



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

MARCH 28, 2007

VOLUME 55, ISSUE 6

FREE

TRIBUTE ON ICE Moose Honour Fallen Soldiers



Bombardier Chris Gauthier of 1 RCHA in Shilo, wounded in Afghanistan on 29 May 06, dropped the puck for the ceremonial face off between the Moose's Lee Goren and the Stars' Marty Wilford. Behind (left) is MGen Angus Watt, ACAS, and MGen Charlie Bouchard, Comd 1 Cdn Air Div.

By Avery Wolaniuk

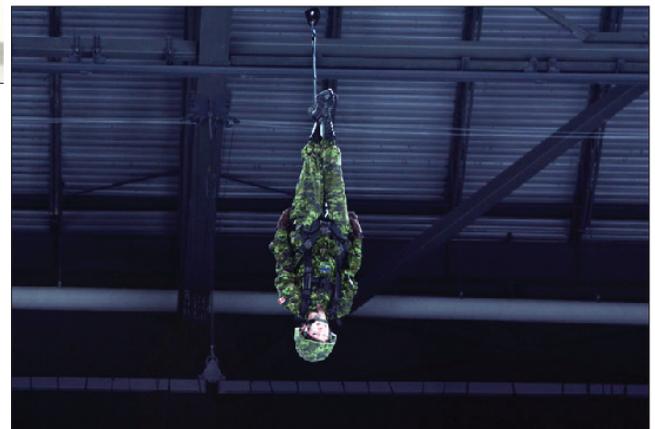
It was a rare occurrence at an arena typically filled with the roar of the crowd. On Saturday, March 10, Manitoba Moose fans observed a moment of silence for Canadian fallen soldiers, part of the evening's tribute to the men and women of the CF.

"That was the quietest I've ever heard this crowd," said Jeff Mager, Director of Ticket Sales for the Moose. Teams of rappellers floated down from the rafters of the MTS Centre holding the flags of all units who have lost troops in Afghanistan. That was the last time quiet was heard that night, as the crowd — the third largest of the hockey season — erupted into cheers as rappeller Lt Monica Bradley descended, upside down, to ice level to hand off the puck. "To go from absolute silence to boisterous was very neat. I don't think we could have pulled it off under any other circumstance," Mr. Mager

said.

Lt Bradley handed the puck off to MGen Charlie Bouchard, Comd 1 Cdn Air Div. MGen Bouchard passed it on to MGen Angus Watt, ACAS, who was there on behalf of the Chief of Defence Staff (CDS) Gen Rick Hillier. From him it went to Bombardier Chris Gauthier, a soldier out of Shilo who was injured in Afghanistan on 29 May last year, who dropped the puck to kick-off a game that would see the Moose defeat the Iowa Stars 3-1. Bdr Gauthier represented the men and women the night was about — those who put their lives on the line overseas and the troops behind them at home.

"17 Wing kind of operates quietly over there, and Shilo operates kind of quietly, and people see some images on TV, but they don't get that actual opportunity to show their appreciation or to get up close and personal with a military member," said Jeff Mager, who organized the event on the



Rapeller Lt Monica Bradley, CFSSAT, got the crowd going as she slides towards the ice with the puck for the ceremonial drop.

Moose side. "I don't do it for the crowd, I do it because it's something that we find important. We have the venue to do it, we have the staff to do it, we have the vehicle to do it. It's the right thing to do."

The event premiered last year and was thrown together **continued on page 8**

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Wing ON THE THIS WEEK



17 Wing All Ranks Outdoor Ball Hockey Tournament

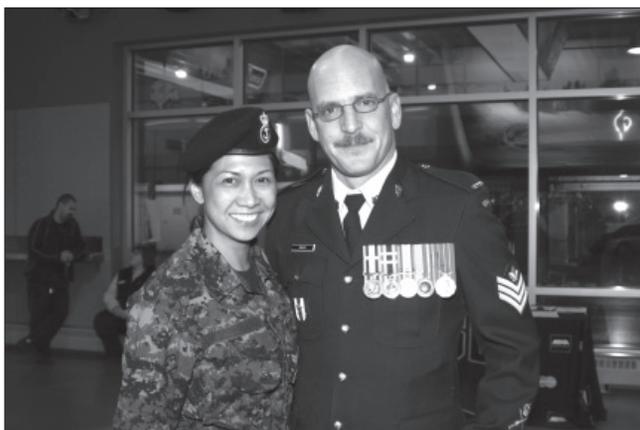
Nothing says "Happy St. Patrick's Day" like playing Ball Hockey in the freezing cold!...The Inaugural 17 Wing All Ranks Outdoor Ball Hockey Tournament event took place on Friday, March 16. It was held at the Tennis Courts and despite the low temperature, the good spirit and fun from all those who participated made it a great success. Irish Stew and cheer were aplenty throughout the day at the Airman's Pub where the teams and organizers warmed up between matches. Congratulations to the winners, the Supply "Bin-Rats". Given the amount of positive feedback from the teams that took part, there is optimism that this will be an annual event. Next years' tournament should prove to be even bigger and better.



Chief of Military Personnel, Rear Admiral Tyrone Pile spoke to the gathered crowd in the theatre of Building 90 about many of the policy changes that will be affecting the troops in the coming years, including pension reform, component transfer of the Reserves to Regular Forces, operational tour lengths, and pay and PLD issues on 19 Mar 07.



Colonel Chris Shelley, the Director of Flight Safety and CWO Michel Bernier presented the Annual DFS Briefing to 17 Wing personnel on 21 Mar 07. (L-R Col Shelley, CWO Bernier, Maj Day WFSO)



LS Catherine Carlos and Sgt Gary Coles of the CFRC pose on the con-course at the Military Tribute Night on Saturday, March 10.



Col Blondin is promoted to BGen. MGen Bouchard (left) and BGen Quenneville place the rank on his shoulders.



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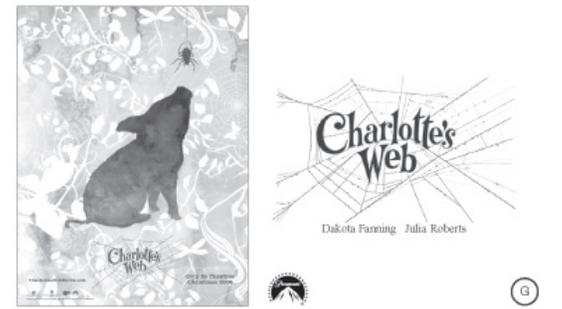
8:00pm Showtimes

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8:00pm SAT-MON MARCH 31, APR 1-2 110mins



Correction:

In the 28 February edition of the VOXAIR, Jenn Gearey was incorrectly published as the author of the article "Mardi Gras and the Season of Lent" on page 14. Padre Paul Southen was the author of this article. We apologize for the mistake.

VOXAIR

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News From The 17 Wing Admin Branch

By 2Lt Serge Niankoury

Just like the remainder of the Canadian Forces, the 17 Wing Admin Branch is in transformation mode. An important element of this transformation is the reintegration of staff into the Wing Orderly Room (WOR) as members return from deployment with the MSS. This event is perceived by the WOR as a sweet wind from the Middle East, which brings with it the experience and the expertise of the deployment. It goes without saying that the MSS staff members are very happy to return to their families, but also to working along side their colleagues and friends, after six long months at Camp Mirage. Working with CF members from other Wings and Bases as well as Allied support personnel, deployment to Camp Mirage was a great place for our soldiers to meet members from other countries and gain international experience in the military "art" of logistical support. Sgt Denise Gipp, the former head cashier of the WOR, was part of this great experience. "It was my first tour, I have learned a great deal and the experience was worth it," she said. Sgt Gipp doesn't exclude her participation in a possible deployment in Afghanistan in the future years. For her, this kind of experience is necessary and gives an overview of the essential role of the Canadian Forces in the world.

If the return of the MSS staff to the Wing Admin Branch considerably changed the landscape of the WOR, the departures of the W Admin O, LCol Paul Conway, and the Branch CWO/Supt Clk, CPO1 Simon Blaikie, also represent a major changing of the guard within the unit's leadership team. These two experienced soldiers will be leaving the Branch in April 2007, after dedicating many wonderful years to the Canadian Forces.

LCol Paul Conway will be retiring from the Regular Force on 10 April 2007, after the completion of over 28 years of service in the Canadian Forces. He enrolled on 1 June 1978, initially attending Royal Roads Military College in Victoria and then RMC Kingston. After graduating with a Bachelor's degree in Engineering Management, he pursued a career in personnel administration, serving 17 Wing Winnipeg. This posting was followed by tours in



LCol Paul Conway



Sgt Denise Gipp



CPO1 Simon Blaikie



Capt Bob Brinn

Cold Lake, Ottawa and Kingston, where he was promoted to the rank of Major in April 1996 and led an early initiative to merge the administration and finance functions within a combined military personnel support section. LCol Conway spent the following year at CFC Toronto where he completed the Command and Staff Course and a Master's Degree in Defence Studies. He was promoted to his current rank and posted to Winnipeg as the W Admin O in June 2005. LCol Conway will continue his service to the CF, as a member of the Reserve Force, having accepted employment at Director General Alternate Dispute Resolution (DGADR) in Ottawa as Director of Operations. We wish the best to LCol Conway, his son Alex, and daughter Laura, as they settle back into the Ottawa area.

CPO1 Simon Blaikie will be retiring from the Canadian forces on 13 April 2007 after completing over 25 years of service to the Canadian Forces. He enrolled in June 1981 as an Admin Clerk, and was posted to CFB Gagetown after his QL3 course at CFSAL Borden. This posting was the beginning of many different postings within the CF. His career took him to Halifax, Kingston, Ottawa and Winnipeg. In 2002 he was promoted to CPO1 and posted to 17 Wing Winnipeg as the Superintendent Clerk / Wing Admin Branch CWO. CPO1 Blaikie plans to remain in the Winnipeg area with his wife, Krista, and their two children, Connor and Brynne, as CPO1 Blaikie will be making a transition from leading and serving the CF to Parish Ministry with the Anglican Church of Canada. The

Admin Branch will be saying farewell to both LCol Paul Conway and CPO1 Simon Blaikie at a Branch Mess Dinner on 11 April 2007, recognizing their great contribution to the Canadian Forces.

Also "jumping ship" in the near future is Capt "Padre" Bob Brinn, retiring from the Canadian Forces this summer after 20 years of devoted service. Born in Cleveland USA, he immigrated to Canada in 1957. He entered Wilfred Laurier University in 1975 and graduated three years later with a BA in Religion and Culture. In 1978 he then entered Emmanuel College Toronto School of Theology and graduated two years later with a Master of Divinity. He was ordained as a United Church Minister in 1980 and served in Pastoral Charges in Alberta from 1980 to 1987. The Reverend Bob Brinn brought all his experience to the Canadian Forces when he enrolled in July 1987 as a Chaplain. He was posted to CFB Petawawa until 1991, followed by tour in Germany during Op Friction in Saudi Arabia. After that, he spent seven years at CFB Halifax, four years at CFB Shilo and he was then posted to 17 Wing Winnipeg. Capt Brinn is married to Helen and they have two children, Arwen and Peter. Capt Brinn and Helen plan to retire on Vancouver Island.

Our last words are to extend a heartfelt welcome back to all of the MSS staff here at 17 Wing, and thank you and best wishes to LCol Conway, CPO1 Blaikie, and Capt Brinn for their leadership and their many contributions to the Canadian Forces.

International Women's Week — March 10-14

By F. Bambenek

17 Wing and 1 Cdn Air Div HQ hosted the International Women's Association of Manitoba (IWAM) in an effort to raise Employment Equity Awareness of the designated group Women. On 14 March 2007, IWAM set up displays in building 137 & 25 with five mentors available to answer questions and provide information on the challenges and experiences of Immigrant Women in Manitoba.

IWAM's Mentors volunteered their time on this day in commemoration of International Women's Week, to help us understand some of the challenges immigrant women face.

The mentorship programme is called Challenges & Choices and is meant for students in Winnipeg schools

as an opportunity to unite the voices of immigrant youths across cultural backgrounds. Their belief is that immigrant students can stand tall listening to mentors and that non-immigrant students can get education on certain aspects of the challenges and choices faced by many immigrant kids. Even though the programme is designed for students, everyone can learn from these courageous women.

Military Members and Civilian Employees visited the displays and had the pleasure of talking to the mentors during their lunch hour. The displays included traditional clothing and recipes, videos and music.

We thank IWAM for coming out to help us learn about the great work you do and in helping us commemorate International Women's Week.



Selvi Varathappan, Immigrant Women's Association of Manitoba Inc. (IWAM) Board Member, share stories with Corporal Marnee Mierau, Wing Comptroller, and Lieutenant (Navy) Amy Campbell, Wing Ground Training, in the common area at Wing Headquarters.

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The Sparkes have made working out at Building 90 a part of their daily exercise and communication regime.

Athlete Of The Month

Doing It Together

By Avery Wolaniuk

There are shelves full of books on the road to marital bliss. You can better your marriage by going to counseling or watching daytime TV. But this military couple's relationship has been strengthened by pumping iron together. "I work all day long, she works all day long, we're coming and going," says CWO Leonard Sparkes, who lifts weights side-by-side his wife, Brenda. "Besides working out, now we get a chance to talk, solve some household problems, or whatever the case may be — just doing it together."

"We've been married for 35 years, and I think we've had a really good idea relationship, but it just helps 100%," adds Brenda Sparkes, who is a monitor at Building 90 five days a week. The couple started their new path to fitness this fall, when Mrs. Sparkes was inspired by other PSP staff who were getting in shape. They sat down with then Sports and Fitness Coordinator Lori Ann Mundt, who helped them draw up a plan. "I had been in Weight Watchers and all that kind of stuff when I was younger, and none of it worked," says Mrs. Sparkes. "Right now, I'm 52, and I want to live healthier. If I lose weight while I'm doing it, that's wonderful, but what I want is a healthier lifestyle."

Her husband — who has always had a work out regime — joined her as an encouragement. Now, they are each other's motivation. "If one is not there, the other doesn't seem to work out as well," says CWO Sparkes, who is A4 MSE at 1 Cdn Air Div. The two, who work out five days a week, an hour and a half a day, follow the same plan for cardio and lifting, with the same amount of reps and different amounts of weights. In the beginning, though, "it was very embarrassing for me, because when we first started out she was

pumping about the same amount of weight I was," he says as his wife laughs.

The gym has done more for the Sparkes' than add some quality time to the day. She has noticed major improvement in the stiffness in her knees, and both have started wearing clothes in smaller sizes — but don't ask for pounds, because they aren't keeping track. If you get on the scale and haven't lost as much as you think you should have, it's discouraging, she says, and pounds aren't the point. They've also discovered a second family in the gym.

"I've worked at the gym now for two and half years and I would never go down there, only just to turn the lights on or something because I found it extremely intimidating," says Mrs. Sparkes. "But you know what? The people who go down there are the sweetest people in the whole wide world. They all come over and see how you're doing. Everybody welcomes you and makes you feel comfortable and at home. I was really impressed by that because I was intimidated by that room and the equipment." Members come over and offer advice and encouragement all the time, she says.

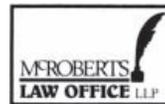
And they aren't the only ones. "One of the big motivators is Lori Ann. She set up the program for us, and I have got to say, all the PSP staff," said CWO Sparkes — "they're all great," his wife says over him in agreement, "have been great. The encouragement from the PSP staff is just outstanding," he finishes.

For the Sparkes, living a healthier lifestyle is a long-term goal and part of their plans for the future. "I'm in the process of getting ready for retirement — I've got four more years left — and one of our main goals is to do this to help us to start doing something before retirement, so that when we do go into retirement, we don't do nothing," says CWO Sparkes, who will have served 35 years this November. "People do vacations somewhere together. We just go to the gym," he adds, his wife laughing by his side.



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Modèles parmi la jeunesse autochtones — appel de candidatures

« Poursuis ton chemin! » est le nom du nouveau programme national des modèles autochtones. Nous avons le plaisir de lancer l'Appel de candidatures 2007 des meilleurs modèles parmi la jeunesse autochtone. Le Programme national des modèles autochtones (PNMA) célèbre les réalisations des jeunes Métis, Inuits et de Premières Nations âgés de 13 à 30 ans. Poursuis ton chemin!, inspire les jeunes Autochtones à travailler pour atteindre leurs objectifs.

Chaque année, 12 modèles autochtones nommés par leurs pairs sont sélectionnés pour leurs réalisations, leur leadership et leur esprit d'innovation. Tout au long de l'année, les modèles autochtones visiteront les collectivités métisses, inuites et des Premières Nations afin de raconter leur histoire aux autres jeunes Autochtones.

Quoi? « Poursuis ton chemin! », le programme national des modèles autochtones, offre à de jeunes Autochtones la possibilité de se voir reconnus pour leurs accomplissements. Les modèles doivent avoir entre 13 et 30 ans et peuvent provenir des communautés des Premières Nations, inuites ou métisses.

Qui? Les jeunes Autochtones peuvent sélectionner le modèle de leur choix en remplissant un formulaire de mise en candidature. Ce formulaire propose certains attributs qui correspondent à votre candidat modèle.

Quand? Les mises en candidatures se terminent lundi, le 2 avril 2007.

Comment? Vous pouvez suggérer un jeune Autochtone au programme Poursuis ton chemin! en utilisant le formulaire disponible sur notre site Web ou vous pouvez le télécharger.

1. Formulaire de candidature en ligne
2. Formulaire de candidature (format Word)
3. Le formulaire de candidature (format PDF)

Pour en savoir plus, communiquez avec les responsables du Programme national des modèles autochtones à :

Téléphone : (613) 237-9462, poste 548
 Sans frais : 1-877-602-4445, poste 548
 Courriel : leadyourway@naho.ca
 Site Web : www.naho.ca/rolemodel/french

Témoignage :

« Le Programme national des modèles autochtones m'a donné l'occasion de rencontrer des jeunes futurs leaders qui m'inspirent. L'expérience a augmenté ma fierté d'être une jeune autochtone et m'a encouragée à toujours croire en mes rêves et à les poursuivre. »

-Fauna Kingdon

Modèle à suivre de 2004-05

Aboriginal Youth Role Model — Nomination Call

We are pleased to announce a "Nomination Call for 2007" for Canada's top Aboriginal youth role models.

The National Aboriginal Role Model Program celebrates the accomplishments of First Nations, Inuit, and Métis youth aged 13 to 30. "Lead Your Way!" inspires Aboriginal youth to strive to reach their goals.

Each year 12 Aboriginal role models, who were nominated by their peers, are selected for their achievements, leadership and innovation. Throughout the year, the role models will visit First Nations, Inuit, and Métis communities to share their stories with other Aboriginal youth.

What: Lead Your Way! the National Aboriginal Role Model Program provides an opportunity for Aboriginal youth to be recognized for their achievements, leadership and innovation. Role models may be First Nations, Inuit or Métis youth between the ages of 13 and 30 years old.

Who: Aboriginal youth (between the ages of 13 and 30 years old) can nominate their role model by filling out the nomination form. The nomination form has various attributes that fit your role model.

When: Nominations will close on Monday, April 2, 2007.

How: You can nominate an Aboriginal youth for Lead Your Way! by completing a nomination form. Please download one of the following nomination forms:

1. Nomination Form (MS Word Document)
2. Nomination Form (PDF)
3. Online Nomination Form

For more information, please contact the National Aboriginal Role Model Program at:

Telephone: (613) 237-9462 ext. 548
 Toll-free: 1-(877)-602-4445 ext. 548
 Email: leadyourway@naho.ca
 Website: www.naho.ca/rolemodel

Testimonial:

"The National Aboriginal Role Model Program allowed me the opportunity to meet inspirational youth and future leaders. The experience made me even more proud to be an Aboriginal youth and encouraged me to always challenge and believe in my dreams."

-Fauna Kingdon

2004-05 National Aboriginal Role Model

Winnipeg Reserve Military Police Association Raises Funds To Support Community, Charity, And Unit Health

By Captain S. J. Bowen

In 2006 members 15 MP Coy, 13 MP Pl (Winnipeg) took initiative and created the Winnipeg Reserve Military Police Association, whose mission is to support our soldiers and their families health and well being, as well as support the local community. On 30 September friends, families and fellow soldiers gathered at the Osborne Legion to fund raise close to \$2000. The provision of prizes and supplies from local businesses and a charitable foundation was very much appreciated. The association also wishes



Cpl William Sawchuk (left), Pte Eric Stevenson, and Maj Jim Humen (right) present Cpl Stephanie Hall, on behalf of the Military Police Fund for Blind Children, with monies raised through their fundraising efforts.

to express its appreciation to M & S Meats for all the food provided to the event.

Half of the money raised will go to benefit The Military Police Fund for Blind Children, with the remainder being used for development of other fund raising events, promoting member health, and also member morale. One of the first ex-

penditures will be the provision of care packages for platoon members on mission in Afghanistan. Our soldiers are committed to their country, and to their community. The directors of the association, Cpl Sawchuk and Pte Stevenson are currently planning further fundraising events for the Spring of 2007.

Manitoba Military Aviation Museum

The Manitoba Military Aviation Museum in building 66 is pleased to announce that it is now open from Monday-Thursday 1-5 and Friday 9-5. Come and see the Museum Shop or spend an afternoon in the reference library. Volunteer positions are also available. Volunteer opportunities exist in the museum shop, library, exhibits/displays, collections and airplane maintenance and restoration.

For more information please contact Anrea Zaslov, Manager of Volunteer Resources, at local 4739.

Per Ardua Ad Astra "Through Adversity to the Stars"

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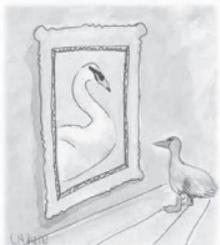
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 Cost: Free

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 (a great Spring break activity!)

Free childcare is available for children under the age of 10
 Refreshments will be served

To register or for more info contact Primrose @ 833-2500 ext. 4636 or email @ Knazan.P@forces.gc.ca



MCpl Ernie Whelan and his Little Brother, Zane, after building a quinsy in the Whelan's backyard.

Big Brother, Big Heart

By Avery Wolaniuk

Fifteen years ago, his application to become a Big Brother was interrupted by a tour in Croatia. When MCpl Ernie Whelan was looking for a place to donate his time a couple of years ago, he was reminded of that goal and got the process going again. After three months of screening and interviews with Big Brothers Big Sisters of Winnipeg (BBBS), he met Zane.

Zane was 11, and had been waiting for a Big Brother for three years. From a stable single-parent home, he needed a male role model in his life. In June of 2004, he met MCpl Whelan, and the guys hit it off. "We go and watch movies, during the summer we do a lot of outdoor activities, shop, sometimes it's just hanging out," said MCpl Whelan, a SAR Tech who's been with 435 Sqn for 5 years. The two have been to hockey games and the Grey Cup, go camping in the summer, and every winter, they spend hours digging out a quinsy in MCpl Whelan's backyard to sleep in. "He doesn't have a male influence in his life and he doesn't have the life skills that he would gain from having two parents," he said. By spending a couple days a month with the 13 year-old, MCpl Whelan is helping him learn those little things that become life lessons.

For the SAR Tech, who also volunteers as a driver for the Salvation Army mobile soup kitchen once a week, hanging out with Zane is a way he can give back to the community he lives in. "It's to give of myself, basically," said MCpl Whelan. "His perspective is totally different than mine, and we learn from each other all the time. He appreciates what I teach him, and I tell him that he teaches me too."

There are currently 268 matches of youth

and mentors with BBBS of Winnipeg, and another 68 youth on a waiting list for a mentor. For kids like Zane, studies have shown that mentoring has a lifelong impact. "When they have somebody positive to look up, that [develops] a long term resilience component for kids to deal with problems and become positive adults," said Executive Director of BBBS of Winnipeg Michelle Harrison. "It's such a critical part of a child's life — a healthy outlook — and these kids don't necessarily have that."

And without their volunteers, BBBS Winnipeg simply wouldn't exist. The organization runs several different programs, group and individual, all of which are staffed by people donating their time. "By making that conscience decision to volunteer, it's more effective, because they really want to do it," said Ms. Harrison. "We find that's the integral part of it."

Zane is not alone in his three-year wait for a mentor. "We're trying to close that gap, but we do need male mentors. Women tend to come forward a lot easier than men do, and we are looking for more positive male role models — our greatest need seems to be boys but there are less men volunteering these days," the director said. Of the 68 youth on a waiting list for a mentor, 70% of them are boys. "If they are interested in providing a positive role model, we will have a match for them." Anyone interesting in volunteering can contact BBBS of Winnipeg at 988-9200.

For MCpl Whelan, it's a rewarding way to spend his days, and it's a relationship he's hoping has become lifelong. "It doesn't take a lot of your time, and it's rewarding," he said. It also helps him to stay young at heart, "because Zane teaches me 'don't take yourself so seriously'."

"It takes a village to raise a child."
-African Proverb



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WOSM/JRM Air Force Anniversary Mess Dinner

The Warrant Officers & Sergeants' Mess and Junior Ranks Mess are hosting an Air Force Mess Dinner to commemorate the annual Air Force Anniversary. This function will be held at the Combined Mess on Thu 5 Apr 07, with cocktails in the Junior Ranks upper lounge (Airman's Pub) at 1900hrs and dinner served at 1930hrs. Cost for Mess members will be \$20 and \$30 for non-members (if seating available). Dress is DEU No. 2 Mess Standard or DEU No. 2B Mess Service. This promises to be an entertaining evening with an emphasis on tradition and mess customs. The HMCS Chippawa Band will provide your dining entertainment and our Guest of Honour, Mr. Reginald Baldwin, is a WWII veteran. A photographer will be on the premises at 1830hrs for those wishing to have an individual photo for a small cost. The dinner menu is as follows:

- Garden Salad
- Acorn Squash & Apple Soup
- Baked Brie with Roasted Almonds, Red Onion Compote & Apricot sauce
- Beef Fillet topped with Pancetta & Cassis au jus
- Mushroom Roasted Mashed Potato
- Caramelized Root Vegetable
- Chocolate Pate with Grande Marnier Coulis
- Fresh dinner rolls w// whipped butter,
- coffee & tea service is available.

The deadline to register for the Mess Dinner is Wednesday, March 28, 2007. All inquiries including those with any allergies are to be directed to PO2 Ed Wadlow at local 5245.

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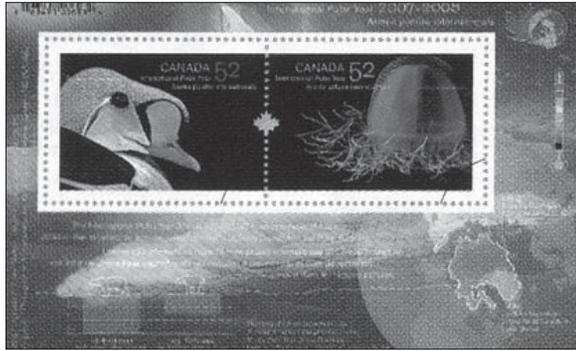
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International Polar Year

By Alf Brooks

In February, eight countries, including Canada, issued souvenir sheets celebrating International Polar Year. The issues draw attention to this environment that is sensitive to climate change and is threatened by global warming.

The two stamps picture a deep-sea jellyfish, brilliant-red in colour, the second a male king eider. For the second time Canada Post has used a maple leaf perforation between two stamps.



Computer Purchasing 101

By Raymond Wiegand, 17WTIS

When was the last time you actually bought a computer and knew what you were asking for? For most people, including some I know, it usually comes down to the following things: A) "Is it pretty?" and B) "OoOoOo..." It sounds fancy and the sales guy says it's good, so it must be." Unfortunately, in today's world simply asking for a computer is just like walking into a car dealership and asking for a car. Now some of you may be giggling right now because you do it yourself, but seriously... that's the hardest thing to work with. While there's nothing wrong with saying, "I want a computer," there's everything wrong with not knowing a few basic things. Hopefully I can help everyone out with this little guide to PC buying.



There are a few things you should do before purchasing a computer.

1. Make a budget and be sure to include the cost of the PC, monitor, and any warranties or financing charges.
2. Decide whether you are purchasing just the parts, or a whole system.
 - a. If you buy just the parts, make sure you get an Operating System like Windows or Linux.
 - Another thing to consider with the parts only route is the warranties. Most of them have anywhere between 90 days and 1 year. Whole systems typically have longer warranties with the option of extending them.
 - b. If you chose to get a whole system, choose as brand. – Make sure to get second and sometimes third opinions of the brand.
3. Select a retailer for your parts or system.
 - a. Make sure to get opinions of the place. There's nothing worse than seeing a whole bunch of employees sitting behind a counter and talking to each other instead of talking to customers.
 - b. Check out the Service department. No one likes surprises when it comes time to get your PC serviced. Look for any general exceptions to warranty service and check for any requirements for service. Some places might need your original bill of sale for proof of coverage.
4. Decide what you're going to use your computer for. Just be careful when you say: "I'll just use it to surf the Internet and check my email." That usually turns into: "Why can't I play my new game?"

- a. Low cost "work" computers are good for only that. Work.
 - Low cost "work" computers will need to be upgraded sooner than Gaming systems. It's just one of those unavoidable things when it comes to computers since they typically are made with low-end parts.
- b. Gaming systems are good for both. You CAN play games and use Office with no problems.
 - Gaming systems shouldn't need to be upgraded as often since they'll have more high-end parts, which will become low-end parts in a few years.
5. Decide on any extended warranty coverage. If you choose an extended warranty, **READ THE FINE PRINT!** Nothing is more frustrating than finding out too late that something is not covered by the warranty.
 - a. Some things NOT covered under most warranties:
 - Scratches to the case
 - Broken buttons
 - Cleaning WD-40 from the case because you had a fan making a grinding noise. (I worked in a computer repair shop where a customer had done this. It takes about 4 hours to clean up and it's a real mess. Please don't do that. Just buy a new fan.)
6. Decide how you're going to pay for your new computer.
 - a. There are many options, most involving cash, debit or credit cards, but also some retailers offer in-house financing.
 - If you choose in-house financing, make sure to **READ THE FINE PRINT!**
 - If you're given 12 months of "No Payments, No Interest," your best bet is to pay off the whole bill **BEFORE** the end of the term. Some in-house financing options have interest rates as high as 37.5%!
 - If you only have \$100 left of your original purchase of \$2000 and you don't pay it off by the end of the 12 month term, at an example interest rate of 30%, you could end up owing as much as \$700 on your final payment. Besides, couldn't that extra \$600 be spent on something better, like a surround sound system for your computer?

Hopefully you can use this little article for a reference point when it comes to purchasing a new computer. There's nothing worse than getting a bad surprise when you're buying a new computer.

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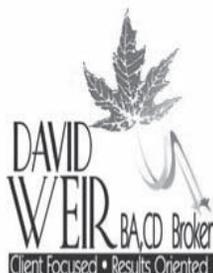
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Moose continued from page 1

with about three weeks planning. "When it started last year it was a bit of a fluke," said Maj Dave Proteau, who headed up the organizing on the military end. "It was an Officer's Mess initiative at first that basically blew up into a Military Appreciation Night." Because of the lack of lead-time, the night was combined with several other events going on that evening. Not so this year.

"There was no doubt to anyone in the crowd that the military was involved in the event," he said. From the Moose wearing special camo jerseys that sported a yellow ribbon and the names the fallen soldiers on the back, to the specially made posters of Moose players and CF members handed out to fans after the game, to the concourse full of displays from the Canadian Forces Recruiting Centre and the MFRC, to the images of the 46 Canadians who have lost their lives in Afghanistan flashing on the screens overhead, military was everywhere.

The focus of the evening had also changed. Wanting to honour the fallen soldiers, including Cpl Kevin Megeney who died just days before the event, the organizers brought a more emotionally charged program. "We wanted the entire atmosphere to be calm, peaceful, dignified," the major said. Instead of a show of speed and power down the line, the rappellers made a slow descent to the music of the piper. Throughout the night, images flashed on the jumbotron, and after the game there was a tribute video to the members of the CF.

The overall consensus from both the Moose and the military is that they nailed the objective of the evening. "I think it was well received. I talked to some soldiers from Shilo who said it was very well done, they were happy," Maj Proteau said. "If I could please the soldiers — that's all that mattered to me."

Instead of being contained into a set of sections, the 1500 tickets purchased by Wing Fund were sprinkled throughout the arena this year. "To have the military member with his wife and kids sitting beside another family that has similar interests makes them realize

that we're people like them, that we're part of the community," Maj Proteau said.

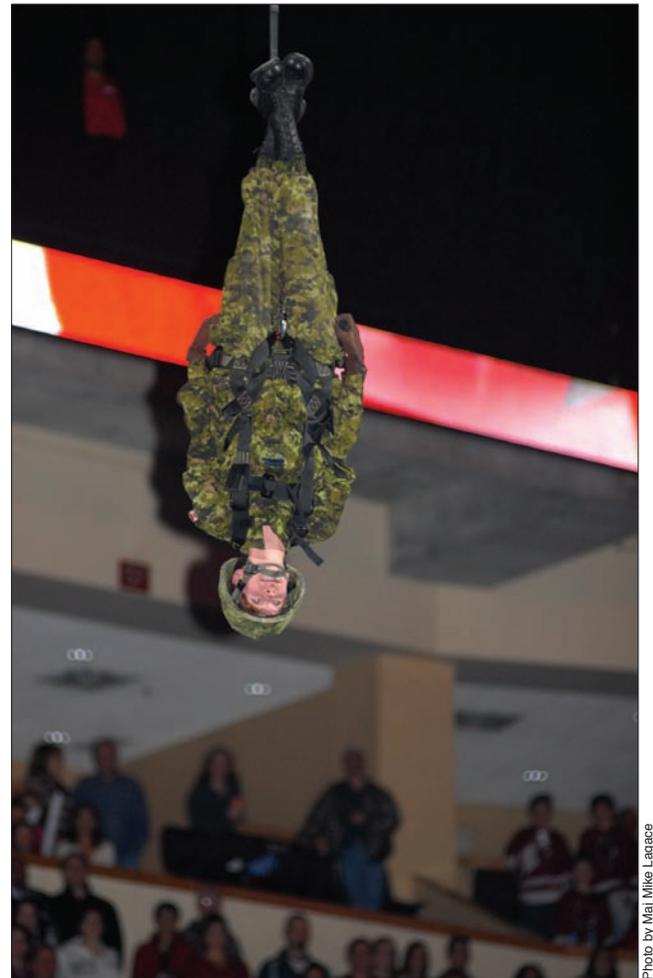
For the people who took up the offer, it was a night to relax and have a little fun. "I think it's just a great opportunity for the members and their families to come out and participate in the community," said Maj Dan Morrison. Of the 1500 tickets handed out at 17 Wing, over 1300 were used that night — an 88% 'butts-in-seats' ratio. "This is where the guys live, this is home for everybody so it's a great thing to recognize the guys who are out, who can't be home and to be here for our families. It's a good thing for us."

While tickets were handed out as freebies from Wing Fund last year, this time around the organizers asked for a \$5 food donation for each ticket. Almost 1100 pounds of food and \$5155 in food vouchers was raised for Winnipeg Harvest, a donation that will go towards feeding the almost 40 000 people who come through their doors every month.

Maj Proteau sends out his thanks to the people integral to making the night a reality and a resounding success — Jeff Mager and the Moose, Capt Chuck Caddick and the Canadian Forces Recruiting Centre, who partnered with the Moose for the event, PO2 Brad Gillespie and his team of rappellers, Maj Paddy Douglass, 2Lt Adrian Hartley, Ms Lori-Ann Mundt and the members of the committee, who are already thinking about next year. "Is it going to be bigger? I doubt it. It's kind of hard to top this one. But there will be another one," Maj Proteau said. "Both MGen Bouchard and LCol Ness indicated that it's good for the military folks, it's good for the civilian folks, it's good for the Moose. There's no reason not to keep doing it."



Moose fan Shaylene came out to support more than the guys on the ice.



Lt Monica Bradley descends to ice level from the rafters of the MTS Centre as part of the rapel team.



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Photo by Cpl Steven Bogue

Up in the box. (back L-R) Maj Dave Proteau, LCol Sam Ness, BGen Donald Quenneville, MGen Angus Watt and MGen Charlie Bouchard. (front L-R) HCol Barry Rempel, CWO Maurice Sacco and CWO Glenn Wallace.



Photo by Avery Wolanuk

Max, 5, tries on his dad's helmet for size. Cpl Jamie Anderson was part of the rapel team who dropped from the rafters carrying flags from each unit that has lost troops in Afghanistan during the opening tribute.



Photo by Avery Wolanuk

Moose players donned a camo jersey for the game, with a yellow ribbon and the names of each soldier that has died in Afghanistan on the back and the Tri Forces badge on the sleeve.

Members from 3 CFFTS Southport drove in to catch the game.



Photo by Cpl Steven Bogue

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Search Crews Locate Missing Snowmobilers

17 Wing Public Affairs Office

Search and Rescue teams returned to 17 Wing in the afternoon of March 16 after a successful search for two missing snowmobilers. Crews from 435 Sqn in a CC-130 Hercules Crew from 17 Wing's 435 "Chinthe" Transport and Rescue Squadron and a Twin Otter from 440 "Bat" Squadron

Yellowknife, NWT, were sent out looking for the pair, who were last seen on Wednesday, 14 March. They were driving red snowmobiles, wearing poor clothing and had no supplies with them.

The Joint Rescue Coordination Centre at 8 Wing Trenton, Ont., dispatched the Herc from Winnipeg at approximately 10:21 p.m., 15 March 2007, after the snowmobilers were

reported missing to the RCMP Detachment in Fort Resolution, NWT.

The weather was "very nice but clear and cold," said Captain Dennis Scharf, the Herc Aircraft Commander, who was joined by Capt Kenneth Kruger, First Officer Capt Terry Wheadon, Navigator, Sgt Marc Pilon, Flight Engineer, and MCpl Dennis Burrill, Loadmaster. SAR Techs on board the flight were Sgt Darcy St. Laurent and Cpl Christopher Lamothe. The weather made for an easy spotting of the two men.

The aircrew continued to search into the dark the night of 15 March with night vision goggles, hoping the snowmobilers had a signalling device, such as a flashlight or lighter.

The missing men were found at first light this morning by the crew of a Twin Otter from 440 "Bat" Squadron from Yellowknife, NWT. Two members of the RMCP on snowmobiles joined in on the ground portion of the search.

435 Transport and Rescue Squadron maintains a state of continuous readiness to conduct search and rescue missions. The mission of 435 "Chinthe" Transport and Rescue Squadron is to conduct air mobility and search and rescue operations. 435 Squadron tasks include tactical air transport of freight and passengers in the Afghanistan theatre of operations, air-to-air refuelling of fighter aircraft in Canada and around the world and search and rescue operations within the Trenton Search and Rescue Region from the border with the United States to the geographic North Pole.

440 Squadron maintains a Mission Support Flight (6 personnel), with a mandate to support operations in the remote parts of our Area of Operation. The Mission Support Flight has also taken on the job of a GSAR (Ground Search and Rescue) unit, and work with communities and agencies around the NWT when required.

Cadets Take Their Best Shot



Cadet CPO2 Colton Pereira takes aim at the Stage II Marksmanship Competition in Winnipeg.

Photo by Lt(N) Sandra Olson



Cadet Sgt Kirsty Seier sizes her pellets prior to making her shot.

Photo by Lt(N) Sandra Olson

Submitted by Regional Public Affairs

Stage II Marksmanship competitions were held across Manitoba on Saturday, 17 February 07. Sea, Army and Air cadets competed in the second phase of qualifying, many hoping to advance to the Stage III competition in April to have a "shot" at representing Prairie Region at the National Marksmanship Competition this May.

For many cadets, this is their first time at a competitive shoot, but CPO2 Colton Pereira, 16, a sea cadet with 213 RCSCC in Winnipeg, takes it all in stride. "I'm here to have fun and this is giving me good experience for next year," says Pereira. His unit hasn't had a competitive team for the past two years, although things are looking up. "We've had about 15 cadets participate this year, and that's significant considering we are a smaller unit," says Pereira's Commanding Officer, Lt (N) S. Griffiths.

Competition sites for the Stage II were located in Russell MB, Atikokan ON and Winnipeg MB. In Russell, the top teams advancing to the Stage III competition are 677 RCACS, 317 RCACS and 60 RCSCC. Out of Atikokan, 906 RCACS, 600 RCACS and 2511 RCACC made their mark and from Winnipeg, 170 RCACS, 199 RCACS and 177 RCACS round out the 12 teams advancing to Stage III competition.

Top individuals advancing to Stage III include cadets Andrew Greely and Leslie Mackenzie from 2701 RCACC in Winnipeg, Thomas Duquette from 84 RCACS and James Ambeau from 66, in Thunder Bay ON, Jonathan Famini and Michael Phillion from 49 RCSCC in Winnipeg, Jordan and Justin Genaille from 1226 RCACC in Winnipeg, Zack Makasoff from 677 RCACS in Russell and James Southam from 60 RCSCC in Selkirk MB.

The Stage III Marksmanship competition is scheduled for April 14, 2007 in Winnipeg MB.



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Making A Racquet At Prairie Regionals



(L-R) Major Doug Chess, Sgt Denis Gauthier, LCdr Remi Tremblay, Capt Joris Wood.

17 Wing Squash Team

By Maj Doug Chess

On Friday, 2 Mar 07, four members of 17 Wing Winnipeg representing the Men's Squash Team travelled to Moose Jaw, Saskatchewan, to participate in the 2007 Prairie Region Squash Competition. The competition, which was conducted over two days, involved representatives from various units within the prairie region including Moose Jaw, Winnipeg and Cold Lake.

The 17 Wing team was comprised of the

following members: Capt Joris Wood (OPEN - Seed 1), Maj Doug Chess (OPEN - Seed 2), LCdr Remi Tremblay (OPEN - Seed 3) and Sgt Denis Gauthier (MASTERS). Despite sunny skies on 02 Mar, the road trip to Moose Jaw took approximately 12 hours due to extremely hazardous road conditions. After surviving this ordeal, thanks in large part to the "Master"ful driving skills of Denis Gauthier, the team arrived safely in Moose Jaw and prepared for the competition that lay ahead.

The original Saturday draws were shuffled by local PSP staff to account for low

numbers in some of the categories, permitting players more opportunities to compete. The Round Robin matches would be used to seed players for the Elimination Round the following day. The 17 Wing team Round Robin results were:

OPEN 1:

Wood v Hodson (Moose Jaw):

0/3 loss (2-9;2-9;0-9)

Wood v Giguere (Cold Lake):

3/0 win (9-5;9-3;9-5)

OPEN 2:

Chess v Gobeil (Moose Jaw):

1-3 loss (4-9;1-9;9-6;3-9)

Chess v Wojcik (Cold Lake):

3-1 win (9-3;9-0;3-9;9-7)

OPEN 3:

Tremblay v Bowers (Moose Jaw):

2/3 loss (4-9;9-5;1-9;9-5;3-9)

Tremblay v Ericksen (Moose Jaw):

1/3 loss (9-3;7-9;4-9;3-9)

MASTERS:

Tremblay v Foster (Moose Jaw):

1/3 loss (1-9;9-6;5-9;0-9)

Tremblay v West (JR-Moose Jaw):

0-/ loss (3-9;7-9;6-9)

After a good night's rest, the team returned on Sunday 04 Mar for the Elimination Round. At the start of the day, it was noted there was no consolation round, so while the first few matches got underway, PSP staff worked feverishly to create the consolation side of the tournament in order to establish the top-to-bottom ranking of all competitors,

used to select those who would represent the Prairie Region at the Nationals in Esquimalt, 16-20 April 2007. The results of the Elimination Round for Winnipeg members follow:

Tremblay v Ericksen:

0/3 loss (2-9;0-9;7-9)

Placed 9th overall

Wood v Bowers:

3/0 win (9-4;9-1;9-5)

Chess v Gobeil:

1/3 loss (7-9;9-6;3-9;9-10)

Gauthier v Foster:

0/3 loss (4-9;1-9;5-9)

Placed 2nd overall

Wood v Giguere:

3/0 win (9-2;9-1;9-0)

Chess v Ericksen:

3/1 win (5-9;10-8;9-3;9-6)

Chess v Bowers:

1/3 loss (3-9;9-7;2-9;2-9)

Placed 6th overall

Wood v Hodson:

0/3 loss (5-9;1-9;5-9)

Placed 2nd overall

Capt Joris Wood won the Silver medal (OPEN Category) and has been selected to represent the Prairie Region at the Nationals. Sgt Gauthier also won Silver (Masters Category) and will replace Col Foster as the Prairie representative at the Nationals.

Congratulations to all members of the 17 Wing Squash Team.

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Front (L-R): MWO Roy, Cpl Fitzpatrick, Capt Jutras and Capt Lizotte. Back (L-R): PO2 Hunchak, MWO Rousseau, Cpl Bilodeau, Capt Soufi.

17 Wing Badminton Team

By Cpl Rosalind Fitzpatrick

Members of the 17 Wing Winnipeg Badminton Team were a smashing success at this year's regional competition hosted in Moose Jaw, 2-5 Mar 07. Of the 10 positions available to represent the Prairie Region at the National competition, five were taken by 17 Wing's best.

In the Open division, Capt Martin Jutras and Capt Jean Lizotte won 1st and 2nd seed respectively. MWO Sylvain Roy won 1st seed in Master's, PO2 Timothy Hunchak won 2nd seed in Senior's, and Cpl Rosalind Fitzpatrick

won 1st seed in the Women Open.

The entire Winnipeg team; Capt Salah-Eddin Soufi, Capt Jutras, Capt Lizotte, MWO Roy, MWO Timothy Rousseau, PO2 Hunchak, Cpl Alain Bilodeau and Cpl Fitzpatrick all wish to thank their respective units and the PSP staff from both Winnipeg and Moose Jaw for their support in making this tournament a success.

The Winnipeg team are all members of the Westwin Badminton Club, which plays at Bldg 90 on Wednesday and Sunday nights. Anyone interested in joining the club can contact the gym for additional info. The club is free to all military members and all levels of play are accepted.



The Youth Advisory Council came out to the Manitoba Moose tribute to fallen soldiers on 10 March with local youth, and brought their new friends who were in town from other bases on the Military Youth Exchange.



The youth spent a couple of days learning from each other and having fun hanging out in a new city.

Military Youth Exchange

By Lindsay Chmilnisky

PSP and the MFRC held an essay writing contest in December of 2006. We asked youth to tell us how we could improve the CF community for them, how we could get them more involved and what would make their lives as Military youth better. From the essays we received, we selected 6 youth from the community to participate in a two-part exchange. The first part was in Edmonton and Wainwright and the second in Winnipeg and Shilo.

The exchange involved more than 25 youth from 5 communities. The youth connected on the difficulties and hardships of posting, making new friends and moving to new communities. They also, of course, had tons of fun.

Here is what a couple of the youth had to say who participated in the exchange:

For three nights in January, and then three nights in March, about 30 people got together for the 2007 Military Youth Exchange. Teens came from Winnipeg, Edmonton, Shilo, Wainwright, and

Dundurn to be a part of this trip. We basically went to see what the other bases were doing, and to have fun. We had a great time in all the places, doing all the activities. Some of the things that really stuck with me were: go carting, the West Edmonton mall, Planetarium, and going to 7-11 after the Moose game...haha. Even the team building exercises were fun. All in all, I think this was a great experience, and I'm totally going to try to get in next year. Thank you to everyone that put in all the effort that made this exchange possible. We all really appreciate it.

-Amanda Nagy

I was really happy to be picked for the youth exchange. We had lots of fun seeing the sights of Edmonton and Wainwright, and seeing the facilities for youth at their bases. We met some fun people and learnt a lot from the experience. It was good to meet other youth from military families.

-Hugh Thomas

If you would like more information on the youth programs we offer or would like to get involved contact Lindsay at 833-2500 ext 2057 or Diane at 4508.

Health Hazards And Allergy Alerts

HEALTH HAZARD ALERT - ARSENIC IN ARK LAND BRAND NATURALLY CARBONATED MINERAL WATER

The Canadian Food Inspection Agency (CFIA) is warning the public not to consume Ark Land brand Naturally Carbonated Mineral Water described below. This product may contain Arsenic.

The affected Ark Land brand Naturally Carbonated Mineral Water was sold in 330 mL (UPC 7 85000 12033 9) and 500 mL (UPC 7 85000 12050 6) bottles with Best Before date of 09.05.07. The affected product was produced by Arzni Source for Klukva Pure Inc., Toronto, Ontario. This product imported from Armenia is known to have been distributed in Ontario and Quebec, and may also be available nationally.

The CFIA is working with the importer to have the affected product removed from the marketplace. There have been no reported illnesses associated with the consumption of this product. Arsenic is a toxic substance and is a known cause of cancer in humans.

ALLERGY ALERT - UNDECLARED MILK PROTEIN IN CERTAIN LAURA SECORD BRAND 70% COCOA DARK CHOCOLATE PRODUCTS

The Canadian Food Inspection Agency (CFIA) and Laura Secord are warning people with allergies to milk protein not to consume certain Laura Secord brand 70% Cocoa dark chocolate products described below. The affected products may contain milk protein that

is not declared on the label.

All codes of the following three Laura Secord brand 70% cocoa dark chocolate products are affected by this alert.

1. 70% Cocoa - extreme dark chocolate eggs sold in 160g packages bearing UPC 0 67300 81222 1.
2. Sweet Therapy, extreme chocolate - 70% cocoa mini bars sold in 100g packages bearing UPC 0 67300 87332 1.
3. Extreme dark - 70% cocoa bars sold in 50 g size bearing UPC 0 67300 87104 4.

These products were distributed nationally. There have been no reported illnesses associated with the consumption of these products. Consumption of these products may cause a serious or life-threatening reaction in persons with allergies to milk protein.

For more information, consumers and industry can call one of the following numbers:

Saskia Brussard, Porter Novelli,
416-422-7176.

CFIA at 1-800-442-2342 / TTY 1-800-465-7735 (8:00 a.m. to 8:00 p.m. Eastern time, Monday to Friday).

For information on milk protein, one of the nine most common food allergens, visit the Food Allergens web page at www.inspection.gc.ca/english/fssa/labeta/allerg/allerge.shtml.

For information on receiving recalls by e-mail, or for other food safety facts, visit our web site at www.inspection.gc.ca.



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Our Programs

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

MFRC Monthly Community Coffee Break



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

Resources

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



Other Numbers

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

CF Family Consumer
Info Line: 989-9019



Military Family Resource Centre

Why Is Each MFRC Different?



Each MFRC strives to reflect the military community it serves. MFRCs are individually governed by a board of directors consisting of community members where at least 51% must be spouses of CF members. As you can imagine, needs vary at each CF

location depending on a variety of variables including, geography, size, operational tempo, element, and of course the input from families living there! Community members just like you shaping the vision of each MFRC from Gander to Esquimaux.

There are two types of serviced offered by your MFRC:

MANDATED –programs and services which address issues encountered within the military lifestyle are offered at each MFRC. In a nutshell.... military family lifestyle is different because they are expected to deal with moving/transition on a regular basis and long periods of separation are common due to job requirements. The level of service depends on what is already available in the community and whether military families have appropriate access. Examples of mandated services might include; parent and child groups, emergency childcare services, The Warm Line, and deployment support.

SITE SPECIFIC – As the name implies, these programs tend to vary a great deal among MFRCs. These are services, which address the specific needs of a particular Base Community. Examples of Site-specific services might include; Special Events, Childcare centres, Youth programming, Unit specific support groups, enhanced services or outreach to remote CF stations. Ongoing local community needs assessments and consultation with the Wing command structure help to determine which unique services may benefit families in our area of geographic responsibility.

Most centres are not for profit organisations, getting only partial funding from the Military Family Services Program/ DND Director Quality of Life sources. Funding provided addresses the provision of mandated services to the 17Wing community. Site-specific programming depends on available funding from additional sources. The success of local fundraising often determines whether site-specific services can be offered.

If you would like to know more call us at 4500

Deployment Services Open House

WHO: Parents, partners and other loved ones of deploying Military Members should attend.

WHEN: Saturday April 14th 1:00pm – 3:00pm

WHERE: Winnipeg Military Family Resource Centre (Located at CFB Winnipeg off Whytewold & Ness) 102 Comet St. across from 17Wing main gate on Whytewold Rd

WHY: To discover which programs & services at the MFRC can help your family manage the challenges of deployment. To connect and share with other families preparing for deployment. Bring your deployment questions....staff will be on hand to address your concerns. A wide variety of resources will be available for attendees to take home.

More info @ 833-2500 loc. 4507

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 favourite junk food on its way. Boxes, paper, markers, tape & all the CFPO#'s for the current operations are available on site. For more information, call Nicole 4507

Yellow Ribbon Store

Magnets \$4	Pins \$2
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100% of the proceeds from sales go towards enhancing MFRC programming for 17Wing families.

The WMFRC is a not-for-profit organisation required to fundraise in order to provide site-specific services to 17 Wing families. Please consider the MFRC when seeking a charity of choice.

Sleepover At The Manitoba Museum

Mark your calendars! On April 13 the MFRC is planning a sleepover at the Manitoba Museum! The fun starts at 6:30 on Friday night. Pick up is 8:30 Saturday morning. The sleepover is a unique opportunity to explore the museum after hours. There is storytelling, a tour of the Nonsuch, a planetarium show and time in the science centre. The night is capped off with a flashlight tour of the museum. Ages: 5 years & Up. Cost: \$30.00 per person Youth Centre members receive a \$5.00 discount

@ Manitoba Museum 190 Rupert St.
Registration Deadline: March 30 at ext. 4508

Find Re-Leaf



When time comes to begin packing for your new posting....consider donating your houseplants or perennials to the MFRC. Your plants will be nurtured by caring volunteers and presented to Newcomers in the coming year.

Posting Re-Leaf Program- making roots in our community

Please Help Yourself!

Our comprehensive resource libraries are open for you to help yourself. The MFRC is open Mon-Fri 8:30 – 4:30, that means our resources are too! Come on in and browse the Education & Career section with guides, advice, catalogues and current opportunities. The Newcomer Section has MFRC, 17Wing, and Winnipeg & Manitoba info. From where to dine & shop to finding a dentist...it is all here. Moving??? Our Posting Packages, (one for each CF Base) give you a good look at where you are going. Separation & Reunion are facts of life in a military family...this library section has children's activity books, parenting guides, deployment information, coping resources and a Parcel Packing Centre. Finally, the general section of the resource Library covers topics from quality Canadian novels, parenting, crafts, cooking, hobbies, job search and much more. Come in and discover for yourself.

The Toy Lending Library offers families an opportunity to try a wide variety of "Big Ticket" toys at a fraction of the cost and a great way to keep things interesting over our Winnipeg winter. There are family passes to local attractions also available to borrow through the TLL! Drop in to find out more. We are a one-stop shop for families managing the Military Lifestyle.



The "Community Connections"

We are on-line....



Your guide to all current MFRC programs and services! Published regularly, this informative handbook gives you everything you need to know about What is going on at the MFRC! Call to have your name added to the mailing list or check it out on-line at

www.mfrc.mb.ca

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Chaplains

Padre Lance Magdziak
Roman Catholic
Office 833-2500 ext 5272

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

Masses
(English only)
Sunday 1100 hrs

Religious Education

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

Confessions

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

Baptisms

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

Weddings -Marriages

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

Catholic Women's League

Meets in the Chapel Annex the third Monday of each month at 1830hrs.

Protestant

Chaplains

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

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

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

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

Sunday Services

(English Only) 0900 hrs

Sunday School

Sunday School is held during the service for children ages 3 to 12, except on the last Sunday of each month. Childcare is provided on an as-required basis for children under 3 years of age.

Marriages

Six months' notice is required for marriages, as counselling is necessary to prepare couples for Christian marriage. A Marriage preparation course is also required.

Baptisms

The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

Protestant Chapel Guild

The Guild meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

Food Bank

The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

Emergency Chaplain

After normal working hours, the Emergency Chaplain can be reached through WOps Duty Centre, 833-2700.

Other Phone Numbers:

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

Interfaith Prayer Room

Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.



Holy Week — Tradition Or Reality?

By Padre Lance Magdziak

During Holy Week, 1 - 8 April 07, Christians will celebrate the Passion, death and Resurrection of Jesus Christ. Holy Week starts on Palm Sunday and goes on through Maundy Thursday, Good Friday and Holy Saturday to Easter Sunday, the day of Christ's Resurrection. Contemporary Protestant churches, as well as the Roman Catholic Church, hold the three days known as Triduum (Holy Thursday, Good Friday and Easter), to be the holiest days of the calendar.

Spain is the most famous country in the world for its Holy Week traditions. Cities of Seville and Malaga see the most glamorous celebrations, while those of Castille-Leon see the more sombre and solemn events. Seville holds the most elaborate processions for the Holy Week anywhere in the world. A tradition that dates from medieval times, the "Semana Santa en Sevilla" is notable for featuring the procession of "pasos," lifelike wood or plaster sculptures of individual scenes of the events that happened between Jesus' arrest and his burial, or images of the Virgin Mary showing grief for the torture and killing of her son. These pasos are physically carried in the shoulders of costaleros, bodybuilder types who used to carry extreme weights.

In the Philippines, a largely Roman Catholic nation, Holy Week is treated as one of the most important religious

festivals of the entire year. At Mass on Palm Sunday, people carry palm leaves to be blessed and place them above their front doors or windows of their homes. Good Friday is commemorated with street processions, the Way of the Cross and a Passion play. In some communities of the province of Pampanga, the processions include devotees who self-flagellate and sometimes even have themselves nailed to crosses as expressions of penance.

In Canada our traditions are rather simple, unless you belong to a specific ethnic church. I believe Holy Week can truly be the most beautiful experience in our Christian faith. Palm Sunday begins the Holy Week with the reading of the Passion — narrative of Jesus' capture, suffering and death. On this day, a procession with palms takes place in many parishes. On Maundy Thursday or Holy Thursday, we commemorate the Last Supper and the institution of the Eucharist. On Good Friday — have you ever been wondering why "good" — we meditate upon the Lord's Passion. There is more...

I invite you, my friend, to come and celebrate the Holy Week. The Church of your choice is near you. I hope you can discover the beauty of the Holy Week right here in your neighbourhood. Our Military Chapel would love to see you for our Protestant or Catholic services and remember a song: Were You there when they crucified my Lord? Sometimes causes me to tremble, tremble, tremble...

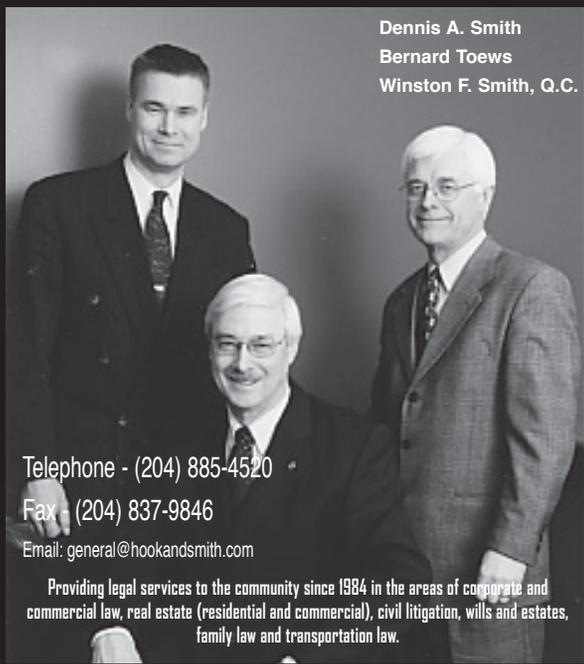
Happy Easter to you all.

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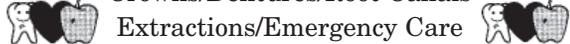
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TAROSCOPES

BY NANCY

Aries (March 21 - April 19): You have the courage to make the first move. You finally initiate a conversation you've been avoiding. This brings new information to light that you might not want to know about but it makes you realize the unknown was scary, too. Break free from fears about the future.

Taurus (April 20 - May 20): The harder you work at keeping the peace the more likely you are to be disappointed in the reactions of those who don't think or act like you. As logical and balanced as you feel you're being, you need to take into account the intensity of other people's feelings.

Gemini (May 21 - June 21): Clinging to unmet expectations saps your sense of hope. It's time to embrace the wondrous possibilities that come from moving on. Let yourself feel your disappointment but don't let it become your focus or your identity. You are more than just this phase of your life.

Cancer (June 22 - July 22): You've offered support to another as they moved through a major life change. You are the voice of reason, getting to the heart of the matter when a myriad of decisions need to be made. Next someone asks you how to navigate emotional waters and how to connect with loved ones.

Leo (July 23 - August 22): Consult a mentor or expert at this time. There are far reaching ramifications to what is occurring now and you may not have any say in the changes, because they involve others. You are simply part of the shift that is occurring – accept this and rise to the challenges that result.

Virgo (August 23 - September 22): So much is up in the air that this is not the time to accept the interference of others. Keep your boundaries firmly in place. Be open only to loving words and thoughts. Let people know that you're in charge of your life so that it is a reflection of your own standards.

Libra (September 23 - October 23): You're energized and full of great ideas; something innovative, experimental and exciting results. Consider the impact you have on others. As you take control of your life and seek out affirming relationships you'll find peace of mind and increased vitality.

Scorpio (October 24 - November 21): You excel in a new role, sharing your knowledge, abilities and skills with others who are improving their lives. Promote planning for the future. Your actions speak louder than words these days and over time will be appreciated more.

Sagittarius (November 22 - December 21): Complications force you to face what you have been avoiding. Consider when you have been fearful and the times when you were optimistic. There are many interpretations of any situation but assessing events in hindsight gives you a new perspective.

Capricorn (December 22 - January 19): Take charge of your surroundings. Make a plan based on your own definition of success. You'll feel rich when you surround yourself with loving people to share the good times with. By themselves, acquisitions are cold companions.

Aquarius (January 20 - February 18): You can't keep everything under control forever but for now you can. Remain logical and take advantage of opportunities as they arise. You make sound decisions but must recognize that you are more future-oriented than others so they may not understand your choices.

Pisces (February 19 - March 20): Relationships that take time to grow, transform how you see yourself. Use your skills to assist others in making better life choices. Your advice is practical and insightful. Communicate in a positive and dynamic way and allow others to know that you can see past the obvious.

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