



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

1 Air Mov Sqn Burns The Candle At Both Ends



1 Air Movements Squadron personnel in Camp Mirage.

By Capt Rob Fisher, 8 MAMSO

During the six weeks it took for the deployment of Op Archer, the movement of the Canadian Battle Group into Kandahar, 1 Air Movements Sqn provided assistance at all stages of the soldiers' journey into theatre. A five-person MAMS team, including

four Traffic Techs and a Log O, were positioned in Edmonton to handle baggage and aircraft loading. A team of six Squadron personnel assisted at the interim staging position in Camp Mirage, and two members were on the ground in Kandahar to assist with the arrival.

The task in Edmonton, home of the main Battle Group, was the inspection and loading of baggage as well as the screening and emplaning of the troops, ensuring that everyone and everything made it on board for a safe and timely departure.

Due to limited cargo

space in the Airbus, troops are restricted to bringing one ruck sack, one barrack box and one kit bag each. For most, Unaccompanied Baggage consisting of two additional barrack boxes had been shipped more than a month in advance of their actual deployment. The standard process was for

the soldier to bring in his/her accompanied baggage the day prior to their actual deployment during a final DAG. This baggage was inspected and loaded into specialized aircraft containers referred to as "cans." Depending on the aircraft configuration, we were looking at using either

12 or 14 cans per flight. Even with the set baggage limit most flights utilized every can to their max capacity; often some creative stuffing was required in order to ensure that everything was loaded.

In all, more than 1300 CF personnel were dis-

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All The Bells And Whistles

By MCpl Marty Lee

Building -- the Flt Lt Gillespie Building, the Wing Training and Education Centre (TEC) is in the last stages of completing the original building plan. The 150 person Theater/Conference Centre was started in Jan 2006 and will be opening

May 2006 and will be another training asset for the Base. Major Douglass, the Wing PSO, confirms that the theater is the "last piece of the pie and will have all the bells and whistles for Conference and Briefing presentations." The addition of the the-

ater augments the learning assets already in place at the TEC and employs the same high tech standards for learning and presentation options. The opening of the new theater will not follow with changes to the theater facilities already in existence at 17

Wing. In total 17 Wing has three theaters, the base Cinema seating capacity 450, the CFAN's theater seating capacity 90 and the new theater at TEC. The existing theaters will continue to operate as they are now with no changes.

1 Air Mov Sqn Continued from page 1

patched from Edmonton on 15 chalks between 20 Jan and 28 Feb. Working hand-in-hand with CFB Edmonton's Movements Platoon, the team processed more than 230 000 lbs of baggage. Although an average weight is usually used to determine passenger and carry-on weight and balance figures, the team was also asked to weigh passengers and their carry-on baggage for statistical purposes. Just prior to departure, and following final pre-boarding inspection, each soldier would take his/her turn on the scale. After weighing more than 800 troops, we were able to determine that the average clothed soldier weighs in at just over 200 lbs and brings along approximately 30 lb in carry-on baggage.

This deployment gathered personnel together from all across Canada and saw large troop contributions from Shilo, Valcartier, Petawawa and Kingston, as well as personnel from several other CF Bases and Wings. After departing Edmonton, the flights routinely collected additional personnel in both Winnipeg and Trenton. Upon arrival in Camp Mirage, each Airbus chalk was divided into three Herc chalks for the trip into Kandahar. Due to the

limited bunk space in Camp Mirage, any delayed departures from there would have caused a ripple effect on the departures out of Canada, which would have created a scheduling nightmare, not to mention the disruption it would have caused for the troops and their families at home. Everything went off without a hitch and all 15 flights departed on schedule.

In spite of the gradual downsizing of 1 Air Movements Squadron in preparation for its anticipated closure this summer, the operational tempo here remains high. Many of our personnel who were involved with this deployment have already been deployed themselves; two of our crew from Edmonton were recalled back to the unit early in order to prep for four month tours beginning two weeks later. Many of our folks who were involved with the repatriation of the DART in Dec following the earthquakes in Pakistan have since deployed to Camp Mirage again. That's life here in 1 Movements Squadron: always keep a bag packed because you never know where you'll wind up. Hard to believe Box Top is less than a month away.

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G

8:00pm SAT-SUN-MON APR 1-2-3 99mins



Emma Thompson Colin Firth
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UNIVERSAL

G

8:00pm FRI-SAT APR 7-8 90mins



BIG MOMMA'S HOUSE 2

PG

PG

8:00pm SUN-MON APR 9-10 135mins



Heath Ledger Jake Gyllenhaal
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On The Long Road To Recovery

By Avery Wolaniuk



MWO Jose Dulude and his wife Manon want to say thank you to all the people that have supported them through everything.

When he woke up after a two-week induced coma, the doctors told him that they almost never save anyone as injured as he was. But MWO Jose Dulude took the 15% chance of life the doctors initially offered, fought hard and overcame the odds. Now he is beginning the long process back to full health.

On 5 Dec 05, MWO Dulude was traveling to Thunder Bay for an inspection of the mess there. He's the Wing Food Services Supervisor. Just outside Dryden on Highway 1 in Ontario, an oncoming vehicle missed a curve in the road and crashed into the MWO's car. Firefighters responded at the scene, and MWO Dulude was transported to the hospital in Thunder Bay by helicopter.

He spent the next two weeks in a coma that allowed his body some time to heal, and then two more in recovery from both the accident and the five operations he had. The MWO and his wife, Manon, have only positive things to say about the support they received in Thunder Bay, from the doctors and nurses and their military family. Mrs. Dulude works at Civilian Human Resources centre (Prairies) (CHRSCCP).

The Chief Clerk, Sgt Wendy Rahn, was the point of contact who made the entire process as stress-free as possible for Mrs. Dulude so that she could focus on her husband. Hotels, transportation for their two kids, and all the administrative work was looked after. "Excellent work," said MWO Dulude, in his soft-spoken way.

The MWO was allowed to go home just in time for Christmas. But it would be a Christmas unlike any he's ever had before. For nine weeks after the accident, he was restricted to bed rest. "From the pelvis down, it's all broken," said MWO Dulude on a recent visit to the Wing. The surgeries repaired bones and inserted pins and plates, but there is a lot of healing to do before he can even start rehab. He was able to sit in a wheelchair at the beginning of February, and what would be a restriction for most of us was a dose of freedom for him. "That's a big improvement, to be able to be in the wheelchair," he said.

Visits from the WComd Col Ken O'Brien and the WChief CWO Claude Parent, and a phone call from MGen Charles Bouchard were big morale boosts while he was bedridden.

MWO Dulude says the care he and his family have received from the Wing has been huge. "The support has been more than I expected," he said, adding that he never felt forgotten or pushed aside. The military has already assured him a position when he is medically ready to be back at work; in the meantime, his computer at home has been hooked up to the DIN so he still is able to communicate with everyone. "That makes quite a difference," he said.

With homecare from 7:00- 17:00 everyday, the MWO can now be in his chair for about six hours comfortably. His first visit to the Wing, which was also his first trip out of the house since he arrived home in late December, was to a Wing Logistics dinner at the mess on 17 Feb. Then, it took pain pills and determination to sit that long. "Personally, the biggest challenge is dealing with all the pain," he said. Initially, just to read took an effort. But the MWO focused on the positive, saying, "This is something you have to deal with. The pain is getting better. Before, just putting on socks hurts. Pants - you cannot put pants on. On the legs it hurts, with the broken bones and the cuts that were healing. We've come a long way from there."

On his second trip to the Wing - his second trip out of the house - for lunch at the mess, the pain was much less, and the MWO can now sit for longer periods of time.

But he knows what lies ahead. "The hard work is to come. Rehab is where the work starts," he said. "I'll only focus on rehab. It's my

main objective now to get better and work at the gym and do the exercises." But his goal makes the waiting and the work all worth it. "By July 2007, hopefully I'll be up on my feet. I hope it's going to be faster, but the doctor gave me a year and a half to two years, so I'll stick with what he says for now."

For his wife, the support has been tremendous. The Dulude's send heartfelt thanks to her boss Terry Murray and to Judy Krushen and Pamela Rolle at the CHRSCC. "They really made the difference in support, and not just one day, but from the beginning to now. They've been just wonderful."

And there are others. Padre Southen, who came to visit the MWO and offer support and comfort. Capt Dawn Wojtowicz, the nurse who is working with the Dulude's now; Judy Berscheid, the case manager who has offered "outstanding support. She eases things so there less to worry about," said the MWO. And to all the others who have helped them along through the worry and the pain and the hard times. For the support he and especially his wife received, MWO is grateful. "It's not that easy having somebody in bed seven days a week and not able to do anything," he said.

For now, he's focused on getting better, and literally getting back on his feet. With a voice laden with emotion and love, he sends his biggest thank you out to his wife, Manon. "I want to thank her. She's everything. She's my inspiration. It's because of her that I came back. She's my idol."

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Make Wise Food Choices Eating Out Smarts!

Here are some tips to help you make wiser choices, wherever you go!

In a restaurant:

- Get to know healthy cooking methods and cooking terms:
 - watch for terms like steamed, baked, broiled, braised, poached or grilled.
- Don't hesitate to ask questions of your server:
 - ask for healthier substitutions or a nutrient breakdown of the menu.
- Downsize it:
 - share a portion with someone else or take half of the meal home.
- Go for the grill:
 - grilled foods are usually much lower in fat & calories than deep fried foods.

In the Mess:

- Get the lay of the land:
 - survey all the choices before you make a selection, ask for the healthy side dish (steamed veggies instead of fries).
- Hang out at the salad bar:
 - Opt for fresh fruit or vegetable salads (bean, lentil, salads, and mixed greens), have the dressing on the side,

and beware of mayonnaise based and marinated salads.

- At the vending machine:
 - snacks are a great way to carry you through to your next meal; choose healthier choices (fruits, fruit cup, nuts and seeds, water, milk or 100% fruit/vegetable juices).
- Hold the mayo:
 - Little extras like butter, margarine, mayonnaise, salad dressings, bacon, sauces, chips, fries, poutine, and gravy can add plenty of fat and calories - use fat-free garnishes and condiments like ketchup, mustard, salsa, and relish.
- Pizza pointers:
 - Choose pizzas with vegetables, ham, and pineapple - steer clear of higher fat toppings such as pepperoni, sausage or bacon.

Let common sense prevail - if you're eating out only once or twice a month, your meal plan can probably withstand the splurge! But if you're eating out frequently, use these tips to help you make wise food choices wherever you go!

Resource: Dietitians of Canada

For more healthy eating tips contact your Health Promotion Team:

Christa or Penny
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Locals 4150/4160

HP Says 'Thanks'

By Christa Zappitelli

It has been an extremely busy year for HP, a new HP Director and with many new and exciting changes! Coming on board and learning new things can be challenging, but having a creative StF Team made the learning curve a lot easier. On behalf of the Health Promotion (HP) Team and 17 Wing personnel,

I would like to take this opportunity to say THANK YOU to all of the Strengthening the Forces Team (StF) Representatives.

For those of you who are not aware of what the StF is or does, I will try to give you a short recap of the roles and responsibilities of a StF representative. The StF Team is

composed of one unit/squadron representative from all the units/squadrons on the Wing. The representatives attend quarterly meetings to provide the HP Team with feedback from Wing personnel regarding the HP programs. The StF reps also provide feedback as to what HP programs unit/squadron personnel would like to see offered, what is successful, and what needs improvements. The StF reps also pro-

mote various HP programs and activities provided and act as a conduit for information regarding health promotion (display monthly packages, post program posters/materials).

If you have any questions about HP programs please feel free to contact your unit/squadron rep. Please take an opportunity to thank and acknowledge your unit/squadron rep the next time you see them.

Your StF Team members are:

Capt Russell Ackland	CFSAS
WO Richard Austin	435 Squadron
MWO Richard Carleton	CFSMet
MS Trish Cox	WCE
MCpl Gaston Fontaine	38 CBG HQ
Cpl Brenda Gullen	1AIR MOV
Kim Guy	Portage
WO Rick Hanes	402 Squadron
Cpl Gary Harbers	WPM
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Maj Doug Mattila	A1 Res
WO Adrienne Miller	A1 Pers
Sgt Dale Maxwell	735 Comm

Sgt David Moroz	WCOMPT
WO Dave O'Donnell	TEME Sqn
Capt Charlie Pym	WOps
Gladys Rich	NDQAR
Marshall Ruskin	WTISSqn
Haley Schroeder	MFRC
Cpl Louise Thompson	1 DU Det
Capt Wayne Willmott	CFSSAT
Capt Dawn Wojtowicz	23 Health Svc
Sandra Guenther	OSSIS

It has been our honour and pleasure to work with the members of the StF team. You all have done an amazing job promoting the HP programs and our jobs would not

go so smoothly without you! THANK YOU, Christa Zappitelli, Health Promotion Director Penny Wawrzyniak, Admin Assistant

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Before You Fill Out Your Tax Return...

By Phil Marcus, SISIP Financial Services

Now that the RRSP season is behind us, Canadians turn their attention to income tax time. The deadline for filing your 2005 tax return is May 1st, 2006. Depending on your situation, non-refundable tax credits can help reduce your tax base. Here are a few simple tips you should keep in mind.

Charitable Donations

Those of you who make donations to your favourite charity will get a tax credit when these are claimed on your tax return. Keep in mind that the federal credit is 15% on the first \$200 and 29% on amounts above \$200. In addition, there are corresponding provincial credits based on your province's tax rates.

Charitable donation receipts can be transferred to your spouse. The higher income earner should claim all donations if the province of residence has a provincial surtax and the higher income earner is subject to it. This way you will get the maximum credit against the income in the highest tax bracket. If surtaxes do not apply, either spouse can claim the donations.

Medical Expenses

Medical expenses are also transferable between spouses. Medical expenses can include amounts paid outside of Canada and they must be more than 3% of your net income or \$1,844, whichever is less. Therefore, the spouse with the lowest income should claim all expenses.

You can claim the expenses of all immediate family members (child, spouse, parent, grandparent, brother, uncle, niece...) who depended upon you for support during the tax year. The total of these expenses must be more than the lesser of \$1,844 or 3% of the dependent's net income for the year up to a maximum of \$10,000.

You can claim medical expenses paid in any 12-month period ending in 2005 that were not claimed in the previous year.

Tuition and Education Amounts

You can claim fees paid for post-secondary courses. Each claim must be \$100 or more for each educational institution and the institution should provide you with an official tax receipt or a form T2202A. A portion of the education amounts can also be transferred from spouses and children. To find out what amount is eligible, complete the calculation on the back of your T2202A or schedule 11 in your income tax forms.

Spouse or Common-Law Partner Amount

If your spouse or common-law partner earned less than \$8,079 last year, follow the calculation on line 303 of your return to see what amount you can claim.

If you were single, divorced, separated, or widowed you can claim a maximum amount of \$7,344 minus the income for any dependent. This amount is called the "Amount for an eligible dependent" and is found on schedule 5 of your return.

Age and Pension Credits

These amounts are based on your age and whether you are receiving a pension and can also be transferred to your spouse.

All of the above mentioned credits and further explanations are in your General Income Tax and Benefit Guide 2005. Take the time to read the portions of the guide that apply to your claims. It may save you money or prevent you from making a costly mistake.

This article is for general information purposes only and is the opinion of the writer.

Career Steps

By Corporal Bill Gomm

For Private Benett Rasmussen, joining the Regular Force is another step in his career. "I've always wanted to join the Forces," said Pte Rasmussen.

Pte Rasmussen started in the Cadets when he was 11 years old, then eventual-

ly moving to the Army Reserves, where he spent the last two years with The Queen's Own Cameron Highlanders of Canada (QOCH). The time in the Reserves was like a trial period to see if this was the life for him.

"I had a really good time

with the QOCH," said Pte Rasmussen. "I wish I could stay, but I need a career."

"A good soldier," said his Regimental Sergeant Major, Chief Warrant Officer Hugh O'Donnell. "I wanted to get him on leadership courses."

Pte Rasmussen, who is

bilingual, hopes to become a medic or an infantry soldier and get posted to a Light Infantry Battalion.

"He was dedicated to the Reserves," said Captain Paul MacIntyre. "A top notch soldier who will be dedicated to the Canadian Forces."



Private Benett Rasmussen fires his C9 light machine gun. Pte Rasmussen is with The Queen's Own Cameron Highlanders of Canada.

Photo by Cpl Bill Gomm



Private Benett Rasmussen listens to the range briefing. Pte Rasmussen is with The Queen's Own Cameron Highlanders of Canada.

Photo by Cpl Bill Gomm



(L) Corporal James Blackmore and (C) Cpl Chris Hill check (R) Pte Benett Rasmussen files as Pte Rasmussen turns in his kit. All three soldiers are with The Queen's Own Cameron Highlanders of Canada.

Photo by Cpl Bill Gomm

WComd's Curling Bonspiel

By Avery Wolaniuk

Five rocks in the house; blue is counting three. But wait, don't mark the scoreboard yet — first you need to check the envelope. "Standing in the hack (behind rocks in the house) team with most rocks on the right side of the house score. If tie, both teams count." That makes it two yellow.

That's how the Wing Commander's Curling Bonspiel went for the 14 teams that came out on Thursday, 16 March 06 for a day at Asham Curling Club, formerly Valour Road Curling Club. Ends one and three were luck-of-the-envelope, and ends two and four were "serious" in the hour-long, four-end matches.

Deputy Wing Commander LCol Whitburn tested the ice with the first rock of the morning. Then the 100 or so curlers broke out brooms and sliders and started the day. Players came out from WTIS, PSP, 1 Cdn Air Div, RSCU, 402 Sqn, CFRC, 435 Sqn, and Wing Hospital. Other entries included MWO Batchelor and Co., Three Fishheads and a Pigeon, and Good in the Hack. After round robin play, the top team from each division advanced to semi-finals. Special kudos go out to Maj Wendy Barlow, who curled with style and grace in her Air Force tartan kilt.

After lunch, playoffs began. Rinks from 435 Sqn

and PSP played beside the entry from 402 Sqn and MWO Batchelor's team. On both sheets the score was tied going in to the last end. 402 Sqn and 435 Sqn both prevailed, winning their games 4-2 and 4-3 respectively. In the finals, the squadrons did their best to beat each other and the luck-of-the-envelope. Again, the game came down to the end on the way home, with 435 winning the game 4-2.

Honourable mention goes out to the team with the best (and only) costumes, Good in the Hack — Miss 17 Wing, Miss HQ, Miss Com Rec and Miss Junior Ranks. Very nice, ladies.



The rink from 435 Squadron — Cpl Jeff Morris (skip), WO Alec Moyer (third), MCpl Lyle Jacobsen (second) and Cpl Mike Quirion (lead) — receiving their trophy from PSP Manager Rick Harris (centre).



Good in the Hack showed up ready to curl in all their finery. (Left to right) Janice Stanley (third), Christa Zappitelli (skip), Carla Barth (second), and Melissa Davidson (lead).

MCpl Writing For Voxair

By MCpl Marty Lee

My name is MCpl Marty Lee and I have been attached to the Voxair to assist the staff in photographing and reporting events at 17

Wing. Under Reporter Avery Wolaniuk's guidance, I look forward to meeting and talking with 17 Wing personnel for future Voxair articles. My

background as a Traffic tech at 17 Wing is with 1 Air Movements Sqn and 435 Sqn as a Loadmaster.

On my off time I enjoy the outdoors through many different activities, most of which include my dogs, such as cross-country skiing, dog sledding, hiking and camping. I also participate in volunteer work with Rehabilitation Clinics with my dogs.

Hopefully my operational experience and Avery's guidance will combine to represent the hard work and dedication of 17 Wing personnel through future Voxair articles I submit. I can be contacted at local 6976.



Librarian Michelle Wohlgemuth and Com Rec director Melissa Davidson relax in the newly arranged sitting space at the library.

Pull Up A Chair

By Avery Wolaniuk

Good book — check. Comfy chair — check. Homey atmosphere — check. The reconfigured space at the library now has all you need for a place to sit and check out the written word.

The space used to be blocked off by a high check out counter, where librarian Michelle Wohlgemuth sat. But the counter wasn't accessible for kids or people in wheelchairs, and she couldn't see the people entering the building from where she was. So a little renovation was in order.

The space now boasts a new carpet, some comfy chairs that were tucked away in back corners and a table and chairs in kid-dimensions.

"Because it's homier and not so sterile, you're apt to come in and stay a little bit longer than you normally would," says Mrs. Wohlgemuth. "You don't feel rushed."

There's also a computer for homework or typing that is not yet hooked up to the internet. It's a place where moms can sit and read with their kids after school. "It's a very comfy little spot. I want people to be comfortable when they come here," says the librarian. "Kids are allowed to talk; I don't make anybody be quiet unless somebody is studying. Just a regular inside voice."

Located in the Westwin Community Centre, the library, with fiction and non-

fiction in both English and French, is organized into children, youth, adult and, coming soon, teen sections. Some of the youth help out there to fulfil their volunteer hours for school. "I make them work when they're here," laughs Mrs. Wohlgemuth. And every Monday night is youth night at the library; there's creative writing nights, book club, and the ever-popular Harry Potter fan club. All youth are invited to stop by the drop-in style meetings any Monday that they can make it out for.

Winter hours at the library are Mondays, 9:00-1:00 and 3:00 to 8:00, Tuesdays-Thursdays 2:30-8:00, and Sundays 1:00-4:00.



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Out With The Old And In With The New: DEMS II Phase III Is Underway

By MCpl Mitchell

For the majority of DND employees, good communication is the key to completing their jobs effectively. Luckily, with the evolution of modern technologies come improved communication tools. The Defence Electronic Mail System (DEMS II) will be one of the DND's tools in this evolution.

DEMS II is a simpler and more direct system

then the current Automated Data Defence Network (ADDN) ever was. Delivery times are drastically reduced by delivering messages directly to the addresses. Messages Centres will no longer direct messages to individual units; in fact, the Message Centres will not even receive the messages. Users will now be able to send their messages directly to the office they are intended.

DEMS will work with our existing personal Outlook e-mail accounts. Message delivery will be the same as sending any other e-mail, except that the addresses will be offices instead of individuals. DEMS addresses and

distribution lists have been given an underscore character to annotate their DEMS function (i.e. _CFB WINNIPEG).

In addition to handling all routine administrative messages up to and including Protected A, several business applications will utilize DEMS to automatically generate messages such as posting messages, terms of service messages, training messages and vehicle movement orders.

Although the pilot program is still officially underway, DEMS is already being utilized to transfer messages nationally. Users will need to make themselves familiar with DEMS Operating Procedures and message

writing procedures. Note that a new message drafter has been added to the baseline. The new and old one will be available for some time and the old one will eventually be phased out. Please review the CANAIRGEN 007/06 CAS 008, http://airforce.mil.ca/canairgens/toc_2006_e.htm for further direction.

Should you have any questions about the project, please visit the project Web site at http://img.mil.ca/projects/corpor/dmhs/dems2/dems2_e.asp, or contact the 17 Wing Message Centre @ ext 5408. We will be happy to answer any questions that you may have.

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The World For Which The Lord Did Not Pray

By Padre Lance Magdziak

On the 17th hole, beside a main road, the two friends glanced up to see a funeral cortege passing. One of them dropped his club, whipped off his cap and stood with head bowed in reverent silence. Impressed, his pal remarked, "Good to see old traditions upheld — not many have such good manners." Replacing his cap, the other man smiled.

"We were married for 26 years."

We are familiar with Jesus' words at the Last Supper: "I am praying for them; I am not praying for the world.... I have given them Thy word; and the world has hated them because they are not of the world, even as I am not of the world." (John 17:9,14) There is an opposition, a contradiction that plays an integral part in Christianity. Jesus did not hide from his followers the fact that they

would be contradictory signs. Jesus never said we must not have enemies; he simply said we must love them. That's quite different, and not quite so easy!

It was not without reason that Jesus taught his disciples to say: "Lead us not into temptation, but deliver us from evil." The temptation of Christians today is to accept a compromised peace with the world, to accept the criteria of judgment and the basis for values from the surrounding milieu, which conditions them. Today it is urgent that we understand a fact: a Christian must not only be present to others, right in the heart of friends concerns and problems, but a Christian must also know how to take part against the world for which Jesus did not pray.

As a military chaplain I have been asked a lot of questions, sometimes very

tricky. What do you think about population problems, war and peace, Canadian presence in Afghanistan? What is the meaning of life after death? I meditate very often upon the words of Saint Teresa: "In heaven everybody will smile at each other." Go into the streets of any city, go into any airport, or any station, and look for a while at the faces of the people running through those places. Look at the faces. It is so rare to see a smile. Everybody is in a hurry. We are millions who live in the same city, or the same street, but without any human communication.

As Christians preparing for Easter, let us look at the time of Lent as a time of prayer. Let us discover the world, which the Lord did not pray for. Let us bring a little smile to those close to us and perhaps even to a perfect stranger.



ANNUAL DFS FLIGHT SAFETY BRIEFING

Winnipeg
Wed 12 Apr 06
3 Briefings:
• 0830-1000hrs
Wing Theatre
• 1330-1500hrs
Wing Theatre
• 1900-2030hrs
435 Briefing
Room Hangar 16

Southport
Tue 11 Apr 06:
• 1030-1200hrs
Mess (upper lounge)

1 Cdn Air Div
Thur 13 Apr 06:
• 0915-1045hrs
Mynarski

WFSO Major Brent Day, ext. 5483





The crew of Vickers Viking "ET" refuel from a fuel cache at Rabbit River, Saskatchewan, July 1924.

When the Royal Canadian Air Force was created on 1 April 1924, Winnipeg, with its two operating bases at Victoria Beach and Norway House, was the largest centre in the RCAF for civil government operations. In fact, six out of the eight Vickers Vikings owned by the RCAF were under the control of RCAF Station Winnipeg. Squadron Leader Basil D. Hobbs commanded five pilots, one photographic officer, one equipment officer, and a staff of 47 airmen.

Flying operations did not begin until June and ceased in early October. Even so, 1183 flying hours were logged in open flying boats, including the famous Rabbit River photographic mission by Hobbs into northern Manitoba and Saskatchewan. This was the first long-range photographic survey mission and was as dangerous then as space travel is today. The aircraft carried everything the crew needed except for fuel. This had been sent out the year before to be dropped off at pre-determined cache points; however, the aircraft left Victoria Beach not knowing if the fuel would be there it was supposed to be. Luckily, it was, but they had a folding canoe with them just in case.

On 10 October the Norway House detachment was closed for the winter and the aircraft sent back to Winnipeg. Not long after, a diphtheria epidemic broke out in the area and medical supplies were urgently needed. Since shipping on Lake Manitoba had also stopped for the season, the Department of Indian Affairs turned to the Air Force. On 20 October The Victoria Beach Station received a telegram from Air Headquarters at 1100 hrs and had an aircraft on its way to Selkirk by 1120. By 1730 hrs the medical supplies had been delivered to Norway House, accomplishing in a few hours what normally would have taken several days or even weeks.

The Victoria Beach aircraft soon joined the others at what is now the Redboine Boat Launch where they were taken apart and moved to the maintenance facility on the top floor of the Ford Dealership at 276 Maryland. There they were refurbished and prepared for another season of northern operations.

Winnipeg continued to grow in importance. In 1925 it was the most active RCAF Station and added a new sub station at Cormorant Lake. Overall, Winnipeg accounted for 60% of all forestry patrols and 45% of all aerial photography. This was in addition to the task of transporting treaty money parties and provincial health workers in to remote areas.

In 1926 the sub station at Victoria Beach on Lake Manitoba was closed and moved to the Winnipeg River at Lac Du Bonnet. This was also the year that Manitoba recorded its first military flying fatality. Pilot Officer R.M. Carr-Harris was killed when his Avro seaplane crashed in northern Manitoba.

The following year the government decided to separate civil operations from military operations and place them under the new Directorate of Civil Government operations. 1 Wing was renamed Winnipeg Air Station and became the new directorate's largest base with a total of 108 personnel.

Winnipeg and the Air Force continued to grow until 1930. The cancelling of forestry patrols and the closing of Norway House and its detachments in 1931 was, however, only the beginning of the decline. Major cutbacks and a reorganization in 1932 resulted in Winnipeg being given back to military control and in March 1933 RCAF Station Winnipeg was formed.

different for the Air Force than they were for the rest of Canada under the Great Depression. While RCAF Station Winnipeg continued to operate, it did not grow, and the members of 12 Sqn signed their pay over to the Sqn Fund so the Sqn could just barely keep operating. It was not until the early part of 1939 that the impending war in Europe resulted in the government looking at revitalizing the Air Force.

On 15 April 1940, No 2 Training Command, consisting of the Command Headquarters, No 14 Elementary Flying Training School, No 5 Air Observer School, and No 3 Wireless School, was established as part of the British Commonwealth Air Training Plan. Winnipeg was home to several units during the following years, including Repair Depots and Technical Inspection Units. On 30 November 1944, No 2 Air Command was formed by the amalgamation of No 2 and No 4 Training Commands.

The majority of the units at No 2 Air Command were dissolved or disbanded with the cessation of hostilities. On 28 February 1947, No 2 Air Command was disbanded and replaced by Headquarters No 11 Group in North West Air Command. RCAF Station Winnipeg was reconstituted under the command of S/L CH Mussels and consisted of the Station Headquarters, No 402 (City of Winnipeg) Squadron (Auxiliary), and 111 Composite Flight. As time passed, the RCAF expanded its Regular and Auxiliary Units and the station expanded. To keep pace with the increasing administrative burdens, 17 Wing was formed in 1950. However, most of the new units were training units. In keeping with this function, RCAF Station Winnipeg was transferred from North West Air Command to Training Command on 1 July 1951.

In 1954, the Central Navigation School, which was responsible for all post-graduate navigation training, moved from Summerside, PEI to Winnipeg. As well, No 3 Communications Unit was established to provide a radio link from coast to coast.

In 1955, the Aero-Medical Training Centre was opened. No 2 Air Navigation School, which was the hub of NATO navigator training, modified its syllabus. It took on a three-pronged approach and students graduated with specialties in long-range navigation, radio operation, and airborne interception. This syllabus remained in place until well after the end of NATO navigator training in 1958.

Training Command Headquarters was established in Winnipeg in 1959, under the command of Air Vice Marshall JG Bryans. This Headquarters was responsible for the training of all Air Force personnel at 10 stations throughout Canada.

The 1960s saw a lot of changes at Winnipeg. No 2 Air Navigation School was re-named the Central Navigation School and entered the computer age with the purchase of the "Donner 3500" analogue computer. The Central Flying School moved from Gimli to Winnipeg in 1964. Training Command's focus changed in 1966 from Air Force training to training for the unified Canadian Forces.

The seventies saw the formation of 429 Composite Squadron, which brought together the ICP School, the Dakota Conversion unit and Canadian Forces Flying Training Support Unit. The Reserve Trade School - Air was established to provide trades training for air reservists. The Canadian Forces School of Meteorology moved to Winnipeg from Trenton. In

Air Force Turns 82

By Captain M.J. Rozak

At that point, RCAF Station Winnipeg had been reduced to only eight officers and 70 airmen. The only heartening news was the creation of the Non-Permanent Active Air Force on 5 October 1932 and the approval for No 12 Sqn to be created under the command of Squadron Leader J.A. Sulley, AFC.

The thirties were no dif-

ferent for the Air Force than they were for the rest of Canada under the Great Depression. While RCAF Station Winnipeg continued to operate, it did not grow, and the members of 12 Sqn signed their pay over to the Sqn Fund so the Sqn could just barely keep operating. It was not until the early part of 1939 that the impending war in Europe resulted in the government looking at revitalizing the Air Force.

1975, Air Command was inaugurated under the command of Lieutenant-General WK Carr. Air Reserve Group was formed at Winnipeg a year later under the command of Brigadier-General RR Rohmer. The 1980s and 1990s saw the base continue to develop. 14 Training Group was re-activated in 1981 and disbanded in 1991. A new home for the "Air Force" was unveiled in 1986. The Bishop Building continues to be one of the nicest buildings on the Canadian Forces inventory. In 1993, 429 Squadron moved to Trenton and 435 Squadron and 1 Air Maintenance Unit moved to Winnipeg from Edmonton.

The closure of CFB Portage la Prairie added 3 Canadian Forces Flying Training School (3 CFPTS) as a satellite entity of the base. The subsequent conversion of 15 Wing Moose Jaw to contracted flying training meant that 17 Wing was tasked to provide support to military units from Thunder Bay to the Saskatchewan/Alberta border. The transfer of 440 Sqn from 4 Wing Cold Lake only served to expand the importance of the Air Force in Winnipeg.

Winnipeg was the most active RCAF unit in the formative years of the Air Force and survived the massive cut backs of the 1930s. It has been home to several Training and Command Headquarters and to this day continues to train aircrew from around the world. It can proudly say that it is the Home of Canada's Air Force.



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Award Ceremony



Capt Brian (Skid) Morrisette of the 1 Cdn Air Div, Air Operations Centre, receiving his CD from MGen Bouchard the Commander of 1 Cdn Air Div / CANR.



Capt Sue Hodge of the 1 Cdn Air Div, Air Operations Centre, receiving the Commander's Commendation Award from MGen Bouchard in recognition of her outstanding work in support of 1 Cdn Air Division's Hurricane Katrina Relief efforts.



Sqn Ldr (RAF) Terry Fascione, Maj Al Tasse, Maj Lee Spencer, Maj Paul MacGregor, 2Lt Tyler Park, MWO Rick Landry and TSgt (USAF) Jim Landers all of 1 Cdn Air Div receiving the Commander's Commendation Award from MGen Bouchard in recognition of their outstanding work as the BTE PHOENIX RAM Combat Plans Team. Absent from the photo are Capt William (Bronco) Brown, 2Lt Charlie Ambrose, MWO Harry Rush, Sgt Denise Childerhose and Sgt Rob McSorley.

WComd's Coffee



Maj Ken Mahon (left) and Padre Lance Magdziak had a fine time at WComd's coffee hosted by the staff at Building 90.

Public Memorial Service

By Janine Avery, Shilo Stag

A public memorial service was held on Mar. 17th to honour fallen soldiers Cpl Paul Davis and MCpl Timothy Wilson, both members of B Coy, 2 PPCLI, killed in a vehicle accident in Afghanistan at the beginning of the month. Local and provincial dignitaries including Manitoba premier Gary Doer, along with soldiers, families and friends, gathered to pay tribute to the soldiers.



A photo of Cpl Paul Davis on display as soldiers of 2 PPCLI march into the Multi-Purpose Training Facility at CFB Shilo.



Padre Dwayne Bos offered words of encouragement and prayer to those in attendance.



LCol Stuart Sharpe, Commanding Officer, 2 PPCLI, speaks during the tribute.

Photo by Janine Avery, Shilo Stag

Photo by Janine Avery, Shilo Stag

Photo by Janine Avery, Shilo Stag

The Demise Of Hudson 768

Part 1 Of 7

By HCol Hal Wishart

I was sworn into the Royal Canadian Air Force on October 1, 1940 in Winnipeg, Manitoba, and proceeded to No. 1 Manning Depot in Toronto. I joined my course there and after a stint of guard duty at RCAF Station Dartmouth, N.S., we returned to Toronto and attended No. 1 Initial Training School for aircrew selection. Based on ground school marks and the Link Trainer, I was selected for pilot training. Those who had low marks on the Link Trainer were posted to Air Observer schools.

My group was posted to No. 1 Elementary Flying Training School, at Malton, Ontario, where we first flew Fleet Finch aircraft on skis and later Tiger Moths. On completion of our course (two of our course were "washed out"), we were split into two groups; one to train on single engine aircraft and the other on multi-engine aircraft. I was selected for multi-engine training and posted to no. 5 Service Flying training School at Brantford, Ontario, flying Anson Aircraft. I graduated as a Sargeant Pilot, receiving my pilot's wings on July 14, 1941. Following graduation, most of us were transported by stake trucks to Union Station, Toronto. We had been divided roughly into three groups; one group was off for Embarkation Leave before proceeding overseas, one group went to RCAF Station Trenton, Ontario, to be qualified as Instructors, and the rest of us were transferred to No. 13 Operational Training Squadron at Patricia Bay, now referred to as Sydney, B.C.

When we received our briefing at our new Station, we learned that we were now part of Home War Establishment that had been formed for the protection of both the west and east coasts. We had been joined by other recently graduated pilots and the course was again split into two groups; one group training at the seaplane base on Grumman Goose aircraft and the remainder at the landplane base training on Lockheed Electras, Northrop Delta and Norseman aircraft. I was selected for the landbase course, which suited me fine.



Born in Winnipeg, Manitoba, HCol Hal Wishart first joined the Royal Canadian Air Force in 1940 and served as a pilot until he was transferred to Class "E" Reserve in 1946. He enrolled in the Primary Reserve in 1956 and was CO of 250 R.C. Air Cadets (Lions) Squadron, Halifax, Nova Scotia, retiring as S/L in 1960. Returning to Winnipeg, he worked for Travelers Insurance Company from 1946 to 1969 (Branch Manager 1953 to 1969). During this period he completed the four-year Chartered Life Underwriter's course administered by the University of Toronto. From 1969 until his retirement in 1986, he was an Estate Planning Consultant with Royal Trust.

HCol Wishart is a long time member of the Wartime Pilots and Observers Association (President 1954), Kiwanis Club of Winnipeg (President 1972) and the RCAF Benevolent Fund (Chairman of the Board 1996). He was instrumental in the success of six Commonwealth Wartime Aircrew Reunions as Vice Chairman and Chairman (sponsored by the Wartime Pilots and Observers Association). His special interests include gardening and association work. He was appointed Honorary Colonel of 3 Canadian Forces Flying Training School, Southport, Manitoba on September 1, 1994.

- Excerpt from Air Command Honoraries Directory

There were two operational squadrons based at Patricia Bay, a seaplane squadron flying Stranraers and a landplane squadron on Lockheed Hudsons. I was not impressed with the Stranraer flying boats.

One ground school was top heavy on Astral navigation, which we found strange. Why would pilots have to be grounded so much on Astral? We'd find out in time.

Following graduation, ten of us were transferred to Eastern Air Command in Halifax for further posting. Believe me, a rail trip from the west coast to the east coast under



HCol Hal Wishart in 1945, serving as personal staff for Air Vice Marshall K. Guthrey.

wartime conditions was no pleasure trip. At Eastern Air Command, three of us were transferred to No. 11 (BR) Squadron at Dartmouth, and the remainder split up between Yarmouth and Sydney, N.S., and Gander, Newfoundland. It was ironic that I arrived back at Dartmouth almost a year to the day that I had first arrived for guard duty.

During our first week with the squadron, which was equipped with Lockheed Hudsons, we learned why Astral navigation had played such a big part of our ground school at No. 10 O.T.S. No observers were being held back for Home War Establishment because of the acute demand overseas. We were told that we would have to complete at least 300 hours as second pilot/navigator before we would get checked out on the Hudson! Actually, in my case it worked out to be 160 hours. I made my first patrol as pilot in June 1942. It wasn't until August that our first draft of observers arrived. Until then, you'd fly one day with a second pilot/navigator and the following day you'd switch around.

During the first weeks with the Squadron, there were a lot of flights to our detachment at Torbay, Newfoundland. Nobody had anything nice to say about Torbay and those who had been there on temporary duty dreaded the thought of a transfer. On January 21, 1942, the Flight Board indicated that I was to navigate Hudson 768 with F/L Pickard as pilot to Torbay. My Flight Commander, S/L Van Camp was also flying on the same trip and he told me to pack a kit bag as there was some possibility that I might overnight. The foresight that Flight Commanders possessed always amazed me.

-Continued next issue

Married To The Canadian Forces: Canada's Greatest Military Family Support Site

By Ann-Janette Zuber

Welcome home, pull up a chair, and tell us about your day! Knowing that you are appreciated and forever welcome is the feeling you get when you log into Canada's greatest military family support site: Married to the Canadian Forces! Recently moving to a dot com site, this Home Away From Home, as they describe themselves, has grown to a community of over 200 members in a short time. And here, members are not just part of a community, they are part of a family!

Originally an msn groups site, Married to the Canadian Forces has seen many changes in its two-year reign, moving to a free phpbb site late last year, and finally to its new home <http://marriedtothecanadianforces.com>. The future outlook for this site knows no boundaries and its success is due in large part to its two owners, Natascha McKay and Louise Morris and its amazingly strong and versatile staff, Jen Gavin, Angeie Zuber, Rebecca Verrall, Kathie Capewell, Paula Donaldson, and the moderators, Lisa Miller, and Sara McKie.

Originally meeting in Edmonton, Natascha and Louise decided to set up their own support site when another one closed. Quickly recruiting the efforts of Jen, Angeie, and Rebecca, they set about making Married to the Canadian Forces, lovingly known as MCF, into the most inclusive, best organized, and well respected support sites out there. MCF

offers its members a wide variety of forums that focuses on various issues relevant to military life, regular everyday things, as well as a Hot Topics section to discuss difficult issues. The site's philosophy is to never stop evolving, to keep changing to suit the times and the requests or needs of its members. Since many of the site members are female (although more men and male members are joining), there are sections dedicated to relationship issues, parenting advice, and personal topics.

"We wanted to provide military families with a place to come and relax, a place where they could discuss what it's like to be the one who stays at home through a deployment, a place where they could ask for or give advice and just be comfortable in their own skin; their camouflage skin," said Natascha "It's important to know that you are understood and sometimes, our civvie family doesn't quite understand what it's like to live this life, or what it's like to be Married to the Canadian Forces." Known for her calm voice of reason and her interesting spelling (also called Nat-ese by the staff), she is the quiet voice of MCF.

Louise Morris, on the other hand, is a boisterous presence who can not enter a room without commanding it. Known for her love of life, exuberance, and beer bucket (you'll have to join to learn that secret), she says that, "despite the size of the site and the craziness that sometimes

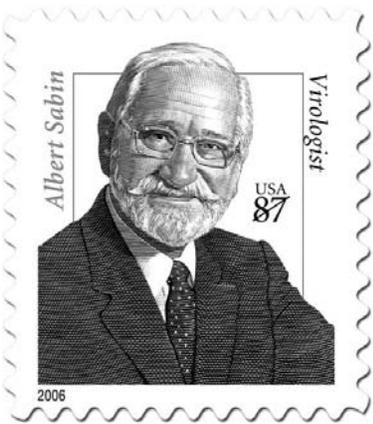
ensues, MCF is my sanity. It keeps me grounded, it reminds me of who I am, and when I have an off day, I have over 400 ears to listen to me."

Management is spread out all over the country, yet MCF is their living room where they get together for chats and virtual tea. "Being alone does not mean you have to be lonely; MCF has shown me this," said well-loved loquacious member, Robin, "Oh...and when DH (darling husband) comes home and tells me (yet again) that something major has changed...I often think, "I'd like to use my lifeline"...and I log on to MCF!" Kathie, a manager at MCF, perfectly sums up the acronym MCF as Many Caring Friends.

In addition to its warm atmosphere, MCF offers its members links to useful military, business, and personal sites as well as lightening the mood with a humorous game of, "What did you say??" where member's posts are purposely taken out of context for hilarity. More importantly, each forum provides updates and articles about things relevant to the section and to military life, like Cycles of Deployment or How Your PMQ Rent is Determined. An accomplished author, Angeie tries to make sure she contributes at least one article a month. Administration prides itself on its continued professionalism and the site's detailed yet organized layout.

So, when you decide to never be alone again, pop in and pull up a chair; the fireplace is always on and you will be in great company. We look forward to seeing you in our Home Away From Home.

MCF can be found on the web at <http://marriedtothecanadianforces.com>. More information about MCF can be obtained by contacting Ann-Janette Zuber, MCF Public Affairs Representative, at angeie@marriedtothecanadianforces.com



The Dread Of Polio

By Alf Brooks

If you were young in the 1940s, you will likely remember the apprehension with which your parents welcomed the approach of summer. Winter was over, warm weather returned, but with it came the polio season, as the cases of paralytic poliomyelitis were reported.

But some years later, this fear ended as a safe and effective vaccine against polio was developed. The United States Postal Service issued stamps in March to honour Dr. Jonas Salk (1914-1995) and Albert Sabin (1906-1993) for their work in developing a polio vaccine. They are honoured as esteemed scientists, known worldwide for their contribution.



(left to right) Michelle Wohlgemuth, Kaitlynn Meadows, Chris Rech, Andrea Morris and Breana Meadows played away St. Patrick's Day.

A Monopoly On Fun

By Avery Wolaniuk

St. Patrick's Day was all fun and games in the conference room at Westwin Community Club — literally. A stack of board games and an assortment of sugar-laden goodness helped entertain away a school inservice day.

Eight youth came out to hang around and play the day away with librarian Michelle Wohlgemuth and Chris Rech, who works with the youth in the computer lab. But the adults aren't taking any credit for the day. "The kids wanted something to do on their day off from school. All we did was buy some munchies and book the room for them," says Mrs. Wohlgemuth. For her, student-led activities are the best kind. "We like to empower them," she says.

The day kicked off with some good old-fashioned monopoly and moved on to simultaneous tables of Clue and some serious double-board Risk. For the finale, the age-old party classic — Twister.

For the students who came out, who range from grade six to 11, it was a chance to do something better than sitting around the house. "I'd be staying at home on the computer," says Kaitlynn Meadows, who came out with her sister Breana. "It's a lot of fun - I love playing board games. I'm always Miss Peacock," she adds as the Clue board is laid out.

"This should be a hoot," says Mrs. Wohlgemuth, a.k.a. Professor Plum.

17 Wing Winnipeg Intersection Slo-Pitch Meeting



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Planning Underway For Royal Regiment of Canadian Artillery (RCA) Reunion

The plans for the upcoming RCA Reunion to be held at CFB Shilo from 30 June until 3 July 2006 are well underway according to Capt Lonnie Goodfellow, chairperson of the organizing committee. Scheduled every 3 years, this will be 7th reunion of its kind to be held here. The first one was held back in 1988. It is expected that over 600 former and serving members of the Regiment, spouses and friends will come together for the event. Of these, many come from across Canada and around the US. The committee has been quick to emphasize that the reunion would welcome former members of non-artillery corps, branches or trades who have any kind of an affiliation with the Royal Regiment. Indeed, any person who considers him or herself a friend of Canada's oldest Regiment is welcome. The committee is planning a set of activities that have been popular in the past. These include a meet and greet, a dinner and dance, a barbecue and a golf tournament. The committee is also considering one or two new twists to make the weekend more varied and interesting.

Anyone who would like more information or tickets should write to: RCA Reunion, PO Box 214, CFB Shilo, MB, R0K 2A0.

Point of Contact for media inquiries: Rick Wilson, Reunion Information Person at 571 0133.

HMCS/CFB Cornwallis Reunion

The Cornwallis Reunion Association is planning a reunion from Friday the 25th of August to Sunday 27th August 2006 to be held in Cornwallis, Nova Scotia.

During the fifty years that the base was in operation over 500,000 military and civilian men and women worked and trained at HMCS/CFB Cornwallis.

Early registration is encouraged, as we are limited to 800 registrants.



Information may be obtained by:
mail: Cornwallis Reunion Association
PO Box 33
Cornwallis N.S.
B0S 1H0

Tel: 1 902 638 3434 Fax: 1 902 638 3101
e-mail: cornwallisreunion@fundymail.ca
website: www.cornwallisreunion.ca



www.connectingcfyouth.ca

Submitted By Justin LeBlanc

Moving can be hard on any family, but is especially tough for military members and their families who may be expected to move every four years. A new community, and trying to adjust to a new life is confusing and stressful; most likely boredom, anxiety and confusion are the results for military youth.

Initiatives by the National Youth Programs and Services Model hope to make the transition easier for military youth and to welcome them into their new communities, while providing the tools for youth to always stay connected, at home or abroad.

As part of this initiative, a new website is being launched across Canada. www.connectingcfyouth.ca is the result of input and ideas directly from those who use the site, the military youth!

This awesome website has it all; tips to help with moving, forums to share experiences and gain support, as well as helpful hints for those stressful times in between moves.

The website is dedicated to improving the lives of military youth with resources like: local job searches; information on wings and bases that youth may be moving to (coming soon); as well as its fun and interactive anti-boredom section! If help is needed getting through a particularly stressful move, there are links to sites that offer counselling and tips to cope. The "deployment" section is an overview of what deployment really is, straight from youth across the county.

Here in Winnipeg the 17 Wing Youth Advisory Council is launching the website directly to the youth here in our community.

We've placed our ads on transit buses all over the city! As well, we will be participating in Military Appreciation Night at the Manitoba Moose Game on March 25. If you're at the hockey game make sure to find us, as we will be handing out free stuff! The web site launch will continue throughout March. The Youth Advisory Council encourages you to check it out! Even if you are new to the military lifestyle, the resources on the web page are invaluable and can prepare, and help make moves easier.

Our local Youth Advisory Council is always looking for new members. If you are between the ages of 14-18, and are thinking about joining, call Diane Brine at 833-2500 ext 4508 or Dana Glover at 833-2500 ext 2057 for more information.

Spring Break 2006

Bldg 90 Pool

Effective Monday March 27 - Friday March 31, 2006

Casual Swim

Monday to Friday 1300 - 1600
Monday/Wednesday/Friday 1830 - 2100

Military Swim

Monday to Friday 0630 - 0730
Monday to Friday 1100 - 1300
***Wednesday is 1130 - 1300
Tuesday/Thursday 1500 - 1600***
***This time is shared with Casual Swim

Lap Swim

Monday/Wednesday / Friday 2100 - 2145
Saturday/Sunday 1600 - 1700



Operational Stress Injury Family Support Network

Operational Stress Injury Social Support (OSISS)

- Do you have a loved one who is suffering from an Operational Stress Injury (OSI)?
- Do you feel alone?
- Would you like more information on how you can cope with this?

Join us for our family support group meeting on **Tuesday April 4, from 7:00-9:00 pm** in the conference room of the MFRC. We will have an informal presentation on the "Two Sides of Addiction" presented by Bob Murphy, Wing Addictions Counsellor

OSI's from military operational duties can impact the family. If you are a family member living with someone who has such an injury and would like to discuss the impacts of OSI on your life, please contact

Sandra Guenther, OSISS Family Peer Support Coordinator
(204) 782-3119 or familypscwin@aol.com
ALL calls are confidential



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Military Family Resource Centre

*Attention CF members/Units!
..Sponsoring a new colleague
to the Wing?*



For Individual sponsors or Units preparing pre-posting packages (*) for incoming members...the MFRC carries a wide variety of resources from maps to the 17Wing Directory. Please feel free to include our number in your pre-posting package welcome letter. Further, we would be happy to provide assistance before, during and after the move. The Newcomer program can be reached through 833-2500 loc. 4506.

*Note that the MFRC continues to compile and distribute comprehensive welcome packages for new families who are encouraged to visit the MFRC upon arrival.

The MFRC information and referral department would welcome the opportunity to come out and brief your section. The MFRC has a wide range of services included in our presentation but we can easily adapt our briefing to accommodate the unique needs of your unit ie. Deployment support issues. Please give us a call and invite us out for a visit!

The "Mission Information Line"



Providing CF Families with accurate, reliable and timely information. 24 hours a day.
1-800-866-4546

The Mission Information Line (MIL) is a bilingual telephone service for families of Canadian military personnel serving in operations outside Canada. The toll-free, 24-hour service features detailed reports about Canadian Forces missions and operations from around the world and provides the kind of assurance and support family members depend on.

During business hours, callers can speak directly to MIL staff for additional information or referral to other resources. MIL personnel are available to handle calls in confidence Monday to Friday, except on statutory holidays, from 8:00 to 16:30 Eastern Time. The Mission Information Line should not be considered a substitute for Military Family Resource Centres or Unit Rear Parties, but rather a complement to their services.

MIL provides reliable, thorough and comprehensive information, and gives families the chance to find out more about living conditions and unit activities. The recorded information also includes: periodic Situation Reports; messages from commanding officers; and confirmation of news releases and information on incidents or accidents.

The Situation Reports are provided directly by deployed military personnel from theatres of operation. MIL Staff receive the information from a number of sources at the Department of National Defence, including: units deployed on peacekeeping missions; the National Defence Command Centre; Peacekeeping authorities at National Headquarters in Ottawa; and rear parties.

A touch-tone telephone is required to use the Automated System; pressing "0" will connect you with line personnel. Callers can use rotary phones by following the instructions given on the line.

For more information on how the MIL can help your family or your unit's families please call Nicole at 833-2500 ext 4507.

WWW.MFRC.MB.CA



102 COMET ST.
P.O. BOX 17000, Stn. Forces
Winnipeg, MB
R3J 3Y5

Phone: (204) 833-2500 Ext. 4500
Fax: (204) 489-8587

Website: www.mfrc.mb.ca
Email: wpgmfrc@autobahn.mb.ca

Our Programs

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

MFRC Monthly Community Coffee Break



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

Resources

The MFRC has Internet-ready community computers, a fax machine, tape recorders, digital camera, and video camera available for use on site during normal working hours.

Other Numbers

MFRC: 833-2500 ext.4500
Emergency Childcare: 935-7733
MFRC Childcare Centre: 837-3653
Youth Centre South: 488-8563
Youth Centre North: 833-2500 Ext 4502

SEW AROUND



Looking for something to fill a Thursday afternoon? Join us for Sew Around...bring your latest project be it knitting or creating new curtains. We will supply the coffee, hints, tips and some great conversation. Call Diane at 4508.
Every Thursday 1-3pm

Upcoming "Opportunities" - for personal development..

- | | |
|---------|--------------------|
| 13April | Card Craft |
| 27April | Menopause |
| 11May | Garden Gloves |
| 25May | Buying a House |
| 8June | Bike Sense |
| 22June | Cool Summer Drinks |



"Op-portunities" workshops are held regularly held at the MFRC 7-9pm on the given dates. Please call Diane @ 4508 to register.

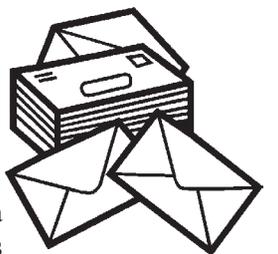
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POSTAL PACKING STATION



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

We are on-line...

www.mfrc.mb.ca

THE "Community Connections"

Your guide to all current MFRC programs and services! Published regularly, this informative handbook has everything you need to know. Program descriptions, informative articles and our calendar of events...all on-line. Or,



for your convenience we can mail a copy to your home....Call to have your name added to the mailing list. 833-2500 loc. 4500

Together in Church



CATHOLIC

Sunday Services
(English Only) 0900 hrs

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
Saturday 1630 hrs

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

Confessions
The sacrament of reconciliation is offered 20 minutes before mass and by appointment. Contact the chaplain's office.

Baptisms
We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

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

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

Protestant

Chaplains

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

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

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

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

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.

Sparky's Corner

A Nightlight Is Not A Toy

Canadian Standards Association (CSA) will soon publish amendments requiring the following warning to be printed on the package of a direct plug-in nightlight certified by CSA: "Warning - This is not a toy and is not intended for use by children. For safe use, plug only into exposed wall outlets where nightlight is ventilated and cannot contact bed coverings or other material that may present a fire hazard. Do not use with extension cords."

This warning is among the new requirements presented in the amendments to the CSA standard covering nightlights. These amendments have been developed to address concerns about potential electrical hazards associated with nightlights, especially the dangers to unsupervised children who might see these products as toys.

The low wattage of these devices and, in some cases, their toy-like appearance may give parents a false sense of security. The risk to very young children should never be underestimated. A child touching an energized screwshell at the base of the device's light bulb could receive a severe or even fatal shock.

The main safety feature introduced in the new CSA amendments is a requirement that nightlights be polarized. The metal screwshells of nightlights with nonpolarized plugs (plugs with identical blades) can remain energized even if the light's "on-off" switch is in the "off" position.

By contrast, when a polarized plug is inserted into a polarized receptacle (ie, the wide plug blade is inserted into the acceptable slot that is wider than the other), the "live" or current-carry-

ing conductor is properly connected and is "switched". This means the screwshell is not energized even when the "on-off" switch is in the "off" position.

The CSA amendments also address the potential hazard of a child's blanket possibly catching fire after prolonged contact with an energized nightlight. In a new test, layers of tissue paper and flannelette simulating bedding materials or paper products are each draped over an energized nightlight for seven hours. If these materials glow or ignite, the nightlight fails the test and does not qualify for the CSA certification mark.

Other requirements address such issues as the durability of plug blades; the proper "fit" in size between the screw base of the light bulb and the lampholder cavity; and the ability of the nightlight unit to withstand impact.

Look for the new polarized models when you shop for a nightlight. Avoid buying an older one from a garage sale. With spring coming, garage sale become popular. Above all, always take extra care to keep electrical connections out of the reach of children. A nightlight cannot be treated as a toy without serious and possibly fatal consequences.



Yaaow!!

My hair's on fire!

What a terrible predicament, but it's not the time to panic. The best way to get back your cool is to follow this advice from the Old Lady. If your hair or clothing is on fire, stop right where you are, drop to the ground and roll back and forth. Never, never try to run away, because this will only make the flames larger.

The Old Lady and your Fire Department have lots of other hints on how to prevent fires, how to make your home fire-safe and how to deal with arson, burns and getting out of a fire safely. For these hints, simply contact your fire department.



Fireprecan. Fire Prevention Canada and your Fire Department.

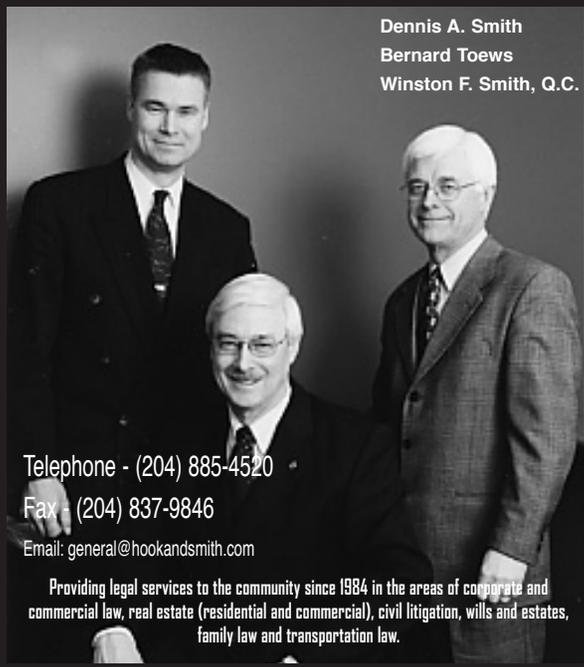


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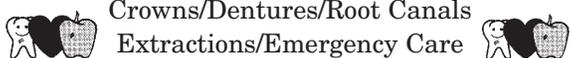
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TAROSCOPES BY **NANCY**

Aries (March 21 - April 19): If you are playing the confident clown to hide your worries you will find they just seem to grow. Your luck is about to change soon though. Then you'll be able to assist those who have helped you so don't hesitate to talk to a confidant who can provide the foresight you need now.

Taurus (April 20 - May 20): Focusing on someone you miss makes you feel lonely. Connecting with others will help. Make new friends and expand your network of compadres. Listen to your feelings, they will show you what you enjoy doing most; then fill your time doing what you love.

Gemini (May 21 - June 21): Work at becoming more flexible then life won't seem so unfair. Challenges and changes are inevitable. Ultimately you come out ahead when you remain calm and positive. Push yourself to act when you have the ability to do so and let go of that which is beyond your control.

Cancer (June 22 - July 22): By taking the easy way out you've created a situation that fosters disharmony. Deal with the fallout of your past avoidance. You deliberately overlooked the obvious and refused to delve too deeply. Expand your belief about what's possible and things will improve.

Leo (July 23 - August 22): You bought into something that is turning out to be more work than you expected. Cutting corners is not the answer. Keep everything above board. Being realistic is essential; don't underestimate others abilities, but don't make assumptions based on what you would do either.

Virgo (August 23 - September 22): Discord, which you hate, leads to surprising changes. Finding yourself in the middle of a competition forces you to be revise your outlook. Be optimistic, but also honest; then the actions of another, though unexpected, won't have the power to hurt you.

Libra (September 23 - October 23): You're a leader who is responsive. You know what needs to be done and you care for all concerned. The key to success is to use the best approach. Consider different perspectives; then either be diplomatic or deal with things head on, whichever is required.

Scorpio (October 24 - November 21): You could get caught up in the middle of a confrontation. You can see both sides but that doesn't mean you need to take either. What is right for you is what you must do no matter what others say to influence you. It's better to feel like an outcast than to be untrue to yourself.

Sagittarius (November 22 - December 21): You want to make demands and push for action on your own agenda items but others may not be willing to back you. They need time to think. It's worth your while to take others into consideration and show patience. You are not a law until yourself.

Capricorn (December 22 - January 19): You believe that you are ready for all contingencies. Using a prepared approach is the best way to deal with everything from personal to professional pressures now. Setbacks are temporary, ups and downs inevitable - it all balances out in the end. Enjoy what you have.

Aquarius (January 20 - February 18): Once you get good at something it can become boring. Rekindle your passion for what you do well. Be daring then observe the results. Experimenting fuels your creativity. Reflection and exploration help you to heal an old hurt or face a fear.

Pisces (February 19 - March 20): Shift how you see yourself and others will reflect this change. You crave a safe, open, emotional connection that allows you to explore a relationship and your feelings fully but this is not the time to sit on the sidelines hoping to be discovered. Keep moving; you'll see progress.

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