THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg
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Nijmegen Memories March On

By Jeremy Besyk

17 Wing team at the last rest stop on the last day of the Nijmegen march in The Netherlands.

Private Sam Driscoll, Corporal Mike Richards, (the head and right eye of Lieutenant Tom Purcell) and Corporal Kane Bryant. This picture was taken in the town of Nijmegen.

The team celebrates the completion of the Nijmegen march with the medal awarded for all members completing the 160 kilometre trek.

Four days. 160 kilometres. 47,000 marchers. 1 million witnesses. Countless memories.

A dozen members (with 24 sore feet) from 17 Wing completed the Nijmegen March in The Netherlands in July. The team finished strong and was ready to celebrate accomplishing their goal - to earn a team medal for crossing each check point of the 160 kilometre trek together. For all but one, this journey was the first time taking part in the annual event.

Even though Cpl Nathan Rody took part two years ago, the challenge of the gruelling adventure was still something his body wasn't prepared for.

"It's a pretty rough go," Cpl Rody said. "You are on your feet for nine hours a day with a rucksack on your back. By the end of the first day the pounding of your feet is the worst part," he added.

Marching in combat boots mostly on paved roads, with some sections made of cobblestone, Team captain Capt Rebecca Barton said that marching each day with only three official rest stops (each approximately 13 kilometres apart) made the team appreciate every chance it could get to take a break. However, "Getting started after a break is difficult - muscles are stiff and hips are locked," Capt Barton said.

Little rest and a lot of exercise along with a few German beer made the march challenging, Capt Barton said. "The body can handle a lot more stress than I expected."

Calculating it out, Cpl Rody said each foot was subjected to at least 15 million pounds of pressure during the four-day march depending on the weight of the team member, varying from 22 to 55-years-old.

Overall the Canadian contingent was very successful, the Winnipeg team in particular, completing each step of the march with all members. She accounts the team's success to the training they did to prepare and the fact that they trained together. The team cohesion pulled them through when the going got tough.

Training for the 17 Wing team began in April, providing the team with enough time to condition the muscles and feet. The team was very cohesive Cpl Rody said. During the march each person had the team in mind, there were no individual marchers, just a single unit working together. "I wasn't as focused on myself this time," he added, reminded of how he felt two years ago during the Nijmegen March.

Looking back on the experience, Capt Barton said she "felt so proud of each member of the team." Adding, "no matter how much (physical) pain, they didn't want to let the team down." And the pain will be a distant memory, saying "you forget the pain and remember the excitement and energy."

"It shows your level of personal fortitude and how far you can push yourself," she said of the "challenging" Nijmegen March. Capt Barton credits "working as a close-knit, goal-driven team" as the ultimate reason for success. The team had a great time - "a very memorable experience."

In This Issue:

17 Wing Soccer Team Wins Before Tournament Even Begins pg.2
Students Discover Memorial, Honour Officer pg.4
RMC Cadet Runs At The 2005 Canadian Track And Field Championships pg.5
Snowbirds Welcome To Celebrate 35th Anniversary Season pg.6
Flat Tire, Smashed Tooth Can't Stop Ironman Competitor pg.8

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Photo by Jeremy Besyk

Col O'Brien, 17 Wing Commander, addresses the participants after the finals of the Prairie Regional Soccer Championship.

17 Wing Soccer Team Wins Before Tournament Even Begins

By Jeremy Besyk

17 Wing had its first representation in three years at the Prairie Regional Soccer Championships held in Winnipeg mid-August.

While the team wasn't the big winner of the tournament, the players certainly knew they achieved great success by being able to form a team and work together to be ready to compete in the tournament this summer.

Team captain, Capt Stefan Szkwarek, said, "It was excellent. We accomplished our mission from minute one." He said the team took two years to develop, which at times "was challenging, but I'm glad we did it."

With weekly practices beginning in February, Capt Szkwarek said the training paid off because "until the last minute of the last game we hadn't trailed" in the tournament. It was during the Round Robin game against Shilo that 17 Wing lost by one goal with minutes left to play.

"Winning isn't necessarily the only thing," Capt Szkwarek said. "It's about representing the Base."

Spectators, including Wing Commander Col Ken O'Brien, were treated to "just awesome" soccer. That was just one of the many praises Col O'Brien gave each team at the closing ceremonies on the field.

"It was an outstanding weekend of soccer," Col O'Brien said to all of the players at the closing ceremonies. He expressed, "How wonderful it was to come watch you play," referring to three games he took in over the weekend. He congratulated each team and said 17 Wing "played well… a good job," placing third in the tournament and was proud there was representation from Winnipeg in this year's tournament.

Chris Merrithew, Sports Coordinator for 17 Wing said Szkwarek's team "is going to be a force to be reckoned with in the future." He said, "(The team) had a professional attitude and great discipline." Merrithew commends team captain, Szkwarek, for getting the team together and working so hard to perform as they did in the tournament. "It's all due to him," Merrithew said.

Moose Jaw won the tournament and MVP Capt Scott Frost said the tournament went "very well," congratulating Winnipeg (shortly after being dunked with a huge bucket of water by his team) on hosting a successful event. Following the Prairie Regionals, Capt Frost said the Moose Jaw team now begins preparing for the national tournament in Borden in September.

But what's next for the 17 Wing team? Praising what he called "a competitive team," Capt Szkwarek said he is looking forward to developing an indoor team to put in the Winnipeg Soccer League.

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New Program Launched To Assist Military Families Do Business Better

By Jeremy Besyk

Military families now have help when it comes to doing business in Winnipeg. The Military Family Resource Centre (MFRC) has partnered with the Better Business Bureau serving Manitoba and N.W. Ontario (BBB).

In a new project set for launch September 1, the MFRC will be providing assistance in cooperation with the BBB to military families in Winnipeg that may not be familiar with doing business in the city.

This pilot project has been developed following the success of a program launched in the United States, president of the BBB Manitoba/N.W. Ontario Brian Garagan said.

Garagan said the program will introduce a special website and telephone number available to military families if they have a concern about business-related issues. He noted that "most military families perceive they aren't part of the community," and in turn, aren't aware that the Better Business Bureau is out to protect all consumers with regard to doing business. "The BBB is for all Canadians," he said.

Having a direct phone number and website will now provide an easier form of communication directly to the BBB for military families. "The new line will give (the families) access to reliability reports, the complaint process, consumer tips, advice and more," said Catherine Chatterley of the MFRC Information and Referral Services.

Beginning first in Winnipeg, the as-yet-unnamed program has a "three-pronged attack": Prevention- Education & Training; Protection- Complaint Handling and Industry Self-Regulation; Response- Incentives and Enforcement.

The American study provided to Garagan from the U.S. Better Business Bureau showed that there were 2172 military complaints from mid-December 2004 to February 2005. 16% of these complaints were for service issues, 15% were delivery issues. Other complaints included selling practices, contract disputes, repair issues, product quality and refund practices.

Garagan said that CF bases and MFRCs across Canada are excitedly waiting for the program to be rolled out in Winnipeg and are ready to jump on board, with the hopes of it going nationwide.

Measuring the success of the program will not be difficult for Garagan. He said if the program helps one family it will be worth it. "It's about time that we show our support to military families and make our community realize we have to get behind our troops," he said.

"The Better Business Bureau of Manitoba was born in June of 1930 when a group of then corporate and business leaders of our community came together with a vision to further the principles of business integrity and consumer trust and confidence in the local marketplace," according to the Better Business Bureau of Manitoba website.

Canadian Forces Safe Driver Championship

By MCpl Murray Lagace, Det Dundurn Transportation

On 21 July, Detachment Dundurn Transportation (DTN) held its local Trucker's Roadeo. The formal name for the event has continued to evolve since its early days and is now called the Canadian Forces Safe Driver Championship. Four local drivers entered the competition to determine who would represent Det Dundurn at the Region Championship this August at 4 Wing Cold Lake, Alberta. Cpls Dave Fraser, John Ferguson, Rene Ratti and Alain Banville faced off in a friendly yet very competitive arena. After the written test, vehicle readiness test and driving portion scores were calculated, Cpl Rene Ratti came out on top and is going to the Regionals. As well, MCpl Murray Lagace and Sgt Susan Peterson will travel to Cold Lake where they will assist in the judging.

Many thanks are due to MCpl Al Gelinas, who planned and organized the day's event, and his Roadeo helpers, Cpls Doug Marquette, Brian Jordan, Andy Roussel who spent many hours in preparation for our Roadeo. Detachment cleaners, Fire Hall and CE helped our Roadeo team get the job done. Det Dundurn now has some pretty impressive Roadeo equipment that will be around for quite a few years to come. Bravo Zulu. The IC DTN wants to thank her section and the detachment for all the help they gave in setting up the event.

All in all it was a great day that saw DTN get together as a group instead of being scattered about the detachment doing their jobs. The DLogO, WO Kevin Phillips, asked to take the written test and deserves a "well done" mention for his results.

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ROYAL LEPAGE

Students Discover Memorial, Honour Officer

By Jeremy Besyk

Photo by Andy Oxley

Left to right: Andy Bonar, Brooke Phillips, Brad Harris, Jacqueline Weber and Andrew Brine.

A group of summer students made a remarkable discovery, stumbling upon a memorial to honour a fallen military police officer.

At the end of July the students were working on the grounds of St. Charles Range when they came across what appeared to be a large rock that was overgrown with weeds. After clearing some of it away, the students were quick to discover they had found a memorial plaque for Capt M. Cletus Cheng.

Capt Cheng was born in 1963 and passed away September 18, 1995. He died while representing Canada in the International Military Police Competition: Peacekeeper Challenge. The St. Charles Range Obstacle Course is dedicated as the "Captain M. Cletus Cheng Memorial Confidence Course."

Compelled to keep Capt Cheng's memory alive, the students used several of their lunch breaks to place flowers they bought, rocks they painted and ropes and sticks they found to surround the plaque in the field.

The good deed hasn't gone unnoticed. 17 Wing PSP Manager, Rick Harris said, "(The) summer students have indeed demonstrated their unselfishness, compassion and respect for the sacrifice made by Capt Cheng," who was recognized as a "dedicated leader" with an "outstanding personality" who "personified the professional Canadian Forces officer."

17 Wing Fitness & Recreation's Andy Oxley concurred, saying, "I believe the future looks very hopeful for all of us, with acts of kindness and compassion from fine young adults like these."

The students say their touching tribute was done to remember someone who dedicated his life to Canada and it was the least they could do to honour him.

Orientation

By Jeff Twerdun

"Good morning my name is..." Do you remember arriving at your first day at work? Do you remember the uncertainty, the overwhelming sensation of the unfamiliar? Was anyone there to help? Countless stories exist about how a new employee has been directed to their office after having received a ten-minute talk with the manager. Not only is this stressful for a new employee, but it virtually guarantees a long period of unproductiveness and uncertainty.

Orienting employees to their workplaces and their jobs is one of the most neglected functions in organizations. Many Public Service managers believe a departmental orientation is simply a nicety rather than an obligation. An orientation for a new hire reduces employee anxiety and employee turnover. As well, through the explanation of the values and ethics of the department the employee can gain an appreciation of the Defence Team with which he or she is expected to operate. Therefore, a familiarization to the department and the employee's specific workplace is a must rather than an option. DAOD 5031-52 states that a supervisor/manager is responsible to "ensure that all their new DND employees have access to an orientation process that includes the Orientation Program".

The Winnipeg Learning and Career Center (LCC) prides itself in offering newer employees to National Defence a great one-day Orientation for New Employees. The aim of the orientation is to acquaint new employees with the structure, broad terms of employment, culture and values of the department. This orientation, facilitated by a Learning Advisor, invites representatives from the Wing Executive, Safety, the Employee Assistance Program and other areas to help the employee appreciate the broader system he or she works in.

At the end of the day, the employee is equipped with the basic tools to understand the broader environment in which he or she works, yet he or she lacks an orientation at the unit level. For that reason a unit level orientation is essential, covering items specific to the employee's new workplace such as work responsibilities and expectations, unit policies and procedures, reporting structure and training needs. This orientation is best conducted by the employee's immediate supervisor coupled with ongoing coaching and feedback. To assist, a checklist for managers is provided at http://admfincs.mil.ca/admfincs/subjects/daod/5031/52_e.asp.

Orientation (or lack of it) will make a significant difference in how quickly an employee can become more productive and also has long-term effects for the organization. For more information on the next Orientation for New Employees program, contact the Winnipeg Learning and Career Centre at 4208, or check our website - http://hr.dwan.dnd.ca/admhrciv/regions/Prairies/LCC/engraph/Winnipeg/Winnipeg_e.asp

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RMC Cadet Runs At The 2005 Canadian Track And Field Championships

By OCdt Craig Greeley

Stereotypical Newfoundland; nothing but cold weather, strong winds and rain! Anyone who competes in track and field would admit that these are not the best conditions to run in, but for us Newfoundlanders, this is what we call a good day! Nonetheless, these were the conditions for the 2005 Newfoundland Age Class Championships during Canada Day Weekend. This meet was used both as a trial for the 2005 Canada Games and for the Canadian Track and Field Championships. At the end of a long weekend, I finished in 2nd and 3rd place in the 200m and 100m respectively.

With a quick return to 402 Squadron in Winnipeg to continue my AERE PPT training, I now had qualified to run in both events. As the weekend of the 15 - 17 of July approached, my coach and I began our peaking cycle for the meet. As Thursday and Friday rolled around, people like Bruny Surin, Glenroy Gilbert and Canada's top athletes started to show up in the Winnipeg area for this competition.

For myself, this meet was more of a way to gain some experience into what a bigger meet truly is. I have never attended such a high caliber meet, and to run against the best of the best in Canada was like waking up on Christmas morning to see your family smiling around some of your favorite gifts. I have, for the past 8 years, dreamed of making the Olympics in 2008 and RMC has supported this dream since the day I enrolled. However, I have been unable to compete during the summer months because of phase training. Given this, I knew it would be unrealistic for me to set a goal of medaling at the meet, but I wanted to get out there and run a few personal bests.

On the day of competition, the weather was not the greatest for running excellent times. In the end, I finished in 19th place for the 100m with a time of 11.57s. However, Sunday was what made my weekend. I was nervous prior to the 200m race because the weather conditions had really taken a toll for the worse with the rain, thunder and lightning. However, just before getting into the starting blocks, the race was delayed for 30 minutes as one of our own, a CF-18 Hornet, did a fly by of the track on final approach to Winnipeg International. This did it for me! I was truly ready now! No butterflies, no nothing, I was in the zone to run! After a grueling race battling some of the worst conditions, I finished in 26th with a time of 23.54s.

I had such an amazing time at this competition, and to represent the Royal Military College and the CF at such a big meet, it truly did bring a smile to my face. I could not have done it without all the support I have gotten over the years and I am truly appreciative of this. I will do everything I can to represent the CF and our beautiful country at the next World Military Games in 2007 and the Olympic Games in 2008.

In the end, this is just my little way of saying Thank You!

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17 Wing Recognized For Contribution To Skate Park Project

By Jeremy Besyk

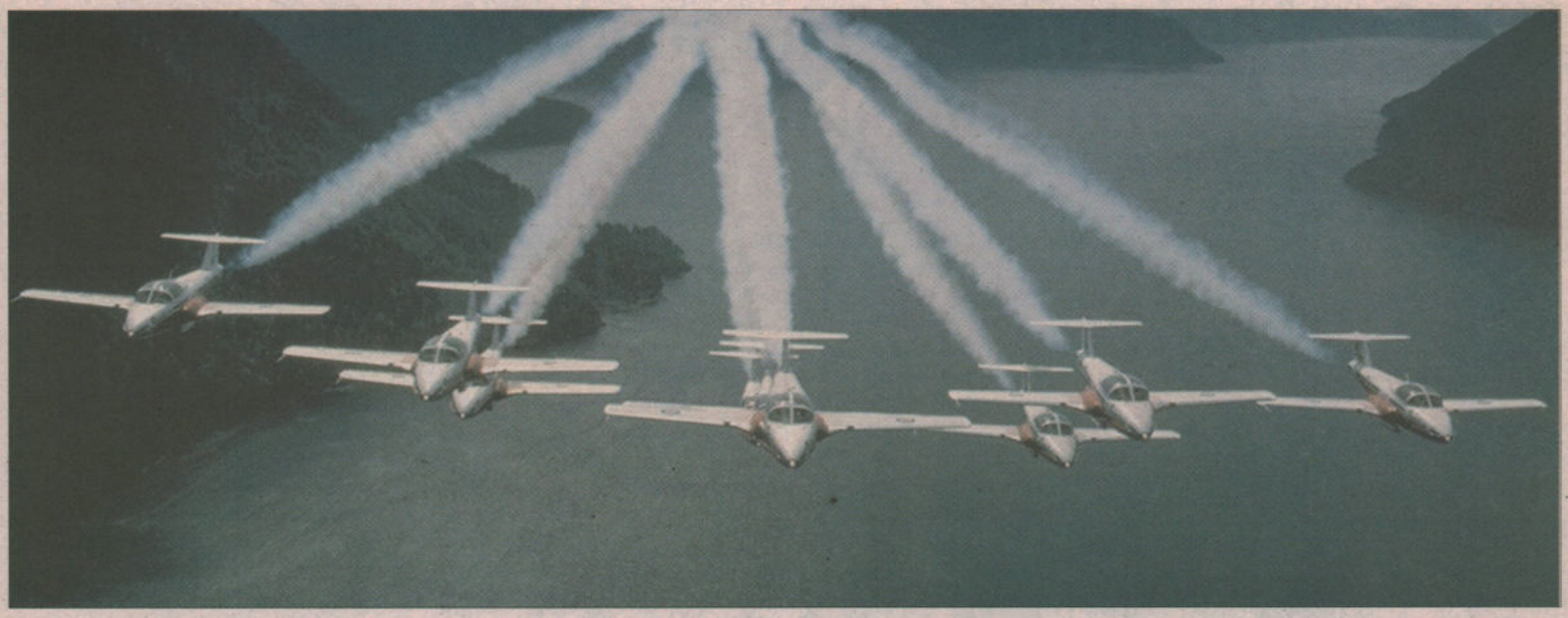
Skatepark West would give skateboarders of all ages a place to strut their stuff. Newman says the proposed facility should be open by Summer 2006.

For two years 17 Wing has partnered with Skatepark West, a community organization, in the fundraising for building a new facility for the public, including military families. At the beginning of August, Acting Wing Commander, LCol Tom Whitburn, was presented with a certificate of appreciation for the Wing from Skatepark West Chair, Connie Newman.

17 Wing provided facilities at Kapyong Barricks for a skate event on June 5 to fundraise for the building of Skatepark West. Newman said 17 Wing has helped "bring awareness to skateboarding" and is thrilled about the "partnership with the military."

Through various fundraising events, the group has raised enough money to build the proposed Skatepark at the southwest corner of Sturgeon Road and Silver Avenue.

The facility is expected to be open by summer of 2006, Newman said.



Snowbirds Celebrate Thirty-Fifth Anniversary Season

By Lieutenant (Navy) Petra Smith

MOOSE JAW, SASK - The Canadian Forces Snowbirds are celebrating their 35th anniversary season in 2005. Current and past members of 431 (Air Demonstration) Squadron are welcome to attend the 35th anniversary celebrations scheduled for October 13 to 16, at 15 Wing, Moose Jaw.

"This is an exciting year for the Snowbirds with the 35th Anniversary and the 2,000th show for the Team," said Major Ian McLean, commanding officer and team lead, Canadian Forces Snowbirds. "We encourage all Snowbirds to join us in celebrating our Team's history of professionalism, dedication and teamwork."

The 35th anniversary weekend will include a meet and greet, the year-end Snowbird show, a hangar party, and the Red and White Ball. Squadron members wishing to attend must register by September 13.

"The Air Force is proud of the Snowbirds' history of excellence and of their important role as ambassadors for the Canadian Forces and Canada," said Lieutenant-General Steve Lucas, Chief of the Air Staff. "The 35th anniversary is a tribute to the legacy of all Snowbirds who have represented the men and women in uniform so honourably."

The Snowbirds have performed in front of more than 116 million spectators across North America during their 35-year history. To the credit of the technicians, the Snowbirds have never missed a show due to mechanical problems.

The 35th anniversary season is dedicated to the memory of our friend and fellow Snowbird, Captain Miles Selby, who died December 10, 2004 during a training accident.

For more information or to register for the 35th anniversary weekend, please visit the 35th anniversary website at www.snowbirds35.com or contact Mrs. Marg Fowler, operations support administrator, at (306) 694-2431.

Capt Spott from 1 Cdn Air Div, A4 Mov seen here receiving his promotion to Major from Col Legue, A4 Log.

Capt Auger from 1 Cdn Air Div HQ, A4 Sup seen here receiving his promotion to Major from Col Legue, A4 Log.

Ceramics Club Appreciation

Photo by Mcpl Paul Martin

Mr. Lyle Tully (right) receiving Certificate of Thank You for donating approximately 900 moulds to 17 Wing Ceramic Club on July 26th, 2005 from Vice-President, Joanne Joyce (left) of 17 Wing Ceramic Club.

17 Wing Ceramic Club is located In Building 33 (West Community Centre) and welcomes all of those interested in joining us for great conversation and lots of fun.

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laPersonnelle

Auto insurance not available in Manitoba, Saskatchewan or British Columbia due to government-run plans.

L'assurance auto n'est pas offerte au Manitoba, en Saskatchewan ni en Colombie-Britannique, où il existe des régimes d'assurance gouvernementaux.

Clubs

Flying Tigers Swim Team

Welcome to Winnipeg new 17 Wing Families. If you have a family member that is interested in swimming---we have a spot for them. The Flying Tigers Swim Team is a very active 17 Wing Club. We are here to serve our military community, ordinary members and civilian families as well. Our training location is conveniently located at the Building 90 Pool at 17 Wing. Our swimmers range in age from 6- 17 years and are at ALL levels of swimming ability. This year we are thrilled to be starting a Masters Swim Program. We welcome those training for triathlons, wishing to learn or perfect strokes or just want to be active and build endurance with the assistance of a coach. 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 but enjoy the opportunity to swim on a regular basis, improve their strokes and endurance, make new friends and simply have fun being active. If you have a family member that is interested in our swim club, please contact us. Swimmers can join at any time on a trial basis. Regular registration will take place at 17 Wing Family Fun Day on Saturday, September 17.

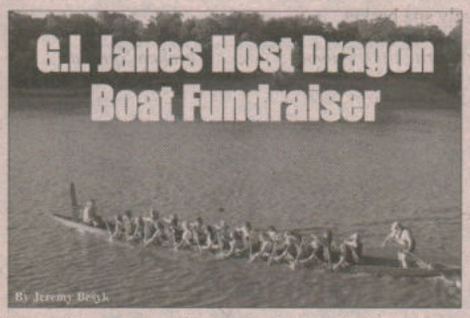
If you have any questions please call Denise Gipp 489-7965, email gipp.mld2@forces.gc.ca or Sherry Moran 489-3432, email themorans@shaw.ca.

17 Wing Goju Karate Club

Seek perfection of character
Be respectful
Endeavor to excel
Be faithful
Refrain from violence

Interested in developing a healthy lifestyle and greater self-discipline in a fun stress free environment?

17 Wing Goju Karate club is accepting new membership Saturday 17 September at the registration fair during family fun day. Stop by Building 90 for a demonstration and a chat with one of our Senseis. Individual and family memberships available. Hope to see you there.



The paddles are out and the team is ready to go, but it needs your help.

The G.I. Janes Dragon Boat team is holding a fundraiser on September 1 at the Palomino Club. Team manager, Linda Belisle, is inviting everyone to attend the function that will offer an evening of fun and excitement with a silent auction, door prize and 50/50 draw.

The all-female team, comprised of military spouses, military members and families, that last year ranked first place in the 'B' Division, will be racing September 9, 10 and 11 at The Forks National Historic Site of Canada and needs your support.

The G.I. Janes have been doing other fundraising with "a giant garage sale in June" that helped raise money for the team to buy paddles that they painted camouflage at a workshop with professional paddle painter, Julie Dubuc. The latest fundraising effort will assist in the purchase of lifejackets and other equipment the team needs that it now borrows.

The Dragon Boat Festival raises money for Canadian Cancer Society by holding races of sponsored teams of paddlers on the Red River. "Dragon boating has become a huge event in Canada," Belisle said. There are over 150 teams entered in this year's competition, according to event organizer, Facility Marketing Group. Each team consists of 25 members- 20 paddlers, one drummer, one steerperson and three alternates.

In October, the Janes will be travelling to Laughlin, Nevada to be one of 12 teams from Canada participating in a race on the Colorado River, Belisle said.

Tickets for the fundraiser are $10. It is Thursday, September, 1 from 5-8 p.m. at the Palomino Club. For more information or to purchase a ticket, contact Anne Gibson at local 5976 or Janice Stanley at local 5383.

At press time schedules for the weekend of events hadn't been finalized as high river levels postponed the Dragon Boat Festival this year leaving organizers to scramble to make alternate arrangements.

Flat Tire, Smashed Tooth Can't Stop Ironman Competitor

Photo by Helene Guillette

By Jeremy Besyk

Maj Luc Guillette represented 17 Wing at the Ford Ironman USA Coeur D'Alene on 26 June. Overcoming a minor bike accident in which he smashed a front tooth, Maj Guillette was still able to achieve a personal second best time of 10 hours and 19 minutes.

Of the 1,761 competitors, Maj Guillette finished 108th and was one of the top male Canadians aged 35-39 to complete the Ironman. He placed 28th out of 286 in his category.

An Ironman competition involves a 3.8 km swim, followed immediately by a 180 km cycle and ending with a 42.2 km marathon run.

A former Flight Commander at CFANS, Guillette said he had a "strong swim" with a time of 54 minutes, putting him in 45th position overall.

However, the race took a turn for the worse on the bike leg when Maj Guillette was heading downhill and says one of the competitors tried to pass him on the left side. Both racers were reaching speeds in excess of 60 km/h when suddenly the other cyclist lost control of his bike at the bottom of the hill and started sliding.

"I hit him square in the back, chipping (my) tooth in the process," Maj Guillette said. "I helped (him) on the ground, he was badly injured." Guillette continued, "It could have been a lot worse I think." The only repair Maj Guillette needed during the race was to fix a front flat tire that was damaged upon the collision. In total, the accident cost Maj Guillette at least 10 minutes to get back on track, but he "was not about to give up." The bike portion of the race "was fairly challenging - hilly and very technical, as difficult as Penticton, sight of Ironman Canada," Maj Guillette said.

However, despite losing precious time in the bike accident, Maj Guillette finished strong, passing 50 people during the final leg of the race, the marathon run.

"The race went well despite the fact that I smashed a front tooth during the bike leg," said Maj Luc Guillette, who will now be enjoying some time off from racing, setting his sights on Ironman USA Lake Placid, NY in July 2006.

Currently a planner with A3 Contingency Plans at 1 Cdn Air Div., Maj Guillette is grateful for the "support from family and friends, as well as the people at work." He feels strongly that without their support, training and racing in Ironman triathlons would not be possible. In addition, Maj Guillette would like to thank former Wing Commander, Col Kummel, former Cmdt CFANS, LCol Cameron, 17 Wing Fund, 17 Wing F&S Director, Al Brazeau and his staff, and CISM International Sports Manager, Roy Hillier.

Advisory Group Secretariat (AGS)

DID YOU KNOW?

Defence Advisory Group Persons with Disabilities

http://hr.ottawa-hull.mil.ca/dmgiee/agsec/pwd/engraph/PWD_home_e.asp?sidecat=2

Mandate

The primary role or purpose of the DAGPWD is to advise the senior leadership of the DND/CF on matters related to the equitable representation of persons with disabilities within the Defence Team. In particular, the DAGPWD (NE) will work with the local DDAG in the identification of issues that have a national impact, as well as planning/developing appropriate measures for dealing with these issues. The specific roles of the DAGPWD include:

- provision of advice on employment equity initiatives, action plans, employment equity related issues, identification of systemic barriers, and recommendations for solutions to identified issues or problems;
- provision of advice on the development of policies, procedures and mechanisms related to recruitment, retention, and training of Defence Team members with disabilities;
- acting as an advocate for the equitable treatment of all of Defence Team members with disabilities; and
- the exchange and promotion of information on issues affecting persons with disabilities within the Defence Team and external agencies as appropriate.

Dealing with individual cases is not part of the DAGPWD's mandate. The group is not a substitute for the normal internal processes established for dealing with grievances, complaints, etc, although it is within the Group's purview to provide guidance or suggestions with respect to sources of information or solutions to issues. Individual cases may highlight a shortcoming in national or regional policies; however, the DAGPWD's role is to focus on the policy issue, rather than the individual situation.

Who can I call for more information?

Region 17 Wing and associated Units
DDAG – Chair – Thea M. Haut, ext 5958
DAAG Mil Co-Chair – Cpl Corena Letandre MacKay ext 5424
DAAG Civ Co-Chair – Glenn Arthurson ext 4167

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Friday: 9:00 am - 2:30 pm
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ph: 832-5581

Military Family Resource Centre

WWW.MFRC.MB.CA

MFSP MILITARY FAMILY SERVICES PROGRAM — PSFM PROGRAMME DES SERVICES AUX FAMILLES DES MILITAIRES

102 COMET ST.
P.O. BOX 17000, Stn. Forces
Winnipeg, MB
R3J 3Y5

Phone: (204) 833-2500 Ext. 4500
Fax: (204) 489-8587

Website: www.mfrc.mb.ca
Email: wpgmfrc@autobahn.mb.ca

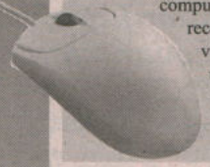
Our Programs

- Volunteer Services
- Personal Development & Community Integration
  - Information and Referral Services
  - The Newcomer Program
  - Employment & Education Assistance
  - Services Francophones/Second Language Services
- Prevention & Intervention Services
- Family Separation & Reunion
- Child & Youth Development
- Parenting Support

MFRC Monthly Community Coffee Break

The 1st Thursday
of EVERY month
10-11 AM
102 Comet St.

Resources



The MFRC has internet ready community computers, a fax machine, tape recorders, digital camera, and video camera available for use on site during normal working hours.

Other Numbers

MFRC: 833-2500 ext.4500
Emergency Childcare: 935-7733
MFRC Childcare Centre: 837-3653
Youth Centre South: 488-8563
Youth Centre North: 833-2500 Ext 4502

Calendar of events

September 2005

For more information and locations call 833-2500 + the extension of the staff member as indicated.!

			1 SUPER COMMUNITY COFFEE BREAK 10-11am Great Food, Folks & Prizes! Catherine @ 4506	2 CASUAL CHILD CARE 9:30am Wendy 2491	3	4
5	6 CREATIVE TOT SHOP 9:30am CASUAL CHILDCARE 1pm Wendy @ 2491	7	8	9 NEW & EXPECTANT MUMS 10-noon GIRL TALK 7pm Haley @ 4512	10	11
12	13 CREATIVE TOT SHOP - 9:30am CASUAL CHILD-CARE 1pm Wendy @ 2491 REEL TIME - movie nite 7-9pm , Diane @4508	14	15 AN EVENING WITH LGEN THE HONORABLE ROMEO A. DALLAIRE tickets @ 4500	16 OSI SPOUSAL SUPPORT GROUP 7PM Haley @ 4512	17 FAMILY FUN DAY & REGISTRATION FAIR 12-3pm 17Wing Chapel Louise @4515	18

Newcomer Nites

Join us for an informal evening of refreshments and great information to make your stay in Winnipeg a super experience. Attendees will leave with materials and resources to help them get to know their new home! Please call to reserve your spot for one of our upcoming dates. Childcare can be made available on request.

Deadline for registration is ONE-WEEK prior to the event. All Newcomer Nites will be held at the MFRC 102 Comet St.6-8pm. Register by calling 833-2500 loc 4506.

21 September
12 October

The Winnipeg MFRC Annual Newcomer Event

Saturday October 1

An invitation for all our newly arrived families! Don't miss this chance to get to know your new home and the great folks here at 17Wing in traditional Winnipeg style. This year's event features true Manitoba flavour with a "social evening" complete with scrumptious food, entertainment, a unique tour of your new community and a chance to meet friends old and new. Along with information about all the great stuff to do in the Peg, you will find out all you need to keep your family thriving at 17Wing. Some fun, some food and some great folks…..a true Manitoba Social! Oh yes..don't forget about the fabulous prizes. Be sure your name is on the invite list…call today Catherine - 4506

Oil Change for the Better

Here's a great way to care of your car and your community! This September, the 3 C Auto Clinic on Whytewold will donate $5 from every oil change to the Winnipeg MFRC. The MFRC provides programs and services designed to enhance and strengthen the 17 Wing Family Community. Make sure you plan your next oil change for September! For more information call: 3C Auto @ 832-8410

Community Coffee Break The First Thursday of Every Month!

10-11am

Come out and experience Coffee Break! It is an hour of food, friends and fun! Introduce yourself to the MFRC and our wide variety of services while relaxing with a coffee. Our friendly staff is on hand to answer all your questions. Just by dropping in you are registered to win our monthly Gift Basket. Children are welcome and there is always plenty of wonderful food!

From last month….
Our Prizewinner was Maureen Walls who took home a lovely spa basket.

Favourite on the menu: Greek Chicken Spread

1 Can flakes of Chicken
Juice of one lemon
2 Tsp Greek seasoning mix
Pinch of Cayenne Pepper
1/2 cup grated mozzarella cheese or crumbled feta
1/4 cup sour cream
1/4 cup chopped chives
Mix and refrigerate for 12 hours for flavors to mix.
Enjoy with crackers or pita bread

HELP Is At Your Fingertips…

A great new resource for your family brought to you in partnership with the Better Business Bureau. A direct line for CF families to access a wide variety of consumer information and services.

Introducing
The CF Family Info Line

Find out more at; WWW.MFRC.MB.CA

MFRC Family Fun Day / 17 Wing Registration Fair

A day for the whole family. Check out the activities to keep the kids busy.… enjoy a free lunch and register for upcoming events / community clubs / recreation activities. It is a day not to be missed!!!

September 17 -12 pm to 3pm
17 Wing Chapel grounds

Together *in* Church

CATHOLIC

Chaplains

Father Gary Killen
Roman Catholic
Office 833-2500 ext 5272

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

Masses
(English only)

Sunday	1100 hrs
Monday - Friday	1215 hrs
Saturday	1630 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 in the Chapel Annex the third Monday of each month at 1830hrs.

Sunday Services
(English Only) 0900 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.

Protestant

Chaplains

Padre Bruce MacKenzie
(United Church)
Office 833-2500 ext 5417

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 c haplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN 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.

One Of The Folks Behind The Scene

By Janet Blanchard

My name is Janet Blanchard and I started working for the Federal Government on 20 Jan 1981 in a term position with the Department of Veteran's Affairs at the Deer Lodge Hospital. I became an indeterminate employee there on 30 Mar 1981. At the end of Mar 1983, I "saw the light" and left the Deer Lodge Hospital to start working for the Department of National Defence at Wing Construction Engineering (WCE). I started as a typist, was an Office Composing Equipment Operator and am now an Orderly Room Clerk working in WCE's Orderly Room.

Over the years I've seen many changes. New technology has been the biggest change. We weren't exactly in the Stone Age but, when I first started working at WCE, everyone used carbon paper and typewriters; there were no computers, fax machines, voice mail, or e-mail. It wasn't until 1990 or 1991 that WCE got a computer. That's right, one computer! The Wing Construction Engineering Officer's (WCEO) secretary and I both shared it for our word processing. I've also seen our workplace procedures and responsibilities changed through Socio Tech; a couple of building renovations that changed Building 100 from an open area concept to a closed in office concept; a closer working relationship between the civilian employees and the military members; and, I've seen people who have left WCE and come back, both military and civilians, as workers and as visitors. That's a pretty good indication that this is a great place to work, both financially and I know for me, personally rewarding.

When I look back, it's hard to believe that since '83 I've seen six WCEO's come and go. (I'm currently working on my seventh!) It's especially nice that the seventh one should be Major Stew Beal as he was one of the military members that came back to WCE for a second time - only this time as the WCEO!

On a personal side - I am the proud nana to 6 grandchildren - four boys and two girls (the oldest being nine-years-old and the youngest about one week old). My husband and I decided to rebuild our home - tearing down the old one and building a new one on the same spot - a great challenge for anyone. We required more space for the ever-increasing grandchild's request for a sleepover. It has proven to be a venture of surprises, some good and some not quite so good.

My hobbies include cross-stitch (introduced to me by a fellow worker, Barb), knitting, and a great love of walking. My interests are always expanding but I always come back to the very basic ones that I like best.

The thing that has made the biggest impact on me during my years at WCE is the dedication to the job that I have seen displayed by WCE workers, both military and civilian. With financial constraints always in mind, I have seen an unfailing attitude that no matter what is thrown at them, that they will do the best they can with what they are given. They have always done much more than what the job required. BRAVO ZULU gals & guys.

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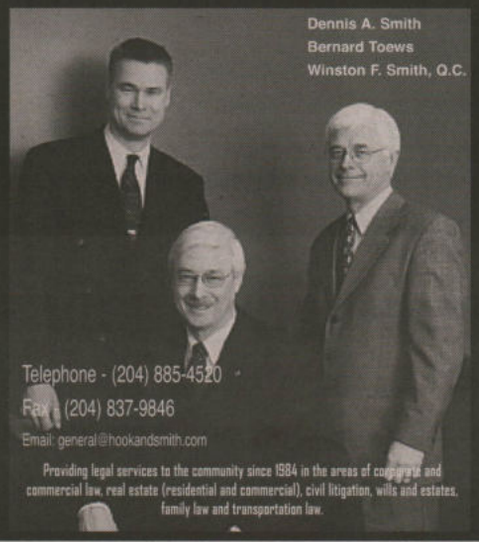

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7 cubic ft, white, new condition, $75, Call 895-9278.

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Dryer: Admiral, 3 cycle, Electric, Heavy Duty, $100. Washer: Kenmore, Heavy Duty Dual action with self cleaning filter, $100. Stove: Kenmore, Newer white electric range, W/ smooth ceramic glass top, $350. All appliances have manuals, St James area, Call 222-4363.

River Heights SxS House For Rent
98/100 Lindsay Street - near 17 Wing Winnipeg, 2 Bedroom: $780.00; 3 Bedroom: $900.00. Newly restored character house, Sunny and clean, Hardwood floors, Great yard, Avail. Sept 1 or sooner, Call 287-2083.

Premier Drum Kit
Three years old - excellent condition, $1200, Call 888-9368 after 5 pm.

Ladies Peugot 5-speed Bike
"Chambord" model, Very good condition, $50 PMQ North, Call Jim @ ext 2161.

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TAROSCOPES

BY NANCY

ARIES (March 21 - April 19): If you clearly state where your boundaries are others can't inadvertently overstep them. It is safe to be honest with someone close to you because they care enough to be careful with your feelings. If instigating desired changes seems overwhelming, accept someone's help.

TAURUS (April 20 - May 20): It's hard to enjoy peace of mind when others around you are in conflict. Determine if you can really contribute anything before getting involved. Use your energy to create a list of details and duties as a reference so that in the future, confusion is avoided in the first place.

GEMINI (May 21 - June 21): You're ready to have some fun. Attend events with a group or go on a date. The more you relax and respond to what life offers at this time, the more you will feel life is going your way, not because you are in control but because going with the flow is what works right now.

CANCER (June 22 - July 22): As you focus on your finances and health, you're tempted to simplify things by handing some of the work over to others but you must remember that your expectations and assumptions about outcomes are not universal. Avoid surprises by being specific in your instructions.

LEO (July 23 - August 22): You'll be faced with options that are equally enticing. The mature thing to do is to consider how your choices will impact on others and the long range ramifications, however don't base your decision solely on others opinions or what you think will please someone else. It's your life.

VIRGO (August 23 - September 22): You won't get drawn into something that is not in your best interest if you trust that your instincts can guide you naturally to people who are a good influence and who value you. And if you're unsure, remember actions speak louder than words. Watch for clues.

LIBRA (September 23 - October 23): Hold to your principles and personal goals for they define who you are and serve you well, however when change is necessary, willingly embrace it instead of fighting or fearing it. You will find you love the results. There is joy after sorrow and stability after chaos.

SCORPIO (October 24 - November 21): Someone just starting out seeks guidance from you. They need your love and support at this time not your judgment as they are going through a sensitive period so watch your temper. There are far reaching effects to the thoughts and feelings you express at this time.

SAGITARIUS (November 22 - December 21): You yearn for basic, straight-forward communication but it won't happen. You'll be surprised to find that others have the strength to deal with emotional undercurrents and that even though everything is not resolved immediately, things do work out.

CAPRICORN (December 22 - January 19): If you're overconfident you could rush into something without considering it fully. Make sure you ask for input from anyone who will be affected by your choices before you start packing. Take extra care with what you cherish for some things can't be replaced.

AQUARIUS (January 20 - February 18): Everything might seem like a mystery to you right now but the truth is that you need to be honest with yourself. You know exactly where your current path is leading you. Maintaining the status quo or waiting for a solution to magically appear won't do. Be pro-active.

PISCES (February 19 - March 20): Create a routine to ensure you finish assignments even if it means you feel out of touch with friends and loved ones. The sense of completion will be worth it. If tempted to fritter away time in discussions with others avoiding their own work, discipline yourself to walk, not talk.

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