



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

DECEMBER 1, 2004

VOLUME 52, ISSUE 21

FREE

Safe Driving Week 1 Dec - 7 Dec 04



Sgt Babcock from MSE Safety presents acting Wing Commander LCol Kerr with a Tim Horton's gift certificate to kick off the annual national SAFE DRIVING WEEK.

By Sgt P.J. Babcock

Every year more than 90,000 drivers are in vehicle collisions in Manitoba. Many of these crashes are caused by driver error or delayed reactions due to inattention, distraction and impairment by alcohol, drugs or fatigue.

Once again MSE Safety, in conjunction with the Canadian Safety Council, will be promoting Safe Driving Week from December 1st to the 7th. We at 17 Wing MSE Safety find the promoting of

Safe Driving, Defensive Driving, and Safe Backing Courses to be an essential part of our job. We expect personnel to drive in a safe and defensive manner all year round, but with our great Winnipeg winters upon us, we find that all of us must be even more attentive than usual with our driving, whether it be driving a DND vehicle or our own personal motor vehicle.

To promote this year's theme of "THE IMPAIRED

DRIVER," during Safe Driving Week we will be placing two car wrecks at our Whytewold and Airforce Way gates. This is by no means meant to terrify any personnel, but to serve as a wake up call and a reminder of what can happen and has happened when people drink and drive. We will conduct extra safety patrols and be rewarding safe driving practices among 17 Wing personnel. Common things that we will be looking for are; Lights on, Seat Belts

on, Full stops at stop signs, Trip Tickets and current 404's in your possession (which they should be all year round). In closing, 17 Wg MSE Safety wishes you safe driving all year round, whether it be at work or home. Here are some tips to drive by:

How Should You Drive In Winter Weather?

- ✓ Buckle up before you start driving. Keep your seat belt buckled at all times.
- ✓ SLOW DOWN! - Posted speed limits are for ideal trav-

el conditions. Driving at reduced speeds is the best precautionary measure against any misfortune while driving on slippery roads. "Black ice" is invisible.

- ✓ Be alert. Black ice will make a road look like shiny new asphalt. Pavement should look gray-white in winter.
- ✓ Do not use cruise control. Winter driving requires you be in full control at all times.
- ✓ Reduce your speed while approaching intersections covered with snow or ice.

✓ Allow extra travelling time when going to and from work.

- ✓ Drive with your lights on at all times. This makes your vehicle more visible.
- ✓ Lengthen your following distance behind the vehicle ahead of you. Stopping distance on an icy road is double that of stopping on a dry one.
- ✓ Stay in the right-hand lane except when passing and use turn signals when changing lanes.
- ✓ Be a safe, patient driver and drive defensively.

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17 Wing Winnipeg

17 Wing United Way Campaign Update:
 Week 6
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Neighbourhood Safety Top Priority Over Holidays

By Jen Sharpe

As the holiday season approaches, so does the season for visiting friends and relatives and taking trips with the family. Empty houses during the holidays offer a tempting haul for would-be thieves; with 2PPCLI off in Shilo and many military homes on the South side sitting vacant as a result, the Winnipeg Military Community Council (WMCC), the CF Housing Authority (CFHA), and the MPs are reminding people to be especially vigilant this year.

"A lot of people have moved out of the Southside, and crime is up slightly on both North and South sides since PPCLI left," Cpl Matt Ritco, 17 Wing MP and WMCC Policing Representative, explains. "It's important for people to see who's left on their block and to observe the empty MQs."

According to Cpl Ritco, the small increase in crime in military neighbourhoods is predominantly in unlocked vehicles, garages, and exterior buildings. However, area residents should still watch out for strange behaviour around their neighbouring houses.

"Once the snow falls, people should watch for footprints around houses and going up to doors and windows. If you know nobody is living there, that's a sign that something isn't right. . . People should give us (the MPs) a call right away at 833-2633 if they see anything out of the ordinary."

WMCC Mayor Cpl John Joleun agrees. "If you notice suspicious vehicles in the neighbourhood, it's important to act on that and to contact someone," he emphasizes. "And it's not just the Southside; Northside resi-

dents need to watch out, too."

According to a newsletter released by the CFHA, all homes will be equipped with Winter Watchman lights--lights that go on if the furnace is shut off. "Should you notice a light on in a vacant MQ, please report it to our office or the Emergency After Hours," the newsletter says.

"Discussions are on-going with the Base for the re-allocation of the vacant Married Quarters," the newsletter continues. "Meanwhile, CFHA is in the process of winterizing the MQs. . . We will ensure that the walkways and driveways are kept free of snow."

Although the CFHA will continue maintaining the empty properties, Cpl Ritco emphasizes that area residents also have a responsibility to help keep their neighbourhoods safe. Here are some things you can do:

1) Keep large TV boxes and other telltale signs of expensive gifts out of your backlane and garbage bin.

2) Always close your garage door and keep your car locked even when it's in the garage.

3) Install a motion detector light outside your home.

4) Take time to clear flyers and junk mail from the mailboxes of empty houses. A full mailbox is a sign that a house is unoccupied.

5) Feel free to decorate your home, but keep in mind that lawn decorations are out in the open and easy targets for thieves and vandals.

Cpl Ritco also says that residents should consider registering their home with the MPs if they plan on leaving for more than a few days. "If you go away for a length of time, come to the MPs with the specifics of your trip and

give us a list of people who will have access to the house," he explains. "If we know you are away, we will be more observant about your house and will look out for things like footprints that shouldn't be there if the house is empty."

People interested in registering their home with the MPs should visit Building 95 and provide the Commissionaire with the home's address and emergency contact numbers. "Let us know if you're going to be coming home early or late, so we're not surprised if somebody's suddenly in the building," Cpl Ritco adds. "We should also know if you have an alarm system, so we can react appropriately if the alarm is triggered."

Personnel living in military housing must also notify the CFHA if they will be away from their home for more than

48 hours, according to the CFHA's Conditions of Occupancy. Residents are required to designate someone to check their home for "maintenance emergencies" on a daily basis and must forward the contact information of that person to the CFHA before the resident's departure.

Although they agree that area residents have a role to play in the safety of their communities, the MPs and the CFHA emphasize that they are both conducting regular patrols of the military neighbourhoods. "The MPs are out there 24/7 doing random patrols, but every deterrence is a bonus," Cpl Ritco says. "If residents make a conscious effort to keep a watchful eye on their block, then everyone can enjoy a safer holiday season."

Christmas: Belgium, 1944

By Alf Brooks

On November 3 Belgium Post issued three stamps to mark the 60th anniversary of the Battle of the Bulge. Designed by Grzegorz Rosinski, the three stamps picture the civilians and soldiers in Bastogne (€ 0,44), victims of war (€ 0,55) and soldiers in the forest (€ 0,65). Each stamp is also printed "Remember Bastogne."




The "Bulge" resulted from a German army offensive in December 1944 in the Ardennes, a wooded hilly area of Belgium and Luxembourg. One famous incident occurred at Bastogne, where the Germans demanded the surrender of the surrounded 101st Airborne Division. The reply by General A.C. McAuliffe was "Nuts!", ex-



plained to the Germans as a negative.

One episode of the recent TV series "Band of Brothers" dramatized part of the battle around Bastogne.





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Telephone answering system
operates remainder of the week.

VOXAIR STAFF

LCol S. Neville
Editor-In-Chief
204 833-2500 ext 5281

Capt P.A. Dawes
Managing Editor
204 833-2500 ext 6152

Maureen Walls
Office Supervisor
Sales Manager
204 833-2500 ext 4120

Andrew Hughesman
Production Coordinator/ Layout
204 833-2500 ext 6976
voxair@mts.net

Misra Yakut
Accounting
204 833-2500 ext 4121

Jen Sharpe
Journalist/Photographer
204 833-2500 ext 6976
+VOXAIR@PersSvc@Winnipeg or
voxair@mts.net

Traci Wright
Proofreading

Jim Holland
Advertising Sales
204 832-0115

Printed By
The Daily Graphic
1 204 857-3427

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Correspondence should be addressed to:
The Voxair
17 Wing Winnipeg,
PO box 17000 5th forces
Winnipeg, MB R3J 3Y5
Email address: voxair@mts.net or
wallm.m@forces.gc.ca
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Movie Set Takes Over Southside Neighbourhood

By Jen Sharpe

A sleepy Southside military neighbourhood came alive with bright lights, makeup artists, and rolling cameras in mid November as a movie shoot took over three empty houses on Grenadier Street. Critically acclaimed Canadian filmmaker Sean Garrity and his crew spent over a week in the military-owned houses, which will represent the home and neighbourhood of the main character in the movie *Lucid*.



Photo by Jen Sharpe

According to lead actor and native Winnipegger Jonas Chernick, the neighbourhood is perfect for the movie: "The houses are very suburban and not too elaborate or huge--they reflect our characters," he explained during a break from shooting. "The neighbourhood has been terrific, and people from a lot of the other houses pop by once in a while to see how things are going. It's great."

The partnership between the film and the military community began after Garrity heard positive things from other filmmakers who have shot scenes in military housing. After three extensive visits to prospective houses in the

neighbourhood and receiving approval from DND and the CF Housing Authority, the *Lucid* team began preparing the neighbourhood for its cinematic debut.

"We papered the neighbourhood to let everybody know what's going on and what we're all about," explained Location Manager Alan Baragar. "Sometimes the biggest problems arise when people don't know what's going on and don't know what to expect."

Part of Baragar's job, thus, was to liaise between the neighbourhood and the production to help address

the concerns of residents while meeting the scene requirements of the film.

Although a film shoot can be quite disruptive, Baragar said the military community has been nothing but supportive. "People here have been wonderful," he emphasized. "The neighbourhood has been onboard since day one and its made the production move along smoothly. Everything's been great."

After finishing shooting in the Southside housing, the production team visited a few more locations around the city before wrapping up on 24

November. Local neighbours and movie enthusiasts from around Canada can expect to see *Lucid* in theatres sometime in 2005.

Lucid follows the life of psychotherapist Joel Rothman (played by Chernick) as he struggles with insomnia and his deteriorating relationship with his daughter Jenny (played by young Winnipeg actress Brianna Williams). The film was originally written by lead actor Chernick, who presented it to longtime friend Garrity in 1999. The two have been working on the film together since that time.

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From The Desk Of The WAC New Programs, And They're Free!

Would you like to cut down on your drinking? Or even attempt quitting? Do you ever think that your need to make some changes to your lifestyle? Have you stopped drinking but find it difficult to stay "quit"? Not everyone is addicted nor need to go away for the "coffee course" i.e. 28 day residential treatment program. The Wing Addictions Counsellor now has several programs available to help with these questions. They are called SSI or Substance Abuse Secondary Intervention Programs. They are considered treatment. Volunteer, walk-ins are encouraged and identity is protected.

These programs consist of an assessment, selecting the right option for you and working with the WAC, one-on-one for a number of one-hour sessions using a 'workbook'. The whole idea is to stop the problem or make changes before it gets out of control and creates serious consequences.

These programs are available to anyone & everyone! All inquiries are confidential - so give me a call.

Bob Murphy, Wing Addictions - 5780/5086

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50 Years Ago In The Voxair Christmas Issue December 1954

The number one responsibility of a host or hostess, experts on etiquette agree, is to see that all their guests have a pleasant and enjoyable time.

Those who entertain at home, in clubs or at offices have an even greater responsibility and one that until recently most writers in etiquette completely overlooked. That is to see that their guests leave for home in such a condition that they are likely to reach there safely.

The gracious host or hostess today takes time to prepare attractive and interesting party dishes and

serves a variety of refreshments. Inevitably, some guests will imbibe too freely and, left alone, will leave the party to become a threat to safety either on city streets or on the highway. The host or hostess must share the blame if sudden death is the conclusion to an afternoon or evening's entertainment, because the danger could have been so easily eliminated.

A steaming cup of black coffee, with lots of sugar, served as a one for the road is a well-proven sobering agent. The thoughtful host or hostess makes this cup available to parting guests,

not only to help protect their lives but also to protect the lives of passengers in other cars or pedestrians who might innocently be involved in an accident caused by a guests over indulgence.

The homeward guest becomes a particularly serious safety problem during the Christmas-New Year holiday period. For years, many people have been turning the holidays into alcohol holidays and too often take to the highways after festivities when they are in no fit condition to drive. If accidents occur, and there is a record number of them during the festive season, the drivers themselves are, of course, to blame and must pay the penalty. But the host or hostess shares responsibility for the tragedy.

Scientific tests at Cornell University, and experiments elsewhere in Canada and the United States, have demonstrated the accident-reduction value of coffee when a driver who has been drinking takes to the wheel. For some people, of course, even coffee is not enough and these people should be kept away from a car until they have become fit to drive. But even a mild drink or two is sufficient to obscure the vision or slow up reflexes and for these party guests a cup of coffee will do the trick.

According to R. B. Baillie, vice-president of the American Association of Motor Vehicle Administrators, Registrar of Motor Vehicles and

Director of Highway Safety of the Province of Manitoba, campaign results in the United States show that traffic deaths were reduced by as much as one-third. In Canada, there were 50 fewer accidental deaths last December than in December, 1952 a gratifying decrease.

Good rules for a host or hostess to follow are these:

1. Persuade those guests who have taken too much to leave their cars and drive home in a taxi or be driven home by others.

2. Make that one for the road coffee. Every driver will be a safer driver as a result.

And for the guests:

1. Don't drive your car to Christmas or New Years parties;

2. Take advantage of your hosts generosity and make your one for the road coffee.

3. If you have overindulged even a little, take a taxi home, or ask a non-drinking friend to drive you home. Tell him to stay under 35 miles an hour in the country, 20 in the city.

It is with the greatest of pleasure that I wish the Voxair and all its readers A Very Merry Christmas.

**** PLEASE NOTE :** The Voxair does not condone the party practices expressed in this vintage editorial. Drinking coffee is NOT a suitable way to sober-up before driving. Please drink responsibly. **

Tickets now available for the Air Command Band 2004 Holiday Concert

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Air Command Band Set For Annual Christmas Concert

By Jen Sharpe

Although commuters and snow-shovellers can't complain about this Fall's unseasonably warm weather, holiday season fanatics are probably feeling a little disappointed. After all, it's difficult to get into the swing of holiday festivities when fluffy flakes and snowy scenes were so late arriving.

But even though Mother Nature was slow on the uptake, we can always rely on the 17 Wing's resident Air Command Band to dust off

the Christmas songbooks and kick off the season in style. On 5 December, the Band will be playing its much-loved annual Christmas Concert at the Burton Cummings Theatre in Winnipeg; on the 9th, the Band will travel to Gimli for a second show outside the city.

According to Sgt Shamilla Ramnawaj, both concerts contain a wide selection of Christmas repertoire, sure to please a variety

of tastes.

"There will be a nice variety of music, including our Vocal Quartet a lot of singers will be featured," she explains. "We will be performing traditional music as well as modern arrangements written by members of the band."

A donation to Winnipeg Harvest is the only payment required for tickets to the two-hour Winnipeg show. Donations can be dropped off at Building 90, the Canex, the MFRC, or the Jr Ranks Mess.

Tickets to the always packed Gimli show can be purchased from SSgt Del Allen at (204) 642-5106, Sgt Ramnawaj says. "We play in Gimli in the summer, and we just love playing there because lots of people come out. Its a big event for the community."



Members of the Air Command Band rehearse a holiday classic before their annual Christmas Concert at the Burton Cummings Theatre on December 5th.

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We Are Moving...

By Lt JGS Lavoie

Who exactly is moving, you probably wonder? And where - The Wing Logistics (including WSup and WTEME sections on the North Site. The project has resulted in cost saving measure for the long term of 17 Wing, which involved departing ourselves from the South end infrastructures and adding three new buildings in the North end, which are: WTISS bldg - Building 136 - Wing Logistics Complex - Building 129 - and the Headquarter bldg - Building 137.

The project is coming to the point where personnel will have to move. The move should have limited impact on the 17 Wing community but the end result that will come out of this will far exceed these small impacts. The units affected by the re-location will be moving in stages in order to continue the provision of vital services to the entire Wing as per normal. The production and re-

far removed from their remaining customer base, hence the co-location of WSup and WTEME sections on the North Site. The project has resulted in cost saving measure for the long term of 17 Wing, which involved departing ourselves from the South end infrastructures and adding three new buildings in the North end, which are: WTISS bldg - Building 136 - Wing Logistics Complex - Building 129 - and the Headquarter bldg - Building 137.

The project is coming to the point where personnel will have to move. The move should have limited impact on the 17 Wing community but the end result that will come out of this will far exceed these small impacts. The units affected by the re-location will be moving in stages in order to continue the provision of vital services to the entire Wing as per normal. The production and re-

sponse time will be somewhat extended for the duration of the move, but nothing too alarming, Christmas will be December 25th as usual. For the Wing and its lodger units, the consolidation will have a positive effect on how business is achieved on a daily basis. The co-location of essential services such as Wing Supply and the unification of Wing TIS can only result in a better provision of service for all.

Let's talk about the buildings for a moment. They will be voice and data ready and functional from the get go. They have been built with top of the line electronics and cabling that will meet our needs now and for the foreseeable future. The WLog Complex will have two large and one small conference rooms, while the new Wing HQ will house a large conference room with video conferencing capabilities and employ a new

electronic directory board system to help visitors more easily find their way. The new WTISS bldg will host the new Alternate Command Post (CP) for the Wing, complete with integrated video conferencing capabilities, as well as a new Server Room (Farm). The Server Farm will provide 17 Wing with greater expansion and more importantly redundancy to a network that is continually changing. The new facilities place our networks in a much better position to prepare for and counter most problems with little or no impact to our users.

The new infrastructure will put 17 Wing in a better position to face the future and defend itself by having us all in one location. I strongly believe that these moves will have a great impact on everyone's morale and on the overall effectiveness of the Wing. These buildings are something 17 Wing can be proud of for years to come.

Camp Mirage Remembers

By Capt Darrell James

The Remembrance Day Parade organized by the personnel of Camp Mirage was held on the Operations side of the camp on Thursday, 11 November 2004.

17 Wing was proudly represented in the parade along with other units of the Canadian Forces, Australia and New Zealand Forces. Regular and Reserve force personnel gathered at the memorial service to pay tribute to those who gave their lives in support of Canadian Forces operations.

Honourary guests in attendance were: BGen McCabe (A4), Col Abdullah (Host Nation Rep), HCol

Van Ruiten (17 Wg), the Canadian Ambassador to the Host Nation, the Head of Canadian Consulate to the Host Nation, Mr. Jim Lewis (New Zealand Consulate General) and Mr. Enns (Canadian Wartime Pilot and Observers Association).

BGen McCabe along with the TSE CO, Col Steff Kummel (WComd 17 Wg), the Australian CO and the New Zealand CO, all addressed the parade expressing their outmost appreciation and thanks for the contributions and sacrifices made by Camp Mirage personnel. Mr Enns gave a very emotional and heartfelt reading of "Flanders Field"

followed by national anthems, prayers, the Last Post, laying of wreaths, God Save the Queen and the dismissal of the parade.

Camp Mirage is a Theatre Support Element for Task Force Kabul deployed to Afghanistan. The role of providing support to our personnel in Afghanistan is essential to the effectiveness of the mission and the morale of our peacekeeping forces. Without this dedicated group of individuals performing under adverse conditions the well being of our peacekeepers would be greatly affected.



HCol Enns (415 Sqn) lays a wreath at the foot of the Camp Mirage cenotaph 11 November 2004.



The Ambassador, the Canadian Defense Attaché and the head of the Canadian Consulate lay a wreath at the foot of the Camp Mirage cenotaph in honour of the men and women who gave the ultimate sacrifice for Canadian freedom.



Photo by Cpl Steven Bogue

Back row (L-R): Sgt Dennis Matthews, MCpl Dan Donaldson, Capt Chris Cambridge, Cpl Andy Marengere, Cherrise Rondeau, Steve Rondeau, Cheryl Rondeau. Front row (L-R): Cpl Jim Thompson, Crystal Rondeau, Susan Rubin and of course "Dottie" is front and centre.

Boot Drive Presentation

With Christmas just around the corner, the generous donations collected from 17 Wing made it seem much closer to the Muscular Dystrophy Association of Canada. Seen here accepting the cheque, on behalf of MDC, is 17 Wing's Honorary Fire Chief, Crystal Rondeau, and MDC representative Susan Rubin. Also attending the presentation are Crystal's parents, Steve & Cheryl, as well as her sister, Cherrise. We would like to thank all members of 17 Wing for supporting this year's "Boot Drive" in raising \$1,852.24 for this well deserving cause.



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Sparky's Corner

Happy Holidays Start With And End With Safety

Submitted by Sgt M.W Breske

Christmas, that most joyful of all seasons is quickly approaching. Sometimes the hustle and bustle and rush to get things ready, we tend to forget the basics of home and fire safety. Taking short cuts or chances at this time of year could have disastrous results.

In the spirit of the festive season, the 17 Wing Fire Dept. would like to take this opportunity to pass on the following safety reminders to ensure that you and your loved ones have a happy festive season.

Lighting For Christmas

Only electrical lighting sets, which bear the CSA/ULC label of approval, should be used and connected to a 15-amp circuit. Use only outdoor rated light sets and cords for the outdoors. Only CSA/ULC approved electrical cords shall be used but better still use a power bar for inside lighting. When you have your Christmas tree properly set up make your next step a careful examination for any evidence of frayed wires, loose connections and broken sockets in the lights, which you intend to use. Any evidence that a set has deteriorated is sufficient reason to discard them. The chance is just not worth taking. Also, do not forget to unplug the lights before going to bed or leaving home.

Christmas Trees

If you choose a natural tree for Christmas, examine it to ensure it is not dry and shedding needles, a condition which causes a tree to become highly combustible. Before setting up the tree, saw off the trunk at an angle at least 1 inch (2cm) above the original cut. Set the tree up in a secure tip-resistant stand with provision for holding water. Keep the tree away from fireplaces, radiators, and other sources of heat. Ensure to locate the tree so that standing or falling, it cannot block an exit in the event of a fire. Artificial trees are flame resistant and are available in various sizes and colors. However, if a synthetic tree is your choice, ensure that safety warnings are observed especially those concerning the use of light. It is mandatory that only artificial trees with CSA/ULC approval are used in military establishments and it is highly recommended that they be used in the MQ's.

Festive Season Parties

Is a party with your friends, family or section part of your plans for the holidays? If so, decorate thoughtfully by only using non-combustible or fire retardant treated decorations. When the party is over check carefully for cigarette butts especially in upholstered furniture, empty ashtrays into metal containers or down the toilet. Just in case small children may arise before you, be sure matches and lighters are out of reach. Finally all sections which are holding functions are to report them to the Fire Dept., so that a pre-inspection of the site can be carried out, and all decorations will be CSA/ULC approved; this is in accordance with Wing Standing Orders.

Smoke Alarms

Your Fire Department urges you to prepare for special activities for the festival season by ensuring the smoke detector/alarm in your home is working.

Santa's Workshop

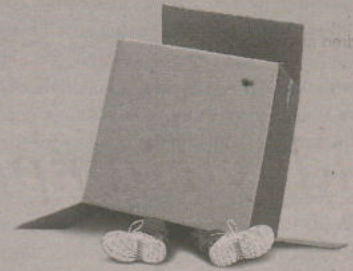
Many homes look a bit like Santa's workshop for two or three weeks prior to Christmas. Many hazards are associated with all these activities. Sewing articles, paper wrapping, Christmas trees, countless knick-knacks and decorations come out at a time when candles and fireplaces burn brightly. Ensure that candles are placed in proper holders and in an area that they cannot get knocked over, or where the flame is too close to paper decorations or any combustible materials. Ensure that portable heaters are kept away from all combustibles. Remove such things as wrapping paper, empty boxes from your home promptly.

Observing these few simple precautions should ensure that you and your family safely enjoy the special festive season.

The 17 Wing Fire Department wishes you and your loved ones a very happy and safe holiday. If you have any questions regarding fire safety, do not hesitate to call the Fire Prevention Office at 833-2500 ext.5501. We would be most happy to assist you in whatever way possible.

Obligations d'épargne du Canada
un excellent mode d'épargne. c'est garanti.

Il arrive souvent que les enfants n'apprécient pas dans l'immédiat les cadeaux reçus sous la forme d'Obligations d'épargne du Canada, à moins d'être ravis d'admiration devant l'attrait irrésistible de l'emballage.

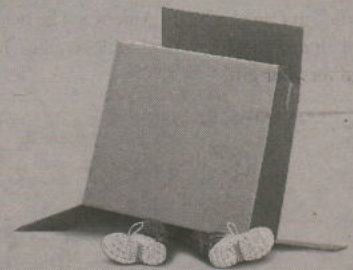


Vous êtes à la recherche d'un cadeau qui ne manquera pas de susciter de l'intérêt? Optez pour les Obligations d'épargne du Canada. C'est le genre de cadeau qui ne cesse de fructifier. Achetez-en auprès de votre institution bancaire ou financière, ou commandez-en directement. N'oubliez surtout pas de réclamer une carte-cadeau gratuite afin de faire savoir à un être cher qu'il recevra sous peu un cadeau du Canada.

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To buy directly, visit www.csb.gc.ca or call 1 888 773-9999.

Canada

Military Family Resource Centre



Mark your calendar!

You are all invited to the...

Monthly Coffee Break

02 December 2004
10am – 11am
102 Comet St.

Children are welcome!

Marquez vos calendriers!

Vous êtes tous invités à la ...

Pause-café mensuelle

Le 2 décembre 2004
De : 10h à 11h
Au : 102 rue Comet

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.

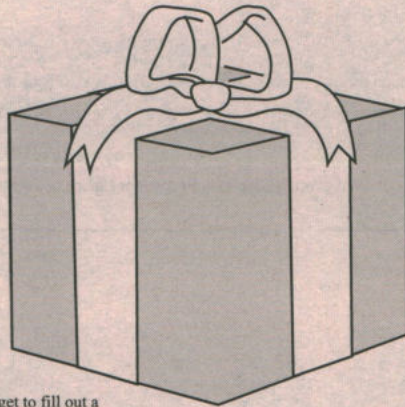
The holiday season can be a difficult time. If your family could use assistance, please contact Haley Schroeder at local 4512 or Father Nelligan at 5272. All calls will be confidential.

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.



On November 04, 2004, during the monthly community Coffee Break, the MFRC drew the name of Mrs. Carol Anderson. She is the happy winner of a trip anywhere Jetsgo flies in Canada/ North America. The generous gift was donated to the MFRC and all newcomers were eligible to enter this draw. Thank you so much to Jetsgo for your gift.



Le 4 novembre dernier, lors de leur pause-café mensuelle, le CRFM a tiré au sort le nom de Mme Carol Anderson. Elle est l'heureuse gagnante d'un voyage n'importe où Jetsgo vole en Amérique de Nord. Ce cadeau généreux a été offert au CRFM et tous les nouveaux arrivants de Winnipeg étaient éligibles à participer. Un gros merci à Jetsgo pour ce don généreux.

Invitation aux familles francophones

L'école Roméo-Dallaire et le CRFM ont joint leur force pour vous offrir un film de Noël en français.

Venez visionner le film *Elfe*, le dimanche 11 décembre à 14h00 au théâtre de la base militaire, 680 rue Whytefold.

Cette activité aidera l'école française de votre quartier à amasser des fonds pour une nouvelle structure de jeux.

Vous aurez aussi la chance de rencontrer d'autres familles francophones de votre communauté.

Les billets sont en vente au coût de 3\$ par personne ou 12\$ pas famille, incluant des croustilles et un breuvage.

Venez en grand nombre. Billets disponibles à la porte. Pour plus d'informations, contactez le 833-2500 poste 4515

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.

Saturday Drop-in

Did you know that the South Side Youth Centre is open every Saturday for drop-in? The Centre is open from 1:00 – 4:00 for school-aged youth. So, if you have errands to run, or need a quiet afternoon to yourself, drop your children off at the Centre and let our qualified staff watch them for you. There is a .50¢ drop-in fee charged to all non-youth centre members.

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:

December 13th Gingerbread Houses will be made and taken home to enjoy.

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.

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

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 appointment. 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.

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 chaplain 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.

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Open Water Scuba Diving Course



WHO? Adventurous individuals who are willing to accept the challenge to visit and play in the last frontier on earth.

WHEN? Next course begins 18 JAN 05. Course is 12 sessions on Tuesday evenings 1830 - 2130. Pre-register before 11 Jan 05 to hold a seat.

WHERE? 17 Wing Winnipeg SCUBA Club at the Westwin Pool, Bldg 90

COST? \$325 for Military and Dependant Members \$340 for Associate Members (Cost can be spread over course length)

Minimum of 5 people is required to the start course.

PRE-REGISTRATION IS HIGHLY RECOMMENDED. FOR MORE INFORMATION:

Cpl Stephane Joly: Work Loc 5240, Home 889-4437, Email stephj@mts.net or joly.jrs@forces.gc.ca

Mr. Ed Stark: Work Loc 6557, Home 889-0921, Email edstark@mts.net or stark.je@forces.gc.ca

Advent And Christmas Services Roman Catholic And Protestant

Throughout this holy time of year services will be held in the Wing Community Chapel, 2235 Silver Avenue (Bldg 94, off Whytefold), as follows:

a. Roman Catholic In English only.

Saturdays	Advent	27 Nov, 4, 11, 18 Dec 04	1630 hrs	
Sundays	Advent	28 Nov, 5, 12, 19 Dec 04	0900 hrs	
Tuesdays		30 Nov, 7, 14, 21 Dec 04	1900 hrs	
Friday		19 Dec 04	1900 hrs	Reconciliation Service
Christmas Eve		24 Dec 04 (Friday)	1800 hrs	Children's mass
			2200 hrs	
Christmas Day		25 Dec 04 (Saturday)	1000 hrs	
Sunday	Holy Family	26 Dec 04	0900 hrs	
New Year's Eve	Mary, Mother of God	31 Dec 04 (Friday)	1630 hrs	
New Year's Day	Mary, Mother of God	1 Jan 05 (Saturday)	0900 hrs	
Feast of Epiphany		2 Jan 05 (Sunday)	0900 hrs	

b. Protestant In English only.

Sundays	Advent	28 Nov 04	1100 hrs	
	Advent	5 Dec 04	1100 hrs	Holy Communion
	Advent	12 Dec 04	1100 hrs	White Gifts
	Advent	19 Dec 04	1100 hrs	
Christmas Eve		24 Dec 04 (Friday)	2000 hrs	Family Service
			2400 hrs	Holy Communion
Sunday		26 Dec 04	1100 hrs	

a. Ecumenical Service In English only.

Sunday		12 Dec 04	1900 hrs	Carols and Lessons
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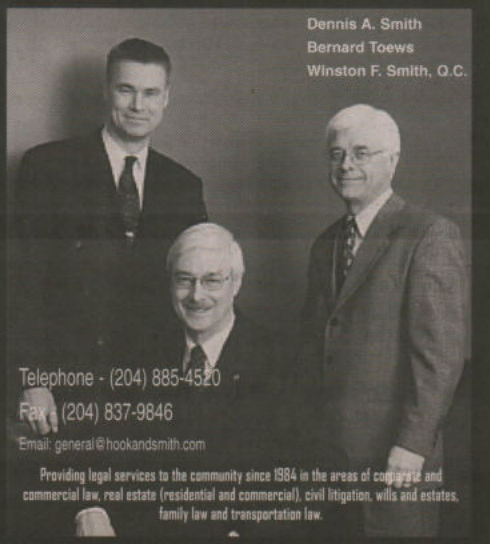
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11 Piece Dining Room Suite Walnut Finish, 7 chairs, Buffet & Hutch, Table with 1 leaf, \$700.00, Call 791-8631

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

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

Moving-Must Sell
3 Window Air Conditioners 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

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\$70, Call 889-4442

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INTERNATIONAL DAY OF DISABLED PERSONS

The aim is to promote "increased awareness and understanding of disability issues...and to mobilize support for practical action at all levels by, with and for persons with disabilities".

FRIDAY - 3 DECEMBER 2004 LEARNING AND CAREER CENTRE
0900 - 1200 BLDG 135

PRESENTED BY 17 WING & 1 Canadian Air Division EMPLOYMENT EQUITY

GUEST SPEAKERS:

- Steven Fletcher** - Special guest speaker who is a member of Parliament and has a visible disability;
- Sandi Popham** - Special guest speaker who has taken an early leave from the workforce due to her disability;
- Thea Haut** - Special guest speaker who is employed at the DND and struggles with her invisible disability;
- Jennifer Perron** - Educator from the Society for Manitobans with Disabilities.

For more information, please contact Florence Bambenek at 5215. The learning room has a maximum capacity of 30 - so come early to ensure a seat!

EVERYONE IS WELCOME TO ATTEND

TAROSCOPES BY NANCY

ARIES (March 21 - April 19): You're working to meet a deadline that requires your attention. Travel is not advised as it is highly likely unforeseen problems will arise. Avoid future frustrations as much as possible by assessing what is going on and making adjustments now.

TAURUS (April 20 - May 20): To take control of a situation read the signs people are giving you and respond promptly. Stress is caused by financial commitments that need to be dealt with. Stay level-headed and only get involved in what you honestly believe you can handle.

GEMINI (May 21 - June 21): A relationship isn't always served by sharing all your thoughts. Control your tongue especially if you're pushing for someone else to solve your problems or confirm your opinion. It is okay to ask for what you want but accept a "no" graciously if you receive one.

CANCER (June 22 - July 22): Though you believe that if you plan you can get what you want, you're not working in isolation. You're capable but you must also be flexible. Look at the big picture. Idealism is good but so is realism. Watch others to see if they warrant the high opinion you have of them.

LEO (July 23 - August 22): This is an ideal time to start a new relationship or to reconnect more strongly within your current relationship. You're able to communicate and exchange viewpoints with others easily right now. Accept invitations to meet friends, talk to new people and celebrate.

VIRGO (August 23 - September 22): Self exploration may turn up surprising truths about your priorities and values. Curtailing excess spending may exclude you from some activities but remaining true to your own beliefs is important. Create new traditions that are meaningful to you. True friends support you.

LIBRA (September 23 - October 23): If you're hoping for peace and quiet you'll be disappointed as visitors will be dropping in steadily. You are seen as the leader in planning and others expect you to provide entertainment. Get away to a coffee shop or art gallery with a good book when you can.

SCORPIO (October 24 - November 21): Move along at your own pace. If a better job opens up, put in for it only if you feel inclined to not because it's expected. Become involved in what intrigues you. Plans were meant to be broken. Tackle tough stuff only when you're full of energy.

SAGITARIUS (November 22 - December 21): Right now you're prone to a wide range of mood swings. Don't expect others to share your response to life's ups and downs or to have empathy for you all the time. Practice self-nurturing and you'll feel you won't need the reassurance of others as much.

CAPRICORN (December 22 - January 19): Weigh options carefully and try to detach and see the truth of a situation. Realizing you could be influenced by other's opinions will lessen the effect. An old system or policy must be reviewed to determine if it is still applicable and if not initiate revisions.

AQUARIUS (January 20 - February 18): Keeping your temper won't be easy when you see someone mindlessly going down a dead-end path. Though you may feel left behind, this is better than going along and living a life of limited awareness. Let time take care of some of your concerns.

PISCES (February 19 - March 20): Deal with responsibilities at home. It's easier to enjoy a break with friends when they drop in if there are no worries about unfinished business hanging over your head. The time is right to find love but it may be where you least expect it.

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