



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg



APRIL 13, 2005

VOLUME 53, ISSUE 7

FREE



Capt Alan Cann, Music Advisor for the Regional Cadet Support Unit, directs the Cadet Honour Band during their concert at the Crescent Fort Rouge United Church on 2 April 2005.

8-Day Music Camp Closes With Impressive Cadet Concert

By Jen Sharpe

For 78 young women and men from the prairies, spring break was a blur of music and parties in an all-inclusive locale. No, it wasn't spring break in Mexico: it was spring break at the Prairie Region's annual

Cadet Honour Band leadership and development camp in Gimli, MB, where the music is military and the parties are for boot polishing.

Since 1987, the Cadet Honour Band has been recruiting musicians from

prairie cadet units to participate in musical and professional development classes for eight days over spring break; the camp has always concluded with a public concert, an event held this year at the Crescent Fort Rouge

United Church on Saturday, 2 April.

Capt Alan Cann, Music Advisor for the 17 Wing's Regional Cadet Support Unit (RCSU), says the Honour Band program gives cadet musicians the opportunity to

improve their leadership and musical skills in a fun, encouraging environment.

"What we're trying to do through Honour Band is give the cadets some leadership skills that they can take back to work with their local unit

band... The intention is that when they go back to their unit they will be helping in the instruction of their cadet unit band," he explains. "We do that through classes in the morning and music develop-

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Veteran's Pins Coming To Winnipeg Soon

By 2Lt V-G Winter based on News Release from DND

"I'll be proud to finally be able to wear my Veteran's pin," said WO Dennis Hendrickson, veteran and A/CWO. "When I see people wearing it I will know that they respect the sacrifices that we all made and still make, during war and peace time operations, to keep our country safe." The much-anticipated pins to commemorate the Veterans will be coming to 17 Wing in the next few weeks. "We expect the pins to be distributed to all the units of 17 Wing by mid to late April," said CWO Claude Parent, 17 Wing CWO. "We will be getting 3200 pins. That's enough so that every military member, reg force and reserve, and every civilian on the Wing including the lodger units such as Yellowknife or Thunder Bay can wear one."

CF members can wear a special pin on their uniforms throughout 2005 to recog-

nize the sacrifices made by all Canadian veterans. Civilian employees are also encouraged to wear these pins to show their solidarity with the members in uniform and their support for veterans. The pin is a stylized maple leaf overlaid with a red-enamelled poppy engraved with the year 2005. This year has been designated the "Year of the Veteran" and these pins are one of the many initiatives that will occur this year to commemorate the Veterans.

Gen Rick Hillier, the Chief of Defence Staff, authorized CF members to wear the pin "...to mark this extremely important and solemn observance." "The service men and women of today become the veterans of tomorrow," said Hillier. "Wearing this insignia during this special year is both a demonstration of support and thanks for those who have gone before, and those

who will come after."

The pins are to be worn half an inch above the nametag centred and will be worn on all order of dress except on Gortex jackets, on flight gear, or when wearing the pin would interfere with operational requirements. More information will come out of the CWO office.

In 2001, the DND and Veterans Affairs refined the definition of a veteran to recognize all former CF members, Regular and

Reserve, who have met DND's Military Occupational Classification (MOC) requirements and have been honourably discharged. Many members of the CF have previous service and are therefore currently considered veterans. For more information on the Year of the Veteran, visit:

<http://www.vacc.gc.ca/general/sub.cfm?source=feature/yearofveteran05>



What Does The Wearing Of The Veteran Pin Mean For CF Members?

By CWO Emond

For years on Nov 11th, we gathered in our uniforms around Cenotaph throughout the world to remember our Veterans, those who served in the great wars and the Korean war. This year, we don't have to wait till November as the Government of Canada has declared 2005

to be the "Year of the Veteran". In recognizing this be our Year, a Veteran pin was produced and all members of the Canadian Forces have been authorized to wear this pin on their uniform. The authority to wear this pin should not be taken lightly. For whatever is left of this year,

we who wear the uniform of those who wore it yesterday, can show the Canadian public how proud we are of our accomplishments. In looking at the pin, one can easily see that poppy does indeed represent the Veteran and in having the poppy in front of the Maple Leaf, it shows that we as

members of the CF, are proud to wear such a pin as we are the lead in ensuring that our country is protected. When you get yours, put it on and wear it with great pride as did our older generation of Veterans. It is a means for us to show how thankful we are for what they've done!

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VOXAIR

APRIL 13, 2005
VOLUME 53, ISSUE 7

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This newspaper is printed using environmentally safe inks.
Publications Mail Agreement No. 1482823

DEADLINE FOR Voxair 8:
15 April 2005

40 Years Ago In The Voxair April 16, 1965

News of the Services

RCN Decommissions Frigates

Four Second World War frigates of the Navy's Atlantic Command will be taken out of service this spring and turned over to Crown Assets Disposal Corporation for disposal.

The ships, the La Hulloise, Outremont, Inch Arran and Cap de la Madeleine, all more than 20 years old, have become uneconomical to retain in service. Extensive refitting would be required to give them an acceptable operational capability and the costs involved cannot be justified. All but the Outremont are now in reserve at Halifax.

While the withdrawal of the four frigates will reduce the number of ships in the

Atlantic fleet, the navy's overall anti-submarine capability has been increased significantly with the addition of the new and re-equipped ships in the past year. This improvement will continue as further destroyer escorts, converted to carry helicopters, come into service, to be followed later by four helicopter-destroyers and two operational support ships to be built as part of the Government's five-year re-equipment program for the Forces.

Tri-Service Training For Officer Cadets

Canada's armed forces today are training 109 officer cadets representing Tanzania, Zambia, Nigeria, Jamaica, Denmark and

Norway. In recent years students have come from Ghana, Belgium, West Germany and Trinidad.

Next year Malaysia is expected to send cadets to Canada for officer training.

The Royal Canadian Navy recently provided sea training for two officer cadets from Nigeria while an equal number of Danish midshipmen are training as helicopter pilots.

The Royal Canadian Air Force is currently training 27 Norwegians and 54 Danes as pilots with an additional 12 Norwegians taking an advanced pilots course.

The RCAF graduated 11 pilot instructors from Nigeria last September along with three air traffic controllers and one supply officer.

Eleven Tanzanians, two Zambians and one Jamaican are in phase two

of the Canadian Army's Officer Candidate Program (OCP) at the corps schools of the Royal Canadian Corps of Signals and the Royal Canadian Army Pay Corps at Kingston, the Royal Canadian Infantry Corps, the Royal Canadian Army Service Corps, the Canadian Provost Corps of Camp Borden, Ont., and the Royal Canadian Ordnance Corps at Montreal.

OCP training began last September when all students took general military training, including weapons, fieldcraft, tactics and drill, at the Royal Canadian Armoured Corps School at Camp Borden.

A Young officer's tactics course as part of phase three of OCP training begins in May.

During August, on promotion to second lieutenant, the cadets will tour Canada visiting major military installations and centres of interest. This is followed by a six-week attachment to a field unit of their corps as a junior offi-

cer where the OCP theory is give the practical test.

Typical of the keen interest displayed by these young men from abroad is Officer Cadet P.L. Brady of Jamaica, who, throughout his training, has been rated tops in his class by his fellow students.

Despite the fact he is an Army Cadet, he is slated to command three 65-foot launches of the Jamaican Navy. He will be navigationally trained by the RCN

before returning to his home land.

Equatorial students in Canada have one unanimous grievance the cold Canadian winters. According to one Canadian training officer, these boys have only to look out the window, see the snow and they feel cold their greatest distraction from studies.

Costs of the programs, in most instances, are split between Canada and the cadet's home country.

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Steven Fletcher, Member of Parliament

Working for You



Christa Zappitelli, Health Promotion Director, Captain Edison McLean, "I Quit" winner, and Sgt Devin Beaudry, Butt Out Facilitator



Christa Zappitelli, Health Promotion Director and "I Quit" Sponsor Winner Sandra Knee

March 1st I Quit

The 2004 "March 1st I Quit!" contest was a success on 17 Wing. A total of eighteen participants registered for the contest. Captain Edison McLean was the winner of this year's contest. After confirming with Capt McLean and his sponsors that he remained smoke-free for the entire month of March, he was presented with his prize, a SONY ATRAC3plus MP3 player, from Health Promotion Director, Christa Zappitelli.

McLean tried to quit smoking approximately twelve times prior to being successful. After being a participant in the Butt Out program for four months, McLean was informed of the "I Quit" contest through brochures around the wing. McLean thought that the "I Quit" contest would be "icing on the cake" if he was successful. McLean says he has less coughing fits and finds it "easier to participate in sports and physical activity."

McLean encourages people who are trying to quit smoking to "keep trying" and to consider the Butt Out Program at 17 Wing. McLean believes that the Butt Out Program is very successful and Sgt Devin Beaudry, Butt Out Facilitator, is a great support!

Sandra Knee also received a SONY ATRAC3plus MP3 player for being a sponsor for an "I Quit" participant. Sandra's name was drawn from all

the names entered as sponsors from 17 Wing. Congratulations Sandra!

If you would like more information on the "March 1st, I Quit" Contest or the BUTT OUT Program, please contact the Health Promotion Team:

Christa Zappitelli, Health Promotion Director, local 4160

Penny Wawrzyniak, Administrative Assistant, local 4150,

In building 63 rooms 147 & 148.

TEME MSE Safety Section: Animal Hazards

By Sgt P.J. Babcock

It's that time of year again when the animals come out of the woods, and want to play.

Every year thousands of collisions involving wildlife happen in Manitoba, some resulting in death or serious

injury for drivers and passengers. Animal behaviour can't be changed so it's up to every driver to take full responsibility for their own safety when driving on roads through animal country.

The most important thing you can do is slow down. Use caution and obey posted signs when driving. Watch the roadside, especially at dusk and dawn when low light makes it harder to see animals. If you

do spot an animal, slow down and look for others, since they tend to travel in groups or pairs. Animals aren't looking out for you so it's your job to look out for them.



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Cadet Concert Continued from page 1

ment in the afternoons; we're basically using our repertoire for the concert as the building block of the context of the leadership training that we're trying to do."

"Because they are musi-

cians, they have to perform. If I told them they weren't going to do a concert this year, I'd have a minor mutiny on my hands," Capt Cann adds with a laugh.

Although the Honour Band will perform a single

concert, the group itself is composed of two musical components: the Military Band and the Pipe Band.

"We train music program cadets on conventional military band instruments and conventional pipe band

instruments," Capt Cann explains. "We have about 20 officers that work with the kids through the week in different timeframes and different groupings."

The Honour Band program is open to all cadet

musicians in Manitoba, Saskatchewan, Alberta, and Northwestern Ontario. Interested candidates are required to submit a videotaped audition to Capt Cann, who then makes selections based on a variety of criteria.

"It's based on the location they come from and also the instrument they play," Capt Cann explains. "One of the difficulties of putting a band together is that I have to build a balanced band. For instance I'll pick a lot more clarinets than I will trumpet players and that's just the nature of the process."

One of the dedicated and talented cadets selected for the camp was CPO2 Amanda Norquay, 16, of the Sea Cadet unit Crusader in Winnipeg. CPO2 Norquay is a Tenor Drum player in the unit's pipe band—the only Sea Cadet pipe band in the entire British Commonwealth, she says—and was new to the Honour Band's spring break camp.

"It's been a great experience because we learn so much about different styles of music," CPO2 Norquay said prior to the concert finale. "There's a lot of hard training during the day and activities planned for us every night, but it's a lot of fun."

Before the concert, F/Sgt Heather Shonoski, 17, of the Air Cadet unit St-Vital in Winnipeg agreed. "Eventhough it's hard, it's fun. I look forward to seeing friends that I haven't seen in a long time. . . I take a lot of the leadership skills I learned at Camp back to the Squadron."

"I played flute for a year before I joined the cadets. I learned in school, and the cadets helped me a lot since then," F/Sgt Shonoski explained.

According to Capt Cann, it's those school band programs that highlight the importance of the Cadet music program in communities across the country.

"What we're finding in a lot of cases, especially in the rural areas, is that the school band programs are starting to die off due to lack of funding in school divisions or whatever the case may be," he explains. "As a result, I think we're uniquely positioned to take up that slack in the rural areas."

The Cadet Music Program's emphasis on training and musical development continued through to the April 2nd concert, a more focused event than in previous years.

"The concert this year is much different than previous years in that it's in a much more intimate venue for the concert and it's just a much lower key event than it used to be," Capt Cann says.

According to Lt(N) Sandra Olson, RCSU Public Affairs Officer, the intimate concert allows students to stay focused on their studies prior to the event.

"We wanted to offer an advanced music training week so these kids would walk away with some tangible skills or improvement in their skills as opposed to being really focused on performing in a big venue at the end of the week, which is very stressful for a lot of kids," she explains. "We also wanted to give back to the community, and a community concert is a lot of fun for these kids as well."

Like all previous Honour Band concerts, the concert at the Crescent Fort Rouge United Church was a fundraiser for a local food bank; this year, donations went to Winnipeg Harvest.



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Wing Toastmasters Conquer Top Fear On Weekly Basis

By Jen Sharpe



Thea Haut, VP of Public Relations for the 17 Wing Westwinners Toastmasters Club, prepares to deliver a speech at one of the club's weekly meetings.

For many of us, public speaking ranks near the top of our list of fears, but not so—or at least not anymore—for Thea Haut of 1 Cdn Air Div.

As the Vice-President of Public Relations for 17 Wing Westwinners, Haut is a leading member for the local Toastmasters club, an organization that emphasizes the importance of public speaking and leadership skills in contemporary society. With 12 years of Toastmaster's experience behind her—including five with Westwinners—she is a fierce supporter of the professional, structured club.

"It is a worldwide organization, and the benefit of that is that your membership at your club is your ticket to visit any club around the world," Haut says.

Like every Toastmaster's club, Westwinners conduct their meetings and advance through the program according to strict guidelines. Each member starts by completing ten speeches that build on developing public speaking skills to reach the Competent Toastmaster (CTM) level; after that, the program divides into two tracks—Communication and Leadership—and the member can choose their area of interest.

"The basic CTM covers everything: voice modulation, how to organize your speech, and a lot on how to use your words to persuade or inspire," Haut explains.

The Leadership field, in

comparison, requires completion of speeches that encourage development in skills such as listening, mentoring, marketing. Both tracks come together in the final achievement: Distinguished Toastmaster (DTM).

It is the Leadership aspect that originally drew Haut to Toastmasters in January 1993.

"I was in a different job and I was asked to do a lot of presentations because of my job," she explains. "I met this fellow who was president of the local club and he looked like a professional that I wanted to be like, and so I joined the club."

"My first meeting was very exciting, but at the second meeting they told me it was a competition and that you always have nerves, but you try to control your nerves," Haut continues. "The best way to control your nerves is to keep doing what makes you nervous, so you become more relaxed about it and you know the format."

That is exactly what Cpl Canice Morgan of 17 Wing TISS discovered after joining the Westwinners last summer.

"I often have to explain something to customers and sometimes I felt shy or nervous," he remembers. "I wanted to get over my stage fright, improve my presentation skills, and improve my professional development."

His first Westwinners meeting was "intimidating," he says, but the nervousness subsided after three or four meetings. "I felt more confident and more comfortable

with the people in the club. It's a very positive, relaxed, and informal atmosphere where we leave rank at the door."

According to Haut, it's that positive atmosphere that enables new members to conquer their public speaking fears and leadership anxiety. "When a military member is put in the leadership role and they have to take command, the Toastmaster's leadership skills will give you that tool," she explains. "In Toastmasters we learn versatility, and that's an important skill to have in a military environment."

"The benefits of Toastmasters, as opposed to taking a leadership course somewhere else, are probably the friendship in the environment, the fact that it is a bigger than just the club you belong to, and the cost—it's a reasonable amount to spend on professional development for yourself," Haut continues.

Since joining, Cpl Morgan has noticed he is more comfortable speaking with customers and responding to their inquiries. "I'm more confident when approaching people with what I have to ask," he says. "It's been a morale booster."

Haut agrees that Cpl Morgan has improved dramatically over the months. "He has a wonderful speaking voice, a very good presentation style, and I think he would make a great competition speaker," she says.

Although Haut herself doesn't particularly enjoy competing, she is enthusiastic about the role contests play within the larger Toastmaster's organization.

"Every club is encouraged to hold a humour contest (local level only) in the fall and an international speech contest in the spring," she explains. "The winning speeches usually are on subjects that bring all the emotions into play."

April 21st, Westwinners are hosting the area's annual International Speech competition, the winner of which

could go on to the World Championships. Representing Westwinners will be Cpl Morgan and Capt Dan Naylor of A1 Training, who finished first and second respectively in the club's speech competition on 7 April.

The area competition will be held at the 17 Wing Chapel Annex and is open to everyone. Entry is \$6.00 and includes pizza and a drink.

The 17 Wing Westwinners meet Thursdays from 12h15 to 13h15 at the Westwin Community Centre (B33).

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Clubs

17 Wing Ceramics Club



Club open for anyone with a recreation services card

- Over 600 Molds
- Lots of space
- 3 kilns
- Qualified instructors
- Supplies available at the club

Open:

- Tuesdays & Thursdays from 6:30 to 9:00
- Sometimes on weekends
- 18+ Yrs of age can get the key 24hrs a day, 7 days a week

Prices:

- Memberships
- \$10.00 / 10 - 15 yrs of age Memberships are good for
 - \$20.00 / 16 - 20 yrs of age one year
 - \$42.80 / 20 yrs and up

Box of slip - \$10.70

Firing - Average cost for 1 piece is between \$1 & \$5

Club during operational hours - 2496
Joanne Joyce 833-2500 ext 4034

Flying Tigers Swim Team



The Flying Tigers Swim Team is a very active 17 Wing Club. We consist of approximately 50 swimmers. We train up to 6 days a week at Lipsett Hall. Our swimmers range in age from 6-17 years and are at all levels of swimming ability. We have competitive swimmers who take part in many fun swim meets throughout Winnipeg and in nearby cities as well. Some swimmers choose not to compete and enjoy the opportunity to swim on a regular basis, improve their strokes and endurance, make new friends and simply have fun being active. We are fortunate to have a great head coach, Iga Ziendalski, and she is assisted by superb, dedicated coaches as well. If you have a child that is interested in our swim club, please contact us. Swimmers can join at any time on a trial basis to see if it is right for them.

If interested please contact our President—Denise Gipp 489-7965 or our Treasurer—Andy Sawatsky 488-0232 or our Secretary—Karen Sawatsky—488-0232.

17 Wing Woodworking Club



- Located:** Building 33 (WestWin Community Centre).
Hours: 24 hours a day 7 days a week.
Cost: \$50 + GST per year individually or \$75 + GST family (dependants over eighteen).
Equipment: Full complement of stationary and hand tools.
Sales: Limited supply of hardwoods.
Discounts: Hardware store discount cards and access to wholesale lumber.
Contacts: Pres: Capt Steve Wilson - loc 6674
Vice Pres: MWO Bill Lesko - loc 2149
Treasurer: Capt Lawrence Klepachek - loc 5952
Secretary: Sgt Linda Jardine - loc 6522
Equipment Manager: Cpl Rob Nevers - loc 6053

17 Wing Judo Club



Mondays & Wednesdays
7:00 p.m. - 9:00 p.m.

Building 21 (1CADHQ GYM)

9 years of age or older

Annual fees: Youth: \$25 / Adult: \$50

For more information contact:
Stephane Robbinson
H. 488-0356

Barrie Woods
3rd Degree black belt
H. 889-3444
W. 833-2500 ext 6564

Norbert Pachet
H. 775-1584

New Members Are Always Welcome

It's Your Move...

Submitted by André J. Duchesne

Did you know that DND moved 10 407 people in 2004? Of these moves 3 454 occurred between June 21 and July 21, a period known in the moving industry as the peak period. Although there is always a concentration of moves in the summer months, last year's peak period was particularly pronounced. This resulted in the use of inexperienced labour, which led to

sub-standard packing, late deliveries and increased claims.

The Transportation Management staff in NDHQ is working with the moving industry to reduce these problems for active posting season (APS) 2005. In fact, steps have been made to improve intra-departmental communications, give the moving industry more notice of the volume

of moves, and better educate the people being moved.

If you are moving during the upcoming APS, you should benefit from a detailed pre-move package, improved briefings from traffic staff and relocation agents, and from the "It's Your Move..." series of articles that will appear in The Maple Leaf and base/wing newspapers across the country.

So, remember, there will

be a surge of moves immediately after the end of the school year. If you choose to move during this time frame, give your relocation agent/traffic representative as much notice as possible, and plan to be flexible with regards to load/unload times. Some additional facts and changes to the move contract you should be aware of:

- The certification of articles and appliances is now done only at the van line's discretion. If they choose not to perform this service, however, and the items do not function at destination, they are responsible unless the damage can be proven to be unrelated to the move.
- If you own a front-loading washer, it is imperative that you keep or obtain a blocking kit. Failing to do this will result in purchasing a blocking kit prior to your move.
- The standard insurance coverage within the DND contract is \$100 000. You can purchase additional coverage using funds from your custom benefits package.

- You may be called to answer a short survey on your move. The results of the survey are reflected in a Value Index that determines allocation of business for the van lines.

- Carriers are now allowed to request a pre-authorized delivery date. You simply make your availability at destination known to the driver during loading, and to the destination transportation agent (TA). Upon agreement between the customer and the driver, the TA will pre-authorize delivery for a specific date.

For more information go to Transportation Management Web site at www.forces.gc.ca/admmat/j4mat-dglog/dtm/dtm_4/index.htm



Jimmy Mac exploring the MMAM collection. The MMAM is open on Mondays, Wednesdays and Saturdays from 1 p.m. until 5 p.m. People and schools interested in tours should contact Capt. Rozak at 833-2500 ext. 2429.



A-Channel's Big Breakfast came to visit the Manitoba Military Aviation Museum on the 10th of March. Featured here are Jimmy Mac, Capt Mike Rozak, and Kurt Brownridge.

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Military Family Resource Centre



Some NEW resources now available at the MFRC

Great Books and guides to address many issues faced by families. Call Haley at 4512 for more information!

- Yikes! a smart girl's guide to surviving tricky, sticks, icky situations
- Sex, Puberty and all That Stuff: A Guide to Growing up
- Smart Girls Starting Middle School
- The Stars Program, Learning about anger & Learning about anger more (For Children)
- The Anxiety and Phobia Workbook (relaxation techniques and more coping techniques)
- What's Wrong with Spanking (pamphlet)
- Emotional Abuse (national clearing house on family violence)
- Violence Issues: An Interdisciplinary Guide For Health Professionals
- Breaking The Pattern: How Communities Can Help (Family Violence)
- The Effects of Media Violence on Children
- Television Violence: A review of the effects on children of different ages

The Art of Care Packages

A great way to stay connected during family separations is through a care package from home. Bring all your care package goodies and join us on the first Monday of each month to wrap it up. From journals to treats, each month we will share ideas and put together great items to add to your care package. We have everything you need to get your parcel on its way.... Paper, tape, markers, addresses, etc. Free childcare can be available on site. Please call to pre-register.



MFRC, 102 Comet St
Mondays 7pm - 9pm
May 2nd - Chocolate Treats
June 6th - Picture Journals

Winnipeg Military Family Resource Centre Presents:

"Now that I'm all grown up... what do I want to be?"

An interactive discussion group and workshop for adults on how to develop your career and education plan

Date: Tuesday, April 19, 2005 Where: MFRC 102 Comet Street
Time: 6:30PM - 8:30PM Cost: \$5.00

Please call 833-2500 Ext. 4500 by April 15, 2005 to register or call 833-2500 Ext. 4511 for more information.



We know it is not always easy to get away from work....

....many of the MFRC's best resources can be found on our web site.
Drop by on-line at YOUR convenience.

www.mfrc.mb.ca

The Community Connections.....Our Newsletter - all the CURRENT programs and what's new at the Centre on-line now

Lights...Camera...Action....



Now available for on - site use at the MFRC!
Families and Units may book a room at the MFRC and use our Video Camera to record messages to be sent to deployed loved ones. For more information call Nicole at ext 4507.

* The MFRC has a digital camera available for on-site use as well.



At the April 7, 2005 MFRC Coffee Break MLA Bonnie Korzeniowski presents a cheque to Ms Wendy Richardson MFRC Children's Program Coordinator, Ms Lois Johnson Director and Ms Cathy McCullough Assistant Director of the MFRC Childcare Centre to be used for Children's programming.

Does your Military Family Member or Retired Member Suffer from an Operational Stress Injury?

You are invited to attend an Information Evening outlining different supports and resources for families experiencing Operational Stress Injuries

Date: April 21, 2005
Time: 7:00 pm
Location: 102 Comet Street Military Family Resource Centre

This evening will be facilitated by a registered Social Worker and other military wives who have experienced and learned to cope with Operational Stress Injuries in the family. Discover what resources and supports are available for you and your family. Learn how to access confidential military and civilian supports, such as:

- Individual Therapy
- Family Therapy
- Free Respite Childcare
- Spousal Support Groups
- Resources For Children
- Information on Operation Stress Injuries
- Services attainable through Veterans Affairs and other Gov't agencies

If you have any questions about this information evening or about Operational Stress Injuries please contact Haley Schroeder MFRC Social Worker at 833-2500 extension 4512 or Kim Kramchynsky 489-8899.

****Free childcare provided. Please contact Haley****

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.

Office Manager Mona Currie 4500	Emergency Childcare 935-7733
Reception Teresa Morris 4500	MFRC Childcare Centre 837-3653
Youth Centre North 4502	Lois Johnson (Director) 837-3626
Youth Centre South 488-8563	Employment & Education Services John Chabih 4511
Executive Director Don Brennan 4504	Social Work Services Haley Schroeder 4512
Deployment Services Nicole Johnson 4507	Francophone / Volunteer Services Louise Cameron 4515
Youth / Adult Services Diane Brine 4508	Thunder Bay MFRC Evelyn Harrison (807) 345-5116
Information & Referral Catherine Chatterley 4506	Winnipeg MFRC Fax 489-8587
Children's Programs Wendy Richardson 6846	

Together in Church



CATHOLIC

Chaplains

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

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

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

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

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

Confessions
The sacrament of reconciliation is offered 20 minutes before mass and by appointment. Contact the chaplain's office.

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

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

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

PROTESTANT

Chaplains

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

Padre Paul Southen
(United Church)
Office 833-2500 ext 4277

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

Sunday Services

English Only 1100 hrs

Sunday School

Sunday School is held during the service for children ages 3 to 12, except on the last Sunday of each month. Childcare is provided on an as-required basis for children under 3 years of age.

Marriages

Six months' notice is required for marriages, as counselling is necessary to prepare couples for Christian marriage. A Marriage preparation course is also required.

Baptisms

The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

Protestant Chapel Guild

The Guild meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

Food Bank

The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

Emergency Chaplain

After normal working hours, the Emergency Chaplain can be reached through WOps Duty Centre, 833-2700, or 2 PPCLI Duty Centre, ph. 833-2727.

Other Phone Numbers:

For your convenience, a phone number has been set up to provide callers with info on service times and contact with the 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.

National Squash Championships At 17 Wing



Capt Bill Hodson of Moose Jaw battles it out against LS Brian Sharp of Trenton during the CF National Squash Championships at 17 Wing on 6 April. Squash & Badminton championship coverage in issue 8.

Off The Shelf

By Michelle Wohlgenuth

"Hoot to Kill" by Karen Dudley

Some you may remember Karen Dudley from the Women's conference a number of years ago. The conference showcased book one in the Robyn Devara mystery series.

A number of people have expressed an interest in her books, and this is one of my favourites. I give this book four books up.

It is a most intriguing look into the world of environmentalists and mysteries

that surround them. This book is a light read with twists and turns that keep you wondering. I highly recommend this diverse author who is an environmentalist and teacher. I'm not going to tell you anymore than you really need to read this book.

The author's background includes field biology, palaeo-environmental studies, archaeology, photo research, production art & editing. I recommend that you check out her web page www.karendudley.com

SCAN Seminar 20 & 21 Apr 05

Registrations for the 20 - 21 Apr 05 SCAN Seminar are now being accepted. Please complete and submit the SCAN Registration Form found at Unit Orderly Rooms or from the WPSO OR. Email, mail or fax (2738) to Sgt Shemko WPSO CCLk Bldg 135 Room 221 by 14 Apr 05. Questions with regards to the SCAN Seminar can be addressed to Sgt Shemko/Sgt Moore at local 2459.



BRENT MAXWELL JOHN BURTON
July 4, 1948 - March 4, 2005

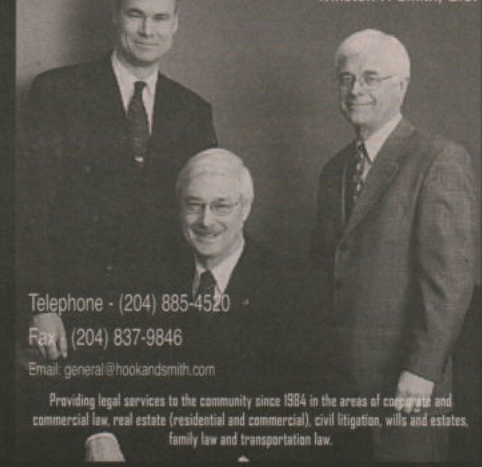
With deep sadness, the family of Brent Burton, announce his sudden passing while on business in Ottawa. He is lovingly remembered by his wife of 35 years, Bev; sons, Lee and Dale; brother Glenn; sisters, Val (Gerry) Prystai and Cheryl (Jim) Benoit; as well as by his sister-in-law Cathy (Don) Tapp; brother-in-law Blair (Martha) Gibbons. He will also be dearly missed by his nephews, Ryan, Scott and Shane; his nieces, Jennifer and Ilena; as well as his large extended family. Brent was predeceased by his parents, Bill and Eileen Burton. Brent was born in Winnipeg and was very proud of his west end roots, especially his teen years at the Westend Community Club where his love for the jive begun. After a family move, Brent joined The Rouge and made new friends at Churchill High School. He entered the era of computers at the grassroots of its technology while employed at Eaton's. His passion for computers had evolved into his current position with 17 Wing Winnipeg, where he was a highly respected civilian worker. He met and married Beverly Ann and together they raised a close family of which he was very proud. In the summer, you could always find Brent on the golf courses eager to finally get that hole-in-one. He especially loved the game for the friendships he made on the course. Bowling was another lifetime hobby he enjoyed with family and friends on Wednesday nights at Polo Park lanes. He also had been an All Star bowler at Park and St. James alleys. Brent took his role as head of the family with ease and could always be counted on for support and positivity. He will be remembered for this and his love of children and animals. The family would like to thank the staff at the Ottawa Civic Heart Institute, his cousin Alana Duncan-Cameron of Ottawa, who was with him, MWO Dave Bolster and Padre Paul Southen, and the rest of 17 Wing Winnipeg for their support.

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2001 Ford Explorer Sport Trac.
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TAROSCOPES BY NANCY

ARIES (March 21 – April 19): When you see the past in a new light the future looks brighter. You gain clarity about what you now want in life and what needs to be healed or repaired in order for you to grow and develop. You're searching for passion and want to fill your time with exciting experiences.

TAURUS (April 20 – May 20): You continue to want to be logical and dependable, yet there are times when you'd like to simply run away from responsibilities and decisions. Set aside time for contemplation and it will ease your stress. You'll receive news about a situation that affects you personally.

GEMINI (May 21 – June 21): This is a good time to explore the arts, music and fine dining. Enjoying these past-times does not have to be extravagant or expensive. It can mean learning first hand by taking a cooking class, art workshop or weekend retreat. Enjoy opportunities to try something new.

CANCER (June 22 – July 22): Your work isn't always easy or lucrative but it provides opportunities and challenges. You need to feel confident that you're doing things for the right reasons. You can do this by asking yourself if you'd rather trade places with someone else and make the sacrifices they do.

LEO (July 23 – August 22): Your emotions are changeable which can get you into arguments over money and hamper decisions that need to be made. It's important to consider the pros and cons of both saving and spending especially when some options are open to you for a limited time only.

VIRGO (August 23 – September 22): Take care with your words and be mindful of politics and hidden agendas. Remaining calm is easier if you centre yourself, then you can know and go your own way. Just because you are aware of what others want you don't have to personally accommodate them.

LIBRA (September 23 – October 23): You may feel like a whole new you is emerging. You'll see physical changes in your surroundings and in yourself. What seemed insignificant in the past now holds deeper meaning. Making dynamic new connections results in finding a solution to a tough situation.

SCORPIO (October 24 – November 21): Relationship snags are a blessing in disguise. You're forced to analyze how you communicate and to consider assumptions you've been making. Don't gloss over what has happened thinking you'll maintain the status quo, things need to evolve or you'll get stuck in a rut.

SAGITARIUS (November 22 – December 21): You have hidden needs that you've not dealt with however if you take a realistic look at your desires you'll see that things aren't going to "just happen." Time doesn't solve everything, sometimes it just passes. Take the initiative to do what you want.

CAPRICORN (December 22 – January 19): This is a good time to consider a money-making venture, especially if you will be the key person involved or the representative selling your ideas or product. It's easy to arrange loans as well because other people are eager to assist in meeting your needs.

AQUARIUS (January 20 – February 18): The change of seasons reminds you that life is cyclical. Nothing stays the same forever. This awareness helps heal feelings of loneliness, and frees up your energy so you can deal with an unexpected influx of work. It may be a solitary time, but you're productive.

PISCES (February 19 – March 20): Feeling the need to push yourself, to expand your business or be creative. Increased energy makes things seem effortless. You're drawn to the right places and make the right connections when you follow your intuition. Face your fears and you'll gain self-confidence.

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