

IN THIS ISSUE:

- "Quit and Win" Program announces Winnipeg Winner!
- New accidental dismemberment insurance coverage for CF members
- Air Command Band Change of command
- Local resident undergoes Air Reserve trades training
- No paint, no gain
- Sports Awards Honour the Best of the Best
- Thanks to all Volunteers
- Your summer just got better! New, exciting "Enter to Win"
- First modernized CF-18 stops in Winnipeg
- Wing Transportation Awards

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A New Task Force, A New Spirit



Soldiers of the Second Battalion, Princess Patricia's Canadian Light Infantry Battle Group prepare to load their baggage for their road trip into the Canadian area of operations following initial arrival procedures in Velika Kladusa, Bosnia. The soldiers will spend the next six months maintaining a safe and secure environment in Bosnia on Operation Palladium.



Warrant Officer Pierre Nault (centre), chief clerk of the National Command Element of Task Force Bosnia-Herzegovina manages the Transfer of Command Authority between out-going commander Col Peter Atkinson (left) and the incoming commander, Col Greg Gillespie on Wednesday, April 2 at Camp Black Bear in Velika Kladusa, Bosnia.

by Captain Holly Apostoliuk,
Public Affairs Officer for Task Force
Bosnia-Herzegovina, Rotation 12

A new spirit is emerging in Task Force Bosnia-Herzegovina. By Rotation 12, it is routine for soldiers to rotate into Bosnia - the cycle of departure from loved ones, arrival in Velika Kladusa on an invariably hot day, the scramble for baggage, and the long bus ride into the Canadian Area of Operations is reassuringly familiar. Of the more than 40,000 soldiers who have rotated through the Balkans, many may expect that the mission here is the same as it was a few years ago, though perhaps a little less exciting, a little less exhilarating.

But there is a different spirit to this deployment, a new outlook, a new energy.

It could be that every new Task Force in theatre feels this way, as it looks about itself and chooses how it will leave its legacy in the crumbled hills of Northwest Bosnia.

It could be that the tireless spirit of adventure of the 320 Reserve Force soldiers has permeated throughout the Task Force - the same spirit that caused them to make the choice to leave their civilian lives to focus all their efforts on this mission.

It could be that there are so many soldiers throughout the Task Force who have been here before, that they exude remarkable confidence and comfort while going about their tasks.

But perhaps there is something more enduring, more permanent about this transformation, which comes from a sense of accomplishment, a sense that this mission is nearing its end. This attitude does not mean a lessening of activity, of focus, or of energy - if anything, it means more drive, more commitment and a clearer vision as to what is left to be done before our task is complete. It is for Rotation 12 and for those rotations that follow to ensure, that regardless of the form of future support to Bosnia-Herzegovina, that we have successfully created the conditions for a self-sustaining peace. It is to us to see that the work of the Canadian Forces and civilian employees over the last decade, and Canadian lives lost have not been in vain. It is the sense that we are playing our part in drawing Operation Palladium to its rightful close, which makes this mission feel different.

We are here. We have work to do. And when it is done we will go home, knowing that what we have done will make a difference to the people of Bosnia, and to ourselves.

ALL PHOTOS BY MASTER CORPORAL ROXANNE CLOWE



Soldiers of the National Support Element raise the 1 General Support Battalion flag over Camp Black Bear in Velika Kladusa, Bosnia on Wednesday, April 2. The parade formalized the transfer of command authority for the National Support Element from Lt-Col James Peverley, Commanding Officer of 1 Service Battalion of Edmonton to Lt-Col Tom Davis, Commanding Officer of 1 General Support Battalion.

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“Quit and Win” Program announces Winnipeg winner!

Submitted by C. Styles, Health Promotion Director, 17 Wing

Approximately 1800 DND/CF members participated in the “March 1st, I Quit!” national smoking cessation challenge in the month of March. At 17 Wing, 82 participants took on the challenge of quitting smoking, along with the help from their 2 registered supporters. As we heard from the personal stories shared by members in previous issues of the Voxair, quitting smoking is no easy task, and is one that requires persistence, willpower, and a sense of humor.

“Organized by the Strengthening the Forces Team of Force Health Protection (FHP) within the Canadian Forces Medical Group (CFMG), the national program proved to be even more successful than anyone could have anticipated”, said Nancy Snowball, national manager for Strengthening the Forces. “This initiative was a major success for the FHP team and will hopefully lead to permanent smoking cessation among the participants”, said Lieutenant-Colonel Jean-Robert Bernier, acting director of FHP. “The military chain of command also contributed significantly through its support and recognition of the importance of organizational

and cultural influences in motivating people to adopt healthy practices. Any program that supports defence team members in achieving and maintaining good health helps both the individual and the CF’s operational capability.”

“The co-operative effort of “March 1st, I Quit!” between CFP-SA and the FHP teams is an example of what can be achieved when teams come together with a common goal to improve quality of life for members of the DND/CF teams, their families and their communities,” said Greg Pearson, executive vice-president of the CFP-SA.

Corporal Tracey-Lynn Aves of 17 Wing is shown here, receiving her DVD player. Congratulations to Corporal Aves and all the participants from 17 Wing who took the smoking cessation challenge. All participants are winners, as they are one step closer to kicking the habit for good. Thank you to all of the supporters who assisted their colleagues, friends and family members in the challenge of smoking cessation, and to WO Al Miller, PO2 Mitch Cormier, and others who chose to share their personal stories of smoking cessation with the 17 Wing community. Your efforts in making the “March 1st, I Quit!” campaign a success are greatly ap-



Mac McMillan, Canex Regional Manager (Prairie), is shown here presenting the DVD player to 17 Wing winner Corporal Tracey-Lynn Aves. Also shown: Muriel Runge, Canex Manager, Winnipeg, Captain Al Bruce, Acting W Pers. Svcs O, and Carol Styles, 17 Wing HP Director.

preciated! The success of this program would not have been possible without the generous support and sponsorship of CANEX. CANEX has generously donated several prizes of cash, DVD players and digital cameras. CANEX is a division of the CFP-SA.

For a complete list of contest winners and prizes awarded, please see the Health Promotion bulletin board in bldg 90, or visit the CFP-SA website at: www.cfpsa.com/en/psp/health/quit/

winners.asp”
www.cfpsa.com/en/psp/health/quit/winners.asp.

For ongoing assistance with smoking cessation, please talk to your primary care provider, visit the Health Promotion office in bldg 90, and stay tuned to the HP community web page for information on the roll-out of the revised Butt-Out smoking cessation program, anticipated in fall/winter 2003.

Annual Historical Conference to be held June 10 – 13



With the theme “Canadian Military Aviation: The First 100 Years,” the 9th Annual Air Force Historical Conference will be a reflective and informative event for any aviation enthusiast. The conference, held at 17 Wing, will feature “many topics that will be controversial and... extremely thought provoking,” a press release stated.

With a total of 12 expert speakers, including LGen Lloyd Campbell and Commander in Chief of

NORAD Gen Ralph Eberhart, the conference will comprehensively discuss a variety of topics related to Canadian Military History. Some presentations and workshops include “Early Cold War Anti-submarine Warfare in Canada,” “Accident Investigation: The Case of Liberator KN768,” and “Canadian Military Aircraft Marking 1947-2003.”

The conference will begin June 10 with a sponsored “Meet & Greet” reception and will conclude

June 13 with lunch. A steak BBQ and awards presentation featuring speaker LGen Campbell will be held the evening of June 11.

Guest accommodations will be available for \$30 a day at the 17 Wing Hotel on first come, first serve basis.

Conference passes are \$100 before May 30, \$125 after or at the door. Registration forms are available at the Office of Air Force Heritage & History. For more information, contact Capt Ben Bond at 6532.

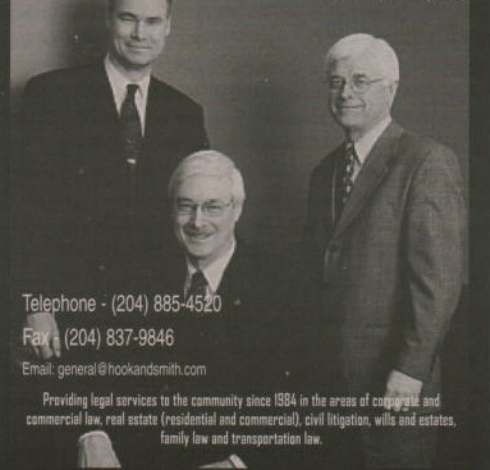


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New accidental dismemberment insurance coverage for CF members

Defence Minister John McCallum recently announced new accidental dismemberment coverage for CF members within the Service Income Security Insurance Plan (SISIP). The coverage came into effect February 13, 2003.

The new coverage provides for sliding-scale unreduced lump-sum payments for up to \$250,000 in case of accidental dismemberment,

attributable to military service, for all Regular and Primary Reserve CF members below the rank of colonel. General officers/colonels are currently covered for the same amount under the General Officers' Insurance Plan (GOIP), and Reserve Force GOIP.

"I'm very pleased to be able to say that, from now on, Canadian Forces members who put their lives and

health at risk on our behalf will be covered in the event of a debilitating injury," said Mr. McCallum. "This is by no means the end of our work. The Directorate of Quality of Life is engaged in reviewing a number of programs and services that we provide to our members."

General Ray Henault, Chief of the Defence Staff, also praised the new coverage "Our men and women in

uniform, and their families, deserve the peace of mind that this insurance provides," said Gen Henault. "While no amount of money can truly compensate for a serious injury, it's comforting to know that in the event of a devastating physical loss, a CF member can expect a lump-sum payment to help put their lives back on track."

Previously, members below the rank of colonel who lost

a limb were covered for dismemberment through the accidental dismemberment provisions of the SISIP Long Term Disability (LTD) coverage. The LTD coverage provided for a "top-up" to 75 percent of the member's monthly income at release after other pensions and benefits were administered. Coverage could last up to three years.

SISIP has a network of 18 offices at bases/wings locat-

ed across Canada, including: St. John's, Halifax, Greenwood, Gagetown, Bagotville, Valcartier, Montreal (Saint-Jean), Ottawa, Petawawa, Kingston, Trenton, Borden, Winnipeg, Shilo, Cold Lake, Edmonton, Esquimalt and Comox.

For details on the Accidental Dismemberment policy visit your local SISIP office or www.sisip.com or www.cfp-sa.com.

Schedule of Indemnities - Accidental Dismemberment Regular Force members & Reserve Force Class "C"

\$250,000 of insurance for loss* of:	One hand
Both hands	One foot
Both feet	\$62,500 of insurance for loss of:
Sight of both eyes	Thumb and index finger of same hand
One hand and one foot	Reserve Force Class "A" and Class "B"
One hand and sight of one eye	Amount of Insurance for Class "A" and
One foot and sight of one eye	short-term Class "B" members is
Loss of hearing	\$100,000
Loss of speech	Amount of Insurance for long-term
\$125,000 of insurance for loss of:	Class "B" members is \$250,000
Sight of one eye	

Schedule of Indemnities - Accidental Dismemberment Reserve Force Class "A" and Class "B"

Full amount of insurance for loss* of:	One-quarter of the full amount of insurance for the loss of: Thumb and index finger of the same hand
Both hands	
Both feet	
Sight of both eyes	* "Loss" shall mean total and irrecoverable.
One hand and one foot	* "Loss" as used above shall also mean loss of use.
One hand and sight of one eye	
One foot and sight of one eye	
Loss of hearing	
Loss of speech	
One half of the full amount of insurance for loss of:	
Sight of one eye	NOTE: The total amount payable for all losses suffered by any one member and resulting from any one accident shall not exceed the full amount of the insurance.
One hand	
One foot	

The America's Cup

By Alf Brooks

Originally it was "The Hundred Guinea Cup." In 1851, when it was first presented as a prize, a yacht from the USA, the America, won it in a race against a British opponent in a course around the Isle of Wight off England's south coast. Now the "America's Cup," it was kept in its new home, the New York Yacht Club, for 132 years, as yachts from the USA defeated all comers. Australia won it in 1983 and kept it until New Zealand won it in 1995, and defended it successfully in 2000. But

in 2003, with the final victory on March 1st, Switzerland took it back to Europe.

Team Alinghi was financed by Serono, a Swiss pharmaceutical firm. CEO Ernesto Betarelli, the navigator, hired the best, including skipper Russell Coutts of New Zealand; it is estimated that the cost of the venture was \$55 million US. Since the Cup must be contested on salt water, a number of European ports are approaching the Swiss for the honour.

On March 7th Swiss Post issued a stamp to commemorate the victory, picturing the Alinghi during a race.

May 2-4, Friday to Sunday, the Winnipeg Philatelic Society hosted its annual show at the Ramada Marlborough on Smith Street. There were exhibits of philatelic material and a number of stamp dealers who were pleased to tell you about collecting and, of course, sell you what they had; they also assessed any collections you might have and offer you a price. The most popular part of the show? The tables devoted to young collectors, where they can buy stamps for a penny each, pick up some philatelic items and advice and participate in a draw.



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Monsieur Yvon Fleurant

« J'ai commencé mes études universitaires à la Télucq en 1994. Cette université m'offre un programme de qualité tout en respectant les demandes de ma vie personnelle et professionnelle. En 1999, j'ai été sélectionnée au pfuo, et seule la flexibilité d'un campus virtuel m'a permis de continuer d'étudier tout en étant affectée avec mon époux à Moose Jaw. »



Madame Brigitte Boutin

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Air Command Band Change of command



From left to right - Major WS Attridge, Colonel DC McLennan, Captain RLG Murray

The Air Command Band has a new Commanding Officer!

On 25 March 2003,

Major WS Attridge handed the command of the Air Command Band over to Captain RLG Murray.

After conducting the band for the last time, Major Attridge said a fond farewell and passed the ba-

ton into the capable hands of Captain Murray, who was welcomed with enthusiasm by members of the band.

This is actually Captain Murray's second time being posted to Winnipeg, the first time being as a Warrant Officer. After being accepted for officer training, he was given command of the Band of the Ceremonial Guard in Ottawa, proving his mettle on the lawns of Parliament hill.

Captain Murray looks forward to his time with the Air Command Band as an opportunity to make music and perform for the public.

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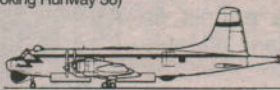
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Local resident undergoes Air Reserve trades training

PHOTOS BY CPL. HAGOP VANAYAN, 16 WING IMAGERY TECHNICIAN



Air Reservist Pte Maria Rheume listens to a lecture during her 10-week Basic Military Qualification course held at the Air Command Professional Development and Training Centre (ACPDTC), located at Canadian Forces Base Borden, Ont.

The Basic Military Qualification (BMQ) Course is a 10-week course at ACPDTC, Borden, Ont. that introduces new military members values and skills that will help them adapt and prosper in their new environment. During training, non-commissioned members (NCMs) learn the policies and regulations of the Canadian Forces; basic safety procedures; first aid training; survival under nuclear, biological and chemical conditions; drill, dress and deportment; weapon handling and firing; cross-country navigation; and survival under field conditions. They also undergo physical fitness training. The NCM is the backbone of the military as they are trained to do specific occupations in the Canadian Forces.

units with pride knowing they were able to master all the skills the military requires.

Unit Background

The Air Reserve Flight is also a personnel resource centre that provides trained Air Reserve personnel to fill integrated Air Force establishment positions to various units at 17 Wing. The Air Reserve also provides support to the Air Force in on-going peacetime tasks as well as deployed operations. In recent years, many air reservists have assisted in UN, NATO and domestic operations, by providing relief to regular force air and ground crews and support personnel. The Air Reserve also serves as a basis for national mobilization and acts as a military link to the community.

Submitted by Lieutenant Jennifer Faubert, Air Force Public Affairs Officer



Air Reservist Pte Johnny Boles from Winnipeg applies camouflage paint to his face during his 10-week Basic Military Qualification course held at the Air Command Professional Development and Training Centre (ACPDTC), located at Canadian Forces Base Borden, Ont. He is currently doing on-the-job training as a Mobile Support Equipment Operator (MSE OP) at 17 Wing Air Reserve Flight while he waits for his trade course. MSE OPs may specialize in the operation of mobile engineering equipment such as cranes, graders and loaders to lift and load materials or maintain roads and runways.

Correction to "Local resident undergoes Air Reserves trades training" last issue, Voxair 9. Pte Matthew Sas recently completed AVN Technician training, not AVS Technician training as indicated in the article. An AVN Technician is a member of the air maintenance team that handles, services and maintains Canadian Forces aircraft, ground equipment and associated support facilities.

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Regular Polls

Regular Polls are open from 8 a.m. to 8 p.m. The form you received when you were enumerated tells you where to vote. You can also check with your Returning Officer or the Elections Manitoba Web Site. In rural electoral divisions, Polling Place locations are also posted in each post office and in at least one other place in the division.

If your name is not on the Voters List and you are eligible to vote, you can take an oath at your Polling Place location. You will have to show a driver's licence or 2 other pieces of I.D. that together confirm your identity.

Accessibility

Wherever possible, Regular Polls are accessible to the physically disabled. For complete details, contact your Returning Officer.

Templates are available at the poll for voters who are visually impaired. If you have difficulty marking your ballot, an election official can help you.

Official Results

Official election results will be announced Tuesday, June 10, 2003, at 10:00 a.m. at the Returning Office.

Questions?

If you have any questions about the voting process, please contact your Returning Officer. The form you received when you were enumerated gives you the phone number for the Returning Officer. You can also contact Elections Manitoba at the phone number or Web Site address below.



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Keeping Your Vehicle Safe from Auto Theft

Well, it is that time of year again. The weather is warming up and people will be out enjoying themselves, especially after being cooped up in their homes all winter. One of the down sides to the better weather is an increase in crime. This article will discuss protecting yours vehicles from auto theft. A survey of stolen vehicles reported to the Military Police since September 2002, indicated that four such incidents occurred. Another three were abandoned within the confines of 17 Wing, Winnipeg. The primary area of these incidents have been found within the South side PMQ's area, namely Doncaster Street and Grenadier Drive. The following information will assist all members of the military to deter would be thieves from stealing their vehicles.

What thieves look for in a car
Unlit areas away from the public view.

- Vehicles left running.
- Unlocked vehicles.
- Vehicles left outside, especially if a garage is available.
- Vehicles without any type of anti-theft device.
- Valuables found in plain view.

How to keep the thief at bay
Install a motion sensitive light in close proximity to your vehicle's location (persons living in the

PMQs can request this light through the CFHA self help program).
Avoid leaving your vehicle unattended and running for extended periods, especially in the evening. Place all valuables in the trunk so they are out of view.
Purchase an anti-theft device. (I.E.: Steering Wheel Lock (the "Club"), alarm system, and engine disabler/kill switch)
If purchased, ensure you actually use your anti-theft device. Most cases of stolen vehicle, where the owner has stated they purchased the anti-theft device, police have found the device not in use.
Take part of the CAT (Combat Auto Theft) program. It is a program sponsored by Manitoba Public Insurance (MPI) and the Winnipeg Police Services (WPS). This program is free to all, allowing vehicles owners to enroll by signing a registration form. This is used if the vehicle is rarely operated between 0100 hrs and 0500 hrs. If a vehicle is found with this sticker on it between these hours, you are allowing the police to stop the vehicle to verify the driver's license and registration of the occupant. You can attend the Military Police Detachment (North side), your MPI representative or WPS and receive the registration form and CAT sticker.

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RECHERCHE D'ANIMATEURS OU D'ANIMATRICES

7 - 8 ans

 **CASTORS**

La première saison des Castors tire déjà à sa fin. L'année 2002-2003 a été couronnée de succès avec l'assemblage de trois nouveaux Castors et deux animatrices. Malheureusement, un de ces derniers est malade et il faudra donc chercher son poste en septembre prochain. Nous invitons donc tout adulte compétent et motivé à l'égard de l'orientation et du soutien des jeunes de 7 et 8 ans à prendre la relève à titre d'animateur ou d'animatrice pour la Colonie des Castors de la 17^e Escadre.

Les personnes devant souscrire à la politique nationale de recrutement et d'adhésion des nouveaux membres adultes, décriée par l'Association des Scouts du Canada (ASC). Il n'est pas nécessaire d'avoir fait partie du mouvement Scout. Un programme de Formation ASC est offert pour accroître l'efficacité et la motivation des adultes auxquels incombent des tâches de gestion et d'animation auprès des jeunes.

La Colonie se réunira une fois par semaine, durant une heure et demie, à compter d'octobre jusqu'en mai. La Colonie effectuera aussi des sorties et des camps. Pour obtenir de plus amples renseignements, veuillez communiquer avec Claire Bérubé, agente de district, au 233-4324 ou à scoutdm@mb.sympatico.ca

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No paint, no gain

By Jen Sharpe



After being removed from its display on Ness Avenue, the CF-5 Freedom Fighter is loaded on a truck and taken for repainting. The aircraft will return in mid-July with a similar paint job and new display lights.

Don't worry, the CF5 will be back soon.

May 1, the 17 Wing Aircraft Recovery and Salvage Team, under the command of MWO G. Lyon, removed the CF-5 Freedom Fighter displayed on Ness Avenue for much needed repainting. The aircraft, which is painted in the colours of 434 "Bluenose" Sqn, has been displayed on Ness for the past ten years. As a result of harsh Manitoba wind, rain, snow, and sun, it was due for a new paint job.

"Over the past ten years, it's been pretty weather beaten," Wing Heritage Officer Capt Mike Rozak explained. "We have a program to refurbish all of the aircraft in Heritage Park, and this is the one that was in the worst shape so it is being done first."

The Freedom Fighter, one of 14 aircraft displayed in Heritage Park, will be re-

painted by Aero-Coat Industries in St. Andrews, Manitoba. Although the paint job will remain the same, some electrical improvements will be made to the display. "We had the aircraft designed so it could be lit at night, but some vandals damaged the wiring," Capt Rozak said. "We're going to fix that up and try to vandal-proof the display."

The CF-5 was originally built in the 1960's and purchased by Canada for use as a ground attack and photo reconnaissance fighter. "It was also used as the lead-in trainer for CF18 pilots," Capt Rozak explained.

After receiving the new paint job and minor repairs, Rozak estimates that the aircraft should be back on Ness by mid July. "I'd like to reassure people that the aircraft will be back in pristine condition—with lights."

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Canada

Sports Awards Honour the Best of the Best

ALL PHOTOS BY CPL MARK IRVINE, 17 WING IMAGERY



C Division Hockey Champs – 1AMS



B Division Hockey Champs – Military Police



Sgt Glen MacLeod Memorial Award Winner – Sgt Brad Sommerfield



Male Athlete of the Year – Cpl Dennis Aube



A Division Curling Champs – RCSU Cadets



Female Athlete of the Year – MCpl Heather Demchuck



B Division Curling Champs – RCSU NCOs Cadets



A Division Hockey Champs – 435 Sqn



Grand Aggregate Curling Champs – RCSU Cadets



Coach of the Year – MCpl Wurm



Official of the Year – WCO Lauzon



Team of the Year – Men's Basketball Team

Please See Full Article on Sports Page – (Page 12)

Thanks to all Volunteers

By Jen Sharpe



Male Category Winners: J. Brennan and Ken McLeod. Presented by Melissa Davidson, CRD PSP.



Left to right: Gordon Moore, Sisip; Maj Rick Harris, W Pers Svcs; Don Brennan, MFRC.



Teen Female Winner: Beth Dow Presented by Nicole Johnson, MFRC.



Family Award presented to the Logan Family by CWO Emond and Hon W Comd Ben Van Reuten



Builder Award Winner: Michelle Wohlgemuth. Presented by WComd Col McLennan



Youth Male Winner: Roman Chapell. Presented by Nicole Johnson, MFRC.

Volunteers are vital to the successful operation of many community organizations, including a large number at 17 Wing. On April 25, a volunteer appreciation night was held at the Holiday Inn Airport West to acknowledge the important contributions made over the past year by some 180 local volunteers.

Those nominated for the 2003 Volunteer Awards donated their time at the Chapel, the Library, community recreation clubs, the MFRC, and the United Way. "This is our third annual (awards night), and

this is the biggest it has ever been," Community Recreation Director Melissa Davidson said. "Next year I anticipate a larger event." Open nominations were held throughout March and a cross-base selection committee chose winners.

In the Male Youth category, Zachory Pickford was recognized for his work at the Wing Library. Volunteer Male Teen and Female Teens of the year were Roman Chappell for his dedication to the Chapel and Beth Dow for her help with the Scouts. Two win-

ners were chosen for the Volunteer Male award—John Brennan and Ken McLeod—while the Logan family was awarded Volunteer Family of the year.

The Volunteer Female award was given to Diane Brine for her work at the MFRC, the Chapel, Tattoo, and other community activities. "She has been a tremendous ambassador for our community," Davidson acknowledged. "She's a volunteer for everything."

As founder and long-time member of the Ceramics Club, Michelle

Wohlgemuth received the Builder Award for her exceptional dedication and contributions to the 17 Wing community. The Builder Award is presented to the volunteer who initiates a new program or builds upon a pre-existing one. According to Davidson, Wohlgemuth was recognized because of "her work as one of the founders to build the Ceramics Club and continue promoting it, continue the growth of the program."

Because volunteers are such a vital part of the 17 Wing Community,

Davidson emphasizes the importance of the award ceremony, as sponsored nationally by SISIP. "This is the first time that we've done an event like this—a grand dinner, awards banquet—because of the funding from SISIP that made it possible," she said. The evening, which featured dinner, the awards presentation, and an address by guest speaker Lynn Silver, was casual and family oriented. Master of Ceremonies Barry Burns, an on-air News anchor for CJOB, is in fact a longtime Canadian Forces reservist.

Individuals interested in volunteering for any 17 Wing program or organization should contact Melissa Davidson Com Rec, at 2059, MFRC Coordinator of Volunteers Nicole Johnson at 4507 or Carol Cochrane of the Wing Chaplain at 5087. Davidson stresses, "This is your opportunity to nominate your neighbours for everything that they're doing in our community." Look for the call for nominations for the next awards ceremony in February 2004.

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Wing Transportation Awards

Submitted by R.C. Mosnier Maj W Tn.



Cpl Ron Allen was recently presented his suggestion award for his work to improve the QOL of personnel operating at W Tn/Refuelling flight. Presentation was made by the WComd.



LCol Pratt, W Log O, presented Mr Tim Bates his civilian long service award for 25 years of service. Congratulations and thank you for your service to the country.



Cpl Wayne Boudreau was presented the Trades Person of the Quarter award for his excellent performance within W Tn/Refuelling Flight. Cpl Boudreau also received his safe driving award for fifteen years of accident free driving at the same time. LCol Pratt was assisted by Maj Mosnier.



LCol Pratt presented Driver of the Year award to Cpl Rob Clarke. Cpl Clarke was selected for this award by his peers due to his professionalism and dedication.



After eighteen years of loyal and dedicated service to the people of Canada, Mr. Gord Sapinski decided in April to retire from the Public Service and pursue other opportunities in Portage La Prairie. Best wishes to Gord and his family.

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Officers' Mess 17 Wing

Entertainment Calendar

TGIF - Fridays Join us for TGIF each Friday afternoon. Come for the food, the beverages, the friends, and the opportunity to win free entertainment tickets and the 80/20 jackpot. Childcare services (2 - 12 years old) are available during TGIF! 1700 - 1900hrs. Sign-ups required.

Downhomer's Night - Saturday, 21 June

Not only do you get great live Maritime/Celtic entertainment, but also the best surf n'turf west of the East Coast! The steak and lobster dinner with all the trimmings is always a perennial favourite. Don't be late signing up as this promises to be one of the biggest events of the year!
Time: 1900hrs
Cost: \$20 per person (member & family), \$30 per guest. You may request an additional lobster for just \$10.
Dress: Casual
Sign-up: Required, 20 May - 30 May

Call ext 2491 for more information or to make a reservation.



17 WING RECREATIONAL LIBRARY

Phone: 833-2500 loc 2490
winglibrary@email.com

Library Hours: Sun: 12-3 pm.; Mon: 4-8 pm.; Tue: 12-8 pm.; Wed: 12-8 pm.; Thu: 4-8 pm.

Westwin Community Centre (Building 33)
Whytewold Road by Building 90
For information: call Michelle at 2490



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Fitness & Sports Page

Sports Awards honour the best of the best

By Jen Sharpe

It wasn't a Stanley Cup victory lap or an Olympic gold medal presentation, but the 17 Wing Sports Awards Ceremony was still something special for many local athletes. At a casual and informal gathering May 8 at the Airman's Pub, Sports Coordinator Chris Merrithew, along with Honourary Col Van Rueten and Deputy Wing Cmdr LCol. Kerr, honoured a variety of teams and individual athletes for their achievements in intersection and national-level military sports.

At the ceremony, Merrithew praised "those members whose performance both on and off the playing surfaces typifies the qualities of professionalism and sportsmanship," while

LCol Kerr said the awards winners represent "a very vibrant and successful sports program at the Wing."

The presentation began with a comprehensive year in review in which Merrithew acknowledged the achievements of intersection basketball, hockey, curling, volleyball, soccer, fastball, ball-hockey, slow-pitch, badminton, and running athletes.

The first major award was given to "highly motivated" Male Athlete of the Year Cpl Dennis Aube. When Merrithew said, "He was an integral member of the Wing Old Timers hockey team, acting as assistant coach and player," an enthusiastic audience member



Team of the Year – Old Timers Hockey Team, CF National Champions

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added "and Beer Guy" to Aube's list of accomplishments.

Aube received the award for his performance in the sports of fastball, slow pitch, golf, and hockey. "He's a great participant in intersection sports . . . and loves promoting all sports he partakes in," Merrithew concluded.

The Female Athlete of the Year award was given to MCpl Heather Demchuk for her achievements in women's hockey and her "dedication to the CF sports

program." "Her knowledge and skills have enabled her to pass on tremendous support for the sports she loves," Merrithew said. Demchuk not only played on the 17 Wing Women's Hockey team but also accepted all of its administrative and financial duties.

Both the Old Timers Hockey team and the Men's Basketball team were presented with the Team of the Year award for each of their respective achievements. For their accomplishments at the regional and national

levels, including winning the 2003 CF Championships, the Old Timers were acknowledged for a "stellar season."

And coming off the heels of a similarly stellar season that also ended in a national championship, the Men's Basketball team was also praised. "I think one of the main reasons that Winnipeg won was the very strong defence played and impressive bench strength, a lot of consistent talent," LCol Kerr said. "I mean, their shooting percentage was pretty incredible."

As coach, official, organizer and trainer for the Manitoba Cadet Biathlon Organization, MCpl Wurm received the Coach of the Year award. Merrithew summed up Wurm's choice as coach of the year by saying, "his outgoing and personable attitude has a positive effect on the section."

As "a very conscientious and experienced official," Merrithew presented WCO Lauzon with the Official of the Year award. The Sgt Glen MacLeod Memorial Award, a trophy commending dedication, enthusiasm, and sportsmanship in hockey, was presented to Sgt Sommerfeld.

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Linda Belisle our Referral and Outreach coordinator receive a plaque in recognition of 10 years of services with the Winnipeg Military Resource Centre. Congratulations Linda! You are doing a great job!

Let's celebrate our employees



Diane Brine was the recipient of the Adult Female volunteers of the year 2003. Diane volunteers for numerous organizations in her community. Thank you Diane for giving so much.



Diane was also given a plaque in appreciation of her 10 years of services for the MFRC. Thank you Diane for your outstanding service to the organization. The youth services program are dynamic, creative and so well attended.



We also celebrated the birthday of our director Don Brennan. It was full of surprises. Starting by setting the fire alarm off with his birthday candles to having a farm in our front lane. We will all remember is birthday for a while!!



Op Retreat

7-9 pm every second Thursday.

@ Family Drop-in Centre South Bldg B12

For adults only, this group provides a retreat from the daily grind with a variety of presentation topics and craft projects. Choose the night that fits with your interests. Registration preferred but drop-ins are welcome! Call Loc. 4506 for more info.

Next Op Retreat:

-22 May 03 7 pm -Nutrition and Stress. Including some relaxing hands-on stress relief!

-5 June 03 7 pm -Create Rustic Garden Signs

Countryfest July 2-6th.

Local Concert supports Military Families!!!!

Call today to get a free day pass or discount weekend pass! For all CF members discounted weekends pass for \$99.00 (regularly \$140.). For families of deployed personnel a free day pass. Call 1-800-361-7300 and have your service # available for confirmation. For more info call Catherine at Loc. 4506. Deadline May 29/03

MFRC Contact List

You may reach the MFRC by dialing: (204) 833-2500 and enter the 4-digit local of the person you are trying to reach.

Administration	Mona Currie	4500
Teen Centre		4502
MFRC Library		4503
Executive Director	Don Brennan	4504
Education Services (QOL)	Val Hudson	4505
Deployment Services	C. Chatterley	4506
Volunteer Services	Nicole Johnson	4507
Youth Services	Diane Brine	4508
Information & Referral	Linda Belisle	4509
Children's Programs/ Emergency Childcare	W. Richardson	2491 or 6846
Employment Assistance	John Chabib	4511
Special Needs/ PIC Social Worker	Haley Schroeder	4512
Francophone Services	Louise Cameron	4515
Thunder Bay MFRC	Donna Ilryczyn	(807) 345-5116

Job Skills for Teens

Looking for a job? Want to explore other job options? Unsure where to start? The Job Skills for Teens workshops will help you prepare for the job market. The workshops cover: How to identify the skills you have, resume writing, interview techniques and the law pertaining to work.

- June 3, 2003 The World of Work
- June 5, 2003 Writing an Effective Resume
- June 10, 2003 How to Ace the Interview
- June 12, 2003 The Hidden Job Market and How to Keep a Job

Each session will run from 6:00-8:30pm at the MFRC, 102 Comet Street
Cost is \$5.00 per session or \$15.00 for all Four.
Workbook and refreshments will be provided.

Call 833-2500 Local 4500 before May 30, 2003 to register your Youth

The South Side Family Drop-in Centre is open!

Open daily from noon - 8 pm on the 2nd floor Jr. Ranks South. Drop by and enjoy a coffee in this great space courtesy of 2PPCLI Rear Party.

All Wing families are welcome!

Together, the 2PPCLI Family Welfare section, family volunteers and the MFRC have created the Drop-in Centre. There, you will find 4 high speed internet terminals, parcel wrapping and mail station, MFRC resources for kids and adults, Children's play area, coffee bar, self serve kitchen, relaxing lounge with TV/telephone.

Located on the upper floor of the Patricia Arms Club Bldg B12

EVERYONE WELCOME!

Call 4506 for more info or call the Drop-in Centre loc. 6600

MFRC Fundraiser BBQ



Beginning Friday 25 April 2003 the MFRC will be hosting a BBQ outside our 102 Comet Street location every Friday from 1130 hrs to 1300 hrs (weather permitting).

Come by and treat yourself to a hamburger, hotdog or smokie, socialize with others and support the MFRC Children's programs.

COST: Smokie or Hamburger and a drink \$3.00
Hotdog and a Drink \$2.00

(All proceeds will be donated to the MFRC Children's Programs)



Padre's Corner

"How can two people who are engaged to be married explore their expectations, potential areas of conflict, and the meaning and challenges of marriage?"

Marriage-Preparation Course to be held May 29-31 at 2235 Silver Avenue, at St Marguerite Bourgeoys/Chapel of the Good Shepherd

Why do we offer a premarital course? As we know, military life is demanding, and the demands are even greater, given Canada's commitment to peacekeeping operations around the world. How couples cope with these demands is significant in the development of stable marriages and healthy family life. Difficulties in relationships, likewise, can take their toll on the women and men of the Canadian Forces.

to create a marriage-awareness programme tailored to Canadian Forces personnel preparing for marriage. Topics will include family background, finances, communication, sexuality and intimacy, conflict resolution. However, the uniqueness of military life has prompted the development of additional components that are not a part of other marriage-preparation courses - the reality of deployments, family separations, service couples, career and family choices, relocation, and additional stressors on those serving within the

Canadian Forces and their families.

Of course, no programme can possibly answer all questions or concerns for our married personnel. Each person brings his or her own sense and core of individuality into a new relationship. Yet, it is our hope that the couples who participate in this course will glean a greater knowledge and awareness, forming tools to cope with the many issues that arise

during married life and married life in the military.

If you are planning marriage, we strongly recommend you participate in this course. For more information or to register please contact Chaplain Lenora Grauer, extension 5785, or the Wing Chaplain's Administrative Assistant, extension 5087. Cost is \$20 per couple, payable to the "Saint Marguerite Bourgeoys Catholic Women's League".

This course is a collaborative effort by the chaplains and other disciplines

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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 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 the third Tue of the month at 1900 hrs in the Chapel Annex.

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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 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 the WOps Duty Centre, 833-2700, or the 2 PPCLI Duty Centre, ph. 833-2727.

Other Phone Numbers

For your convenience, a phone number has been set up to provide callers with information on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts.

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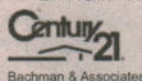
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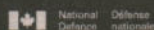
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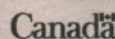
Le Programme des cadets des Forces canadiennes a besoin d'instructeurs pour enseigner l'électronique de base et l'entretien des avions aux Cadets de l'Air à la BFC Borden. Les classes de cet été auront lieu du 2 juillet au 17 août. Le transport, les vivres et l'hébergement seront fournis. Salaire selon l'échelle de la Réserve des Forces canadiennes.

Aidez une nouvelle génération à déployer ses ailes!

Pour plus de détails, communiquez avec le Centre d'instruction des cadets Blackdown, par téléphone au (705) 424-1200, poste 2970/2962, ou Caldwell.DH@forces.gc.ca.

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From your entertainment committee, enjoy our activities in the next month.

JUNIOR RANKS NORTH HOSTS:

Karaoke Night!!!

Thank You for supporting your Junior Ranks. A great time was had by all, so due to popular demand...

Friday, May 30th Karaoke with Wendy

Starts at 8 pm. in the Games Room, lower level, far side, Bldg 61

Jr. Ranks construction effective May 20, 2003. The Airmen's Pub (upstairs Bar) will be closed due to construction. Red River Lounge and Games Room (Down Under) will remain open until completion of renovations.

Fundraising Social



In support of "The Chinthes", 435 Squadron's Relay Team

Saturday, 31 May 03 8pm - 2am

Junior Ranks Mess (N) - 17 Wing Winnipeg

There will be door prizes, silent auction prizes and snack food served.

For tickets contact Cpl Jackie Long at local 2372, Cpl Lou Carpan at local 2320 or Cpl Emma Geneau at local 2376.

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Twin pine mates bed (Paliser brand) with plain headboard and new mattress for sale for \$200.00. People can call 832-0357 and ask for Jim or Kim.

FOR SALE

Posted Must Sell:
8' X10' Metal Shed - \$200.00
Chain Link Fence 4ft high \$200.00 to be removed at buyers discretion
White Board and Easel with Leather carrying Case - \$40.00
OBO; Large Covered. Cat litter Box & Accessories \$15.00
Twin Cannonball Headboard & footboard with rails - \$20.00 OBO
21 Cu Ft S/S Whirlpool Fridge-Ice/Water Dispenser Available 18 Jun 03; Bentwood Rocker /Fabric seat - \$25.00 OBO; Large Double Pedestal Hard Wood & Veneers Desk - \$100.00 OBO; 2X Mini Blinds Aluminium/Rose 23X64 - \$5.00 each; Mini Blind Aluminum/Rose 36X64 - \$10.00
Brown Plastic Mini blind 26X45 - \$2.00; Navy Plastic Mini Blind 24 X45 - \$3.00; 2 drawer letter size beige filing cabinet with Hanging files - \$20.00; Portable Basketball Stand & Hoop - \$50.00; 2-3 Man Rubber Dinghy - \$30.00; Childs Ski Poles 36.5 inches - \$10.00; Ski Poles 44 inches/110cm - \$15.00; Head Skis Torsion MT15, 150 CM with 620 Tyrolia Bindings used once - \$150.00; Dynastar 160 Skis with Solomon Bindings - \$75.00
Youths/Teenage Aerodynamic ICE Bike Helmet- used once - \$15.00
Soccer Shin Pads large - \$5.00
Medium Knee Pads for Roller

Blading - \$5.00; Large Bauer Hockey Bag - \$40.00; BIC Automobile Sport Rack for Skis (Converts) - 46"-50"/117CM-127CM - \$10.00; PH: 487-3580 for more information; or Please leave msg on answering machine.

Vertical Air Conditioner. Emerson Quiet Cool-7000 BTU c/w high window kit. VGC \$300 call 885-6211 between 9 am-8 pm.

Rockwood 2001 Tent Trailer, 10' with 2' storage in the front, cook top, sink, large outside awning, electric brake, Batterie, electric fan. Asking \$9500 OBO. Call after 5 pm.: 489-3940

20" Electric Wheelchair, HD motor, good condition, never used outdoors. Phone 255-8722 \$2800

Sears stair master, adjustable resistance levels, like new, \$100; and Kenmore washer, reconditioned, \$100. Phone: 885-0375 evenings or loc 5567 daytime. S.G. Hinze.

Brand new Rockwood 2002 tent trailer, Sleeps 8, 10' feet, Cook top, sink, outside BBQ, large outside awning and plenty of space. Asking \$9500.00. If you have any questions please contact the undersigned, J. Issa Pte WOR Cell Clk CSN 257-6281

1995 Ford Escort Station Wagon, Metal dog run approx 5'10"x10' x 5' high (assembled and viewable), For more information please contact Jennifer or Jon at 489-8912.

Bench Press, includes Flat, Dip, Preacher Curl, Olympic Bar, Z-Bar and Mat. \$250 Call Alain at 489-3940

Solid Mahogany Dining Room Set including hutch, cabinet, table with three leaves and four chairs with beautifully embroidered seats. Asking \$1000. **Handok 3/4 Upright Piano** w/bench, lamp and metronome, \$5000.00 like new. Antique English Pram, excellent condition, \$300 Call Kelly 487-1372.

Unisex 22" bicycle excellent condition, for 8-15 year old; \$45 obo, 21" John Deere self-propelled walking Lawn Mower-like new- regular price \$1100, asking \$750 obo. phone: 864-2138

2001 Acura Integra, Special Edition. Silver colour 2 door, AT, A/C, PW, CD, 20ks only, lady driven. \$21,000 firm. Phone: 831-6698 after 6 pm.

1991 Ford E150 Van, to view at 646 Whytewold Rd. in Wpg. Sealed bids only to Canex supervisor. Reserve bid: \$780.00 cut off date is 31 May 2003

1986 Pontiac Fiero, 131 k, 2.5 L engine, Autom. sunroof, CD, Tan colour, VGC, not safetied. \$2500 obo. Large selection of new Scuba diving equipment, at wholesale prices, including mask, fins, snorkels, lights, knives, wet suits and BCD's. Call Wayne at 294-5925 after 6 pm.

1976-17' Lionel Trailer, sleeps 5, attached 12 X 16 room, can be hooked up for water & sewer. Mini Fridge, propane Stove, Heater, Washroom, Asking \$5500 Call local 4101 or 470-1328 Evenings.

- Tugboat Sandbox, excellent condition, \$40.00; - Swingset and Slide, excellent condition, \$75.00 Call Mark Wilson Local 5008 or at home 832-3305

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TAROSCOPES
By Nancy

ARIES (March 21 - April 19): Unpleasantness appears unavoidable. Learn how to make a quick exit or your willingness to listen to, and accommodate needy or greedy people in an attempt to heal unresolved issues, exacerbates the situation. More attention or money is not what's needed. Look deeper.

TAURUS (April 20 - May 20): Expectations and regrets are tightly bound to your assumptions of what is rightfully yours. Don't assume the blame when it's not yours but be responsible for your actions. Your attitude is a key factor in further progress. Stop worrying about what is fair and just deal with what is.

GEMINI (May 21 - June 21): Keep your own council. Those whom you confide in could be jealous enough to try to spoil your good fortune. You may want to share but this may not be what's good for you in the long run. Consider relocating and connecting with a different circle of friends.

CANCER (June 22 - July 22): Unhappiness can be overcome if you are willing to determine what's really been going on. In attempting to see only what you wanted to see, you've missed a lot. It's time for a real heart to heart with a loved one. There's a smoother path ahead with only a few small speed bumps.

LEO (July 23 - August 22): Pay attention to the realities of your situation. Your belief that you are the only one capable enough and therefore the one to do the job could lead to your overextending or overexerting yourself. Honestly determine your strengths instead of letting your ego lead.

VIRGO (August 23 - September 22): Accept that some things are taken out of context. People who appear to gain positive public opinion may just be good at self-promotion. Acknowledge the affects of this kind of misrepresentation and of maintaining rules that serve only the self-serving.

For appointments call 775-8368

LIBRA (September 23 - October 23): Lost opportunities upset you. You don't like what happened, or having to admit you could have done better or differently. Keep trying. Mistakes and missteps are great teachers. Learn how to work more effectively under pressure, and about cause and effect.

SCORPIO (October 24 - November 21): Plagued by unanswered questions and what appears to be meaningless game playing. A sense that what you don't know is being held against you. Being with friends can ease a situation that feels unfair. Don't tip your hand by advertising your next move.

SAGITARIUS (November 22 - December 21): Issues come to a head distracting you from seeing the good in your life. A distorted viewpoint stops you from understanding fully your role in events. Accept that some people have different standards and ambitions. You can't control everything all the time.

CAPRICORN (December 22 - January 19): Apply yourself to your studies if you want to succeed. You may feel like downplaying your achievements to avoid drawing attention to this developmental phase of your life; however, assistance is offered when you share what you are doing with others.

AQUARIUS (January 20 - February 18): Eager to plan your own work, you feel fulfilled when you call the shots. You discover the benefits of living without worry of another's intervention or manipulation, even when it's offered in the form of help. When passion overrules common sense it adds vitality to life.

PISCES (February 19 - March 20): You are asked to show sensitivity and equity to others. You will teach by example. You must not let past injury override your ability to do what must be done. Being a realist means accepting your gifts and your goblins.

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