



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg



OCTOBER 26, 2005

VOLUME 53, ISSUE 19

FREE



These Boots Aren't Made For Walking

By Jeremy Besyk

The Government of Canada Workplace Charitable Campaign (GCWCC) officially kicked off in October. Fundraising barbeques, the annual "Boot Drive" and other scheduled events have collectively raised thousands of dollars for organizations including the

United Way, Health Partners and any other universally registered charities, including local charities.

The campaign kicked off with an opening at Bldg 90 and a day of sports with teams from around the Wing competing in a day of volleyball and golf.

On October 13, the "Boot Drive", raising money for Muscular Dystrophy Canada, collected over \$2600. Wing Fire Chief MWO Desruisseaux also noted that during the three-hour campaign at each of the Wing entrances the fire department collected one Euro, one Peso and

one 10 Confederation Helvetica in addition to the Canadian currency donated.

The MFRC craft sale on October 1 raised \$940, campaign Chair Capt Scott Cursley said. The "Books Are Fun" Fair from October 6 and 7 raised approximately \$600.

Fundraising events continue through to the first week of December. Wing Commander Col Ken O'Brien said, "We are hoping to...beat last year's total - our goal for this year is \$85,594." He added, "I greatly appreciate the support of each and every member of the Defence

community."

The Voxair continues to track the generous contributions of our CF members at Wing related fundraising events including the GCWCC Breakfast on October 27 and 1 Cdn Air Div Book Fair from October 31-November 1.

In This Issue:

"Construction Season" At 17 Wingpg.3

Canadian Forces Encouraged To Roll Up Their Sleevespg.6

Happy Halloweenpg.7



Governor General Visit

Her Excellency Michaelle Jean was in Winnipeg for three days. It was her first official visit in Canada as Governor Generalpg.2

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Government Of Canada Workplace Charitable Campaign Breakfast

When: Thurs, 27 OCT 05
0630-1030 HRS

Where: BLDG 129
Heavy Equipment Garage

Menu: 2 eggs any style, hash browns, bacon or sausage, beans, toast, coffee, juice and tea.

Cost: \$4 per plate or 2 plates for \$7



Governor General Visit



Governor General Michaëlle Jean is greeted by acting 17 WComd LCol Wayne Gauthier and Wing CWO Claude Parent upon arriving at 1 Air Movement Squadron at 17 Wing Winnipeg.

Her Excellency Michaëlle Jean was in Winnipeg for three days. It was her first official visit in Canada as Governor General.

Photo by Cpl Chris Ward



Her Excellency, the Governor General Michaëlle Jean acknowledges the crowd during the ceremony at the Legislative Building.

Photo by Cpl Bern LeBlanc



BGen William Neumann of 1 Cdn Air Div (left) chats with Governor General Michaëlle Jean and her husband Jean-Daniel Lafond at 1 Air Movement, Squadron during her brief visit to 17 Wing Winnipeg.

Photo by Cpl Chris Ward



Her Excellency the Governor General Michaëlle Jean inspects the Honour Guard comprised of 17 Wing personnel, during her visit to Winnipeg. Photo taken at the Manitoba Legislative Building.

Photo by Cpl Bern LeBlanc



Governor General Michaëlle Jean signs the 17 Wing guestbook at 1 Air Movement Squadron while LCol Wayne Gauthier, acting 17 WComd, and CWO Claude Parent look on.

Photo by Cpl Chris Ward

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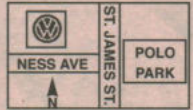
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"Construction Season" At 17 Wing

By Jeremy Besyk

The running joke about Winnipeg is that we have "construction season" and 17 Wing is no exception. If you have been to the Wing lately you've seen it, heard it, felt it or stumbled upon it. Actually, it's a never-ending year-round job for Facilities Manager Capt Chris Cambridge at 17 Wing Construction Engineering.

Managing projects totaling over \$14 million, Capt Cambridge, a structural engineer with two masters degrees, has stacks and stacks of papers containing the details for dozens of construction ventures currently on the go (or beginning soon) in Winnipeg, Thunder Bay, Dundurn and Yellowknife.

Everything from sidewalks and roadways, to offices, washrooms and entire buildings are being constructed over the next several months. While, for the man in charge of the construction and maintenance programs, it is easy to understand what's going on, it can be confusing and distressing for CF members to keep abreast of the changes. Here is what Capt Cambridge highlighted for the Voxair as some of the major projects going on:

The ramp at Hangar 16 is expected to be complete by the end of October, but Capt Cambridge warns that weather plays a significant factor in construction projects and that the dates can change significantly. The ramp is contracted to the developers who also are building the Kenaston underpass, Capt Cambridge said. Additionally, floor resurfacing (carpet and

vinyl) in the Hangar 16 office space will cost over \$250,000, he noted.

Paving continues with several parking lots having work done; however, "there is other patching work on all (parking) lots," Capt Cambridge said. The new lot north of Bldg 62 is complete, making a new area for patient parking at the Wing for hospital and dental patients. A parking lot has been added in front of Bldg 61 between Bldgs 63 and 64.

Road realignment and asphalt replacement has been taking place all over the Wing with several street closures and minor confusion for drivers. Capt Cambridge said the road to Bldg 25 has been completely realigned with concrete replacement. East Street and 5th Ave. now meet to form a proper intersection. Capt Cambridge said, "It was cheaper to put new road in...and it opens space for building development."

Almost \$1 million is being used for "barrier-free access work" to allow many Wing buildings to upgrade or construct wheelchair lifts, ramps and to "improve access," Capt Cambridge said. These projects will begin in the winter, he said.

Three major roofs are in the works for Bldgs 100, 86 and 84 and a portion of Bldg 90. Keeping in mind that weather plays a factor in construction projects, the estimated completion is the end of the month. Capt Cambridge said that during the freak blizzard at the beginning of the month, some projects were delayed and some buildings sus-

tained minor damage to the interior.

Complete rebuilds of Bldgs 86 and 52 are ongoing. The renovation of Bldg 86 for 38 Brigade Group Headquarters started in late summer and continues with projected completion in late fall. This will see room changes and upgrades to meet the needs of the staff. Bldg 52 sees new offices for the Cadets, storage sheds and a new parking lot being erected.

Bldg 84 has an upgrade to the main floor, the exterior that, as mentioned, includes a new roof. It was learned that "the floor surface had disintegrated," Capt Cambridge said. "It was delaminated and had to be completely replaced." Additional renovations are being planned for the third floor. This follows previous rebuilds of the first and second floors. After the construction is complete, Capt Cambridge says the building "should be good for 15 years."

The Sewage Treatment Plant has had a complete rebuild, Capt Cambridge noted. There is also "extensive storm sewer repair."

The lower lounge at the Jr Ranks mess is expected to have renovations begin late fall. The work involves a remodel of the lounge along with mechanical upgrades. New windows are being put into the Airman's Pub and the project is expected to be complete this fall.

A major project Capt Cambridge noted was a "planned theatre addition" expected to begin work in November. It will see a 150-person theatre built

that was originally "cut from the Lecture Training Centre project," Capt Cambridge said.

Three large electronic signs will be erected at Wing entrances to broadcast notices and announcements. Capt Cambridge said some examples of messages are charitable event information and construction updates. These are projected to be in place by late fall.

A Minto garage replacement is "being worked on," Capt Cambridge said, along with a complete rebuild of the heating system.

\$217,000 is being used on drill deck windows in Thunder Bay for an ongoing project. Capt Cambridge said a total of \$800,000 in renovations for armouries from Thunder Bay to Saskatchewan is underway.

Capt Cambridge noted that the construction budget "is the biggest budget on the Wing besides fuel." He said, "the majority of the work has been requested" by our clients that we support at the Wing. To initiate a construction project, Capt Cambridge said that clients need to send a Construction Engineering Request Form (CF141) for proposals and justification of the work to be done through their unit appointed representative.

Capt Cambridge said all of these projects will take time to complete and that he is happy with the progress the construction teams are making. "We are continuing to work as fast as we can," he said. When all is said and done, "things will be great."

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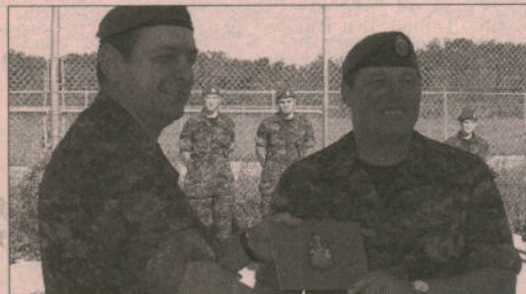
MCpl Mike Lafleur receives his going away certificate from the CCSS O, Capt Kerber (15 Sep 05).



Pte(T) Jean François Boucher receives his first hook from the WTISO, Maj Sabourin (15 Sep 05).



Capt Robert Goch receives his Capt rank from the former WComd, Col Kummel (5 Jul 05).



CWO George Dierickse (right) receives his CWO from the WLog O, LCol Gauthier (5 Jul 05).



MCpl Mike Lafleur (right) receives his MCpl from the WLog O, LCol Gauthier (5 Jul 05).



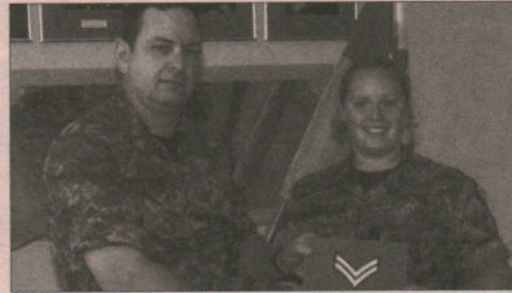
MCpl David Dingman (right) receives his MCpl from the WLog O, LCol Gauthier (5 Jul 05).



MWO Robert Gaumont (right) receives his CD2 from the WComd, LCol Kummel (5 Jul 05).



MCpl Rick Franklin (right) receives his MCpl from the WLog O, LCol Gauthier (15 Jul 05).



Cpl Maria Toone (right) receives her Cpl by the WLog O, LCol Gauthier (15 Jul 05).



Cpl Alex Bartlette (right) receives his Cpl by the WLog O, LCol Gauthier (15 Jul 05).

Farewell And Promotions At WTISS...

By Capt JGS Lavoie

WTISS recently had to say farewell to one of their members who was proceeding on a late posting and carried on to promoting a few others. On September 15th, 2005, WTISS gathered to say goodbye to MCpl Lafleur and wished him well on his way to Dundurn, Saskatchewan. He is looking forward to meeting the new challenges that come with his new unit and, I am certain, will represent us well on his new assignment. MCpl Lafleur had been with WTISS for a number of years and was a key player in the Command and Control Systems Support flight. He will be missed. We also took advantage of this occasion to promote Pte(T) Boucher to his current rank. Pte(T) Boucher joined our organization this summer and is one of the team members working in the message center.

On an earlier occasion this summer we also had the chance to commission/pro-

mote Capt Goch, CWO Dierickse, MCpl Lafleur, MCpl Dingman, as well as officiating the SCWO passation between CWO Goch and CWO Dierickse. Cpl Toone and Cpl Bartlette were also promoted yet a little later in the summer to their current rank. WTISS is slowly maturing and gaining the expertise it will need to face the future challenge either deployed or at home. The leadership and expertise of its staff will be instrumental in going through the demanding times ahead. WTISS will be tasked to provide a 21 personnel flight to support Maple Flag 39 as well as Task Force Afghanistan ROTO 2 in 2006. This will be no small task as almost half of its military strength will be deployed while the other half will have to hold the fort. We will need the support and understanding of the Wing and its lodger units during these critical times.

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FTST Q&A

By Jeremy Besyk with Michele Greb

The Flying Tigers Swim Team is once again roaring, er... soaring at Lipsett Hall. Recently moved from the pool at Bldg 90, the team is encouraging past swimmers to "come back home" this season at Lipsett. Head coach Michele Greb answered some frequently asked questions about the team for the Voxair.

What is the Flying Tigers Swim Team (FTST)

all about?

The FTST training philosophy is founded on the belief that all young people benefit from being able to access high quality, affordable training in a life sport which is swimmer centred, coach driven and volunteer supported.

Why was the FTST created?

The team was founded in 1993 on the basis of inclusion and participation. It recognized that traditional swim club models were not meeting the needs of families in military service.

What is the purpose of the FTST?

The purpose of the Flying Tigers Swim Team is to develop competitive swimmers as athletes and people. Our stated goal is to enable swimmers to compete at elite levels. Only by setting our team goals at a high point will we be able to strive for, and attain, our stated values and main purpose of helping each individual swimmer reach their own level of personal excellence be

achievable. We understand that the real meaning of winning is to reach one's personal level of excellence, be you a swimmer, coach or official.

What does the FTST offer its members?

17 Wing Flying Tigers Swim Team offers a full service program that starts with the Tiger Cubs, an Olympic Way based learning model, and continues through to age-group elite levels of training and competition. Sound technique and proper fundamentals are stressed at each level of training, so that the progression through the different stages of swimming is a natural transition from one to the next.

What does the FTST teach members?

All swimmers will learn about making the proper choices in their life (sleep, school, eating patterns) that affect them personally. All swimmers will learn that "winning" is a journey, a state of mind, that continues throughout the years. All swimmers will learn

that, to reach their peak, they must apply themselves, develop good personal habits, self-discipline and the ability to set and achieve goals.

Who is a suitable FTST member?

Simply put, anyone is. But it needs to be stated and understood that not every swimmer can become an internationally recognized elite senior athlete, just as not every swimmer will be content to remain as an entry level participant. This does not mean that all swimmers are not entitled to the highest level of competitive training and resources available: they are entitled to that, if at all possible. There are far more "normal" swimmers than Olympic medalists. But regardless of how motivated or hardworking a swimmer is, the fact remains that not everyone will excel at elite performance levels. All swimmers SHALL excel at their own personal levels of excellence, however, and it is to that end that FTST strives.

Year of the Veteran Community Tattoo
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3 Canadian Forces Flying Training School Goes Green On The Prairies

By Maj G.R. Maxwell

As part of the 3 CFFTS environmental awareness and their ongoing involvement with local contractors, its members undertook a challenge to make Manitoba a little greener on 13 Oct 05. The members of 3 CFFTS along with personnel from Central Flying School, Allied Wings, and Southport Aerospace Center Inc (SACI) under the leadership of Maj J.G.A. Bohemier and Capt D.F. Kavalench set out to clean up the ditches along Highway 240 that runs

from the Trans Canada Hwy to Southport. This fall the challenge was to clean up the view visitors have when first arriving at Southport. The goal was to make that first visual impression of Southport a positive one. The personnel involved removed a lot of the usual items, which included everything from paper, cans and bottles up to and including the remains of a kitchen sink. In total approximately fifteen garbage bags were filled, with all the materials removed being returned to

Southport for proper disposal in the local landfill.

With this cleanup, the unit plans to make this an annual clean up event, personnel not only remove garbage that could potentially be hazardous to the environment, but also enjoy the benefits of getting outdoors and participate in some physical activity before settling in for winter hibernation. The personnel involved can take pride in making Manitoba or at the least this one small corner a little more beautiful for all to enjoy.

Sparky's Corner

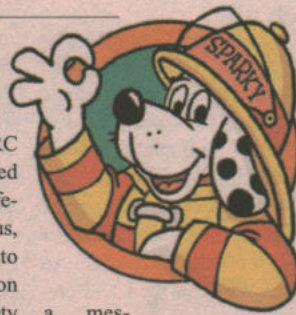
"Sparky's Bark Has Been Heard"

During Fire Prevention Week community awareness and participation at the grassroots level are the keys to encourage people to adopt fire-safe behaviors. Each year, Fire Prevention Week success grows, allowing life-saving fire safety messages to reach more and help them avoid the tragedy of fire. The 17 Wing Fire services is dedicated to providing fire and life-safety material and tools you need to help make our community a safer place. The goal for fire prevention week's events were to educate the community, especially children, about Fire Safety Awareness and how to minimize losses associated with a fire.

17 Wing fire prevention bureaus goal was met. Through holding various wing wide fire evacuation drills throughout the week, we hope to have motivated a

positive behavior change to reduce the risk of death from fire in our community. During MFRC Family Day we provided such activities as a fire safety house for kids; apparatus, and gear displays; auto extrication demonstration with Jaws of Life; safety tips; educational materials; and fire safety trinkets for children to take home. If by having our presence at Family Day saves one life, then our presence at the fair has been worthwhile.

Thank you to everyone who stopped by and checked out the displays and took advantage of the many public fire safety materials which were made available for general public use. Sparky sends special thanks to the many children who participated in the "hands on" activities of the burn safety trailer. Hopefully our presence sent



a message to the public that fire prevention and safety awareness should be a concern of everyone.

Married quarters visitations are now being organized to increase public fire safety awareness in your home and to encourage children to practice home escape plans. If you are not contacted for a visitation and wish to receive a home inspection, please contact the Fire Prevention Bureau at Loc 5501.

Remember fire prevention does not only last the one week in October, but 365 days a year.



Sparky attends the reading of the proclamation for Fire Prevention Week by LCol Whitburn (middle) while Chief Fire Inspector Sgt Breske (right) officiated a fire drill at Wing Headquarters October 7.



Sparky demonstrates rescue procedures in the event of an automobile emergency. He is seen here smashing the rear window.



Firefighters remove the roof of the car after the Jaws of Life cut off all four doors during a recent demonstration.

Canadian Forces Encouraged To Roll Up Their Sleeves

Blood Challenge To Honour Canadian Veterans

By Michael Hyduk

2005 has been declared Year of the Veteran to mark the 60th anniversary of the end of World War II, and Canadian Forces personnel, their families and friends are being asked to salute our veterans, past and present, by donating blood this fall.

Donating blood is an appropriate way to honour our veterans, as Canadians began donating blood voluntarily during World War II in support of wounded Canadian troops overseas.

The success of this wartime initiative, which underscored the important role played by blood donors in saving lives, introduced procedures that evolved into a national blood collection and blood banking system soon after the war ended.

Today Canada is recognized for having one of the safest blood systems in the world. Yet, we are challenged to maintain adequate inventory levels to meet increased demand.

As part of its effort to raise public awareness about the need for blood donors, Canadian Blood Services often seeks out partnerships within the community to assist in donor recruitment.

As we approach Remembrance Day, Canadian Blood Services has again partnered with the Canadian Forces in Operation Roll Up Your Sleeves to honour the sacrifices and continuing contribution of Canadian Forces personnel in Canada and around the world.

Between November 1st

and November 11th, mobile clinics will visit Canadian Forces bases across the country so that members of the Forces, their families and friends can do their part to meet the increasing need for blood. In Honour cards will be available at the clinics so that visitors can acknowledge the sacrifices made by the men and women of the Canadian Forces.

"The Canadian Forces is committed to helping Canadian Blood Services meet Canada's need for blood," said Brigadier General H.F. Jaeger. "We are acutely aware of the role played by blood donors in helping to save lives in both war and peace and our profound thanks go to these generous individuals. We urge

everyone who can donate to do so and send your message of support to Canadian Forces personnel by signing an In Honour card."

Canadian Forces in Manitoba will host two such clinics in November:

CFB Winnipeg
Friday, November 4
Building 21
11:30 a.m. - 3:30 p.m.

CFB Shilo
Tuesday, November 8
Multi-purpose Training Centre
11:30 a.m. 3:30 p.m.

For an appointment or more information on donating blood, call Canadian Blood Services, toll-free at 1 888 2 DONATE (1 888 236 6283).



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Operation Sugar Rush...

... Well, it's that time of year again, OCTOBER 31, and it is a time for trick or treating, candy and goblins. The Military Police and volunteers of the Military Community want to make this a fun and safe event for you and your children. Here are a couple of things you can do to help...

PARENTS:

- Supervise children under age 12.
- Educate children on proper Halloween and traffic safety.
- Ensure children do not eat treats until they are inspected.
- Only trick or treat in familiar, well lit routes.
- Ensure children eat an early meal prior to trick or treating.
- Establish a return time, and stress importance of maintaining this time.
- Report any suspicious activity or persons to the Military Police, 833-2633.

COSTUMES:

- Ensure they are made of fire retardant material.
- Costumes should not be too long so as to cause falls.
- Warm clothing should be worn underneath.
- Reflective tape, Glow sticks and or flashlights should be used to help your child be seen.
- If wearing a mask, ensure there is adequate eye space so the child can see.
- Makeup would be preferred.

... These are the major points of interest that as parents you should be aware of. If these reminders are followed then everyone will be able to enjoy Halloween. The Military Police, along with Military Community Volunteers will actively participate in foot patrols at both North and South PMQ areas.

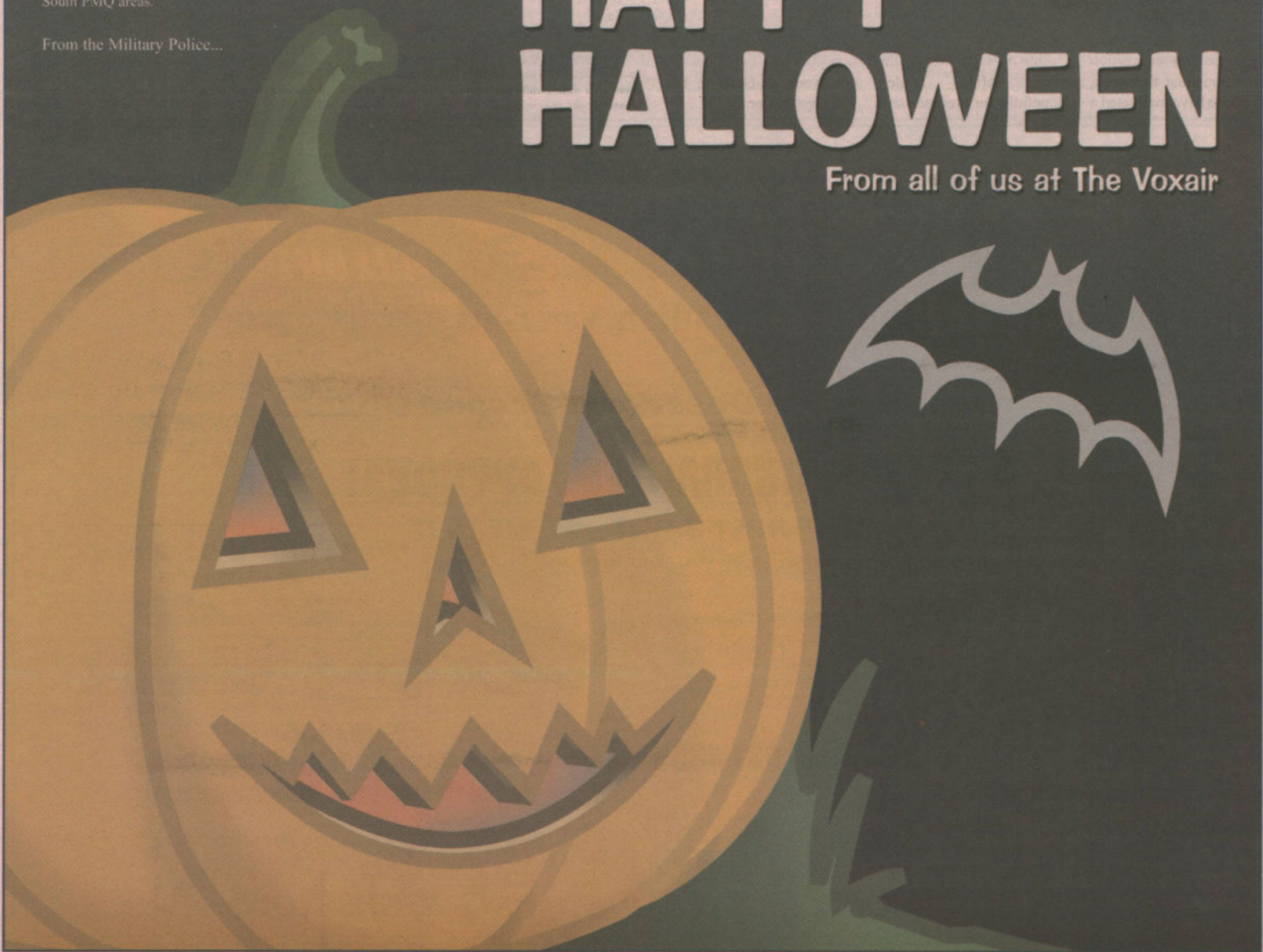
From the Military Police...

ON THE WAY:

- Walk on sidewalks to avoid vehicle traffic.
- If children are not with an adult, ensure they travel as a group.
- Never enter a home/apartment without adult supervision.
- Walk, do not run.
- Place your child's name and address on a piece of paper and place it in their pocket in case they get separated from their group.

HAPPY HALLOWEEN

From all of us at The Voxair



King Airs To Texas

By Maj Glenn R. Maxwell, ME Flt Comd 3 CFFTS

On 30 Aug 05, personnel from 3 Canadian Flying Training School (3 CFFTS), Central Flying School (CFS), and 1 Canadian Air Division transported eight C-90A King Airs used by 3 CFFTS and CFS to Tyler, Texas for final disposal. These aircraft were used for multi-engine training as part of the contracted flight-training program provided by Bombardier under the Canadian Aviation Training Center (CATC) training program. The King Airs first arrived at 3 CFFTS in July 1992 at Canadian Forces Base Portage la Prairie now known as Southport. The King Air was introduced as the aircraft to be used for the Multi-engine phase of the Canadian forces pre-wing advanced flying training program. Previously multi-engine training was conducted in limited numbers

on both the CP-121 Tracker until 1990, and the CC-138 Twin Otter until 1992 but only for winged CF pilots. Before that, multi-engine conversion training was conducted on the C-45 Expeditor with 3 Flying Training School. This program was later phased out in Portage la Prairie in the early 70's.

With the introduction of the King Air, the CF was once more introducing pre-wing pilots to multi-engine flight training. Pre-wing students would receive 70.0 hrs of instruction. Over the course of 13 years, 3 CFFTS graduated 354 students not only for the CF, but also students from Singapore, Britain, Germany, Denmark, and Jamaica. Since 1992, 65 CF pilots have become Multi-engine Qualified Flying Instructors (QFI) flying a total of 55,896.4 hrs. Over this thirteen-year peri-

od, King Air pilots have represented the CF flying to all ten provinces, 2 territories, and 49 states on numerous student, staff and air display trips. In this same period, pilots logged 178,635 landings and achieved a nearly perfect safety record with the most serious incident occurring on 16 May 1995 when aircraft 903, C-GMBG suffered a gear up landing. The aircraft was quickly repaired and returned to service within 7 days, a testament to the reliability and dependability of the C-90A King air.

With the end of contracted flight services with Bombardier and CATC on 30 Aug 2005, sixteen pilots had the opportunity to ferry, one last time, aircraft 901 to 908 respectively to Webbe Brothers of Tyler, Texas for final disposal. This flight then marked the close of the first chapter of contracted



Crews L to R: Maj G.R. Maxwell, Capt K. Meyer, LCol S.H.R. Bannister, Maj J.R. McLaughlin, Capt T. Sprathoff, Capt A. di Dio, Capt D.F. Kavalench, Capt D. Barnby, Capt R. Welldrich, Capt J. Kearley, Capt S. Thompson, Capt S. Anningson, Maj J. Butterworth, Capt W.J. Hadders, Capt A.J. Lowther, and Maj M. Wolter on the ramp in Fargo ND.

flight training at Southport, with the C-90A King Air. 01 Sept 2005 marked the start of a new chapter of flight training at Southport under Allied Wings and CWATC program. Over the life of the new 22 year contract, the eight original C-90A King Airs will be replaced with seven "B" model King Airs produced by Raetheon of Wichita, Kansas. The new aircraft with its updated engines/propellers will



Eight C-90A King Airs on the Ramp at Fargo ND enroute to Tyler Tx.

incorporate more advanced avionics, which will allow students to more easily transition to the current and proposed multi-engine fleets of the CF well into the future.

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Military Family Resource Centre



Message from Mayor Sam Katz

As Mayor of Winnipeg, I am honoured to extend a warm welcome to the almost 300 Canadian Forces families who will be making our City their new home.

Winnipeg has a very colourful autumn season, and many wonderful attractions to visit such as the Manitoba Museum, the Winnipeg Art Gallery, and the Assiniboine Park Zoo. You can also take advantage of the many sports and entertainment events at the MTS Centre, located in our downtown City centre.

On behalf of all our citizens and my esteemed City Council colleagues, welcome to Winnipeg! I sincerely hope your time here will be filled with the making of great memories to pass along to future family generations.

Warm regards,

Sam Katz
Sam Katz
Mayor of Winnipeg

NEW!



Show your pride with one of our unique & collectable silicone bracelets. Each band proudly displays a yellow ribbon and Canadian Maple

Leaf with the words "Support our Forces" boldly printed. Available now at the MFRC for only \$4. All funds raised from the sale of Yellow Ribbon Pride items go directly back into services here at the Wpg MFRC. Thanks!

Join The MFRC Board of Directors Team

We would love to hear from you. Your ideas and opinions are important to us. The MFRC is governed by a Board of Directors, of which 50%+ must be spouses of CF members. This ensures that the services offered by our centre directly reflect the needs of our community. In addition to being the voice of the community you reflect, board members are the voice of the MFRC within our Military Community. Come out and share your gifts with us. Call Louise @ 4515 for more info.



Jason & The Year Of Remembering

A wonderful story enacted by community volunteers reminding us to never forget. Join us with your kids for a night of entertainment and celebration of the Year of the Veteran.

Thursday 3 Nov, 2005
17 Wing Theatre
Time: 1900 hrs
Silver Collection

Presented in partnership by
Winnipeg MFRC & 17Wing
Community Library



Community Coffee Break The First Thursday of Every Month!

Take this opportunity to connect with other families experiencing a move to a new posting or managing the challenges of deployment and family separation. Introduce yourselves to the MFRC and our wide variety of services. Our friendly staff is always on hand to answer your questions about our programs and services. Just by dropping in you are registered to win our monthly Gift Basket. Register for a workshop, pick up the latest newsletter or just relax and meet some new friends. Children are always welcome and there will be plenty of refreshments.

Thank You!

Check out this herd of great folks who stepped up with super prizes for our Buffalo Social'05. Please visit these merchants who have put their best hoof forward to say....
"I support Military Families!"



McDonalds, Mariaggi's Theme Suite Hotel, The Fairmont Winnipeg, Kingswood Golf & Country Club, MLA Assiniboia Constituency, Mr. Jim Rondeau, Comfort Inn Pembina Hwy, Folk Arts Council, Destination Winnipeg, Mr. Rick Phillips, The Manitoba Museum, Nutri-Lawn, Continental Travel Group, Prairie Theatre Exchange, Robert Half Canada Inc., Astra Credit Union, Chicken Chef, Gunn's Bakery, Boston Pizza, Four Points Sheraton, Assiniboine Credit Union, Manitoba Jockey Club, Manitoba Lotteries Corp., Manitoba Opera, Edward Carriere Salon, Xerox - The Document Co., APTN Inc., Winnipeg Blue Bombers, The Military Family Services Program, Western Canada Aviation Museum Inc.

Annual Newcomer Event Enjoyed by all!

On Saturday October 1st, fifty newcomers joined us at the new WO & Sgts Mess for a Winnipeg Social! Attendees were treated to all kinds of information, games, prizes, the chance to connect with other new folks and we hope..... a few laughs. We had wonderful feedback about our new format and venue and we will be sure to incorporate all your comments into next year's event. Thank you again to all the merchants above who donated wonderful gifts for our prize draws. Thanks you to all my colleagues at the MFRC, 17Wing Recreation Services and WO & Sgts Mess for super support and cooperation. Special THANKS must go to our volunteer MC, Mr. Jeremy Besyk. Jeremy did a wonderful job making all the newcomers feel at home and armed them with some good jokes about the "Peg". Thanks Jeremy for all your hard work and sense of humour...you really made the night!

WWW.MFRC.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

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 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 in the Chapel Annex the third Monday of each month at 1830hrs.

Protestant

Chaplains

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

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

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

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

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.

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. 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.

It's That Time Of Year Again

By Capt D. Wojtowicz

Now that we are well into autumn, it's time to start thinking about Influenza (the Flu) and how we can prevent it.

The flu is a viral illness spread from person to person by coughing or contact with nasal fluids. Onset is usually sudden and symptoms include fever, headache, cough, muscle aches, runny nose, sore throat and exhaustion and usually last two to seven days.

You can protect yourself from the flu by washing your hands often and keeping your hands away from your eyes and nose. The most important way to protect yourself is by immunization.

The Flu vaccine is recommended for:

- Anyone over 65 years,
- Residents (any age) of per-

sonal care homes or other care facilities,

-Adults and children with chronic conditions such as diabetes, cancer, kidney disease, anemia or suppression of the immune system due to disease or medication,

-Adults and children with any condition that increases risk of choking or reduces their ability to breathe,

-Healthy children 6-23 months,

-Children or adolescents receiving long term aspirin therapy,

-Persons traveling to destinations where influenza is likely circulating.

The vaccine is also recommended for those who are capable of transmitting influenza to high risk individuals and include the follow-

ing:

-Health care workers and other workers in hospitals or care facilities,

-Household contacts of high risk individuals,

-Child care providers,

-First responders (police, firefighter),

-Pregnant women in their third trimester if they expect to deliver during the flu season (October-March)

Contrary to popular belief, you cannot get the flu from the vaccine. It is made from an inactive virus. Side effects include redness and tenderness at the injection site, fever, headache and muscle pain. These reactions should last no more than two days. A small number of individuals have reported red eyes, shortness of breath,

cough, sore throat and swelling of part or all of the face. These reactions resolve on their own but should be reported to your health care provider.

The flu vaccine is available to military personnel at the 23 CF H Svcs C Immunization Clinic. Clinic hours are 0930-1130h Tuesday to Wednesday. Groups of ten or more, operational aircrew and shiftworkers can make appointments outside of these times by contacting Capt Wojtowicz at ext 5754.

Further information about the flu and locations of flu vaccine clinics being run by the Winnipeg Regional Health Authority may be found on its website: www.wrha.mb.ca.

Two Decisive Battles

By Alf Brooks

Each of Great Britain and France have remembered the two hundredth anniversary of a battle this year.

On October 1, 1805, the British fleet under Admiral Horatio Nelson defeated a French-Spanish fleet off Cape Trafalgar, continuing Britain's command of the seas. Nelson was killed at the climax of the battle and was given a hero's funeral in

England; his body was shipped home preserved in a barrel of brandy. In London you will find his statue on top of a column in Trafalgar Square. The stamp shown here pictures Nelson's flagship, HMS Victory.

During the summer of 1805, Napoleon's Army of England was camped in the vicinity of Boulogne on the English Channel. In September, Napoleon issued

orders postponing indefinitely an invasion of England and began moving the now-named La Grande Armée to the east. On December 2, this Army met the combined Austro-Russian Army at Austerlitz. In a decisive victory, the French suffered less than 10 000 casualties, the Allied Army 27 000. In May, France Post issued a



stamp to commemorate the victory. A railway station in Paris bears the name.

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Public Service Announcement

Deer Lodge Centre Auxiliary is hosting a

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Contact:
Rosie Sikora
Program Manager
Volunteer Services
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FAX: 831-2581

Help Wanted:

CFPSA is currently accepting applications for a Rink Maintainer (north rink). This is a casual position, expected to run from November until March (approx 13 hrs/wk). For more information, please contact the NPF Human Resources Office at 833-2500 ext. 5580.

CFPSA is currently accepting applications for a Lifeguard/Swim Instructor (Flying Tigers Swim Club). This is a casual position, evenings and weekends (approx 13 hrs/wk). For more information, please contact the NPF Human Resources Office at 833-2500 ext. 5580.

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TAROSCOPES

BY
NANCY

ARIES (March 21 - April 19): Stop trying to come up with new ideas and play with a few of the ones you've already got in the works. Sometimes you get further working within limitations because you're not wasting half your energy on rebelling. There is more room for flexibility in your life than you realize.

TAURUS (April 20 - May 20): Hasty words get you into a bind but if you accept that there will always be people you are not in sync with, the frustrations will be temporary. Becoming comfortable and relaxed relating to others in new ways allows you to expand your personal and professional network.

GEMINI (May 21 - June 21): Exhaustion makes it harder to logically and efficiently assess information. Don't worry about what others could say if you stop driving yourself. Your work will speak for itself when it's completed to your usual high standards.

CANCER (June 22 - July 22): You're going to feel resentful if you feel forced to make choices you'd rather not. You want to have a sense of security and be appreciated. The best way to ensure a harmonious environment, where you can live life on your own terms, is to be proactive about creating it yourself.

LEO (July 23 - August 22): If you feel you have to defend yourself, ask yourself why? Search for where miscommunication occurred. Discuss expectations with others to avoid future surprises. If someone craves your attention be careful not to use this as a means of getting your way. It will ultimately backfire.

VIRGO (August 23 - September 22): It's well past time for you to end an association and start fresh. Something that's been in the works for a while finally gets the green light. Excessive changes and substitutions will negatively affect the end result. Keep standards high. Comply with required codes.

LIBRA (September 23 - October 23): Things are not as they seem. Act in haste and you could regret the consequences. You need to unearth some deeply buried beliefs that you may not be aware of and look at how they have shaped your assumptions. Self-discovery comes through your interaction with others.

SCORPIO (October 24 - November 21): Your own impatience is driving you harder than the opinions of others ever could. Time is not running out but your fears may make it seem that way. Draw on your resourcefulness. Strive to be honest and constructive when you deliver information and opinions.

SAGITARIUS (November 22 - December 21): Nothing is moving quickly enough for you right now but in fact changes are occurring all around you. Anything that grows needs time. When your desires are changing constantly, patience is advised. Pushing for what you want may not be satisfying in the end.

CAPRICORN (December 22 - January 19): Your confidence grows when you clear a major hurdle. Consider the big picture before you pick your next challenge. You can do more than you think you can so don't settle for the easiest route. Blend your diverse interests to fulfill different aspects of yourself.

AQUARIUS (January 20 - February 18): Use your talent in ways that honor your own vision. You respond on a very deep level to what inspires you. When you no longer feel driven to find the answers you discover they've always been there inside you. Branching out in a new direction is rewarding.

PISCES (February 19 - March 20): Discover how to add more passion to your life. Angry people may try to distract you by pulling you into their stuff but don't be swayed to their way of thinking. Surround yourself with people and things that reflect your inner joy. Keep moving forward and don't look back.

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