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Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

Winnipeg Remembers



Photo: Alison Dickey

The sentries for this year's Remembrance Day Ceremony at Bruce Park were the 220 Red River Air Cadets. More Remembrance Day photos on page 8.

IN THIS ISSUE:

WINKLER CENOTAPH GETS REDEDICATED

PAGE 2

CAS HOLDS TOWN HALL AT 17 WING

PAGE 2

CANEX TIM HORTONS OPENS FOR BUSINESS

PAGE 11

GCWCC UPDATE



The Herc sitting at the Wihuri entrance to the base has soared up to the 80% mark, meaning the goal is in sight.

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Winkler Cenotaph rededicated

Daniella Ponticelli

The names of nine soldiers are engraved on a stone cenotaph in Bethel Heritage Park in Winkler, Manitoba, an area known more for its outspoken conscientious objectors than its veterans. Members of the community and military personnel gathered to rededicate the small memorial stone on the bright Sunday, September 17, 2011. Directly across from the marker is the monument to conscientious objectors.

"That these two groups can be in the same park – that's a huge deal," said Mark Wilson, a veteran from a 2007 Afghanistan deployment. Wilson, who is from 26 Field Reg., 13 Battalion, said he returned to the city of Winkler four years ago and received a "welcoming parade" led by the mayor of Winkler while prominent local hockey players lined up with their sticks in the air to show their appreciation.

"I imagine it was a lot different from when the World War Two veterans returned," said Wilson. "They were essentially shunned."

During the Second World War, the city of Winkler – a community with a large majority of pacifist Mennonites – had asked to serve the country in their own way through civilian service. During 1941-1945 there were 3021 recognized conscientious objectors from the area.

On their monument is written a glimpse of what life was like for those who had to choose: "the privilege of military exemption created difficult decisions of conscience – often bringing pain to the community and within its families."

But while conscientious objectors were a known entity in the community after the war, returning veterans were ignored and the fallen, forgotten. Finally in 2000, a cenotaph was erected beside the Winkler City Hall, where it stayed until Comrade Mel Reimer, president of Legion Branch 11 in Morden, proposed the cenotaph be moved to "a place of honour." There it could be highly recognized and people could come to remember the soldiers from Winkler, Manitoba.

"The monument was placed here to reconcile the groups," said Reimer.

Because the cenotaph was moved, a rededication took place, starting with a mournful call of pipes smarching in ahead of the colour parade. Close to 100 non-military people were there to pay respect and listen while the Padre told stories of local men who fought in the war. The Royal Canadian Air Cadets 179 Squadron from Morden was also on hand to participate in the rededication.

"That first name under World War One, Private Gordon Enns, that's my uncle," explained 92 year old Comrade Harvey Friesen, the driving force behind the initial erection of the cenotaph. A Second World War veteran himself, Friesen understood what it meant to be a Winkler soldier, and later reminded those in the crowd that "giving your life is the most that you can give."

Bethel Heritage Park, the space where these two groups of pacifists and soldiers are now recognized, was created by a volunteer citizen's committee from Winkler who fundraised for the project. It opened in August, 2011 as a place of peace and reconciliation.

- Daniella Ponticelli is a student journalist from Red River College working with 38 CBG



The newly unveiled Winkler Cenotaph. The city of Winkler first erected their Cenotaph in 2000 after a small group of veterans formed a committee and lobbied the city to put up a monument to commemorate military sacrifice of people local to the area. Photo: Cpl Bill Gomm, 38 CBG

CAS holds town hall meeting at 17 Wing

Sgt Bill McLeod
17 Wing Public Affairs

Lieutenant-General André Deschamps, Chief of the Air Staff and Commander of the Royal Canadian Air Force, held a town hall meeting at the Netherland Theatre, 17 Wing, on 16 November 2011.

"Get ready," the CAS warned the audience of mixed ranks at the town hall more than once. He told the non-commissioned members that due to a large number of senior NCM retirements they could expect to move up in rank rapidly in the next few years.

He also said they could expect to remain busy throughout their careers and have lots of opportunities with 7 new aircraft types being brought into service and new infrastructure to support the aircraft, but cautioned that the Royal Canadian Air Force will continue to find fiscal efficiencies to keep moving into the future.

LGen Deschamps told the audience this year was the first time in his 34 year career every single aircraft fleet was operationally committed and due to the high readiness of the RCAF we were able to respond quickly to changing situations around the world.

17 Wing members then had the opportunity to ask a number of questions, ranging from increasing child care spaces, finding civilian doctors for their families, and updates to the residential housing units.

The CAS also visited the Canadian Forces School of Survival and Aeromedical Training, the Canadian Forces School of Aerospace Studies, and 402 Squadron, where he listened to briefings on new training, equipment, and issues prior to the town hall.



Sergeant Ernie Whelan, a Search and Rescue Technician working at the Canadian Forces School of Survival and Aeromedical Training, explains to Lieutenant-General André Deschamps the difference between the old arctic sleeping bag and the new version. Photo: Sgt Bill McLeod

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The End of a Haira!



Before and after photos of Capt Erik Weigelin, who donated his hair to help raise money for the 1st annual Head Shaving of the Bosses event. Photos: Capt Mike Houle

On Wednesday November 2nd, 3 Canadian Forces Flight Training School (3CFFTS) held their 1st annual Head Shaving of the Bosses event in support of the Government of Canada Workplace Charitable Campaign (GCWCC). In total 9 people volunteered their hair in support of the event, but one of these individuals stood out from the rest of the crowd.

Capt Erik Weigelin, a helicopter instructor at the school, donated his flat top hair cut in order to raise as much money as he could. All those who know Capt Weigelin know full well how possessive he is about his locks. He has been sporting a flat top haircut since 1985, and he trusts no barber to cut his hair properly, so he does it himself.

After the first 8 volunteers had their heads shaved, while raising \$1970.00, Capt Weigelin returned from his student trip to stand before the masses to offer his hair for the event. When it was time to shave off his hair, \$1000.00 had been donated specifically by the staff and students of 3 CFFTS to see him lose his locks. With his wife and son present, Capt Weigelin took his seat in the chair on the flight line and did what no person thought he ever would. He ended his own flat top era by allowing those who had donated the money to take turns shaving off his beloved hair. 3 CFFTS thanks all that participated this year as a lot of money was raised for a great cause.

Spin-a-thon promotes health and physical fitness



The 4th Annual Spin-a-thon was held at the Fitness and Recreation Centre on Friday, November 18. Nine teams comprising over 100 cyclists peddled for eight hours to promote healthy living. Photo: Alison Dickey

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Ex TAKE POST – 38 Brigade Artillery Tactical Group Change of Command



On 29 Oct 2011, in CFB Shilo, LCol Ross Thompson fires his "last round" as the Commanding Officer of 38 Artillery Tactical Group.
Photo: Sgt Yves Lacerte

Capt Steven Rogowsky Adjt 38 CBG ATG

Over the weekend of 28-30 October 2011, the 38 Brigade Artillery Tactical Group (ATG) conducted Exercise Take Post, which included the Change of Command for all three Artillery units in 38 Canadian Brigade Group.

All the members of the ATG, as well as members of 17 Field Ambulance, 38 Service Battalion, and the Fort Garry Horse arrived at CFB Shilo through all hours of the night on the 28th of October. Although the aim of this exercise was to practice our basic Gunnery skills, we also focused on offensive operations, IED training, and convoy operations.

The morning began early as the Recce party went out at first light and the remainder of the gun battery left shortly after. While the gun battery and the associated elements were conducting a dry deployment, several members of the ATG were preparing for the change of command at King OP. The majority of the setup; including mod-tents and chairs; was completed the day before, but a few minor tasks remained, such as ensuring

there was an unfrozen pen available to sign the Change of Command certificates – a challenge considering the temperatures.

At about 1030hrs the guests began to arrive at King OP and the soldiers of the ATG marched from the Gun Position up to the elevated platform of King OP and awaited the arrival of the Reviewing Officer, the Commander of 38 Canadian Brigade Group, Colonel Nic Stanton. Some of the other key guests that attended the change of command were: Lieutenant-Colonel (LCol) Richard W.H. Goodyear, Base Commander CFB Shilo, Chief Warrant Officer (CWO) Steven Milton, Base Chief Warrant Officer for CFB Shilo, Her Worship Shari Decker Hirst, Mayor of Brandon, Chief Keith Atkinson, Brandon Chief of Police and CWO Allan Rishchynski, 38 Brigade Sergeant-Major.

The ceremony began with LCol Dave Dalal being promoted to his present rank followed by the handover of 10 Field Regiment, 26 Field Regiment, and 116 Independent Field Battery from LCol Ross Thompson to LCol Dalal. The signing of the Change of Command certificates was a challenge due to the wind, but overall the parade was a great success. At the end of the parade, instead of dismissing the soldiers, the new Commanding Officer, LCol Dalal began to shout out fire orders which

prompted the soldiers of the ATG to run to the Gunline and prepare for a direct shoot. Both Col Stanton and LCol Thompson fired rounds as part of the direct shoot at a target 2300 meters away.

The Change of Command events concluded with a delicious steak dinner from the field kitchen led by Sergeant Robert Lund, and we continued on with the exercise throughout the remainder of the day and Sunday morning. The highlights of the exercise include the "harrasing fire" tasks and the 2 Fire Plans which were both named after Bombardier Eberle, a long serving member of 10th Field Regiment, who passed away last month.

This was a great exercise and a great experience for all the soldiers and different parties that participated in the exercise. "The live exercise was very effective training for both the new recruits in the unit and senior members, because we are one of the only trades in the combat arms that train with live rounds." Master Bombardier Nathan Fillion, Gun Detachment 2IC for 26 Field Regiment.

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Red River Exhibition Park Winter Wonderland

Once again the 17 Wing Community Recreation Association is selling tickets to the Annual Winter Wonderland that will be held at Red River Exhibition Park from 2 December 2011 to 7 January 2012 (except Christmas Day).

Tickets are available at the Reception Desk, Fitness and Recreation Centre (Bldg 90) at a cost of \$9.00 each/car or van (including GST). This price is a savings of over \$5.00 from the regular gate admission price. These tickets are available to the military community, including civilian employees.

Questions may be directed to Community Recreation at local 5139, 5976, or 2059.
http://www.redriverexhibitionpark.com/winter_wonderland/index.htm

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MTTF hosts Multi-national throng at 5-km Canadian Farewell Run at KAF

WO Rob Woolsey
Op Athena/Mission Transition Task Force

On 30 October 2011, the Mission Transition Task Force (MTTF) welcomed more than 1,000 runners from 15 nations to the 5-kilometre Canadian Farewell Run, which turned out to be the biggest event of its kind held to date at Kandahar Airfield (KAF).

Inspired by previous fund-raising races at KAF, the Canadian Farewell Run was organized by MTTF members who formed a casual running group for the duration of their deployment. Master Warrant Officer Rick Dube came up with the idea of a race to give Canadians a last chance to run with the allies with whom they have served since 2005 in Kandahar Province.

The Canadian Farewell Run attracted participants from Australia, Belgium,

Britain, Bulgaria, Denmark, Estonia, France, Germany, India, Netherlands, Pakistan, Philippines, Romania, Slovakia and the United States. There were also a special cadre of runners from the Afghan National Army and — of course — plenty of Canadians from the MTTF.

The runners received a warm welcome and a bit of explanation from the MTTF commander, Brigadier-General Chuck Lamarre. "We're calling it the Farewell Run because it's very much a transition for Canada in its efforts in Afghanistan," he said. "Canada is currently transitioning to take on a training role up in Kabul with over 950 soldiers teaching Afghan trainers so that Afghans can take on responsibility for their security."

The senior chaplain of the MTTF, Major Harold King, also took a moment to address the crowd. "As we prepare our bodies for this Farewell Run, we also

take time to remember the true sacrifice of body, mind and spirit, and even life, of those who have gone before us." Throughout the crowd, heads bowed for a moment of silence in honour of the Fallen, followed by the Lament played on the pipes by Sergeant Curtis Leblanc.

Then Sgt Leblanc picked up the cadence to lead the crowd of runners through the Canadian compound and out to the start. Then the MTTF Sergeant-Major, Chief Warrant Officer Stephen Jeans, sounded the air horn and the race began. The runners were so tightly packed on the road that the throng took almost two minutes to cross the start line.

First place among the men went to First Lieutenant Jonathan Banks of the U.S. Air Force, with a time of 17 minutes and 35 seconds. The winner of the women's division was Corporal Wendy Cottee of Australia, with a time of 20 minutes

and 23 seconds.

The Canadian sporting goods company The Running Room provided the start-line banner, 500 hats, and door prizes for participants. Event support was handled by a team of more than 30 volunteers who registered the runners, issued hats and race shirts, distributed water, controlled traffic, and awarded the door prizes.

"As we transition and close this phase of Canadian military history here in Kandahar, we also look back and reflect upon our time and our mission here," said PadreKing. His sentiments were echoed by BGen Lamarre, who said, "Now, of course, it is time for us to close down this chapter in Kandahar."

The Canadian Farewell Run allowed the MTTF to honour and preserve Canada's legacy here in Kandahar with our ISAF allies and the Afghan national security forces.

La FOTM accueille une foule multinationale lors de la Course canadienne d'adieu de 5 km au KAF

WO Rob Woolsey
Op Athéna/Force opérationnelle de transition de mission

Le 30 octobre 2011, la Force opérationnelle de transition de la mission (FOTM) a accueilli plus de 1 000 coureurs de plus de 15 nations pour la course canadienne d'adieu de 5 kilomètres qui s'est révélée la plus importante activité de la sorte tenue à ce jour à l'aérodrome de Kandahar (KAF).

Inspirée par de précédentes courses de financement tenues au KAF, la course d'adieu canadienne a été organisée par les membres de la FOTM qui ont constitué un groupe de course occasionnel pour la durée de leur déploiement. L'Adjudant-maître Rick Dubé a eu l'idée d'une course pour donner aux Canadiens une dernière chance de courir avec les alliés avec lesquels ils ont servi depuis 2005 dans la province de Kandahar.

La course canadienne d'adieu a attiré des participants de l'Australie, de la Belgique, de la Grande-Bretagne, de la Bulgarie, du Danemark, de l'Estonie, de la France, de l'Allemagne, de l'Inde, des Pays-Bas, du Pakistan, des Philippines, de la Roumanie, de la Slovaquie et des États-Unis. Il y avait aussi un cadre spécial de coureurs de l'Armée nationale afghane et — bien sûr — beaucoup de Ca-

nadiens de la FOTM.

Les coureurs ont reçu un chaud accueil et un peu d'explication de la part du commandant de la FOTM, le Brigadier-général Chuck Lamarre. « Nous appelons cet événement la course d'adieu parce qu'il s'agit d'une transition pour le Canada dans ses efforts en Afghanistan, » a-t-il déclaré. « Le Canada est actuellement en transition pour adopter un rôle d'instruction à Kaboul avec plus de 950 soldats formant les instructeurs afghans pour que les Afghans puissent prendre la responsabilité de leur sécurité. »

L'aumônier senior de la FOTM, le Major Harold King, a aussi pris un moment pour s'adresser à la foule. « Alors que nous préparons nos corps pour cette course d'adieu, nous prenons aussi le temps de nous rappeler le vrai sacrifice de corps, de pensée et d'esprit et même de vie de ceux qui sont partis avant nous. » Dans toute la foule, les têtes se sont penchées pour un moment de silence en l'honneur des disparus, suivi de la Complainte jouée à la cornemuse par le Sergent Curtis Leblanc.

Ensuite, le Sgt Leblanc a augmenté la cadence pour diriger la foule des coureurs à travers l'enceinte canadienne et vers la ligne de départ. Alors, le Sergent-major de la FOTM, l'Adjudant-chef Stephen Jeans, a fait sonner l'avertisseur à air et la course a débuté. Les coureurs étaient tellement serrés sur la route que

le groupe a pris presque deux minutes pour franchir la ligne de départ.

La première place chez les hommes est allée au First Lieutenant Jonathan Banks de l'U.S. Air Force, avec un temps de 17 minutes et 35 seconds. La gagnante dans la division des femmes a été le Caporal Wendy Cottee d'Australie avec un temps de 20 minutes et 23 seconds.

La compagnie canadienne de matériel de sport The Running Room a fourni la bannière de la ligne de départ, 500 chapeaux et des prix de présence pour les participants. Le soutien pour l'activité était organisé par une équipe de plus de 30 bénévoles qui ont inscrit les coureurs, donné les chapeaux et les dossards, distribué de l'eau, contrôlé la circulation et décerné les prix de présence.

« Alors que nous passons à la transition et à la fermeture de cette phase de l'histoire militaire canadienne ici à Kandahar, nous regardons aussi en arrière et réfléchissons sur notre temps et notre mission ici, » a mentionné l'aumônier King. Ses sentiments ont trouvé écho auprès du Bgén Lamarre qui a déclaré, « Maintenant, bien sûr, il est temps pour nous de fermer ce chapitre à Kandahar. »

La course d'adieu canadienne a permis à la FOTM d'honorer et de préserver le legs du Canada ici à Kandahar avec nos alliés de la FIAS et les forces de sécurité nationale afghanes.



The flood of participants in the Canadian Farewell Run spills into the road on their way to the start line./ La masse des participants à la course d'adieu canadienne se répand sur la route en direction de la ligne de départ. Photo: Sgt Lance Wade, MTTF Headquarters

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3 CFFTS Wing Graduates Look to the Future

3 Canadian Forces Flying Training School (3CFFTS) at the Southport aerodrome in Portage la Prairie, Mb, saw the presentation of coveted air force flying wings to 6 graduates from the school last Friday November 4th in a formal ceremony. The presentation was presided over by Col. Marc Bigaouette, Wing Commander of 15 Wing Moose Jaw, LCol Rob Kamphuis, 3 CFFTS Commandant, and 3 CFFTS Honorary Colonel Orville Wagner.

The six students, 5 multi-engine pilots and 1 helicopter pilot, were all smiles as Col Bigaouette presented each graduate their wings as proud family and friends looked on. The graduates were Capt. Wade Mayer, Capt. Matthew Smook, Capt. James Brown, Capt. Trudy Gardner, Capt. Jonathon Sisk and Lt. Gavin Wynott.

In his remarks to the graduates, Col Bigaouette praised the graduates for their hard work in attaining this goal and also recognized the support of the families behind each of the graduates. Col Bigaouette also praised the instructional and support staff on whose professionalism the Air Force training system depends.

With the completion of the parade, the graduates and their families attended

a formal mess dinner to celebrate their milestone. After the meal, the graduates were re-introduced by Master of Ceremonies Major Chris Strawson, while an Air force piper piped in the Port and the traditional marches were played.

3 CFFTS and the graduates were honoured by the presence of Mr. Ian MacKenzie, WWII veteran and former Mayor of Portage-la-Prairie, who was seated at the head table with Col Bigaouette and LCol Kamphuis and other guests of honour. Mr. MacKenzie gave an inspirational speech to the young men and women who then retired to the lounge to "ring the bell" and socialize with their colleagues and families who made the trip to Southport from around the country.

Each graduate will now begin the next phase of their career and are now posted to operational squadrons in Trenton, Petawawa, Greenwood, Comox and Yellowknife, where they will be learning to fly the CP-140 Aurora, the CC-130J Hercules, CC-150 Airbus, CC-138 Twin Otter and the CH-146 Griffon aircrafts.

Staff at 3 CFFTS wish the graduates the very best in their future endeavours.

- Submitted by Public Affairs, Portage La Prairie



The 3 CFFTS Grads, from left to right: Capt Wade Mayer (407 Sqn Comox), Capt Matt Smook (437 Sqn Trenton), Capt Trudy Gardner (440 Sqn Yellowknife), Lt Gavin Whynot (427 Sqn Petawawa), Capt James Brown (436 Sqn Trenton), Capt Jonathan Sisk (405 Sqn Greenwood). Photo: Capt Mike Houle

PSP Service Award



Joanna Jarrett (right) from PSP Fitness and Sports staff received her 10 year service award from PSP Manager Rick Harris on Friday November 18th just before the Spin-a-thon got underway at Building 90. Photo: Alison Dickey

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The 2011 RHU Christmas Decorating Contest.

Le Concours de décoration des ULR pour les fêtes de fin d'année 2011.

The 17 Wing Community Council is proud to announce: The 2011 RHU Christmas Decorating Contest. Show your Holiday Spirit – take part in the contest at no cost! The winner to receive a \$50 gift card, and will be featured in the award winning VOXAIR paper! Judging will take place 9-11 December 11. The final judging will be based on originality, arrangement, theme and overall presentation. Register by sending your name and address to – 17WgCommunityCouncil@forces.gc.ca (from home) or +17 Wg Community Council@WLE HQ@Winnipeg (from work).

Le Conseil communautaire de la 17^e Escadre est fier d'annoncer la tenue du: le Concours de décoration des ULR pour les fêtes de fin d'année 2011. Répandez l'esprit des fêtes : prenez part au concours, sans aucuns frais! Le gagnant recevra une carte-cadeau de 50 \$; de plus, il fera l'objet d'un article qui sera publié dans le journal primé Voxair! L'évaluation des décors aura lieu du 9 au 11 décembre 11. Le choix sera fondé sur l'originalité, l'agencement, le thème et la présentation globale. Pour s'inscrire, il suffit d'envoyer par courriel son nom et son adresse à: 17WgCommunityCouncil@forces.gc.ca (à partir de la maison) ou +17 Wg Community Council @ WLE HQ@Winnipeg (à partir du lieu de travail).



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Boomer's Legacy: Helping our soldiers help others

Sub-Lieutenant Lois Lane

OP Athena/MTTF Health Services Unit

On 27 October 2011, hundreds of Canadians deployed at Kandahar Airfield (KAF) in Afghanistan participated in the first ever 24-hour Spin-A-Thon — a demanding group ride on stationary bikes — to raise more than \$17,000 for the Boomer's Legacy Foundation.

The Boomer's Legacy Foundation is a charity created by Maureen Eykelenboom in memory of her son, 23-year-old Corporal Andrew Eykelenboom, known to his comrades as "Boomer." Killed by a suicide bomber in Spin Boldak on 11 August 2006, Boomer was the first Canadian Forces medical technician to lose his life in Afghanistan.

All through his tour in Afghanistan, Boomer found opportunities to help the local people through the distribution of medical supplies, educational materials and warm clothing. The Boomer's Legacy Foundation was designed to continue his work by providing aid to the women and children of Afghanistan.

More than 500 participants formed teams and gathered at the Canadian Gym at KAF for the "Boomer's Legacy Ride in Place," the first — and probably only — 24-hour spin-a-thon to be held at KAF. The event was organized by members of the Mission Transition Task Force (MTTF) Health Services Unit in honour of Boomer and all our Fallen.

"I knew and worked beside Andrew when he first arrived to 1 Field Ambulance in Edmonton, and Boomer's Legacy is near and dear to my heart," said participant Master Warrant Officer Allen Szabon. "I rode in the 2009 Boomer's Legacy ride on Victoria Island, which was

wonderful, but cycling alongside the hundreds of participants in the Boomer's Legacy Spin-A-Thon in KAF, and seeing the dedication, excitement and passion for this cause, was very inspirational."

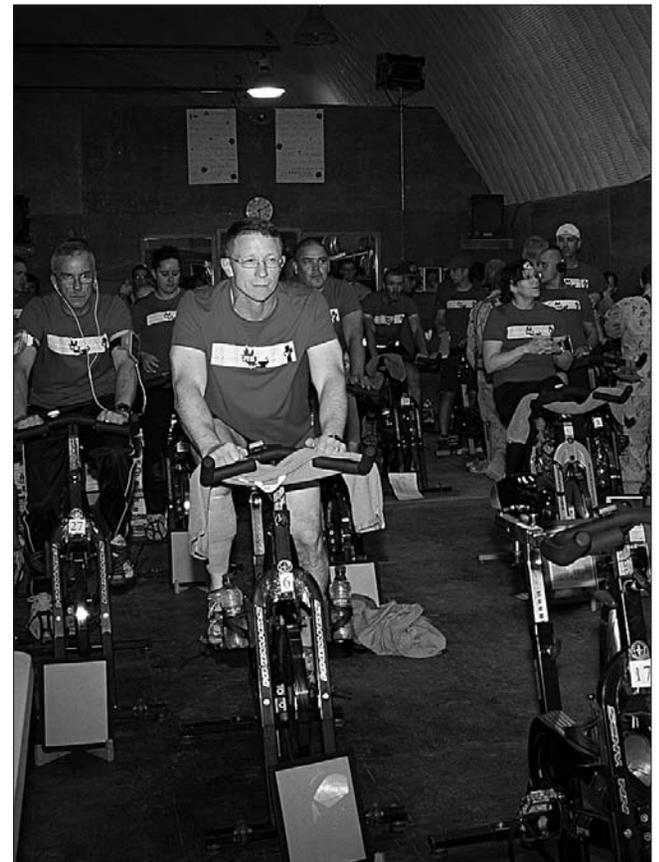
Throughout the Ride in Place, participating spinners displayed photographs of the Fallen in front of their bikes. Some participants rode for their comrades, while others rode for a friend or relative.

With a lot of sweat, effort and even some tears, participants rode a total of more than 19,000 kms — far enough to carry our Fallen home to Canada. Most spinners took turns, riding the spin bike for an hour at a stretch, but Corporal Guy Martel-Laflamme rode for the full 24 hours, stopping only for short essential breaks.

The Ride in Place raised more than \$17,000 (U.S. dollars) for the Boomer's Legacy Foundation, which will turn the money over to the Assistance to Afghanistan Trust Fund. The Assistance to Afghanistan Trust Fund was established by General Rick Hillier in 2006, and is administered by the Canadian Forces to finance worthwhile projects identified by CF members deployed in Afghanistan.

"Andrew and Mrs. Eykelenboom would be very proud of our accomplishments," said MWO Szabon.

The MTTF is deployed at Kandahar Airfield to close Operation ATHENA and thus facilitate the Canadian Forces' transition to other operations. This mission is approaching its end, so the Boomer's Legacy Ride in Place represented a valuable opportunity to remember those who lost their lives in Afghanistan, especially those who made that sacrifice in Kandahar Province, while contributing to Canada's overall legacy in Afghanistan.



MTTF commander BGen Charles Lamarre (left centre) builds up speed on his spin bike during the 24-hour Ride in Place for the Boomer's Legacy Foundation. Photo: Cpl Patrick Drouin, MTTF Headquarters

Honouring athletic excellence in the Canadian Forces



The Canadian Forces (CF) National Sports Awards and dinner was held on November 5th at the National Gallery of Canada in Ottawa, Ontario. The CF Sports Awards Ceremony is an opportunity to honour our CF athletes, coaches, officials and team, as well as paying special tribute to our CF Sports Honour Roll and All of Fame inductees. Photo: Corporal Dianne Neuman

Jen Seipp

Communications Advisor

Whether they registered three kicks in a single second against an opponent, dead lifted an astounding 685 lbs, or ran over 200 km at a stretch, the athletes honoured at the 23rd Annual Canadian Forces Sports Awards Ceremony demonstrated exceptional speed, strength, and stamina.

Held on November 5, 2011, the Sports Awards gathered nearly 300 senior Canadian Forces members, sponsors, nominees, honourees, and CFPFSS staff at the National Gallery of Canada for an evening of awards and retrospectives. The night not only celebrated achievement in sports, but also stressed the valuable roles that athletes, coaches and officials play as role models and leaders in their communities, and as ambassadors of the Canadian Forces around the globe.

"I am impressed by the diversity and calibre of our military athletes," says BGen F.G. Bigelow, Director General PFSS. "All of our nominees actively demonstrate the value of sport within their communities, and have dedicated countless hours to promoting sports and fitness among athletes of all ages."

The ceremony's theme this year was the Canadian Forces and International Sports, putting special focus on our athletes' success in representing Canada in military and civilian sports competitions around the world.

Among the athletes applauded for their success on the international sports scene were: Pte Kyle Croxall, an ice cross racer who placed second overall in the Red Bull Crashed Ice World Championships, and has consistently been ranked top three in the world in the downhill skating events; Capt Mike Evans, a sailor who won the 2010 Korea Cup Sailing Championship with a team of Canadian and Korean sailors; and OS Yvette Yong, a

taekwondo athlete who won Canada's only gold medal at the 2011 Military World Games.

In addition to the spotlight on international sports and the achievement awards distributed, the Sports Awards also honoured several athletes, coaches and officials for their lifetime of exceptional sports success. Five new inductees were added to the Canadian Forces Sports Honour Roll, and two extraordinary athletes were inducted into the Canadian Forces Sports Hall of Fame, the highest honour of the night. World-ranked powerlifter MCpl Brian George, easily the strongest man in the Canadian Forces, and MWO Richard Ward, international and Paralympic shooting coach, received this high honour in recognition of their remarkable sports careers.

For more information about the winners and nominees, visit www.cfsportsawardsceremony.ca.

Remembering our Veterans



Members of the St. James Legion and 402 Squadron, as well as many members of the public, were on hand for the Remembrance Day Ceremony held at Bruce Park. Photo: Alison Dickey



A few of the many wreaths placed at the Bruce Park Cenotaph. Photo: Alison Dickey



Representatives from the Girl Guides carefully place their wreath on the Cenotaph. Photo: Alison Dickey

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A new look in the works for Health Services



Work is well underway on the \$3.9 million worth of improvements at the Health Services Centre. Photo: Alison Dickey

Alison Dickey
Voxair Photojournalist

Renovations are now underway at 23 Canadian Forces Health Services Centre at 17 Wing Winnipeg and the Voxair got a tour from LCdr Julia Roy, CO 23 Health Services, in order to give members an idea of what they can expect when the new and improved clinic opens its doors in April of 2012.

The 3.9 million dollar renovations are taking place in phases so that the clinic can remain open while work is underway. The project seeks to make more effective use of the space in order to provide more functional areas for primary care and mental health services.

Doctors will now have offices separate from their exam rooms, which will increase productivity and how many patients they can see on a daily basis. To create more space on the main floor, some things are being relocated within the building. For example, the pharmacy will be relocated to the other end of the building and health records will move to the second floor.

The clinic is moving to pod style exam rooms, which means there will be four exam rooms, a charting area for the doctors and a waiting area for the patients in three different sections of the clinic. The whole clinic will make more sense in how it operates, "Once patients come in our new barrier free doors, they will be greeted by a large open concept reception area," says LCdr Roy.

From there, they will be seen by a doctor in the new exam rooms and if required, will go and pick up a prescription at the new and expanded pharmacy before leaving. "The pharmacy currently does not have the space for pick up and drop off windows like you would

see in a civilian pharmacy, which means there is no privacy for patient consultations," explains LCdr Roy.

The triage unit will finally be moved out from behind the current reception desk to a private area within the building and the old elevator is being replaced in order to make it easier for patients to get around. However, one thing that will not be relocated is the treatment bay on the main floor, where people go when they are very ill or need a minor operation.

The lab will remain on the second floor but will now have more room, making it easier to take patients blood and give them a space to wait that is not in the hallway. Community health will have an improved area on the second floor and the Mental Health department and Case Management is going to the third floor.

"All of these improvements will bring us in line with the best practices in civilian care," says LCdr Roy.

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Community Recreation Fit Pass program

This Fall Community Recreation launched its new "Fit Pass" program. This allows Military and Com Rec Members to purchase a pass for \$80 so they may enjoy all of the fitness classes for the Fall Session! Those that do not want to commit to the Fit Pass (or those that do not wish to become members) can choose to pay the single drop-in rate per class (\$8 for members or \$10 for non-members). This program will be offered again in the Winter Session.

Classes are running now until December! If you like fun cardio, try Zumba with Jacqueline and Aqua Fit with Carolyn, or for a more intense workout try Joanna's Ultimate Cycling. Bruce's Muscle Boot Camps are a popular way to get toned, and his Weight Room Circuit is a great orientation to the weight machines as well as a circuit workout. Don't forget your core and balance – Yoga and Pilates are a great way to engage your mind while strengthening the body. For complete information visit our website at www.pspwinnipeg.ca

Adult Fitness Classes (drop in or Fit Pass)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ultimate Cycling 1700-1800	Muscle Boot Camp 0630-0730	New Class Jan 2012!	Muscle Boot Camp 0630-0730	Weight Room Circuit 1800-1900	Muscle Boot Camp 0930-1030	Beginner Yoga 0930-1030
Aqua Fit 1800-1900	Vinyasa Yoga 1800-1900		Zumba 1645-1745			
			Pilates 1830-1930			

Online Registration

Starting this winter all program registration will be online only! Sign up for School's Out Day Camps, Swim Lessons, and Cooking Classes through <http://www.bk.cfpsa.com/winnipegpub/> (please visit www.pspwinnipeg.ca for information on how to claim your user ID and for a guide to Online Registration, or call us at 833-2500 ext 5976). Staff will be on hand to assist with Online Registration Nov 22, 24, and 26. Registration for Military and Com Rec members opens November 22nd, and registration for Non-members starts November 28th. If you have trouble with online registration please call us at 833-2500 ext 5976, or if you have questions about Swim Lessons or Day camps call ext 2057.

Carte d'accès aux cours de conditionnement physique

Cet automne, l'association des loisirs communautaires a lancé un nouveau programme d'accès aux cours de conditionnement physique, baptisé « Fit Pass ». Dans le cadre du programme, les militaires et les membres de l'association des loisirs communautaires peuvent se procurer un laissez-passer au prix de 80 \$, lequel leur donne accès à tous les cours de conditionnement physique offerts cet automne! Les personnes qui ne veulent pas s'engager pour la saison (ou qui ne veulent pas devenir membres de l'association) peuvent payer le droit de participation occasionnelle chaque fois qu'elles assistent à une séance, qui est fixé à 8 \$ pour les membres et à 10 \$ pour les non-membres. La carte d'accès sera également offerte cet hiver.

Les cours commencent maintenant et ils se poursuivront jusqu'en décembre! Si vous aimeriez vous amuser tout en bénéficiant d'un entraînement cardio-vasculaire, essayez le cours de Zumba que donne Jacqueline, ou le cours d'Aquaforme que donne Carolyn. Si c'est plutôt un entraînement intensif auquel vous souhaitez vous soumettre, essayez le cours de cyclisme extrême animé par Joanna. Les exercices de musculation style camp militaire qu'anime Bruce sont un moyen très populaire de développer les muscles, et le circuit en salle de musculation, également animé par Bruce, permet de s'initier à l'utilisation des divers appareils de musculation ainsi qu'à une série complète d'exercices de musculation. Quant aux séances de yoga et de Pilates, elles offrent un excellent moyen de faire travailler l'esprit tout en renforçant le tronc et l'équilibre. Pour plus de renseignements, visitez notre site Web à <http://www.cg.cfpsa.ca/cg-pc/winnipeg/FR/pages/default.aspx>.

Séances de mise en forme pour adultes (participants occasionnels ou détenteurs de laissez-passer)

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
Cyclisme extrême 17 h à 18 h	Exercices de musculation style camp militaire 6 h 30 à 7 h 30	Nouveau cours offert dès janvier 2012!	Exercices de musculation style camp militaire 6 h 30 à 7 h 30	Circuit de la salle de musculation 18 h à 19 h	Exercices de musculation style camp militaire 9 h 30 à 10 h 30	Yoga pour débutants 9 h 30 à 10 h 30
Aquaforme 18 h à 19 h	Yoga vinyasa 18 h à 19 h		Zumba 16 h 45 à 17 h 45			
			Pilates 18 h 30 à 19 h 30			

Inscription en ligne

À partir de cet hiver, toutes les inscriptions devront se faire en ligne! Les inscriptions aux camps de jour, aux cours de natation et aux cours de cuisine peuvent se faire par l'entremise du site <http://www.bk.cfpsa.com/winnipegpub/index.asp>. Pour vous renseigner sur la façon d'obtenir un code d'utilisateur ou un guide d'inscription en ligne, visitez le site <http://www.cg.cfpsa.ca/cg-pc/winnipeg/FR/pages/default.aspx> ou appelez-nous au 833-2500, poste 5976. Le personnel sera à votre disposition les 22, 24 et 26 novembre afin de vous aider à vous inscrire en ligne. Les militaires et les membres de l'association des loisirs communautaires peuvent s'inscrire à des cours à compter du 22 novembre, tandis que les non-membres peuvent le faire à partir du 28 novembre. Si vous éprouvez des difficultés à vous inscrire en ligne, n'hésitez pas à communiquer avec nous au 833-2500, poste 5976; si vous avez des questions concernant les cours de natation ou les camps de jour, appelez plutôt au 2057.



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Doing a Bear-y good job for a great cause



Maj Paul Joudrey (right) presents the donation to Lesia Sianchuk, the Children's Hospital executive director. Photo: Julijana Capone



Members of 17 Field Ambulance on hand to present the cheque at the Children's Hospital. L to R: Cpl Derek Le Nabat, Cpl Julie-Anne Johnston, Executive Director Lesia Sianchuk, Maj Paul Joudrey, Lt Bradley Edmondson. Photo: Julijana Capone

Cpl Julie-Anne Johnston 17 Fd Amb

When on duty, a medic has to be ready for anything, even for overwhelming numbers of sick or injured teddy bears. For over 20 years, 17 Field Ambulance has worked to raise money for the Children's Hospital Foundation of Manitoba with the teddy bear MASH. Members of the unit travel to the province's rural schools and set up a treatment area, in the style of the popular television show from the seventies, MASH. Children from the area are encouraged to bring in their teddy bears to be

treated in the makeshift field hospital. The medics deal with teddy bears who suffer anything from falling out of bed, to losing entire limbs. Their skills are tested, and the children get a chance to work one on one with a military medic. Money is raised at a barbeque held at each community the teddy bear MASH visits. The teddy bear Bash is also held at Assiniboine Park each year, where the medics see the most patients and raise a large part of donation funds.

This year 17 Fd Amb was proud to present the Children's Hospital with a cheque for \$2828.74. The hospital's executive director Lesia Sianchuk was on hand to

accept the donation. Some of the funds go to equipment for the hospital, as well as towards research. The community outreach program helps kids feel more comfortable getting medical help if they are sick or hurt, said Sianchuk. When they see the medics treating the bears, they see the example of a military medic, and get a better idea of what the job involves. The medics also bring fully equipped ambulances out to the communities, and kids are encouraged to check everything out.

Tims now open for business

Sgt Bill McLeod 17 Wing Public Affairs

Colonel Blaise Frawley, Commander 17 Wing, cut a cake marking the Grand Opening of the new Tim Horton's locat-

ed at Ness and Mount Royal on Friday, 18 November 2011, while Gerry Mahon, President of Canex, and franchisee John Williamson stood by on both sides.

"A small portion of the profits will be going to the Base morale and welfare,"

said Col Frawley. "Much of the work for this was done before I got here, but I'm the guy who gets to stand up here. I will be phoning Colonel Boilard and telling him about this later today," said the Wing Commander. Col Yvan Boilard was the 17 Wing Commander from 2009 until 2011.

Tim Hortons has similar arrangements with Canex at 9 other locations on military establishments across Canada and they also ran a concession from 2006 until this year at Kandahar Airfield to give Canadian soldiers a taste of home in Afghanistan.

"We opened for customers on Saturday and business has been good. Judith and I are so glad to finally be open," said Tim Hortons franchisee John Williamson while he and his wife distributed cake throughout the store.

While the Grand Opening was taking place a number of military members came through the door and more arrived at the drive through. 2nd Lieutenants Jacinda Smit and Sonja Hansen, students at 1 Canadian Forces Flying Training School, picked up coffee to go. "It's great having a Tims this close to the base," said 2Lt Hansen.



17 WComd Col Frawley (center) cuts the cake at the grand opening of the Ness Avenue Tim Hortons while Gerry Mahon, Canex President (left), and John Williamson, the store's owner (right), looks on. Photo: Sgt Bill McLeod

Winter Wonderland, au parc de l'exposition Red River

Encore une fois cette année, l'Association de loisirs communautaire de la 17^e Escadre vend des billets pour l'activité annuelle Winter Wonderland, qui aura lieu au parc de l'exposition Red River, du 2 décembre 2011 au 7 janvier 2012 (à l'exception du 25 décembre).

Les billets sont en vente au bureau d'accueil du Centre de conditionnement physique et de loisirs (bâtiment 90) au coût de 9 \$ par voiture ou fourgonnette (TPS incluse). Il s'agit d'un rabais de plus de 5 \$ par rapport à l'entrée au prix régulier. Les billets sont à la disposition de la collectivité militaire, y compris le personnel civil.

Si vous avez des questions, communiquez avec l'Association de loisirs communautaire, au poste 5139, 5976 ou 2059.

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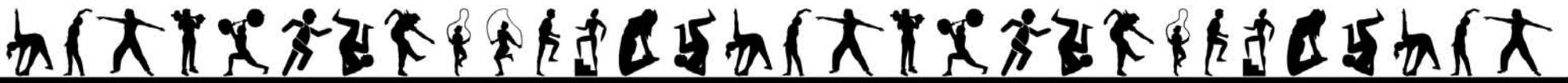
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17 Wing goes green for fruits and vegetables

Thank you 17 Wing Winnipeg for your participation in our Vegetable & Fruit Strategy, 28 Sept – 4 Oct. Winnipeg had the 3rd highest level of consumption nationally for this online tracker of vegetable and fruit consumption! 73% of our registered participants completed tracking their consumption, great job!!

To continue the momentum, don't forget about the Good Food Box available every month through Community Recreation at Bldg 90. The next order deadline is 17 November with pick up on the 23rd. This bulk buying initiative for produce helps to reduce the cost of purchasing fruits and vegetables and helps to increase the variety. For \$15 (small box) or \$25 (large box), all the funds are collected go directly to the purchase of fruits and vegetables for the Good Food Boxes.

For some great recipe ideas do be sure to check out the Simply Great Food or Cook! cookbooks from the Dietitians of Canada, there are some wonderful and fool proof recipes that everyone is sure to love: <http://www.dietitians.ca/Your-Health/Plan-Shop-Cook/Cook-Healthy.aspx>

Also, if you're breathing and reading this, we have a nutrition program just for YOU! Top Fuel for Top Performance, not just for the soldier athlete! Come find out what to eat, how much to eat, when to eat and much more! 13-14 December, 0800-

1600 hrs. Contact 4150 for more information or to register.

A big Thank You goes out to CANEX and SISIP Financial Services for the donation of prizes for this great initiative!

Congratulations to all participants for reaping the benefits that vegetables and fruits can have on your quality of life!

If you have any questions, comments or feedback on anything you've just read or the 4&3 or more strategy, please do not hesitate to contact us.



Sgt Steve Champ - Air Command Band - Food Chopper



Cpl Joel Bodnar - TEME - Simply Great Food Cookbook



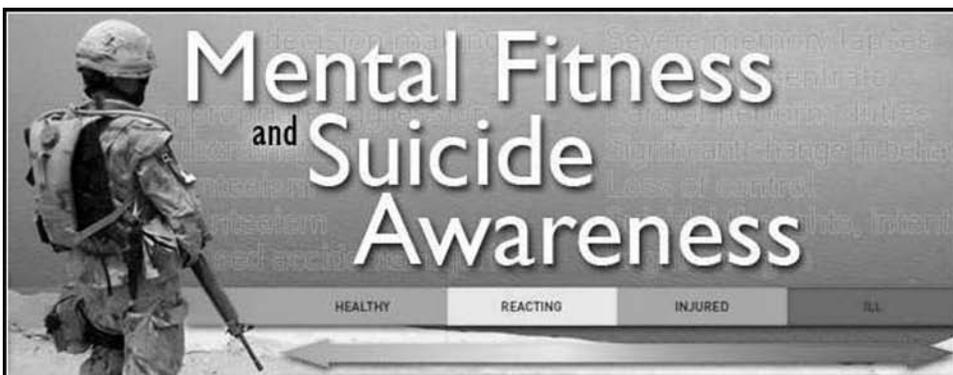
Carla Barth - NPF - Knives with cutting board



MCpl Joanne Prost - CFS Met - Cook! Cookbook



Sgt Paul Van Helvert - 2 Cdn Air Div HQ - Knife set



It's one thing to look after your body. Just don't forget about your mind.

Mental Fitness & Suicide Awareness: Supervisor Training

This course is course coded and its purpose is to prepare personnel in leadership positions to promote mental fitness and to lessen the incidence of mental health injuries including deliberate self-harm and suicide within the military community.

**6 December, 2011
0800 – 1600 hrs
Bldg. #135, Room #132**

For additional information and to register contact:
Health Promotion at local 4150



<p>Top Fuel FOR Top Performance</p>	<p>Top Fuel for Top Performance Workshop 13 & 14 Dec 2011 0800—1600 hrs Bldg. #135, Room #132</p> <p>Find out when, what and how much to eat to get the most out of your food and activity!</p> <p>For more information or to register contact Health Promotion local 4150</p> <p>Bouffe-santé pour un rendement assuré 13 & 14 décembre 2011 0800h à 1600h bâtiment 135, chambre 132</p> <p>Venez découvrir quand, quoi et quelle quantité manger pour retirer le maximum de vos aliments et de vos activités!</p> <p>Pour s'inscrire, imposez Promotion de la santé le 4150</p>	<p>Bouffe-santé POUR UN rendement assuré</p>
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Be sure to check out the MFRC's Facebook page. That's where you'll find all the latest program information, links of interest to our families and fantastic giveaways- find us and like us... you never know what you'll find on our Facebook page! We've got an exciting giveaway coming up in December! www.facebook.com/WinnipegMFRC



Christmas ornaments now on sale

Get your yellow ribbon Christmas ornaments now, before they are all gone. We've introduced new designs this year. Ornaments are \$15 each or 2 for \$25.

The MFRC wraps up its 20th year of service. Come help celebrate at our TREE TRIMMING PARTY.

We'll decorate a 20th anniversary Christmas tree outside the MFRC. Then come inside for a bowl of soup, cup of hot chocolate and a cookie or two.

You can then make a glitter ribbon decoration for your tree at home!

Thursday Dec 8

4:30-5:30 p.m.

Call 833-2500 ext 4500 (by Dec 5) to let us know how many are coming



Do you need some time without children to prepare for the holidays? Leave your children (minimum 1 year old) with us and get going on your "to do" list.

Saturday Dec 3

1000-1400

Westwin Children's Centre

\$10 child (½ price for siblings)

Please send a nut free bagged lunch and diaper supplies (if required.) You must reserve a spot by Dec 1 by calling 833-2500 ext 2491.

Holiday hamper program 2011

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 this holiday season, contact Laura Friesen at 833-2500 extension 4512.

If your unit is interested in sponsoring a family, please contact

Andrea Estensen at 833-2500 extension 4506. Referrals will be accepted from Nov 1 to Dec 14.

All calls are confidential.

International Volunteer Day

In 1985, the United Nations General Assembly established International Volunteer Day to commemorate the contributions and dedication of volunteers worldwide. Today, International Volunteer Day is celebrated globally, by volunteers, voluntary organizations and by all those who benefit directly from the endless help of the volunteer.

International Volunteer Day is a chance for individual volunteers, communities and organizations to promote their contributions to development at the local, national and international levels. This day was adopted by the United Nations General Assembly through Resolution A/RES/40/212 on 17 December 1985. Since then, governments, the UN system and civil society organizations have success-

fully joined volunteers around the world to celebrate the Day on December 5.

The cultural form and definition of a volunteer may change depending on circumstances, but the underlying principle never wavers: every individual can make a difference in society. Beyond helping to promote the greater good, volunteers enrich their own lives, and can feel as though they are part of the world community.

On December 5 this year, take a moment to recognize the volunteers that you see, in your workplace and in your community, and celebrate the value of volunteers in all that they do! If you are a volunteer, thank you for all that you do!

Featuring...

Keynote Speaker
General Walter Natynczyk,
Chief of the Defence Staff

&

Guest Speaker
Melissa Fung,
journalist and author of
"Under an Afghan Sky: A Memoir of Captivity"

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Saturday, February 18th, 2012

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Chaplain's Corner

Discovering Your Mission

Have you ever wondered about the meaning of life and why you are here? I am convinced that every human being, no matter what his or her religious beliefs, has a specific mission to accomplish in this world.

By mission, I mean a unique task or job to accomplish, according to the talents or gifts bestowed on us at birth. It is a life plan that gives meaning to our lives and sustains our souls. We are all unique and irreplaceable and we have unique, irreplaceable talents. From this, we can infer that every individual has a unique, specific mission that no one can fulfil in his or her place. Therefore, we can all help make the world a better place, each in our own special way, through our individual talents.

Of course, finding our mission is sometimes hard and requires a little effort. We are all responsible for choosing to seek our mission and foster the development of our personality. First of all, this involves working on ourselves and following our hearts to know ourselves and find our own identities. Our mission may take different forms: a profound, persistent desire to accomplish something, a passion for something, an ideal or goal to attain or a special interest. It is therefore important to know who we are. Secondly, we have to pay attention to the external signs that life is constantly sending us, which may take the form of unexpected events, strange coincidences, a change in direction, illness, divorce and so on. These external situations often put us back on the path of our mission, in spite of ourselves, so we have to look for the signs and figure them out.

We cannot avoid our mission; it is inescapable. Even if we try to remain indifferent or try to ignore it, life will confront us with it, sooner or later. Fulfilling our mission is how we eventually achieve personal growth. It is the path that inevitably leads to true happiness.

The purpose of this article is to pique your curiosity and get you to question yourselves about your personal mission. If you wish to explore this further, I suggest that you read *How to Discover Your Personal Mission: The Search for Meaning* by John Monbourquette, published by Darton, Longman & Todd Ltd, London, United Kingdom. If you prefer to discuss this with me, you can reach me in my office at 204-833-2500 ext. 5086 (Padre Lamarre).



Découvrir sa mission

Vous êtes-vous déjà demandé quel était le sens de votre vie, le but de votre présence en ce monde? Pour ma part, je suis convaincu que chaque humain a une mission particulière à accomplir sur cette terre, et ce, peu importe ses croyances religieuses.

Par mission, j'entends une tâche ou un travail unique à accomplir selon les talents et les dons particuliers que tous ont reçus, dès leur naissance. C'est un projet de vie qui donne un sens à notre existence et qui répond à un appel profond de notre âme. Chaque humain est un être unique et irremplaçable qui possède des dons uniques et irremplaçables. Cela suppose que tout individu possède une mission unique et particulière que personne d'autre ne peut remplir à sa place. Nous pouvons donc dire que tout un chacun peut contribuer, d'une façon spéciale, à rendre le monde meilleur par ses dons personnels.

Bien entendu, trouver sa mission est parfois difficile et demande un peu de travail de notre part. Chacun de nous a donc la responsabilité de décider de s'engager afin de trouver sa mission et de favoriser l'émergence de ses charismes personnels. De prime abord, cela implique un travail sur soi et une bonne écoute de son cœur afin de se connaître et de trouver son identité propre. La mission peut prendre différentes formes : un désir profond et soutenu d'accomplir quelque chose, une passion quelconque, un idéal ou un but à atteindre, un intérêt spécial. Il importe donc de bien comprendre qui nous sommes. Deuxièmement, il nous incombe d'être à l'écoute des signes extérieurs que la vie nous envoie constamment. Ces signes peuvent être, par exemple, des événements imprévus, d'étranges coïncidences, un changement d'orientation, une maladie ou un divorce. Ces situations extérieures nous ramènent souvent, malgré nous, vers notre mission. Nous devons donc être à l'écoute de ces signes et savoir les interpréter.

Nous ne pouvons éviter notre mission; elle est incontournable. Par ailleurs, même si nous y sommes indifférents ou préférons ne pas y penser, la vie se chargera de nous y confronter un jour ou l'autre. S'acquiescer de notre mission constitue une voie qui nous mènera, éventuellement, à notre plein épanouissement. C'est un chemin qui nous conduira nécessairement au vrai bonheur.

Le but de cet article est de piquer votre curiosité et vous amener à vous questionner au sujet de votre mission personnelle. J'invite ceux qui désirent aller plus loin à consulter le livre *À chacun sa mission*, écrit par Jean Monbourquette et publié aux éditions Novalis. Si vous préférez échanger avec moi sur ce sujet, vous pouvez me contacter au bureau au (204) 833-2500 poste 5086 (padre Lamarre).

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Padre Frederic Lamarre

Roman Catholic Office 833-2500 ext. 5956

Ms Catherine Landry

W Chap Admin Assistant

Office: 833-2500 ext 5087

Masses (English only)

Tues, Weds, Thurs 1210 hrs

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

Padre Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

Padre Frank Staples (Baptist)

Det. Dundurn. Office 833-2500 ext. 4299

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.mb.ca/main>, then click on 'Services'.

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Taroscopes

BY NANCY

Aries (March 21 - April 19):

You can't resolve everything. And your methods aren't automatically going to work for others. You have a growing awareness of the importance other people play in your life. Let time show you those who are genuine and the situations that best serve you. Unconditional caring, counts.

Taurus (April 20 - May 20):

Whether you like it or not issues must be dealt with. You can't avoid the complexities that result when others are involved. If you don't take the bull by the horns someone else will fix things for you and you may not like the end result. Get all the facts before you take action.

Gemini (May 21 - June 21):

Your confidence in your choices stems from sound logic. Find ways to make your surroundings more restful. You crave a sense of security. You know what is important to you but if you look at your world from another's perspective, it can be very enlightening. Use what you learn.

Cancer (June 22 - July 22):

New information has you pondering the past and seeing things from a new perspective. Though you want to make decisions that will positively affect others, it's not wholly your task to fix the future. You can analyze a situation before you act but ultimately there are no guarantees.

Leo (July 23 - August 22):

You can get what you want. And if you are impeccable in your efforts to do so, things will go well. Avoid using half-truths or deceit. You wouldn't appreciate it if others used these tactics on you. The end does not always justify the means. Read the fine print before signing contracts.

Virgo (August 23 - September 22):

Love is in the air. Others are eager to share their feelings. Speak from the heart during personal discussions. You are blessed. You can be both secure and be involved in new exciting interests. Continue to learn. There is still more ahead of you. Your expertise is obvious.

Libra (September 23 - October 23):

Be open to new relationships. You get what you wish for through determination and hard work. You are the centre of attention because of your skills and because of the connections you've made when helping others. Differences can be overcome with kindness.

Scorpio (October 24 - November 21):

Settling into a phase that seems to have a sense of order. But this can be easily upset if you don't communicate clearly with others. Resolve miscommunications quickly. It's time to act on something you've been talking about for a while. Make positive changes in your life.

Sagittarius (November 22 - December 21):

You're eager to jump into new experiences however you also crave the comfort of the known. The question is, is what you have done healthy? Decide what to keep and what to let go of. You can only manage so much. What drains your energy? What enriches your life?

Capricorn (December 22 - January 19):

Relationships, feelings and habits are in the spotlight. Consider what motivates you and others. Allow for creative expression and find an outlet for all aspects of yourself. You are blessed with options and possibilities to experience some of the things that make you happiest.

Aquarius (January 20 - February 18):

Change is in the air. Trust that what you've worked hard at will grow of its own accord. You don't have to watch it every step of the way. The seeds you've planted will bear fruit. You've changed and others need to accept this and respect you or you'll have to move on.

Pisces (February 19 - March 20):

Opportunities arise that allow you to showcase your talents and abilities. Continue to perfect your skills. Help others and you help yourself. You can overcome adversity. Don't give in to self doubt. If worry creeps in, get busy and do things that address inner uncertainty.

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