



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

NOVEMBER 29, 2006

VOLUME 54, ISSUE 21

FREE



Photo by Cpl Gomm

With the Grey Cup in town, 17 Wing Winnipeg supported activities throughout the city all week long, including transporting the Cup to the Forks, the team arrivals, Parka Day at the Forks, the parade and the big game. (Above) The new Hercules float makes its debut, charting a course with the Grey Cup parade. The float, built for the parade, was followed by a couple of tanks and other CF vehicles, a pipe and drum band, and numerous CF folks in uniform handing out candy to the kids gathered on Portage Ave to watch the parade.

## CF Flies High At The Grey Cup

By Corporal Bill Gomm

WINNIPEG, Mb — The 94th Grey Cup between the BC Lions and the Montreal Alouettes played out to a packed Canad Inns Stadium with 44,786 fans in attendance, with the Lions prevailing 25-14.

Before the game, Officer Cadets from Canada's Royal Military College in Kingston, Ontario, marched on the Colours for the singing of O Canada. As the National Anthem came to a close, the Canadian Forces Snowbirds flew over the stadium followed by two CF-18's.

26 Field Artillery Regiment set up two C3-105mm Howitzers that fired a blank volley for each Grey Cup touch down.

One Howitzer was dedicated for each team. By the end of the game, the Howitzer for the BC Lions had fired once and the Montreal Alouette's Gun once. Paul McCallum, BC Lions kicker, did the rest with six field goals.

With the game over, former Canadian Football League players, now in the CF, Sergeant Jason Kralt and Private Nigel Williams assisted the RCMP escort the Grey Cup to the BC Lions on the Victory Podium.

"It is an honour to play in the CFL," said Pte Williams. "And an honour to do this."

"I played in the Grey Cup game. I won the Cup, held it and drank outta it," said Sgt Kralt. "But it's an honour to be part of a national event like this."

As the BC Lions hoisted the cup over their heads, a small sticker was revealed on the bottom of the Grey Cup. "The Day after we arrived with your military helicopter at The Forks, we looked at the bottom of the cup and we found that the Air Force had put a sticker on the cup," said Paul Miciqli, one of the Grey Cup handlers. 1 Wing's 430 Tactical Helicopter Squadron from CFB Valcartier placed that sticker on the Grey Cup.

"Compared to last year when the Navy tried to put their stickers on it, they tried twice and we caught them almost instantly," added Mr. Miciqli. "From our point of view we think that the Air Force have a lot more going on than the Navy does."

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### WAHOO!

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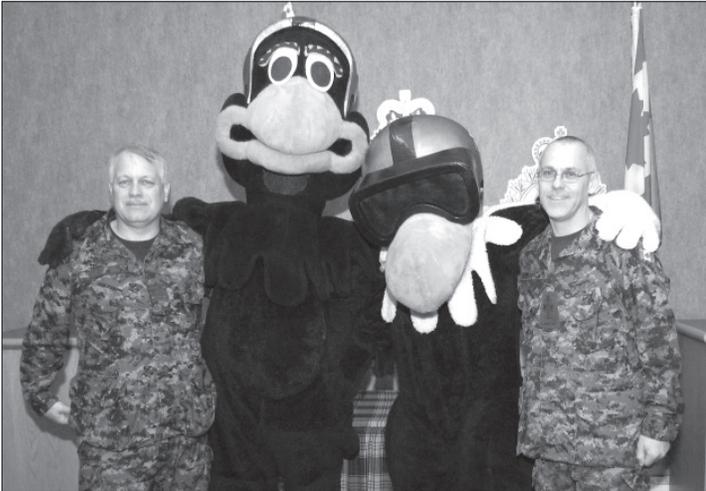
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# Grey Cup Arrival



The Air Force's newest recruits – WComd Col Ken O'Brien and WCWO Glenn Wallace hung out with Buzz and Boomer during Grey Cup week.

Photo by Cpl Bill Gamm



Premier Gary Doer receives safety instructions before loading into the CH-146 Griffon from 1 Wing's 430 Escadron tactique d'hélicoptères from Valcartier, Que and accompanying the Grey Cup to the official arrival at the Forks. The Premier was joined by Mayor Sam Katz, CFL Commissioner Tom Wright, Winnipeg Chairmen Gene Dunn and David Asper.



Gen Rick Hillier, CDS, stopped and spoke with troops on duty at the Forks on Saturday, 18 Nov. The troops were participating in the Grey Cup weekend celebrations before the parade.



(from left) All-star team WAdmin O LCol Paul Conway, HCol Ben Van Ruiten, BGen WJ Neumann DComd Force Generation, 1 Cdn Air Div, WComd Col Ken O'Brien and WCWO Glenn Wallace live out some childhood dreams and pose with the Grey Cup while it was at 17 Wing Hangar 10. The Cup was transported to 17 Wing to be delivered via helicopter to the Forks on 14 Nov.

Photo by Cpl Steven Bogue



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**VOXAIR STAFF**

<p><b>LCol P. Conway</b> Editor-in-Chief 204 833-2500 ext 5281</p> <p><b>Rick Harris</b> Managing Editor 204 833-2500 ext 4299</p> <p><b>Maureen Walls</b> Office Supervisor Sales Manager</p>	<p><b>Andrew Hughesman</b> Production Coordinator/ Layout</p> <p><b>Misra Yakut</b> Accounting</p> <p><b>Avery Wolaniuk</b> Journalist/Photographer</p>	<p><b>Traci Wright</b> Proofreading</p> <p><b>Jim Holland</b> Advertising Sales 204 832-0115</p> <p>Printed By <b>The Daily Graphic</b> 1.204.857.3427</p>
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# Wing Commander's Longevity Awards



Mr. Tom Bailey receives his certificate of service for 45 years to the Government of Canada from WComd Col Ken O'Brien.



MWO Laurence Rutt receives the Canadian Forces Decoration 3 from WComd Col Ken O'Brien.



Capt Dennis Zebriere receives the Canadian Forces Decoration 3 from WComd Col Ken O'Brien.

At a recent WComd Honours and Awards ceremony, Col O'Brien lauded the careers of three individuals for their extended years of service to the CF: Mr. Tom Bailey, recognizing 45 years of service to the Government of Canada; Capt Dennis Zebriere, CD3 recognizing 42 years of service in the CF; and, MWO Larry Rutt, CD3, recognizing 42 years of service in the CF.

### Mr. Tom Bailey

Mr. Tom Bailey was born and educated in Edmonton, AB. He joined the RCN in September 1961 under ROTP and attended Royal Roads and RMC, graduating with a BEng (Civil) in 1965. Selected for Naval pilot training, he received his wings at Portage La Prairie in 1966 and completed ASW training at Shearwater, NS flying the CS2F Tracker at VS 880 Squadron

and on HMCS BONAVENTURE.

After postings to Fleet School, a second tour on VS880 and a tour at Maritime Air Group HQ, Tom was selected for the Aerospace Systems Course in 1976, and on graduation became Course Director. After attending Command and Staff College in 1979/80, he was posted to 436 Transport Squadron where he flew the CC130 Hercules. After the year-long French course in 1984, he had tours at NDHQ in the Directorate of Air Requirements and the Directorate of Flight Safety. Promoted to LCol in 1988, he remained in DFS as Chief Investigator until 1990 when he became the Executive Assistant to the Assistant Deputy Minister (Personnel). In July 1991, he assumed command of 440 Transport and Rescue Squadron, Edmonton. In August 1993 he was posted to 17 Wing Winnipeg as Wing Administration Officer and then Wing Operations Officer. A November 1996 posting took him across the field to Air Command HQ as Senior Staff Officer Tasking, which then became A3 Task in the newly created 1 CAD HQ. Tom remained as A3 Task until taking his release from the CF in August 1998 whereupon he continued his service to DND as a civilian instructor at the Canadian Forces School of Aerospace Studies, instructing Aerodynamics, Propulsion, Stability and Control, Control Theory, and Human Factors Engineering to the Aerospace Systems Course. He is also the Military and Industrial Visits Coordinator.

of 05. MWO Rutt currently resides in the RM of Rockwood near Teulon, Manitoba.

### Capt Dennis Zebriere

Capt Dennis Zebriere enrolled at 8 Personnel Depot, Winnipeg on 10 Aug 64 at the age of 16. He served in the Royal Canadian Army Service Corps, 35 Platoon, Apprentice soldier from 1964 to 1966. He served at CFB Shilo from 1966 to 1970, then was posted to Canadian Forces School of Aerospace and Ordnance Engineering Detachment, Camp Bouchard, Quebec from 1970 to 1972 as Chief Clerk.

In 1972, he voluntarily remustered to Air Observer 081 (now AESOP trade) and was posted to 405 Squadron, Greenwood. In 1975, he was posted to 404 Sqn (the OTU) serving as an Air Observer Instructor in the ANPT (Air Nav Procedures Trainer) Simulator.

In 1976, he was recommended for OCTPM and completed officer training April 1977. He completed Navigator Training at CFANS Winnipeg in 1978, he was posted to 415 Sqn, Summerside, PEI, and after being promoted to Captain in 1981, he was relocated with 415 Sqn to Greenwood, NS. In 1983 he returned to Winnipeg to instruct at Canadian Forces Air Navigation School, where he served as instructor, evaluator and programming officer until 1987.

He spent 1987 to 1990 with 436 Sqn, Trenton, Ont flying as a line Navigator and trained in tactical airlift. 19 Aug 88 Capt Zebriere and his crew, plus two other crews on Operation Vababond, had the pleasure of being overnight guests of the Ayatollah in Tehran, the first three hours being at gun-point. From 1990 to 1998, he was posted to 5 Air Movements Unit, Lahr, Germany, 429 Sqn in Trenton, Ont and then to 436 Sqn, also in Trenton. In 1998 to 2003, he was posted to Canadian Contingent NATO Early Warning Force (CCNAEFW) Geilenkirchen, Germany as a line navigator on the E3A AWACS, and in 2003, returned to Winnipeg to retire from the Regular Force. He was offered employment as 435 Sqn Civil Air Search and Rescue Association (CASARA) Liaison Officer so enrolled at 17 Wing Air Reserve Flight where he's been serving to date.

Capt Zebriere's military flying career consists of 13 Musketeer hours, 35 C-47 Dakota hours, more than 3000 CC107 Argus, more than 1000 CP140 Aurora, more than 5000 C-130 Hercules hours, and almost 1600 E3A AWACS for a total of 11,064 hours on these various aircraft. This flying career has taken him to all continents but Antarctica and was crowned with hydro-planing off the end of the runway at Geilenkirchen, Germany on his last E3A military flight while serving in the Regular Forces.



The sign for the Dakota Inn, formerly referred to as 17 Wing Hotel, was officially unveiled on 17 Nov 06 by Col Ken O'Brien, WComd and HCol Ben Van Ruiten. Named after the Douglas DC-3 (C-47), the Dakota aircraft served the RCAF widely, including in training purposed such as navigation, radio and radar training, and was used for target towing, transport and search and rescue duties. 17 Wing Winnipeg was the last CF unit to fly the Dakota until its retirement in 1988.

(above, from left) CPO2 Mike Fairfex, WCWO Glenn Wallace, PO2 Ed Wadlow, 17 Wing Cmdr Col Ken O'Brien, Capt Kim Newman, and Hon Col Ben Van Ruiten.

### MWO Laurence E. Rutt

MWO Laurence E. Rutt was born in Springhill, Nova Scotia on the 19th of October 1947. He enrolled in the Royal Canadian Army Soldier Apprentice Plan on the 24th of June 1964 at 1 PD, Halifax, Nova Scotia. The Soldier Apprentice Plan taught citizenship, self-reliance, comradeship and technical training within a chosen Army career path. On completion of the two-year program with the Royal Canadian Army Service Corps, MWO Rutt was posted to the Royal Canadian Army Service Corps School/Driver and Maintenance Company at Camp Borden in June of 1966 and remained in the Borden area until 1968 when he was posted to CFB Gimli in Manitoba.

After Gimli, MWO Rutt was posted in succession to CFB Galetown (3 Svc Bn, 403 HOTS, 422 Tac Hel Sqn), CFB Portage La Prairie, CFB Esquimalt, and the Canadian Forces School of Administration and Logistics (Tn Trg Coy). He retired from the Regular Force in July of 1990 and enrolled in the Primary Air Reserve in the same year. He was employed within the Air Reserve training area at Air Reserve Group Headquarters, Air Command and 1 Canadian Air Division until accepting a position at 17 Air Reserve Flight, CFB Winnipeg in April

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All photos by Cpl Steven Bogue



17 Wing Commander Col Ken O'Brien presents 17 Wing Imaging with Wing Commander Commendation. From left to right is Cpl Tom Trainor, Cpl Steve Bogue, Col O'Brien, Sgt Denis Gauthier and MCpl Payne.



17 Wing Commander Col Ken O'Brien presents Sgt Lindsay with the WComd Commendation.



17 Wing Commander Col Ken O'Brien presents MCpl Grogan with the WComd Commendation.



17 Wing Commander Col Ken O'Brien presents WO Rex and Major Madsen with the Unit Certificate of Registration AF9000+ and Pennant.



17 Wing Commander Col Ken O'Brien presents CWO Dion with his Warrant Officer's Scroll



17 Wing Commander Col Ken O'Brien presents CWO Hynes with his Warrant Officer's Scroll.



17 Wing Commander Col Ken O'Brien presents CWO West with his Warrant Officer's Scroll



17 Wing Commander Col Ken O'Brien presents LT Cote with his Commission scroll.



17 Wing Commander Col Ken O'Brien presents 2Lt Kupfer with his Commission scroll.



17 Wing Commander Col Ken O'Brien presents 2Lt MacHardy with his Commission scroll.

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 Some Material May Be Inappropriate for Children Under 10

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All photos by Cpl Steven Bogue



T. A. Bailey receives the certificate of service for 45 years of the Government of Canada from Wing Commander Col Ken O'Brien.



Capt Humphreys receives her new rank from from Wing Commander Col Ken O'Brien.



Capt Purcell receives his new rank from Wing Commander Col Ken O'Brien.



Wo MacDonald receives the General Campaign Star from Wing Commander Col Ken O'Brien.



WO Desruisseaux receives the General Service Medal from Wing Commander Col Ken O'Brien.



Capt Andrews receives the Canadian Peacekeeping Service Medal from Wing Commander Col Ken O'Brien.



Capt Zebriere receives the Canadian Forces Decoration 3 from Wing Commander Col Ken O'Brien.



MWO Laurence Rutt receives the Canadian Forces Decoration 3 from Wing Commander Col Ken O'Brien.



LCol Whitburn receives the Canadian Forces Decoration 2 from Wing Commander Col Ken O'Brien.



Major Cooney receives the Canadian Forces Decoration from Wing Commander Col Ken O'Brien.



17 Wing Commander Col Ken O'Brien presents the Canadian Forces Decoration to Major Green.



17 Wing Commander Col Ken O'Brien presents the Canadian Forces Decoration to Major Martin.



17 Wing Commander Col Ken O'Brien presents the Canadian Forces Decoration to MWO Subbert.



17 Wing Commander Col Ken O'Brien presents the Canadian Forces Decoration to Major MacKinnon.



17 Wing Commander Col Ken O'Brien presents the Canadian Forces Decoration to Capt Kinley.



17 Wing Commander Col Ken O'Brien presents the Canadian Forces Decoration to CPO2 Fairfax.



Sgt Burke receives the Canadian Forces Decoration from Wing Commander Col Ken O'Brien.



Sgt Coulson receives the Canadian Forces Decoration from Wing Commander Col Ken O'Brien.



Sgt Mantle receives the Canadian Forces Decoration from Wing Commander Col Ken O'Brien.



Sgt Pretty receives the Canadian Forces Decoration from Wing Commander Col Ken O'Brien.



MCpl Kazimer receives the Canadian Forces Decoration from Wing Commander Col Ken O'Brien.



MCpl Keagan receives the Canadian Forces Decoration from Wing Commander Col Ken O'Brien.



MCpl Ross receives the Canadian Forces Decoration from Wing Commander Col Ken O'Brien.



MCpl Van Helvert receives the Canadian Forces Decoration from Wing Commander Col Ken O'Brien.



MCpl Wiles receives the Canadian Forces Decoration from Wing Commander Col Ken O'Brien.



MCpl Wood receives the Canadian Forces Decoration from Wing Commander Col Ken O'Brien.



Cpl Baldwin receives the Canadian Forces Decoration from Wing Commander Col Ken O'Brien.



Cpl Cornish receives the Canadian Forces Decoration from Wing Commander Col Ken O'Brien.



Cpl Meier receives the Canadian Forces Decoration from Wing Commander Col Ken O'Brien.



Sgt Kelly-Wardle receives the Canadian Forces Decoration from Wing Commander Col Ken O'Brien.



Cpl Morrison receives the Canadian Forces Decoration from Wing Commander Col Ken O'Brien.



Cpl Richardson receives the Canadian Forces Decoration from Wing Commander Col Ken O'Brien.



Cpl Wicht receives the Canadian Forces Decoration from Wing Commander Col Ken O'Brien.



MCpl Robichaud receives the Commander-in-Chief Unit Commendation Insignia from WComd Col Ken O'Brien.

# Dear Peacekeeper: Thank You!

Kids from Winnipeg and Thunder Bay are sending their Christmas messages out to CF members again this year. The Winnipeg MFRC mailed more than 400 messages to every theatre of operation where Canadians are serving. Letters and postcards were written and coloured from elementary and middle school students. The deadline for Christmas letters has past, but the MFRC collects messages year-round to send to deployed members. Call Nicole Johnson at 833-2500 ext 4507 for details. Or you can visit [forces.gc.ca](http://forces.gc.ca) and click on "Write to the Troops" to post a message online.

Dear Peacekeeper,

How are you doing? My name is Tyler. It's...it's...it's cold out. I got to St. Ignatius School in Winnipeg. I am in Grade 4. I love sports! My favourites are soccer, basketball and football.

I thank you for all the peace that you are keeping in Afghanistan and in the rest of the world. It is important work and I am glad you are there. We thank you for everything you do for us.

Christmas is a special time for me. I get things that my dad would never get for me. We go to my grandma and grandpa's and have a huge Christmas dinner. I hope your Christmas is very peaceful and you have a chance to talk to your family.

Merry Christmas and Happy New Year!

From Tyler.

Dear Peacekeeper,

Thank you for fighting for us and our country. You will always be important to me!!! It has to be scary out there with all those guns. My grandpa fought in the war he was in an aircraft and somebody hit the plane my grandpa jumped out and... he landed in a hay stack!!! My name is Kelli I am 8 years old I like to draw and write to you!!! Please right back! Merry Christmas and a happy new year!!!

From Kelli, grade 3

Dear Peacekeeper,

Thank you for keeping peace with the world. That is a very nice thing you do. Maybe one day all your hard work will pay off and we will have world peace. Until then your work will do good to keep some of the world in peace!

Lots of Love,  
Stahlene, grade 7

Dear Peacekeeper,

You must be the best man that I ever met. My name is Diego and I live in Winnipeg, Manitoba. I go to St. Ignatius School. I am eight years old. I am in grade four. I wish I could meet you some time, but I can't leave home because my mom is afraid I will never come back.

I am going to tell you what I'm doing for Christmas. Me, mom, dad and my brothers are going to my aunts for Christmas. I know it's not much. I wonder what you do for Christmas?

I love football and soccer and hockey. Did I tell you that the Blue Bombers lost in the semi-finals? I don't even know if you're a fan of football? Did I tell you that I like dogs.

Yesterday we made peace chains for Remembrance Day. Inside each chain had the name of one of the Canadian soldiers that died in Afghanistan.

I hope you have a Merry Christmas, and a Happy New Year! I will be praying for you, and that you will be safe, and come home to your family soon.

Love, Diego

Dear Peacekeeper,

Hi my name is Sadie. I am 8 years old. Thank you for letting us be free.

Merry Christmas

Dear Peacekeeper,

Soldier, one day I want to go to a war and fight. I hope you come back to your family and a merry Christmas. I am from John Pritchard school.

Matthew

Dear Peacekeeper,

Is being a soldier that hard? Well when I grow up I want to be a soldier even tho it's hard.

By Ezra



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# It's Coming To An End, But Not Just Yet!



WCWO Glenn Wallace poses for his mug shot. CWO Wallace was charged with "impersonating the Wing Commander," among other things, and couldn't provide an adequate defence for his misdemeanor.



Judge Herc. U. Lese the 17th, alternatively known as Andy Oxley (PSP), kept the court room in order and hysterics during the GCWCC Jail and Bail fundraiser.

By 2Lt Alexandre Cadieux

We did it! As of 22 November, the GCWCC campaign had raised 91,724.90, exceeding the 90K target! Way to go! The constant and dedicated efforts of all the volunteers in canvassing almost all of the personnel on the Wing and the Division, along with the multiple activities hosted by our Integral and Lodger units resulted not only in the amount of money raised, but mostly by the people whose lives will be improved. On behalf of all the members of this year's GCWCC committee, I want to extend my deepest appreciation to everyone who volunteered their time and helped to make this campaign a success. Also, I want to thank every single person

who donated, because you will never know how valuable your contribution is to the different charitable organizations working to make this community better. THANK YOU once again, and let me recap some of our last activities.

### WTISS Computer Clean-up Clinic

For the first time this year, 17 Wing TISS granted our personnel access to their vast computer knowledge. For a small price of \$10, they cleaned PCs (Personal Computer, not Politically Correct) inside and out. They removed dust, scanned the hard disk for errors, provided hard drive defragmentation, scanned and removed viruses. If those last couple of words didn't mean anything, make sure you bring your own machine to the section next year, as I am sure they will repeat this successful activity. Thank you to WTISS for donating \$260 to GCWCC.

### Jail and Bail

Pay to put your boss or co-workers in jail, isn't that the dream of every office worker? Well apparently it is at 17 Wing, because this year's event help raise \$1365. First, let me start by thanking the many people involved in this great event: Andy Oxley (PSP) for going above and beyond as our hysterically funny judge, James Follette (PSP) as our Arresting MP, Ordinary Seaman Kimberly Smith as our Assisting Arresting MP, Capt Tom Purcell (WAdmin Rep) for organizing the event, as well as MCpl Wendy Nickerson, Cpl Marnee Mierau, Lt(N) Amy Campbell, Transport (providing a driver for canvassing donations and transporting prisoners). Now, a list of criminals arrested on that day:

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- CWO Glenn Wallace (Wing CWO)- Charge: Impersonating the WComd in his absence,
- Capt Adeline Rozak (LTC Coordinator)- Charge: Creating a Militant Group to take over the Franco Manitoban Cultural Centre,
- Capt Dave Fouts (435 Sqn Orderly Room)- Charge: Sneaking the Herc out at night for joy riding,
- Mr. Al Brazeau (PSP)- Charge: Over working employees,
- Capt Mary Ann Beaugrand (WAdmin)- Charge: Being disorderly in the Orderly Room,
- WO Bob Lawrence (402 Sqn Maintenance)- Charge: Using Tim Horton's coffee instead of oil,
- Mr Gord "Bones" Wells (EME Tool Crib)- Charge: Impersonating Tim "The Tool Man" Taylor,
- Ms Nicole Johnson (MFR)- Charge: Addiction to Baseline Email,
- Mona Currie, John Chabih, Louise Cameron, Catherine Chatterley (MFR)- Charge: Conspiring to place innocent Nicole Johnson in jail,
- MCpl Richard Cameron (Supply)- Charge: Stealing various items from supply for own personal use,
- Mr Marc Johnson (CHRO)- Charge: Skimming civilian pay for personal piggy bank,
- Capt Amanda Ives (Transport)- Charge: Transporting illegal contraband in Transport vehicles,
- MWO Sylvain Bellemare (Kitchen)- Charge: Lack of imagination in creation of weekly food menu,
- Sgt Mario Amyot (Kitchen)- Charge: Impersonating Emeril Lagasse,
- 2Lt Rodney Chongva (Supply)- Charge: Selling supply items on the black market,
- MCpl Caroline Gauthier (Kitchen)- Charge: Spiking food with Spanish Fly,
- Maj Anthony Dunkerley (Supply)- Charge: Conspiring to sell Supply items for personal profit,
- Maj Patrice Sabourin (WTISS)- Charge: Conspiring to permanently remove Bill Gates as the top of the PC industry,
- CWO George Diericke (WTISS)- Charge: Tapping phone and internet lines,
- Capt Steven Coulombe (Kitchen)- Charge: Deceiving Food and Health Inspectors,
- Brenda Sparkes (PSP)- Charge: Conspiring to take over the fitness world,
- Brenda Wallace (1 Cdn Air Div)- Charge: Selling important documents for monetary gain,
- CPO1 Simon Blaikie (WAdminO CWO)- Charge: Impersonating a sailor and taking extended coffee breaks.

Before the books are closed on this GCWCC campaign, I would like to remind our personnel that the need for support of most charitable organizations go all year long and even though effort like ours make a big difference, they don't fulfill all of the needs. So, please continue helping those less fortunate by donating your used furniture, participating in food baskets or doing volunteer work. It will make you feel good about yourself as well as bringing some joy in someone's life.



The Winnipeg Blue Lightning cheerleaders visited 17 Wing during Grey Cup Week. Above, the team poses with soldiers, Buzz, and Boomer on an assortment of Army and Air Force equipment.

Photo by Cpl Bill Gomm



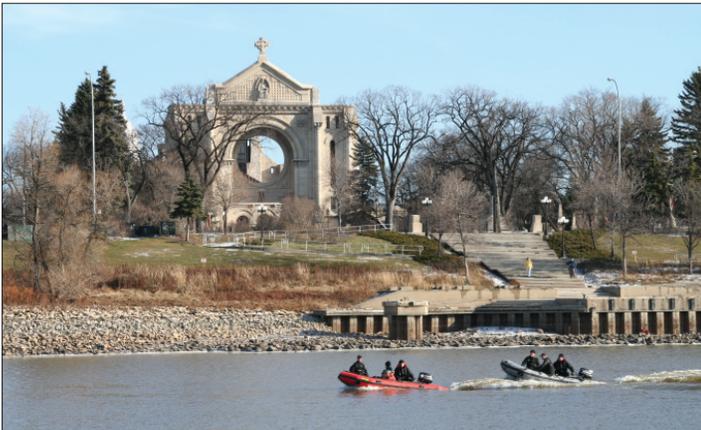
The SkyHawks jumped into the Grey Cup celebration at Parka Day at the Forks on 18 Nov.

Photo by Col Steven Engage



Sailors from HMCS CHIPPAWA in a Rigid Hull Inflatable Boat decked out for the season and for the Grey Cup Parade travelling through downtown Winnipeg.

Photo by Cpl Bill Gomm



Crews from HMCS CHIPPAWA out and about on the Red River for Parka Day at the Forks.

Photo by Avery Wolanuk



The view from up there— kids of all ages had a chance to climb into the turret of a LAV3 before the Grey Cup parade on 18 Nov. Military vehicles and equipment, an interactive display from the Museum, the MFRC and the CFRC were just some of the displays set up around the Forks as part of Parka Day.

Photo by Avery Wolanuk



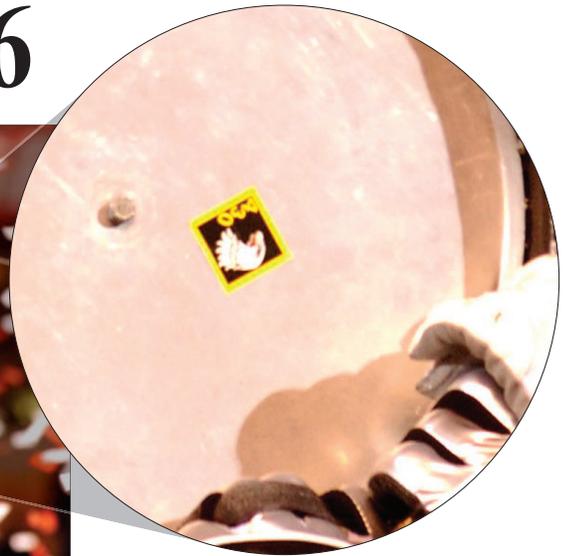
Captain Shawn McCaughey handed out items to the children lining the street for the Grey Cup parade. Capt McCaughey is with the Snowbirds and flies the bird Number 2 Inner Right Wing.

Photo by Pia Jane Kennedy

# Grey Cup Week '06



Photo by Cpl Bill Gomm



Players from the BC Lions hold up the Grey Cup. A small sticker with the numbers 4-3-0 and an eagle's head can be seen on the bottom of the cup. The symbol for 430 Tactical Helicopter Squadron from Valcartier is an eagles head and the number 430. "Compared to last year when the Navy tried to put their stickers on it, they tried twice and we caught them almost instantly," added Mr. Micidli. "From our point of view we think that the Air Force have a lot more going on than the Navy does."



Photo by Cpl Bill Gomm

Uniforms of a different colour — Private Nigel Williams, former CFL receiver, and Sergeant Jason Kralt, former CFL linebacker, escorted the Grey Cup onto the field at the Grey Cup. "I played in the Grey Cup game. I won the Cup, held it and drank outta it," said Sgt Kralt. "But it's an honour to be part of a national event like this."

17 Wing 1 Air Movement Section personnel take the chance for the photo of a lifetime and pose with the Grey Cup while it was in Hangar 10 on 14 Nov. The Cup was transported from the Wing to the Forks via CH-146 Griffon from 1 Wing's 430 Escadron tactique d'hélicoptères from Valcartier, Que.



Photo by Cpl Bill Gomm

The Montreal Alouettes and the British Columbia Lions were greeted at the Winnipeg International Airport by a crowd of cheering fans, supporters, and the Canadian Forces. Some lucky players and coaches from each team traveled to the hotel in true military fashion via two G Wagons, a Light Armoured Vehicle III and a Bison, manned by soldiers from The Fort Garry Horse and CFB Shilo.



Photo by Cpl Steven Bogue

# People Do Make A Difference



(L-R) Phyllis Edwards, Rose West are Record Management Support Clerks at RCSU (Pra).

By Lt (N) Sandra Olson

Shuffling papers, ringing phones and the tapping of keyboards are the day-to-day sounds that greet you as you enter the offices of the Regional Cadet Support Unit Prairie (RCSU (Pra)) at 17 Wing. Located on the second floor of the Wing HQ building, this unit plays a key role in the development and implementation of one of the most successful youth programs

in the country, the Canadian Cadet Program.

Made an official CF unit in 2000, the staff of RCSU (Pra) is as unique as the cadet program they support. A diverse group of Reserve Force Cadet Instructor Cadre (CIC) Officers, Reserve NCMs and Regular Force Officers together with civilian employees, provide the vital support needed to run the dynamic sea, army and air cadet programs within Prairie Region. "I am impressed by the level of commitment and professionalism



(L-R) Capt B. Woollven, Capt E. McLean, Lt(N) S. McKay, and Capt A. Cann all work in the training section at RCSU (Pra).

shown by the staff at this unit. These people have a true heart for the cadets," says LCol Mike Milligan, Commanding Officer of RCSU (Pra).

Like many units, RCSU (Pra) is divided into sections, each dependant on the other to share information and ideas that keep this unit well organized and effective. Training, support services, corporate services, personnel and administration, finance, public affairs, air operations and information technology are key departments at the RCSU (Pra) that support 221 cadet units, located between Northwestern Ontario and the Alberta / British Columbia border. In addition to local cadet units, RCSU (Pra) also support four Cadet Summer Training Centres, eight Gliding Centres, six Sail Centres and four Expedition Centres in the region.

Staff provides training directives and guidance, advice on policies and procedures, evaluations on training taught in the cadet program along with technical and staffing assistance. Hosting regional and national competitions and events are also included in the portfolio of this CF unit. RCSU (Pra) support 17 Wing by providing trained personal as Harassment Advisors, Investigators, Workplace Relations Advisors and through the RCSU (Pra) Air Ops section provides facility support to units operating in the Gimli, MB as needed.

The responsibilities within each section varies, however one thing that is constant is the dedication and hours spent by many of the staff ensuring direction is provided to both the three cadet detachments and the local cadet units who apply the program at the community level. Without this diverse group of people, this unit would not have the knowledge and experience necessary to run an effective youth development program as they do today.

## PRT Conducts Village Medical Outreach In Sha Wali Kot District

By Capt Dave Muralt

CAMPNATHAN SMITH, Kandahar, Afghanistan – The Kandahar Provincial Reconstruction Team, based here, conducted a Village Medical Outreach patrol to Forward Operating Base Martello in the Sha Wali Kot District of Kandahar Province yesterday to provide medical care to 137 patients from farm families living in rugged hills and valleys that surround FOB Martello.

Three Afghan physicians and one Afghan dentist provided medical treatment to the patients.

Previous Village Medical Outreach patrols have been performed using military medical personnel.

The PRT provided the medical supplies and escorted the physicians for the two-and-a-half hour trip up winding, hilly roads to the District in Northern Kandahar.

One man brought his 15 children to see the doctors and dentist.

As well as providing medical care, firewood, generators and a gasoline-powered water pump, the PRT also provided a special gift



Two girls, part of a family of 15 children who accompanied their father to the Village Medical Outreach, catch sight of children receiving "Izzy" dolls following their visit with the Afghan physicians during the Village Medical Outreach at FOB MARTELLO.

for the children of the area: "Izzy" dolls, named after Sgt Mark Isfeld, who was killed in action on United Nations peacekeeping duty in Croatia.

"It's really important that they see that it's Afghan doctors who are actually providing the medical care," said PRT Civil-Military Cooperation operator Sgt Nicky Bascon. "It shows the people here that their own Government is helping them out."

The Village Medical

Outreach patrol was a great success. During the distribution of firewood, generators and the pump, an elder from another village approached Sgt Bascon asking when she would be able to conduct a shura with them to discuss their development needs.

More Village Medical Outreach patrols are planned in the Sha Wali Kot District in the near future.

The PRT consists of Canadian Forces members, a civilian police contingent led

by the RCMP, representatives of the Department of Foreign Affairs and International Trade and the Canadian International Development Agency. The PRT conducts coordinated interdepartmental operations to promote good governance and assist the Government of Afghanistan to extend its authority in the province of Kandahar, to facilitate the development of a stable, secure and self-sustaining environment for the Afghan people.

### 2006 Holiday Concert

Sunday, December 3, 2006. 7:00 p.m.  
Burton Cummings Theatre, 364 Smith Street

Free Admission with a contribution to Care & Share of an unwrapped toy or a silver donation. Tickets are available at the front desk of Building 90. Transportation is available to members of the defence team upon request.

Contact 833-2500 ext 2057 or 5976 for more information or to register for transportation.

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Fri & Sat  
9:00 pm - 1:00 am

### Meat Draws

Every Fri 5 pm - 7 pm  
Every Sat 2 - 4 pm

# Armoured Vehicles Bring Back Liberation Memories

By Corporal Bill Gomm

WINNIPEG, MB – Armoured Vehicles at the Winnipeg International Airport on 14 November 2006 can mean many things for the people at the Airport. Why are they there? What are they doing? Is something going on?

But for Hillery Van der Vliet, seeing the vehicles brought back a flood of memories.

“Seeing the armed vehicles in front of the airport brought me back to my childhood when we saw all those tanks rolling into town to liberate the country,” said Van der Vliet. “I remember seeing people climbing up on the tanks and hugging the Canadian soldiers because we were so happy to get rid of the occupation forces.”

Hillery, who was born in Rotterdam, Holland, lived and started through the Second World War.

Two G-Wagons from The Fort Garry Horse were at the airport to help transport the players to their hotels. The FGH was one of the armoured units that liberated Holland.

“For someone who had been in Holland when our Regiment came in and liberated, then to remember our badge

and everything, I thought that was cool,” said Sergeant Cam Bois. “To actually meet someone which ties us back to the old Regiment and to the veterans, that was really cool.”

Van der Vliet said her people were so happy to be liberated so they could live their lives again in freedom. “It was a bad time. This brought back so many memories,” she said.

“It’s kind of neat, we’re there to pick up football players and end up meeting somebody who actually appreciates you for something else that you did,” said Corporal Taylor Warren. “You’re no longer some soldier, now you’re a soldier who’s part of something that made their world back then.”

Van der Vliet compared the memories of seeing the G-Wagons and LAV’s to watching television on Sunday and seeing the War Memorials.

“I sat there crying most of the day because of all the flash backs and the memories of being bombed,” she said.

Van der Vliet immigrated to Canada in 1954. Presently, she volunteers as a Goldwing Ambassador for the Winnipeg Airport Authority assisting airport visitors.

The Goldwing Ambassadors greeted the Alouettes and Lions upon their arrival and handed out white pom poms to people in the airport.



Hillery Van der Vliet meets with Sergeant Cam Bois and Corporal Taylor Warren.

Photo by Corporal Bill Gomm

STRENGTHENING THE FORCES  
ÉNERGISER LES FORCES

## ASIST

Applied Suicide Intervention Skills Training

### 2-DAY WORKSHOP

### 13 & 14 DECEMBER

ATTENDANCE AT THE FULL TWO DAYS IS ESSENTIAL

The emphasis of the ASIST workshop is on first-aid, on helping a person at risk stay safe and seek further help. Learn how to:

- Recognize invitations for help.
- Reach out and offer support.
- Review the risk of suicide.
- Increase caregivers' knowledge and confidence to respond to a person at risk of suicide.
- Link people with community resources.

For additional information and to register contact:  
Health Promotion @ extension 4160 or 4150

Open to military members, civilian personnel and family members at no cost.

## STOP Stop And Think Before You Drink

Alcohol has featured prominently in almost every culture in the history of humankind. From the time of the ancient Mesopotamians to the present, with very few exceptions, societies have used alcohol in religious ceremonies, in celebrations and as a source of nutrition. Alcohol use remains a significant aspect in many of today's world cultures. We need to know how to enjoy alcohol while keeping the risks associated with its use to a minimum.

To that end, the Center for Addictions and Mental Health has established the following Low-Risk Drinking Guidelines.

- The safest amount of alcohol to consume is none.
- If you chose to drink, consume no more than 2 standard drinks per day.
- Women should consume no more than 9 standard drinks in any given week.
- Men should consume no more than 14 standard drinks in any given week.

The Low Risk Drinking Guidelines do not apply to everyone or to every situation. For many, the only safe amount of alcohol is none. People with specific health problems, individuals taking certain types of medication and pregnant women, for example, should not drink. There are also times when people should abstain from drinking because the only

1 standard drink = 13.6 grams of alcohol =

wine	or	spirits	or	beer
				
5 oz/142 mL of wine (12% alcohol)		1.5 oz/43 mL of spirits (40% alcohol)		12 oz/341 mL of regular strength beer (5% alcohol)

Higher alcohol beers and coolers have more alcohol than one standard drink.

safe amount of alcohol is none. For example, workers operating heavy machinery, or those responsible for the safety of others, should not drink.

We can keep the risks of experiencing the negative consequences of alcohol consumption to a minimum if we follow the Low Risk Drinking Guidelines. It is important to remember however, that these guidelines are “low risk” not “no risk,” so remember to STOP AND THINK BEFORE YOU DRINK!

For more information on this and other topics, contact your Health Promotion team, Christa and Penny, Local 4160 or 4150.

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## This Isn't Your High School Science Lab

The number of Meth labs seized in Canada increased by 925% between 1998 and 2003. Meth is a powerful dangerous illegal drug that is increasing in popularity and use among many today. The dangers of producing this drug are also significant. Why is this? What makes meth production so dangerous? What signs give away the existence of a meth lab in your neighbourhood?

First of all, for every pound of meth produced 5-7 pounds of waste result. This waste is toxic. It is dumped into local rivers, streams, backyards, or flushed down the drain, its toxins infiltrating local water supplies and poisoning local wildlife.

Secondly, highly volatile gasses are the hazardous by-products of the chemical reactions necessary to produce Meth. These gasses are very easy to ignite and cause a great deal of damage (think of a gaseous form of dynamite, without a fuse). Meth labs are often set up in houses in residential neighbourhoods. Explosions that can level an entire building are disturbingly common.

Finally, a building that has housed a Meth lab requires extensive decontamination before it is habitable again. This

decontamination must be done by a team from Environment Canada, led by a chemist. Members of this team must wear Hazmat suits at all times. The cost of this cleanup averages about \$5000, but can cost as much as \$100,000.

How can you recognize the signs that a Meth lab may be operating in your neighbourhood? Look for signs such as:

- A cat urine-like smell
- Rusting of stainless steel
- Areas of dead vegetation
- Brass pipe fittings that have turned blue
- Excessive amounts of waste, including bottles of Drano, cough medicine, ammonia, paint thinner, and batteries (lithium removed).

If you notice a building that displays most or all of these signs contact your local law enforcement agency as soon as possible – you may save a life.

For more information on this or other topics, contact your Health Promotion team Christa and Penny, local 4160 or 4150.

# My BFT Experience

By Cpl Dallaire

On November 9, 2006, around 45 members from 17 Wing took part in the Battle Fitness Training. For a lot of the people involved, this was their first time attempting the BFT. I myself had only completed one previous BFT around four years ago in St-Jean. For those who have never attempted it, there is a lot more to completing a BFT than simply putting on a rucksack, grabbing a weapon, and marching 16k. It usually takes a good 12 weeks of training to get your body used to the weight and the pace of the march. For most people that attempt the BFT but never get the chance to complete it, the problem is more often than not a lower body injury. Feet, shin, and knee injuries will account for most of the dropouts during a BFT.

Our unit started training for the BFT sometime in September. After every practice march, my feet were usually sore and blistered. I usually tried something different for the following march to try and rid myself of the sore, blistered feet. From thicker socks, to thinner socks, to two pairs of socks, I was finally able to find a combination that seemed to work for me. The sore feet never went away but the blisters did come less frequently.

By the time that the actual BFT was upon us, I knew exactly where I was going to get blisters and I made sure to try and prevent them as much as I could.

On the evening of November 8, 2006, I spent a little over an hour patching all of the hot spots on my feet where I was bound to get blisters. After I was done, I put my socks on and went to bed, hoping that when I woke up the following morning, all of the moleskin and band aids that I had applied the previous night would still be in place. When I woke up, I was pleased, and a little relieved to see that everything was still in place. I headed to work a little earlier than expected since most of my gear was waiting for me at my desk. After putting my gear on, I headed over to B129 where the PSP staff warmed us up with some stretching before starting the BFT. Once we were done stretching, the BFT was underway.

I must admit that when I found out that the BFT was scheduled for November, I was a little worried about the weather for the march. It turned out that we couldn't have asked for a better day for marching. The weather wasn't too cold and the roads were free of snow. There was a bit of ice at some spots along the way but nothing too serious. Within five minutes of starting the march, I developed shin splints. I knew from the previous practice marches that they would go away after two kilometres or so of marching, at least I was hoping. Sure enough, they disappeared around the two



Cpl Dallaire with the rucksack and Load Bearing vest.

kilometre mark. The rest of the march went very smoothly and I am glad to report that I did not get one single blister, although I did experience general soreness under the feet. Once the march was complete, the only thing left was the 'Fireman Carry.' I did not find the carry itself to be too difficult but the worst part was by far waiting for your turn. By the end of the march, everybody was covered in sweat and it felt like the outside temperature was in the low teens instead of the actual negative eight or so degrees Celsius with the windshield factor. Within five minutes of standing around waiting for my turn to do the carry, I was shivering quite badly from the wind biting through my now sweat covered clothes. Glancing over at my carry partner, I noticed that like me, he was also shivering quite badly. After what felt like an hour but was in reality around twenty minutes, it was finally my turn to perform the carry. Neither my partner nor I wasted anytime getting the carry done, both of us posting very respectable times. When it was all over, I headed inside to warm up, feeling quite happy with my performance. All in all, it was a good experience.



Capt Wally Williams with Sudanese school children.

## UN Observer Brings School Supplies To Sudan

Capt Wally Williams, an Air Reservist from 1 Canadian Air Division HQ Winnipeg, is currently deployed as a United Nations Military Observer (UNMO) with Op Safari, in the Sudan. The job of a UNMO is to monitor and verify any potential incidents/violations of the Comprehensive Peace Agreement (CPA) as signed by all participants in the conflict.

In August 2006, Canadians at Team Site Malakal, Sector III, Upper Nile State, in Southern Sudan were asked if any of them would be interested in conducting a charity school supplies drive to support a local school. Capt Williams accepted and subsequently contacted his family and friends back in Canada for donations. During his visit home to Canada in September, he collected the donations and brought them back to the Sudan.

On his return to the Sudan, Capt Williams conducted further research to determine how best to invoke the biggest impact for the donations. His research led him to a mechanism known as a UNMIS Quick Impact Project (QIP), which could provide up to \$25,000 for the school. But, given the way of bureaucracy, a QIP is a lengthy, cumbersome and chancy process. He also learned that the governing agency for school donations does not invite private donations such as his for government schools but would rather have corporate donations that would carry on from year to year. Frustrating, but not a showstopper yet.

His research now led him to the Sudan Council of Churches in Malakal where Capt Williams spoke with Mr Isaac Myiding Obwony, Coordinator, and Mr James Mayay, Accountant,

who welcomed the donations, which they would divide among four local church schools for children in the Levels Primary 1 - Primary 6.

The donations were provided to Mr Obwony and Mr Mayay who divided them among the following four Malakal schools: the St Lwanga Catholic Basic School (Sister Josephine Barbato, Director); the Good Shepherd Presbyterian Church of Sudan (PCOS) School (John Chang, Director); the Episcopal Church of Sudan School (ECS) (Angok Mayen Ngor, Director); and, the Sudan Interior Church School (SIC) (Reverend Ngor Amum Yowith).

Sadly, despite the generosity shown by family and friends, there continues to be a substantial need for more donations. Once Capt Williams leaves the mission area, there will not be a point of contact for further donations unless one of the incoming Canadians is willing to coordinate the collection and distribution of any further donations.

The children who received the donations were ecstatic to get pens, pencils, scribbles, rulers, erasers, glue, wax crayons, and many other items donated by some very generous people. Major contributions came from the students and staff of St Margaret's Catholic School of Moose Jaw. A special thank you goes to Mrs Ellen and Ms Lyndsay Lavallee, Mr Gary Williams, all of Moose Jaw, Saskatchewan; Miss Monica Williams, Fredricton, N.B.; and Linda Desrosiers, wife of Master Warrant Officer Paul Desrosiers, 38 Brigade Headquarters in Winnipeg, Manitoba.

Wing  
Commander's  
Coffee Schedule



06 Dec 06 - 1000hrs  
WAdmin/PSP  
Building 90

## Disabilities Awareness Fair

FRIDAY - 1 DECEMBER 2006  
1030 - 1230 - Mynarski Hall - BLDG 25  
11:30 - 13:30 - 17 Wing HQ - Bldg 137

PRESENTED BY:  
17 WING & 1 Canadian Air Div EMPLOYMENT EQUITY  
With support from the Persons with Disabilities Advisory Group

In 1992 the United Nations  
proclaimed December 3rd the  
INTERNATIONAL DAY OF  
DISABLED PERSONS

The aim is to promote "increased awareness and understanding of disability issues...and to mobilize support for practical action at all levels by, with and for persons with disabilities".

Invited organizations will provide information on the services they provide, information about the disability they represent and its challenges. Refreshments will be served.

Everyone is Welcome - Military Members and Civilian employees

For more information contact Florence Bambenek @ 5251 or Mike De Coutere @ 2268



WWW.MFRC.MB.CA



102 COMET ST.  
 P.O. BOX 17000, Stn. Forces  
 Winnipeg, MB  
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 Fax: (204) 489-8587  
 Website: www.mfrc.mb.ca  
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- ✓ 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**

**WE HEAR YOU GREY CUP FANS!!!**

The MFRC was privileged to be involved with the 94th Grey Cup festivities partnering with Op Connection. Hundreds of fans visited us at the Forks Family Parka Day and on Game Day at the old arena grounds. **One thing we heard over and over was the sincerest praise and support of our Military families. Fans from Nova Scotia to BC all stopped to express gratitude for the job CF members are doing and there was great admiration for the challenges overcome by the families left at home. Something we have always known.... military families are special!!!!**



Join us the first Thursday of **EVERY** month for **Community Coffee Break** 10-11 AM.

Take this opportunity to connect with other families experiencing a move to a new posting or managing the challenges of deployment and family separation. Introduce yourselves to the MFRC and our wide variety of services. Our friendly staff is always on hand to answer your questions about our programs and services. Register for a workshop, pick up the latest newsletter or just relax and meet some new friends. Children are always welcome and there will be plenty of refreshments.



**CF members**, you are invited too! Bring your section to meet the MFRC staff and see what we are all about. A great professional development opportunity...networking and yummy snacks too!

Join us at 102 Comet St. 10-11 am  
 For more information, call Catherine at Loc. 4506

Watch your mailbox for the **Community Connections Winter '06!**

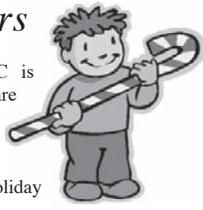
Our comprehensive program guide will keep your family connected to the great workshops, kid's activities, volunteer opportunities and much more. To be sure you are on our mailing list give us a call!



You can access the "CC" on our web site too... just surf to [www.mfrc.mb.ca](http://www.mfrc.mb.ca)

**Holiday Hampers**

As in past years, the MFRC is partnering with the 17 Wing Care and Share Program to provide Holiday Hampers. The MFRC and the Care and Share Program realize that the holiday season can be a difficult time.



If your family could use some assistance this year, please contact Haley Schroeder at: 833-2500 ext. 4512  
 All calls are confidential.

**HELP is at your fingertips.....**

A Great new resource for your family brought to you in partnership with the Better Business Bureau. A direct line for CF families to access a wide variety of consumer information and services.

**The CF Family Info Line**

Find out more at: [WWW.MFRC.MB.CA](http://WWW.MFRC.MB.CA)



**WHY IS EACH MFRC DIFFERENT?**



Each MFRC reflects the military community it serves and as you can imagine, needs vary from one CF posting to another. MFRCs are individually governed by a board of directors made up of community members. Community members just like you shaping the vision of each MFRC from Gander to Esquimault. Most centres are not for profit organisations, getting only partial funding from the Military Family Services Program/ DND Director Quality of Life sources. The success of local fundraising often determines whether site-specific services can be offered. 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 etc.

**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 or even things like shopping tours for remote CF locations, etc. Local community needs assessments determine which unique services may benefit the local families.

**New Toys Needed**

The MFRC is collecting new toys for children of all ages in our DND community who may otherwise go without. This well needed program only works with your help.

Please drop off your unwrapped children's gift at any MFRC site. If you have any questions please contact Haley Schroeder at: 833-2500 Ext. 4512

**New & Expectant Moms**

The second Friday of every month we get together along with the community public health nurse who provides information to new and expectant moms. If you have questions about feeding, nutrition, immunization or if you would like to have your baby weighed please come out and join us. Childcare for children 18 months and over is provided.

MFRC, 102 Comet St,  
 10 am to noon the 2nd Friday of the month

# Together in Church



## CATHOLIC

### Chaplains

**Padre Gary Killen**  
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 Southern**  
(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.

# Nothing Overmuch

By Padre Grant Schapansky

The quote in Greek is "meden agan", literally, "nothing overmuch," or "nothing in excess." This was one of the several mottoes inscribed in the sanctuary of Apollo at Delphi in ancient Greece. The maxim is not a call for total abstinence, but reminds us to avoid excess of anything. Too much of even a good thing can lead to the downfall of individuals, families, and nations. Recently, I came across the following brief account of The Third Battle of the Aisne as told in Wallechinsky's Book of lists (2005). This particular account highlights the losses that can occur in military battle after having overindulged.

In May 1918, German troops reached the Marne River at Chateau-Thierry, only 60 km from Paris. On the verge

of capturing Paris, but after living without any luxuries for years, German soldiers invaded France's champagne provinces, where well-stocked wine cellars abounded. Overindulgence quickly spread through the ranks. In the village of Fismas on the morning of May 30, the bodies of soldiers who had passed out littered the streets, making it difficult for supply trucks to drive through the town on their way to replenish the front lines. The intoxication and subsequent hangovers afflicting German troops slowed their advance and halted it completely in certain sectors. The result was that French and American troops were able to establish new defensive positions, counterattack and end the offensive. The Third Battle of the Aisne proved to be the last chance the German army would have for victory in the war.

Nothing overmuch. A wise maxim. A good reminder.

# Museum Looking For Helping Hands

The Manitoba Military Aviation Museum, located in Building 63 on 17 Wing is looking for volunteers of all shapes, sizes and abilities.

The new Volunteer Coordinator, Anrea Zaslov, says there is room for all sorts of skill sets and interests at the museum. Aviation knowledge, graphic design, working on the planes in Air Force Heritage Park, working in the gift shop, helping to catalogue the enormous stacks of books for the library, building collections, giving tours — everyone could find a good fit. "The main thing is enthusiasm," said Anrea.

The museum would like to operate from 1300-1700 hrs Monday to Friday, and also



Anrea Zaslov, the new Volunteer Coordinator at the Manitoba Military Aviation Museum, is looking for a few good folks interested in history and lending a hand.

to be open on Saturday. But they need volunteers in order to make that happen. Retired service members and military community members,

people interested in professional training are all a great fit for the museum. "We want them to share the museum experience and share knowledge and

really be a part of the team," she said. If you're interested in volunteering, call Anrea at 833-2500 ext 2112 for more information.

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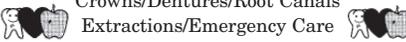
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# TAROSCOPES BY NANCY

**Aries (March 21 - April 19):** A major expenditure or an important health issue takes you by surprise. You feel like the rug has been pulled out from under you. Things were going so well, so this setback might lead you to waste time worrying. Instead use your energy to take steps to improve the situation.

**Taurus (April 20 - May 20):** New options excite you but because you're busy and optimistic you must be reminded to check how much you can really do. You could be committing to a lot more than you expect as there will be ramifications down the road. Look for indicators now. Choose your words with care.

**Gemini (May 21 - June 21):** Your dependability demonstrates why you should be calling the shots. However, as the star of the show, you need to keep up your stamina and standards, so rest when you can. Expect a long debate before you can proceed on a course that seems obvious to you. Others are nervous.

**Cancer (June 22 - July 22):** Don't be surprised if a visitor shows up unexpectedly. You'll receive exciting news. Everything seems so ideal you can't imagine it getting any better. The only cloud that could appear would develop due to your sense of responsibility. Step back and let others take care of their own lives.

**Leo (July 23 - August 22):** Life doesn't get much better than this. You've got the feeling you're invincible. Your energy is so "up" that you can convince others of just about anything you are enthusiastic about. You'll be thrilled to receive the admiration and appreciation of others.

**Virgo (August 23 - September 22):** Your health and general well-being have never been better. Your evident vitality means others will ask more of you. To decide how to respond, review carefully and guard against being taken advantage of by those who always want you to do their bidding. Learn to say "no."

**Libra (September 23 - October 23):** Once you realize there are options available, you will feel more energized. Sheer enjoyment can be yours if you are willing to take what is offered. Watch and emulate others who go about getting what they want. Let yourself be a student of life instead of hiding from it.

**Scorpio (October 24 - November 21):** You're disappointed when your efforts aren't enough. The fact is the needs of others have changed since you first developed a solution or plan. Don't stay chained to the past, or let it overly influence you today. Change your assumptions and direction to prevail.

**Sagittarius (November 22 - December 21):** You've got your eye on the prize and are ready to go for it. Happiness is number one on your list of priorities now. You're ready to acknowledge how much this means to you. You'll be inviting others to join in the fun of a victory celebration. Love is in the air.

**Capricorn (December 22 - January 19):** You'd like to follow the example of your friends and make a change in your work or home location. This may not be the time to actually pull up your roots, though. Check with others and find out what influenced their decision. Look long and hard before leaping.

**Aquarius (January 20 - February 18):** You've caught the eye of someone who can influence your future. Your head will be spinning as changes occur at "warp speed." Maintain your own energy level by practicing healthy habits and keep a positive mental attitude about what is happening, and why.

**Pisces (February 19 - March 20):** You wish things could stay the way they were, when they were simple and straightforward, but that's not possible. Learn from your mistakes; determine what is right for you. Take small steps towards creating a peaceful environment in which to reflect on your true desires.

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