



# FILL YOUR BOOTS



THE MUSCULAR DYSTROPHY BOOT DRIVE IS AN ANNUAL EVENT ON THE WING, WITH 17 WING FIRE DEPARTMENT MEMBERS STANDING AT BOTH ENTRANCES TO THE BASE, FILLING THEIR BOOTS WITH THE SPARE CHANGE OF 17 WING MEMBERS. THIS YEAR, THE TOTAL CAME TO \$2,341, ALMOST 400 DOLLARS MORE THAN LAST YEAR. PHOTO: PTE PIOTR FIGIEL

IN THIS ISSUE:

'IT TAKES A TEAM TO RUN A BASE,' COL YVAN BOILARD TALKS TEAMWORK.

PAGE 2

RESERVE FORCES RECOGNIZED IN LEGISLATIVE ASSEMBLY WITH DAY OF HONOUR

PAGE 4

TEME BREAKFAST SURPASSES LAST YEAR'S FUNDRAISING GOALS

PAGE 8

HAPPY HALLOWEEN! TRICKS AND TREATS FOR YOUR LITTLE MONSTERS

PAGE 10

THE PADRE'S CORNER: FINDING WAYS TO COPE WITH CHANGE

PAGE 14

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# RUNNING THE WING 'NOT A ONE MAN SHOW'



17 Wing Commander Col Yvan Boilard, pictured here at the GCWCC Herc Pull in September. Col Boilard, along with Wing Chief Warrant Officer Sheila Blair, has been working toward establishing better communication between individual units and the Wing Executive with the Commander's Advisory Group – a "semi-permanent" collection of officers from around 17 Wing that will make their unit's needs known. Photo: John Towns

John Towns

Voxair

17 Wing's new commander, Col Yvan Boilard, makes it clear when you speak to him that running the Wing will not be a one man show.

"17 Wing is not a Commander's Wing," said Col Boilard. "It's a Command Team's Wing."

Since taking command of 17 Wing in June, Col Boilard and Wing Chief Warrant Officer Sheila Blair have been working to establish what's referred to as the

"Commander's Advisory Group" – a group of officers and civilian personnel that consults with the Wing Commander on a regular basis to establish what the needs of their units are.

"The CAG is part of the way the Chief and I have been developing as our own way to establish ideas, and get a two-way communication going between us and our units," said Col Boilard. "What this does, really, is sets up the infrastructure so that we can be better prepared to meet the requirements that these units come forward with, rather than having them one day declare what they need and us not being prepared or able to give that to them. If they're making plans to change things, we need to know."

The CAG consists of a number of officers selected from the different units on the Wing, as well as representatives from the Military Family Resource Centre, the Canadian Forces Housing Agency, PSP and 23 Health Services.

"Because all of the COs and Branch Heads are busy running things, we asked them to provide one member of their unit or squadron at the Major rank level – basically the level

of the unit's 2IC," said Col Boilard. "Those are the people who I feel are most likely to contribute new ideas. They're in touch with the actual operation, and are able to voice the concerns and ideas of their units."

WCWO Blair says that the establishment of the CAG is just one part of the new command team's mandate to establish connections with the people working on the Wing.

**"The major part of our mandate is to maintain and ensure the quality of life for military families, the people who are here working, and the people in the training mill here on the Wing"**

**-Col Boilard**

"Overall, connecting with our people, both military and civilian, has been a huge priority for us," she said. "I think that with that being part of our mandate, we'll be able to find out what's really happening on the wing and we'll be able to act quickly to meet any needs that our people have. Our area is huge – we run from Saskatchewan all the way up to Yellowknife and then back to Thunder Bay – so to have these connections is vital to us being able to meet the needs of everyone on the Wing."

In addition to making connections to those who work on 17 Wing, Col Boilard and WCWO Blair have also been making connections to the surrounding community.

"The mandate of former Wing Commander Col Scott Howden was to ensure that we have good connectivity with our environment – the City of

Winnipeg and the Manitoba Legislature," said Col Boilard. "He took steps to streamline and formalize the sort of ad hoc connections that we have with the City and Provincial government, and so we're taking steps to further that."

The emphasis placed on communication by the new Wing Commander and Wing Chief is just one part of their strategy to help ensure that the best services and equipment are available to 17 Wing Members.

"The most major part of our mandate is to maintain and ensure the quality of life for military families, the people who are here working, and the people in the training mill here on the wing," said Col Boilard. "There are a number of issues, ranging from RHUs, messing, medical issues, schooling, stuff that faces every military member who gets posted here, and often times, their families as well."

The Wing Command Team is currently working with the MFRC on a number of issues affecting military families, such as finding available doctors, and working to ensure that military spouses have the opportunity to connect with employers in their field of work.

"When I got here, the first discussion I had was with Don Brennan at the MFRC, and we were discussing what the MFRC does very well -- and they do a lot of things very well -- but also a couple of things that we're looking at improving on with regard to some of the things that military members and their families need," said Col Boilard. "We want to, as much as we can, bring a family perspective to the wing, as opposed to just making it the place where we go to work."

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# FIREFIGHTERS' FUNDRAISER A SUCCESS

John Towns  
Voxair

On Tuesday, October 6, the members of the 17 Wing Fire Department braved the early morning to collect cash in support of Muscular Dystrophy research. The Muscular Dystrophy Boot Drive is an annual event on the wing, with 17 Wing Fire Department members standing at both entrances to the base, filling their boots with the spare change of 17 Wing members. This year, the total came to \$2,341, almost 400 dollars more than last year. Firefighters have been raising money for Muscular Dystrophy in Canada since 1954, when a group of parents of children with Muscular Dystrophy approached a fire department

to help raise money to help fight the disorder. Since that time, firefighters have been some of the leaders in raising funds for Muscular Dystrophy research. "Fire services in general have been involved in helping to raise money to fight Muscular Dystrophy for over 50 years, and they regularly donate and raise quite a bit of money," said Cpl Jason Loboz, who is in charge of fundraising here at 17 Wing. "It's something that firefighters have a history of doing, and we're just trying to carry that on." Cpl Loboz, whose father was a City of Winnipeg Firefighter, was aware of firefighters' connection to Muscular Dystrophy research from a young age, and decided to get involved because it's "for a great cause."

"It's something I knew about since I was a kid, from my Dad's connection to it, so when I got the opportunity to get involved with the fundraising that they were doing here, I wanted to get involved," he said. "It's really pretty simple to do – we just stand out there, holding our boots for a couple of hours – and it's really for a great cause, so why not get involved?" Cpl Loboz points to the involvement of the other members of the 17 Wing Fire Department as one of the things that makes the event such a success. "Without those guys standing out there, we'd probably not make the kind of money we do doing this," he said. "So it's really a group effort that helps us make this a success."



Sparky the fire dog and some of his friends of the 1 Canadian Air Division collect money from motorists during the October 6 boot drive. Photos: Pte Figiel

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Firefighters have been raising money for Muscular Dystrophy in Canada since 1954, when a group of parents of children with Muscular Dystrophy approached a fire department to help raise money to help fight the disorder.

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# RESERVE FORCES DAY DECLARED IN MANITOBA



The Honourable Philip Lee, Lieutenant-Governor of Manitoba, speaks during the announcement of Reserve Forces Day in Manitoba. Photos by Cpl Bill Gomm

Cpl Bill Gomm  
38 Brigade

“Reservists deserve our gratitude, not just for the vital role they play in Canada’s peace keeping, peace making and other military and humanitarian missions internationally,” said Bonnie Korzeniowski, the MLA for St. James and Manitoba’s Special Envoy for Military Affairs.

On September 15, 2009 a resolution was presented at the Manitoba Legislative Assembly to recognize the third Saturday of September as Reserve Forces Day.

“I think it’s an outstanding day,” said Brigadier-General Eldren Thuen, Director General of the Air Reserve and the Deputy Commander for Mission Support at 1 Canadian Air Division.

“Manitoba is graced with Bonnie Korzeniowski,

her zealous support of the Forces and her support of the reserves has been outstanding as well. She is a class lady who really has the best interests of Manitoba at heart.”

After passing the resolution, a few members of the Assembly gathered at the rotunda on the second floor of the Legislature where The Honourable Philip Lee, Lieutenant-Governor of Manitoba spoke.

“It’s a pleasure for me to join you in paying tribute to the men and women of Manitoba-based units of Canada’s Reserve Forces,” said The Honourable Mr. Lee.

“From now on, every September, Manitobans will have the opportunity to remember the brave contributions made by members of the Reserves on the battlefield of World Wars, the peace and security missions

around the world and right here in our province.”

Included with the announcement of Reserve Forces Day was a display and tribute to Sir William Stephenson, “The Man called Intrepid”. The display was put on by members of the Intrepid Society.

“We assisted them in the staging of today’s event by having a display on Sir William’s activities in World War one,” said Colonel (retired) Gary Solar, President of the Intrepid Society.

“It’s a progressive display. We are going to have a World War Two display and his work in the industry as well on display.”

The Intrepid Society is presently waiting for the City of Winnipeg to approve the renaming of Water Street to Sir William Stephenson Way.



Included with the announcement of Reserve Forces Day was a display and tribute to Sir William Stephenson, “The Man called Intrepid”. The display was put on by members of the Intrepid Society.

## BELGIAN STAMP, FRENCH POSTMARK: WHY?

Alf Brooks

In 1914, as the German Army overran Belgium, the many fleeing refugees included departments of the Belgian Government. Until 1918, when Belgium was freed, official functions, including regulating the post, were carried on in France. The result was this illustrated item, a Belgian stamp cancelled in Le Havre in France, quite legally, in 1915. Examine the cancel and you see, in parentheses, “Special,” to accommodate the use of foreign postage in France during World War I. The item is unusual but not rare.



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# ENGINEERING STUDENTS AND THE ARMY MEET DURING ORIENTATION WEEK

Cpl Bill Gomm

38 Brigade

The Fort Garry Horse (FGH) sponsored the University of Manitoba Engineering Society's (UMES) first-year students during September's orientation week.

"What we're doing here today is working with the UMES, which in essence, is the student council for the engineering students," said Lieutenant Colonel Dave Atwell, Commanding Officer of the FGH.

"We've partnered with the student council to help them provide a better experience during the orientation week for first year engineer students, but at the same time, allow us to deliver a

**"We want to try something different in order to get the message out for recruiting..."**

message to those students: What the Army Reserves are and why they're different from the rest of the army."

To get a taste of military life, the students were provided with Individual Meal Packs (IMPs) for lunch.

"I had the beans," said Matt Borody, a first year Electrical Engineering student. "I thought it was good. I got a good dessert; fruit salad I think? It was just like a fruit cup so I enjoyed that."

Following lunch, the students were given instruction on the various songs sung by the UMES

and then taken on a tour of the campus, while having to loudly sing their newly-learned songs. Arriving back at their class, they then took part in an engineering competition based on the designing and building of a scale-model rope bridge in teams. The competition was designed by Army Reserve combat engineers from 31 Field Engineer Squadron.

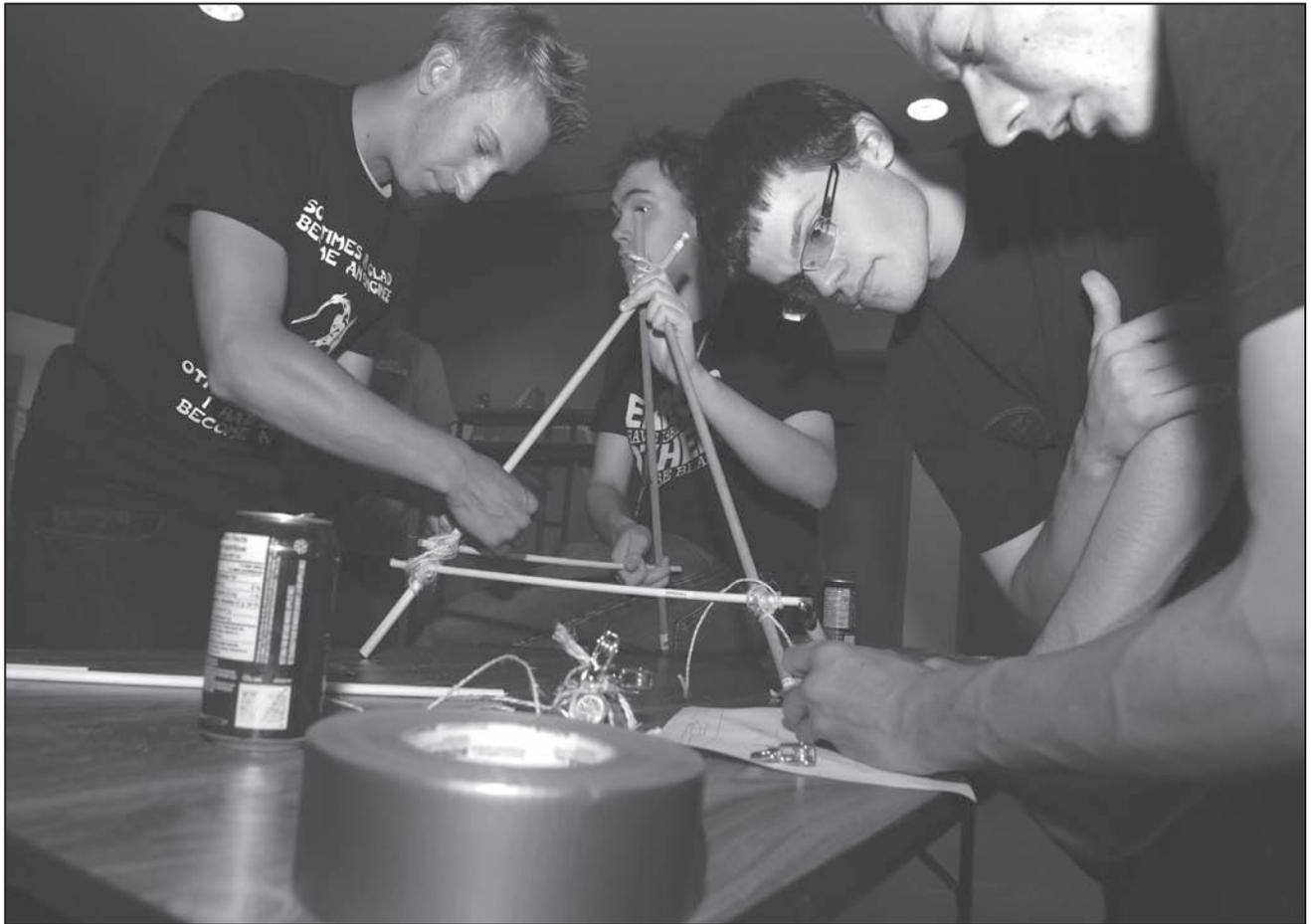
"Were in a design competition...building aerial bridges to transport a small load over a two metre distance," said Borody. "It was a lot of fun, a good challenge for a starting young engineer to work out some stuff with a bunch of people."

Between five to seven students approached the soldiers at the back during the day to talk about life in the Reserves as well as what was involved with joining.

"I think it's going very well," said LCol Atwell. We were here yesterday. We had the stand set up and the soldiers got to talk to all of the 200 first-year students."

Based on how well this event turns out, LCol Atwell will determine what to do next year. Branching out to other faculties such as Red River College is one possibility.

"We want to try something different in order to get the message out for recruiting," said LCol Atwell. "We find that the same old-same old hasn't necessarily gotten us the numbers we need in the past, so, we're going to try something different."



First year engineer students assemble a tripod that will be part of model Rope Bridge. The Fort Garry Horse sponsored the University of Manitoba Engineering Society's (UMES) first-year students during orientation week. Activities included providing the new engineering students Individual Meal Packs, a scale-model bridge-building competition, small-group leadership tasks as well as a faculty tour.



Left: Lieutenant Colonel David Atwell speaks to the first year students of this year's Engineering class at the University of Manitoba.

LCol Atwell is the Commanding Officer of The Fort Garry Horse. The Fort Garry Horse sponsored the University of Manitoba Engineering Society's (UMES) first-year students during orientation week. Photos by Cpl Bill Gomm

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# RESERVISTS FITTED FOR NEW RUCK SACK



Cpl Dave Bergeron sizes Master Warrant Officer Chris Hayden for the new rucksack. MWO Hayden is the A Squadron Sergeant Major with The Fort Garry Horse and Cpl Bergeron is with 17 Wing Clothing Stores.

Cpl Bill Gomm  
38 Brigade

"It's pretty heavy," said Master Corporal Tamara Coutu of The Fort Garry Horse. "But I think it will work with doing the Battle Fitness Test (BFT), I'm a vertically challenged female so it might assist in that regard."

Reserve soldiers from 38 Canadian Brigade Group's Winnipeg and Kenora-based units were issued the Army's new rucksack 12 to 13 September from 17 Wing Clothing Stores with the help of the Clothe The

Soldier Project Rucksack Fielding Team who helped supervise the kit issue.

"So far, it's gone very well," said Petty Officer Second Class Keith Muffty, Clothing Supervisor for 17 Wing Clothing Stores. "It's very well organized with the help of my unit members; so far we've put through about 125 people."

The new CADPAT rucksack is a complex system using the latest commercial technologies with stringent military specifications. It is an individually sized item that is custom fit to each soldier.

There are four torso (rucksack bag) lengths, three

shoulder strap lengths and four hip belt diameters for a total of 48 possible size combinations.

The rucksack is a high tech item specifically designed to be compatible with other operational clothing and equipment currently in service such as the tactical vest and the fragmentation protective vest.

Used properly, the rucksack will improve the soldier's ability to better manage heavy loads while conducting dismounted operations over 24 hours.

As part of the issuing of the new rucksack, the old rucksack was returned to clothing stores where it was

stripped down.

"What were going to do with the old rucksacks is we're going to take them apart and salvage what we can. Apparently, we are short of straps in the Canadian Forces so we are going to salvage all the straps we can," said PO2 Muffty.

"Depending on the condition of the rucksacks, some will go to scrap and some may go back into stock for training purposes such as basic training courses that come through."

Over the next few weeks, the majority of 38 CBG soldiers will be issued with the new rucksack.



Bdr Shane McCormick checks to make sure he is bending one of the rucksack stays the right way. Bdr McCormick is with 116 Independent Field Battery. The new CADPAT rucksack is a complex system using the latest commercial technologies with stringent military specifications. Photos: Cpl Bill Gomm

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# LEARNING TO LEAD WARRANT OFFICERS' & SARGEANT'S MESS GOLF

Primrose Knazan  
Learning Assistant

Vince Lombardi, American football coach, once said, "Leaders aren't born, they are made." But what makes a leader? What can a manager or supervisor do to become a great leader?

The Learning and Career Centre offers the *Leadership for Supervisors* series of courses to give supervisors and managers the tools to become great leaders by learning to communicate effectively, work as a team, and discover their own style of leading.

The series consists of three two-day courses: *Communication for Leadership*, *Building Excellence in Teams* and *Understanding My Leadership Style*. *Communication for Leadership* explores ways to communicate in groups, giving and receiving feedback, and addresses difficult one-on-one situations. This course gives participants the opportunity to develop presentation skills and use hands-on methods to become more authentic and effective communicators.

Course instructor and Learning Advisor, Leah Bannister, also refers to this course as "Communication for shy people". This course has a strong emphasis on public speaking, a skill not only important for supervisors and managers, but for anyone who wishes to communicate more effectively in meetings, presentations and

with clients.

*Building Excellence in Teams* helps participants develop strategies for creating a flexible, creative and professional environment conducive to team excellence and effectiveness.

This course also covers creative and innovative ways to approach problem solving. Leaders learn to guide team members in a way that incorporates different communication styles and requires input from all in order to find solutions.

*Understanding My Leadership Style* gives participants the opportunity to explore how their own personality impacts communication, decision making and approaches to conflict.

Participants develop their leadership skills from the inside out. The first half of the course allows participants to discover their Myers Briggs Type Indicator (MBTI), one of the most widely used and accepted tools to assess personality. Participants then learn how their MBTI type can influence their leadership style and how they relate to others, while learning how to adapt their style to meet the MBTI needs of others.

The Learning and Career Centre has scheduled the following upcoming Leadership for Supervisors sessions: *Understanding My Leadership Style* – November 5 & 6, 2009

*Communication for Leadership* – December 2 & 4, 2009  
*Building Excellence in Teams* – January 28 &

29, 2010

In addition to the Leadership for Supervisors courses, many other learning opportunities exist to develop leadership skills for supervisors, managers and aspiring leaders.

Work experience, coaching and mentoring programs can also be used to expand leadership skills. In fact, DND offers a formal mentorship program to facilitate the process of matching mentors and mentees. For more information, go to: <http://hr.ottawa-hull.mil.ca/DNDMentoring-MentoratMDN>

E-learning options to develop leadership skills are also available. Campusdirect ([www.campusdirect.gc.ca](http://www.campusdirect.gc.ca)) offers courses such as *Coaching*, *Dynamics of Leadership*, *Leading a Team*, *Lead and Develop Your Staff*, and dozens of other titles in this field. DNDLearn cover specific topics for supervisors and managers such as *Managing Military Personnel* and *Managing Civilian Human Resources*.

While courses can give individuals the tools to become well-informed leaders, true leadership skills can only be obtained through experience. To register or get more information about the Leadership for Supervisors series, please contact the Learning and Career Centre at local 4636, e-mail [LCCshare@forces.gc.ca](mailto:LCCshare@forces.gc.ca) or visit our website at <http://hr.ottawa-hull.mil.ca/lcc-cac/>

Congratulations are also merited to CWO Tony Dyer for turning in the overall (or Gross) low score of the day at 85. All managed to finish and meet back at the Mess for a well attended barbecue and awards.



At left, the winner of the annual Warrant Officers' & Sargeants' Mess Golf tournament held on September 11 was Mr. Jeff Cole. Jeff was victorious with a score of only 91 strokes. Congratulations, Jeff.

Photos Submitted by  
WO Bob Moug

## WO Bob Moug

On Friday, 11 September the 17 Wing Warrant Officers' and Sargeants' Mess held its annual Mess Golf Championships at the Portage Golf Club in Portage la Prairie.

This is the mess' last tournament of the season and gives all a chance to compete for bragging rights as the top swinger of the year. The format is 18 hole medal play, with the

low "net" score being the champ.

This year's winner was Mr. Jeff Cole, with a score of only 91 strokes. Congratulations, Jeff.

Congratulations are also merited to CWO Tony Dyer for turning in the overall (or Gross) low score of the day at 85.

Thanks to all who participated on a day which was pretty wet for the front

nine.

All managed to finish and meet back at the Mess for a well attended barbecue and awards.

Many thanks to Mr. Mike Belanger for his help with the prizes and technical expertise determining the low Net score.

See you all next spring.

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# BUYING BREAKFAST FOR A GOOD CAUSE



Ed Kirby, a Hazmat specialist with 17 Wing CE, dishes up some bacon at the 17 Wing TEME Breakfast. Kirby was one of almost 40 volunteers who helped make sure the event ran smoothly by preparing and serving food, taking donations, and helping with clean up. Photo: John Towns



Maj Gen Blondin, Commander of 1 Canadian Air Division, speaks to contributors at the GCWCC breakfast.

Photo: Cpl Beverly Dunbar



Above: Chris Green, Clayton Green and Xavier Lavolette, enjoy the most important meal of the day. Photo: Cpl Beverley Dunbar

John Towns

Voxair

On Friday, October 16, almost 300 members of 17 Wing packed the heavy equipment garage in Building 129 to chow down for a good cause.

The TEME Breakfast, an annual event, gives 17 Wing members the chance to take part in the most important meal of the day and support the GCWC at the same time.

The event, which ran from 06:30 to 10:30, is part of 17 Wing's annual Government of Canada Workplace Charitable Campaign, which runs several fundraisers throughout the fall to raise money for the United Way and other charitable organizations.

People attending the breakfast could get their

meal for four dollars per plate, or six dollars for two plates, the bulk of which goes directly to the GCWCC. Cpl Allan Anderson, who organized the breakfast on behalf of the TEME

***“All told, I’d say we have about 40 volunteers, not including the kitchen staff, who’s just been great. I got in at like 5:30 this morning, and they were in there, just jamming to get all the food together. Without those guys, and all the volunteers, none of this would be possible.”***

Squadron, estimates that this year the event raised over \$1500.

“I’m pretty sure we’ve surpassed last year already,” he said as the breakfast was still in full swing. “The donors have just been great.”

Cpl Anderson has been involved with the TEME breakfast for four years, although this is his first time

running the entire show. When asked why he originally got involved, Cpl Anderson’s answer is simple: “I’m always interested in helping out,” he said.

Cpl Sean Donovan acted as Cpl

Anderson’s 2IC for organizing the event, and also as the donation coordinator. According to him, the event would not be possible without the support of the many volunteers who help out – particularly the cooking staff from the mess.

“All told, I’d say we have about 40 volunteers, not including the kitchen staff, who’s just been great. I got in at like 5:30 this morning,

and they were in there, just jamming to get all the food together. Without those guys, and all the volunteers, none of this would be possible.”

In addition to the meal, the event featured entertainment by the Air Command Band, a raffle for gift baskets put together by 17 Wing Supply, and several guest speakers. Liz Wolff of New Directions, an organization that works with children and adults with developmental disabilities, and Howard Koks of the Parkinsons Society of Manitoba spoke about how the funds raised by the GCWCC help their organizations offer the programs and support that they do.

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# 17 WING RAISES FUNDS FOR UNITED WAY



Liz Wolfe of New Directions, a local Winnipeg organization helping adults, children and families, speaks about the benefits of giving to local charities.



Wilf Jones breaks a few eggs during the GCWC fundraising breakfast on October 16. Photos by Cpl Beverly Dunbar



Dear Colleagues,

As members of the Defence Team, whether military or civilian, we know better than most the significance of the word *community*. To us, it embodies everything we have sworn to defend and uphold through our daily tasks—from Canadian society at large, to the cities, towns and bases where many of us, and our families, grow roots with each and every posting.

I urge you to contribute to the 2009 Government of Canada Workplace Charitable Campaign (GCWCC) here at 17 Wing, which began September 14 and runs until November 6. This annual campaign raises money for United Way/Centraide, HealthPartners and other registered charities whose programs benefit thousands of Canadians every year—including members of the CF and their families.

To date, we have raised over \$42,750.00 in this year's GCWCC. While this is certainly a positive achievement, I know we can do more. We're only halfway through this campaign, so let's make 2009 a year to remember for the GCWCC at 17 Wing Winnipeg.

This year's campaign theme is *Be a STAR in someone's life*. The GCWCC is our chance to show the Winnipeg community how deeply committed we are to them. If you do not already know someone who benefits from the GCWCC, chances are you will. It is easy to give, and no matter how large or small your donation is, it will help make a difference. Most of the money raised in Manitoba stays in our province, meaning your donations will be invested close to home.

To make a donation, simply contact your unit/branch representative or canvasser, or attend one of the many GCWCC fundraising events taking place around the Wing. For a complete list of representatives, canvassers and events, please visit <http://17wing.winnipeg.mil.ca/wadmin/GCWCC/index.htm> and click on "Unit Representatives" or "Upcoming Events".

Last year's campaign exceeded its fundraising goals. I'm hoping that the CF community in Winnipeg will rally behind this year's campaign to make it even more successful. Please give, and make an investment in our community- Be a STAR in someone's life!

Sincerely,

  
 Colonel J.P.Y. Boilard  
 Wing Commander  
 17 Wing Winnipeg

13/10

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# You CAN have a Healthy Halloween!

Kathy Godfrey  
Health Promotion Director

With the changing of the seasons comes Thanksgiving, followed closely thereafter by Halloween which means the Christmas season is just around the corner.

With these festivities we will also find ourselves surrounded by food. No need to despair, supported by a plan, your waist can get through relatively unscathed!

Of course this holiday is not only about the kids, but that's where we're going to start. Halloween just wouldn't be Halloween without the treats!

Of course this is where the "m" word of moderation comes in. Parents, you, along with your children, can work out a plan on how to handle the Halloween loot. There is no one right approach and each family needs to decide how best it will work for them.

To avoid diving into the treasures upon returning

home from Trick-or-treating, here are some simple strategies to consider:

- Have a quick and healthy supper before kids go out. Well fed children will be less likely to over eat on treats.
- Cut down on the treats by limiting the amount of trick or treating. Stay on your street for example.
- When you are passing out treats give just a few rather than a big handful. Remember little eyes are on you; be a positive role model and limit the candy you eat.
- Replace trick or treating with a party for the children. Plan spooky games and healthy colourful Halloween food.

Think beyond the candy bars and provide treats that aren't quite as sweet:

- Sugarless gum
- Small bags of pretzels or popcorn

- Granola bars
- Real fruit gummies
- Individual hot drink packages

Who said treats had to be sugary candy? Try something different this year and hand out any of the following:

- Stickers or temporary tattoos
- Noisemakers
- Individually wrapped clay
- Rubber spiders or finger puppets
- Pencils, erasers or pencil toppers

Now adults, we like to think of Halloween as kids' holiday but we all know that we're not immune to those sugary treats! There are likely socials, costume parties and get-togethers planned over the next couple of weeks that will be full of sweet stuff, but you don't have to contribute!

Here are some healthy snack ideas that you can bring to

the festivities that are still in the spirit of Halloween.

## Puking Pumpkin Dip

Hollow out a small pumpkin and carve a jack-o-lantern face. Place the pumpkin on a platter, have a healthy dip (like hummus or guacamole) coming out of the mouth to get a puking effect. Have lots of fresh vegetables and pretzels around the pumpkin for dipping.

## Pumpkin Seeds

No need to throw those "pumpkin" guts out! Separate the seeds from the "goop," rinse them and place on a paper towel to dry. Preheat the oven to 350 degrees. Spray a baking sheet with non-stick spray, spread seeds in an even layer and sprinkle with salt or other desired spices. Bake 10-20 minutes until crisp, turning once. Store in an airtight container.

## Orange Jack-O-Lanterns

Hollow out oranges by cutting a hole in the top and scooping out the insides. To make a face, cut out shapes

with fruit and secure with toothpicks. Fill the orange with vanilla yogurt and serve with slices of fruit.

Have fun with the Halloween colour scheme! Each and every day we are aiming to eat one orange and one green vegetable. Use this opportunity to fill up on orange bell peppers, carrot sticks, sweet potato chips or butternut squash.

For those adult beverages, give one of these mocktails a try to avoid the extra calories provided by alcohol:

## Bloody Yummy Mary Recipe

### Ingredients (for about 4 servings)

- 2 cups tomato juice
- 1 celery rib, sliced into small pieces
- 1 lemon slice
- Half red bell pepper, chopped into small pieces
- 2 sprigs fresh parsley
- 1/4 tsp. Worcestershire sauce
- 1/2 tsp. salt
- 1 tsp. oregano
- 1 cup ice cubes

### Directions

Blend all the ingredients together in a blender, except ice.

When the mixture is smooth, add ice and blend until it is liquefied.

Strain and serve.

## Red Halloween Punch Recipe

### Ingredients (for about 20 servings)

- 48 oz. chilled cranberry juice cocktail
- 1 litre chilled ginger ale
- 1/2 cup chilled lime juice
- 2 cinnamon sticks (optional)

### Directions

Combine cranberry juice cocktail, ginger ale and lime juice together in a large punch bowl. Stir well. Float cinnamon sticks in the punch.

For more information on healthy snacking please contact Health Promotion at 4160/4150/4995.

Happy Healthy Halloween!

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## Casual Theme Fridays

*Come one, come all, and participate in the Casual Theme Fridays. Have fun and support the GCWCC.*

September 18 - Support our Forces red t-shirt day  
September 25 - Hawaiian Wacky Shirt day  
October 2 - Superhero day  
October 9 - Western Wear day  
October 16 - Sports Jersey day  
October 23 - Geek Chic day  
October 30 - Halloween day  
November 6 - Ugly Sweater day

Be a star in someone's life. Support the GCWCC.  
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www.gcwcc.org | www.ccmtgc.org



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## Q&A: KINESIO TAPING

Don Mills

What is Kinesio Taping?

The 2008 Olympics gave rise to the popularity of a taping technique that was developed in 1973 by Dr. Kenzo Kase.

World-renowned athletes prefer the kinesio taping technique over any other taping techniques since they are able to give many other benefits.

The Kinesio Taping Method is applied over muscles to reduce pain and inflammation, relax

overused tired muscles, and to support muscles in movement on a 24hr/day basis.

It is a non-restrictive type of taping which allows for full range of motion. Conventional taping methods, on the other hand, are primarily designed to restrict unwanted movement. Another benefit of kinesio tape, is that it may still be used for several days, even after the activity because of their latex free, highly elastic, water-resistant nature.

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## PROTEIN: TRUTH OR MYTH?

Ron Nicolas

The more protein I eat, the better!

Protein is essential for muscle growth for individuals that participate in resistance training and increases protein oxidation during endurance training.

Yet, there is insufficient evidence to prove the relationship of increased exercise and increased intake of protein. Also consuming high amounts of protein without the sufficient stimulus from physical activity, the protein will be converted to fat stores.

activity, the protein will be converted to fat stores.

Athletes should consume protein in a balanced diet, 1.2 grams to a maximum of 1.8 grams per kg of body weight or 10-35% of total calories.

(Appl Physiol Nutr Metab



stretching (holding specific poses for 15-30secs) can improve flexibility and may help prevent injury. Multiple studies has shown that static stretching prior to activity or/and middle of physical activity reduced force production capacity, vertical jump height, sprint time and muscle activation. By performing static stretching prior to/or during physi-

cal activity; speed, agility, power, and strength will be impaired. (Int J Sports Med 30, 2009)

Got any sport nutrition or fitness related questions? Any myths you want busted?

**Email:**  
Ronald.Nicolas@forces.gc.ca

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<b>Remanufactured toner</b> Call up limitations: Min call up value \$100. Max \$40,000 per order, \$10,000 per line	E60PS-040067/002/PD
<b>Paper</b>	E60PD-070004/001/PD
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<b>Filing cabinets</b> Installation	E60PQ-030005-025/PQ 1-100 Regular hours \$20 per cabinet After hours, Mon-Fri:\$30 per cabinet 1-100 Saturdays \$45 per cabinet 1-100 Holidays & Sundays \$50 per cabinet \$60 minimum installation charge per call up Chargeable
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## SUPPORT THE MFRC THROUGH GCWCC

Submitted by

Andrea Estensen

Did you know that you can support families in our community through GCWCC? The MFRC is the only charity in the city of Winnipeg that works directly with the military community. By donating to the MFRC through the Box C option, you can ensure your money stays in the community, assisting people you know. The MFRC is a provincially incorporated, registered

charity, and by donating to the MFRC, you can help us deliver programs and services that are important to the military community. Information on the campaign, including events, updates, and fundraising totals, will be posted on the DIN at: <http://17wing.winnipeg.mil.ca/wadmin/gcwcc/index.htm>. Ask your unit GCWCC Rep or canvasser about how you can donate to the MFRC. Our charitable number is 133105536RR0001. Thank you for considering donating to the MFRC.

## Separated By Duty, United In Love: A Guide to Long-Distance Relationships for Military Couples

This is a great book for any military couple full of great ideas to keep the home fires burning while your spouse is away.

Separation is a fact of military life and all military couples will go through at least a couple of separations, if not a multitude of them.

Most of us will go through a separation called deployment, which could last anywhere from a couple of weeks to months or a year.

The first chapter discusses the different stages of deployment: the mind games prior to the separation, depression after the spouse leaves, resentment, getting into a routine, and then living on love. This chapter is very helpful in identifying which stage

you are in and tips to cope with each.

Next, the author discusses communication. Luckily we live in the age of email and can get many more "letters" than military spouses did 30 years ago. The author discusses some of the games we play when we communicate like "whose life is more miserable?"

Other chapters in this book include dealing with a "long-distance budget" and financial hardships, infidelity, children, career and the home. There is a whole chapter dedicated to the ever popular homecoming and all the feelings and issues that come with it.

Although the homecoming can be one of the most exciting times, it can also be nerve racking and a little awkward. Finally, prayer and other hard de-

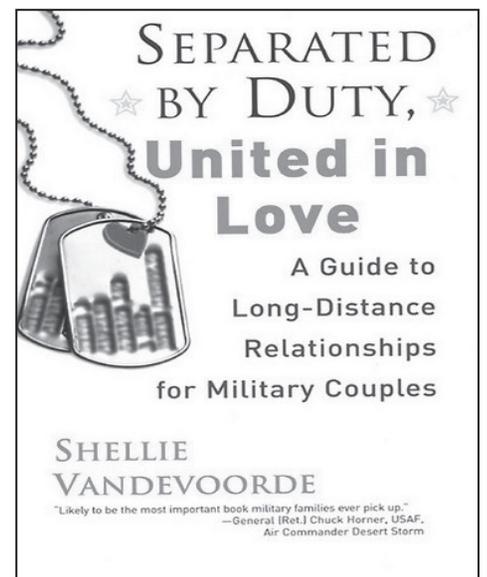
isions are talked about. Many people rely on their faith while they are separated from their spouse. I have come to rely on my faith heavily when my navy husband is away on deployment.

There are also hard decisions that come up while your spouse is away such as the death of your service member. To conclude, in this wonderful book, the

author has included a couple of military spouse poems and a long list of resources listed by chapter. This book is a great read for military couples, especially before you deal with a deployment.

Check it out and keep your marriage strong during your next deployment.

*This book will be available at the MFRC Resource Library*



### Join the Conversation on Canadian Forces Family Policy

*Do you have unique perspectives and skills to contribute to Canadian Forces (CF) family policy? Then Director Military Family Services (DMFS) wants to hear from you!*

We're looking for a specialized group of volunteers to serve on the inaugural National Military Family Council. This new council will bring the voice of families into conversation with the senior military leadership. The council will be responsible for leading discussion and providing feedback to the Armed Forces Council on systemic issues for families.

Part of DMFS, the soon-to-be established CF Family Secretariat will compile and respond to issues raised by families, and make the National Military Family Council aware of systemic concerns and national interests. The senior leadership of the CF will also raise issues to the National Military Family Council for their feedback. This structure will allow the National Military Family Council to consider the big picture for families, while rooting their discussion in tangible concerns.

Volunteers sitting on the National Military Family Council will be dynamic, well-informed, and policy-minded. We're looking for military family members from all walks of life, including but not limited to spouses, parents, and adult children of CF personnel. We're looking for volunteers who are involved in their communities, and who have some experience or interest in policy development and analysis.

Participating in the National Military Family Council will give volunteers a unique opportunity to develop their professional skills while contributing to their CF community. Volunteers will be required to travel at least twice per year for meetings in Ottawa, as well as participate in regular teleconferences and/or virtual meetings. Council members will serve one or two year terms to ensure that the group will retain expertise while welcoming new participants.

Would you or someone you know like to join the conversation about CF family policy? Please forward this link to the great military family members you know. You can also direct family members to our ad on <http://www.charityvillage.com>. Please send all inquiries and résumés to LCol Cheryl Baldwin at [nmfc@cfpsa.com](mailto:nmfc@cfpsa.com) by 2 November 2009. We thank all applicants for their interest, however only those selected for an interview will be contacted. You or someone you know can make a difference in this exciting new initiative. Let's start the conversation.

### Employment and Education Program workshops October 2009

Registration is required for all sessions, with the exception of the Job Finding Club. Please call 833-2500 ext 4500 to reserve your spot.

Resumes that work - 29 Oct 2-3 p.m.

During this workshop you will learn about the different types of resume and how to put together the most effective resume for you. We will help you identify your transferable skills to highlight on your resume.

Job Finding Club - 27 Oct 9:30-11:30 a.m.

Meet with others looking for work share ideas and support each other in your job search. Use the Career Library resources and the skills and knowledge of the Employment and education Coordinator to enhance your search for the perfect job.

Cover Letters - 7 Oct 9:30-11:30 a.m.

Focus on the job you are seeking. Learn new ideas about creating and enhancing your cover letter.

Interview Tips - 15, 22 Oct 2-4 p.m.

Brush up your interview skills! Look at different interview types and styles and practice answering specific questions, understands why employers ask these questions? Your peers as well as the facilitator will provide you with constructive feedback on your practice interview

True Colors - 26 October 9 a.m. - 1 p.m.

Understanding Your Personality type is the first step in assisting you in identifying your career preference! Identify your strengths and personal gifts. Discover what kind of work you might enjoy and relate work options to effective use of your talents.



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### Munch around Manitoba November 26

Alycia's- 559 Cathedral Ave.  
- 6 p.m.

Come out to experience what can be described as Winnipeg's most popular Ukrainian restaurant. Feast on perogies, borscht, holubtsi, and other authentic Ukrainian cuisine. Prices range between \$6 and \$12. Deadline to register is

Friday, November 20.

### Deployment Holiday

Dinner

Saturday November 21 from  
1 - 6 pm

A Holiday Dinner will be prepared for families who have a loved one deployed presently, or have had a loved one deployed within the last year for Regular Force members and two years for Reserve Force members. Come on out to Camp Manitou on the west end of the city behind the Flying "J" Gas Station and enjoy an afternoon of activities followed by a home cooked meal. There is room for 130 for a sit down meal, so don't delay in phoning/ emailing me to register. To register contact Sandra Doody, Deployment Coordinator at 833-2500 Ext 4507 or by Email: [sandra.doody@forces.gc.ca](mailto:sandra.doody@forces.gc.ca). The cut-off date for registering is November 13th.

### Groupe des femmes francophones

#### Souper d'Halloween!!!!

Joignez-vous à nous vendredi le 30 octobre pour célébrer l'Halloween au CRFM à partir de 18h30. Ce sera un

#### Become a fan of the MFRC

The Winnipeg MFRC has a fan page on Facebook. We'll be posting program updates and information on the site on a regular basis. To become a fan, look us up: Winnipeg Military Family Resource Centre.

souper Pot Luck. N'oubliez pas de vous costumer!

Pour de plus amples informations, communiquez avec Candide Lefebvre au poste 4515.

### Creative Tots

This parent and child program gives parents a chance to socialize with their peers and children a chance to participate in a group activity. Children will be exposed to a variety of art, music and movement activities with free play, stories and songs. Parent participation is required. Children newborn to age six are welcome.

There is no charge for this program and registration is not required. Drop in for a visit when you wish. Please bring a peanut free snack for your child.

It's party time! Join us at Creative Tots for some special events:

Oct 29 - Halloween! Come in costume if you wish, and enjoy crafts, games and stories! Nov 26- Let's go over the rainbow and discover colours! (Wear your favourite!)

Dec 17 - Celebrate the season!

Make a gingerbread house!

Registration is required. Call 833-2500 extension 2491.

### Westwin Children's

#### Centre Free Parent -Child Mother Goose Program

This is a wonderful program for parents to participate in with their young children. You will have a chance to get to know other parents in the community. You will

also have the chance to experience the pleasure and power of rhyme and song with your young child. This program uses songs, fingerplay and movement to strengthen bonds between parent and child, to enhance speech and language and to foster brain development. But most of all, it is a lot of fun. We meet Thursday mornings from 9:30-11:00 am. The program is free of charge and runs on a drop in basis. We meet at Carpathia School (300 Carpathia Rd). This is close to the bridge on Route 90 near Corydon Ave. For more information call Shannon at 833-2500 (ext 2491)



The hearth ornament is one of five designs available for your holiday pleasure.

### Babysitting Course

The MFRC is pleased to provide the Canada Safety Council's babysitting course. The course covers the following areas: rights and responsibilities of a babysitter, child development, tips for caring, basic first aid and child safety. Child must be at least 12 years old and attend both classes to get this certificate. MFRC, 102 Comet

St. \$ 15 November 27 6  
to 9 p.m. November 28 9  
a.m. to 4 p.m.

Christmas ornaments now on sale

Stop by the MFRC and pick up your pewter Christmas ornaments. There are five designs- angel, reindeer, penguin, hearth and wreath. The design is on both sides. They are \$15 each or two for \$25.

### Afterschool Program

The Afterschool Program is a drop-in program for school aged youth. The South Youth Centre (347 Doncaster St.) is open Monday to Friday from 3:45 to 7 p.m.

During that time, youth can play board games, video



Pewter Christmas ornaments are on sale now at the MFRC. Choose from five designs, \$15 each or two for \$25.

hang out with their friends.

The drop-in program is free for family members of the Defence Team. Their non-military friends are welcome to join them for a monthly drop-in fee of \$ 10.

### Kids Klub

Kids Klub is a drop-in program located at the North Youth Centre (102 Comet Street).

It is open Monday, Wednesday & Friday evenings from 5:45 to 8 p.m. for children in elementary school.

The youth centre is equipped with board games, video games, computers, craft supplies, foosball and a small library. Parents can drop off their children at the Youth Centre and then head off to the gym for a workout.

The drop-in program is free for family members of the Defence Team.

Their non-military friends are welcome to join them for a monthly drop-in fee of \$ 10.

### Teen Zone

The Teen Zone is a drop-in program located at the North Youth Centre (102 Comet Street).

It is open Monday, Wednesday and Friday evenings from 8 to 10 p.m.

You must be in at least Grade 7 to attend. The drop-in program is free for family members of the Defence Team. Their non-military friends are welcome to join them for a monthly drop-in fee of \$ 10.

### Holiday Hampers

As in past years the Winnipeg MFRC is partnering with the 17 Wing Care and Share Program to provide Holiday Hampers.

The MFRC and Care and Share Program realize that the holiday season can be a difficult time. If your family is struggling financially and could use some assistance during the holiday season, please contact the MFRC social worker at 833-2500 ext. 4512.

All calls are confidential. Referrals will be accepted starting November 1, 2009 until December 16, 2009. Hampers may be picked up December 17 or 18, 2009.

# BUDDY, DO YOU HAVE CHANGE??

Padre Will Hubbard

OK. So I'm sitting in my office in the Halifax Mental Health clinic, looking out at the harbour wondering how much longer I can stare out the window before someone comes along and questions whether I am staff or patient. It was early December and I was admiring the sunrise and how the colours paint the sky.

Being Halifax, it is only a once-a-week event where you can actually see the sky (without fog or rain clouds), so you have to capitalize on your opportunities. All of a sudden, the phone rings. The secretary tells me it's a long distance call ... some seagull manager (you know, the manager who flies in, makes a lot of noise, craps on everything, and then leaves). She transfers the call to me. "I heard the news!" (I hadn't). "You're posted!" (I was). "So what do you think about Winnipeg?" (As if I had a choice in the matter).

So began another time of transition ... another move, this time to a totally new part of our country. As much as the military tries to ease this transition, it's still not an easy or pleasant time. If you are one of those folks who just arrived here, or if you can remember your last posting experience, you

know what I mean. Saying good bye to everything and everyone in your old place, and saying hello to the new ... a new house, new job, new car mechanic, new neighbours, new schools for the kids, new church (I have to flash my union card once in a while), and so on. It is not an easy time.

As I was walking into work this morning, I

***The question isn't how I can control the changes...it's how can I adapt to the changes, or better yet...how can I deal with the changes inside me?***

was thinking of the four appointments that I had yesterday. One was someone grieving a father who just died. One was someone in the middle of a nasty divorce. One was busy coping with PTSD. The last one was a SITCOM ... Single Income, Two Children, Oppressive Mortgage (when a young family have children and one parent is at home with the kids). As I reflected on these four individuals, I noticed the purple and pink on the horizon and once again became mesmerized

by the sunrise. I realized two things. First, Winnipeg seems to have done away with the autumn season. One day it's bright and warm. Next day, it's dark and cold. Second, I was not the only one dealing with a change ... this base, like any other, is full of people dealing with changes and transitions. People beginning or ending courses. People enrolling or retiring. People getting into and getting out of relationships. People welcoming a new addition to a family (or a unit), or mourning a departure.

Life, my young Jedi Knight, is full of transitions and changes, and the truth of the matter is that we, as human beings, really do not like changes or transitions. We like certainty. We avoid surprises. We like being in control. We like knowing what to expect. (Warning: army saying up ahead ...) "Time spent on a recce is never wasted."

When we find ourselves in an unknown situation or in foreign territory, we become uncomfortable. So how do we deal with this discomfort? Are we even aware of the discomfort?

It is always helpful to know what you can control and what you cannot. Can we control change? (Cue the laughter from the audience). Usually not, despite our strongest wishes to the contrary. We cannot control someone else's retirement, or a flash posting or a last minute deployment, or a depression. Change is inevitable. Resistance is futile (who says Star Trek isn't theological?). The question isn't how I can control the changes ... its how can I adapt to the changes, or better yet ... how can I deal with the changes inside me? Here you will be more likely to experience success.

How? You can begin by asking yourself how you look at changes or times of transition. I could

have looked at this posting as a major pain in the #^\*@#^. Instead, I wonder what opportunities have been given to me. Whose lives will be enriched along the way? What will I learn? How will I be blessed? All of a sudden, rather than seeing things through the filter of "woe is me," I am seeing things through the filter of hope.

This hope is a potent thing. It doesn't demand instantaneous results. It is patient. It also leads me to my second point. Where do you find hope? Personally, I find that I am surrounded by hope, and signs of God's awesome creation around us. It is up to me to see it. It is only during times of intense suffering that I forget this fact. I have twice mentioned sunrises. Have you ever stopped to notice a sunrise? Ever notice the shades of purple and pink that contrast the darkness of the night sky? That is hope. These beautiful colours are a sign of light that is to come. Regardless of how dark it is, the purple reminds me that light is approaching. In our spiritual lives, there are times we find ourselves in dark places, like during times of change. It can be easy for some to feel that the darkness has no end. Remember the sunrise. No matter how dark you may feel it is, there is always light coming around the corner.

As you have noticed, our days are getting shorter, and our nights are growing longer. The good news, of course, is that you don't have to get up as early to catch the sunrise! It also means that soon we will start to see another form of light puncturing the darkness ... Christmas lights. Isn't that the reason why we put them up ... to celebrate the Light of the Christmas season?

How do you feel as you look at these lights as you pass by? That's hope. That's finding hope during transition, as you go from point A to point B. That's the promise of light despite the darkness. Hope surrounds us. The challenge for us is to see it, especially during times of change and transition.

## Together in Church

### CATHOLIC

#### CHAPLAINS

**Padre Lance Magdziak**

Roman Catholic Office 833-2500 ext 5272

#### Administrative Assistant

Carol Cochrane Office 833-2500 ext. 5087

#### Masses (English only)

Sunday 1100 hrs

**Religious Education** classes are available to all students from Preschool to Grade 6. Please call the office for information.

**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.

**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.

**Catholic Women's League** meets in the Chapel Annex the third Monday of each month at 1830hrs.

### PROTESTANT

#### CHAPLAINS

**Chaplain Bonnie Mason**

(Presbyterian) Office 833-2500 ext 5417

**Padre Bob Granholm**

(Mennonite Brethren) Office 833-2500 ext 4885

**Padre Will Hubbard**

(Anglican) Office 833-2500 ext 5349

**Padre Ken MacRae**

(Presbyterian) Office 833-2500 ext 4277

**Padre Gord Mintz**

(Anglican) Office 833-2500 ext 5785

**Padre Curtis Duclos** (Baptist)

Det Dundurn Office (306) 492-2135 ext 4299

#### Administrative Assistant

Carol Cochrane Office 833-2500 ext. 5087

**Sunday Services** (English Only) 0900 hrs

**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** Contact the chaplain at least six months in advance. A marriage preparation course is a requirement.

**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** 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.

## Pre-Marriage Course:

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Anyone planning to be married in the near future is invited to attend a non-denominational Marriage Preparation Course.

November 6 - 1900-2100 hours

November 7 - 0900-1600 hours

At the 17 Wing Community Chapel

2235 Silver Avenue (off Whytewold/Wihuri)

For more information contact:

Padre Magdziak 5272

or

Carol Cochrane 5087



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## 17 Wing Ceramics Club: Annual Old World Santa Workshop

17 Wing Ceramics Club is offering a workshop on Tuesday, 17 November 2009, from 6:30 to 9:00 pm, and is open to non-members. Registration cost is \$25, and includes a bisque-ware Santa of your choice, as well as use of club paints and brushes. No experience needed! For more information, or to register and pick your Santa, please contact Joanne Joyce at 487-3850, or leave a message on the Club voicemail at local 2496.

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# TAROSCOPES

BY NANCY

**Aries**  
 (March 21 - April 19):

Consider where commitments you make will lead because taking action at this time causes a domino. Once a course is taken it's hard to change. So, ask yourself, "What are the odds of my getting what I want?" The higher the likelihood, the stronger the yes. Low, means NO.

**Taurus**  
 (April 20 - May 20):

You've got some great ideas. And you've learned from past efforts. You need to maintain the integrity of the projects you initiate however consulting an expert can assist you with legalities and show you how to proceed. You can succeed if you set up a solid foundation to build on.

**Gemini**  
 (May 21 - June 21):

Moderation is advised for there is a price to pay with excess. Opt for choices that have a strong appeal and impact positively on your life. Past sorrows can teach us what needs to change. See yourself in a different light. Be clear about what you want. Don't settle for anything less.

**Cancer**  
 (June 22 - July 22):

You're appreciating so much more of what life has to offer. Accept invitations that come at a moment's notice. All the bits and pieces of your life create a mosaic of experiences, each different but with common threads. You will celebrate with loved ones.

**Leo**  
 (July 23 - August 22):

You have so much to offer. If you feel stifled because you can't start at the level you'd like you may miss some great opportunities. Things take time. Be aware that when you are optimistic, you shine, but when you are caught in negative thoughts you project a flat and empty image.

**Virgo**  
 (August 23 - September 22):

You'd like to motivate others to make positive changes by taking a leadership role, but setting an example works better. Show them, don't tell them. When making a major purchase look at what you like, of course, but then use logic to make the final decision.

**Libra**  
 (September 23 - October 23):

If all things stayed the same then our choices would be so much simpler. Changes may make past experiences obsolete, still remain optimistic. Obstacles will disappear or be dealt with so things will move forward. Air your differences respectfully to ease out of an impasse.

**Scorpio**  
 (October 24 - November 21):

Though it may be frustrating to be held back, sometimes it is a good thing for it allows for a greater gain when the time is right. Be patient, don't push. Pick your battles and you'll reap the rewards. Be a creative; there's more than one way to solve a problem.

**Sagittarius**  
 (November 22 - December 21):

Often when things become difficult it's easy to get lost in trying to see where we went wrong. Self recrimination and doubts can plague you but another chance is being offered to do things better. Embrace what life has to offer. New possibilities rekindle hope.

**Capricorn**  
 (December 22 - January 19):

Challenges may seem larger than they are. This is a test of your faith or your ability to keep things in the proper perspective. Use the tools you have to push past obstacles and concerns. You'll find a way to ensure what's most important to you is front and centre in your life.

**Aquarius**  
 (January 20 - February 18):

You may feel you've been calling the shots but so might someone else. At least you both have the same goal in mind. However be realistic and cautious. Don't get carried away because false impressions may be created or fostered now. Be alert to another's word games.

**Pisces**  
 (February 19 - March 20):

You'll find that things seem to be flowing easily for you these days. Be open to change and to accepting new situations. You offer others loving kindness. It surrounds you and is reciprocated. Your life path isn't linear or like other peoples but it's your joy in the journey that matters.

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