new building methods, materials and designs will be useful.

VIRGO (August 23 – September 22): Suddenly you're very popular. A proposal that you've been hoping for finally arrives resulting in an increase in confidence and optimism. If you want to advance yourself though, you may have to move or take a job with a different organization.

LIBRA (September 23 – October 23): You want to concentrate on your social life and find someone who shares your interests. Try mixing learning with mingling by attending courses in communication or writing; that way when you hear different points of view you'll know who to introduce yourself to.

SCORPIO (October 24 – November 21): Expect positive responses to applications you submit. Though you may feel stressed due to recent upheavals, you're rejuvenated when you renew old interests or join an institution that allows you to explore personal life philosophies and expand your knowledge base.

SAGITARIUS (November 22 – December 21): A singular focus doesn't mean you get what you want but it does increase the odds tremendously, so make sure you know what you want. There's a price to pay for not having foresight. Your expectations can skew your view of reality.

CAPRICORN (December 22 – January 19): Get your finances and your home organized. Try to encourage others to understand that your practice of maintaining boundaries is about self respect, not a denial of their needs or desires. Promote personal responsibility.

AQUARIUS (January 20 – February 18): Efforts pay off. Your talents are on display and your creations are favorably reviewed. Someone loves what you've been doing and will pay for it. An opportunity to earn extra income is a welcome change as it leads to more balanced emotions and finances.

PISCES (February 19 – March 20): Though you have the knowledge don't procrastinate on getting organized for a presentation. The extra effort will mean a few late nights but you'll look polished, and everything will flow smoothly. This is a great chance to make a good impression.

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