THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg
DECEMBER 15, 2004 VOLUME 52, ISSUE 22 FREE

W Comd's Christmas Message

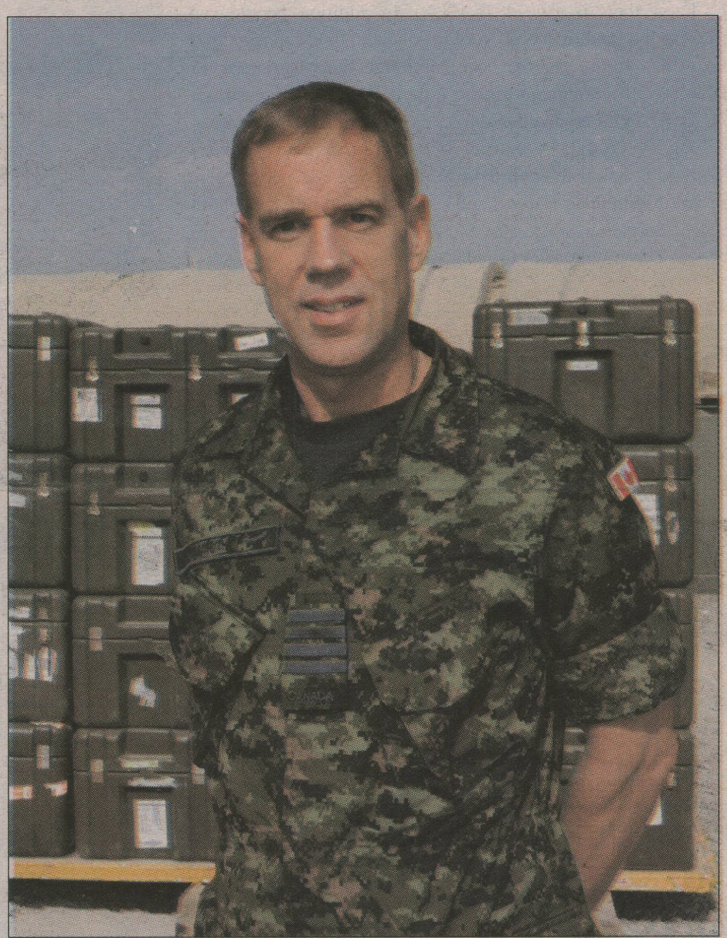
Once again, we have had a very busy year at 17 Wing. Great progress has been made in the construction of impressive new buildings such as the Wing Logistics Complex, the WTIS Building, and a new Wing HQ. These projects are core milestones in the overall Wing consolidation plan and have moved along very smoothly thanks to the hard work and cooperation of many Wing personnel.

With the advent of a new look Wing, it is appropriate to look back at all the accomplishments every section and unit have made over the last year. I commend you all for your key operational, educational, support, and administrative contributions to the Strategic Visions of both 17 Wing and the Air Force. You have much to be proud of and I hope that you feel the same sense of satisfaction in your achievements.

As with any year, we have also had to contend with unforeseen challenges and hurdles. Your collective commitment in carrying out your tasks despite shortfalls and added pressures speaks volumes to your many talents, skills, and dedication.

Of course, one of the compounding factors in meeting daily tasks is the operational and deployment demands periodically placed on various units. With the imminent departure of several Wing personnel and the return of numerous others from missions abroad, we should be reminded once more of the sacrifices being made in serving our country. During these holidays, we should give thanks for the safe operations behind us and the contributions that deployed members and their families have made while also wishing recently departed personnel a safe and successful deployment.

To all members of 17 Wing and its lodger units, I wish you a very peaceful and enjoyable Christmas and holiday season. You have all worked hard and now is the time to enjoy some well deserved rest with your family and loved ones. Merry Christmas and Happy New Year!



Message du cmdt Ere à l'occasion de Noël

Encore une fois, nous avons connu une année fort chargée à la 17e Escadre. Les travaux ont avancé à grands pas pour ce qui est de la construction de certains bâtiments imposants comme le complexe de logistique et l'immeuble abritant les SIT Ere, ainsi que le nouveau quartier général de l'escadre. L'exécution de ces projets permet de franchir des étapes importantes du plan d'affermissement général de l'escadre; de plus, elle se fait tout en douceur grâce au travail acharné et à la collaboration de nombreux membres du personnel.

Alors que l'escadre revêt une nouvelle apparence, le moment est bien choisi pour faire l'inventaire de tout ce que les diverses sections et unités ont accompli au cours de l'année. Je vous félicite tous de votre collaboration indispensable à la réalisation de la vision stratégique tant de la 17e Escadre que de la Force aérienne, et ce, que ce soit sur le plan des opérations, de la formation, des services de soutien ou de l'administration. J'espère que vos accomplissements vous apportent une grande satisfaction, car vous pouvez en être très fiers.

Comme c'est le cas chaque année, nous avons dû relever des défis inattendus et surmonter des obstacles; votre engagement collectif à exécuter vos tâches malgré le manque de ressources et les pressions croissantes en dit long sur vos nombreux talents, vos compétences et votre conscience professionnelle.

Bien sûr, les pressions supplémentaires qu'exercent périodiquement les opérations et les déploiements sur les diverses unités ne font que compliquer l'exécution des tâches courantes qui s'imposent. Le départ imminent de plusieurs membres de l'escadre et le retour de nombreux autres affectés actuellement à des missions à l'étranger devraient nous rappeler les sacrifices auxquels il faut se résoudre pour servir le pays. Les fêtes de fin d'année sont un moment privilégié pour rendre grâce pour les opérations que nous avons réussi à mener à bien en toute sécurité et pour les contributions que les militaires en déploiement et les membres de leurs familles ont dû fournir. Elles nous offrent aussi d'une excellente occasion pour souhaiter une mission réussie et sans danger aux militaires qui viennent de partir en déploiement.

À tous les membres de l'équipe de la Défense en service à la 17e Escadre ou dans une des unités hébergées, je vous offre mes meilleurs vœux de paix et de bonheur pour les fêtes. Vous avez travaillé fort et le moment est maintenant venu de vous détendre en famille et en compagnie des êtres qui vous sont chers. Joyeux Noël et bonne année!

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Care & Share Hampers Give From The Heart

By 2Lt V-G Winter

As the holiday season quickly approaches, the people of 17 Wing are being asked by the Care & Share program to give from the heart. Care & Share needs your help with a number of holiday initiatives as well as fund raising—or food raising—for the year to come. They are a benevolent organisation, and are dedicated to helping DND families in need.

Padre Brinn, the Care & Share OPI, explains that it is "us looking after our own"—a community support network. Be it a house fire, death in the family, financial tight spot or something else, Care & Share will lend a helping hand to DND families who just need some support.

Padre Brinn is the chairman of the Care & Share board this year and thus OPI for their different initiatives. The board includes the Chaplains of the Wing, one representative from each unit, and one from 1 Cdn Air Div.

This time of year the Care & Share program is concentrating on Holiday Hampers. Holiday Hampers can be gift baskets, small food hampers, or food vouchers for local supermarkets. The hampers are given out with the utmost discretion to those families who feel they could use a little more. There is also a Gift Tree in the MFRC decorated with the ages and genders of children who need a gift. You go to the tree and pick a gift-need to fill (example: boy 7 or girl 14). Surplus toys will be given to the Winnipeg Toy Bank.

Padre Brinn isn't worried about raising enough funds this year. He explains that the "people of this Wing are very big hearted. If they know there is a need, they respond and respond very well." In the past there has always been enough for the DND families in need during the holidays. Surplus food or hampers are provided to Winnipeg Harvest and the Salvation Army.

Those who want to help can do so in a number of ways: Care & Share has received a donation of potatoes. The potatoes will be distributed in the appropriate hampers with the surplus broken down and sold for $3 per 10 lbs bags throughout the Wing. The money raised from the potato sale will be used by Care & Share to buy food vouchers, gifts, and other food.

In addition people can volunteer time and resources through their Unit reps, or they can donate cash, or canned and dry goods. People can also help by identifying the people who could use a little more holiday cheer to their unit reps or MWO, CWO.



Photo by 2Lt V-G Winter



Cpl Cathy Young, of 17 WCompt Branch, is shown being presented with her accelerated promotion to Cpl by Capt Natalie Woodruff, A/WCompt.



Lt Saundra Humphreys received her promotion to Lt from LCol Neville November 18th. Lt Humphreys recently graduated from her Phase III Log course held in Borden over the past 2 months. She has worked at 17 Wing AdmO office since September 2003. She first joined the Air Reserves in 1996 after spending the first 7 years of her career in the army as a drummer for the Queen's Own Cameron Highlanders.



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Disability Issues Highlighted At LCC Conference

By Jen Sharpe



Photo by Jen Sharpe

Event organizer Florence Bambenek (left) presents guest speaker and area MP Steven Fletcher with a plaque commemorating his visit to 17 Wing's Learning and Career Centre on 3 December.

Did you know that 3.4 million working age Canadians are living with a disability, and that 80% of those people have an invisible disability such as hearing loss or arthritis?

For those who attended the Learning and Career Centre's (LCC) conference in honour of the International Day of Disabled Persons, these facts join first person accounts to highlight the challenges faced by persons with disabilities and the accomplishments those people have made in the face of adversity.

Steven Fletcher, MP for Charleswood-St.James-Assiniboia (including 17 Wing) and Federal Health Critic for the Conservative Party, spoke candidly at the event, remembering issues and situations that have affected him since a car accident paralyzed him from the neck down in 1996.

"I spent 11 months in the hospital, and during that time it occurred to me that on one hand we save people from accidents or from ailments to prolong their lives, but we don't provide the resources in our society to allow those same people the opportunity to live meaningful dignified lives," Fletcher said.

According to event organizer Florence Bambenek, first hand accounts by presenters such as Fletcher and Sandi Popham, who has Multiple Sclerosis, are important steps towards raising employment equity awareness. "Besides doing the regular diversity group training that they do here at 17 Wing, I thought it would be beneficial for people to see people who actually have disabilities."

"We wanted to give people some resources for how they can learn more about disabilities and how a person who has disabilities can function in a workplace," Bambenek explained. "One of the goals of this seminar is to improve awareness about disabilities within the DND environment."

Also speaking at the conference was Thea Haut, Chair of the Defence Diversity Advisory Group (DDAG) and a person living with an invisible disability. According to Haut, the DDAG is "responsible for advocating for the three groups we look after on diversity issues: women, members of visible minorities, and persons with disabilities."

"We cannot advocate for an individual cause," Haut explained, "but if that individual cause is going to affect many other people, then we would bring it to management's attention and hopefully find some way to accommodate the concern."

Individuals wanting to learn more about disability awareness, employment equity, or the DDAG can contact Haut at extension 5958 or the LCC at extension 4208.

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Cpl Chris Brewer from the TEME Sqn-Tn Flight section, seen here with Maj Stephane Parent, the Transportation Electrical Mechanical Engineering Officer, and 2Lt Todd Batt the Special Purpose Vehicle Officer, is presented with his promotion to Cpl (accelerated promotion effective 01 Oct 04). Cpl Brewer who has been deployed to CFS Alert since the 28 July 04 was just back on leave and is scheduled to return to Alert on the 15 Dec 04 until his tour completion near the end of Jan 05.

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50 Years Ago In The Voxair

Christmas Issue December 1954

From the Observation Post
By Scoop and Droop

QUESTION OF THE WEEK:

Our new road is certainly a wonderful addition to the Station, but when are those speedsters going to realize that it is not the Indianapolis speedway?

--

Well, here we are again; only this time in a Christmassy mood: this being the Christmas and last issue of 54. So bear with us as we once again present to you some of the goings on of the month. Before we do, however, we would like to express our appreciation for the interest that some of our readers have taken in the column, and we can assure you that 55 will be even better.

SAD NEWS FROM SCOOP

Unfortunately, we are losing Droop to civilian street, so we wish LAC Bill Squires the very best in his new career, wherever or whatever it may be. We feel quite confident that he will make a go of it, as he has done on Station Winnipeg. Have we any volunteers for the position of Droop?

--

The snow that has been hankering around Winnipeg during the past weeks is creating a lot more of the old Christmas feeling. With Christmas near at hand, it seems that we have more snow now than we have had in the past few years. Incidentally, someone should start a bobsled party-to take advantage of all the hills and slopes in Manitoba!

--

Just a reminder right about here: about the Station Variety show being presented sometime around the latter part of this month at least that is the rumor . . . They really have quite a lineup of acts, kits, etc., to present, including dancers, singers, comedians, and who knows, maybe even pantomimers!

--

The annual semi-formal held on the 19th of November in the Airmen's Club proved to be quite the enjoyable evening with low lights and soft music the order of the evening . . . Bully for the lads in the dinner jackets.

--

Talking about all that snow reminds us that we elected a Barracks committee to organize sports, sleigh rides, games, etc., round the barracks . . . Now the question is: When are they going to start?

--

Has anyone noticed anything new in the Station snack bars lately? Thanks, ladies. Those Christmas decorations certainly add to the atmosphere around this time of year.

--

Now, until we meet again, Scoop and Droop would like to extend to everyone A MERRY CHRISTMAS and a VERY PROSPEROUS NEW YEAR.

17 Wing Public Auction Held On 21 Nov

17 Wing Winnipeg sponsored a public auction for surplus items, drawn mostly from PPCLI excess materials, on 21 November. Five hundred bidders were registered to bid on twelve hundred lots, which made for a packed audience (in building B17 Kapyong Barracks) on auction day. Items on the line for the auction included: office equipment (desks/chairs/tables/couches/lockers), barrack furniture (beds/dressers/ student desks), kitchen/ restaurant equipment (Hobart mixers/pantry shelving/steam trays, etc), washers, shelving, musical equipment (mixers/ guitar amp), arc welders, compressors, outboard motors, industrial snow blowers, and more.

Thanks to the support of the CADC Sales Representative for the Manitoba Region, Linda Swidinsky, 17 Wing was able to dispose of items left over from the PPCLI move much more quickly using the auction format. Although the disposal of assets from DND through a Crown Asset Distribution Centre (CADC) usually occurs through a sealed bidding process, the auction was authorized due to the large number of items available for disposal. The auction offered a number of benefits, specifically: it allowed the PPCLI to close out their buildings much sooner then might have been expected as a supply priority was given to getting the items out of buildings (first offered to 17 Wing DA holders) to be put up for action. Secondarily, it ensured that items could be disposed of in time for the move of Supply from the south site to the north site (move scheduled for January). This meant that Supply will not have to store the materials well into the future at P2 (a building that will be handed over after our move) or in the new log complex on the North Site. The CADC website is located at: http://crownassets.pwgsc.gc.ca/text/whatsforsale-e.cfm . CADC arranged to have the auction conducted by Associated Auto Auction Ltd whose auctioneer was Jeff Noiseux. The auction company website is located at: http://www.associatedautoauction.com/. Maj O'Neill, OC Supply, would like to take this opportunity to recognize PO1 Mark Danyluk, Sgt Gary Ezekiel and the 2PPCLI Rear Party for a job well done. Collectively, they played a key role in disposing of the excess assets in a timely fashion. Activities included: arranging tours of PPCLI buildings to show and make assets available to DA holders in advance of the auction, liaison.

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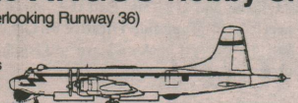

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Camp Mirage Hosts 'Trip Of A Lifetime'

By Jen Sharpe

It was the "trip of a lifetime," but 17 Wing's HCol Ben Van Ruiten says he would go back in a second.

HCol Van Ruiten was among four Air Force visitors from Winnipeg who made the trip to CF Camp Mirage in November to participate in the Camp's Remembrance Day ceremony. Between November 8th and 19th, the four Winnipeggers—HCol Van Ruiten, HCol John Enns (415 Sqn Greenwood), BGen Paul McCabe (1 Cdn Air Div), and CWO Thomas Secretan (1 Cdn Air Div)—toured Camp Mirage, visited with Host Nation officials, and spent time getting to know the nearly 300 CF troops deployed to the hot and humid desert Camp.

"I was impressed by the Camp, and the morale and camaraderie of the troops," says HCol Van Ruiten, after his return to winter-y Winnipeg. "It's good to have a little glimpse of what they're doing and to see the sacrifices they make by being over there for so long."

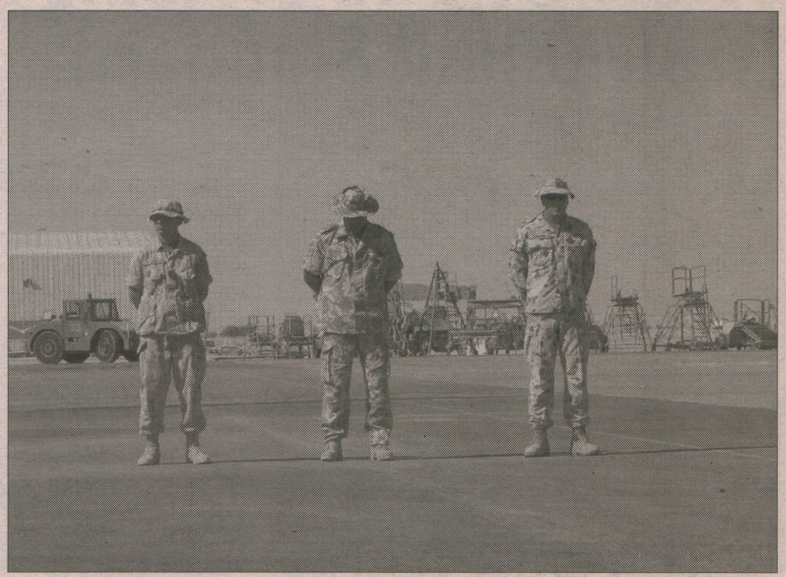
HCol Van Ruiten says the group was invited up to participate in the Remembrance Day ceremony, during which HCol Enns laid a wreath on behalf of the Canadian Wartime Pilots and Observers Association and HCol Van Ruiten laid a wreath on behalf of all the Wings across Canada.

"It was the perfect occasional to visit the troops and thank them for their contributions," HCol Van Ruiten adds. "They're like one big family, ... but they're all looking forward to going home."

Over 30 personnel from 17 Wing and 1 Cdn Air Div are currently deployed to Camp Mirage, a Theatre Support Element for Task Force Kabul in Afghanistan. The Camp provides airlift support and acts as a transition base for CF troops entering and exiting Afghanistan.

As a longtime member of 17 Wing, HCol Van Ruiten has taken the time to know many military personnel over the years. The trip to Mirage gave him the opportunity to see old friends and to make new ones.

"I met, of course, with Col Kummel (17 Wing WCmd) and we were shown around by Capt Maziarski and Capt Chouinard, who were just terrific," he remembers. "I was able to visit all the units and the kitchen .. . . I'm always interested in learning about our troops and talking to them about their duties."



CF and Allied members from Camp Mirage stand during the Camp's Remembrance Day Ceremony.

Most members from Camp Mirage—including many from Winnipeg—will be returning home in December and January which marks the end of their six-month tour.

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Sizing Parade Completed For The First Four Items Of The Clothing And Equipment Millennium Standard

By Lt Pam Stuebing, D/W Sup O

The sizing parade for the first four items from the Clothing and Equipment – Millennium Standard (CEMS) project occurred at 17 Wing during 26 Oct to 5 Nov 04. Of these four items, we expect to receive and distribute the following items in late January 05: Light Weight Combat Clothing (three pairs to include name tags and epaulettes), 2 in 1 Rain/Wind Suit, Wide Brimmed Combat Hat. The Ice (CADPAT gortex winter wear) is currently behind in its production schedule and may be delayed beyond the January distribution date.

1381 personnel from 15 units/squadrons were sized during the parade which, if the positive feedback can be used as a measure, was carried out without a hitch. Well… if you don't count being flooded by 1 Cdn Air Div personnel on 28 October during an evacuation evolution. The CEMS order for the Wing was placed on 30 November. Supplemental orders will be placed for personnel who were either unable to attend the sizing parade or couldn't get into supply prior to the order placement. As a note of interest, readers should be aware of CANFORGEN 070/04 which advises that pending availability of the blue T-Shirt, Air DEU personnel currently issued the green T-Shirt may wear them. As the national acquisition process may take some time, Air DEU personnel/ Unit kit shops are also authorized to purchase, at their own expense, T-shirts that are of the following brand and colour codes:

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Maj O'Neill, OC Supply, would like to take this opportunity to recognize the following personnel for a job well done. PO2 Mike Paterson, Clothing supervisor, for planning the sizing parade, liaising with outside agencies including Director Aerospace Requirements (DAR) staff, updating order information on the computer data base and providing overall guidance and support to the sizing team. Thanks to MCpl Tom Dillon, Clothing 2IC, for providing recommendations, providing direct supervision to the sizing team and for sizing personnel. Thanks go out to the main body of personnel, without whom the sizing parade would not have been carried out smoothly, which included Mr Larry Post and Mr Bob Harrison, MCpl's Dan Beaulieu and Laurie Coleman, LS Dave Gowen, Cpl's John McDonald and Jacqueline Stokes, and Pte's Travis Derkson, Bernadette Swanson and Hao Tran. Well done!!

For more information on the CEMS project including an image gallery of items see: http://dglepm.ottawa-hull.mil.ca/dsspm/dsspm6/cems/site_map_e.htm . Also see NDHQ CAS OTTAWA DAR 67 221036Z Jul 04 (Subject: Distribution of CEMS garments) or the Project Implementation Plan for Capitol Project WBS 00002774-IMP-5-NCP.

Major Changes At CFANS

By Capt Rhonda Eddy

Life at CFANS is very busy at the moment as changes are occurring at the school. A new and improved work environment for staff and students is about to be introduced as major renovations take place during Project Transform. CFANS conducts Air Navigator (ANAV) and Airborne Electronic Sensor Operator (AESOP) training in building 84, also known as Mawdesley Hall. This building was built in the 1950s, and has not had comprehensive infrastructure updates since that time. As a result, washroom fixtures are rusted, heating is inconsistent and electrical systems are overloaded.

Discussions for these renovations that are currently in progress began in Oct 2003. Shortly thereafter, preliminary work orders were initiated. In Feb 2004, the planning phase was well underway, and authority to utilize some of the revenue generated by the international students was requested from the ACAS. With the support of ITP (International Training Program) and Cdn Air Div A1 Trg, in June 2004, ACAS granted permission to conduct this renovation proposal, with a spending cap of $600,000.

CFANS is an international training institute, currently having staff and students from New Zealand, Australia, and Norway- and in previous years, Singapore, Germany, and Korea. Without these renovations, one course of eight foreign students would have been cancelled, due to a lack of classroom and office space.

In July 2004, one office and two classrooms were renovated to accommodate the expanded Navigator and AESOP staff. Staff manning levels was topped-up to its full establishment enabling the Basic Air Navigator output to remain the same. Nine navigator instructors and five AESOP instructors were posted to CFANS in Aug 2004. As a result, additional office space was required. These redesigned offices and classrooms are being used as the template for the remainder of the renovations. Maj John Milligan, CFANS Navigator Flight Commander, is the CFANS Project OPI for the renovations. "Our main concern is to minimize disruptions to staff and students. We anticipate that these renovations will be complete by the end of March 2005," states Maj Milligan, "and we are extremely excited about the final product."

Staff and students will be required to relocate within the school to accommodate these renovations. Classrooms will be wired for laptop usage; office and classroom walls painted, lockers replaced, washrooms upgraded, to mention a few of the projects. 17 Wing CE is the OPI for Project Transform and have been working with the contractors to ensure project success. CFANS staff and students would like to express their gratitude to the members of 17 Wing CE for their tremendous work and involvement with Project Transform.

This is a very exciting time for the staff and students of CFANS, as we are eager to view the final product. This new revitalized work environment will definitely be a Christmas wish come true and will most certainly have a positive impact on this international training school. Be sure to check back in March to view the before and after photos of the new CFANS.

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ComRec Thanks Members With Free Classes, Club Demos

By Jen Sharpe

To thank members for their support and patronage over the past year, Bldg 90 Community Recreation is holding a customer appreciation event January 4th to 8th in the New Year. The five days of free fitness programs and one day of interactive club demonstrations (8 Jan) is being held in conjunction with the Get Moving Manitoba weekend on January 7th and 8th.

According to ComRec Director Melissa Davidson, the Bldg 90 event will help introduce current and prospective members to different clubs and classes offered by ComRec.

There will be free classes so members can drop in and try them out, she explains. We value the customers and want to show them the different options that are available to them.

A complete list of classes can be found on the web (http://www.pspwinnipeg.ca), on the DIN, or at the front desk of Bldg 90. The free classes include those that can be attended with an activity pass as well as the specialty programs like yoga and pilates that require registration. Although classes are completely free for members, guests must still pay the $8 Bldg 90 drop-in fee.

The Grand Finale event on the 8th will feature demonstrations by a variety of ComRec clubs that people can observe, says Davidson. We will have supervised activities for the kids, such as games and activities to entertain them.

One of the programs Davidson is especially excited about is Aquafit, held Tuesday and Thursday evenings. Aquafit is a total-body, low-impact workout conducted in the Bldg 90 pool by certified instructors; unfortunately, Davidson says, there is a stereotype that Aquafit is only for people with injuries and those 55-plus.

We have fabulous instructors and all classes can be adapted to your fitness level, she explains. It is definitely a challenging workout.

Bldg 90 Aquafit instructors Jan Menzies and Debbie Lewis agree.

People do specific exercises on land such as weight training, biking, or the stairmaster and it can take a week to get through everything, Menzies explains. Water combines all of the elements of those activities: resistance training, cardiovascular, the whole bit.

Both Menzies and Lewis have been instructing Aquafit at Bldg 90 for two years. They say the class can comfortable hold 20 people, nearly triple the current participation.

Because the water offers a natural, consistent resistance, you work all your muscle groups and can improve your flexibility, muscular strength, and endurance, Lewis adds. It's hard work but it's fun. Theres a misconception that aqua-fitness is only for older people, and that simply isn't true.

Because participants can complete the moves at their own pace and can modify each move to meet their fitness goals, Aquafit can be beneficial to everyone, the energetic instructors say. The face of aqua-fitness has changed, Menzies says. Whether you're participating to lose weight or tone up or increase your endurance and muscular strength, the program can work for you.

With higher participation in programs like Aquafit, Davidson says, Manitoba can help shake its reputation as a generally inactive province. We have the lowest activity levels and highest diabetes rates in the country, Davidson says, quoting information provided by the Physical Activity Coalition of Manitoba. I hope we can get some of those New Years resolution people in to the programs!

Taking The "DIE" Out Of DIET Part 6

What About Research?

STRENGTHENING THE FORCES ENERGISER LES

By Jennifer Taylor, Health Promotion Director

Over the past weeks we've looked at various nutrition related topics and how they relate to our eating habits. The articles were written using reputable resources and then each one was critiqued and edited by a dietician. The three patient and kind dieticians who helped me out are Debra Reid, PhD, RD, Marilyn Booth, MSc, RD, and Renée Crompton, MSc, RD.

I was inspired to write this series because I was alarmed at the abundance of nutrition information out there and concerned about the impact it has on the choices people make. We live in a society saturated with information literally at our fingertips. Information that may or may not be supported by valid research. My goal was to present nutrition information that is supported by sound scientific research in order to help people make informed choices. As I was happily going along writing and submitting my articles, a wise woman who I greatly respect challenged me on something. "I understand what you are trying to do," she said, "but why would people believe what is presented in your articles over the other information out there?" My response? A sheepish "Oh".

She has a point. Books promoting certain diets are written and endorsed by physicians, famous personalities, and the like. Most of the nutritional claims made seem to be supported by research studies as cited by the authors. So how do we know who or what to believe? What is sound research? I will attempt to clarify this issue at least to some degree.

The world of science is one of uncertainty and theories. Great, like that helps! A scientist asks questions and then sets out to find the answers by conducting research studies. A research study needs to be repeated by other scientists who try to prove or disprove the original findings. If other scientists end up with the same conclusions after repeating the study numerous times, then those conclusions (claims) are considered confirmed findings. Research takes time and diligence.

Here are some questions to ask yourself when you hear about the latest nutrition claims:

Is the information based on one single research study? Who conducted it (look for credentials)? Or has it been repeated by other scientists who obtained the same results and came to the same conclusions?

How was the information presented? Was it published in a scientific journal and reviewed by other scientists? Or was it published in a magazine owned by the researcher?

How many subjects (people) participated in the study (can you really generalize the study's findings based on 100 subjects or testimonials)?

Who benefits financially from this latest claim, diet or supplement?

Canadians are very fortunate, Health Canada has committees who review scientific evidence and create uniform nutrition guidelines for government authorities, health professionals, the food industry, and the public. These committees screen the research and make recommendations (such as Canada's Food Guide to Healthy Eating) based on sound scientific evidence. These recommendations are updated periodically.

So, before we latch onto the latest nutritional information out there, we need to read it with a critical mind. Consider the source and investigate the findings. Tune in next week when we look at our final topic in the series, physical activity.

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.

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

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Marianne Of France

By Alf Brooks

In January France will introduce a new series of definitive stamps (those stamps that are issued for a number of years for everyday use) that picture Marianne, a symbol of the Republic. She is said to represent the people of France; most representations have her wearing the Phyrgien bonnet that was worn by slaves in Greece and Rome and later galley slaves on the Mediterranean Sea. Go to any town hall in France and you will find a bust of a young woman, Marianne; there have been various models, including Brigitte Bardot and Catherine Deneuve.



The new Marianne was designed by Thierry Lamouche; his design was chosen over the hundreds that were submitted in a competition sponsored by France Post.

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17 WCE Adventure Training 2004

By Cpl Luke Gould



Nopiming Provincial Park

Recently members from 17 Wing's Construction Engineering Squadron devoted five days to exploring Manitoba's pristine and beautiful Nopiming Provincial Park. With nine members strong, 17 WCE participants embarked on what would prove to be a challenging as well as rewarding adventure training.

Activities included in this year's adventure training were canoeing, portaging, camping and angling. Without having access to IMPs (military ration packs) or military canoes, the difficult task of preparing and executing the week's activities was spearheaded by Cpl Will Smith and MCpl Steve Worden. With rented canoes and fresh rations on ice, our small convoy of trucks began its trek toward the western entrance of the enchanting Canadian Shield. With the planned starting point of our canoes being Tulabi Falls, we arrived there and met our first obstacle…a locked gate. Undeterred, we made the decision to start at the Bird Lake launch several kilometers back. With our canoes weighed down by personal kit, camping supplies, angling gear and several coolers of food, we began our journey toward Elbow Lake.

Along the way, we encountered some speed bumps (or rough waters to be concise) in which one of our canoes was capsized. No… no one drowned, but a couple of hundred dollars in fishing gear was lost. If there was one lesson to be learned from this little hiccup, it was to always line the inside of one's rucksack with a garbage bag for waterproofing and buoyancy as both of these occupants did, resulting in the safe recovery of their swiftly floating rucksacks. Upon arrival at our designated campsite, we had completed four portages some as long as 375 meters through ankle deep mud. Almost immediately after pulling our canoes ashore, rain clouds were becoming more apparent; this is where teamwork and determination took shape in the form of a nine-person campsite being set up within 30 minutes, complete with a sheltered kitchen area and a roaring campfire. This kind of rapid output can be expected from engineers trying to stay dry.

The days that followed were filled with great walleye (pickerel) angling on both Elbow and McGregor Lakes. As well, some participants opted to explore the imposing cliffs and high rocky outcrops that the Canadian Shield has to offer. Still others preferred the campsite routine, keeping the meals cooked and the campfire going. Our evenings were also fulfilling as they consisted of card games, jokes and good-natured conversation. There was one big dilemma that this week in the wilderness hampered us with - the world cup of hockey gold medal game (Canada vs Finland) could not be seen, but it could possibly be heard! Trying unsuccessfully to tune into CBC radio in our campsite, which provided terrible reception, Maj Stew Beal decided to find higher ground. Minutes later on a very high ridge hovering over our campsite, we heard the echoes of the Finn national anthem coming from above; so up went the hockey fans to listen as Team Canada demonstrated its superior hockey prowess yet again by winning the gold.

The trip home was made much easier by the wind and current favoring us, as well as the lighter load due to our gluttonous appetites. With many of our participants originally coming from all over Canada, as far west as BC to as far east as NFLD, this adventure training provided and impressed all of us with what Manitoba provincial parks have to offer. As well, this training has highlighted our participants' cohesive teamwork, camaraderie and profound benevolence shown to one another, which have positively carried over to our regular workplace at 17 WCE.

Grand Opening Of Manitoba Military Aviation Museum

By 2Lt V-G Winter

Military aviation history has a new home here at 17 Wing. The Manitoba Military Aviation Museum (MMAM) has open its doors to all as of November 25, 2004 at 2 p.m. Located in the old dining hall of the Warrant & Sergeant Mess the MMAM gives the public a chance to see and touch some of their aviation history. LCol Kerr, Acting Wing Commander, cut the ribbon at the opening before assembled guests. Most of the guests were volunteers who had worked on the museum but some were family members of those honoured inside.

The museum is dedicated to preserving Air Force heritage in Manitoba. The MMAM chairman Capt Mike Rozak, the Wing Heritage Officer, was "extremely happy" with the opening and the interest it generated. "I'm very pleased by the reception the museum has received, and I know it bodes well for the future." said Capt Rozak.

The idea for MMAM came from the late Jack Bessey, an important member of Ghost SQN. He was instrumental in the creation of the Garden of Memories having spent his life trying to preserve military aviation heritage. Plans for the creation of the MMAM began seven years ago out of consensus from several members of the local Winnipeg military community. In Oct 03, the Wing provided, as a temporary home, the old dinning hall in the Wo & Sgt Mess. Capt Rozak along with twelve volunteers, most of them from Ghost SQN, began in January of this year preparing the hall, as well as cleaning and setting up the collection. The volunteers donated over 2200 person hours to the project.

This opening is only Phase 1 of the MMAM plan. Phase 2 consists of a larger facility to be constructed outside Sharpe gate near the Garden of Memories. This facility would be the permanent home of the MMAM and more accessible to the public.

Approximately half of the $6 million required for the permanent building's construction has been collected. One interesting source was the $5000 donation from the Astra Credit Union. It was a historic donation: In the 1950s and 60s Royal Canadian Air Force (RCAF) bases routinely had military credit unions to provide financial services in remote areas. The various military credit unions banded together to form the Canadian Association of Military Credit Unions (CAMCU). Over time the credit unions such as Astra, expanded and began accepting non-military clients and eventually became public credit unions. Left without a purpose, the CAMCU was dissolved about 5 years ago. The operating funds that remained were split between three military museums one in Trenton, one in Edmonton and the MMAM. The caretakers of the fund, the Astra Credit Union, thus provided a cheque for $5000 at the opening to LCol Kerr.



Photo by 2Lt V-G Winter

LCol Kerr cuts the ribbon officially opening the Manitoba Military Aviation Museum on 25 November, 2004 in 17 Wings WO & Sgts Mess. The museum can be visited Mondays, Wednesdays, and Saturdays from 13:00 until 17:00. A full story on the museums opening can be found in the next issue of the Voxair.

Donations of exhibits came from a number of sources. Much of the collection is on loan from the families of airmen such as the Lt William Gillespie, Flight Lieutenant Weldon Reid, and Flight Lieutenant William Lawrence. The local Winnipeg art scene provided some assistance in the form of display cases provided by the Winnipeg Art Gallery. 402 SQN provided some of their memorabilia for a display. A number of rare items are on display including a RCAF Officer Dress Helmet, and the largest painting ever done to date by David Ranson.

Capt Rozak indicated that the opening ceremonies had prompted more donations of memorabilia and pictures to the MMAM. Once the future building is built Capt Rozak hopes to acquire a number of historical aircraft. Donors who were on hand, such as the family of Reid, were "pleased with the displays," said Capt Rozak.

David Ranson, renowned Winnipeg artist whose works are prominently featured by the MMAM, was on hand and said he was "pleased and flattered" by the prominence placed on his work. Ranson's favourite piece is the one he is working on right now for the museum, a 4 foot by 8 foot painting of the Avro Arrow. Ranson explained that the "senseless destruction of the Arrow" highlighted the importance of preserving our military aviation heritage.

Jerry Holowaty, a civilian graphic artist was brought in on the project early on. As a young boy, Holowaty's painting of model airplanes translated into a career as an artist. Holowaty's love of planes is what motivated him to invest his time in the MMAM.

Some of the guests on hand were members of the Fort Lareine Museum in Portage La Prarie. They welcomed a sister museum. Erik Smith, the groundskeeper for the Fort Leraine museum, spoke of the importance of preserving the past. Smith explained how his time in England during the Second World War has given him a healthy interest in history. The historical culture is so rich there that you can't but feel a "closer connection to our roots," Smith explained. It's this sense of connectedness to our past that the museums try to convey to the Canadian public.

Military aviation played an important part in Manitoba since the 1920s. The old flying boats, the Vickers Vikings, did photo reconnaissance of northern Manitoba; in some areas their work is still being used today. The British Commonwealth Air Training Plan (BCATP) brought together during the Second World War was the largest flying school in the world to date. In addition, a number of local boys did good during Canada's wars such as Reid, Lawrence and Gillespie.

For those people interested in visiting the museum, the MMAM will be open to the public on Mondays, Wednesdays and Saturdays from 1 p.m. until 5 p.m. until December 22, when it will close for the holidays. Simply advise the commissionaire you are going to the museum in Building 66. The MMAM will reopen January 8, 2005. People and schools interested in tours should contact Capt Rozak at 833-2500 ext. 2429.

Song Sheet

Here Comes Santa Claus

Here comes Santa Claus!
Here comes Santa Claus!
Right down Santa Claus Lane!
Vixen and Blitzen and all his reindeer
Are pulling on the reins.
Bells are ringing, children singing;
All is merry and bright.
Hang your stockings and say your prayers,
'Cause Santa Claus comes tonight.
Here comes Santa Claus!
Here comes Santa Claus!
Right down Santa Claus Lane!
He's got a bag that is filled with toys
for the boys and girls again.
Hear those sleigh bells jingle jangle,
What a beautiful sight.
Jump in bed, cover up your head,
'Cause Santa Claus comes tonight



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Holiday Wishes...



General Ray Henault

I am pleased to extend my best wishes to the members of the CF, to the employees of DND, to our many supporting agencies, and to your families.

This year, the men and women of the CF continue to be involved in difficult and dangerous missions in Canada and throughout the world.

On the international front, you have demonstrated an unwavering commitment to peace and security and in doing so have helped restore stability and improve the lives of countless people. As part of the international coalition against terrorism, you have also worked hard to preserve our freedom and way of life.

In Canada, you capably supported our troops abroad, helped defend Canada and North America, and successfully conducted thousands of search and rescue operations.

The result is that all Canadians are highly appreciative of your dedication and hard work and they know you are making a difference.

As always, our civilian colleagues have been outstanding partners in our undertakings in Canada and abroad. In fact, we would not be as highly successful without their unwavering dedication and support.

Overall, military life demands a special kind of dedication and selflessness, and for so many of our deployed soldiers, sailors and air personnel, that means they are not able to be with their families over the holidays. It is a personal sacrifice made not only by them, but their loved ones as well, and so I extend my appreciation to each and every one of them who are away doing such important work on behalf of Canada.

It is with a deep sense of pride and honour that I lead such an outstanding group of Canadian men and women. I thank you for what you do and wish you and your families the very best for the holiday season and the new year.

Christmas Greetings From The Wing Chief Warrant Officer

Season's greetings to all. Another year has passed and what an eventful year it has been! The construction of the Wing Logistics Complex and WTIS building is nearly completed and will soon be operational, followed closely by the new Wing HQ.

During this very busy period, 17 Wing personnel continue to support worldwide deployments, leaving many sections shorthanded, yet you continue getting the job done, while still maintaining a positive outlook. The Festive Season is a time for giving and sharing. Family and friends getting together in celebration of a most joyous season. For me, it is also a time for expressing my profound thanks to the DND team at 17 Wing for your support during the year.

Many of us will enjoy this holiday season with friends and family. Please also remember our deployed personnel and their families who will not be sharing this holiday season together. Keep them in your thoughts and prayers.

Enjoy this holiday time with family and friends, and return in the New Year with a renewed spirit. My family joins me in wishing you and your loved ones the very best for the holiday season and the New Year. Merry Christmas and Happy New Year.



WCWO CWO Parent

Voeux de Noël de la part de l'adjudant-chef de l'escadre

Joyeuses fêtes à tous. Une autre année a passé et qu'elle année mouvementée! La construction du Complexe Logistique de la 17e Escadre et le bâtiment de WTIS sont presque terminer et seront bientôt opérationnel, suivi de près par le nouveau QG de l'escadre.

Pendant cette période très occupée, plusieurs personnel de l'escadre continue à soutenir des déploiements a travers le monde, laissant beaucoup de sections à court de personnel. Pourtant vous continuez à compléter vos tâches avec diligence et vous continuez à envisager l'avenir avec optimisme. La Saison des fêtes est un temps pour donner et partager. Beaucoup d'entre nous apprécierons cette saison de vacances avec amis et familles. Pour moi, c'est aussi un temps pour exprimer ma très grande appréciation à l'équipe de la défense nationale de l'escadre pour votre soutien pendant l'année.

Voici qu'arrive la période de l'année où l'on s'entoure de parents et d'amis pour célébrer le temps des fêtes. Beaucoup d'entre nous passeront les fêtes avec nos amis et familles. N'oublions pas nos collègues qui sont déployés et qui ne verront pas leurs proches pendant les fêtes. Pensons à eux et mentionnons-les dans nos prières.

Je vous invite à prendre le temps d'apprécier vos familles et vos amis et de nous revenir en 2005, l'esprit reposé et régénéré. Ma famille se joint à moi pour vous souhaiter ainsi qu'à vos familles, un formidable temps des fêtes et mes meilleurs vœux pour la nouvelle année. Joyeux Noël et Bonne Année.





Christmas Greetings From The Chaplain General

December is a meaning-filled time of year, in which people of many different faiths, and people of no expressed faith whatsoever, are all caught up together in celebrations of that which makes our lives rich with meaning. In his famous newspaper article, Yes Virginia, There is a Santa Claus, Calvin Coolidge wrote, "Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas." I pray that this 'real spirit' may be found in you and all that you are accomplishing.

For Christians, the celebrations surrounding Christmas bring to mind and heart a focus on family, on hope, and on peace. As well, for many, especially those members of the Canadian Forces and their chaplains serving away from their home and families, this time of year can also bring a certain sense of sadness and loneliness. By way of this brief message, I want to assure each of you that my personal prayers and the thoughts and prayers of my team in headquarters are with you and your loved ones. The vast majority of Canadians not only appreciate the work you are doing and your dedication to that responsibility, but also they recognize the sacrifices you and your loved ones are making daily in order to meet the demands placed on you by our nation.

As I send holiday greetings to you, I send also my thanks and the thanks of all Canadians for the work and sacrifice you and your families are enduring on our behalf. May God's blessing be with you.

Voeux De Noël de L'Aumônier général

Décembre est un mois empreint de significations durant lequel des gens de différentes fois et d'autres n'ayant aucune croyance particulière se réunissent pour célébrer des événements riches de sens dans leurs vies. Dans son article de journal très connu intitulé Oui Virginie, il y a un Père Noël, Calvin Coolidge a écrit : « Noël n'est pas un jour ni une saison, c'est un état d'esprit. Avoir à cœur la paix et la bonne volonté et être miséricordieux, voilà le véritable esprit de Noël. » (traduction libre) Je prie que ce « véritable esprit » se trouve en vous ainsi que dans tous vos accomplissements.

Pour les chrétiens, les festivités entourant Noël tournent l'esprit et le cœur vers la famille, l'espoir et la paix. De plus, pour beaucoup de personnes et en particulier les membres des Forces canadiennes et leurs aumôniers en service loin de leur famille, ce moment dans l'année amène aussi une certaine tristesse et une solitude. Au moyen de ce bref message, je tiens à vous assurer que mes prières personnelles ainsi que les pensées et prières de mon équipe du QGDN vous accompagnent, vous et vos proches. La grande majorité des Canadiens vous est non seulement reconnaissante pour les tâches que vous assumez et le dévouement que vous y portez, mais elle garde aussi à l'esprit les sacrifices que vous et vos proches faites quotidiennement afin de répondre aux exigences qui vous sont imposées par notre pays.

En plus de mes vœux de Noël, veuillez aussi accepter mes remerciements ainsi que ceux de la population canadienne pour les efforts et les sacrifices que vous et votre famille accomplissez en nos noms. Que Dieu vous bénisse.

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435 Sqn Flies Open Skies Missions In Russia

By Maj Mary Lee



Photo by MCpl K.E. Melvin, J3 ACV Imaging Technician

The members of J3 ACV's Open Skies Team, flight crew from 435 (T&R) Squadron and the Russian Open Skies Team, beside the Canadian CC-130H Open Skies aircraft, prior to departure from the Kubinka military airfield, outside of Moscow.



Photo by MCpl K.E. Melvin, J3 ACV Imaging Technician

Clockwise from left, Capt Dave Helfenstein (Pilot), Capt Jeff Hunter (ANAV), Capt Art Jordan (ANAV), and LCol Dan Chicoyne (Pilot, and Sqn CO) from 435 (T&R) Sqn conduct a pre-mission flight planning review.

17 WING WINNIPEG - Capt Art Jordan never anticipated his navigational skills would be put to the test while in Russia conducting the Open Skies missions this past October. After all, as a navigator, one of his roles is to flight plan flying missions for his CC-130 Hercules crew who are used to conducting tactical and strategic airlift operations at numerous locations around the globe.

The challenge, however, was the information required to plan and execute flights in this foreign location was not readily available or even concise with previously familiar standards and procedures but it certainly was not a show-stopper.

In fact, 435 Transport and Rescue (T&R) Squadron has successfully completed its second Open Skies mission since the Treaty on Open Skies was instituted January 1, 2002. The first mission took the crew to Belgium, the Ukraine and Russia over a three-week period in July 2004. While in Brussels, the 12 crew members from 435 Squadron became familiar with the first route to be flown over the Ukraine by 'chair flying ' the route – discussing each leg and turn on the route with each member of the crew to minimize surprises during the actual mission.

By October, when it came time for 435 Squadron to carry out their second mission, the flights became quite straightforward. "I just sat back and did my job but in a whole new country," explained Capt Jordan.

The job for the 435 Squadron crew members was much greater than just familiarizing with airspace of a former adversarial country. Open skies missions are all part of a diplomatic agreement by signatory countries to foster openness and transparency of each others military activities and, more specifically, each others respect of the arms-control process.

"The Treaty on Open Skies represents a wide-ranging multinational effort aimed at enhancing military transparency and confidence building through mutual aerial observation flights," explains LCol Dan Chicoyne, Commanding Officer 435 Sqn who flew on the October mission. "Its purpose is to facilitate the monitoring of compliance with existing or future arms control treaties and to strengthen the capacity for conflict prevention and crisis management."

Each aerial observation flight is conducted using a sensor pod designed to take aerial photographs along pre-determined routes. The pod itself is a converted Hercules fuel tank modified to carry the permitted sensors. Members of the Canadian Open Skies Team in Ottawa including a number of imagery technicians with the Canadian Forces Arms Control Verification (ACV) Unit operate the sensor pod, compile and process the data collected from each observation flight. The "Samson" pod, as it is called, is owned and shared by several signatory nations including Belgium, Greece, Luxemburg, France, Canada, Italy, Norway, Portugal, Spain, and the Netherlands.

The Winnipeg-based squadron shares Canada's part in the Open Skies commitment with two other C-130 Hercules squadrons - 429 and 436 Squadrons both from Trenton, ON. Together their contribution to this important multi-national effort is to provide one C-130 aircraft and crew to fly the ACV team, on a rotational basis.

"Participation also includes, when possible, a cultural day where the visiting nation is exposed to a bit of the visited nation's country and culture," adds LCol Chicoyne. "The opportunity for Canadian aircrew to fly inside Russia is quite rare and provides exposure and training, which would otherwise be all but impossible to acquire."

"The mission is also about the person-to-person diplomacy, " comments Capt Jordan from his recent excursion to Russia. "There is a courteous rapport developing with our host nation since this newfound partnership in military and diplomatic affairs was signed. These cultural exchanges indeed enhance that relationship."

To find out more about the Treaty on Open Skies visit the Canadian Forces website at: http://www.forces.gc.ca/site/newsroom/view_news_e.asp?id=982



Merry Christmas & Happy New Year

To all our past and present clients we would like to extend our thanks and appreciation for another successful year. With each new year comes many changes and for us a big change has happened! We are moving offices effective December 31, 2004

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E-MAIL: clements@buywinnipeghomes.com
kellyandgrant@remax-clements.mb.ca

Our best wishes for the coming year!
Grant & Kelly Clements

MND Visit To 1 Cdn Air Div

VIP Visit, The Honourable Bill Graham, Minister of National Defence, Visiting 1 CND AIR DIV, 17 Wing Winnipeg Manitoba, 8 November 2004



Photo by Cpl Whyte J.A.

Inspecting the troops.



Photo by Cpl Whyte J.A.

The salute.

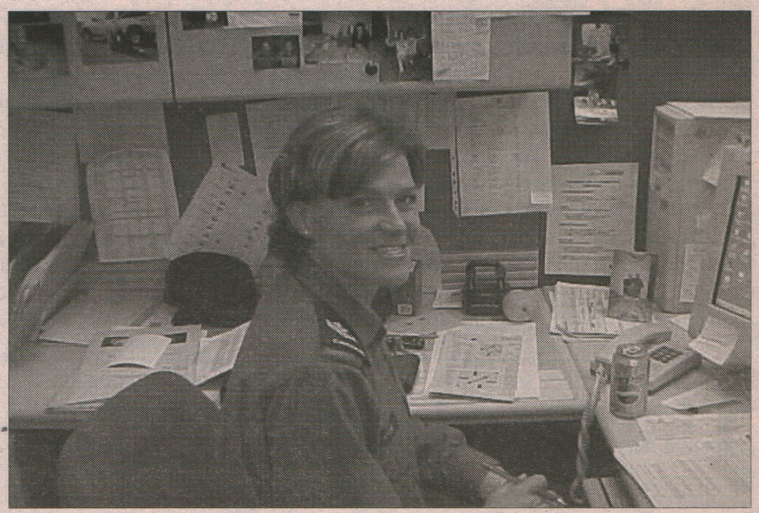


Photo by Cpl Whyte J.A.

MGen Bouchard of 1 Cdn Air Div (left) hosted The Honourable Bill Graham, Minister of National Defence, on8 Nov 2004.

New Clerk Joins WCE

By MS Trisha Cox



My name is MS Trisha Cox, Resource Management Support Clerk. I was welcomed into my new job at WCE by being asked to write an article about myself. Okay, so here goes....

I joined the Air Reserves in May 1987 as an Administration Clerk. My new career took me to many places with jobs in Recruiting, Reserve Training Management, instructing at ARTC, Command SAMP and a variety of Class A positions. In 1999, I decided to "use the force" and transferred over to the Regular Force. I was posted to Ottawa where I worked at CFSU and had five different positions in two years. The career manager took pity on me and I was posted back to Winnipeg in 2001. Suddenly this Navy girl found herself at 1 Canadian Air Division in A4 Maintenance working for a whole lotta Air Force people! Finally, in June 2004, I was promoted and posted to the Chief Clerk position at WCE, where I am very happy.

Despite this diverse and busy career, this clerk is not only about the work!! Along with the career opportunities within the military, there were also some great opportunities to play sports for them and still get paid. I caught the sport bug early in my career when I started participating in the CF sports programs by joining the volleyball, squash, badminton and softball teams – yes, all in the same year. Since 1991, I have participated in 12 Volleyball regional competitions and 9 Nationals. Along with the Base volleyball teams, I also had the privilege of participating with the CISM volleyball program for 3 years. In addition to the various silver and gold medals I received for volleyball, in 1991 I was named the CFB Winnipeg Female athlete of the year and, in 1997 I was named the MVP for the volleyball nationals in Borden. Yes, I still play. In my spare time, I taught aerobics, kickboxing and boxing for 10 years. The defensive skills I learned have suddenly come in handy for my weekly sports periods with WCE!!

Now one would think with all of this, how could I possibly find time for anything else. Well, I try to balance my love of sports and my job with volunteer work. My favourite causes are the MS Walk, MS Biking to the Viking, Run for the Cure, 24-hour relay, and Christmas Cheerboard. It seems that all but one of these charities involves some sort of run or walk! Making a difference in others lives is as important to me as making a living. I have spent many hours over the past five years asking for donations, organizing events and spreading awareness for these causes. In my spare time I also find the energy to curl, golf, teach boxing, sing karaoke, walk my dog and spend time with my family.

Well, they did say we do more before 0600 than any other job and I'm starting to believe that....!

17 WING WINNIPEG – Ron MacLean of CBC's Hockey Night in Canada visited Winnipeg and played hockey with members of his squadron at the Keith Bodley Arena on Thursday, November 19, 2004. The visit was part of Ron MacLean's tour to arenas across Canada to film segments for "Movie Night In Canada," a CBC production that replaces Hockey Night in Canada during the 2004-05 hockey season. Ron MacLean was appointed honorary colonel of 1 Air Movements Squadron on March 20, 2000. His official inauguration as honorary colonel was completed January 2001 at the squadron's annual Mess Dinner at 17 Wing.



Photo by MCpl Dave Payne, 17 Wing Imaging

Ron MacLean moves in on the puck (center). The game was played at Keith Bodley Arena with the 1 Air Movement Squadron Hockey Team.



Photo by MCpl Dave Payne, 17 Wing Imaging

Ron MacLean, 1 Air Movements Squadron and family pose for a group shot at Keith Bodley Arena.

New Wing TISS Building

Submitted by MWO R. Gaumond

With all of the new buildings being raised under the umbrella of the Wing Consolidation program, you may be wondering if you'll see any benefit. Well, if you are using a base-lined computer and save your data to the G:, Q: or any other network drive, then you will be directly benefiting from some of the features of the new Wing TISS building.

Up to this point, the servers that house all of your data have been kept in one main server farm located in Building 25. These servers are responsible for allowing you to log in, print, use email, install and run certain applications, and save your data to the network. The servers also back up user data so that if something goes wrong, we can restore it with relatively little difficulty. Unfortunately, the server farm in Building 25 is not a purpose-built facility – it was originally a workshop that was pressed into service as a server farm. As a result, there are concerns about air conditioning, power, cable management, and limited potential for growth.

The new server farm, located in the new Wing TISS building, is a state of the art, purpose-built facility. Redundant dedicated air conditioning, lockable racks, sub floor wiring, new cable management, planned power, rack capacity, and dedicated patch panels for each rack put the new server farm light years ahead of its counterpart in Building 25. The immediate advantages of the new server farm are subtle but very important – maintenance will be made much simpler, there will be no power or air conditioning problems, there is plenty of room on the racks so servers will no longer need to be stacked atop each other. These factors all add up to fewer failures, which translates into fewer disruptions to users.

When complete, 17 Wing will actually have two server farms – the state of the art primary installation at our new facility and a redundant facility offering critical hardware backup in the Building 25 location. That, coupled with the extensive cable plant installations you may have seen on the base over the last two years will establish a highly survivable 17 Wing Wide Area Network with no critical single points of failure.

The installation of the new server farm will be conducted in phases to minimize the impact to our users. We will start with the installation of a new Storage Area Network and two additional tape backup libraries. The new SAN, when working along with the older SANs, will provide a total of 35 terabytes for use on the network. The new backup libraries will drastically speed backup and restore times, and reduce the need to change tapes (which can sometimes add several days to a restore attempt).

So, if you're wondering whether the new buildings will benefit you at all, the short answer is yes, definitely!

The Gordon R. McGregor Memorial Trophy

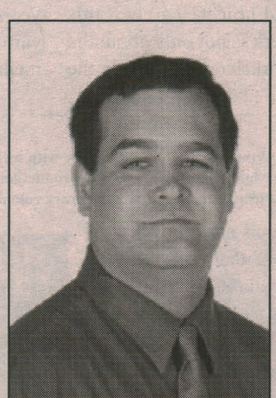
First presented at the Association silver anniversary convention in 1973, the trophy commemorates the late Gordon R. McGregor, past president of the Association, in recognition of his pioneering accomplishments in the field of air transportation in Canada. The trophy is presented "in recognition of outstanding and meritorious achievement in the field of air transportation."

The Kabul Theatre of Operations Support Element at Camp Mirage, in recognition of its outstanding achievement in the field of air transportation during the past 12 months supporting Canada's Operation Athena, is this year's winner. This unit demonstrated the highest levels of skill, determination and professionalism while moving an inordinate number of military, civilian personnel and material in the Kabul area. In one of the most inhospitable areas of the world for environmental conditions of temperature, humidity and dust for man and machine, both aircrew and ground support staff functioned effectively and efficiently. For example, in one month's operation, employing a fleet of four Hercules aircraft on continuous rotation, they established a new record in the history of CF air transport operations for the movement of personnel in and out of Kabul...without any cancelled or aborted flights. Although Kabul is the main site of operations, this unit's personnel responded to crises in the Congo and aid to earthquake victims in Iran, while maintaining throughout an enviable flight safety record. The Air Force Association is proud to present the MacGregor Memorial Trophy to a deserving team of the Air Force professionals.



The Gordon McGregor Memorial trophy is being presented by HCol Johns Enns (past president of the Canadian Wartime Pilot and Observers Association) to the current Commanding Officer at Camp Mirage, Col Steff Kummel.

Seasons Greetings







TO OUR ARMED FORCES & THEIR FAMILIES

from your local MLAs Jim Rondeau and Bonnie Korzeniowski,
Premier Gary Doer & the NDP Caucus

2004 Wing Commander's Hockey Tournament

By Chris Merrithew

There were 8 teams participating in the 4th annual WCOMD Cup Hockey tournament on the 1-3 Dec 04 at the Highlander Sportsplex. The tournament started out fast and furious with many of the top players from 17WG WPG participating. The top team from each division received a bye directly to the Championship final. The 2nd and 3rd place teams from each division advanced to the semi-finals. In the "B" division semi-final, the Georges Fat Boyz defeated WTN 6-3 to advance to the "B" division Championship final while the OLT defeated the Combines 6-1 clearing their way for a rematch with undefeated 1 AIR MOV SQN.

The "B" final was set between the 435 SQN Make B-Leafs and the tight checking 402 SQN Georges Fat Boyz. Each team pressured to score the all important first goal. At 38:36 of the game, team captain Pte CJ Butcher lifted the puck past the fallen Fat Boyz goalie to take an early 1-0 lead in the game. The Fat Boyz tried desperately to score the tying goal but couldn't get past the Leafs goalie. The Make B-Leafs sealed the victory and the "B" Division Championship with a late goal scored by Cpl John Deis assisted by MCpl Berube.



Photo by Jen Sharpe

The 1 AIR MOV SQN hockey team poses beneath the scoreboard after its 3-1 victory over the 17 Wing Oldtimers.

The highly anticipated "A" Championship final was set between the fast skating and the smooth passing Oldtimers. The game was very fast paced with end to end action. 1 AIR MOV SQN got off to a quick start scoring their first goal only eleven minutes into the game. 1 AIR MOV SQN sniper, Cpl Brent Boisvert snapped a quick wristshot past the Oldtimers goalie 2Lt Todd Batt to take an early 1-0 lead. Boisvert scored his second goal at 24:47 of the game on a clever setup by Sgt George Lake and PO1 Mike Fairfex. Sgt George Lake and Cpl Brent Boisvert both received their third point of the game with a give and go to Cpl "Happy Gilmour" Baker who fired a rocket past the Oldtimers goalie to seal the victory for 1 AIR MOV SQN. The Oldtimers Capt Tom Loney scored a late goal to narrow the gap but unfortunately it was too late as 1 AIR MOV SQN defeated the defending champion Oldtimers to be crowned the 2004 WCOMD "A" Div Hockey Champions.

The final was a great crowd pleaser and offered some very exciting hockey over the three day tournament. The Acting Wing Commander, LCol Kerr and the WChief, CWO Parent presented Labatt's hockey bags and coolers following the game to the winners and runners up in each of their respective divisions. Cpl Pat Mullin, the goalie of the 1 AIR MOV SQN team was named MVP of the 2004 WCOMD Hockey tournament. The Acting Wing Commander was very pleased at the quality of the hockey played.

Of Runny Noses And Slippery Soles

By 2Lt VG Winter

On November 22nd I was enjoying our extended autumn debating with myself whether or not I could justify an entire Winnipeg winter at 10 Celsius knowing that the ensuing melted polar icecaps would flood Florida. It was a tough call but has since been resolved without my input. So we are now well and truly into a Winnipeg winter. I don't know what international body there is that decided when seasons officially start but I think we should withdraw from the body and do it ourselves. That way, we can extend winter into mid-November and just shorten all the other seasons a bit. Of course, if this was a provincial responsibility, they could work out a season exchange. BC with its balmy weather could swap most of its winter with Alberta for some spring. The rain in BC could use some spring to contain it and Alberta with the Chinook effect doesn't really need too much time to thaw out.

I should have known when I was first posted to Winnipeg. During my outclearance before moving here everyone always said "Have fun in WINTERpeg." To which I could only meekly reply "But they have a ballet." as though culture could sustain me trough the long winters. Moscow has a good ballet as well I hear. I think it must be a natural phenomenon. In any given large masses of people huddle together for warmth in the dead of winter eventually one of them will say, "I know, let's dance to warm up." And thus northern ballet is born. Not being so musically inclined I must suffer through. The first day when the sky fell, I immediately caught a cold. Now a few days later my nose is so red that when I go outside, planes on short final on 36 shoot a missed approach and land in St-Andrews. I'm currently hiding out from the Winnipeg Airport Authority in my office. You may also have seen me over the last few days skidding around on the ice. Unfortunately, I am not such a gifted skater that I can make every move on ice look graceful and must suffer the humiliation of looking clumsy when I walk outside. It's my own fault, I forgot to wear my over boots. I think maybe I should go down to supply and order a pair of all-weather office combat shoes. I hear they are now laser gyro stabilised for sure footing and comfort.

I complain because it remains the standard Canadian response to weather. The truth is that a small part of me is happy that there's snow now. It's just that without snow it didn't feel like Christmas was coming. Intellectually I knew there were less and less calendar days between it and us, but there wasn't the emotional connection. That split second feeling, when no one is looking, of childlike excitement that Christmas is coming. Now everyone's into it, holiday shopping has started up and children are playing in the snow. That seems like a good idea. I'm going now to play in the snow, and after have a cup of hot chocolate.

Community Holiday Events

We invite you and your family to join the MFRC and Community Recreation as we celebrate the holidays. Unless otherwise mentioned please pre register for any of the events below by stopping by the Community Recreation Offices in Bldg 90 or call 833-2500 ext. 5976 or 2057. Registration begins December 1, 2004

23 December Cost: free Ages: 7–14	**Badminton – Lipsett Hall Gym** This camp will teach the basics of badminton and will include lots of time for play. 0900 – 1130 hrs.
Cost: Donation to Wpg Harvest (children must be accompanied by an adult)	**Movie Afternoon – Base Theatre, Bldg 90** Join us in the theatre for a matinee of your favourite holiday classics. Popcorn is optional, but attendance should be mandatory for this afternoon of fun. 1330 hrs.
27 December Cost: $5.00/fam. Ages: All	**Bowling-Uptown Academy Lanes, 394 Academy Rd.** Work off some of that turkey dinner by taking the family bowling. Meet us at the lanes at 1330 hrs. This is always an afternoon of fun.
28 December Cost: Free Ages: 4-7	**Craft-MFRC Youth Center, 102 Comet St.** Pre register for this event at the MFRC or by calling 833-2500 ext 4500. 1000 – 1200 hrs.
Cost: $3.75/ad $2.25/ch*	**Fort Whyte Center** Starting at 1300 hrs. you are welcome to join us at the Fort Whyte Center for an afternoon of exploring, learning and fun.
29 December Cost: Free Ages: 8+	**Craft-MFRC Youth Center, 102 Comet St.** Pre register for this event at the MFRC or by calling 833-2500 ext 4500. 1000 – 1200 hrs.
Cost: Free w/ memb. Ages: All	**Pool Party – Bldg 90 Pool** Games and fun for all ages are guaranteed as our aquatics staff help you fight off the winter blahs. Join us for this afternoon pool party from 1300 – 1500 hrs.
30 December Cost: $3.00/person Ages 9 – 14	**Cheerleading – Bldg 90 Gym** This is a three hour workshop starting at 0900 hrs. A basic cheer routine will be taught with a mini performance at the end for the proud parents.
Cost: $3.00 Ages: All	**Rollerskating-Galaxy Skateland, 354 Portage Avenue** This afternoon promises to be a blast from the past. Join us from 1330 – 1530 hrs.

*Please note that payment is expected at time of registration for all events except the Fort Whyte Center. At the Fort Whyte Center, simply show your military or recreation ID and your entrance fee will be reduced to the group rate. There is no pre registration for the pool party, movie afternoon or Fort Whyte Center.

The Wheels Keep Turning At TEME Sqn

By MCpl Claudia Proctor



Photo by Sgt Preston Babcock

TEME Sqn OPs Hvy personnel involved in the moves are from left to right: MCpl Kevin Wery, Cpl Franco Ceccato, Cpl Stephan Robinson, Mr. Wilfred Jones, MCpl Claudia Proctor, Cpl Mark LaViollette, Cpl Kevin Hitchcock. Missing from the photo are: Cpl Rick Lavack, Cpl Vinesh Pratap, Cpl Neil Haslam, Cpl Kevin Munn, Cpl Alain Taschereau, Cpl Mario Vaillancourt, Cpl Michael Beal, Cpl Darrell Hulme and Cpl Darren MacDonald.

TEME Squadron's Ops Heavy section is always on the go with its three dedicated National Freight Runs. The trucks deliver military cargo as far East as Montreal and as far West as Cold Lake. These runs have the drivers on the road anywhere from 3 to 7 days at a time. That means that each week the Ops Heavy section is driving well over 16,000 kms. In addition to these runs, Ops Heavy provides cargo support as well as bus support to 17 Wing Units, 1 Cdn Air Division and other government organizations in the Winnipeg area. Last September, Ops Heavy assisted the 2 PPCLI with their move from 17 Wing Winnipeg to CFB Shilo. They were also tasked with moving 12 (M113) APC Vehicles from 17 Wing Winnipeg to 4 Wing Cold Lake in October.

The 2 PPCLI move from Winnipeg to Shilo required months of planning and preparation. In order to move all of 2 PPCLI's equipment, Ops Heavy had to rent forty-seven trailers and four tractors. On the 20th of August, Ops Heavy started to position all the trailers at various locations around Kapyong Barracks so that personnel from 2 PPCLI could load their equipment onto the trailers. It took approx. one week to position the trailers and another week for the equipment to be loaded onto the trailers. The actual move of the trailers to Shilo was started on the 7th of September with the last trailer delivered to Shilo on the 10th of September. A total of 8 drivers from various sections within TEME Sqn were involved with this move. Each driver made two trips a day to Shilo and back dropping off the trailers. The trailers were left in Shilo for a couple of weeks in order for the 2 PPCLI to unload them. As the trailers were emptied the drivers headed back to Shilo to pick them up, clean them and return them to the rental agencies. Each driver drove approximately 800 km per day. That means that between all the drivers involved a total of 9,259 km was driven during this move. On average each trailer weighed 40,000 lbs., which meant that approximately 1,880,000 pounds of freight was moved from Winnipeg to Shilo. As with all of our moves, safety was the number one priority during this move. The months of planning and preparation for this move really paid off as this move went very smoothly with no hiccups.

Immediately following the successful completion of the 2 PPCLI move, the drivers of Ops Heavy were on the road again. This time they were headed to 4 Wing Cold Lake delivering 12 (M113) APC vehicles. This move started on the 26th of September and was completed on the 2nd of October. The move involved three tractor-trailers and three drivers. Each tractor-trailer made the trip twice carrying two M113 APC each trip. Unlike the 2 PPCLI move to Shilo, the trailers were not empty on the return trip from Cold Lake to Winnipeg. The drivers on this task dropped off the M113's in Cold Lake and then had to travel to Wainwright, AB to load up their trailers with vehicles from the Regina Reserve. They then had to drive to Regina and Dundurn, SK to drop off the vehicles before returning to Winnipeg. For this task each of the drivers drove 1,100 km per day. The total km driven for this task was 16,526 km. Unfortunately, this move did not go as smoothly as the PPCLI move. Although safety was the main priority we did have one accident to report. The accident took place at our compound on the South side when one of our drivers went to move one of the APC without properly securing the hatch before it moved. The member was immediately taken to the hospital and luckily only received a minor injury.

The next couple of months are expected to be rather quiet for Ops Heavy as we are concentrating our efforts on our three dedicated runs and our move to the new Log Complex in early January. We hope to be back up and running, taking on new tasks by the end of February 2005.

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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

HEALTH PROMOTION DIRECTOR (HPD)
• • • • Personnel Support Programs

The Canadian Forces Personnel Support Agency (CFPSA) delivers Personnel Support Programs that contribute to the operational effectiveness of the Canadian Forces and improve the quality of life of the military family community.

Under the direction of the Wing PSP Manager, the HPD will coordinate and implement health promotion programs and efforts consistent with the national direction and standards.

The ideal candidate will possess a Masters degree in Health Promotion, health sciences, health education and/or related discipline, or the equivalent baccalaureate degree in a health related discipline with combined experience.

To apply, visit our website or send your confidential resume by **23 December, 2004**, to: **CFPSA, Human Resources, P.O. Box 17000, Stn. Forces, Bldg 63, Winnipeg, MB R3J 3Y5; Fax (204) 833-2671.**

www.cfpsa.com

CANEX PSP SISIP FARM

Military Family Resource Centre

The Care Packages Are On Their Way!

Every year at Christmas and Canada Day, the Wpg MFRC sends ONE care package to EACH theatre of operations where CF personnel are deployed. Included in this years 16+ packages were all the ongoing operations, HMCS Winnipeg and ALERT. Packages are full of signed posters/banners from Winnipeg folks as well as a few extra…this year the Blue Bomber Cheerleaders kindly signed a few posters and donated some Bomber Hats. The favourite item, as we are told by deployed members, are the heartfelt notes and pictures supplied by local area children. This year we sent over 230 pieces of kid's correspondence…guaranteed to bring many smiles and maybe a few tears.

We are grateful to our hardworking Posties who always pay special attention to the MFRC care packages…Great Job Guys/Gals!

Thanks to everyone who supported this initiative and KUDOS to those units who recognised their individual members away from home by sending their own packages.

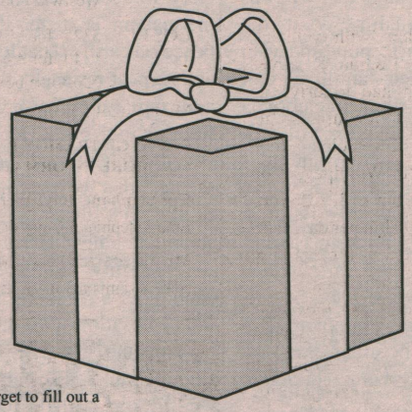
Catherine Chatterely Deployment Services

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.

MFRC Contact List

You may reach the MFRC by dialing: (204) 833-2500 and enter the 4-digit local of the person you are trying to reach.

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

Military Family Resource Centre

Le Centre de ressources des familles militaires

On behalf of the board and staff of the Military Family Resource Centre may we wish all Members of the Military Community a very happy and joyous holiday Season. We want to send a special greeting to our 17 Wing members deployed at this festive time and to their capable and caring families. Your sacrifice is not forgotten.

Don Brennan
Executive Director

Au nom du Conseil d'administration et des employés du Centre de ressources des familles militaires, on vous souhaite une saison des fêtes remplie de joie et de bonheur. Nous voulons aussi transmettre des souhaits particuliers aux membres déployés de la 17ième Escadre et à leurs familles durant la saison des fêtes. Vos sacrifices sont reconnus par tous.

Don Brennan
Directeur exécutif

The Mission Information Line

1-800-866-4546

Did you know that the Mission Information Line is a free automated service available to Canadian Forces members and their families and friends 24 hours a day, 7 days a week? We have qualified counselors available to you from Monday to Friday 8:00-16:30, who are there to support and assist you in any way you need. We have been in existence for over 12 years now, and continue to offer a quality service to CF members and families prior to, during, and after deployment. We provide much needed services such as: supportive and crisis counseling, message relay into theatre of operations, referrals, and various types of information you may be seeking. We leave no questions or concerns unanswered.

The latest rotation in Afghanistan's Op Athena brings with it a new group of people who have been leaving excellent messages in the boxes assigned to them.

The messages are, for the most part, updated weekly, and can make for very interesting listening. For the latest information from Op Athena, latest incident reports and current events, to hear about living conditions, or just to hear what day to day life is like for your loved one, pick up the phone and give us a call. The new boxes are:

1211CO, National Command Element Task Force Kabul1212NCE117HQ Staff in Sarajevodisabled 20 Nov118CMBG Rear Party 15-Mar1221CO, National Support Element1222National Support Element121Op Sculpture1221Advanced HQ1222Joint Signals Regiment12232 RCR - India Company Group1223National Support Element /B Company 1 PPCLI1224CFPSA Deployed Ops1231CO, Recce Squadron1232Recce Squadron124111 Field Squadron - 2 Troop124211 Field Squadron – Squadron HQ/Sp Troop124311 Field Squadron - Special Messages from CO125CO Task Force Kabul125CFPSA Personnel1241CO's Box1242Troop Message1243Padre1251Light Gun Troop1252Radar Troop1253UAV Troop1254KNMB HQ Gunners1255Istar Coy/Recce Squad126Signals Squadron1261Health Services Company1271Edmonton Garrison Family Support Coord Cell1281Camp Mirage Personnel225Commandant de la force à Kabul2281Message du Commandant

Call 1-800-866-4546 and simply press the box number to access the message. To speak to one of our qualified counselors, press "0" during regular office hours. Our counselors are there to listen, support you in times of need or simply be there when you need someone to talk to. Feel free to give us a call anytime.

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Safety Hint: The MFRC reminds families that displaying ribbons outside your home lets the general public know that your home has someone missing. Be safe… don't be the only ribbons on your block…get your friends and neighbors involved too!

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.

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.

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

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.



Mary Lee was happy to be promoted to Major on 1 Dec. Giving her the epaulettes were LCol Kerr, the Acting Wing Commander, and Sgt Lee, her SAR Tech husband. Maj Lee is posted to Ottawa to work in the Grievance office.

Peace On Earth

By Padre Terry Cherwick

We live in a time of "political correctness" when it is no longer OK to say it is the Christmas season, rather, the we must say the "holiday season," in hope of not offending anyone. In my opinion, this has caused us to lose touch with a very fundamental aspect of the season. We have lost the spiritual side of Christmas. We are bombarded by commercials on TV, on the radio and in the papers to buy, buy, buy. But what is at the heart of the season? Is it not the love we share for each other? The prayers we pray for each other?

Some faith groups do not celebrate Christmas. Our Islamic brothers and sisters recently finished the month of Ramadan and celebrated Id-al-Fitr, the first day of Shawal, the tenth month of the Islamic calendar. On this day Muslims visit the mosque to pray and visit with their families. Our Jewish friends celebrated Hanukkah; a feast of dedication, which includes the Festival of Lights, an eight day festival in December where candles are lit each night and small gifts may be exchanged. Christians celebrate Christmas, the birth of our Saviour. It cannot be denied that the birth of Jesus had a profound impact on the world. Whether we believe in Jesus or not, His message of peace and love for all is fundamental to all people. Is it better for us, as a society, to accept that commercialism is better that peace on earth? That love and respect for each other and our religious practices should be so influenced by political correctness that we lose sight of the fact that we are spiritual beings? That, in our inability to respect each other's religious beliefs, we allow commercialism and greed to influence a season that should be filled with peace and love?

I have no problem wishing my Jewish friend "Happy Hanukkah," as he does not have a problem wishing me "A Merry Christmas." Let us not be ashamed that we are spiritual people; that at the core of our spirituality is love—love and respect for all people. That to practise your faith with a strong conviction, adhering to this core value, leads us to a world where peace and love exist.

The greatest gift we can give this Christmas is not found is any store; it is found in our hearts. It is the gift of forgiveness for wrongs done to each other. It is the gift of respect, where we are free to practise our faith and not be ashamed to wish each other a Merry Christmas. It is the gift of love and peace that a baby born 2004 years ago brought to the world. It is that same gift that we are asked to share with the world at Christmas. May the love of the infant bring you peace of heart this Christmas; may love reign in your home throughout the year. May you be blessed with good health and spiritual growth throughout the next year. Merry Christmas and a Happy New Year.

The 17 Wing Chaplaincy team wishes the blessings of hope, peace, joy and love, for all members of the 17 Wing extended family, here and abroad, at this season and throughout the coming year.

Father Terry Cherwick
Reverend Bob Busch
Father Tim Nelligan
Reverend Paul Southen
Ms. Carol Cochrane

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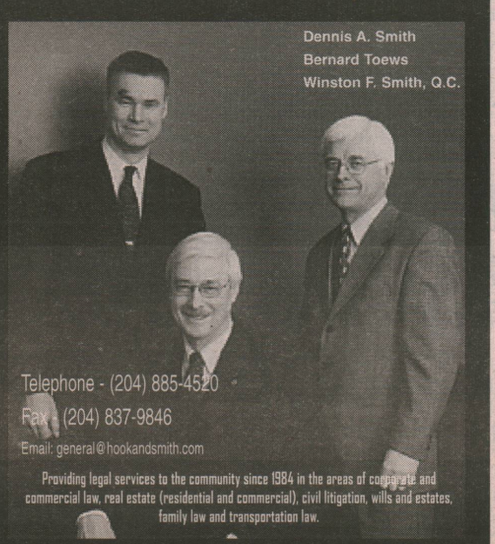

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Homemade 12' x 8' shed with shingles, electricity and a window. $300 OBO, Call 488-3280 or e-mail: smorency44@shaw.ca

Kenmore 10,000 BTU window air conditioner, 2 years old asking $250 OBO. Call 488-3280 or e-mail: smorency44@shaw.ca

New Fence Approx 150' by 6' with two gates, spikes, painted rustic red, built with screws, $300 OBO. Can be seen at 219 Kenaston. Call 488-3280 or e-mail: smorency44@shaw.ca

Nokia Cellular Phone W/ Charger and instruction book, $50, Call 338-4117 after 5pm

Hewlett Packard Colour Printer Model #690 and scanner, Both for $100, Call 338-4117 after 5pm

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Solid Oak Dining Room Set With Four Chairs, Newly upholstered with matching table runner ($450). Also 12 table setting of dishes and small buffet (best offer). Call 895-9278.

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Christmas Flight Parking

Personnel who will be taking advantage of the Christmas Flights during the period of 17 Dec 2004 until 7 Jan 2005 are authorized to park in the new Log Complex Parking Lot for this period only. The parking lot is located directly across from Hgr 10 (AMU). To access the parking lot, travel up East Street. Just slightly past Hgr 10 on the left hand side of the road is the entrance to this parking lot. As you enter the parking, turn left. The first two rows of parking have been reserved for long term (overnight) parking for this year's Christmas Flights only. Appropriate signs will be posted indicating the overnight parking areas. This temporary parking arrangement is only in effect for this holiday period only. After 7 Jan 2005, overnight parking will revert back to lot 24 located by the Sewage plant, as stated in WSO 29-1. The MPs have been notified of this temporary parking arrangement, therefore, there is no need to register your vehicle for the overnight parking.

TAROSCOPES

BY NANCY

ARIES (March 21 – April 19): What goes around comes around but sometimes everything gets turned around too, so watch your step. You're seeing that there are laws in life that hold true as patterns start to repeat themselves. Mark this time with meaningful ceremonies, small and large.

TAURUS (April 20 – May 20): You may be surprised to find that you've been left out of conversations about decisions that directly affect you. State your feelings promptly or your acceptance will be presumed and you'll find your course is set for you. You're being drawn into group dynamics you'd rather avoid.

GEMINI (May 21 – June 21): Your desire to give is beautiful, but use common sense when deciding what to offer. Check what recipients want need or desire first. Let others get involved in the spirit of giving too. There are lots of willing volunteers. You don't have to do it all yourself.

CANCER (June 22 – July 22): You already have all you need so get started doing something exciting instead of waiting for someone to keep you company. You're filled with a sense of urgency and energy and so you can transform day to day tasks into something interesting with little effort.

LEO (July 23 – August 22): Overly eager to complete something, you may be dismissive with loved ones. Worries of failure are driving you. Instead of getting upset – ask what you can learn from this time. Dealing with stress teaches you: clarity, determination, patience, humility and your strengths.

VIRGO (August 23 – September 22): When faced with many options try and envision what you'd like your life to look like in a year – then choose the option that is most likely to get you there. Tackle details one at a time and don't worry about the big picture, it sometimes takes care of itself.

LIBRA (September 23 – October 23): Practice and work at your craft and avail yourselves of the advice of a wise mentor. Keeping track of the time you work on things makes you realize there is a cost to not working at what you love. Financial success feels better if gained by sharing your gifts with the world.

SCORPIO (October 24 – November 21): A time to travel, mix and mingle. If you can't leave town go to the movies, get drawn into a fantastical story or entertaining group. Thrilling connections can be made if you are patient. Keep repeating to yourself, "when the time is right everything will fall into place."

SAGITARIUS (November 22 – December 21): You're eager to set right what you feel is amiss. Your urge to force others to do things quickly is futile though. It's better to change what you can about yourself and let the momentum grow from there. Frustrations decrease when you have new co-workers.

CAPRICORN (December 22 – January 19): Unexpected attention comes your way. You've hidden your talents in the past but others are starting to catch on. Take note of messages you receive that indicate you're on the right path. Accept rewards and recognition gracefully. Relax and have fun at a lavish event.

AQUARIUS (January 20 – February 18): Though it's hard to imagine, you'll get more accomplished if you take the time to rest. You've planted the seeds now you have to wait for the right time for them to grow. Taking educated risks and being prepared ensures success.

PISCES (February 19 – March 20): Tap into universal knowledge for guidance; if a rest is indicated, take one. Perfect your timing. You can improve your business or work environment by looking at what isn't going smoothly and realizing that it reflects something about you; make the necessary adjustments.

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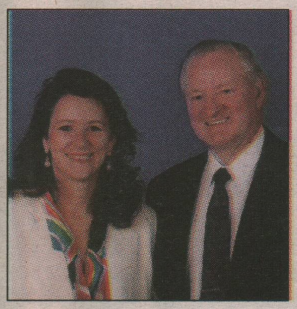

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