



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

NOVEMBER 1, 2006

VOLUME 54, ISSUE 19

FREE

## CF Night Out At The CFL



Buzz strikes a pose in front of the south end stands filled with folks dressed in yellow or in uniform, while Boomer makes his way up to the crowd. Close to 4000 members of the military community came out to support the troops and the Bombers at their home game on 21 October.

By Avery Wolaniuk

It was cold, it was windy, but that didn't keep us away. The military community packed one full end of the stands at the Canad Inns Stadium, cheering on the Blue Bombers to their 28-13 win against the Calgary Stampeders on Saturday, 21 October. The night was an opportunity for the 17 Wing community and all of Winnipeg to show their support for their heroes in uniform — blue and gold, and Cad Pat.

“From the club’s perspective, it was a terrific evening — seeing the families and troops and having the opportunity to honour them in front of close to 30 000 people,”

said Blue Bomber’s vice president of marketing Jerry Maslowsky, who worked with the MFRC in coordinating the event.

The stands at the south end of the field, set up for next month’s Grey Cup, were filled with military members, DND and NPF civilian employees and their families, all bundled up in layers and layers of coats and blankets and scarves.

Approximately 4000 determined folks filled the south-side stands. Wing Fund purchased 2300 of the reduced price tickets offered by the Bombers and distributed them to their personnel. Another 1700 other people took advantage of the \$9.50 offer and purchased them online. “Despite

being an extremely cold evening, it was absolutely marvelous to see almost 4000 people there representing the CF members and their families, and to see the outstanding support that we received from the Winnipeg Blue Bombers,” said WComd Col Ken O’Brien. “I feel privileged to be in the same town with the Bombers and the city of Winnipeg, who support us so well.”

The stadium was decked out in yellow, courtesy of the MFRC staff and volunteers who spent Friday afternoon decorating. Ribbons, balloons and banners set the “Support Our Troops” tone, which continued throughout the evening. Before kick-off, children of military personnel took

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# Sea Of Red



Photo by Cpl Steven Bogue

Lead by MGen Bouchard and other senior staff from 1 Canadian Air Division / Canadian NORAD Region headquarters in Winnipeg, hundreds of personnel show their support for our troops by wearing red. Joining them for the photo are local Members of the Legislative Assembly, Bonnie Korzeniowski (St James), Jim Rondeau, (Assiniboia) and Sabrina Brenot, Special Advisor to Steven Fletcher, Member of Parliament for Charleswood - St James/Assiniboia. For more information on what you can do to support our troops, visit [www.forces.gc.ca](http://www.forces.gc.ca)

# CFL *Continued from page 1*

the field with anthem singer Sgt Cindy Scott, just back from the Air Command Band's Northern Tour. After Sgt Scott's rendition of O Canada, the Wing Commander was out with the refs and captains for the coin toss.

Throughout the game, messages from the Mission Support Squadron (MSS) personnel in Camp Mirage were played. "The video tributes were very emotional and moving, and appreciated by the fans by their response," said Mr. Maslowsky of the Bombers. The Bombers signed posters that are heading over-

seas to the troops, along with the banners that were set up inside the gates and filled with signatures and messages from the public to the soldiers there.

Personnel from the Canadian Forces Recruiting Centre and from 38 Brigade met fans at the gates, answering questions and showing off a couple military vehicles. At half-time, the 170 St. James Royal Canadian Air Cadets Squadron, led by Maj Ken Mahon, performed drills on the field and called for the two newest members of the squadron, Buzz and Boomer. "All in all, everybody enjoyed it, and it was

a great game — they won!" said Catherine Chatterly of the MFRC.

The partnership between the Bombers and DND will be in full force in next month's Grey Cup. "We certainly salute our troops and the military families, and we will continue to support them wherever we can, not just during the football season," said Mr. Maslowsky. Special thanks to all the volunteers and military members who took the time to make the evening possible, and congrats to everyone who made it to the end of the fourth quarter!

# Voxair Online!



Photo by Avery Wolaniuk

VOXAIR is now available online at [www.voxair.ca](http://www.voxair.ca). The web format allows you to download your promotion photo, or your favourite On the Wing this Week, and to read all content electronically. "This is an excellent opportunity for us to get the word out about what's going on on the Wing. I think it's an outstanding advancement," said WComd Col Ken O'Brien.

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Building 86

29 Nov 06  
23 Health Services  
Building 62

06 Dec 06  
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### LCol Colin Goodman

MGen Charlie Bouchard, Comd, 1 Cdn Air Div released the following words on the passing of LCol Colin Goodman:

"I am deeply saddened to inform you that LCol Colin R. Goodman passed away on Friday, 13 October 06, in Victoria, B.C., after a brief but courageous battle with cancer.

Prior to his illness, LCol Goodman provided exceptional leadership and friendship to the men and women of the Air Division and especially to A3 Search and Rescue. All members of the Air Force mourn his loss and extend deepest condolences to his wife, Sgt Lynn Goodman, and to his family and friends across the country."

A funeral service was held on Wednesday, 18 October 06. In honour of LCol Goodman's contribution to the Canadian Air Force, there was a traditional pilot's toast at 1642 hrs. In lieu of flowers, donations may be made to Casara at 421 Abel Place, Kelowna BC, V1Z 3E1 c/o Charles Pachal. For more information, please contact Capt Jeff Fenske (250) 792-2782.



C-90B King Air

## New Wings For Canadian Forces Pilot Training At Southport

By Capt Mike Babin and Capt Rick Flaherty, 3 CFFTS

The airport in Portage la Prairie, Manitoba, now known as Southport, has long been a key part of Canadian military aviation. The facilities in Southport are currently undergoing a metamorphosis that will see them converted to a leading edge, world-class training facility. Four new aircraft will be utilized on the new venture under the name Canada Wings Aviation Training Centre. The project, worth over \$1.77 billion, will ensure Southport's military legacy remains entrenched and viable for the foreseeable future.

3 Canadian Forces Flying Training School (3 CFFTS) was formed at CFB Portage la Prairie in 1970 by amalgamating the personnel and equipment from 1 Primary Flying School at CFB Borden in Ontario, 4 Flying Training School from CFB Rivers, Manitoba and 3 Flying Training School at Portage la Prairie. Each school contributed personnel and aircraft including the de Havilland Chipmunk (CT-120) primary trainer, the Hiller Nomad helicopter (CH-112), and the Beech Expeditor (CT-128) multi-engine trainer. By mid-1971, the venerable Chipmunk was replaced by the Beech Musketeer (CT-134) as the primary trainer. 1971 also saw the Hiller Nomad helicopter replaced by the Bell Kiowa (CH-136). In keeping with the demand for upgraded aircraft, the Musketeers were replaced in 1981 with the newer Beech Musketeer and the Kiowas were replaced by the Bell Jet Ranger B-III (CH-139). The main improvement to both new aircraft was an upgraded instrument package.

With changes to Canada's international commitments abroad, many of the Kiowas that had been moved to operational flying and training units throughout the CF were returned to Southport in 1990 to temporarily replace the Jet Rangers that were deployed to the United Nations' Operation Sultan in Honduras.

The greatest change that 3CFFTS has undergone occurred in 1992, when CFB Portage la Prairie closed as a military unit and all the infrastructure was handed over to Southport Aerospace Centre Incorporated. Base support functions and aircraft maintenance were contracted to numerous civilian agencies under the Contracted Flying Training and Support (CFTS) program.

With the introduction of the CFTS program, the Musketeer was retired and replaced by the Slingsby Firefly (T-67C) trainer, and primary flying training was no longer conducted by military pilots – civilian flying instructors were contracted to conduct this training. Multi-engine and helicopter pilot training, however, continued to be conducted by military instructors using aircraft provided and maintained by the contractor (the Beech C-90A King Air and the Bell 206 Jet Ranger).

Throughout the years, Southport has realized significant

changes and 2005 was no exception. In fact, all things considered, 2005 was a banner year for Southport. The Canadian government announced that a \$1.77 billion, 20-year contract had been awarded to a consortium of four companies operating under the name of Allied Wings Flight Training Services. A new integrated training centre and two new hangars are being constructed; these buildings and modern 'on-site' accommodations will be used by 3 CFFTS and Allied Wings to conduct the flying training mission at Southport. The training centre will contain the program's suite of full-motion simulators, flight training devices, part-task trainers, multi-media classrooms, multi-media briefing rooms, staff and student offices and lounges, and recreation spaces. The services and support provided by the Allied Wings consortium include aerodrome facilities and maintenance, aircraft rescue and fire fighting, integrated information management, offices and facilities management, personnel support facilities and services, air traffic control and meteorological services, and food services. Essentially, Allied Wings will provide all of the services required to run the CF multi-engine, fixed-wing and helicopter pilot training programs under the Canada Wings Aviation Training Centre umbrella. The new facilities being constructed should be completed by Mar 07, and aerodrome improvements should be completed by mid-2007. Canada Wings will be a fully integrated, flexible pilot-training system designed to develop pilots for the new generation of multi-crew and digital systems-oriented helicopters and multi-engine, fixed-wing aircraft.

The new CFTS contract saw the Slingsby Firefly replaced by the German-made Grob 120A primary trainer, and the Raytheon C-90A King Air replaced by the newer C-90B King Air. The Bell Jet Ranger helicopter fleet will be reduced and refurbished giving the rotary-wing school essentially a new fleet of these aircraft. Students will continue to learn basic helicopter handling on the Jet Ranger and then they will transition to the Bell 412CF aircraft – on which they will undergo advanced navigation, instrument and Clear-Hood handling before receiving their pilot Wings. Nine CH-146 Griffons, provided by the Air Force, are being modified by Allied Wings to become new Bell 412CF aircraft. The biggest change to the Bell 412CF will be in the cockpit, where the pilots will see instruments and navigational aids presented on numerous multi-function displays (glass cockpit).

Canada continues to seek improvements to its aircraft fleets and to enhance pilot training by embracing new technologies. Making improvements to the way our Air Force trains its pilots at 3 CFFTS will ensure that our graduates arrive at operational training units with the required skill sets and levels of expertise required to move forward in the rapidly changing world of military aviation.



## You Made A Difference - GCWCC Update

By 2Lt Alexandre Cadieux

As expected, the members of 17 Wing Winnipeg and those of the 1 Canadian Air Division, military and civilian alike, have proved that when they are called for generosity, they will answer.

Once again, the "Boot Drive" event organized by the 17 Wing Fire Services was a phenomenal success. On the morning of Oct 11, firefighters from the Wing's Fire Hall (WFH) were posted at the gates on Air Force Way and Wihuri Rd to collect donations and spare change from the arriving workers. For three hours that day, our dedicated fire fighters sustained our beloved Winnipeg weather, but were certainly warmed by the growing proof of their success, attributed to your generosity. The result: over \$2500 in donation, making it the new record for the WFH Boot Drive. This money will go to the Muscular Dystrophy of Canada, their sponsored charitable organization.

### Muscular Dystrophy Canada

It is a national registered charity that acts as a supporter of the tens of thousands of Canadians with neuromuscular disorders and a leader in the fight against more than 100 neuromuscular disorders. Muscular Dystrophy Canada provides equipment and peer support services, advocates for changes in national social policy, creates awareness through public education, and funds principal research to find therapies, treatments and cures for neuromuscular disorders. [www.muscle.ca](http://www.muscle.ca)

### More Information

Be sure to check up on our website (<http://17wing.winnipeg.mil.ca/wadmin/gwcc/gwcc2006.htm>) for all upcoming activities with links to the GCWCC, United Way and Healthpartners. Any questions, concerns and ideas may be addressed to anyone of the committee members or co-chairs, Sherry Liley ([liley.s@forces.gc.ca](mailto:liley.s@forces.gc.ca)) or Capt Ryan Setter ([setter.rl@forces.gc.ca](mailto:setter.rl@forces.gc.ca)).

## Comedy Night - GCWCC Update

By 2Lt Alexandre Cadieux

Tired of staring at your computer screen all day long? Desperately need a night away from your home? In that case, mark Saturday November 4th on your calendar as the night you will laugh while supporting a great cause.

The Government of Canada Workplace Charitable Campaign (GCWCC) committee is proud to present Vanessa Hollingshead at the Rumor's Restaurant & Comedy Club. Tickets are only \$15 for a good time and laughter to which half of the money will go to the GCWCC. So, invite your loved one or even a friend to come support and help us reach our goal by having an amazing night!!!

For more information about where to get tickets for the Comedy Night, please go on our website at <http://17wing.winnipeg.mil.ca/WAdmin/GWCC/gwcc2006.htm> under Upcoming Events.

Épuisé de n'avoir rien d'autre à regarder que votre écran d'ordinateur? Vous avez désespérément besoin d'une soirée loin de la maison? Dans ce cas, marquez samedi le 4 novembre comme étant la soirée où vous serez diverti tout en

contribuant à une bonne cause.

Le comité en charge de la Campagne de charité en milieu de travail du gouvernement du Canada (CCMTGC) est fier de présenter Vanessa Hollingshead au Rumor's Restaurant & Comedy Club. Les billets ne sont que 15\$ chacun pour du bon temps et des rires à profusion. En plus, la moitié de cette somme sera versée directement à la CCMTGC. Alors, invitez votre bien-aimé(e) ou, tout simplement un(e) ami(e), à venir nous aider à atteindre notre objectif en passant une soirée fantastique!

Pour plus d'information à propos des personnes à contacter vous procurer des billets pour le Comedy Night, visitez notre site web au <http://17wing.winnipeg.mil.ca/WAdmin/GWCC/gwcc2006.htm> sous l'onglet Upcoming Events.

### More Information

Be sure to check up on our website (<http://17wing.winnipeg.mil.ca/wadmin/gwcc/gwcc2006.htm>) for all upcoming activities with links to the GCWCC, United Way and Healthpartners. Any questions, concerns and ideas may be addressed to anyone of the committee members or co-chairs, Sherry Liley ([liley.s@forces.gc.ca](mailto:liley.s@forces.gc.ca)) or Capt Ryan Setter ([setter.rl@forces.gc.ca](mailto:setter.rl@forces.gc.ca)).

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Dr. Wali, a supervising physician at the Mir Wais Hospital in Kandahar City demonstrates the use of an ophthalmoscope from one of the diagnostic kits, consisting of a stethoscope, blood pressure cuff, reflex hammer, tuning fork, thermometer and an eye, ear nose and throat examination set, that were provided for the Mir Wais Hospital nursing school during a visit by nursing students to the Camp Nathan Smith medical clinic.

## Kandahar Provincial Reconstruction Team Provides Diagnostic Kits To Kandahar Nursing School

By Capt D.A. Muralt

CAMP NATHAN SMITH, Kandahar, Afghanistan – The Kandahar Provincial Reconstruction Team, based here, provided more than 100 diagnostic kits to the nursing school at Kandahar City’s Wais Hospital for use by male and female students in the nursing training program today.

The Mir Wais Hospital is the only teaching hospital in Kandahar Province.

The diagnostic kits, with a total value of more than \$37,000 CAD, consist of a stethoscope, blood pressure cuff, reflex hammer, tuning fork, thermometer and an eye, ear nose and throat examination set.

The student nurses study for 3 years at the Mir Wais Hospital, the largest in Kandahar, and follow a program of instruction that includes 3 days a week of classroom work and 3 days a week working on the wards with doctors and experienced nurses. 10 student nurses, an instructor and a physician visited the PRT to formally receive the diagnostic kits and to tour the medical clinic at Camp Nathan Smith.

“These diagnostic kits will improve the training of our nurses,” said Dr. Wali, supervising physician at the Mir Wais Hospital. “Until now, they have only been able to learn in the classroom from an instructor. Now they will have some tools to work with.”

The nursing students met with a physician, a physician’s assistant and a medical technician during their tour.

“Everyone needs tools to do their job,” medical officer Capt Mark Dacambra said to the students. “But remember, the most important tool in the diagnostic toolbox is the mind of the practitioner making the assessment.”

The Kandahar PRT consists of Canadian Forces members, a civilian police contingent led by the RCMP, representatives of the Department of Foreign Affairs and International Trade and the Canadian International Development Agency. The Kandahar PRT conducts coordinated interdepartmental operations to promote good governance and assist the Government of Afghanistan to extend its authority in the province of Kandahar, to facilitate the development of a stable, secure and self-sustaining environment for the Afghan people.

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Master Cpl Richard Leray, a vehicle technician with the Kandahar Provincial Reconstruction team based at Camp Nathan Smith in Kandahar City, and two Afghan mechanics hired for the Afghan National Police vehicle Maintenance, Repair and Overhaul program work on an ANP truck, finishing up the removal of the engine for rebuilding.

## PRT Keeps The Afghan National Police On The Road

By Capt D.A. Muralt

CAMP NATHAN SMITH, Kandahar, Afghanistan – The Kandahar Provincial Reconstruction Team, based here, operates a Maintenance, Repair and Overhaul program to keep Kandahar-based Afghan National Police officers mobile and able to respond to emergencies and conduct routine law-enforcement activities in the Province.

Vehicle technicians of the Electrical and Mechanical Engineers and 4 Afghan mechanics work together on vehicles that have been donated by a number of different countries.

In addition to maintaining the vehicles, the skilled Canadian craftsmen are able to pass on their knowledge and the benefits of their technical training to the local mechanics employed on the program. After years of working in an economy where replacement parts are few and far between, the Afghan mechanics have become experts at making do with few spare parts and limited tools.

“Afghan mechanics are quite knowledgeable and are expert improvisers,” said vehicle technician Cpl Frank Pastry. “They’ve shown me up on a couple of occasions.”

The Kandahar Provincial Reconstruction Team has spent more than \$ 45,000 CAD on vehicle Maintenance, Repair and Overhaul since the inception of the program last year.

“This is just one of many projects we have on the go to improve the capability of the Afghan National Police,” said RCMP Supt Dave Fudge, who heads the Canadian Civilian Police contingent here. “In addition to training and equipment, we are working on improving infrastructure such as police stations and checkpoints in the Province.”

The Kandahar PRT consists of Canadian Forces members, a civilian police contingent led by the RCMP, representatives of the Department of Foreign Affairs and International Trade and the Canadian International Development Agency. The Kandahar PRT conducts coordinated interdepartmental operations to promote good governance and assist the Government of Afghanistan to extend its authority in the province of Kandahar, to facilitate the development of a stable, secure and self-sustaining environment for the Afghan people.



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# Personal Training Now Available For Civilians

**SOLID AXIS**  
HEALTH & FITNESS

By Avery Wolaniuk

Looking for a better way to work out? Ready to get started but intimidated by the gym? A personal training service has begun at Building 90 for all non-military folks with a Recreation pass that can help you improve your exercise habits, or lack thereof.

"We're finally being able to provide a personal training service to our clients," said Community Recreation Director Melissa Horbas. Now available through Solid Axis, a locally owned personal training service, it is similar to what military members receive from the Fitness Instructors.

"It's a focus on a healthy lifestyle. Members can learn and work out safely, to meet their specific needs," she said. A healthy lifestyle is easier to maintain when everybody in the family is involved, instead of just one person. This service, provided by Solid Axis Health & Fitness, will complement what the fitness instructors do by offering a service not previously available at Building 90 for non-military members.

Everyone and anyone can benefit from working with a personal trainer, said owner Jason Driedger, one of the trainers who will be working at 17 Wing. "Anyone who is brand-new to the gym and doesn't have a history of exercise can benefit, he said. "But even for someone who exercises regularly and has done so for years, there are exercises they can learn that would

add something new and different to their workout."

Solid Axis is a young company with competitive rates that has a one-year renewable agreement with Com Rec. Sessions will be held with Jason Driedger and Kristin Braid. Both have exercise science related university degrees and the Professional Fitness & Lifestyle Consultant (PFLC) certificates, and have worked for several years in the industry. Trainers will work with clients on an individual or small group basis.

In the first training session with a client, trainers are learning about the individual and their fitness history. You can expect a fitness assessment and questions about your goals, interests, past exercise history and activities you enjoy. "We gather as much information about them as we can so we can design an individualized exercise program that fits their needs and goals," Jason said.

For military spouses and others looking into transitioning careers, Jason is also involved with RCMP and Winnipeg Police fitness testing and brings that knowledge with him, said Melissa Horbas.

Sessions are available already, by appointment only. Call 792-8460 to book, or visit [www.solidaxis.com](http://www.solidaxis.com) for more info.



# Leave Fireworks To The Professionals

By 17 Wing Fire Department, Fire Prevention Office

That wonderful time of year is on its way, the temperature is dropping, and winter is fast approaching! This typical Winnipeg weather is driving people indoors, but does not stop social events or celebrations from taking place. Depending on the occasion, some festive Winnipeggers may deem their celebrations great enough for fireworks, which come in all shapes, forms and sizes.

In recent years, fireworks have been a leading cause of injuries serious enough to require hospital emergency room treatment. Fireworks can result in severe burns, fractures, scars or even death. The thousands of serious injuries each year are mostly reported in countries where fireworks are legal. Even sparklers, which are considered by many to be harmless, reach temperatures of more than 538 Degrees Celsius. The latest

published Canadian fire statistics report illustrates that, almost 24,000 fires, 744 million dollars in damages, 582 injuries and 161 deaths, were attributed to fire works accidents.

For several years following the City's Santa Claus Parade, a fireworks display is held adjacent to the Manitoba Legislative Building. Public fireworks displays are conducted by trained professionals, and are the smartest and safest fireworks alternative because they are run under controlled settings and regulations. However, after these displays, or any other time, people should never pick up fireworks that may be left over. Fireworks that have been ignited and fail to immediately explode or discharge can cause injury because they still may be active. Children should always tell an adult if they find fireworks rather than picking up smoking or charred fireworks themselves.

Do yourself and your family a favour; leave fireworks in the hands of the professionals.

## Ombudsman's Special Recognition Award La Mention d'honneur spéciale de l'Ombudsman

The Ombudsman for the Department of National Defence and the Canadian Forces is now accepting nominations for a new annual award.

The Ombudsman's Special Recognition Award is meant to formally acknowledge those individuals who have gone above and beyond their normal responsibilities to assist others in the Defence community or who have helped bring positive and lasting change to DND/CF.

Award recipients will receive a framed citation, an engraved glass sculpture created by a well-known Aboriginal artist, and a trip to Ottawa to be recognized at a special luncheon and ceremony on Parliament Hill.

Anyone in the Defence community can submit a nomination directly to our office. **The nomination period closes on December 31, 2006.** You can learn more about the award criteria and nomination process on the Ombudsman's website at [www.ombudsman.forces.gc.ca](http://www.ombudsman.forces.gc.ca).

L'Ombudsman du ministère de la Défense nationale et des Forces canadiennes accepte maintenant les mises en candidatures pour sa nouvelle mention d'honneur annuelle.

La Mention d'honneur spéciale de l'Ombudsman vise à reconnaître officiellement les militaires et les civils qui sont allés au-delà des besoins et des exigences normales de leur emploi pour aider d'autres personnes dans la résolution d'un problème spécifique ou qui ont apporté des changements favorables et durables au sein de la communauté de la Défense.

Les lauréats recevront une attestation encadrée, une structure de verre créée par un artiste autochtone réputé, et un voyage à Ottawa où l'on reconnaîtra leur dévouement au cours d'un dîner et d'une cérémonie spéciale sur la colline du Parlement.

N'importe qui de la communauté de la Défense peut soumettre une candidature directement au bureau. **Vous avez jusqu'au 31 décembre 2006 pour proposer des candidatures.** Pour en savoir plus sur les critères d'admissibilité et le processus de mise en candidature, consultez le site Internet de l'Ombudsman au [www.ombudsman.forces.gc.ca](http://www.ombudsman.forces.gc.ca).

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# Take A Walk Through History

## ❖ Cenotaph – Memorial Blvd and York Ave

A Cenotaph is a monument erected in honour of a dead person whose remains lie elsewhere. The one on Memorial Blvd stands in Remembrance of the dead who have fought for the freedom of Canadians. It was the first monument erected in Memorial Park, designed by Gilbert Parfitt and dedicated in 1928. Plaques have been added in honour of those who served in subsequent wars and the Peacekeepers.

## ❖ The Women's Tri-Service Memorial – Memorial Blvd

Statue of three service women commemorating WWI and WWII veterans of Winnipeg, honouring all women of the British Commonwealth who served during the two world wars. It was sculpted by Helen Granger Young and dedicated 4 July 1976.

## ❖ Airman In Training Memorial – Memorial Blvd

Dedicated to the memory of those airmen and instructors who lost their lives while training in Canada during World War II. Sculpted by Leo Mol and erected by the Wartime Pilots and Observers Association of Winnipeg.

## ❖ The Peacekeeper's Cairn – Memorial Blvd

Three stone pillars engraved with a single word: past, present, and future. Unveiled 8 August 04.

## ❖ Valour Road Plaque - Corner of Portage Ave and Valour Rd

A small plaque on a lamppost notes that three men from what was then called Pine St. won the Victoria's Cross, the highest military honour in the British Empire. Two of them were killed in action. After the war, the street's name was changed to Valour Road.

## ❖ Vimy Ridge Park – Portage Ave near Broadway Ave

Originally known as St. James Park, it was renamed Vimy Ridge Memorial Park in commemoration of Canada's historic victory at the Battle of Vimy Ridge in April 1917. The war memorials of 44th Canadian Infantry, The Royal Winnipeg Dragoons and the Royal Winnipeg Rifles all reside in the park.

## ❖ Bruce Park – Portage Ave at Albany St

The cenotaph at this park, originally settled by Peter Bruce in the 1850s, was erected in 1956 in honour of the soldiers who fell in WWI. After the original was destroyed by frost damage in the 1980s, a replica was put up at the site, honouring the veterans of the three major wars in the 20th century.

## ❖ Guay Park – St. Mary's Rd and Guay Ave

This monument near the river is dedicated to the veterans of WWI, WWII and the Korean War. There is a plaque dedicated to the Winnipeg Grenadiers (Hong Kong), a unit that had several men living in St. Vital on Arden Ave., and to Robert John Osborn, Warrant Officer Class II, a soldier who saved the lives of his fellow soldiers by falling on a grenade and won the Victoria Cross.



Photo by Avery Wolaniuk



Mr. Philip Lyons, a WWII naval veteran, stands with the ladies of the The Women's Tri-Service Memorial.

By Avery Wolaniuk

### To the honoured dead

*This park was dedicated in memory of their sacrifice in war and peace to create this province and preserve this nation - Inscription of Memorial Park, September 28, 1962*

Around Winnipeg there are numerous memorials and monuments dedicated to those who sacrificed their lives for the freedom of our country. World War II veteran, Mr. Philip Lyons and his wife have been documenting the memorials for more than 30 years. For Mr. Lyons, it's important to make sure that the courageous acts of years gone by are not forgotten by the very individuals who live freely because of them. "I'm trying to get people to remember. I remember because I was there, and I can understand why people who weren't there don't," he said. "We always talk about remembrance, but no one is."

Memorial Park, down Memorial Boulevard between Portage Avenue and the Manitoba Legislative Building is home to multiple monuments. The Cenotaph, the Peacekeeper's Cairn, the Women's Tri-Service Award, the Airman in Training Memorial, the Sir William Stephenson "Intrepid" statue — all dedicated to the memory of those who served their country.

Take a walk on November 11 through Memorial Park, or past the stone memorials throughout the city, and take a moment to remember the lives lost that we may live in peace and freedom.



**Thank You.**

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# Remembrance Day Ceremony Locations

The president of the Veteran's Association of Winnipeg has provided a list of the Remembrance Day Services that will take place in the Winnipeg area. Please check with your local legion to confirm the date, as some ceremonies are being held on different days this year.

Timings were only provided for a couple locations, but most ceremonies will commence around 1045 hrs and be

over by 1115 hrs depending on the number of wreathes to be laid.

All personnel (military and civilian) are invited to attend one of the many services that will take place throughout the city. All the legions welcome the military presence at their services and the veterans thoroughly enjoy swapping war stories.

- a. Winnipeg Convention Centre (third floor) - Service commences at 1050 hrs. People should be seated by 1030 hrs;
- b. 1885 Memorial (on Main Street beside the Centennial Concert Hall) - Service by Royal Winnipeg Rifles commences at 1100 hrs;
- c. Minto Armouries - 969 St. Matthews Ave (main floor drill area);
- d. Army, Navy Air Force Assiniboia Unit 283 - 3584 Portage Ave (parking lot);
- e. Sir Sam Steele Legion Branch 117 - 376 Salter Street (in the Branch);
- f. St James Legion Branch 4 - 1755 Portage Ave (March from the Branch to the ceremony location in Bruce Park);
- g. Charleswood Legion Branch 100 (in Oak Park High School) - 820 Charleswood Road;
- h. Fort Rouge Legion Branch 97 - 426 Osborne Street. (in the Branch);
- i. Fort Garry Legion Branch 90 - 1125 Pembina Hwy (in the Branch);
- j. Transcona Legion Branch 7 - 104 Regent Ave East (in the Branch);
- k. Brooklands and Weston Legion Branch 2 - 1613 Logan Ave (in front of the Branch);
- l. HMCS Chippawa - Service starts at 1030 hrs;
- m. McGregor Armouries - Service by Fort Garry Horse (main floor of armouries);
- n. 38 Bde - Lamp Post Memorial - Sergeant Ave and Valour Rd;
- o. RWR Memorial - Vimy Park (beside Wpg Rifles) Portage Ave and Home Str;
- p. Henderson Hwy Legion Branch 215 - 3600 DeVries East St Paul.; and
- q. RM of Springfield - Oakbank Baptist Church.

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Lest We Forget

MANITOBA AND NORTHWESTERN  
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# Padre's Corner

By R.P. Brinn Captain Chaplain (P)

Elie Wiesel stands before the Holocaust Museum, the horror of Buchenwald and Auschwitz, and says, "Remember, Remember, Remember." Elsewhere Wiesel writes, "Salvation can be found only in memory" (From the Kingdom of Memory). I think I know what he means. If we forget, we are apt to repeat the mistakes of the past. Memory enables us to learn from our experiences, especially the hard ones, and to grow.

Why do we celebrate Remembrance Day, if not to remember? On this day of the year we remember the fallen, and our indebtedness to them. We remember, and in remembering say thanks to those whose gifts have made us who we are.

And yet, what do we do with the burden of horrible memory? In so many parts of the world like Iraq or Afghanistan, and many other places, memory is the major engine that keeps the cycle of retribution going. Memory of injustice and injury breeds further injustice and injury.

Miroslav Volf writes, "No final reconciliation will take place without the redemption of the past, and the redemption of the past is unthinkable without forgetting. Indeed, only those who are willing ultimately to forget will be capable of remembering rightly."

After we have forgiven our enemies, after we have turned away from the seething hatred that devours from the inside, there is still one last, long step to be taken before there is reconciliation. Somehow we must forget the evil suffered.

We say that we don't want to forget until injustice has been undone. We don't want injustice merely swept under the carpet. Elie Wiesel must mean this when he speaks of our determination to remember the Holocaust as a moral act. Injustice must not be swept away through thoughtless amnesia.

But the accomplishment of justice in this life is no easy matter.

Sometimes, the best we can hope for is the power of forget-

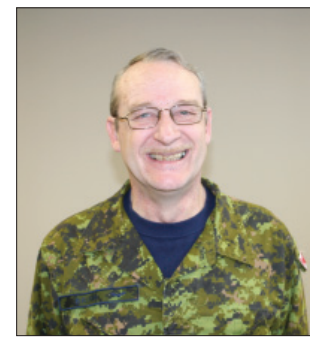


Photo by Avery Wolanuk

fulness. But wait, isn't there great danger in forgetting past evil and injustice? The Allied Occupation Forces in Germany after World War II forbade the Germans from erecting great monuments to the German dead after the war. They wanted no dear memories of Germany's past. But the Allies did insist that some of the

horrible concentration camps be preserved as physical reminders of the great evil done there. Perhaps the issue is not whether we remember or forget, but what sort of remembering we do.

When I lovingly nurture the memory of an evil that has been done to me, I impose a story upon the life of my transgressor. If my transgressor now behaves toward me in the future in a positive way, eventually my memory of his evil may recede into the background. But then, on the first occasion in which he does some wrong toward me, the remembrance of that transgression springs into my consciousness in bold letters. I say to myself, "Oh yes, this is typical of him, just the sort of thing I might expect. He did a similar thing to me ten, no, twelve years ago!"

By this remembering, I am not only locking my transgressor in the past, but myself as well.

In the cross, God remembers the act of God's forgetting the worst of sin. God remembers all of our terrible iniquity in the crucifixion, and forgives.

How is it possible for God, the one who never forgets anything, to enable us to begin again even after what we did to God's only Son? It is impossible, except through God's loving willingness, to forget.

This day, let us pray for the wisdom to remember our veterans, all of them, every one, and then let us pray for the grace to forget, in order that we might forget and remember, as we ought. (I am deeply indebted, in this article, for the thoughts and illustrations of Miroslav Volf in his wonderful "Exclusion and Embrace", Abingdon Press, 1996.)

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3584 Portage Avenue

# “It Was Part Of Life”

## Local Seniors' Residence Remembers WWII

By Avery Wolaniuk

Cocktail hour in the foxhole may have been from the wrong war, but it slipped into the program anyway at a WWII-themed event for the folks at a local seniors' residence.

Personnel from 17 Wing Winnipeg supported The Wellington, an independent living facility for senior citizens, to make the event possible.

Thursday, 21 September 06, the staff turned the dining room at the facility on Grant Ave. into a functional mess hall. Maj Irene George of the Manitoba Military Aviation Museum and her husband, Col Gary George (ret'd), a volunteer at the museum, helped the home celebrate the 18th anniversary of their opening, providing military memorabilia to set the atmosphere. They replaced all the pictures in the dining room with ones from the museum, and set up displays in the residence library, hallways and ballroom.

Understandably there were initial reservations about the choice of the anniversary theme from those who lived through the war. “There was some hesitancy amongst the residents,” said Maria Mathews, Recreation Director at The Wellington. “I think once they got some of the photos up and the visuals, their minds started to get involved and they realized that there was more to what we were trying to bring forward than just army fatigues.”

Air Cadets from the local area came out Thursday night to escort residents into dinner. The cadets, the same age as many of the residents' grandchildren, saluted the seniors, who all lived through the era that gave Canadians the freedom enjoyed today. “The residents always enjoy having the young people around to interact with,” said Ms. Mathews. A piper piped them in to dinner, a show of respect fully enjoyed by the residents, she said.

After dinner, the woodwind ensemble from the Air Command Band entertained the crowd with 1940s favourites, music perhaps not familiar to the musicians, but close to the heart of those that remember the songs' debuts. After the evening was done, one of the residents came up to chat with Maj George. He started singing along to ‘The White Cliffs of Dover’ that was playing over the speakers; “The shepherd will count his sheep, the valleys will bloom again, and Jimmy will go to sleep in his own little room again.” Mr. John, as she calls him, told the major that he used to sing that song every night while his brother Jimmy was away at war. “The music pulled everyone together, and you could see it in their faces, in hearing the music again,” said Maj George. “It brought back memories, whether good or bad. It was part of life.”

“What we tried to do was be respectful of the fact that it's a very sensitive time for all of our residences,” said Ms. Mathews. “For some of them who found the theme a little too near and dear to their heart, we tried to pull them out of that focus by engaging them in how things have changed and current days and what our army is currently involved in.” To do this, Maj Deborah McKenzie from Wing Logistics came out and spoke about the military today and the work going on in Afghanistan and the differences and similarities between the two wars.

On the second day of the celebration, members from the Ghost Squadron of Fort Garry Horse came out with vintage vehicles to show off to the residents and to talk with their cohorts and share war stories. For the staff at The Wellington, the fact that the cold, damp weather didn't stop the folks from coming outside to see the displays and participate in the activities and the hot outdoor luncheon pointed to the success

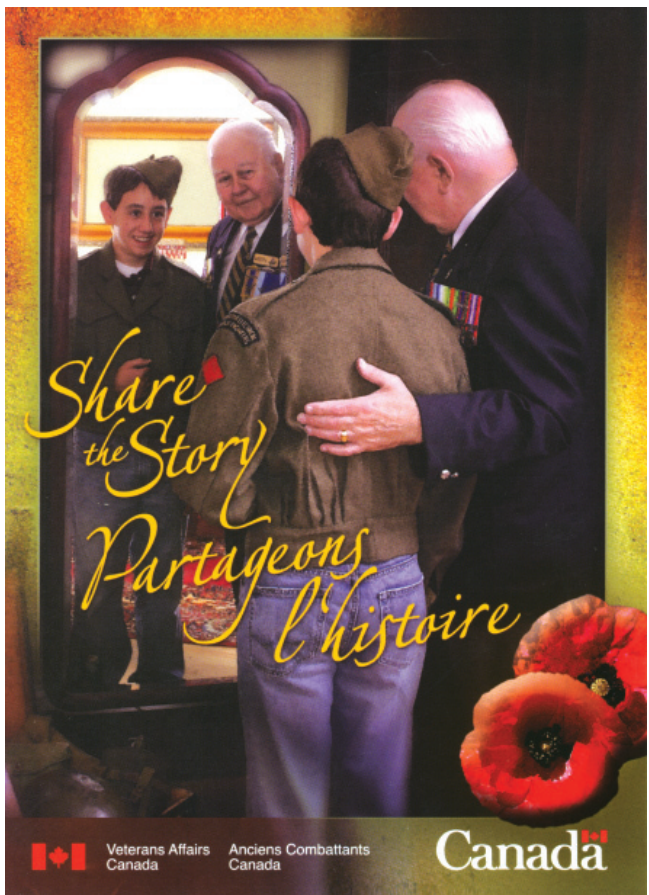


WWII veteran LCol Joe Greenberg (ret'd) of the Fort Garry Horse Ghost Sqn takes Mrs. Jean Doern (backseat) and Mrs. Margaret McPherson for a spin in the vintage jeep.

of the event. The Wing had even sent over army fatigue jackets to get everyone into the spirit while staying warm. There was a Boot Camp exercise period, rides in the open-air jeep, a water balloon bombing of the staff by the residents that raised money for the MFRC, and the ever popular camouflaged cocktail.

For Maj George, the success of the day was simply the enjoyment she saw around her. “It was fabulous just to see those smiles on their faces,” she said. “I'll never forget them, so many smiles on so many faces.” The conversations initiated because of the theme were a bonus. “We didn't go out there with the intent to advertise the military community, we went out of respect for WW2 veterans, for the fact that they and their families have lived through it, and our freedom is the result of the victory in WW2. It established a lot discussion that perhaps they hadn't been talking about for while.”

It's a discussion she and her husband will continue having with the residents there. They already have plans to visit again. “I was learning from them, and they were glad that there were people who still remembered and who were passing the message on — that everybody went through a bad time in WWII. We shouldn't take that for granted, because we're got the luxury of a life that we wouldn't have had otherwise.”



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# Reporting Back

## Barry Burns Home From Afghanistan

By Avery Wolaniuk

Somewhere over the Atlantic Ocean between Frankfurt and Montreal, he started reciting the words to our national anthem. On his way home from Kandahar, the simple ritual performed daily by school children across the country helped him express his newfound appreciation for Canada and all it represents.

CJOB broadcaster Barry Burns was in Afghanistan for three weeks this fall, meeting soldiers, watching daily life in the tent-city that is home base for the international force of soldiers who are fighting the Taliban, and reporting back to Canadians at home. "You just don't know how good it is here until you've been in a situation like that," he said, his voice clogged with emotion. "I have such great appreciation for our country now."

With more than two decades as a Public Affairs Officer in the Reserves, working in all three environments, he had some experience to guide him in his work. "Certainly the military background really helped me understand the chain of command there and how things worked," he said. Mr. Burns has been an active part of the 17 Wing community for years, and works with the MFRC and is Vice-President of the Royal Military Institute of Manitoba. For the past 10 years he's been a news anchor with CJOB, the local branch of Corus Entertainment, and part of the local broadcast media since the 80s. He reported back to Canadians from Montreal to Vancouver through his interviews.

Providing 130 live hits in the three weeks he was there, Mr. Burns goal was to be the eyes and ears for Canadians who have never been to a theatre of war, and share the experiences of both his and the soldiers' dry and dusty days there. "I didn't avoid hard news. I wasn't going there to do the hard news, and I did do some, but I was concentrating on doing human interest stories that I thought would have mass appeal here at home." To do that, he spoke with soldiers about their jobs, their reasons for fighting in the war, their views on the political situation at home, and what helps them get through their days. The answer to the last one is always support from home.

In his day-to-day work, Mr. Burns had to stay within the camp in order to report back to the Corus stations across the country. He got a good first-hand look at the members representing Canada overseas. "I really was impressed. I've always had a high opinion of the Canadian Forces, having been a member myself for 21 years, but my opinion quadrupled in my time over there," he said. Even with his time in the military, there were some surprises for him within the camp. "Guys carrying guns in the mess tent — guys carrying guns in church — really took me aback. Even in their time off, in shorts and t-shirts wandering down the boardwalk, still with their rifles slung over their shoulders or their pistols tied on. They had to take their weapons everywhere they went. I hadn't expected that at all."

Then there were the sights he had expected but wasn't totally prepared for, like the treatment of women in Afghanistan. While he was on assignment in Kandahar, Safie Ama Jan, head of Afghanistan's Ministry of Women's Affairs, was gunned down outside her home. The killing fit the role of women that Mr. Burns saw on his trips into the city. "They don't want women to have rights there. I just saw some brutal treatment of women. It was just sad to watch," he said. "Everywhere — in



CJOB news anchor and former reservist Barry Burns was in Afghanistan last month, reporting back to Canadians about the work and lives of our soldiers overseas.

the streets, in the bazaar — everywhere I looked I could see women were third-class citizens." One speaking example is the mode of transportation popular there, the Toyota van. While the men sit on the bench seats, women are crammed into the cargo sections like luggage, knees up to their chests, several in a space that barely has room for — and was never designed for — two.

The treatment of women wasn't the only thing he wasn't prepared for. "I had heard that the Afghan National Police Service was corrupt, and I was able to taste the corruption first hand," he said. At the beginning of his journey back to Canada, he first had to make it through the airport. It cost \$100 in bribes to police just to be pointed in the right direction from the parking lot to the passenger waiting lounge and from there, on to the aircraft. While the average Afghan citizen makes \$200 US a year, he says these police officers are making more than \$200 a day in bribes. "If you didn't give him money, instead of pointing you in the right direction upstairs to the waiting lounge, he might point you downstairs — Lord knows what's down there and if you're ever going to get out of there," said Mr. Burns. "They're just taking advantage of travellers and tourists and media folks who don't know any better, and who are fearful and who just want to do whatever they need to do to get the heck out of there. So I paid.

"There's a lot of work to be done to get Afghanistan out of corruption and lawlessness and get some sort of order to their society," he said. "Keeping in mind that they cannot and must not be

Westernized; they've got to be able to maintain their culture, but they've got to have some sort of stable government."

Through his research and his experiences there, Mr. Burns has some understanding of the challenges of building up the country's own military force. "To have a proper Afghan National Army they require representation from the different tribes. The problem is you get all these tribal people, you put them in the same uniform — they still hate each other," he said. "Building a true Afghan National Army is a huge and difficult chore. With perseverance it might work, but you don't break down hundreds of years of tribal warfare overnight."

For Mr. Burns, the working trip was a once in a lifetime chance he won't be repeating unless the situation in Afghanistan changed dramatically. "They couldn't pay me enough money," he said. The atmosphere of constant danger was not one he enjoyed. "If it hadn't been for my work, I don't know how I would have coped." When asked if, in retrospect, he would have made the same initial decision to go, Mr. Burns said this: "I would have made the same decision. I needed to be tested. I needed the adventure, and I didn't want to ever, ever be saying 'what if' or 'I should have.'"



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1500 to closing everyday is ALL RANKS except FRIDAYS. All ranks starts at 1800(after TGIF).

### WO and Sgt's Mess Retirement Mixed Mess Dinner

The Warrant Officers and Sergeant's Mess is hosting a Mixed Mess dinner to recognize retirees and their spouses. This function will be held at the Combined Mess on 9 Nov 06, with cocktails in the WOSM lower lounge 1900hrs for 1930hrs. Cost for members will be \$20 and \$30 for non-members and guests. Dress is appropriate attire, Mess Kit or DEU 2. This will be a wonderful and entertaining evening with atmosphere and your dining entertainment provided by the Air Command Band 11-piece ensemble. A photographer will be on the premises at 1800hrs for photos. The menu is Duo of Karma Soup, Garden Salad and Shrimp Cocktail and the Entree will be Chicken Cordon Blue, Parisienne Potatoes and French Green Beans w/ almonds. Dessert is to be Chocolate Eruption Cake. Fresh dinner rolls w/ whipped butter, coffee & tea service is available. All inquiries and any special meal requirements RSVP Sgt Reg Smith at loc 4054 no later than 3 Nov 2006.

# CDS Commendations



Photo by Cpl Steven Bogue

Maj Deborah McKenzie receiving a Chief of Defence Staff Commendation from Gen R.J. Hillier for her work as part of Task Force Golan from June 2005 to March 2006. She expertly planned, coordinated and executed operational level support to the UN Disengagement Force (Golan Heights) as the Logistic Battalion's Deputy CO and, as the Mission Closeout Commander, was directly responsible for the successful closeout of the 32 year long Canadian Mission. "Major McKenzie overcame stringent time constraints and through her perseverance, extreme dedication, careful planning and adroit allocation of resources, allowed TFG to effectively closeout the mission in the most effective manner possible, reflecting extremely positively upon the Canadian Forces and Canada," said CDS Gen Rick Hillier in the commendation letter. Maj McKenzie currently serves as the Deputy Wing Logistics Officer.



Photo by Cpl Steven Bogue

Cpl Prezioso receiving a Chief of Defence Staff Commendation from Gen R.J. Hillier for his heroic actions at the scene of a highway accident north of Teulon, Manitoba on 23 July 05. Cpl Prezioso attended the scene and quickly assessed the severe injuries of one of the injured victims, who was hanging from the vehicle inches from contaminated water. Using equipment from his truck, Corporal Prezioso extracted the victim and provided life saving first aid to stop the bleeding, immobilized broken limbs, and comforted the victim until civilian rescue personnel arrived on the scene. "In the face of a hazardous situation, Corporal Prezioso went above the call of duty to save someone's life. His outstanding actions brought credit to himself and the Canadian Forces," said CDS Gen Rick Hillier in the commendation letter. Cpl Prezioso is currently a member of EOD flt at WOps.



## My Start In CCSS

By Cpl François Bédard

I was on relocation leave bringing my family to Winnipeg when I learned that I was being transferred from Wing TISS (Telecommunications and Information Systems Squadron) CSS (Computer Systems Support) to CCSS (Command and Control Systems Support) Flight. In fact, I was simply told to do my APRV (Annual Personnel Readiness Verification) and get ready for BFT (Battle Fitness Test) before moving from CSS to CCSS in 1 Cdn Air Div Building, and not to forget my PLCC (Personal Liability and Clearance Card) card!

Since I had no idea what my role would be, I was in for quite a surprise. That's a lot to adapt to at once: a new city, a new home for my family (reunited at last), a new job half a continent away from my birthplace. I've been in Winnipeg for seven months now, first living on the base. Life here was very different from Quebec City: no wife and kid, no mountains, tiny rivers, flat lands and English-speaking folks. Not that I can complain, everybody was really friendly to me especially the people in my unit (it says "Friendly Manitoba" on the licence plates, doesn't it?) and I felt welcome everywhere I went.

Now I am getting trained for the daily inspection of the systems. The inspection starts at 0600h. In the Data Center I have to perform a visual check on the TSD (Traffic Situation Display). Next I log into the AFCCIS (Air Force Command and Control Information System) for ATO/ACO (Air Tasking Order / Air Combat Order) flow verification. Then I do the AV (Anti-Virus) update on the RELCAN (REleased to CANada) network. After that, I check the PDS-M (Processing Display Subsystem Migration) routers. It's now time to log into the TBMCS (Theatre Battle Management Core System) and the COP (Common Operating Picture) both running on the RELCAN Network. The last step is a visit to the AOC (Air Operations Center), which includes a verification of DRSN (Defence Red Switch Network) phones, CDRSN (Canadian DRSN) phones and RPDS (Radar Positional Display Subsystem).

I guess you had enough acronyms for now. So do I. That does it. I'm joining the CAAAAA (Canadian Association Against Acronym Abuse Anonymously)!

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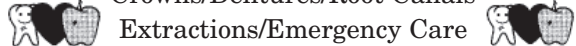
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Dining room Suite w/4 chairs & a leaf, Exc Cond - \$899 OBO. Sofa & Arm chair, VG cond - \$599 OBO. 2 Lamps, Exc Cond - \$30 OBO. Computer Desk, good cond - best offer. Microwave Stand, fair cond - best offer. Tanning Points with Golden Tan, 400 points for \$65. Call 284-0198.

**Barbeque**  
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833-2500 ext 2429

## TAROSCOPES

BY  
NANCY

**Aries (March 21 - April 19):** Issues affecting the women in your life are having an impact on you, too. Your heightened awareness and acceptance of differences and the emotions of others, has long term payoffs. Make the effort to respond to others instead of always being the catalyst in your circle.

**Taurus (April 20 - May 20):** You'll be searching for something missing. Calmly review what's been happening lately and you'll realize where you lost track of things. Life is full of options. What is truly valuable and important to you? Put these at the top of your list of priorities so you don't forget them.

**Gemini (May 21 - June 21):** The more you talk to people the more confused you become. Be patient with yourself and look within instead of trying to measure your worth and happiness against others. Reach for your highest goals, not to get them, but to be engaged fully in living and going after what you really want.

**Cancer (June 22 - July 22):** You'll be organizing your possessions and your environment. Open up to new information and get a better grasp of the real world instead of being insular. You must be willing to look at the implications of new information and apply the knowledge in an intelligent, practical way.

**Leo (July 23 - August 22):** You are determined to get what you want and deserve, for it is within reach, but it may not bring as much joy as expected. You don't need to change yourself in order to be comfortable, you just need to change your surroundings and how you relate to others.

**Virgo (August 23 - September 22):** If you can, take a retreat-style vacation. Visit a place that has spiritual significance or a place that allows you to do what your inner soul craves. Withdraw from the world and just relax. Follow your muse. Enjoy a slower pace. This is not the time to worry about meeting deadlines.

**Libra (September 23 - October 23):** Moving, rearranging and assessing what you will keep and what needs to be fixed. You have a desire to simplify life, before the season changes. You may get the urge to do an overhaul on your look, possibly getting a new hairstyle or starting a diet and/or exercise routine.

**Scorpio (October 24 - November 21):** Answers can come naturally to you when facing a dilemma if you don't dwell on getting things right. Because the choice is yours, you're ready, willing and eager to step up to the plate. Better still, you'll receive feedback quickly, that indicates you've made the right choice.

**Sagittarius (November 22 - December 21):** Your confidence increases when you find out how much you are valued. Your assistance and willingness to be independent and take the initiative makes you a good friend to a person who is worth their weight in gold. You'll exchange gifts with someone special.

**Capricorn (December 22 - January 19):** If you haven't done so yet, start putting aside funds for a trip or move. Make the necessary adjustments to ensure this is a possibility for it won't be long before you start feeling restless and want to get going. You're clearing away the old to make room for something new.

**Aquarius (January 20 - February 18):** Assimilate new information before you act. Changes result in a shift of focus in the future. This is a positive phase but it is an exhausting one. When you're overwhelmed you get tired, are less flexible and able to respond to all that comes at you, so take breaks when needed.

**Pisces (February 19 - March 20):** Say yes to an invitation you receive. You may have been misunderstood before but your message is getting through loud and clear now. Your reliability and down-to-earth, no-nonsense approach to challenges makes you attractive to others. Establish and maintain boundaries.

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# Military Family Resource Centre

## THANKS



A great big thank you to 17 Wing Fund, The Winnipeg Blue Bombers and all our wonderful volunteers. On Saturday Oct21/06 the Winnipeg Football Club hosted CF Members and their families for a night of great football and warm wishes for our Military Families. The MFRC would like to thank all involved for this excellent opportunity to celebrate our resilient and strong Military Families in a nationally televised venue. Close to 4000 CF fans filled the South End seats, and even though it was mighty cold, the yellow ribbons and videos from deployed Wing members warmed all the hearts in the stadium. A special thank you to our children volunteers on the field, Sgt Cindy Scott for a beautiful performance of the national anthem, Col Ken O'Brien for the official coin toss, 170 St. James Royal Canadian Cadet Squadron for a super half time demonstration and last but not least Maj. Ken Mahon for his assistance from decorating the highest scariest parts of the stadium to adding on 3 minutes to his half time demo with zero minutes notice. Thanks to everyone for a fantastic night for CF members and their families.

## Quality children's programming ...open to everyone!



The following are details of programs for parents and young children. For more info on these programs and our nursery school program, please see the Community Connections or visit our website at [www.mfrc.mb.ca](http://www.mfrc.mb.ca). There are spaces in our English nursery school program. Our Casual Childcare program provides an opportunity for you to get a break from the children and the children to experience a professionally led program.

### CREATIVE TOT SHOP

This program is the first step towards nursery school. It provides the opportunity for parents and young children to come together to create and play. The toddler or preschooler can explore the world of art, music, movement and story. Parent participation is required. Many families come to this program with two or more children of different ages. Registration is not required. Feel free to drop in. It's a great opportunity to meet other parents and make friends. Starting in September, we are offering this program at two different times and locations:

Westwin Children's Centre: Tuesday mornings from 9:30am to 11:00am

Ecole Tuxedo (2300 Corydon Ave.): Monday afternoons 1:30pm to 3:00pm

The programs are free. The St. James- Assiniboia Parent Child Coalition sponsors the program. Please bring a snack for your child.

Halloween parties will be held on Monday, October 30th and Tuesday, October 31st. Join us for some crafts, songs, games and treats.

### CASUAL CHILD CARE

We provide care for children from 18 months to 6 years twice a week under our nursery school license. Please call ahead as often spaces are full.

Location: Westwin Children's Centre

Times: Wednesdays from 1:00pm to 3:30pm

Thursdays from 9:30am to 12:00pm

Cost: \$8.00 per child or \$12.00 per family

Please call 833-2500 ext. 2491 to register.

## Temporary Offer!!!! Mailing Parcels to Theatres of Operation

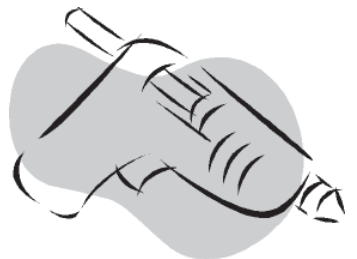
Between 26 Oct 06 and 15 Jan 07, Canada Post will be paying for all postage to Belleville for overseas parcels. The parcels are still under the same size, content, and address restrictions (must be addressed to a specific individual), however it can be dropped off at the MFRC, base post office or any Canada Post Office. All parcels must have a Canada Post declaration on it which are available at all drop off locations including the MFRC. Additional information is available at MFRC reception. Just a reminder if you choose to drop off at the MFRC, your parcel will not leave for Belleville until Wednesday mornings whereas if you drop off at any Canada Post Office it will leave the next day.

Don't forget!!!!

Last Date for Mailing Christmas Parcels to theatre is November 21st.

## CRAFTERNOON Drop-in

Every second Wednesday  
1 - 3 pm, at the MFRC  
1, 15 & 29 November  
13 December



Registration required one week in advance. Each week we will create a variety of easy craft projects. No Experience required! Bring your ideas for future crafts! There will be snacks to feed your body, unique projects to feed your creativity and the company of great folks ..just for fun Most activities will be free!

(Minimal cost for supplies/childcare if required)  
Call Catherine at ext. 4506.



## CRAVINGS - dining outside the box

Join us one evening each month we will visit a different Winnipeg restaurant for fun, good eats and new friends. Join us the third Tuesday of each month.  
21 November & 19 December  
Register at least one-week prior at loc. 4506

## MFRC Resource Library

Our Resource library has a new look! Drop in and HELP YOURSELF to some great new features! A wide variety of resources are available to you and your family just by stopping by 102 Comet Street. A quick browse through the resource library will yield a wealth of information and a keen bag filled with goodies chosen by you.



Get to know your HOME.....

- City maps,
- Entertainment guides,
- Travel information,
- Wing/CF services,
- Tourist attractions,
- Consumer info,
- Local magazines,
- Leisure guides and more

Stuff For Your FAMILY.....

- Parenting resources,
- Family separation and reunion information,
- Postal Packing Station,
- Local services,
- CF family programs,
- Children's storey/coloring books,
- Teaching guides,
- Family attractions,
- Local publications,
- Current magazines

Stuff For YOU.....

- Self help guides,
- Education and training resources,
- Career development assistance,
- Variety of current magazines,
- Community access computers,
- Health information,
- CF publications

WWW.MFRC.MB.CA



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Website: [www.mfrc.mb.ca](http://www.mfrc.mb.ca)  
Email: [wpgmfrc@autobahn.mb.ca](mailto:wpgmfrc@autobahn.mb.ca)

### Our Programs

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

### MFRC Monthly Community Coffee Break



The 1st Thursday  
of EVERY month  
10-11 a.m.  
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



CF Family Consumer  
Info Line: 989-9019

## Together in Church



### CATHOLIC

#### Chaplains

**Padre Gary Killen**  
Roman Catholic  
Office 833-2500 ext 5272

**Administrative Assistant**  
Carol Cochrane  
Office 833-2500 ext. 5087

**Masses**  
(English only)  
Sunday 1100 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 Southen**  
(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.

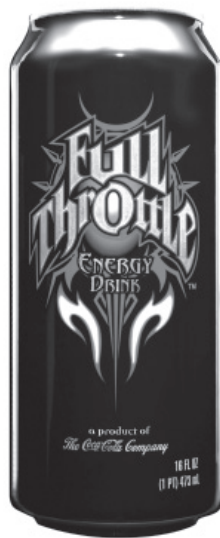
**Other Phone Numbers:**  
For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, 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.

# Energy Drinks Come With A Risk – Think Twice!

By 17 Wing Health Promotion Office

According to the hype - there are certain energy drinks on the market that will "give you wings". According to CBC news sources - the products are "stimulating, addictive and even crack in a can." Some points that are not in dispute are that the products contain an abundant quantity of caffeine (200 mgs in some products), which is known to have addictive properties and it is not recommended for children. And speaking of Hype, that is actually a brand name for an energy drink. Some other brands are: Red Bull, Amp, Monster Energy, No Fear, Rockstar, Jolt, Full Throttle, Pimp Juice and



Sobe.

Energy drinks have followed on the immense popularity of sport drinks that were created so that elite athletes could replenish the electrolytes that the body loses through perspiration during intense exercise. Unfortunately, recreational athletes have adopted the sports drink product with a passion with little or no proof that it will improve their performance. This "blind faith" translates into huge profits for the beverage companies who sell the majority of their product to people who do not need or benefit from it. In most cases, water is still the best beverage to cool and refresh the body during moderate to intense physical activity of less than an hour duration. In addition, water is less expensive but thanks to marketing and consumer demand, even that is no longer a given.

While the high caffeine content in energy drinks may be fine with many adults the younger generation are embracing the products as well, many with the knowledge and approval of their parents. For their part, the beverage producers acknowledge that there is a health risk for children evidenced by the warning on the product "not to be consumed by children" but producers and/or retailers do not restrict the sale of the product to minors. In fact, energy drinks are widely available in vending machines. Also contrary to the recommended use by the manufacturer is the fact that the beverage is being served as a mix with alcohol in some drinking establishments. Time will tell if this practice results in serious health and/or liability issues.

Unfortunately, in 2000 an otherwise healthy 18-year-old Irish basketball player collapsed and died from cardiac arrest during a game after consuming 4 cans of Red Bull energy drink prior to the game. The link between the energy drink and the youth's death was inconclusive but other jurisdictions are taking notice. The Fairfax County Virginia school system has banned student athletes from consuming these highly caffeinated energy drinks following several incidents of athletes requiring medical attention for heart trouble brought on by a combination of caffeine and strenuous exercise. As of January 2007 Turkey is banning all energy drinks with more than 150 mg of caffeine per liter due to health concerns.

The bottom line, according to Dr Darrel Menard a CF Sports Medicine Physician, is that ergogenic aids such as energy drinks may help certain individuals in certain circumstances. "It would be completely irresponsible to assume that these products are beneficial for everyone regardless of their medical status or the activities that they participate in. The unfortunate death of the Irish basketball player is proof of that."

If you would like more information on nutrition and exercise please contact your local health promotion office. Christa Zappitelli, local 4160 or Penny Wawrzyniak, local 4150.

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- Increase caregivers' knowledge and confidence to respond to a person at risk of suicide
- Link people with community resources

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Christa or Penny @ extension 4160 & 4150

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Fax: 885-1964

# Wing ON THE THIS WEEK



Photo by Avery Wolanuk

The staff from TEME slaved over a hot stove and served up breakfast for the GCWCC all morning on 25 October.



Photo by Maj Doug Harold

CONGRATULATIONS! Maj Doug Harold from 1 Cdn Air Div received Honourable Mention in the DND Photography Contest Amateur Sports Category for his photo "Big Swing." The picture, with power hitter Brett Youngberg high in the air, is from a Team Canada vs. China game in May 06.

LA LÉGION  
ROYALE  
CANADIENNE

**LEGION**

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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](http://www.legion.ca).

**JOIGNEZ NOS RANGS.**



Photo by Avery Wolanuk

Under construction: a team from across the Wing are working on a float for the Grey Cup Parade on 18 November 06.



Photo by Avery Wolanuk

Exhibitor Amaro Silva speaks with Cpl Pottie (right) and Cpl Galbraith at the Learning Fair on 25 October in Building 90.



Sgt Ritchot is presented with his promotion to Sgt by LCol Witherden, CO 402 Sqn during the Sqn trg day.



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