



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

NOVEMBER 21, 2007

VOLUME 55, ISSUE 21

FREE

## In tribute to those who have served



Several hundred people attended the Joint Veterans Association Remembrance Day services at the Winnipeg Convention Centre annual ceremony November 11, 2007. Among those placing wreaths were 17 Wing Commander Col Howden and Wing CWO Wallace on behalf of 17 Wing. The ceremony included wreath laying and a march past.

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<p><b>DOMENICA'S UNISEX HAIRSTYLING</b> 2255-G Ness Avenue Ph: 885-3665 or 832-6978</p>		<p><b>Mon &amp; Tues</b> 9:00 am - 6:00 pm <b>Wed to Fri</b> 9:00 am - 8:00 pm <b>Saturdays</b> 8:30 am - 5:30 pm</p> <ul style="list-style-type: none"> <li>• Military Men Cuts.....\$10</li> <li>• Perm &amp; Cut.....\$43<sup>up</sup></li> <li>• Flat Tops.....\$10</li> <li>• Frost &amp; Cut.....\$41</li> <li>• Colour &amp; Cut.....\$38</li> <li>• Senior Men Cuts.....\$9</li> <li>• Children's Cuts.....\$9-14</li> <li>• Ladies Cut.....\$16</li> <li>• Ladies Blow Dry.....\$16</li> <li>• Foils.....\$4 to \$6</li> </ul>		<p><b>PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"</b></p> <p><b>Steven Fletcher,</b> Member of Parliament Charleswood-St. James-Assiniboia</p> <p>Phone: 204-984-6432 Fax: 204-984-6451 3111-A Portage Avenue Winnipeg, Manitoba R3K-0W4</p> <p>FOR REGULAR UPDATES ON STEVEN FLETCHER VISIT <a href="http://WWW.STEVENFLETCHER.COM">WWW.STEVENFLETCHER.COM</a></p>
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Col Leverage McDonald

# Learning to remember: Speakers visit local schools to share experiences

By Avery Wolaniuk

*All we have of freedom, all we use or know -  
This our fathers bought for us long and long ago.*

~Rudyard Kipling, The Old Issue, 1899

“Do you know what Sunday is?” The sergeant asked a library full of elementary students. The response was a chorus of answers – “Remembrance Day.”

“That’s right. It’s Remembrance Day. We remember the wars, and remember everybody who died, everybody who has come back, and all the things they have done for the country and the world,” Sgt Dawn Dierickse told the group.

More than 60 schools requested speakers during Veterans’ Week. Personnel from 17 Wing headed out throughout the week to talk to students of all ages about veterans, the CF, and the importance of remembering.

At Lakewood Elementary School in St. James, four speakers arrived on Wednesday to talk to the classes. Capt Rhonda Stevens and MCpl Kevin Stevens spoke to the younger grades, while CWO George Dierickse and Sgt Dierickse addressed the students in grades three, four and five, including their son Daniel’s class. This was the third year in a row that the Dierickses presented at the school. Over the years they’ve talked about what a veteran is, about deployments through CWO Dierickse’s own experiences, the Battle Fitness Test, and the work of the CF. “We like to come here and talk to them because we’re real to them.”

To Daniel’s classmates, they are a friend’s parents, not just two people in uniform. After formal introductions including rank, Sgt Dierickse turned to the group and said, “But most of you know us as Mr. and Mrs. D.” They’ve used kid-friendly examples like explaining the Battle Fitness Test as your mom caring you on your back from here to Polo Park, and describing CADPAT to the students like a giant hot dog attacked them with relish.



Sgt and CWO Dierickse talk with students about the importance of Remembrance Day and what each of CWO Dierickse’s medals represents.

“[The students] know the parents, they relate to them,” says Lakewood Principal Linda Daniels of the Dierickses. “I think it’s important that children understand what the military family is about and they have an excellent example here.”

While the formal Remembrance Day ceremonies would follow the next day, the smaller, informal presentations allow the children to feel more comfortable with the presenters and ask more questions, says Mrs. Daniels. “It’s more conducive to a learning situation.”

And learning about what other people have sacrificed is

an important part of their education.

The school teaches about citizenship and the rights Canadian’s enjoy that others don’t, like the right an education, she says.

In their presentation, Sgt Dierickse read the poem “Please Wear a Poppy:”

*And so when we see a poppy worn,  
Let us reflect on the burden borne,  
By those who gave their very all  
When asked to answer their country’s call.*

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## Observing two minutes of silence

Military and RCMP members as well as attendees at the annual Joint Veterans Association Remembrance Day service observed two minutes of silence. During that time, respect was paid to past and serving members of the Canadian Forces and other peacekeepers.

Col LeVare McDonald



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# Fundraising campaign winds down

By A/SLt David Lavallee  
1 Cdn Air Div Public Affairs

While the Government of Canada Workplace Charitable Campaign (GCWCC) officially wrapped-up on Friday, November 9, there is still time for people to hand in their gift form and attend one more fundraising event, making it more of a winding down than an abrupt ending.

## Texas Hold 'em Tournament

If you fancy yourself a good poker player, or just enjoy a fun round of cards, then sign up for the upcoming "Texas Hold 'em" tournament. It all starts at 7 p.m. on Friday, November 30, at the Spitfire Lounge (Building 66), where bar service will be available.

The cost to play is \$50 per player, and 150 players are needed to maximize the tournament prizes. The money raised will be used to provide prize money for winners and support the MFRC, through the GCWCC.

Should there be 150 players, 16 will take home cash

prizes. A first place finish will net \$1,200, second place wins \$595 and third place takes home \$360, while the rest will bag smaller cash prizes. Players can register at the tournament, or at the MFRC (8:30 a.m. to 4:30 p.m.) or at the Military Aviation Museum in Building 66 (Tuesday to Friday from 1 p.m. to 5 p.m.).

For more information, please contact Dana Glover at the MFRC at extension 4506.

## Gift Forms

Anyone who has not handed in their gift form, or who would still like to make their gift, is strongly encouraged to contact their local GCWCC representative or canvasser as soon as possible. A list of representatives and canvassers can be found on the GCWCC website at <http://17wing.winnipeg.mil.ca/wadmin/GCWCC/index.htm>.

Thanks to everyone on the Wing who supported the 2007 GCWCC. Please check out upcoming issues of Voxair for a final tally on the money raised during this year's campaign.

Because we live here.



WTIS SCWO George Dierickse, left, and WTIS OC Maj Patrick Falarceau, shaved their heads 14 Nov and raised \$300 for GCWCC. The event was organized by Lt Leslie Rediger and MCpl Ed Paradis.

# 1 Cdn Air Div HQ members honoured

Congratulations to Colonel Grant Smith, O.M.M., C.D. and Chief Warrant Officer Kenneth Rerrie, M.M.M., C.D., who were both appointed to the Order of Military Merit by Her Excellency the Right Honourable Michaëlle Jean, Governor General and Commander-in-Chief of Canada on November 9.

Col Smith is the Director of Plans, 1 Cdn Air Div/CANR, and has many career accomplishments in both Search and Rescue and Air Force transformation.

"It is humbling to be recognized with this honour," said Col Smith.

CWO Rerrie was with 1 Cdn Air Div/CANR from 2003

to 2006, and is currently the Squadron CWO for 14 Air Maintenance Squadron in Greenwood, Nova Scotia.

"Receiving the Order of Military Merit has been the highlight of my career, and an event that my family and I will remember for a long time," said CWO Rerrie.

The Order of Military Merit was created in 1972 to recognize meritorious service and devotion to duty by members of the Canadian Forces. The Order has three levels of membership: Commander (C.M.M.), Officer (O.M.M.) and Member (M.M.M.). The ceremony includes the appointment of two commanders, 13 officers and 32 members.

To view a list of all of recipients, please see [www.gg.ca](http://www.gg.ca)



Colonel Grant Smith receives his insignia of Officer of the Order of Military Merit from Her Excellency the Right Honourable Michaëlle Jean, Governor General of Canada, during an investiture ceremony at Rideau Hall.

## You're invited to attend

The 2007 Disability Awareness Fair  
Monday, 3 December  
from 11:30 – 13:30

In the 1 Cdn Air Div HQ (Bldg 25), Mynarski Hall  
and 17 Wing HQ (Bldg 137)

Presented by:

17 WING and 1 Canadian Air Div HQ Employment Equity  
with support from the Persons With Disabilities Advisory Group.

In 1992 the United Nations proclaimed December 3 the International Day of Disabled Persons. The aim is to promote an "...increased awareness and understanding of disability issues...and to mobilize support for practical action at all levels by, with and for persons with disabilities". Representatives from the Society for Manitobans with Disabilities (SMD) will be available with information on the various services SMD provides, and a Health Canada Occupational Health Nurse will be teaching personnel about some of the methods available for preventing workplace injury.

For more information contact  
Flo Bambenek 5251 or Diana Scheper 6409

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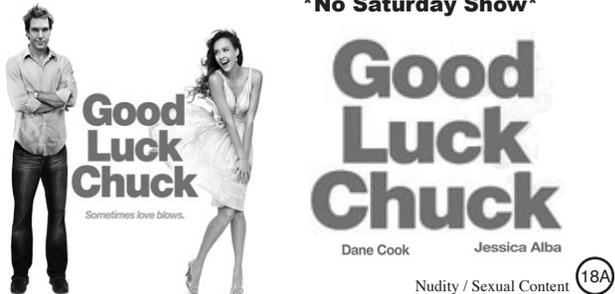
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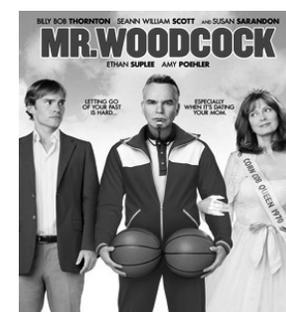
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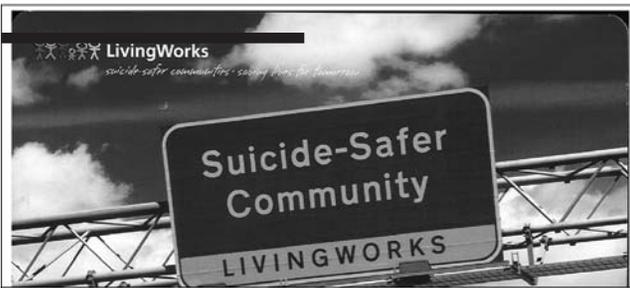
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# Air Command Band completes tour of the Parkland Region

By Air Command Band  
Public Relations Department

On 01 October 2007, Air Command Band commenced a tour of the Parklands Area of Manitoba, in Russell, Hamiota, Roblin, and Melville, SK.

The tour consisted of daytime school concerts as well as two evening concerts to which the entire communities were invited.

The school concerts took place as a part of CF community relations and were presented as a window on the CF for school students. Our performances featured

current pop tunes from radio, TV, and video games, many arranged specifically for our group by our staff arrangers.

For the more formal evening concerts, a few more classical pieces of music were added to the mix. Opening these concerts was a performance of Canadian composer Godfrey Ridout's Fall Fair.

Sgt Marielle Audet performed her own arrangement of local composer Alex Zografov's haunting melody called Shadow - for solo clarinet with band accompaniment.

Sgt Bob van den Broek, a long-time trumpet player and vocal soloist in the band, sang the Latin standard Like a Lover. Sgt Marleau Belanger dazzled the audience with his virtuoso playing on the Spanish trumpet solo, La Virgen De La Macarena.

Sgt Stephen Cock's arrangement of Not Quite 76 Trombones featured our trombone section, and was followed by our singing quartet The Air Force Girlz - performing an upbeat and very current arrangement of Gwen Stefani's music.

Later in the concert our vocalist Sgt Cindy Scott was featured on Christina Aguilera's Ain't No Other Man and the beautiful ballad



Air Command Band toured the Parkland, visiting communities and schools along the way. The band is preparing for its Christmas concert series, which will start at the end of November.

Hurt.

For those who preferred that laid-back Latino jazz sound, Sergeant Jeff Cooper performed Captain Kim Salkeld's arrangement of Felicidade, and later in the program our Air Force Rhythm in Blue Big Band - performed jazz tunes by Johnny Richards, Gordon Goodwin, and featured Sgt van den Broek on another vocal favourite - Save The Last Dance. Both evening concerts in Russell and Roblin were very well attended and had some poignant highlights.

Of particular interest was the section of the concert where the Official Marches of the Navy, Army, Air Force and RCMP were played as a musical salute to Canadian veterans.

During this salute, our MC requested that veterans stand as their march was played.

Often the veterans were surprised as their service to Canada was recognized with spontaneous applause.

At the end of our concert

in Roblin, the President of the Roblin Lion's Club, Mr. Dale Yeo, thanked the Band and the Canadian Forces, stating, "We all here in Roblin very much appreciate what the men and women in uniform are doing on behalf of our country. Please take this message back to your military colleagues back in Winnipeg at 17 Wing."

Air Command Band will soon be offering some very different music as the Christmas season approaches.

The band will be featured on A-Channel's Breakfast Television on Thursday 22 Nov 07.

Then in the following weeks, Air Command Band will offer Christmas concerts in Starbuck (26 Nov), Virden (29 Nov), Winnipeg (Burton Cummings Theatre 2 Dec) and CFB Shilo (4 Dec).

For further information on these and other upcoming Air Command Band community events, please contact the Air Command Band Public Relations department at (204) 833-2500, ext. 5182.



Sgt van den Broek performs his version of The Hockey Song.



The Air Force Girlz performing an upbeat arrangement of Gwen Stefani's music during the Parkland district and Winnipeg area schools tour October 2007.

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# Knowing the facts about flu can keep you healthy

Trish Beattie, RN  
Community Health Nurse

Welcome to the start of a new Flu season! Influenza is a common respiratory illness that affects millions of Canadians each year. There can be outbreaks of influenza at any time during the fall but the most common time of year in Canada is from November through April.

Cold weather brings people indoors into close proximity providing increased opportunity for spreading the virus. The flu virus is spread through droplets of saliva that travel through the air usually after someone coughs or sneezes.

The flu is passed from person to person through close contact with an individual who is infected or by touching an object (i.e.: doorknob or telephone receiver) an infected person has handled. Coughing or sneezing into your sleeve, and frequent hand washing may reduce the risk of transmission. Annual flu vacci-

nation is the most effective, proven method of flu prevention.

To reduce the impact of influenza type illness in our community immunization is recommended for individuals with chronic illnesses such as asthma, diabetes, cancer, heart kidney disease, and pregnant women.

Healthy adults, adolescents, and children are also encouraged to receive the flu vaccine for their own protection and to prevent unintentional infection of household and community contacts that may have a higher risk of influenza-related complications (young children and the elderly).

Health care professionals and those who provide essential community services are recommended to have the flu vaccine to protect themselves, and to prevent spreading the illness to others. The best time to receive the flu vaccine is October to mid November. Current vaccines licensed in Canada are safe and associated with few side effects.

There are three types of influenza; A, B, and C. Influenza A causes severe illness and can result in pneumonia, hospitalization and even death.

Type A has been responsible for all previous worldwide epidemics. Influenza B is less severe and influenza C is rarely seen. Each year studies are conducted to determine the most likely strains to be prevalent for the upcoming season. This year the vaccine will protect individuals for three different types of flu viruses and possibly partial protection to other similar strains of influenza. Receiving the vaccine may also lessen symptoms associated with other flu-like viruses.

Influenza can lead to pneumonia and respiratory failure. It can also worsen a chronic condition and be life threatening.

## Flu Vaccine Facts

- If you have sensitivity to thimerosal (preservative) you should not get the vaccine.

- If you have ever had an anaphylactic reaction (severe reaction with swelling of the mouth or throat, and difficulty breathing) to eggs you should not have the flu vaccine.

- The flu vaccine is safe for pregnant women at any stage of pregnancy as well as breast-feeding mothers.

- The vaccine cannot give you the flu. It is developed from an inactivated virus.

- Some people may have mild flu-like symptoms 6 – 48 hours later. These symptoms will be short lived. (This is similar to many of the vaccines members of the Canadian Forces receive.)

- Occasionally, after the flu vaccine you may develop a cough, wheeze, or red, sore eyes. These symptoms are usually mild and gone within 48hrs.

- If you get the flu and have been immunized it is usually much less severe.

- There are many other illnesses with similar symptoms to the flu.

- Last year there were approximately 20, 000 hospi-



From left: Cpl Morris (Medical Technician), WO Harris (Medical Clinic Warrant Officer), LCdr McLeod (Medical Clinic Commanding Officer), OS Tiekensheinrich (Medical Technician).

talizations and 4 000 deaths in Canada related to influenza (Health Canada, 2007).

The flu vaccine is now available for CF members at the immunization clinic located at the 17 Wing Medical Clinic. All deploying members and those with chronic illnesses should get their flu vaccine ASAP. Drop-in flu clinics will be held on Wednesday mornings from 0930h -1130h for the month of November.

If you are unable to attend the Immunization Clinics on Tues, Wed, or Thurs 0930h – 1130h, please call the Immunization Office at local 5116 to arrange an alternative appointment.

Civilian persons are encouraged to attend a WRHA Public Influenza Clinic. Locations throughout the city can be found at the following link: <http://www.wrha.mb.ca/healthinfo/a-z/influenza/clinics.php>

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## ATTENTION CANADIAN CITIZENS TRAVELLING TO THE UNITED STATES BY LAND OR WATER

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- A government-issued photo ID, such as a driver's licence; **AND**

- A birth certificate or a citizenship card;

**OR**

- For youth under 16, a birth certificate;

**OR**

- A valid passport.

Canadian citizens flying to or through the U.S. must present a valid Canadian passport.

The Government of Canada will keep Canadians informed as the U.S. makes further changes to its entry requirements.



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# TEME Squadron flips flapjacks to raise GCWCC funds

Cpl Bryce Hooper  
O.P.I. Coordinator  
WTEME United Way Breakfast

Continuing on with the 17 Wing's GCWCC United Way drive, the newly named Wing Logistics Engineering Squadron held its annual "Breakfast fundraiser." On Wednesday October 24th, 2007 the Transport Electrical Mechanical Engineering (TEME) Squadron put forth another outstanding fundraiser breakfast. With help from many truly dedicated volunteers the annual United Way breakfast raised \$2229.76 through breakfast sales and individual donations. With 414 personnel served, including the Chief of Air Staff, LGen Angus Watt, 17 Wing Commander Col Scott Howden and many others, this event went off without a hitch.

The benefit took place at Building 129, heavy equipment floor, between the

hours of 6:30 – 10:30 hrs. The newly commissioned Capt Dieleman was present to entertain the diners with his expertise on the accordion.

Along with EME and Transport, Supply added to the event this year with a Silent Auction, spearheaded by WO Maggie Low.

Many highly dedicated personnel who volunteered from all across 17 Wing contributed to the event both this year with donations and their time. A special thank you goes out to the many food contributors; Wing Foods for all their assistance, and our extremely talented cook Mr Wilfred Jones.

The credit for this achievement goes to all members of TEME squadron who contributed their time.

We look for your continued support in making this annual event a success in the future.



Breakfast servers this year (L to R) Capt Anthony Johnson (TN), Sgt Okum Pretty (TN), WO Ray Roberts (EME), Mr Ed Kirby (EME) Capt Todd Batt (TN), Mr Wilfred Jones (TN).

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### Getting active

The PSP Activity Challenge wrapped up after a collective 420,000 steps. The six-week challenge encouraged participants to walk 10 000 steps a day, measured by a pedometer. With 78 participants, that's 32,760,000 steps travelled. Col Scott Howden, WComd, and CWO Glenn Wallace, WCWO, participated in the challenge and came out to congratulate their fellow walkers. Prizes included t-shirts, towels, hats, a yoga mat and the grand prize of an iPod Nano.

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### Boo to you!

Once again Halloween has come and gone, but not without some fun and games. This year the WTISS building represented the Halloween season well with a spectacular display. Mrs. Jeanette Granger's display was located in the front lobby of BLDG 136 available for all to see and enjoy during the Wing Commander's Coffee Break. She took care to include all the sections of WTISS. Jeanette did a fantastic job decorating. From left, Mrs. Jeanette Granger, Maj Falardeau, Col Howden and LCol Watson.

# All in a day's work at 17 Wing Det Dundurn

Cpl CIN Quigley,  
17 Wing Detachment Dundurn

Over the years, 17 Wing Detachment Dundurn has seen many changes, and this past year has certainly been no exception. Numerous improvements in the training area have been accomplished, including major investments in the infrastructure, specifically within the Detachment Operations Branch.

A new Range Control building, as well as multiple improvements to existing ranges and bivouac sites, have dramatically increased the effectiveness of training for the Detachment and all visiting units for many years to come.

In addition, these improvements have ensured that due diligence is maintained in the training area.

The most dramatic improvement has been the 'standing to' of the new Range Control building. After decades of residing in

'temporary' ATCO trailers, the staffs now have an excellent facility to conduct their daily work.

This new building boasts modern office space, an effective briefing room, a very spacious reception area, as well as a substantial nine bay vehicle and equipment area.

Not only do the troops who work in this area consider it a huge improvement, but all visitors are awed by its effectiveness and simplicity of design.

The enhancements did not stop at the gate.

Within the Ranges and Training Area, many improvements were accomplished with the expert assistance of the Detachment's Transport Section.

Several ranges have been upgraded to current standards, increasing the training value the soldiers receive.

Specifically, the 1000 yard Classification range has

been modernized into a 900 meter Classification Range. The six lane 100 yard Small Arms Range is now a 12 lane 100 meter range. With favourable weather, it is further anticipated that a new CBRN building will be completed this season.

These improvements were necessary to accommodate the increased operational tempo, not only for Detachment personnel, but also the others units who utilize the Dundurn Training Area.

17 Wing Detachment Dundurn continues to send its Army, Navy and Air Force personnel on taskings throughout the CF spectrum of operations.

As the CF continues to meet its global commitments, numerous other Western Canada Units have seen increases in their own operational tempo.

This has lead to an increased demand on existing training facilities and areas,



Personnel of Det Dundurn appreciate the improvements to the area, which were needed to accommodate increased operational tempo.

a demand which, due to its ideal geographical location, Detachment Dundurn is perfect to alleviate.

Within the past year, the Detachment has supported training from numerous other environments ranging

from full fledged Reserve Brigade Exercises to Land Force Battalion minus.

All units left Dundurn with a mission accomplished, and Post Exercise Reports extolling the superb support rendered by all the

personnel of 17 Wing Detachment Dundurn.

This is certainly a first rate achievement, but not surprising, since our Detachment's vision is to achieve excellence in customer satisfaction.

# Grade 9 students on the job at 17 Wing and 1 Cdn Air Div

By Avery Wolaniuk

Ever wondered what your job looks like through the eyes of a 13 year-old?

Take Our Kids to Work Day, the federally-mandated program that sends grade 9s to work for a day, gave 53 kids the chance to check out their parent's workplace at 17 Wing and 1 Cdn Air Div on 7 November 07.

The students, from high schools around and outside the city, started their morning with a greeting from Acting Wing Commander LCol Tom Whitburn.

Next, Maj David Needham took some time to describe what goes on at 17 Wing, what kind of work is done on the Wing, and how their parents fit into that picture.

The students were divided into three groups and toured through Hangar 16 and down the flight line.

The static display at 402 Sqn introduced them to the navigators' airborne classroom and a close up view of the Dash 8.

At 435 Sqn, SAR Tech Sgt Bill Clouter talked about the SAR world and the training their squadron experiences, and students were guided through a Herc.

The bus tour of the flight line explained the role of Wing Ops and managing the air traffic.

For 14 year-olds Claire Van Aert, of St. Paul's Collegiate (Elie, MB) and Haley Proctor, of Westwood Collegiate, the day was a chance to better understand what their moms do at 402 Sqn.

Both girls say they are already considering careers with the military. "I want to be in the military when I'm older, probably as an officer," said Claire. "And I wanted to see what I'd be when I grow up," added

Haley, who says she wants to work as a PSP Fitness Instructor.

While they were excited

about the things they had learned that morning, they wondered about the mornings their peers had. "I think

their day is going to be sort of boring. We get to go and see the planes they're going

to be sitting at desks," said Haley. "It was a really good learning experience"



Cpl Larry Forrester explains the workings of a Herc aircraft to a group of Grade 9 students during Take Our Kids to Work Day.

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# Province names two lakes after fallen soldiers

By A/SLt David Lavallee  
1 Canadian Air Division Public Affairs

The Government of Manitoba officially named two lakes in the province after two Manitoban soldiers who fell in Afghanistan last year.

Premier Gary Doer presented family members of Cpl Keith Morley and MCpl Timothy Wilson with dedication certificates at a small ceremony at the Legislature on Friday, November 9.

"These geographical names will be permanent reminders of what Manitobans, such as these two young soldiers, have contributed to our society and our global community," said Doer.

The lakes are located in northwestern Manitoba. Morley Lake is approximately 60 kilometres north of Flin Flon, while Timothy Wilson Lake lies about 75 kilometres north-east of the same city.

Both soldiers served with the 2nd Battalion of Princess Patricia's Canadian Light Infantry (2PPCLI). Cpl Morley, 30, died on September 18, 2006, while MCpl Wilson, also 30, fell on March 5, 2006.

The ceremony was a bittersweet one for the families of the two soldiers. "I can't tell you how much his loss devastated our family," said Dale Wilson, MCpl Wilson's father. "I'm very proud of him and what he accomplished."

Della Morley, Cpl Morley's mother, echoed Dale Wilson's comments. "It's hard, but today was very special," she said. "They've honoured him so much." Attending with Cpl Morley's mother was his stepfather Fred Duna, his sister Shannon McCaffrey and her husband Preston, and their baby boy Keith, whom they named after his uncle.

The lakes were named under the province's Commemorative Names Project, which has named geographical fea-



Premier Gary Doer presented family members Dale Wilson, Preston McCaffrey with son Keith, Shannon McCaffrey, Della Morely and Fred Duna with dedication certificates November 9, 2007.

tures like lakes, rivers, bays and peninsulas after Manitobans who sacrificed their lives during the Second World War, the Korean War, United Nations missions and Afghanistan.

Also in attendance were some of Cpl Morley and MCpl Wilson's comrades from 2PPCLI, who travelled from Shi-

loh, Man. for the ceremony. After the proceedings, Dale Wilson spoke of his son's bond with his fellow soldiers, and how proud he was of all of them.

"They're all good boys," he said. "Every one of them could be my son."

# Air Force Captain shares high altitude lessons

By Karen Christiuk

Captain Meagan McGrath claims that climbing up a mountain is often a sweaty, painful struggle but after meeting the petite 30-year-old— with her boundless energy and enthusiasm for life—one can only imagine her dancing up Mount Everest.

Capt McGrath was in Winnipeg recently to give two motivational speeches to staff at 1 Cdn Air Div/CANR and recounted her experiences of climbing the Seven Summits, the highest peaks on every continent. Capt McGrath completed her quest at the age of 29—making her the youngest Canadian woman to achieve this feat. Despite this achievement, Capt McGrath is most well-known for a life-changing experience that happened over a span of a few hours dur-

ing her descent from Mount Everest in May 2007. It was 8,500 meters above the world in an icy area known as the "death zone," that Capt McGrath came upon Usha Bista, a young Nepalese woman who was sick and drifting out of consciousness.

"Her mitts were on the wrong hands and her oxygen mask was on the wrong side of her face," said Capt McGrath. "She had no oxygen, and she had been without oxygen for a long time."

Capt McGrath gave the sick climber her own oxygen, thinking that she had packed an extra container.

"I felt strong, and knew that she needed it more," said Capt McGrath.

Although Capt McGrath modestly admits to being initially overwhelmed by the situation, her efforts are still re-

markable. After risking her own safety and staying with the woman for nearly an hour, in a surreal moment, Dave Hahn, one of the world's most experienced Mount Everest climbers, came upon the situation and offered to help.

"Dave was aggressive when it came to the situation," said McGrath as she recounted those hours, explaining that she was very gentle with Bista, but said in retrospect that it probably wasn't the most effective survival method. "I learned from Dave that the most important thing is to get them (a sick person) down quickly. You drag them down quickly to save their life, and don't care if it hurts."

The high altitude rescue of Bista, which set off a long chain where other climbers also risked their own safety to save her, was referred to in the September 2007 issue of National Geographic Adventure Magazine as "...a rescue without precedent."

In the end, Bista survived the experience, but lost one of her thumbs due to frostbite.

For her efforts, Capt McGrath was presented with an award by the Nepal Mountaineering Association.

After hearing Capt McGrath speak about her mountain adventures, it is hard to believe that she only took up the sport five years ago at the suggestion of a travel agent. Since then, she has learned to deal with the danger associated with it.

"You have to leave a lot of your fear packed away in a box," said Capt McGrath. "Leave your fear at home. You can't have it haunt you all the way down."

Mountain climbing also provides Capt McGrath with more variety to her life. During the week, she has an office job, working as an aerospace engineer for the Canadian Forces Aerospace Warfare Centre in Ottawa. But it is this idea of not being scared to try something new, and to start with smaller mountains and goals, that Capt McGrath brings to her lectures.

"The point is to try. Think about what you want to do and put the cause into action. I put all of my resources into obtaining one goal."

For more information about Captain McGrath, please see <http://www.meaganmcgrathadventurer.com/index.htm>.



Capt Meagan McGrath speaks about her adventures. She is the youngest Canadian woman to have climbed the Seven Summits.

# Exercise challenges soldiers' abilities

Officer Cadet Donna Riguidel  
38 Canadian Brigade Public Affairs Officer

The exercise ended with a bang, not a whimper – although there were definitely some sore feet in the group.

The annual exercise, Exercise Arduous Ordeal was held in Dundurn, Saskatchewan from 12-14 September and involved The Saskatchewan Infantry Tactical Group (Sask Inf TG) which consisted of The North Saskatchewan Regiment and The Royal Regina Rifles.

The Saskatchewan Dragoons provided the fire base during the final attack.

So, with all of these groups together, how did the attack go?

“Very good ... very fast and efficient,” said Captain Bruce Hanbidge, Company Commander for the Sask Inf TG.

Although sometimes the action seemed to get a little bogged down in normal first-exercise-of-the-year logistics the morale of the troops on the final day was high.

“It was pretty challenging. I’m glad I did it, there were a few times I wanted to quit, and it was a bit hard. It was definitely good in the end to know you actually did it,” said

Pte Mikituk, a C6 gunner for the Ex.

The exercise consisted of a hard rucksack march, and covers over 23 kms in the cold, drizzly Saskatchewan fall.

“It got the reputation of being a harder exercise, a “bag drive” just because we were wearing rucks all of the time, in the cold and not much sleep.” Master Corporal Sean Wooley explains.

The exercise is designed to be challenging – but offer a sense of accomplishment at its end.

“In Afghanistan right now the bulk of the casualties are infantry soldiers. We have to be more physically and mentally tough, and the only way we can achieve that is through exercises like this,” said Lieutenant Colonel Malcolm Young, Commanding Officer of the Sask Inf TG.

The troops marched on and off through the two and half days, often coming under attack and running through advance to contact and section attack drills.

By the end on Sunday, most of the participants were looking forward to using these skills on the next exercise, in November.

“Overall the exercise was very successful,” said LCol Young.



Top: Sgt Jared Isabelle, Pte Robert Webb, Pte Carrollynn Roper and MCpl Derin Carter take cover behind a simulated house as they prepare to take the next house. All four are with The North Saskatchewan Regiment.

Bottom: A soldier tells Capt Chris Hunter, in the gunner's hatch of the G-Wagon, where to concentrate his C6 General Purpose Machine Gun fire. Capt Hunter is with Saskatchewan Dragoons who provided the fire base for the company attack.



# Honours and Awards



Lt(N) Eric Waattainen, RCSU (Pra) Det Winnipeg receives his CD2 from LCol Mike Milligan, Commanding Officer RCSU (Pra).



Capt Brian Greengrass, A4 Maintenance FTCS 5, receives his promotion from BGen Eldren Thuen, Deputy Commander Mission Support on 29 October. Capt Greengrass' new rank was pinned on by his wife Cpl Teresa Greengrass.



Maj Brendan Bond, Air Force Historian, receives his promotion from BGen Eldren Thuen, Deputy Commander Mission Support on 29 October. Maj Bond's rank was pinned on by his father Fred Bond.



BGen visits 17 Wing

Brigadier General Isidore Popowych, OMM, CD (Retired), Colonel Commandant of the Logistics Branch, visited 1 Cdn Air Div/CANR on October 24. Brigadier-General Popowych retired from the Canadian Forces in 2004 after having served in many leadership positions.

# CFANS students visit Johnson Space Center

By Capt Rhonda Stevens, CFANS

A group of students from the Canadian Forces Air Navigation School (CFANS) never imagined that a routine syllabus training flight to the United States would make a lifelong impact. Upon successfully completing two-thirds of the Basic Air Navigator Course (BANC), students are exposed to US navigation procedures on a flight termed F-USA. While on their F-USA to Houston Texas, BANC 0604 received a special invitation to partake in a tour of the Johnson Space Center.

Our tour guide, Ms Lori Wheaton, the NASA Protocol Coordinator Lead met our group and escorted us to the Mission Control Center. Here we were given a detailed briefing of each controller's responsibility during a shuttle launch. During

the brief, we observed as a training exercise took place. Astronauts were conducting a simulated launch and were practicing emergency procedure drills. We listened as they relayed to the Flight Control Room that there was a simulated smoke emergency onboard the shuttle. As we heard the drills being conducted and the procedures being followed, the importance of such training hit home for the navigator students as they regularly encounter similar emergency scenarios as part of the BANC. After viewing the Mission Control Center, our group received a tour of the original Mission Control Center Flight Operations Room that was used in 1961. We were astonished by the equipment used and even met some of the first flight controllers.

The next stop on our tour

was the Neutral Buoyancy Lab. This facility consists of a large pool of water (23.5 million litres of water to be exact) where astronauts perform simulated extra-vehicular activities to prepare for upcoming missions. The neutral buoyancy simulates the weightless environment of space. Ms Wheaton advised us that for each hour spent in space, approximately 70 hours are spent in the pool training.

The final portion of our visit came as quite a surprise. Ms. Wheaton advised our group that she had been working hard to find an astronaut who had a free minute to provide a tour of the space shuttle simulators. To our astonishment and utmost delight, Col Chris Hadfield greeted us with a warm welcome and provided us with a very informative tour of the space shuttle simulator. He

explained to us what life is like aboard the space shuttle. As we followed him throughout the close confines of the space shuttle simulator, we were in awe of the hard work and training that astronauts endure. We eagerly listened as Col Hadfield shared with us some of his most memorable moments.

Memorable moments were most certainly made on this routine syllabus training flight for the staff and students of BANC 0604. Having the opportunity to not only receive a tour of the Johnson Space Center but to be given a personal tour from a Canadian icon, Col Chris Hadfield is something most people can only dream



Students from CFANS toured Johnson Space Centre while on a recent trip to the United States.

of. This was most certainly and definitely their memorable moment.

## Keep your head above water

Students from high schools across the province covered the floor of the gym in Building 90 with their floatable creations on the morning of 5 November, National Skilled Trades Day.

The second annual Card-board Boat Race, hosted by

Skills Manitoba, is an event that creates awareness of the opportunities available in the skilled trades to students after graduation.

Canadian Forces Recruiting Centre Winnipeg counselors were available on site to provide interested students with information

regarding exciting career opportunities within the Canadian Forces.

In the afternoon, the high school groups challenge each other in their master crafts in the pool, testing the buoyancy, speed and overall floating ability of their cardboard canoes.



Grade ten students Adrienne Yeung and Fonnee Xu from Grant Park, right, try to keep their boat afloat and their heads above water while Joanna Beltrano (grade 10) and Giovanni Rhodes (grade 11) of Sisler High School race by in their highly stylized craft.

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# Country singer fulfilling dream to become a CF pilot

By Holly Bridges  
Air Force Public Affairs

Canadian country singer John Landry is indeed a changing man. As the title of his soon-to-be-released CD suggests, the 37-year-old Kitchener native is going through a bit of a transformation.

John Landry is actually Second Lieutenant John Landry, having joined the military in 2007 in hopes of becoming a Canadian Forces pilot.

Those hopes are closer to reality now than when he joined the Canadian Forces as he's been accepted for, and is awaiting, pilot training at 2 Canadian Forces Flying Training School.

"It's every kid's dream to fly and mine was to fly with the Air Force," says 2Lt Landry from the Canadian Forces Recruiting Centre in Kitchener where he's working until his pilot training starts.

"I worked as flight medic for a private company for seven years and got a taste of the kind of humanitarian work the Air Force does. I would really like to fly search and rescue on the Cormorant (helicopter) once my training is finished."

It won't be clear which aircraft 2Lt Landry is se-

lected to fly until he graduates from 2 CFFTS with his wings.

"I know one thing - I won't be flying Griffons," says 2Lt Landry laughing. "My legs are too long!"

The six-foot-two 2Lt Landry has a rather novel idea for sharing his passion for the CF with Canadians while he awaits his pilot training over the next year or so - take his music on the road and share it in concerts, media interviews and other special appearances at music festivals across the country.

"I think this would be a great way for me to combine my love of music and the

Canadian Forces," says 2Lt Landry. "If it works out that would be great."

2Lt Landry has won several industry awards and has been nominated for several JUNO awards including Top Country Male Artist, Album of the Year and Best Video. He has released three CDs and Changing Man will be his fourth new release.

He has had several top 10 hits on both radio and Country Music Television and has toured nationally countless times.

There is no word yet on whether or not the cross-Canada CF promotional tour will take place.



John Landry hopes to combine a love of country music with a career in the Canadian Forces.

# Pontiacs have been a mainstay in Canada since the 1930s

## CarStory with Bill Sherk



**EDITOR'S NOTE:**  
Voxair is pleased to introduce, on a trial basis, a new column for your reading pleasure. Please email us with your feedback at voxair@mts.net.

Fellow old car enthusiast Richard Busse of Calgary, Alberta, recently sent me this photo of his dad, Henry R. Busse (1918-1985), standing between two Imperial Oil clear-

vision, gravity-feed gas pumps at Manitou Beach, Saskatchewan, around 1938. Henry was about 20 years old at the time. Manitou was the only inland salt-water lake in Canada. The boat house did oil changes and tune-ups and rented rowboats and outboards.

The boat house was next to Danceland with a 5,000 square foot hardwood floor mounted on bales of horse-

hair. The floor moved up and down as the people danced. When the dance ended at midnight, Richard's dad opened the boat house and rented every boat!

The car at the gas pumps is a 1938 Pontiac coach. The Pontiac was first introduced by General Motors in 1926 as a companion car to the Oakland. The Pontiac became so popular, the Oakland was dropped in the early 1930s and Pontiac became a mainstay of GM from that day to this.

In 1938, Pontiac was available in three series: the low-priced 2500 Special with a 112-inch wheelbase, the medium-priced 2600 Deluxe with a 117-inch wheelbase, and the top-of-the-line Deluxe Eight with a 122-inch wheelbase.

Pontiac's selling features for 1938 included V-type windshield, safety glass, Fisher Unisteel Turret Top (an all-steel roof), no-draft ventilation, safety-shift gear control, double action shock absorbers, Tiptoe-matic clutch, air-cooled generator, and a body completely insulated against noise, heat, and cold.

The low and medium priced Pontiacs were built by GM of Canada in Os-



Henry R. Busse stands beside the pumps in Manitou, Saskatchewan.

hawa and Regina and employed the 1938 Chevrolet overhead-valve six cylinder engine. It's a safe bet the car in the photo was built in Regina.

Both six-cylinder cars were advertised as "Canada's finest low-priced car."

The least expensive 1938 Pontiac was the two-passenger business coupe with a "Toronto delivered" sticker price of \$968.

This was the small Pontiac on the 112-inch wheelbase. The most expensive 1938 Pontiac in Canada was the U.S.-built Deluxe Eight six-passenger convertible sedan at \$1,859.

If you look closely at the right front fender of the '38 Pontiac in the photo, you will see an accessory usually not seen today: a fender

guide. Because of the height of the hood, the driver could not see the right front fender. The fender guide reduced the risk of scratches or dents on the body and scuff marks on the whitewall tires (if you had them).

Old Autos columnist Alvin Shier has been compiling a Canadian Pontiac Registry, and now has over 600 Pontiacs built in Canada since 1926.

If you own a Canadian-built Pontiac and wish to add it to the Registry, write to Alvin Shier, 844 Lawrence Grassi Ridge, Canmore, AB, T1W 2Y6.

You can visit CarStory online at www.CarStory.com. Email: bill@carstory.com or write Bill Sherk, 33 Oak St. E., P.O. Box 10012, Leamington, ON N8H 2C3.

\*\*\*

Bill Sherk has written over 300 newspaper articles and seven books. Three of his books are about old cars: *The Way We Drove* (1993), *60 Years Behind the Wheel*, (2003), and *I'll Never Forget My First Car* (2005). Many of his stories require detective work to track the automobiles past. Bill believes that behind every car there is a unique story. Bill can be contacted at bill@carstory.com.

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# A mother's thoughts as her sons head overseas

By Catherine McDermot

We have three grown boys, all of whom have gone into the military at some point. Our oldest son Andrew is attached to 2PPCLI as a Signaller, and our youngest son Zak is attached to the 1RCHA as a Bombardier. Both boys are now out in Wainwright AB preparing to go on tour in Afghanistan in January 2008.

I was explaining to the fellow that does the support calls for The Home Front that I am finding it somewhat more difficult to be the mother of two boys who are going over Afghanistan than accepting that my husband, a Logistics Officer, may have to go.

When I thought about it later, I came to the conclusion that I married a man in uniform. I accepted that there would be taskings that would take my husband away from home, sometimes for long periods of time. I accepted the additional responsibilities that I would assume in his absence, doing all the household maintenance, paying the bills, having to schedule car pooling for sports/school events, having to be both mother and father to our children, being a single parent with all the responsibility that entails without having the network of family and friends close by. I even tolerated the accusations of being an unsupportive officer's wife after we lost our infant son Benjamin. I accepted the fact that my husband may return injured or even possibly not return at all. I knew one thing for certain, I married my husband and we were going to be together until death do us part. In my opinion, there was no other option.

As a mother of three now grown young men, I am finding it difficult to allow two of them to head off to war.

I still support my boys 100 per cent in their reasons for wanting to go. I support the idea of troops in Afghanistan; to help the local people get out from the strangulation by the Taliban. I agree that it is a good thing for their country to become more civilized and prosperous. I believe it is a step in the right direction having education available to both males and females. I believe this battle extends far beyond the borders of Afghanistan, and that the efforts of Canadian soldiers are helping to keep peace in the Middle East. I sing praises for all that the Canadian soldiers have accomplished, and I am proud of

all their efforts. I understand what sacrifices they have made to be successful in their missions. Their efforts make me stand tall as a Canadian citizen.

However, as a mother, I find it hard to let go of an image of my boys as tiny babies, looking deep into my eyes while they were nursing, their eyes dancing with anticipation as they extend a tiny arm outstretched towards my mouth, searching for a kiss or a tickle. As I indulged their tactile pleasures I was rewarded with a "Mother's Bliss" of having their milk filled mouth break into an ear-to-ear toothless grin.

It is hard to forget seeing a small child climb with short little legs, on the school bus for the first time, their backpacks filled with lunch and supplies.

Excitement filled the air as the older children chattered about what they did in the summer, and who their new teachers would be. I know it was hard to hold back tears as the bus pulled away with my little boys. It seemed like it was just yesterday they were learning to walk; now they were going to school. After our first son Andrew, went to school, I learned to dread the first day of school because up until that point as a parent, you had super powers, and the universe, according to your child, revolved around your family.

When they came home from school that first day, the illusion of grandeur faded, and I became a mindless fool, one who was certainly a lesser creature than the almighty teacher, let alone the Lord, master and king, the principal.

Of course, when Andrew was still in Junior Kindergarten, he took on a very mature attitude. Why, at Christmas that year, he informed us that he wanted to read from the Christmas book. Thankfully, we taped his rendition of the Night before Christmas, and other Christmas stories from the huge storybook, which almost enveloped his entire leg. Later the children would see the benefits of having a not-so-mindless mom in their corner when things got a little carried away in the playground, or when certain teachers seemed to take disciplining liberties.

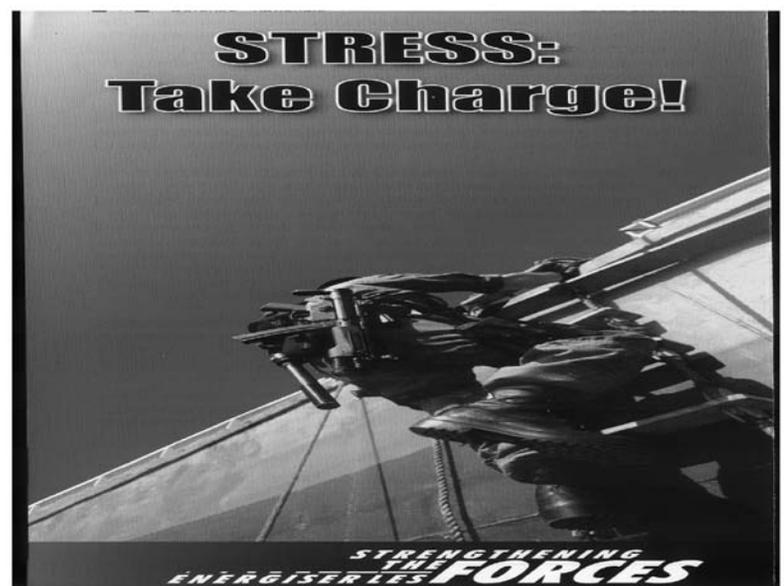
However, it became evident during the Ontario teachers' strike, they still harboured the view that mom might not be able to handle all that the teacher's could. I told the boys to be certain to bring home all of their

books and materials, because it looked like the strike was going to get nasty, so I said we would be home schooling while the strike was on. I think it was Matthew who said "Do you really think you can teach Grade 7 math, mom?"

I remember Zak getting up one Christmas very early in the morning. He dressed himself in his little three-piece suit, tied his own tie, slicked back his hair, and then sat patiently waiting for the rest of the family to awaken. I could hardly believe my eyes, when I woke to find a perfect little gentleman sitting in the living room, with the Christmas tree all lit up. He wore his suit all day, and was certainly the best dressed for opening up the presents.

I can think of a thousand stories of each of the boys and their adventures while growing up. I can see them in my mind in the video of their life, and I know that they have grown up and become these handsome young men who are now adults. The problem is that I still want to protect them, and keep them safe. How does one do that when they are going off to War? So now I call in my spiritual guides, God and the angels, and ask them to watch over my boys, to keep them safe. Then when their time in Afghanistan is over, return them home to me safe and sound. I trust that my prayers are heard, and already answered. Then I allow my heart to be filled with a mother's love and pride, and let go. Letting go is the hardest thing to do.

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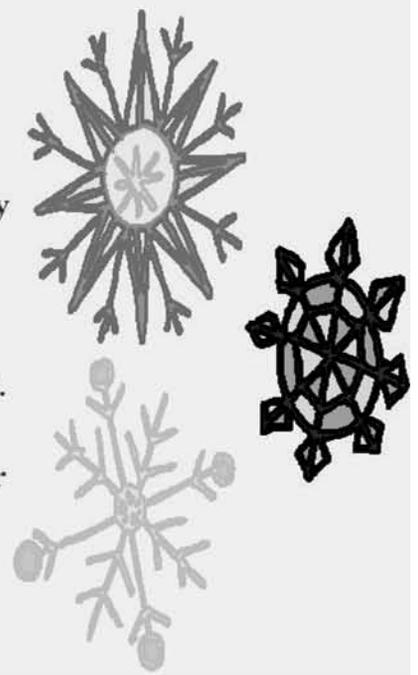


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R3J 3Y5

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Fax: (204) 489-8587

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

**Our Programs**

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

**MFRC Monthly Community Coffee Break**

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

**Resources**

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

**Other Numbers**

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

CF Family Consumer  
Info Line: 989-9019

**Military Families: Strength Behind The Uniform**

*MFRC presents Order of the Bison*

The Winnipeg Military Family Resource Centre has brought back a form of recognition we have used in the past – the MFRC Order of the Bison.

This is an award that can be presented to individuals or groups who have shown outstanding support to the MFRC team. Like the Bison for which the award is named, the recipients thrive in many environments, are very protective, and operate as a group or team.

Bison are curious, intelligent, territorial, dignified, playful and tremendously strong. The nature of the animal requires they be treated with respect. Our award recipients also exhibit these traits as they perform their duties in the most exemplary manner.

The recipient will receive a certificate, which commemorates the occasion, and will be asked to take the Bison back to their section for display for two weeks and then return him to his MFRC home.

The Wing Transport Section has been chosen to receive this award for the month of November, in recognition of their outstanding support and service to the MFRC and our programs. This was especially evident with the Kid Ventures program this past summer, and with the recent National Military Family Resource Centre Employment & Education Conference held in in Winnipeg.

*Video calls to the front*

Now you can see and talk to your loved one serving in Afghanistan! A new addition to the support the Winnipeg MFRC offers to deployed families, is the use of a video teleconference system, this is a great way to keep connected.

The process for using the VTC is simple; the deployed member in KAF contacts Jessica Wilson, the Administration & Special Events Coordinator at local 4417 and requests a date and time. Jessica will check the VTC appointment schedule and confirm availability and reply to the member. Jessica will then send an e-mail to the Winnipeg MFRC to advise Sandra Doody, the Family Separation and Reunion Coordinator of the booking, she will then contact the family to advise them of the booking. If the deployed member has a hard time contacting Jessica, then the family members can contact Sandra with a date and time and she will send an e-mail to Jessica. It is very important when clearing out on deployment, that your contact form has all the correct information concerning your families' telephone number and e-mail address.

The VTC upstairs in the Conference Room of the Winnipeg MFRC at 102 Comet St will be available Sunday thru Saturday from 7:00 am to 11:00 pm. If you have any questions, please contact Sandra Doody your Family Separation and Reunion Coordinator at (204) 833-2500 ext 4507.

*Why should I become a volunteer?*

WHY PEOPLE VOLUNTEER

- To feel needed
- To share skills
- For a change of pace
- To help someone
- To get to know a new community or neighbourhood
- Because a family member or friend pressured them
- To gain leadership skills
- To get a change from being a leader
- To do their civic duty
- To earn academic credit
- To keep busy
- To make new friends

What are the questions I need to ask?

1. What is the organization's mission?
2. What volunteer work will I be doing? What are the opportunities for advancement and variety?
3. May I see a written job description of my volunteer work?
4. What is the required time commitment of the volunteer position? What is the time period of the position?
5. How will my volunteer work help fulfil the organization's mission?
6. What skills will I be able to use/develop?
7. Do I have a trial / probation period? How long is it?
8. Who is my supervisor?
9. What kind of environment (i.e. formal, hectic, even-paced) will I be working in at the organization?
10. Will my out-of-pocket expenses be reimbursed?
11. How is the organization funded?
12. How many volunteers are involved in the program/organization?
13. Does the volunteer position require you to run any background checks on me?
14. Can I be sued for any activities I may be involved with during my time as a volunteer here?
15. When can I start?

*"Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive."* -Harold Whitman

*Extended childcare service offered*

Do you need some child-free time to prepare for the holidays? We have extended our casual child care service to help out. Care is available for children 18 months to 5 years old. Diapering supplies and a peanut free snack must be sent. You must reserve a space at least 24 hours ahead.

For information or to book call 833-2500 ext 2491. Monday reservations must be made by noon on Friday. Wednesday registrations must be made by 3:30 on Tuesday.

Time: 8:30 – Noon  
Dates: Mondays, Nov. 19, 26, Dec. 3, 10, 17  
Wednesdays, Nov 21, Dec 5, 19  
Cost: \$10/child; \$12/family  
Location: MFRC 102 Comet St.

Time: Thursdays 9:30 –Noon  
Tuesdays, 1:30 - 3:00pm  
Cost: \$8/child; \$12/family  
Location: Westwin Children's Centre Bldg 33

Time: 5:30-8:00pm  
Dates: Thursdays, Nov 29, Dec 13  
Cost: \$8/child; \$12/family  
Location: MFRC 102 Comet

*Get your soldier bear*

Hi my name is "Soldier" and I now come in three colours! You can purchase me in Light Brown, Dark Brown and White. Give me to your children, so while you are away they can give me a hug when they are thinking of you. I am a soft cuddly Teddy Bear that measures 12-inches in height. I am dressed in desert camouflage with my name on my jacket and the Canadian flag on my shoulder. On the back of my jacket it says "Support Our Forces". I am available at the Winnipeg MFRC for \$20.00 with all the proceeds going to help the MFRC fund programs and services for military families. The French version of "Soldier" is available in Light Brown and Dark Brown only.



*Deployment discussion group November 27*

Discussion Group - November 27 at 6:30 pm- Parenting Through Deployment – MFRC, 102 Comet St. Deployments are a fact of life for military families. Children will all react to the separation in different ways; we can help by providing some tips to assist parents. Please pre-register by calling 833-2500 ext 4500. Free childcare offered.

WWW.MFRC-MB.CA



## Together in Church



### Catholic

#### Chaplains

**Chaplain Lisa Pacarynuk**  
Roman Catholic  
Office 83-2500 ext 5417

**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 Grant Schapansky**  
(Pentecostal)  
Office 833-2500 ext 5349

**Padre David Stewart**  
(Presbyterian)  
Office 833-2500 ext 5785

**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.

# Winter is what you make of it

By Padre Lisa Pacarynuk

The poet T.S. Eliot says in one of his poems that "April is the cruellest month." But sometimes I am inclined to believe that it is November that is the cruellest month. November is one of the in-between months – in between the darkening of fall and the just plain dark of winter, in between the fresh and cool of autumn and the biting cold of winter. It is the month in which it seems that the worst is yet to come.

It is interesting that as darkness and cold approaches, at least for those of us in the Northern Hemisphere, several religious festivals use the images of candles and light to inspire and guide us. Diwali, the Hindu Festival of Lights begins on November 9, celebrating the overcoming of darkness with light, and the destruction of evil. Many Christians mark the season of Advent, a preparatory period before the birth of Jesus Christ (beginning December 2 this year), with the lighting of successive candles each week. And Hanukkah, a Jewish festival commemorating the rededication of the temple, is also symbolized by the lighting of candles on eight successive days.

"It is better to light one candle, than to curse the darkness" one expression goes, and it is true, if you have ever tried it, that candlelight scatters the darkness in a manner of which few flashlights are capable.

The truth is that life is often how we look at it. For some (there are a few of us), the winter is not a time to be dreaded, but welcomed. It is ski season, hockey season, snowboarding season. It is the time for hot chocolate, snowmen and baking. It is holiday time, and family time. Some part of us slows down in the winter, the part that longs to curl up and sleep, to recharge our batteries, and wait for the spring to come. Winter is when the earth lies dormant, waiting, preparing,

growing in unseen ways.

Winter teaches us patience and endurance during the hard times and so does our faith. The darkness and the cold help us to appreciate the light and the warmth. Even after the darkest night, we know that the dawn will come. And no matter how long the winter, no matter how fierce or dark or cold, the spring will come, as it always has and always will.



We can take time to play in the snow and grow closer to our families and friends, or we can curse the cold and hide behind locked doors. It's all in how we look at it. I suggest bundling up, drinking hot chocolate and lighting a candle. "The light shines in the darkness, and the darkness did not overcome it." (John 1:5) May our winter season be one of unseen growth and preparation for new life.

## Obituary Daniel Louis Gallant

Gallant, Daniel Louis "Dan"- 22, of Kingston, NS, passed away due to a tragic car accident on Wednesday, October 31, 2007. He was the beloved son of Louis and Patricia "Trish" (Spencer) Gallant. Born in Middleton, NS on January 21, 1985, Dan attended school in the Greenwood area.

He spent five years in Panama City, Florida where he graduated from Mosley High School in 2003. He was working at Convergys at the time of his death. Dan is survived by his devoted sister, Laura Gallant, Halifax; grandparents, Hubie and Greg Barr, Moncton, NB; Laura Spencer, Barrie, ON; great grandparents, Freda and Lawrence Croft, Gasperau. He is also survived by numerous aunts, uncles and cousins who will all miss him dearly. He was predeceased

by grandfathers, Frank Spencer and Arthur Gallant. Dan was a humorist and we request that you should wear red in his memory as that was his favorite color. Dan enjoyed reading his Manga magazines and playing video games with his many friends.

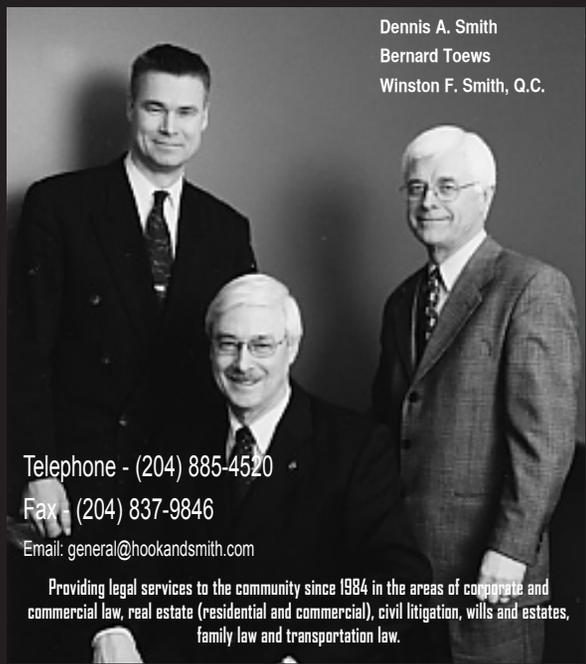
Visitation was held from 2-4 and 7-9 p.m., Sunday, November 4, 2007, with a prayer service at 8:00 p.m. in the Middleton Funeral Home, 398 Main Street, (902) 825-3448. A celebration of life mass was held 11:00 a.m., Monday, November 5, 2007 at St. Monica's Roman Catholic Church, Middleton, Father Timothy Nelligan officiated, assisted by Rev. Deacon Don Boudreau. Donations in memory may be made to the Children's Wish Foundation. Online condolences may be made through: [www.middletonfuneralhome.com](http://www.middletonfuneralhome.com)

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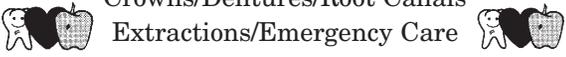
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# TAROSCOPES BY NANCY

**Aries (March 21 - April 19):** Keep your eye on what you really want. When you do, nothing can stop you. Cast doubts aside. If you were uncertain before, the answers are now obvious. Still, be methodical so you can repeat the process. You'll feel re-energized and eager to tackle even more as you see your successes.

**Libra (September 23 - October 23):** You are unconsciously drawn to what you need right now. See things from a new perspective and hope will return. What you thought was impossible, isn't. You're free. Eagerly embark on an adventure. Let go of the past and move on to the brighter future that awaits.

**Taurus (April 20 - May 20):** What you're saying and doing now has a strong impact on relationships. Listen carefully and watch how others respond to what you say and do. Is it what you expected? Make the necessary adjustments to correct any miscommunications you're responsible for.

**Scorpio (October 24 - November 21):** Remind yourself to be realistic as this is a time when you could get caught up in your own expectations. You risk more than you realize. Words can't be unsaid so be careful. Delicacy is needed as many relationships are in a fragile stage. Common tasks can keep you grounded.

**Gemini (May 21 - June 21):** Strive to realize your dreams. This is no time to succumb to the urge to play it small and fit in. You have potential that lies dormant. Others will not be as critical as you feared but you can't expect help if you don't help yourself. Have faith in yourself and your own abilities.

**Sagittarius (November 22 - December 21):** Before you make major decisions, get to the root of your feelings. If you are unsure of yourself, do something physical to ease the stress. Then, look before you leap, but don't wait endlessly for signs of a positive outcome. Trust yourself to make a wise choice.

**Cancer (June 22 - July 22):** Don't rush to finalize something; you could miss clues that indicate you are losing control of things. You may think you are in charge of what is happening but get to know who you're working with. If you underestimate or overlook another's agenda, you could be in for a surprise.

**Capricorn (December 22 - January 19):** Someone you least expected to be helpful is there for you and you in turn are there for them. Knowledge about others and their circumstances allows you to cut through bias. Really get to know individuals and cultures to gain an appreciation of differences and similarities.

**Leo (July 23 - August 22):** When you're riding the waves of success, others believe you are someone to listen to and follow. Set a good example; make a good impression for you may get only one chance. The results will reflect back on you further down the road. Show wisdom and compassion.

**Aquarius (January 20 - February 18):** There are gifts we give and receive unknowingly so don't hold back. It's all worthwhile in the end. Just keep moving and watch the beauty of life unfolding. Something wonderful can happen at any time. There are still many mysteries and miracles in this life.

**Virgo (August 23 - September 22):** There are so many opportunities for you and though there are ups and downs that go with them, don't let this keep you from following your heart. You deserve it all. Be who you are, a vibrant and dynamic spirit. Resist the urge to be artificial when you think you might not fit in.

**Pisces (February 19 - March 20):** Love is not really blind. Those who care about you see your unique strengths. You're headed in the right direction even when you take detours. A straight line isn't all that interesting anyway. When you explore a new means of self-expression you can create something special.

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