



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg



NOVEMBER 9, 2005

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FREE



Photo by MCpl Boudreau

All the hard work paid off for the cooks and the hungry guests at the most successful United Way breakfast ever, organizer MCpl Proctor said. The real winners are the charities that will benefit from all the hard work and generous contributions from the 17 Wing community.

Serving Up Success Charity Breakfast Best Ever; Organizer

By Jeremy Besyk

Take 600 cups of coffee, 1800 oz of beans, 30 kg of bacon, 20 kg of sausages, eight cases of eggs for 531 hungry eaters and what do you get? \$2,009.52 raised for the United Way.

These are the numbers reported from the GCWCC breakfast on October 27. Organizer MCpl Claudia Proctor said, "This year was the most successful year yet."

The morning started early for the volunteers from Wing Foods who were up at 3:30 to start cooking the food. The grill, steamline and toasters, supplied by the combined Mess, were constantly preparing breakfast for what seemed to be an endless line of guests.

Hosted by 17 Wing TEME Sqn at the new Log Building, MCpl Proctor believes this new location was a major fac-

tor in ensuring the success of the 2005 breakfast. "I think this is why we had such an increase in numbers," she said. "Instead of having personnel travel from the south side, Supply, Tpt, EME and WTISS all work very close together now."

The extra turnout was noticeable as hungry diners patiently waited sometimes upwards of one hour to be

served, creating a line that nearly wrapped around the entire room.

MCpl Proctor wishes to extend a big thank you to the volunteers and corporate sponsors for contributing to the success of the breakfast.

The Voxair continues to track the generous contributions of our CF members at Wing-related fundraising events.

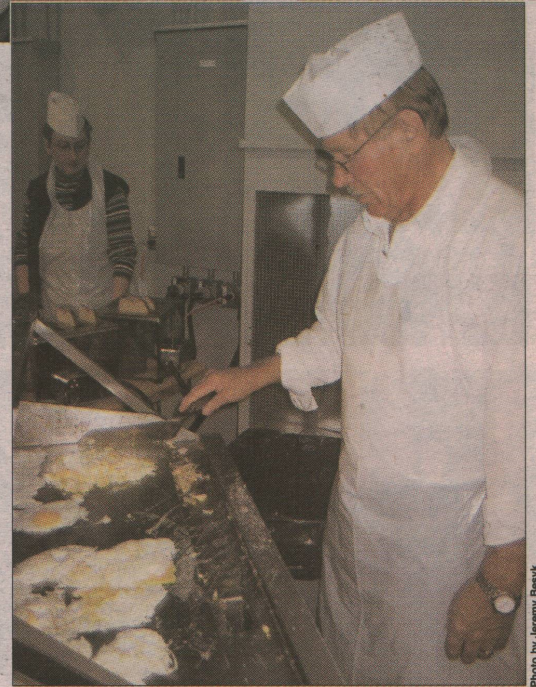


Photo by Jeremy Besyk

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New Commander For Cameron's

By Corporal Bill Gomm

The Queen's Own Cameron Highlanders of Canada held a Change of Command Parade on October 16, 2005. LCol Patrick Walsh handed over command to LCol Cameron Buchanan.

Three guards were formed for the parade, the first two made up of soldiers from the Camerons and the third one filled with Cadets. The Queen's Own Cameron Highlanders of Canada Pipes and Drums provided

music.

Colonel Kelly Woiden, the Commander of 38 Canadian Brigade Group, reviewed the parade and conducted the Change of Command ceremony. Also present were Brigadier General Dennis Tabbernor, Director General for Land Force Reserve, Honourary Colonel Jim Burns and Honourary Lieutenant Colonel Douglas Ludlow.

"We have to get ready for Task Force 3-08," said

LCol Buchanan when asked about the future, "and build up the leadership within the Regiment."

"It's a privilege to be a Cameron and a privilege to have been the CO" said LCol Walsh, then added "take a look at the troops in front of me, they are the reason why it's a privilege."

LCol Walsh stood atop the dais and took his last salute as LCol Buchanan led the Camerons on the march past.



(L-R) Lieutenant Colonel Patrick Walsh, Colonel Kelly Woiden and LCol Cameron Buchanan sign the Change of Command certificates.

Photo by Cpl Bill Gomm



Colonel Kelly Woiden stops to talk with a soldier during the inspection as Captain David Marsh looks on.

Photo by Cpl Bill Gomm



(L-R) Lieutenant Colonel Art Sutton, LCol Don Steenson, LCol Douglas Ludlow, LCol Cameron Buchanan, LCol Patrick Walsh, LCol Reg Churchwood and LCol Sandy Will. Former and present Commanding Officers of The Queen's Own Cameron Highlanders of Canada

Photo by Cpl Bill Gomm

Learning Fair



LCol Conway (left) and MFRC's John Chabih (right) cut the ribbon to officially open the 17 Wing Learning Fair on October 19. Information tables set up provided information to CF members about different education opportunities available.

Photo by Jeremy Besyk

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Blessé en Service actif? Nous possédons un réseau national prêt à vous aider avec n'importe quelle réclamation que vous puissiez avoir. Intéressé(e)s à vous impliquer davantage dans votre communauté? Nous menons des programmes qui pourraient bénéficier de votre expertise.

POUR VOUS.

La Légion offre beaucoup plus que vous puissiez l'imaginer. Nous sommes une grande famille de plus de 400,000 membres à travers le Canada qui partagent une vision de l'avenir de notre pays et de nos communautés. Pourquoi ne pas visiter une filiale de la Légion ou vous joindre comme "Membre à Titre Personnel (militaire)" en visitant votre filiale locale ou notre site web à www.legion.ca.

JOIGNEZ NOS RANGS.

VOXAIR

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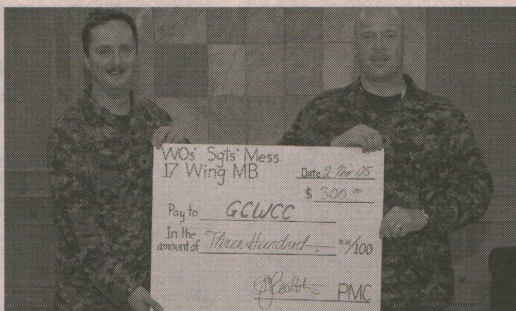
Deadline for Voxair 21:
14 November 2005

OFFICE HOURS
Monday to Thursday, 0830 - 1600 hrs
Telephone: 204 833-2500 ext 4120
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Telephone answering system operates remainder of the week.



Capt Gaston Lavoie, Commanding Officer of 677 Royal Canadian Air Cadet Squadron located in Russell, MB, was presented with his CD1 on 24 Sep 05 by LCdr T.G. Hurley, Det Comd, RCSU (Pra) Det Wpg. Capt Lavoie was eligible for this award 1 Apr 05 and marks 22 years of service as a member of the CF.

GCWCC Fund Raiser 28 Oct 05



There were no commentators, no table cams, no celebrities (besides the Wing Chief), and very few people in sunglasses, but this did not deter the 27 WO's & Sgt's mess members from participating in the first Texas Hold'em tourney in support of the Government of Canada Workplace Charitable Campaign. We will not disclose who was first but WO Denis Hendrickson was the big winner including the GCWCC, which receives \$300. Many thanks to the volunteers, dealers and participants. *(PMC MWO Richard Carleton presents the cheque to Capt Scott Hoffman GCWCC rep.)



Lt Phillip Wilson, Commanding Officer of 774 Royal Canadian Army Cadet Corps located in Kenora, ON, was presented with his CD3 on 1 Oct 05 by LCdr T.G. Hurley, Det Comd, RCSU (Pra) Det Wpg. Lt Wilson was eligible for this award 14 Nov 04 and marks 42 years of service as a member of the CF.



MCpl Marion Stetina was presented with her promotion to Sgt on 6 Sep 05 by LCol M.R.A. Milligan, CO RCSU (Pra).

17 Wing Admin Branch GCWCC Parking Spot Challenge



(Left to right) Pte Boissonneault, Peter Vail, LCol Conway, MCpl Popovits and AB Gaudet are auctioning off a prime parking spot (Col Conway's at the Wing Headquarters) and challenge other 17 Wing personnel to do the same in an effort to raise money for GCWCC.

17 Wg Admin O, see who wins the challenge. Good Luck to all!!!!

Admin Branch, would like to put out a challenge to anyone with an allocated parking spot on the Wing. We challenge you to auction your parking spot with all proceeds going to GCWCC. There are many ways to auction your parking spot, sealed bids, auctioneer or silent auction. How you do it is your decision but by 2 Dec 05 all auctions must be completed. All we are asking is that the spot be donated for the month of January 2006. If you have any questions with this challenge, please contact any of the Admin Br Reps, AB Gaudet, loc. 4692, MCpl Popovits, loc. 5394, Mrs. Dana Glover loc. 2755, Pte Boissonneault, loc 5351 and Mr Peter Vail, loc. 5392. On 5 Dec 05 call in your final results to one of the Admin Reps and

On 18 Nov 05, 17 Wg Admin Br will be holding a "Shoot-Out Fundraiser" on Hockey Jersey Day at PSP Centre, Bldg 90. The game is 3 shots for \$1.00, either Dumpy Goalie, bring your own goalie or do the honourable thing and volunteer your own. It will be held from 1130 hrs-1330 hrs. Prizes to be won for those perfect shots. So we are inviting all players, old timers and non-players to come out, take some shots. There is also going to be a raffle on some Manitoba Moose items. There will be hot dogs and refreshments for sale during this period of time. Keep in mind that this event is a GCWCC fundraiser so come out and support and have fun. Come show us your skill!!!!



Winnipeg - Members of the Winnipeg Rifles present a team autographed football to Warrant Officer 2 Dave McFetridge who served with The Royal Winnipeg Rifles during World War Two. The occasion was for the team to recognize the veterans who fought and died for their country (Year of the Veteran). The Royal Winnipeg Rifles (R Wpg Rif) Band and R Wpg Rif Skirmishers participated in the pre-game show for the Winnipeg Rifles football team. The R Wpg Rif Band also performed at halftime with the Winnipeg Police Pipes and Drums.



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Introducing The New Veterans Charter



The Honourable Albina Guarnieri, Minister of Veterans Affairs.

May 13, 2005, was a day for the history books! It marks the day that Canada passed a law to create a new Veterans Charter. This paves the way for Canada to develop new programs and services that better meet the needs of modern-day Canadian Forces (CF) Veterans and their families.

The law that creates the new Veterans Charter is called The Canadian Forces Members and Veterans Re-establishment and Compensation Act (the Act). It is the most sweeping change to Veterans' services and benefits in the past 60 years and includes five components - rehabilitation services, health benefits, a job placement service, economic loss support and a disability award program.

Today's CF Veterans, both Regular and Reserve Forces, have different needs than traditional wartime Veterans. For example, the average age of releasing CF members is 36. This is an age where they, and their families, should be able to look forward to a long and productive future. However,

research suggests that:

- It can be difficult for some CF Veterans to leave their military family and start a new life on 'Civvy Street.'
 - Some CF Veterans struggle to find a good job, earn enough income, and cope with their disabilities once they leave the Forces.
 - The transition to civilian life can be a major adjustment for the entire family.
- Now that the Act is passed, it means that Veterans Affairs Canada has the 'green light' to put in place new programs and services aimed at helping Regular and Reserve members of the Canadian Forces and their families.

The new programs and services could be ready as early as April 1, 2006. To prepare for this, our Department is now working hard to map out:

- what the programs and services will look like; and
- how they will be delivered.

More information on the new Charter is available on the Veterans Affairs Canada website at www.vac-acc.gc.ca.

WO'S & SGT'S MESS

Christmas Bingo
26 Nov 05

1800 -- Doors Open
1900 -- First Game
2030 -- Snacks

\$5.00 entry fee includes snacks and one free card

Prizes for all 13 games

Wing Commander's Hockey Tournament

30 Nov &
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Fri & Sat

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Every Sat 2 - 4 pm

Hello to all from Central Flying School. Firstly, on behalf of the Commandant LCol G. Hook and all the staff at CFS, welcome to our newest member Lisa Stentina. Lisa replaced Susanne Forsythe as the new Comdt's Secretary. Lisa arrived to CFS from CFB Suffield.

All sections of CFS have been very busy since the end of summer. Even though we are still waiting for aircraft, there is a lot of work to be done and is being done by all.

The ICP section is cur-

rently running a Refresher Course for those who have been out of the flying business for a while. The ICP refresher course is a five-day ground school that will bring them up to speed on instrument flying procedures, publications and any other changes. The ICP section's fearless leader, Maj Wolter, has been hobbling around the school lately. He blames his injuries on his prowess on the Squash court but rumour has it he put his back out picking up a quarter in the parking lot.

The Standards section under the ever-keen eye of Major Butterworth is keeping an active schedule. Trying to keep the fleet training up to date and legal is often an unending and sometimes frustrating job but they do, and do it very well. It has been noticed that Capt Barnby appears to look quite lonely in the CFS conference room, often alone, working diligently on what? No one is really sure... Seriously, Capt Barnby has been working long hours developing new procedures for multi-engine flying training to ensure that student pilots receive the outstanding level of training that

the CF demands for its numerous operational fleets.

The HPMA section has been without a doubt the busiest, though I may have tunnel vision. The section is preparing for upcoming Coordinator courses, developing new modules and the day-to-day administration of the HPMA programme. Finally, through hours of negotiations, many phone calls and emails, the HPMA Flight Commander, Major Collins has arranged a trip to Athens, Greece to introduce the HPMA programme to the Hellenic Air Force.

One of the last remaining holdouts of blue flying suits, Capt Rob Chapman has traded in his trusty blue flying suit and is now adorned in spiffy LVG (Low Vis Green). His decision was easy: It only took a friendly fire-side chat from the Wing Chief in Trenton, who called him over and said "Sir, are you with the Air Cadets?" and later that day, a politely worded and friendly motivational talk from CWO Thomas Secretan, A4 Maint CWO, who was also on course in Trenton during Capt Chapman's TD. Figuring it was now time to

"get with the program", Capt Chapman made the leap, and then promptly notified CWO Secretan, and then presented himself to CWO Craig Schrader, 1 Cdn Air Div HQs CWO for "inspection". (Author's note: Capt Chapman worked in the 1 Cdn Air Div HQs for three years and fondly remembers the mentorship provided by the two aforementioned CWOs). As his last act of submission, Capt Chapman offered himself to Maj James Tutte, A1 PT, for public ridicule (for having "caved"). After all, it was only fair that Capt Chapman receive the same good-natured teasing as he himself administered to those who have "gone green". Now, there are only two remaining holdouts in CFS (who continue to wear "blue"). These torchbearers will remain nameless. Please stay tuned to this article for the next installment in this odyssey.

With having nothing more to add for this issue I will close out and say so long until next time.

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Morale Packages

By Nicole Johnson, Deployment Coordinator



Twice a year (Canada Day and Christmas), the WMFRC sends morale packages to every theatre of operation where CF members are employed. These

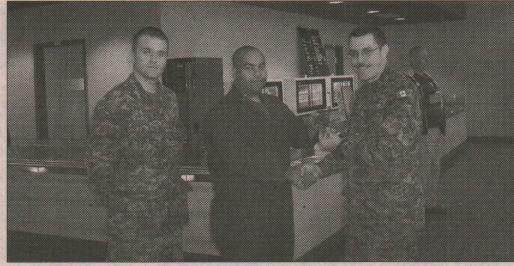
packages contain holiday decorations and treats, as well as special letters, cards, and crafts from local children.

Over the next few issues

of the Voxair, we will be showcasing some of the special messages written by area school children for Canada's Peacekeepers.



Maj Parent, WTESEO presents a certificate to Pte McDuff who is releasing.



Maj Parent, WTESEO presents Pte Smith his first Chevron.



Maj Parent, WTESEO presents a certificate of 25 years service to Mr Roy Molberg.



Maj Parent, WTESEO presents Pte Berkowski his first Chevron.



Maj Parent, WTESEO presents a certificate of 20 years service to Sgt Sutton who is retiring in Thunderbay and becoming a Service Manager in a local Business.



PTE Jamie Upshall, a member of 17 Wing Supply currently serving with Op ATHENA, receives his first hook by LCol Tom Hughes on 10 Oct 05. Maj A.W. Dunkerley, OC Supply & Food Svc Sqn, along with the Supply Sqn team, send our best wishes and congratulations upon promotion.

Persons with Disabilities Awareness Fair

FRIDAY - 2 DECEMBER 2005

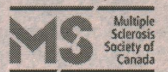
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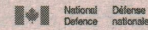
In 1992 the United Nations proclaimed December 3rd the INTERNATIONAL DAY OF DISABLED PERSONS. The aim is to promote "increased awareness and understanding of disability issues...and to mobilize support for practical action at all levels by, with and for persons with disabilities".

These organizations will provide information on the services they provide, information about the disability and its challenges. Refreshments will be served.



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Défense nationale



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ASSOCIATION CANADIENNE DU DIABÈTE



Public Service Human Resources Management Agency of Canada

Canadian Mental Health Association
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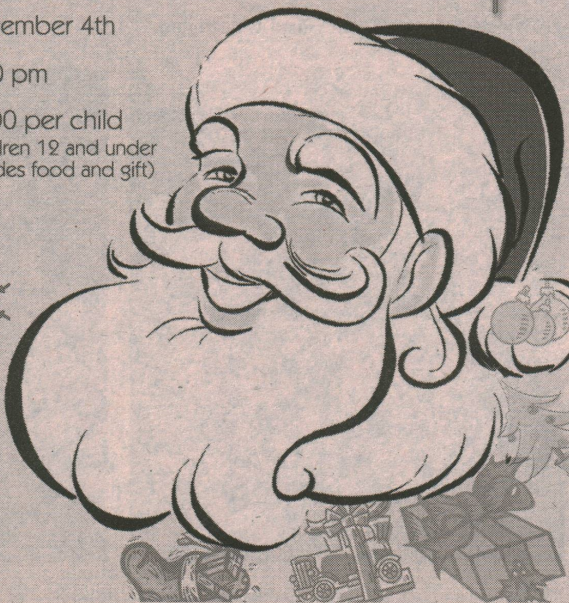
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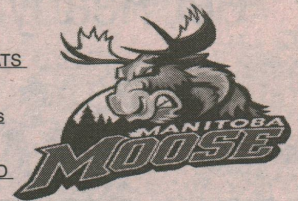
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TGIF CALENDAR

NOVEMBER

10 NOV 05 - DOMINO'S PIZZA (TGIT)
18 NOV 05 - KFC
25 NOV 05 - BEEF ON A BUN

DECEMBER

02 DEC 05 - FISH & CHIPS
09 DEC 05 - SUBWAY

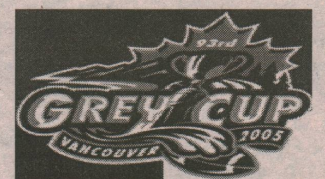
17 Wing Grey Cup Party!!!

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14 CFANS Graduates Receive Navigator Wings

By Capt R.N. Stevens

Friday, 14th October, was a significant day for 14 members of the Canadian Forces. Two Basic Air Navigator Courses, BANC 0404 and 0405 graduated and received their navigation wings. Col O'Brien, 17 Wing Commanding Officer, was the Reviewing Officer for this occasion. The graduates of BANC 0404 are: Lt Camm is posted to 405 Sqn in Greenwood flying on the CP-140 Aurora; Lt Graham is posted to 407 Sqn in Comox flying on the CP-140 Aurora; Lt Landry is posted to 424 Sqn in Trenton flying on the CC-130 Hercules; Lt McGarva is posted to 423 Sqn in Shearwater flying on the CH-124 Sea King; Lt Pretsell is posted to 405 Sqn

in Greenwood flying on the CP-140 Aurora; Lt Toenders is posted to 407 Sqn Comox flying on the CP-140 Aurora. The graduates from BANC 0405 are: Lt Bouchard is posted to 436 Sqn in Trenton flying on the CC-130 Hercules; Lt Della Rocca is posted to 423 Sqn in Shearwater flying on the CH-124 Sea King; Lt Hodge is posted to 423 Sqn in Shearwater flying on the CP-140 Aurora; Lt Lapointe is posted to 405 Sqn in Greenwood flying on the CP-140 Aurora; Lt Thomson is posted to 407 Sqn in Comox flying on the CP-140 Aurora. Throughout the ceremony, awards were presented to recognize outstanding performance and flying excellence. The James R. Dow trophy is awarded to the



Back row left to right: Lt Pretsell, Lt Toenders, Lt Graham, Lt Cusson, Lt McGarva, Lt Landry, Lt Cutler, Lt Camm. Front row left to right: Capt Brooks, Course Director BANC 0404; HCol Cheffins, CFANS Honourary Colonel; LCol Ness, CFANS Commandant; Col O'Brien, 17 Wing Commander; HCol Van Ruiten, 17 Wing Honourary Colonel; Maj Lawrie, CFANS Navigator Flight Commander.

graduate who has demonstrated outstanding Air Navigator flying excellence throughout the course. Mr. John Enns, president of the Wartime Pilots Observers Association, presented this award to Lt Cutler of BANC 0404 and Lt Bouchard of BANC 0405. The LCol Pauls trophy is awarded to

the graduate who has demonstrated outstanding performance throughout the course. Col O'Brien presented this award to Lt Landry of BANC 0404 and Lt Bouchard of BANC 0405. Congratulations to all graduates and good luck with your future careers.

Photos continued on page 10.

Cinéma / Theatre

• Just Across the Bridge
• 2 Blocks North Wytewold & Ness

8:00pm Showtimes

More movie listings can be found on the DIN.

888-6290 (Recording)

Child/Senior \$3.00
Adults/Youth \$4.00

8:00pm FRI-SAT NOV 11-12 86mins

Rachel McAdams Cillian Murphy
RED EYE
DREAMWORKS
Violence (14A)
Disturbing Content

8:00pm SUN-MON NOV 13-14 108mins

an unfinished life
Robert Redford Morgan Freeman
Language (PG)

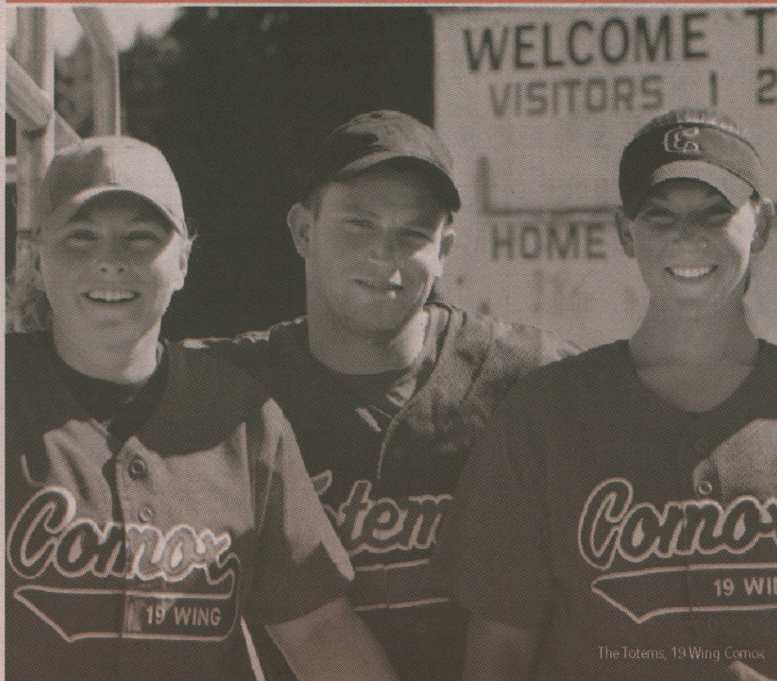
8:00pm FRI-SAT NOV 18-19 84mins

The MAN
Samuel L. Jackson Cuba Gooding Jr.
Course Language (14A)

8:00pm SUN-MON NOV 20-21 123mins

LORD of WAR
NICOLAS CAGE
LGF
Substance Abuse & Brutal Violence (18A)

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In Memory Of Our Fallen Comrades



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Wing Commander's Message Remembrance Day And The Year Of The Veteran

By Colonel K.S. O'Brien, Commander 17 Wing

This year marks the 60th anniversary of the end of the Second World War, and has been proclaimed the Year of the Veteran in Canada. It is appropriate then, that we pause to remember and thank that group of heroes who served Canada and the world through their selfless actions.

In many cases, the men and women who left their homes and their families to serve Canada during the Second World War had a very harsh and hungry upbringing during the Great Depression that lasted for 10 years from 1929 to 1939. But from these humble beginnings, would rise a military phoenix that would stride the world like a Colossus.

When England stood almost alone in the summer of 1940, Royal Canadian Air Force air-

crew and ground crews served with "the Few" during the Battle of Britain. At the same time, the only complete, organized, trained and equipped Army formation in England was the 1st Canadian Division, which marched and counter-marched across southern England to wherever the threat of cross-Channel invasion was the greatest.

Christmas of 1941 saw the destruction of the Canadian Brigade in Hong Kong, including the Winnipeg Grenadiers, with the survivors being forced to labour as slaves for their enemies for the next three-and-a-half years. But 1941 also saw the Allies start to strike back against the enemy in Europe in earnest, with the crews of Bomber Command starting to develop the tactics and procedures that would turn them into a key war-win-

ning force by 1945.

In 1942, Canadians attacked the fortified port of Dieppe and fought in the greatest single-day air battle of the war in the skies above that small French city. In 1943, Canadians stormed ashore at Sicily and then crossed over to the Italian mainland to fight their way inexorably up the deadly boot in the hardest land campaign of the War.

This was soon followed by the June 6, 1944 invasion of Normandy. The Royal Winnipeg Rifles and the Fort Garry Horse both served in the Normandy Campaign, while 402 "Winnipeg Bears" Fighter Squadron and 440 Fighter Bomber Squadron flew the unfriendly skies above the battlefield. In 1945, after assisting in the liberation of France, Belgium and the Netherlands, the Canadian

Army and Royal Canadian Air Force in Europe was fighting and living in the enemy's homeland, finishing the War in northern Germany.

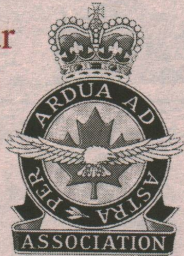
On the other side of the world, 435 Transport Squadron started flying "the Hump" over the Himalayas to China in unarmed Dakotas in 1944 and soldiered on until Victory Over Japan in 1945.

Throughout it all, the small ships of the Royal Canadian Navy patrolled the grey waters of the North Atlantic in their never-ending fight against the U-Boats. Overhead the Digbys, Cansos, Hudsons and Liberators of Eastern Air Command's Bomber Reconnaissance Squadrons racked up hundreds of thousands of flying hours and lost hundreds of air-crew seeking and sinking

In Memory Of Our Fallen Comrades

500 Wing

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Warrant Officers'
and Sergeants Mess
17 Wing Winnipeg
Winnipeg, Manitoba, R3J 3Y5

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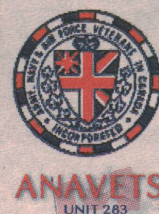


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"WE WILL REMEMBER THEM"

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submarines to help break the back of the German Navy.

Here at home, Canada was the Aerodrome of Democracy, training air-crew and technicians from around the world, but in particular was the home of the British Commonwealth Air Training Plan. Canadian industry produced everything from frigates to fighters. Canadian farmers fed a hungry world.

At the end of it all, after the last shot was fired, after the last U-boat was alongside flying the black flag of surrender, after the airplanes and tanks were parked and the people turned the lights back on, the Second World War generation went on to build a prosperous peace.

To all of our veterans across this great country, I have two words: thank you!

Thank You.

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In Remembrance

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17 Wing Winnipeg
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ARMY, NAVY & AIR FORCE

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Back row left to right: Lt Lapointe, Lt Della Rocca, Lt Thomson, Lt Hodge, Lt Labbe, Lt Bouchard.

Front row left to right: Capt Morency, Course Director BANC 0405; HCol Cheffins, CFANS Honourary Colonel; LCol Ness, CFANS Commandant; Col O'Brien, 17 Wing Commander; HCol Van Ruiten, 17 Wing Honourary Colonel; Maj Lawrie, CFANS Navigator Flight Commander.



Lt Bouchard receives the LCol Pauls trophy from Col O'Brien.



Capt Setter, CFANS instructor, receives his CD from Col O'Brien.



Lt Bouchard receives the James R Dow award from Mr. John Enns.



Lt Landry receives the LCol Pauls trophy from Col O'Brien.



Lt Gilfillan, CFANS student, receives his CD from Col O'Brien.



Lt Cutler receives the James R Dow award from Mr. John Enns.



LCol Ness, Cndt CFANS presents Col O'Brien, Reviewing Officer with a gift.



2Lt Bernardi, CFANS student, receives his commissioning scroll from Col O'Brien.



2Lt Lawrence, CFANS student, receives her commissioning scroll from Col O'Brien.



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 Garry Lind, Insurance Representative/représentant en assurance;
 Natalie Fondren-Gasc, Administrative Assistant/adjointe administrative;
 Gord Moore, Branch Manager & Financial Planner/gestionnaire de succursale
 et planificateur financier.

We are pleased to announce the appointment of Larry Schneider, Financial Counsellor, as the newest member of our Winnipeg SISIP Financial Services team. Larry brings with him over 30 years of Canadian Forces experience and many years as a financial counsellor.

Welcome aboard Larry!



Nous sommes heureux d'annoncer l'arrivée d'un nouveau membre de notre équipe des Services financiers du RARM à Winnipeg. Larry Schneider, conseiller financier, possède plus de 30 ans d'expérience au sein des Forces canadiennes et de nombreuses années d'expérience à titre de conseiller financier.

Bienvenue parmi nous Larry!

17 Wing/Escadre Winnipeg, Bldg/bât #63
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Addiction Awareness Week

November 20th - 26th

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EN ÉNERGISANT LES FORCES

FAST FACTS

1. A 5 fl. oz. glass of 12% wine has 105 calories.
2. A 3.3 fl. oz. serving of dry vermouth (18%) contains 106 calories.
3. A 3.5 fl. oz. serving of Bailey's Irish Cream Liqueur (17%) has 324 calories.
4. Vodka was originally used as an anesthetic and disinfectant, not as a drink. It wasn't until 1300's that vodka was discovered to be an intoxicant and used for that purpose.
5. Most hard liquors (Gin, Tequila, Whiskey, or unflavoured Vodka or Rum) contain 104 calories per 1.5 fl. oz. shot (one standard serving).
6. Flavoured Vodka's and Rums (Smirnoff Strawberry vodka or Bacardi) may contain less

alcohol than their unflavoured counterparts but they contain more calories.

7. In Malaysia, the spouses of drunk drivers are jailed as well as the driver themselves.
8. The Napa Valley wine district is now the number one tourist destination in California, replacing Disneyland.
9. In Manitoba, customers may bring unfinished wine purchased at a restaurant home with them, providing it has been properly re-corked.
10. LABATT BLUE WAS NAMED AFTER THE CFL'S WINNIPEG BLUE BOMBERS.

MONTHLY MOCKTAILS - NOVEMBER

As the cold weather sets in, Monthly Mocktails presents you with some non-

alcoholic options for warm drinks.

SAGINAW SNOOZE:

- 3 oz. apple juice
- 1 tsp honey
- 3 oz. cranberry juice

Mix all the ingredients together and heat them up. Serve in a mug and garnish with a lemon slice and a cinnamon stick.

VIENNA SOOTHER:

- 4 oz. strong coffee
- _ oz. chocolate syrup
- 2 oz. cream (or milk)
- _ tsp cinnamon

Put ingredients in a cocktail shaker. Shake sharply and strain into tumbler. Top with whipped cream and shaved chocolate/ground cinnamon. This drink can also be made with cold coffee and ice in the cocktail shaker.

Officers' & Combined Mess Closures During The Christmas Holiday Season

Once again the holiday season looms near and in anticipation of planning for Christmas leave we thought it timely to announce, for planning purposes, the temporary closure of both the Officers' and Combined Mess kitchens during the holiday period.

Details of the closures are as follows:

Officers' Mess kitchen will close following the supper meal on 16 Dec;

Combined Mess kitchen will close following the supper meal on 22 Dec 05; and

Both Mess kitchens will reopen for breakfast on 4 Jan 06.

The Flight Feeding kitchen will remain open during the entire period in

support of normal operations.

All operational living-in personnel unable to use leave during the closures will be offered the option of either receiving a box lunch from the Flight Feeding kitchen, or receiving per diem and then eating on the economy. Closer to the end Nov/early Dec timeframe, all living-in members will receive a handout from W Food Svcs outlining the method of requesting a box lunch or going on per diem, and will then be afforded the opportunity to request clarification on any issues they may have. Cash sales will not be available during this period.

Service to Mess holiday functions over this period

(i.e. Officers' Mess New Year's Eve Ball and New Year's Levee) will continue, however, early notification of the requirements to the W Food Svcs Catering Coordinator, Mr Darryl Wawrzyniak, at loc 2231 or cell 228-7446, is appreciated.

Although we recognize that this may cause some minor inconvenience, based upon experience from previous years the dining facilities in both Messes are seldom used over the holiday season, and the cost of keeping them open is simply not justified. Monetary issues aside, the primary reason for the closure is to enable the W Food Svcs staff a much needed holiday break.

Happy Holidays.

Congratulations to all participants of the 17th Annual Canadian Forces Sports Awards Ceremony



Félicitations aux participants de la 17^e Cérémonie annuelle du mérite sportif des Forces canadiennes

Ottawa Congress Centre • Centre des congrès d'Ottawa

OCTOBER 15, 2005 • LE 15 OCTOBRE 2005

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Coach Honoured For Dedication To Team

By Jeremy Besyk

Fitness Coordinator Lori-Ann Mundt was recognized with the Director of Physical Education Award (DPE) at the annual CF Sports Awards banquet in Ottawa on October 15.

Lori-Ann is humbled by the recognition after her seven years of dedication to the Women's CISM Volleyball team. Mundt resigned from the team in April.

The nomination for the award came as a surprise as Mundt said she was only doing what she loves to do. "I'm very passionate about volleyball and teaching others," Mundt said. "It was an honour to be recognized in such a fashion."

During her time as coach, Mundt had taken the CISM team, comprised of women from all over the country, to great success in competitions in places like Croatia, Romania, Italy and Kingston, Ontario. The team has participated in the Canadian Senior Women's Championships, World Volleyball Championships and World Military Games competing against teams from Italy, the Netherlands, China, Croatia and the

United States. Mundt said, "the calibre (of some these teams) is much higher because they have professional players and they train on a regular basis."

Much like the Olympic Games, the World Military Games run every four years and the CISM team has taken part in these events. Mundt travelled to Sicily in 2003 with the team to compete. In between Games (the three years when the Military Games are not held), the team participates in the World Volleyball Championships.

"I hope to give them a special experience," Mundt said. "There's no greater feeling than putting on that Canadian uniform, representing your country and playing a sport that you love. It's a great challenge and one not a lot of people will get a chance to experience." The team of 15 to 18 women is "spread out across Canada" and "meets three to four times a year to train," she added. When together, they train six hours a day preparing for competition.

Fitness & Sports Director Al Brazeau said that Mundt was nominated



Lori-Ann Mundt is presented with Director of Physical Education award in Ottawa from Mr. Gaetan Melancon, Director Physical Education for CFPSSA.

by International Sports Manager Roy Hillier. The recognition came because "she was one of the most professional coaches we've ever had," Brazeau said. He added, "(Lori-Ann's) experiences as team captain of the national volleyball team brought so much credibility to the team."

Lori-Ann was a member of the Canadian Women's National Volleyball team for six years where she had an opportunity to travel the world competing at numerous sporting events. The most prestigious one was the 1996 Olympic Games in Atlanta, Georgia.

It's been seven years of great memories, according to Mundt. "I've had the opportunity to meet many people, travel the world and work with some pretty awesome ladies. The athletes that I worked with believed in the program and believed in the team and I really appreciated all of the time and effort they dedicated to the team." She continues, "I am very grateful to have been given this opportunity. A lot of time and effort is put into coaching and I've had great support from the Fitness & Sports Director, Al Brazeau and the rest of the staff."

Food For Thought

Produced by Health Canada Office of Nutrition Policy and Promotion
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Healthy eating means eating a wide variety of foods you enjoy, especially grains, vegetables and fruit. It also means choosing lower-fat foods more often and cutting down on the amount of fat you use to prepare foods. Canada's Food Guide to Healthy Eating has lots of tips and suggestions to help you make healthy eating a part of your everyday life.

Add less fat, and lots of flavour and eye appeal to the foods you eat. Here are a few suggestions:

- Treat your taste buds, try Italian, Chinese, Middle Eastern or any of the other delicious ethnic food Canada has to offer.
- Serve smaller portions.

Offer seconds to those who want more.

- Make soups or stews a day ahead and refrigerate. Skim off any fat that hardens on top.
- Use only a little of high-fat salad ingredients such as: salad dressings, avocado, bacon bits, olives, high-fat cheeses, nuts and croutons.
- Traditional dippers like potato chips and taco chips are high in fat. Try raw vegetables for a change, they're tasty and easy to prepare.
- Instead of frying, try a lower-fat cooking method, such as broiling, baking or grilling. Basting with wine, lemon juice or broth will keep food moist and add

flavour. Poaching and braising are also good cooking methods.

- For a stir-fry, try steaming food in a little tomato juice, bouillon or chicken stock rather than using oil.
- Serve vegetables plain or sprinkle them with chives or parsley or a little lemon juice.
- Angel food cake contains only a trace of fat. Serve it with fresh fruit or a sauce made with plain yogurt and frozen berries.

What about adding some of your own ideas for healthy eating?

- The choices are endless! Stay positive and remember:
- Healthy eating and great taste go hand in hand.

- There are no "good" or "bad" foods.

- Everything tastes better when you enjoy it with family and friends.

* Adapted from "Tips for Low-Fat Cooking," Halton Regional Health Department, in The Healthy Weight Program, Nutrition Services, Halton Regional Health Department, 1994.

Enjoy eating well, being active and feeling good about yourself.

That's VITALITY!

For more information contact Health Promotion: Christa Zappitelli, Health Promotion Director, local 4160

Penny Wawrzyniak, Admin Assistant, local 4150.

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ASIST

Applied Suicide Intervention Skills Training

WORKSHOP
December 5 & 6
0830 TO 1600 HOURS

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The emphasis of the ASIST workshop is on first-aid, on helping a person at risk stay safe and seek further help. Learn how to:

- Recognize invitations for help
- Reach out and offer support
- Review the risk of suicide
- Increase caregivers' knowledge and confidence to respond to a person at risk of suicide
- Link people with community resources

For additional information and to register contact Health Promotion:
Christa or Penny @ extension 4160 & 4150

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Our Programs

- ✓ Volunteer Services
- ✓ Personal Development & Community Integration
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- 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

Military Family Resource Centre

Check out the sites...



Your Winnipeg MFRC ...our program guide " the Community Connections", Better Business Bureau Military Family Line info, current events..... www.mfrc.mb.ca

CF Families - <http://www.dnd.ca/families>

One stop surfing for Winnipeg info...maps, yellow pages, guides, info...
 - Mywinnipeg.com

Books for Military Families -From books for children, to books on military etiquette, below is a selection of the best support books for service member families.

http://www.sarahsmiley.com/books_for_military_families.htm

Home Depot - buying/selling your home, planning a move, settling in and projects. <http://www.homedepotmoving.com>

Resources for helping families deal with military Lifestyle...postings, deployments, moving, parenting... Calendars, stories, and crafts for kids, great tips for adults. <http://www.mfrc-dodqol.org/healthyparenting/>

Connecting Canadian Forces Youth - www.connectingcfyouth.ca
 Military Brat sites: <http://www.milbrats.net/>
<http://www.canadianbrats.ca/cb/>

IDEA! Veterans Affairs Canada - <http://www.vac-acc.gc.ca/general/>
 Great Remembrance Day resources for your kids and their classrooms.

Member Assistance Program -
http://www.hc-sc.gc.ca/hecs-sesc/eas/cfmap/cfmap_index.htm

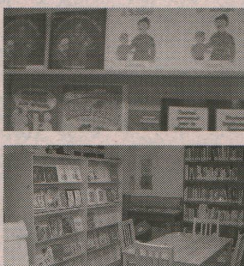
Centrepointe, the official website for Canadian Forces (CF) families moving to, living in, or returning home from Europe. -
www.centrepointe.info

Operational Stress Injury Social Support (OSISS) www.osiss.ca

The Centre - http://www.dnd.ca/hr/thecentre/engraph/home_e.asp

PLEASE HELP YOURSELF!

The MFRC is open Mon-Fri 8:30 - 4:30. That means our Comprehensive RESOURCE LIBRARIES are open for you! Come on in and browse the Education & Career section with guides, advice, catalogues and current opportunities. The Newcomer Section has MFRC, 17Wing, and Winnipeg & Manitoba info, from where to dine & shop, to finding a dentist...it is all here. Moving? Our Posting Packages, (one for each CF Base) give you a good look at where you are going. Separation & Reunion are facts of life in a military family...this library section has children's activity books, parenting guides, deployment information, coping resources and a Parcel Packing Centre. Come in and discover our General Section and its variety of Canadian fiction, self-help, crafts, cooking, parenting topics and much much more. Have you read a good book lately? We would love to hear from you as we are always looking for ideas to improve our selection.



The Toy Lending Library offers families an opportunity to try a wide variety of "Big Ticket" toys at a fraction of the cost and a great way to keep things interesting over our Winnipeg winter. There are family passes to local attractions also available to borrow through the TLL! Drop in to find out more.

We are a one-stop shop for families managing the Military Lifestyle.

MFRC Deployment Postal Packing Centre



Getting mail from home is a great way to remind loved ones that we miss them. Whether it is your spouse, your parent, your child or your co-worker who is employed away from the Wing, help is nearby. The MFRC Postal Packing Centre has everything you need to get those collections of heartfelt words, kid's artwork or favourite junk food on the way. Boxes, paper, markers, tape & all the CFPO#'s for the current operations are available on site. For more information, call Nicole #4507.

CHRISTMAS MAIL DEADLINE IS COMING!!!!!!

It's Coming.....

The holiday season approaches with plenty of festive entertaining and busy preparations. Here is a great recipe for family or guests, it is delicious, easy to prepare and versatile.



- CF's Make-ahead Breakfast
- 16 (approx.) Slices of bread, crusts removed
 - (Whole grain and/or day old bread works best)
 - 2 Cups grated Sharp cheese
 - 1/4 cup minced onion
 - 1/4 cup minced peppers,
 - 1 can mushrooms sliced/drained
 - 1 cup crumbled bacon or shaved ham or corned beef

Using a greased 9x13 baking dish (deeper the better), line the bottom of the pan with slices of bread. Top with cheese, meat, veggies. Cover with another layer of bread.

- MIX TOGETHER IN BOWL:
- 6 eggs
 - 3 Cups milk
 - 1 tsp salt
 - 1/2 tsp pepper
 - 1 tablespoon dry mustard

Combine liquid ingredients and beat well. Pour over bread, making sure to get even coverage. Milk mixture will continue to be absorbed overnight. Cover with plastic wrap and place overnight in the refrigerator. In the AM: preheat oven to 350 degrees. Sprinkle topping over bread and bake for 45-60 minutes.

- TOPPING
- 1 Cup crushed cereal flakes
 - 1/4 cup melted butter
 - 1 Cup grated cheese



Use different cheeses, meats, veggies or bread for a wide variety of taste ideas.

DID YOU KNOW.....

Why is each MFRC different?

Each MFRC reflects the military community it serves and as you can imagine, needs vary from one CF posting to another. MFRCs are individually governed by a board of directors made up of community members. Community members just like you shaping the vision of each MFRC from Gander to Esquimaux. Most centres are not for profit organizations, getting only partial funding from the Military Family Services Program/ DND Director Quality of Life sources. The success of local fundraising often determines whether site specific services can be offered.

There are two types of serviced offered by your MFRC:

Mandated -programs and services which address issues encountered within the the military lifestyle are offered at each MFRC. In a nutshell...military family lifestyle is different because they are expected to deal with moving/transition on a regular basis and long periods of separation are common due to job requirements. The level of service depends on what is already available in the community and whether military families have appropriate access. Examples of mandated services might include; parent and child groups, emergency childcare services, The Warm Line, and more.

Site specific - As the name implies, these programs tend to vary a great deal among MFRCs. These are services, which address the specific needs of a particular Base Community. Examples of Site specific services might include; Special Events, Childcare centres, Youth programming, Unit specific support groups or even things like shopping tours for remote CF locations, etc. Local community needs assessments determine which unique services may benefit the local families.

If you would like to know more about the MFRC or how to volunteer in shaping our vision call Louise at 833-2500 loc.4515.

Join Us

Every second Wednesday

Crafternoon Drop-in 1-3pm

Each week we will create beautiful greetings, tags and paper craft projects. Most activities will be free! (Minimal cost for supplies if required) There will be yummy snacks to feed your body, unique projects to feed your creativity and the company of great folks to feed your soul. Registration is required 24 hours in advance. Call Catherine @ 4506.
 November 9 & 23 / December 7 & 21



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.

17 Wing Recreational Library

833-2500 loc 2490
Check out our website for all events & activities
www.pspwinnipeg.ca

Hours
Sunday 1-4 pm Tue - Thu 2:30 - 8 pm
Monday 9-11 & 3-8 pm

Library Fall Programming
Adult Book Club - Meeting time will be on the third Thursday of each month: 17 Nov, 15 Dec at 8 pm.

First book for discussion will be "The Da Vinci Code" by Dan Brown. Further book lists discussed at that time.

Harry Potter Fan Club - Third Monday of the Month - 21 Nov, 19 Dec at 6:30 - 8pm

Open discussion on all of the Harry Potter books and movies.
Open to all ages

Youth Book Club - - First Monday of the month 5 Dec at 6:30 - 8pm

Book discussions on your book lists

Youth Creative Writing - second and fourth Mondays of the month - 14 & 28 Nov, 12 Dec at 6:30 - 8pm

This writing group has been with the Library for 5 years. Youth Creative Writing, has an anthology published and have entered numerous writing contests.

For more information, contact Michelle.
Wohlgemuth.mke@forces.gc.ca

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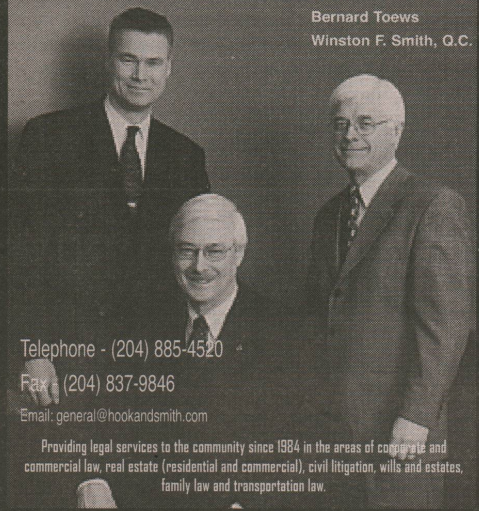
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TAROSCOPES

BY
NANCY

ARIES (March 21 - April 19): Progress in a relationship increases your optimism. Communication requires you to listen and share equally. Take the lead now that you know how much more you want from life. Ask for what you want. Talk to someone who can advise you on how to succeed with less effort.

Taurus (April 20 - May 20): Instead of focusing on other people's behavior, get your own life on track. If you're comfortable where you work, then focus on developing better personal relationships and if you're not happy with your current career prospects further your education to facilitate future advances.

GEMINI (May 21 - June 21): Your living standards change when you sign an important document. Before you make a commitment, check all the conditions. Though not large, sacrifices will be required. This must be a voluntary choice so give it your full consideration and investigate fully.

CANCER (June 22 - July 22): Someone who comes to you asking for advice is actually disclosing information in the hope of ensuring your backing. Try to remain impartial and take a higher view of things when you listen to what they have to say. Remember your own youth wasn't perfect.

LEO (July 23 - August 22): A new vehicle or travel are highlighted. You're about to experience a surprising turn of events. People are relying on you and are willing to follow your lead. Connect with those who can help you. Be objective about the abilities of co-workers and companions.

VIRGO (August 23 - September 22): If you can't be logical about a decision write down the pros and cons, your feelings and thoughts. Nothing is as scary as you might think. The main thing is that you have the freedom to choose. Exercise this right intelligently. A total change has hidden benefits.

LIBRA (September 23 - October 23): To gain a sense of accomplishment, consider doing some hands-on work. It is detrimental to your happiness to do too much thinking, talking and assessing of everything that might affect you. Try living in the moment. Nurture the kinds of relationships you want to have.

SCORPIO (October 24 - November 21): You're happy to see problems drift away through no effort of your own but be aware that they can drift back just as easily. You're stronger than you think so you'll be ready should they arrive. Your relationships improve when your own confidence increases.

SAGITARIUS (November 22 - December 21): You are not in charge of anyone else's life so don't seek specifics to use as leverage to influence them. What's best for you isn't best for everyone. Upheavals have a purpose; so don't avoid them but don't allow them to become a constant state of existence either.

CAPRICORN (December 22 - January 19): A return on an investment should be shared with those who shared in the work. Those you depend on are going through changes so don't overload any one person with the majority of tasks. Showing respect, as a sign of appreciation, is worth its weight in gold.

AQUARIUS (January 20 - February 18): An unexpected offer comes your way. When you receive a token of someone's affection you need to be honest with them so they understand your feelings. Let them know what your expectations are from a relationship and what your hopes are in life.

PISCES (February 19 - March 20): You are naturally caring and adapt to other's needs easily. However, it's important that your actions and words truly reflect who you are because someone wants to get to know the real you. You'll be in the right place at the right time to attract your heart's desire.

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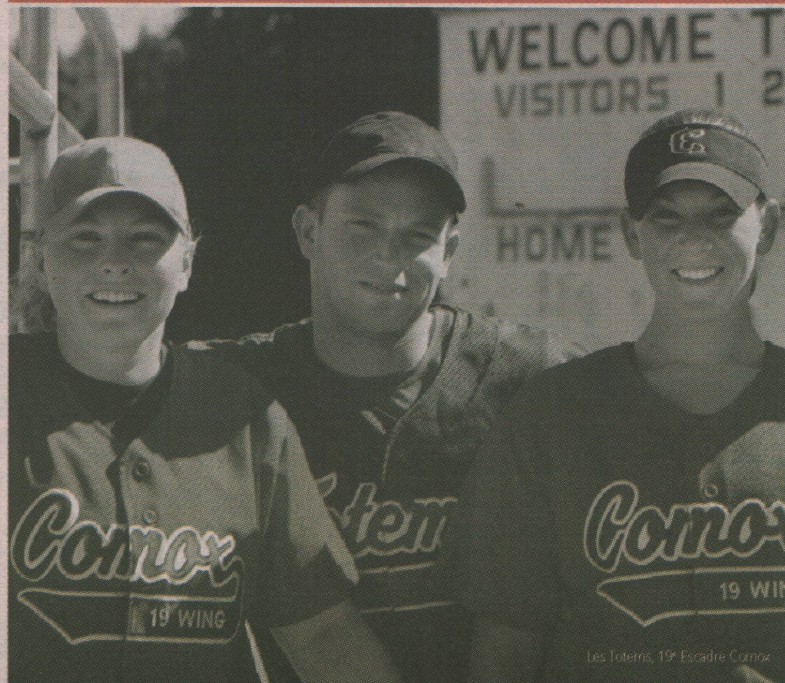
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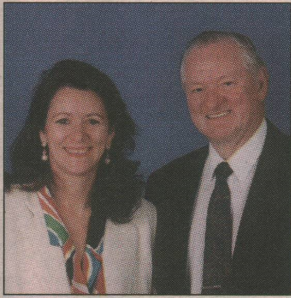
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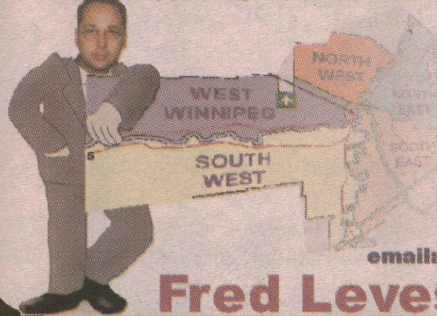
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