



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

JANUARY 31, 2007

VOLUME 55, ISSUE 2

FREE



By Avery Wolaniuk

LCol Sam Ness took the reins of 17 Wing from former WComd Col Ken O'Brien on 19 Dec 06. LCol Ness (whose first name is really Charles, but has always gone by Sam) was the Commandant of the Canadian Forces Air Navigation School and the School of Aerospace Studies prior to his appointment as WComd, which will last until this summer. VOXAIR sat down with LCol Ness to ask him a couple of questions.

How are you feeling about the appointment to Wing Commander?

"I'm extremely happy about it. It was totally unexpected—it's bit of a unique situation given my rank; I'm looking forward to it. It should be very educational for me, and a lot of fun. Perhaps my only regret will be that it's only for six months."

What do you hope to accomplish in the six months you'll

have in the role?

I think it's important, given the abbreviated tour, as well as the extremely abbreviated tour that I will have here, that we stay the course that Col O'Brien set. He set some fairly clear goals as far as Operations primacy, looking after our people, and connecting with the community. I believe in those goals as well — I supported them fully when I was working for Col O'Brien and I say we continue to solidify the changes that he initiated.

What we don't need yet is change in direction. There's enough going on with the tempo of operations and deployment that if we can get a little bit of stability into everybody's life in the short time, I think it's a good thing.

What do you expect will be your greatest challenge in the role?

Probably the constant battle of Ops tempo versus resources available. Virtually every unit on the Wing is undermanned, and when we throw deployments on top of that, it just exacerbates

the problem. It's a constant juggling process, and anything we can do to relieve the burden on individual units, we will attempt to do.

What are you most looking forward to out of the experience?

The broadening of my own personal horizons. Given the scope of the job, it promises to be very enlightening for me, looking at things from a whole new perspective, and a much wider scope of interest and concern than I've had up until this point.

What message would you like to send out to the 17 Wing community?

I'm looking forward to the next six months very much, to continue working with the men and women of 17 Wing. They've proven to be the ultimate professionals, they are a phenomenal bunch of people, and I can't wait to get busy and working with them.

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Photo by Cpl Mitulchky, 1 Cdn Air Div HQ

Cmre Foster Wadden receives a Certificate of Appreciation from 1 Cdn Air Div HQ CO, LCol R.B. Mann on his retirement from full-time service with the Corps of Commissionaires. Foster provided three plus years of loyal and dedicated service to 1 Cdn Air Div/CANR HQ. Cmre Foster will continue to work with the Corps a couple of days a month.

Our Local Military Seen Through The Camera Of Some Winnipeg Students



Mr. Al Park in front of the Selkirk War Memorial.



LCol Douglas Ludlow, Honourary Lieutenant Colonel of the Regiment pictured with the Regimental Colour, which is housed in the Officers' Mess at Minto Armoury.



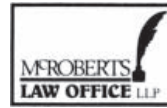
Wo Angela Temple.

You like what you have seen? Don't miss the Photo Exhibit from students of the Prairie View School of Photography of Winnipeg at the Atrium of 1 Cdn Air Div from January 29th to Feb 9th 2007.



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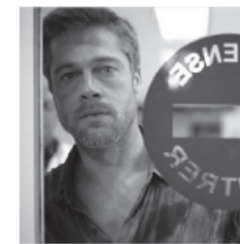
8:00pm FRI-SAT-SUN FEB 2-3-4 132mins



Ryan Phillippe Adam Beach
FLAGS OF OUR FATHERS

Violence (14A)

8:00pm FRI-SAT-SUN FEB 9-10-11 143mins



BABEL

Brad Pitt Cate Blanchett

Violence, Nudity
Course Language (14A)

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17 Wing Makes Quantum Leaps



By Pte Jax Kennedy

With temperatures reaching below 40, chilly was the theme Friday as 16 Hanger hosted the Wing Fund Chili-Fest/GCWCC Wrap-up.

Chili and coffee, provided by the Wing Fund, was served to warm up from the cold as LCol Sam Ness was officially welcomed as the new 17 Wing Commander.

Capt Ryan Setter and Sherri Liley, Co-chairs of the GCWCC Committee, were proud to announce the total of \$108 200 raised this year. With 100% canvassing and various fundraising events this year was extremely successful.

Margaret Lea Phillips from United Way presented LCol Ness with the Quantum Leap Award.

The Quantum Leap Award is a very prestigious award given to a workplace when the donations or number of donors increase by 25% with a minimum increase of \$1000 raised.

Margaret Lea Phillips from United Way presented LCol Ness with the Quantum Leap Award.

RMC Student Wins Big With The Canadian Defence Community Banking Program



By Kristin Wood, Communications Assistant

The Canadian Defence Community Banking (CDCB) program and the Canadian Forces Personnel Support Agency (CFPSA) are delighted to announce that RMC student OCdt Mathieu Walker, has been declared the lucky winner of \$10,000!

The CDCB Saving Plus contest coincided with the launch of the new CDCB Savings Plus account where customers can earn four percent annual interest (when a daily balance of more than \$1,000 is maintained in the account). Customers who signed up for a CDCB Savings Plus Account last summer were automatically entered for a chance to win \$10,000 towards their new account.

"When I found out I won I was excited!" exclaims OCdt Walker. "I called my parents and my girlfriend to tell them."

OCdt Walker was thrilled to receive the \$10,000 cheque from CIBC and CFPSA representatives during a ceremony at the RMC campus.

"I signed up for a CDCB account because it was easy and for the four percent rate," explains OCdt Walker. "Now I've won money to put towards a down payment on my first house in a few years!"

To learn more about CDCB visit: www.cdcbanking.com

Representatives from CIBC and CFPSA present CDCB Savings Plus Account contest winner OCdt Walker with a cheque for \$10,000. From left to right: Bob Smith, CFO, CFPSA; Bob Gardner, Director, Client Relations, CIBC; OCdt Mathieu Walker, RMC student and Tammy Bélanger, Business Development Manager, CIBC.

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The Balancing Act

Work/Life Balance Tips

A Breath Of Fresh Air: Creating A Smoke-Free Reality

A nagging cough. Constant fatigue. Smelly clothes. Empty pockets. These are just a few reasons why people want to quit smoking. More importantly, Tobacco-related illnesses kill more than 45,000 Canadians a year, a fact that also pushes a number of smokers to quit. But how do you get there when it seems impossible to do? After all, you may think cigarettes are your trusted friend, helping you stay calm, keeping your weight down and even helping you focus.

Stop! With the right resources and support, you can stop rationalizing and put together a plan to quitting and move towards a smoke-free vision of the future.

Excuse: I need to smoke in social situations.

Reality: Anti-smoking legislation in Canada has made lighting up in most workplaces, bars, restaurants, coffee shops, and other meeting places a thing of the past. The truth is fewer people than ever are smoking, making it less of a social norm and easier for you to quit. Avoid situations that make you want to smoke – like going for a drink or spending time with smoker buddies – during your first weeks after quitting.

Excuse: Smoking helps me cope with stress and relax.

Reality: You may feel more relaxed but smoking releases “feel-good chemicals” from the brain that only lasts about 30 minutes. When the feeling slips away, you’re left craving another one. The bottom line? The nicotine in cigarettes is actually a stimulant and raises your blood pressure and your heart rate. You can release the same “feel-good” chemicals using other relaxation techniques like meditation, yoga, or breathing exercises to cope with stress.

Excuse: If I quit smoking, I’ll gain weight.

Reality: When you quit smoking you may gain a little weight, as you’re likely to substitute cigarettes with food, but the health advantages of quitting are worth more than a few pounds. Think of butting out as your chance to start fresh and adopt a healthier physical routine. Not only will this help you quit – and stay smoke free – it will keep the pounds off, help improve heart and lung functions, relieve stress and cravings, and you’ll feel great about yourself. Instead of turning to a cigarette go for a walk, pop in a workout DVD or take a boxing class.

Excuse: It’s impossible to quit.

Reality: Nicotine addiction is both physically and psychologically addictive, which can make it seem like it’s impossible to quit. Keep reminding yourself of all the good reasons you should quit, like the 4,000 dangerous chemicals – including arsenic, ammonia and cyanide – that you breathe in with each puff. Or the fact that one out of every two smokers will die from tobacco-related illness. Thousands of Canadians butt out each year with help from family and friends.

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Prix en argent de \$200 et \$500 offerts par CAREX et les Services Financiers de BMO.

Canada

Excuse: Life won't be enjoyable without cigarettes.

Reality: Smoking stinks – literally and figuratively. It robs you of your hard-earned money, chips away at your health and your physical appearance (think yellow teeth and fingers and more wrinkles). Look at all the non-smokers you know. Do they have a good time? Are they happy in life? The first few times you attend a party, take a stroll or hang out with non-smoker friends. At first it may be difficult, but after that, it will be smooth sailing. Learning to ride a bike wasn't easy, but you toughed out the scrapes and falls. So challenge yourself once again and stick with your new and improved smoke-free life knowing the painful times will pass.

Excuse: The harm is already done.

Reality: It's never too late to quit and reap the health benefits: Within eight hours of quitting, carbon monoxide levels drop and oxygen levels in your blood return to normal. Within two days of butting out, your chance of heart attack decrease and, you'll be able to smell and taste better. One year later? Your risk of heart attack is cut in half. Once you've been smoke-free for 15 years, your risk of a heart attack is the same as a person who never smoked.

There are more than enough reasons to quit smoking. The question is why do you smoke in the first place? Fear and force of habit make it hard to imagine a life without cigarettes and can make you doubt your ability to stop. Don't fall for the same old smoking myths and excuses; instead, step out of the haze and create your own new smoke-free reality.

Article obtained from Warren Shepell 2007

If you would like more information on how to quit smoking, or the 17 Wing Health Promotion Butt Out program contact Health Promotion (Christa and Penny) @ local 4150 or 4160.

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Thank You Community Recreation Association Members



LCol Sam Ness, WComd, chats with (from L to R) Lori-Ann Mundt, Community Recreation Director, Ann Gibson, Community Recreation Services, and Lindsay Chmilnisky, Community Recreation Programme Assistant during the recent Customer Appreciation Lunch.

The Community Recreation staff held their Customer Appreciation Week, January 8-14, giving them an opportunity to thank all of their Rec Members for their continued support and patronage. Throughout the week members were treated to many different refreshments and were given the opportunity to win a variety of gift packages. The Community Recreation staff would like to congratulate all of the winners and acknowledge and thank the following sponsors. With their generous donations the staff were able to put together twenty gift packages.



(from L to R) Capt Delta Guerard, Cpl Douglas Todd and CWO Jacques Hardy enjoy the Hotdogs and Rice Krispies Squares lunch, one of the many activities held during the Community Recreation Customer Appreciation Week.

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Winners:

Dorinada Bond, Michael Kerr, Pat McEvoy, Darrell Penner, Joanne Peloquin, Jan Brunton, Wayne Webster, Cameron Crump, Corey Pratte, Kim Redekopp, June Zuurro, Diane Brine, Erika Bell, Annette Cress, Adrienne Cheop, Pat Jarrett, Gerald Matheson, Richard Bell, Shane Langille and Taylor Pratte



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MCpl Dan Beaulieu and Cpl Ian Macrae work feverishly to satisfy another client.



Cpl Grogan from MDC heads back for more as MCpl Cameron seeks out the next task.



Lena Masteler takes a break from purchasing.



Pte Pockrandt demonstrates to Pte Lake the proper way to clear out a retiring Honourary Colonel, Col Van Ruiten.



Food Preparation at 17 Wing.



Cpl Boisvert from the Air Movements Section loads an LD 3 bound for the hold of an Airbus.



Sgt Jackson, Suzanne Leclair, WO Low, and Sgt Caines epitomize "goodwill with a cheer" at the One Big Day for Christmas Cheer event in December at the Main Street IGA.

A Day In The Life Of Wing Supply & Food Services Squadron...

By 2Lt Chongva

17 Wing Supply and Food Services is a Squadron within the Wing Logistics Branch. They are the people responsible for the provisioning of material and services to the integral and lodger units throughout the Wing and to any other military units—be they Reg Force Detachments, Reserve units, or Cadets—within an area of responsibility that stretches from Thunder Bay to Saskatchewan to Yellowknife. It is a large area with many distinct and diverse user requirements that the Supply & Food Services Squadron aims to please. Composed of two flights, the Squadron combines the provisioning of food services with material supply, adding a hint of air movements for good measure.

The Wing's operational raison d'être can be considered its flying operations. The activities of the Wing's two flying squadrons get much of their material support from Aircraft Maintenance Support Group (AMSG). This section of Supply is physically located with the squadrons in 16 Hangar and provides coverage 16 hours a day with a Duty Supply Tech responsive for aircraft spares demands. Although the squadrons and their aircraft may have been around for a while, AMSG's world is far from static. New quality assurance initiatives in the air force and changing sources of procurement and suppliers have kept them on their toes. Deployments are not new and AMSG has provided its share of people on the big, the predictable, and the last minute, providing supply expertise for Task Force Afghanistan, Boxtop, and others. Despite all this, the section has managed to stick handle past the changes and challenges of 2006.

Clothing stores is what most personnel on the base mean when they say they're "heading to supply." It's located in the new Log Complex (building 129) and provides operational clothing ranging from the Clothing and Equipment – Millenni-

um Standard (CEMS, a.k.a. CADPAT) to flying clothing, from the initial issue of kit for Reserve Basic Military Qualification (BMQ) courses to OUTCAN (Out of Canada) units that are part of NORAD such as Tyndall AFB and Rome (no, not Italy). While you might assume they relaxed after Logistik Unicorp assumed their previous function of distributing DEU clothing, there's been more than enough work since then. The plethora of new clothing initiatives (and interim measures) has inundated the section with different types of boots, name tapes, and rank insignia, just to name a few. Yes, it's the constant change of Air Force renewal.

Material that does not fall immediately under the auspices of AMSG or Clothing usually comes under the dominion of Main. This warehouse is tucked in the center of the Log Complex and handles weapons and ammunition transfers, the much-adored IMPs, distribution of various centrally managed publications, and parts for 'the rest of the stuff' that helps make the Wing tick. They're the quiet, unassuming section that nobody knows about—until they discover what they want in the bowels of building 129.

Another area of Supply that keeps a low profile—but is by no means quiet—is the combination of Repair and Disposal (R&D) and Material Distribution Centre (MDC). The former is concerned with the routing of items for, ironically, repair or disposal. If it is not cost effective to fix yet still retains value as scrap, then it's declared to Crown Assets Distribution Centre

(CADC) for sale on behalf of DND. MDC is a combination of traffic techs and supply techs, working seamlessly together, shipping and receiving items from all around the country and abroad. From your UAB to truck parts, MDC are the ones that keep it moving.

MDC isn't the only place these days you'll find Traffic Techs working at Wing Supply. Across the road in 10 Hangar you'll find living proof of the adage "when it rains, it pours." After the stand down of 1 Air Movements Squadron this past summer and its amalgamation into Wing Supply as a small Air Movements Section, consisting of only a dozen Traffic Techs, the volume of activity in this area saw a marked increase, particularly in the number of passenger flights. This kept the section hopping, being responsible for the loading and unloading of passengers and cargo aboard military aircraft to numerous search and rescue configuration changes. The holiday season saw them busy once again, ensuring people and their possessions arrived from all over the world and were processed onwards to their final destinations.

next page>>

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But where does all this 'material/stuff' come from? Some is centrally managed and is delivered via the CFSS (depots, repair facilities, etc) and most often at no cost to the end-user. Other types of material is considered to be locally managed, purchased at the Wing level and is generally funded by the Wing or end-user (which is more and more the case these days). For the purchase of locally managed items, this can either be done by the end-user, or forwarded to the Wing Supply Customer Services Unit (CSU) to conduct this on your behalf. Although clients have the option to use us or go it alone, we strongly encourage funnelling your purchasing through us for amounts in excess of \$5K.

The other half of the Squadron is 17Wg Food Services—a key contributor of support to operations within the Wing and amongst the 100+ units that depend on it. Food Services Flight feeds the units not only within the Winnipeg area but as far out as Thunder Bay. In addition to operational support, we have numerous resident personnel who depend on us for day to day feeding while also meeting the demands placed on both our unit and 17Wing as a whole by our neighbours to the East, 1 Canadian Air Division.

While meeting the wide variety of commitments brought about by those factors listed above, we must also succeed in meeting the training needs of Food Services personnel of all ranks.

17 Wing Food Services considers it a privilege to have been able to provide service to our many and varied clients while grooming our own people for success now and in the future.

Supply & Food Services may be a complex organization with many different faces, but it is the faces of the people that work within these different sections that make it successful. The Squadron has always been busy supporting other units on base as their personnel prepare to deploy near and far, and this year it deployed en masse, fielding a portion of the recently returned 17 Wing Mission Support Squadron. From all accounts, the recent MSS deployment was a success back home due mainly to the solid cohesive military and civilian team that remained behind on the Wing and provided support to ongoing activities.

Despite the very busy past year, we found time to support many other initiatives outside our day-to-day activities. This past fall saw personnel from the Squadron participate in and complete the time tested and enjoyable tradition of the Battle Fitness Test, and when combined with our thrice-weekly Sqn PT sessions, found ourselves in better health for it. It's a testament to better conditioning through improved physical fitness, for not only did the MSS deployment slow us down only a little, the Squadron responded to an increased volume of requests for charitable aid and assistance with energy and a smile. The Government of Canada Charitable Workplace Campaign was successfully carried out on the Wing, of which our Sqn played a key role in generating funds for needy folks through our "Splash For Cash" fun day, an event which we hope becomes an annual event. The loan of equipment and materiel was appreciated by many groups within the Winnipeg area, although none more than when our personnel stayed to assist in the events themselves such as the Spirit of the Bear, the Booth Centre Christmas Dinner, and the One Big Day for Christmas Cheer. This last one is particularly telling of the spirit and determination within the Sqn, as seen in the faces of the Log Branch volunteers in the photo below, as they rose at WOW o'clock in the morning to assemble tents and heaters for the annual toy and food drive and remained there all day accepting donations from generous Winnipeggers. And all while Sticky Floor was in full swing!

TEME Squadron And The 94th Grey Cup



Mr. Denis Ward and MCpl Serge Bouffard installing the wing onto the fuselage. Mr. Chris Young is supervising.

The Grey Cup Parade float all ready to go!

By MCpl T.A. Dickison, EME Flight

As part of the efforts for Op CONNECTION, CFB Winnipeg was tasked to design a float for the Grey Cup Parade that would reflect both the CF and 17 Wing. With a team of highly skilled and motivated craftsmen, TEME Squadron lead this creative effort with help from other members of the Logistics Branch and assistance from military family members.

CWO Dale Dieleman, the Logistics Branch CWO, ensured that this endeavour received the highest priority and that all of the necessary support and resources were made available. This project required considerable coordination and a great team effort was demonstrated throughout the design and building of the float. The main enthusiastic group consisted of: Sgt Russ Campkin, Mat Shop Supervisor (and his daughter Shicara); MCpl Serge Bouffard; Cpl John Richardson; Mr. Doug McClelland; Mr. Maurice Berard; Mr. Howard Wilkins; Mr. Edwin Wesley; Mr. Brian Monteith; Mr. Chris Young; Mr. Dan Byra; and Mr. Denis Ward, an avid model builder and the chief designer/engineer on loan for the project from Food Services.

The project began as a cardboard tube with Styrofoam being added to make the wings and body of the CC-130 plane. This was followed by adding several strips of fibreglass to hold it all together and then coated with many layers of paint. The Air Force Roundel was painted onto the Aircraft for authenticity and of course both the EME and Logistics crest were also added to represent the respective Branches that were involved with the craftsmanship. The end result was a scaled model of a CC-130 Hercules transport plane with a 19-foot wingspan that was absolutely stunning to see. It was proudly displayed on a 45-ft trailer converted into a model of an airport runway with working lights specifically created for the Grey Cup parade. Other than Santa's sleigh and reindeer, it proved to be the most spectacular float in the entire parade.

The total cost associated to this project was \$25,122 which

included 317 hours of labour (equating to \$21,622.00) and \$3500 for the material.

TEME Squadron was involved with many events during the Grey Cup weekend including the building of a gravel parking lot, at the former Winnipeg arena site. Transport Heavy Equipment section personnel involved were Sgt Martin Latour, MCpl Kyle Jensen, Cpl Jeff Jackson, Cpl Jean-Pierre Menard, Cpl Tyler Arnold, Pte Frank Charest and Mr. Stefan Stevens. This area was used to display some of the military firepower and transportation capability and, compliments of LFWA and 38 CBG, included vehicles such as the LAV III, Leopard 2 MBT and the 105 mm Howitzer.

One lucky former EME member won the right to show off some of the strength of the Leopard MBT by crushing the "Air Force blue" Jetta generously donated by Cpl Michael (Moe) Morrison and prepared for destruction by MCpl Corey Galambos, MCpl Perry Antonello, MCpl Anthony Gilmore, Cpl Morrison and Mr. Howard Wilkins also known as "Howie the painter".

Other tasks completed by TEME Squadron in support of the Grey Cup included: coordination of the massive rental fleet that was required; driving dignitaries to and from the Grey Cup events; providing security staff; and perhaps the best job to have (according to Cpl Daniel Guillemette of Transport) driving the bus filled with CFL Cheerleaders to and from all the Grey Cup Party events. MCpl Dickison and Mr. Wall ensured that entire vehicle fleet being used during the weekend was in good working order by providing all necessary last minute repairs.

TEME's participation in the 94th Grey Cup celebrations contributed to the great success of many events and we had fun doing it. The military presence displayed throughout the events in the Winnipeg area reflected the overall essence of Op CONNECTION.

Well done to all those involved!

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New Commander For 38 CBG ATG



Lieutenant Colonel Donald Thompson signs the documents that make his new command official.



(L-R) LCol Robert Poirier, Col Kelly Woiden and LCol Donald Thompson.

By Corporal Bill Gomm

WINNIPEG, MB – LCol Donald Thompson spoke as the new Commander of the Artillery Tactical Group (ATG) after a Change of Command parade in Kenora, Ontario 17 December.

“Responsibility has been handed to me and I won’t take it lightly,” said LCol Thompson.

The ATG which includes 10 Field Artillery Regiment, 26 Field Artillery Regiment and 116 Independent Field Battery is made up from soldiers from Saskatchewan, Manitoba, and North Western Ontario, all of which are part of 38 Canadian Brigade Group.

The soldiers of the ATG gathered in Kenora on the 16 December for an inter-unit floor hockey game, followed by the annual Christmas Dinner.

With the ATG formed up in the Kenora Armoury, LCol Robert Poirier began the ceremonies with the change of Regimental Sergeant Major from Chief Warrant Officer Geoffrey Popovits to Master Warrant Officer Michael Macrae, then proceeded to hand over the ATG to LCol Thompson.

Colonel Kelly Woiden, the Commander of 38 CBG and also the Reviewing Officer, sat with the outgoing and incoming commander to sign the Change of Command certificates, one set of certificates for each unit with the ATG.

Following the signing, the Commander’s sword for each unit was passed from LCol Poirier to LCol Thompson.

“Good luck and good shooting,” said LCol Poirier to his former unit.

“It’s imperative that we work as a team, imperative that we grow as a team, imperative that we stay as a team,” said LCol Thompson as he addressed the soldiers on parade.

“I look forward to this opportunity,” said LCol Thompson. “I look forward to serving you.”

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- ✓ 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

Military Family Resource Centre

Great Programs For Kids

Dinner & A Movie



On the first Wednesday of the month, you can enjoy a movie-inspired meal while watching that film. You will help us prepare one of the dishes each night. Due to film ratings, this program is only available to teens. The fun starts at 6 pm @ Wing Theatre \$2 per movie

Hamlet



MTYP brings us the play Hamlet like you have never seen before. Only 2 actors and 2 double bass players play all the roles. Performed by the Det Lille Turnéteater's Theatre from Denmark this play promises to be a show to remember. Registration deadline for this event is February 9 to ensure ticket availability. Manitoba Theatre for Young People \$5 per person 9 March 2007 leave Youth Centre at 6:30 pm

Kids Have Stress Too!



This exciting program offers parents and Caregivers the tools that they need to help their children cope with childhood stress. "Kids Have Stress Too!" is a program designed by the Psychology Foundation of Canada for parents of children from preschool age to nine years old. These three sessions will help you better understand stress and will help you teach your children ways to manage it.

MFRC @ 102 Comet Street
6 February 2007 1:30 - 3:30 pm, or
15 February 2007 7 to 9 pm

Great Programs For Adults

Women's Spa Night



It's that time of the year again! Mark your calendar. This year's spa evening will take place on Friday, March 23 at the Training & Education Centre (bldg 135). The evening begins at 6:30 pm. Registration fee is \$25.00. Call Loc. 4508 for full details.

Divas, Diapers, And Drama



Join us at the Wing Theatre each month to watch a movie and relax. Casual Child Care is open at Westwin Community Centre for your older children. Little ones (under 18 months) are welcome to stay and rest or play with us. Screening begins at 1:30 pm.
Upcoming Thursdays, 15 February, and 15 March

Cravings - Dining Outside The Box



Craving some great food and good company???? Join us the third Tuesday evening of each month to visit a different Winnipeg restaurant for fun, good eats and new friends.

Upcoming dates: 20 February and 20 March 2007. 6pm. Please register at least one-week prior at ext. 4506.

Crafternoon Drop-in



Join us every second Wednesday 1 - 3 pm
At every gathering we will create something new. Bring your own craft or join in with us. Most activities will be free! (Minimal cost for supplies if required) There will be 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 advance. Call Catherine at local 4506.
Next sessions: 14 & 28 February, and 14 & 28 March 2007. MFRC, 102 Comet St.

Evening Crafting Drop-in



Once a month, we open the MFRC for an evening of crafting. Are you working on a project? Do you scrapbook and need some time to complete a book? We will provide a space for you to work and visit with others. If you have no projects right now, no problem.... stop by and visit with the others. The coffee is on and even if it's cold outside, it is always warm inside.
MFRC, 102 Comet St.
Next sessions: 7 February, and 7 March 2007 7 pm

Good Company



Would you like to take a break
Join us 1st, 3rd & 4th Friday of the month. Would you like to meet with friends over a cup of coffee? This is an informal, relaxed group that meets three times a month. All are welcome. Very young children are welcome to stay and mingle with the adults while on-site childcare is provided for children over 18 months. 10 am to noon
Upcoming Dates: 2,16 & 23 February 07

Playing The Game...

Networking And Job Interview Preparation

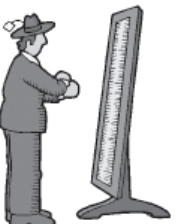
An interactive workshop for adults on how to find employment opportunities and feel comfortable in the interview.



Wednesday, 15 March 2007 @ MFRC
102 Comet St, 6:30 - 9 pm Cost: \$5.00
Feel Free to bring your resume for review. Please call 833-2500 local 4500 to register by 9 March 2007 or call 833-2500 ext. 4511 for more information. Classes with less than six registrants will be postponed

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Wednesday, 7 February 2007 @ MFRC, 102 Comet St.
6:30 to 9 pm Cost: \$5.00

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Padre Gary Killen
Roman Catholic
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Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

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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.

Snowbirds Get New Commander

15 Wing - Moose Jaw

15 WING, Jan 19 2007 — The CF Snowbirds conducted a Change of Command Parade as Major Ian McLean, 45, of London, Ont., relinquished command of 431 Air Demonstration Squadron to Major Robert Mitchell, 37, of Victoria, B.C.

"Major Mitchell demonstrated that he has the piloting and leadership skills required to lead the Snowbirds, a Squadron with an extremely important mission as Canadian Forces ambassadors," said Major-General Charles Bouchard, Commander, 1 Canadian Air Division. "To lead the Snowbirds is a tremendous privilege and responsibility - I know that Major Mitchell will continue the team's 36-year tradition of excellence."

"I have had a wonderful career in the Canadian Forces - being the Commanding Officer of the Snowbirds was truly a unique privilege that I will treasure," said Major McLean. "While it is difficult to leave the Canadian Forces family and the adventure, I have many fond memories."

"It is a tremendous honour to be selected as the Team Lead and Commanding Officer of the Snowbirds - I am truly ecstatic," said Major Mitchell. "I am looking forward to a wonderful 2007 show season and to the opportunity of visiting communities across North America."

Under Major McLean's leadership, the team participated in more than 100 air shows as well as hundreds of community events across North America. Major McLean is retiring from the Canadian Forces after more than 25 years of dedicated service as a pilot, flying the CT-114 Tutor, the CC-130 Hercules, the CF-5 Freedom Fighter and the CF-18 Hornet.

Highlights of Major McLean's career include an exchange with the Royal Air Force in High Wycombe, England, staff positions in support of the Gulf War and the conflict in Sierra Leone as well as his time with the Canadian Forces Snowbirds, as Snowbird 7 and Commanding Officer.

Major Mitchell, a third generation fighter pilot and a graduate of the University of Manitoba, joined the Canadian Forces in 1989 and has 3,500 hours of flying high performance aircraft. His experience includes flying the CF-18 Hornet as an operational and air demonstration pilot, performing on the Canadian Forces Snowbirds Team from 2000 to 2002 and, most recently, working as a defence analyst at National Defence Headquarters in Ottawa.

During the 2007 season, the team is expected to participate in about 60 air shows across North America, representing the professionalism, skill and teamwork of the Canadian Forces and inspiring Canadians to consider a career in Canada's military.

Get Out Of My Neighbourhood!

By Padre Bob Brinn

In the Gospel of Luke is a story of Jesus' great sermon success with a great crowd pressing in upon him to hear the word of God, followed by a frustrating night of fishing failure in which the disciples caught nothing. Then, just because Jesus speaks, the disciples have astounding, net-bursting success. Jesus becomes master of fishing. We who so often feel so powerless over the forces of nature, so impotent in the face of sickness, failure, and death, are thrilled to witness the unveiled, magical power of Jesus.

It's wonderful.

Or is it? The reaction of Peter to all this abundance producing power is, "Get out of here; I'm a sinner!"

Peter moves from the security of fixed, failed reality - "We fished all night and have nothing" - into full, open, new uncontained reality. But the water is now deep and dark and the dawn carries with it an odd threat. In a moment Peter senses the gap between his world and the new creation of Jesus. Peter moves from calling Jesus even so exalted a title as master to the even more exalted O Lord! It's then that things get unmanageable and scary. It's then that Peter comes to see his situation as a lack of faith rather than a lack of fish. It's

then that he blurts out, "Get out of here, Jesus," literally in the Greek, "Get out of my neighbourhood!"

Though Jesus tells us, "Don't be afraid", when he promises to teach us to fish like him, it's scary. Get out of here, Jesus.

G. K. Chesterton was conscious of modernity, that is, of the philosophies that were based on doubt and suspicion of everything. He wrote more than a half century ago, "Most modern philosophies are not philosophy but philosophic doubt; that is, doubt about whether there can be any philosophy." In other words, modern people don't so much lack belief in God; we lack belief that there is anything worth believing in.

"When, like the disciples on the sea, after a night of fishing failure, we come to an end of human hope, then there is no hope, nothing worth believing in, no philosophy to be had unless someone comes to us, in the night, someone from the outside of our resources. Someone who does for us that which we cannot do for ourselves."

This is what is happening in Luke's story. Jesus comes telling those fishermen and us that God is here and will do for us that which we cannot do for us. Is it any wonder that often we tell God to get out of our neighbourhoods?

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TAROSCOPES

BY NANCY

Aries (March 21 - April 19): You're keen to take on new challenges. Your optimism and excitement are fueled by the feeling that more and better are on the way. And, you're right! Stay on the lookout. Something is about to pan out. You may be surprised by another's response to your news.

Taurus (April 20 - May 20): Allocate work to others instead of being the one who ends up finishing what others start. Fair is fair. Take steps to ensure you don't burn out. Change jobs or your work area to promote wellness. A healthy environment is important. There are hidden rewards to managing stress.

Gemini (May 21 - June 21): Listen very carefully and you'll hear clues about upcoming changes. The information allows you to reassess your options and determine what action to take. You have more influence than you realize, so use it wisely. Your actions impact in ways you are not aware of.

Cancer (June 22 - July 22): You can handle almost anything, but don't try to solve issues by controlling others. Comparison shop because finding deals can ease the strain on finances in the near future when you are faced with additional costs. When planning, look ahead, not to the past, for inspiration.

Leo (July 23 - August 22): Dress for success as you'll be in the spotlight. Prepare thoroughly. Respect that it's the intent behind the words of others that is all important. Keep your own message clear. Be upfront and honest and others will treat what you have to say with due consideration.

Virgo (August 23 - September 22): You feel better when you are organized, so do the work required. Fate is not in charge – you are. You do have control - even if it's just in your ability to choose when to act and when to wait. Determine what is right and fair for you at this time then stand up for yourself.

Libra (September 23 - October 23): You hesitate to move on because you feel somewhat safe now and worry about how to make the right choice. This could be because you've taken a few wrong turns in the past. Still it's the detours that make life interesting – go ahead and see what's around the next corner.

Scorpio (October 24 - November 21): If you're feeling snubbed, check and see if recently you were a bit too outspoken. Words can hurt more than we realize. The longer you wait to initiate a dialogue, the worse it will get. Just say you're sorry if an apology is necessary, especially if it was just a misunderstanding.

Sagittarius (November 22 - December 21): You're eager to take on new and exciting commitments that are part of the "new you." Don't take on so much that you feel tied down to your responsibilities. As long as you speak up when others try to overstep your boundaries you'll be fine. Guard your privacy.

Capricorn (December 22 - January 19): You'll feel like you are on an emotional roller coaster ride if you respond to what is happening to the people around you. Don't believe everything you're told, especially if the presentation is overly dramatic. Be sincere but sensible when faced with this kind of shenanigans.

Aquarius (January 20 - February 18): Remain positive that upcoming changes will be manageable. You've done all you can and have been honest and straightforward in all your dealings with people. No need to fear judgment or repercussions. Friends support you and don't judge you. Take the high road.

Pisces (February 19 - March 20): It's time to promote yourself and show that you are an expert in your field. Others want to know more and appreciate your no nonsense approach. Don't be afraid to ask for what you want. State your case. Let people know you won't tolerate their meddling in your life.

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