THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg
JULY 23, 2003 VOLUME 51, ISSUE 13 FREE

**IN THIS ISSUE:**


- Family Night at the Movies a Huge Success!
- Off and Flying

- Community Recreation/ Voxair Summer Contest!
- Aerospace Power Review 2003: Aerospace Power in the Urban Environment

- One Mine at a Time
- Construction to Begin on New Logistics Complex

- Dynamic Duo Departs 17 Wing Winnipeg

- 402 Squadron Gets New Commander
- Four-day Nijmegen March Tests Stamina, Emotions of 17 Wing Team
- Canadian Soldier Dies of Injuries Received in Accident
- Athlete of the Month
- Le Tour de France, by Alf Brooks


# New Commander For 17 Wing



PHOTO BY JEN SHARPE

Please see article on page 12

# Canada Day in Bosnia-Herzegovina

PHOTO BY MASTER CORPORAL ROXANNE CLOWE



Many residents of Camp Black Bear went on a 2-hour Canada Day walk to the Castle Stari Grad decked with Canada Day clothes and flags, and gave out stickers and pins to the children along the way

PHOTO BY CORPORAL YVES GEMUS



Banja Luka, Bosnia – Private Maria Cappis of 20th Field Regiment of Edmonton, appropriately received the Canadian Peacekeeping Service Medal from Lt Col Charles Watson on Canada Day

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# Family Night at the Movies a Huge Success!

PHOTOS BY NATALIE GASC




**Librarian Michelle Wohlgemuth, Dennis & Amelila Anningson, Jessie Gasc**




**3 volunteers at the free movie night: Kimberly Morris, Breana and Kaitlynn Meadows**

Even as a child I don't think I've ever enjoyed a movie as much as I did at the free showing of the "Jungle Book 2" which played at the Base Theatre on June 4th. If you could imagine over 200 children singing "The Bear Necessities" not once but twice as well as an hour and half of constant laughter while Baloo and Mowgli "monkeying" around on the big screen – Wow!

Over 300 people who donated close to $400.00 attended the SISIP sponsored event. According to the librarian Michelle Wohlgemuth, this was by far the best fundraiser the library has ever had. The money will help supplement current programming such as the youth creative writing club.

On behalf of all those who attended, we would like to extend our thanks to SISIP Financial Services for their generosity and participation in community programming. We look forward to a greater success next year.

# Off and Flying

**By Captain Dave Fouts,**
UIO, 3CFFTS SOUTHPORT

PHOTO CREDIT: CPL BRADLEY, 17 WING IMAGING



On 30 May 03, six students from the Advanced Flying Training - Rotary Wing course and five students from the Advanced Flying Training - Multi-Engine course received their Canadian Forces pilot wings from Col Doug McLennan, Comd 17 Wing. The occasion was marked with a Wings Presentation Parade outside Hangar 2 at 3 Canadian Forces Flying Training School at Southport, where families and friends gathered to celebrate.

The graduates of course 0301 are as follows (standing, back row, left to right): Capt Diane Baldasaro is posted to 435 Sqn in Winnipeg MB where she will fly the Hercules aircraft, Lt Patrice Vaillancourt is posted to 430 Sqn in Valcartier PQ to fly the Griffon helicopter, Capt Shawn McCahon is posted to 408 Sqn in Edmonton AB to fly the Griffon helicopter, Capt Nick Klus is posted to 417 Sqn in Cold Lake AB to fly the Griffon helicopter, Capt Matt MacMillan is posted to 442 Sqn in Comox BC to fly the Buffalo aircraft, Capt Trevor Judd is posted to 435 Sqn in Winnipeg MB to fly the Hercules aircraft, Capt Luc Vallerand is posted to 413 Sqn in Greenwood NS to fly the Hercules aircraft, Lt Dominique Lassonde is posted to 440 Sqn in Yellowknife NWT to fly the Twin Otter aircraft, Capt Annalee Rice is posted to 443 Sqn in Esquimalt BC to fly the Sea King helicopter, Capt Rob Tyler is posted to 408 Sqn in Edmonton AB to fly the Griffon helicopter, and Capt Mark West is posted to 427 Sqn in Petawawa ON where he will fly the Griffon helicopter.

(Seated front row, left to right): LCol Steve Bannister, Comdt 3 CFFTS, Col Doug McLennan, Comd 17 Wing Wpg, and Maj Bill Canham, Multi-Engine Flight Comd.

In the absence of 3 CFFTS honourary Colonel, Col McLennan presented the trophy named in Col Wishart's honour to the best Multi-engine pilot candidate: Lt Dominique Lassonde. Dr. Ross Singleton, President of the Wartime Pilots and Observers Association, presented the Gos Goulding Trophy for best Rotary Wing candidate to Capt Rob Tyler. Mayor Ian McKenzie presented the City of Portage la Prairie Trophy for the candidate displaying the most officer like qualities and professionalism to Capt Shawn McCahon.

Of interest, Capt Baldasaro's wings were presented to her by her father, Maj (ret'd) Baldasaro. Capt MacMillan also had his wings presented by his father, Capt MacMillan.

Congratulations to all the Wings Graduates of Course 0301 from the staff of 3 CFFTS, Southport.

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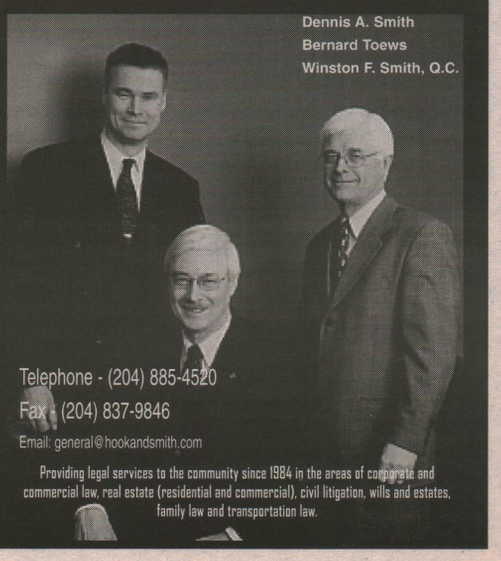
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# 402 Squadron Piper Joins Ceremonial Guard

**By Lt Jennifer Faubert**, AIR RESERVE PUBLIC AFFAIRS

It has been a while since 402 Squadron have been able to boast about having a piper on Parliament Hill. Pte. Kirsten McDonald left mid June to claim a coveted piper position on the Ceremonial Guard, the most prominent summer tourist attraction in the Nation's Capital.

Due to last minute cancellations, a call went out from Ceremonial Guard to find available pipers quickly. "I came home from work one day and there was a message waiting for me from the Pipe Major," she said.

Pte. McDonald is a university student and a City of Winnipeg lifeguard. The cog in the wheel was that she had already taken a leave of absence in the fall to concentrate on her studies and did not think the city would grant her a second leave of absence so soon. "So I talked to a number of supervisors at work," she explained, "and they said it can't hurt to ask so I submitted a request letter backed by letters from the Commanding Officer of 402 Squadron, and the rest is history."

She admits that waiting to hear back from the selection committee was quite stressful despite the fact it was only two weeks from the time she got the call to the time she landed on the ground. "Everything happened so fast," she said. "It went 'zoom' in a week and half!"

Pte. McDonald started highland dancing and playing the bagpipes at 10-years old. She originally joined 402 Squadron as a dancer, however a recent ankle injury caused her to hang up her competitive shoes so she decided to shift her energies into piping.

"This is a good opportunity to get back into piping and get my playing back up to speed again," she said. "It also provides good exposure since there are pipers from across Canada here who are very experienced. The repertoire of music is very challenging and the Pipe Majors here really know their stuff. There is lots of pressure but it is something to be proud of and it's fun."

In addition to the daily Changing the Guard ceremony on Parliament Hill, and mounting Sentries at Rideau Hall, the Ceremonial Guard also performs at official functions held at Rideau Hall, foreign embassies and at special events for dignitaries.

The Ceremonial Guard was formed to continue the public and ceremonial duties originated by the Regiment of Canadian Guards in 1959. Today the Geremonial Guard is a 350-member composite Army Reserve unit. Musicians from Primary Reserve bands, conservatories and schools of music are invited to apply through their annual application process. The Brass, Reed and Pipe band receives over 200 audition tapes annually for approximately eighty positions.



**Pte Kirsten McDonald of the 402 Squadron Pipes and Drums is spending her summer piping on Parliament Hill.**

PHOTOS BY PTE. P.M. HALCRO

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***The Winnipeg Learning and Career Centre welcomes all suggestions for topics and volunteers to present for the upcoming Lunch and Learn series.***

We welcome ideas in a wide range of topics from: Basic Car Care and Home Security to the Public Service Competitive Process and the Work-Life Balance.

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Please send your creative ideas to Joanne Jarecki at jarecki.j@forces.gc.ca or call local 4636.

# 17 Wing Community Recreation

## Community Recreation/ Voxair Summer Contest!

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1 Certificate for Com Rec programs, a value of $35.

Draw Date: Noon 12 August, 03.

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Complete this form and drop it off at the Westwin Community Centre, Room 113A
Deadline Date: Noon August 12, 2003
Winners will be published on The Voxair

## Half-Life Tournament

Friday, August 15th, 2003
12:00 PM (Noon) - 12:00 AM (Midnight)
@ The Computer Learning Centre

Pick up your registration form from the Computer Learning Centre. Registration forms need to be returned by Thursday, August 7th in order to secure a spot in the tournament.

All participants must be at least 14 years old by the event date. (Parental permission needed for those under the age of 18)

*Proof of age required

Registration is open to Recreation Services members and non-members who have a military sponsor.

Registration fees:
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## Pool Safety Guideline Changes

***Check posted guideline signs at facilities or look on the DIN, for the New 17 Wing Pool Safety Guidelines.***



## How do I protect myself and my family from West Nile?

(NC)—People can get West Nile virus if they are bitten by an infected mosquito. While, it's important to remember that the risks of being bitten by an infected mosquito are low and the chances of becoming seriously ill are even lower, anyone who is exposed to mosquitoes in an area that has West Nile virus has the potential to become infected. To protect yourself and your family, you should avoid being bitten by mosquitoes. You can take action on two fronts:

1. Minimize your exposure to mosquitoes:

• When going outdoors, use insect repellents that contain DEET or other approved ingredients.
• Try to avoid spending time outdoors at dawn and at dusk when mosquitoes are most active.
• Wear protective clothing such long-sleeved shirts, long pants and a hat. Light coloured clothing is best because mosquitoes tend to be more attracted to dark colours.
• Make sure that door and window screens fit tightly and have no holes that may allow mosquitoes indoors.

2. Eliminate mosquito breeding sites around your home and cottage:

Mosquitoes lay eggs in standing water and it takes about four days for the eggs to grow into adults that are ready to fly. Even a small amount of water, for example, in a saucer under a flower pot, is enough to act as a breeding ground. As a result, it is important to eliminate as much standing water around your property as possible by:

• Regularly draining standing water from items like pool covers, saucers under flower pots, recycle bins, garbage cans, etc.
• Remove old unused items from around your property including old tires, that have a tendency to collect water.
• Change the water in wading pools, bird baths, pet bowls and livestock watering tanks twice a week.
• Cover rain barrels with screens.
• Clean out eaves troughs regularly to prevent clogs that can trap water.
• If you have an ornamental pond, consider getting fish that will eat mosquito larvae.

www.westnilevirus.gc.ca.
News Canada

Westview Dance Club

## "Ballroom Dancing"

The Westview Dance Club of St James will be starting their 34th season on September 4th, 2003, and has openings for couples at all levels.

If you would like to learn social ballroom dancing or want to improve your dancing skills come and join the club.

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# Aerospace Power Review 2003

**Aerospace Power in the Urban Environment, (Aerospace Systems Course 55)**

This year, on June 23 and 24, the Canadian Forces School of Aerospace Studies (CFSAS) and Aerospace Systems Course (ASC) 55 held the Aerospace Power Review 2003 – Aerospace Power in the Urban Environment, in Mynarski Hall, 1 CAD HQ. Two days were spent looking at emerging aerospace technologies related to the use of air power in urban environments and assessing their potential impact on Canada's future Air Force. This year marked the 55th annual symposium with attendance from various units across Canada, the United States, Germany, Britain and academia. Integral to the success of Aerospace Power Review 2003 was the participation of guest lecturers from these many venues.



**CFSAS and the Aerospace Systems Course 55 held the annual Aerospace Power Review 23-24 Jun 03 at Mynarski Hall, 1 CAD HQ.**



**BGen (ret'd) Sharpe presenting the clean sweep to Flt Lt (RNZAF) Paul Cameron**

MGen Dumais, COMD 1 CAD, in his welcoming remarks, set the stage for the proceedings by focusing on the symposium as a forum that encourages and captures debate as well as emphasizing those issues surrounding the realities of the Canadian Air Force. He talked about preparing for the future, saying that we are into the "Horizon 1" timeframe, hinting at "Horizon 2", and plotting "Horizon 3"; we have a good map to follow. MGen Dumais stated that it is courses such as ASC that will ensure that the Air Force has the ability to meet the road ahead and buy the "right stuff" to get the job done. He also acknowledged ASC's considerable efforts with respect to generating the forum.

Throughout the ten-month program, the course members are given the opportunity to develop their abilities to express themselves, logically and concisely, on operational and technical matters - both in writing and verbally. The resulting research papers are often used as planning and reference sources by various Canadian Forces agencies. The Research Project permits the course members to conduct research on assigned topics, to demonstrate their ability to collect and analyze data on a complex technical subject, and to present the findings to a select and knowledgeable audience. This year's topics covered a wide range of technically challenging aerospace technologies: The Suitability of Hyperspectral Imaging for the New Zealand P3-K Mission Systems Upgrade and its Applicability to the Urban Environment; Real-time Visualization of the Urban Terrain; Hiding in Plain Sight: Visual Signature Reduction for the CH-146 in the Urban Environment; Aerial Delivery of Electrical Disruption Weapons in an Urban Combat Environment; Gunship Capability in the Urban Environment; Low-power Communications in the Urban Environment: Countering the Threat; Denial of Satellite Communications in the Urban Environment: The Preferred Method for the Canadian Forces; Application of Radar Technologies for Through-the-Wall Target Detection and Tracking in the Urban Environment; and, Positional Accuracy in Mini Uninhabited Airborne Vehicles Operating in the Urban Canyon. Review attendees were impressed with the quality and technical content of the presentations.

A major feature of the Aerospace Power Review was the presence of several guest speakers, with their presentations interspersed amongst the course members' presentations. Dr. J. Fergusson, Deputy Director, Centre for Defence and Security Studies, University of Manitoba, took on, once again, a challenging role in Establishing the Backdrop for the CFSAS Aerospace Power Review. The context he provided, looking at the technical – political interfaces and the strategies of decapitation, asymmetry and gradual escalation and how air power can assist, provided for stimulating thought and set the stage for a very successful two days. Capt Randy Hartmann, CFSAS, helped Set the Stage by defining Airpower – What is it and how does it apply to the Urban Environment? Air Force Requirements for Urban Operations was the topic covered by LCol Steve Charpentier, 1 CAD A3 Tactical Aviation, in which he looked at capability deficiencies and what is being done to overcome them (linked to urban operations). To provide a real-life focus to the Review, an RAF representative had been invited and Sqn Ldr Mike Hart, OC Reconnaissance Intelligence Geographic Centre (Northern Ireland) gave a graphic review of the British Experience on the Use of Air Resources in Northern Ireland. LCol Bernd Horn, Directorate Land Strategic Concepts 2, Kingston, provided The Army's Perspective on urban fighting and LCol J. Lavigne, DJFC 2, NDHQ, described the difficulties of Combat Identification – An Air Force View. On Day 2, Investigating the Options Weapons, Major (USMC) Andrew Butler, USMC Quantico, and Major (USMC) Mikel Huber, MAWTS-1, provided further excellent, and current, examples of rotary and fixed wing use in the urban environment. Maj Chris Pogue, CFEC/NDHQ, closed the session with his talk A Future for Aerospace Power "from urban eyes" in which he stated that "we" must become entrepreneurial and bold in the way we look at and employ the Air Force in the future. There is a need to transform, and have a more entrepreneurial approach to developing military capabilities. In the Urban environment, jointness and interoperability are necessary.




**MGen Dumais, COMD 1 CAD, in his welcoming remarks.**



**In the course photo, the course members are, left to right (taking it as just one row): Capt Jan Hughes, Capt Geoff Miedema, Capt Kyle Rosenlund, Capt JP Tremblay, Flt Lt (RNZAF) Paul Cameron, Capt John Whalen, Capt Aaron Novecosky, Capt Geoff MacDonald, Capt Mark McGahey.**

Throughout the past year, ASC 55 course members gained a thorough appreciation of the capabilities of domestic and allied research and development establishments, and aerospace industries. This knowledge was gained through visits to military and industrial organizations developing, producing and testing aerospace equipment typical of that described on the course. Locations visited this year were: Canada: CAS, DGSP, DAR, DSTA at NDHQ; CSA/DF Lab, CFEC and the HFE Group in Ottawa; Raytheon Systems, Waterloo; DRDC Toronto; DRDC Valcartier; Bombardier Aerospace, Montreal: United States: Naval Research Lab, Washington; Naval Air Warfare Centre, Patuxent River; NASA Goddard, Greenbelt; Defense Modeling and Simulation Office, Washington; USMC Warfare Lab, Quantico; BAE Information and EW Systems, Nashua; Air Force Electronic System Center, Hanscom AFB; L3 Communications ESSCO, Concord; Pratt-Whitney Military Engines, Hartford; Raytheon C3I Systems, Marlborough; United Kingdom: BAE Systems Avionics; BAE Systems Warton; DSTL Malvern; Westland Helicopters; QinetiQ Boscomb Down.

*Please see* **Aerospace Power Review** *on Page 14*

# One Mine at a Time

**Captain Holly Apostoliuk**
TASK FORCE BOSNIA-HERZEGOVINA

The clearing of minefields in the municipality of Bihac was quietly celebrated on Monday, May 19, 2003 at a signing ceremony, transferring responsibility for agricultural land from the Armed Forces of Bosnia and Herzegovina (AFBiH) to the Bihac Civil Protection Agency. Once final paperwork is completed, the land can again be cultivated after a decade of lying fallow due to the risk of mines.



**Sergeant Muric Edin of the Armed Forces of Bosnia and Herzegovina responsible for demining quality assurance, signs documentation signifying the handover of a recently demined field to the Bihac Civil Protection Agency (CPA), as Mr. Hodziz Senad of the CPA shakes hands with Mr. Selimuvic Denijac, a Quality Assurance Inspector for the Bosnia and Herzegovina Mine Action Centre.**

Major Samir Palic, Commanding Officer of 3 Demining Company, 5 Corps, AFBiH, Senior Lieutenant Ejub Mehic and his platoon members who cleared the area, Mr. Enes Zeric, the Regional Director of the Bosnia-Herzegovina Mine Action Centre (BHMAC), Mr. Hodzic Senad of the Bihac Civil Protection Agency, and Colonel Greg Gillespie, Commander of the Canadian Task Force Bosnia-Herzegovina were among those in attendance at the ceremony.

Using hand-held mine detectors and by prodding, members of 3 Demining Company headquartered in Bihac led the demining effort. Dog teams, called Explosive Detection Dog Teams, worked for 25 days at the site this year, and a mechanical demining flail from the civilian company MEDECOM was employed for 10 days last year. European Landmine Solutions cleared a nearby field.

For everyone's safety, designated SFOR military engineers monitor the work of the demining teams, verifying that safety protocols and standards are maintained and that the soldiers working daily in the high-risk environment do not become complacent.

"The de-miners that I monitor are very professional, efficient, and have a clear understanding of the operating procedures that we follow, making a potentially dangerous job here that much safer." said Sergeant Jason Gaab of 33 Field Engineer Squadron of Calgary, Alberta serving with the Canadian Task Force Bosnia-Herzegovina. Sgt Gaab has monitored the clearance of this site since his arrival in March, and Sergeant Bernie Kuhn of 31 Combat Engineer Regiment in St. Thomas, Ontario was responsible for the area on the previous rotation.

In total 104,368.7 square metres of land was cleared, and five mines – PROM 1, PMA 1 and PMA 2 antipersonnel mines – and seven items of unexploded ordinance – grenades, mortars and artillery rounds – were removed. Demining efforts for these fields began in mid October 2002, with work stopping over winter and recommencing in mid March. One field took 41 working days to complete, the other, 51 days.

If one doubts the value of that effort for so few items, as an illustration, the PROM 1 – one of the items found in the field – is a deadly, bounding, unidirectional mine that when detonated, bounds out of the ground 80 centimetres into the air. A tether attached to the bottom triggers about 500 grams of explosives, sending shrapnel 360 degrees. It has a lethal radius of 40 metres and a danger radius of 65 metres.

"Landmines are indiscriminate weapons by nature — they do not distinguish between a soldier's footstep, a farmer's tractor, or a child's footstep," said Sgt Gaab during the ceremony. "Once peace is declared, the landmine does not recognize that peace." From 1992 until 1995 during the war, the Bihac area was heavily contested and most of the buildings in the surrounding areas were completely destroyed. The large plateau where the recently de-mined fields sit, overlooks the City of Bihac, and was strategically important ground for all sides. Despite reconstruction efforts in the area in 1998, residents refused to return following the death of a local shepherd from a mine strike. In 1999, mines were cleared from yards surrounding some homes, but not from the fields. In the spring of 2001, a local farmer cutting grass on his tractor set off a PROM 1 mine. While a wheel absorbed the blast, the fragmentation sliced through the tractor's wheel, tire, fender, and frame. The farmer was spared his life but lost an eye – the PROM very rarely spares a life. After the accident, priorities for demining in that area changed.

SFOR support to the demining teams included providing protective personal equipment such as helmets, visors and fragmentation vests. Mine detectors are issued from the demining school in Travnik, and SFOR coordinates the equipment's annual calibration. Tools and fencing supplies are usually provided by SFOR Headquarters as well, although not yet this year.

The Canadian Forces currently provides two mine monitor teams and the senior mine monitor position in Multi-national Brigade (Northwest). Canadian soldiers are also engaged in teaching mine awareness to school children, and have regularly been called upon to respond to mine-strike incidents. Two Canadian soldiers, Sergeant C. Ralph and Corporal M. Isfeld, were killed by mine strikes while on peacekeeping duties in the Balkans, and many more have been injured. Canadian soldiers in Bosnia undergo refresher mine awareness training every month, and all Canadians who come to visit SFOR receive mine awareness training upon arrival.

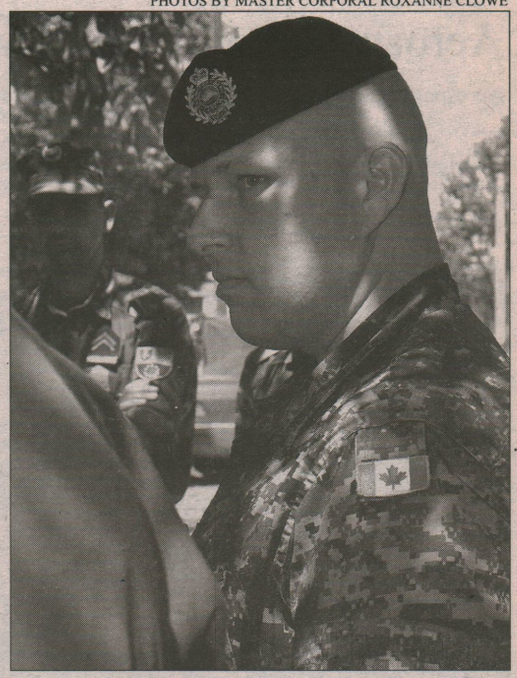
There are an estimated one million mines and unexploded ordinance (UXOs) and 20,000 known minefields or contaminated areas in Bosnia and Herzegovina, and this number likely accounts for only 50% of the minefields country. It is estimated that it will take 50 to 60 years to clear the nation of mines and UXOs at the current demining rate. According to the Mine Awareness Training Team, more than 1280 people have been injured or killed by mine or UXO strikes in Bosnia.

"Demining costs are negligible compared to the costs of lost lives," said Sgt Gaab. "We must all strive to use whatever resources are available to clear these areas as quickly as possible to allow communities to rebuild."



**Mr. Memic Raif and dog Rudi, a Bosnian Explosive Detection Dog Team, work at a minefield near Bihac, Bosnia on April 23, 2003.**

PHOTOS BY MASTER CORPORAL ROXANNE CLOWE



**Sargeant Jason Gaab, a combat engineer with Task Force Bosnia-Herzegovina, pauses for interpretation during his speech at a mine clearance completion ceremony on May 19, 2003. Sergeant Jason Gaab of 33 Field Engineer Squadron based in Calgary, Alberta monitored the clearance of these sites since his arrival in March 2003.**

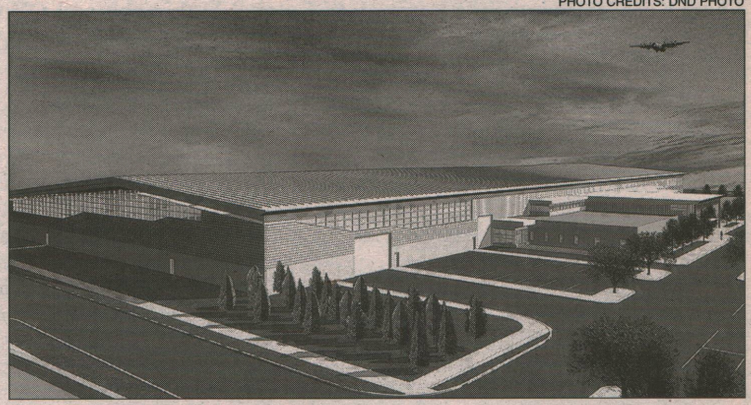


**A Bosnian soldier under the supervision of Canadian Forces mine monitor Sergeant Jason Gaab of 33 Field Squadron based in Calgary, slowly clears a mined area near Bihac, Bosnia. The field was completed and handed over to the Bihac Civil Protection Agency at a signing ceremony on May 19.**

# Construction To Begin On New Logistics Complex

By Jen Sharpe

PHOTO CREDITS: DND PHOTO



The new Wing Logistics Complex is the first phase in consolidating the South-side and North-side bases

At a sod-turning ceremony July 11, CFB Winnipeg initialized construction on a new, comprehensive logistics complex to be situated across from Hangar 10. When completed near the end of 2004, the new 16,420-square-metre facility will house a variety of units including Transport, Supply, and Wing Electrical-Mechanical Engineers.

The new building represents an important step in the 17 Wing Consolidation Project. Because 2PPCLI will be relocating to CFB Shilo within the next year, the south-side base will experience significant downsizing. To improve efficiency, any south-side units remaining at CFB Winnipeg will be consolidated with the north-side base.

The logistics complex is only the first phase of 17 Wing consolidation; a WTISS facility and Wing HQ/office facility will follow accordingly.

At the ceremony, former Wing Commander Col Doug McLennan said the new facility is "important for the sake of efficiency and effectiveness."

Local Members of Parliament John Harvard and Anita Neville were also on hand eager to discuss the role consolidation will play in the growth of CFB Winnipeg and the City of Winnipeg.

"The federal government is making a very strong statement that the Canadian Forces are an important part of the community," Harvard said. "The government has shown its confidence in the future of the military in Winnipeg."

The new logistics complex will cost $31 million to complete, with all three phases of the consolidation project coming to approximately $43 million.



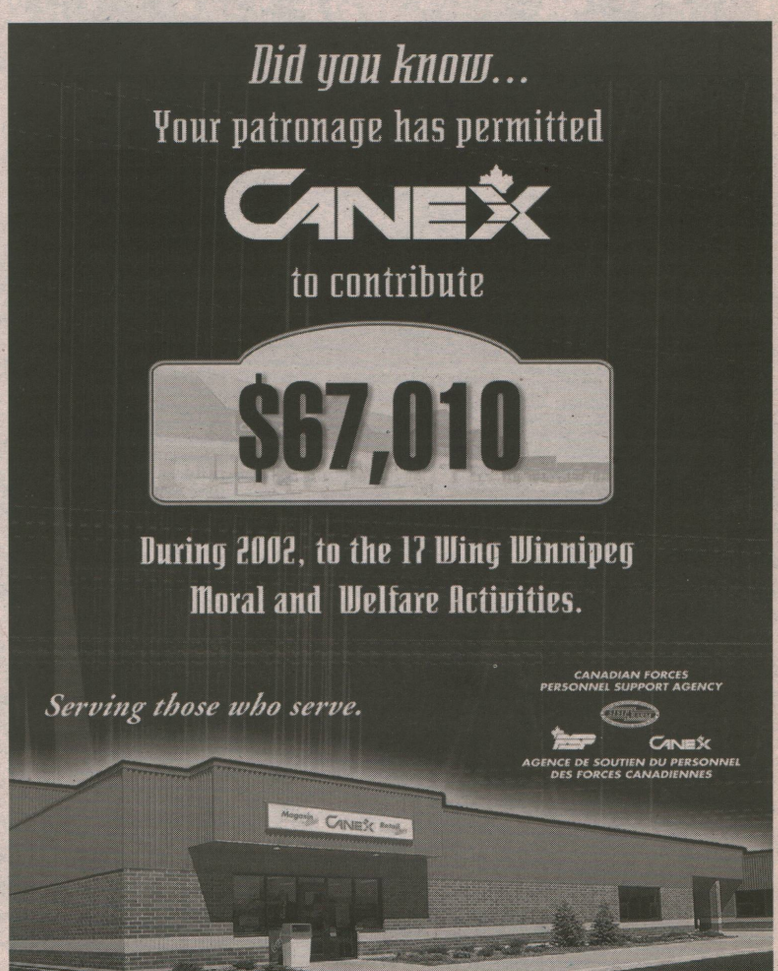
MP John Harvard and former Wing Commander Col Doug McLennan ceremonially open construction on the new Wing Logistics building




Military brass, local dignitaries, and members from the community gather across from Hangar 10 for the sod-turning ceremony



(L to R) BGen Paul McCabe, Col McLennan, and LCol Pratt discuss the significance of the new logistics building for both the base and the city.



# Dynamic Duo Departs 17 Wing Winnipeg

**Change of Command Bids Farewell to Colonel McLennan and CWO Emond**

By David Lavallee

Teamwork is a valuable and often necessary quality in any capacity of life. In the military, it is of even greater importance. If there is one word that accurately sums up the relationship between Wing Commander Colonel Doug McLennan and Wing Chief Warrant Officer Frank Emond, it is simply 'team'. Since arriving together at 17 Wing in July of 2000, Colonel McLennan and CWO Emond have built a solid and productive relationship as they administered affairs on the Wing.

"Of all the tours I've done and of all the positions I've filled, I think that my time in Winnipeg as the Wing Commander has been the most fulfilling because of the broad scope of what we do here," said Colonel McLennan. "It hasn't been focused on any individual thing; it's run the whole gamut."

The relaxed but professional interaction between the two is perhaps their greatest quality as a team. One of the interesting dynamics between them is their mutual interest in hockey. With Colonel McLennan following the Boston Bruins, and CWO Emond bleeding the red, white and blue of the Montreal Canadiens, their taste in teams has an "original six" flavour to it. It has been the source of many a joke and a story, including the time they made a deal that if the Colonel contributed to the United Way campaign, CWO Emond would have to wear a Bruins jersey for a day. Overall, however, it has served to strengthen their personal and professional relationship.

"Not only was hockey a personal thing between us, but we also used it on many occasions to break the ice," said Colonel McLennan. "If people can see that there is a very comfortable relationship between the Wing Chief and the Wing Commander, that creates a welcoming atmosphere where people aren't afraid to come and talk to us. They can see that there are personalities involved here, not just ranks and positions."

Both Colonel McLennan and CWO Emond cited the metropolitan location of 17 Wing as a plus. Unlike many CF bases and facilities, 17 Wing is located in a major city. This makes it easier for the military members in many ways, from a relatively lower cost of living to the many amenities available to military personnel and their families.

The good working relationship between the military and civilian communities in Winnipeg also facilitates a better working environment on the Wing, from the Chamber of Commerce to the Winnipeg Airport Authority. Thanks to this positive interaction, the image of the military in Winnipeg has grown.



**Wing Commander Colonel Doug McLennan and Wing Chief Warrant Officer Frank Emond**

*Please see* **Dynamic Duo Departs** *on Page 10*

# 402 Squadron Gets New Commander

**by Lt Jennifer Faubert,** RESERVE AIR FORCE PUBLIC AFFAIRS

PHOTO BY CPL MARK IRVINE, 17 WING IMAGING



**LCol Bert Doyle signs over command to LCol Stew Schock while Col Doug McLennan, 17 Wing Commander presides.**

402 "City of Winnipeg" Squadron conducted a change of command ceremony last Tuesday evening to welcome their new Commanding Officer, LCol Stew Schock and to say farewell to outgoing Commanding Officer, LCol Bert Doyle.

LCol Doyle spent four years as the 39th Commanding Officer of 402 Squadron. He took over the position when he transferred from the regular force and became an air reservist. He is officially retiring from the Canadian Forces and he and his wife Helen plan to settle on the east coast.

"It's always an emotional event when one takes over a squadron and when one gives it up because we'd like to think we made it a better place," said LCol Doyle during his speech. "I think I did that."

Col Doug McLennan, 17 Wing Commander presided over the ceremony and gave a tribute to LCol Doyle. "The goal of the Commanding Officer is to make the squadron a better place and I will undoubtly endorse that you have done a good job," he said. "It is a fine squadron."

LCol Schock said he and wife Barbara are looking forward to embarking on a new chapter in his military career. He recently returned from a six-month deployment with the United Nations where he served as a military advisor in Kabul.

"After spending my last six months in Afghanistan, it really makes one appreciate what we have back here in Canada," he said. "I am looking forward to going back to flying but more importantly, I get to work with a great group of people."

LCol Schock is currently in Portage la Prairie, MB completing training on the mult-engine aircraft before taking over the daily operations of the Squadron.

# RCMP Thank 17 Wing For Ongoing Help, Comraderie

PHOTO COURTESY OF CWO FRANK EMOND

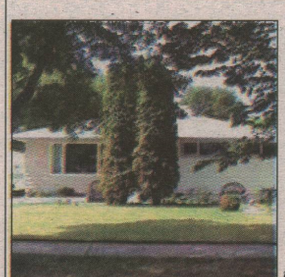


**Assistant Commissioner Braun presenting Colonel McLennan with a token of their appreciation for the excellent support the Wing has provided to his Division.**

By CWO Frank Emond

On Friday 4 July 2003, the Commanding Officer of the RCMP "D" Division, Assistant Commissioner A.B. Braun, hosted both the WComd, Col Doug McLennan and the WCWO, CWO Emond, at a departure luncheon. Since the presentation of the Canadian Peacekeeping Service Medal 12 April, 2001, the working relationship between 17 Wing and members of the RCMP "D" Division has thrived. At that time, the late Assistant Commissioner Tom Eggleston vowed this relationship could only get better; today, both Commanders agreed it has and will continue to be for years to come.

Often, people don't realize how close 17 Wing actually works with the RCMPs. Whether it is for escorting VIPs, providing assistance during criminal investigations, or during other emergencies, both of these uniformed organizations are there to support the people in the Community.



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# Four-day Nijmegen March Tests Stamina, Emotions of 17 Wing Team

By Jen Sharpe

Two years ago, Capt Al Bruce swore he'd never do it again.

After taking part in the grueling Nijmegen (Nigh-may-gan) Marches in 2001—where teams of eleven march over 40 kilometers a day for four days in a row—Bruce thought he was done with the debilitating shin splints and early-morning training sessions.

"For a year and a half I still stayed by my word that I wouldn't do it," he remembered before leaving on this year's march. "Then last December, me and a bunch of the guys from the team got together and started chatting about it, and pretty soon they got me convinced that I needed to do it again."

So, only two short years later, Bruce was again training for Nijmegen—this time with a new appreciation for the event and his abilities. "The hardest part would be kilometers number 30 to 40 on each of the given days. The first ten kilometers are nothing, and it just gets progressively more difficult."



PHOTO CREDIT: CAPT MICHAEL MIETZNER, 17 WING PAO

**We did it !! Captain Al Bruce, second from right, and the rest of the 17 Wing Nijmegen Team pose for a photo at the completion of the Victory Parade in Nijmegen, The Netherlands on 18 July 2003**



**Capt Bruce, the official flag carrier for the 17 Wing Nijmegen team, trains in Assiniboine Park before the march**

The Nijmegen Marches, July 15-18, are an annual event held in Nijmegen, Holland for military members and civilians alike. The Marches began in 1909 when the Dutch monarchy wanted to demonstrate the fitness and stamina of their military to their citizens.

According to Bruce, one thing led to another and the Dutch troops were joined by civilians and foreign forces. "There's young people that participate, civilians, and military that participate. They have separate distances, the three different groups, and in all about 40,000 people participate every year," he said. Of that number, only about 5,000 marchers are military.

It is not a competition—teams vie for a team medal, awarded when at least 90% of the team completes the march "intact." "That's the number one priority," Bruce explained. "The secondary goal is for people to earn their individual medals for completing the four 40's."

Canada usually sends about 200 military personnel to the Marches each year, and such a small contingent means 17 Wing doesn't always have a team. "The way they work it is that in early January of each year they send out a call to all the bases and wings in the Canadian Forces announcing Canada's intention to participate," Bruce explained.

"They allocate teams to the different elements—army, air force, and navy—and each of those elements gets four teams." Once teams from miscellaneous areas of National Defense are added, about 15 teams of eleven marchers are sent to represent Canada in Nijmegen.

This year's 17 Wing team, the first since Bruce made the trip over in 2001, started out with 26 members in late February but was wittled down to eleven when the team left for Holland July 11.

Leading Seaman Lauri Allen is a first time participant and will be marching alongside her husband, second time Nijmegen marcher MCpl Jeff Allen.

As the sole woman on the team, Allen admitted she wasn't very optimistic when they started training in April. "I never thought I'd make it this far. The other females on the team, when they dropped out the first two or three weeks I thought I was next."

"From what I'm told, I'm a very stubborn person," she said when asked how she stuck it out. "If I can't do it, I need someone to tell me 'Look, you can't do this.' I don't like to be beat."

Despite her determination, as one of the shortest marchers, Allen had to accept that her natural marching pace was much slower than the team's goal pace. "They wanted us to be walking at 6 to 6.5 km/hr, and I knew that I couldn't do that. I'd be running the whole time," she said. "But now that we're keeping my pace, it's okay."

To make sure she wasn't "left behind," Allen marched at the front of the team.

The marchers trained together every Tuesday through Friday by walking routes in River Heights, St. James, and Assiniboia. The routes, Bruce said, go through communities that are now used to the marchers and their marching songs. "As we march along here in Winnipeg we see people all the time out walking their dogs or riding their bikes," he said. "Hardly a person goes by that we don't say 'good morning' to."

The training schedule started in early April with a 6km march and peaked at the end of June with back-to-back 40km marches.

Bruce said he has seen "big time improvement" in the team members since those first marches in April. "Just the fact that people are completing 30K marches now is the evidence of improvement, especially when we started with 6's and 7's and had people decide it wasn't their cup of tea after those."

*Please see* **Four-day Nijmegen** *on Page 14*

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*Continued from Page 8*

# Dynamic Duo Departs 17 Wing Winnipeg

"There are a lot of people to thank for that relationship, including the MLAs, City Councillors, and the Chamber of Commerce, and especially our Honourary Colonels, who work really hard to build and maintain those bridges between the military and civilian spheres," said Colonel McLennan.

When asked what he thought about his time in Winnipeg, CWO Emond was all smiles. "Well, Winnipeg is going to be my retirement home, so what can I say about it?" he joked. "But it is a great city, and with all of the people we've been associated with in the city we've established a good network. The military presence in Winnipeg is so well known now that it has definitely made a difference in the level of support we see for the Wing within the city."

At the end of the day, however, both Colonel McLennan and CWO Emond placed the people of 17 Wing and Winnipeg at the top of their list of pros to working at the Wing.

"The people here are great," said CWO Emond. "Being the WCWO provided me with the opportunity to meet a lot of people on the Wing, and the bottom line is that it's the people who make the Wing work. The hard work of our personnel here has made my job easy."

"One of the things that stands out about my time here is the people I've met, like the Lieutenant-Governor, the Premier, the Mayor, MLAs, and the Honourary Colonels like Ben van Ruiten and Ron McLean," said Colonel McLennan. "The opportunity to meet people like this was exceptional here, and it's something that I can always look back on."

Colonel McLennan will be heading down to a NORAD position as a Command Director at Cheyenne Mountain in Colorado Springs, Colorado. He has served in the CF for nearly 33 years, both as a pilot and in staff positions. He began his career at RMC in Kingston, and then went to pilot training. He received his wings in 1975, and became a pilot instructor in Moosejaw. With regards to flying, he served as a pilot of the Voodoo interceptor in Bagotville, Quebec. On the staff side, he has been involved with Air Force training (A1 Training), with the strategic planning for the Air Force, and as Commander of 17 Wing, has been active in operations, training, and support.

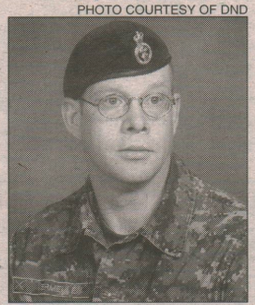
Colonel McLennan has held a variety of positions at the command level, including a command position in Portage la Prairie in the mid-1980s, as the Commandant of the training school in Moosejaw in 1995/96, and finally as Commander of 17 Wing from 2000-2003. He has served in Moose Jaw, Saskatchewan; Toronto, Ontario; Portage la Prairie, Manitoba; Bagotville, Quebec; Cold Lake, Alberta; and Winnipeg, Manitoba.

CWO Emond will be moving to a new position with the Veterans Affairs Canada right here in Winnipeg. He will remain in uniform, and will be working on veterans' outreach programs. CWO Emond has served in the CF for nearly 35 years. He started as an electrician in 1969, but changed occupation to become a clerk. Over his career, he has served in a variety of capacities. He served with the Regular Support Staff in Vancouver; at the Officer Candidate School in Chiliwack; as the Company Sergeant Major with the Administration Training Company at the CF School of Administration and Logistics (CFSAL); as the Recruiting CWO in Borden; as the School CWO at CFSAL; and finally as the 17 Wing CWO. CWO Emond has served in Borden, Ontario; Ottawa, Ontario; Victoria, British Columbia; Vancouver, British Columbia; Chiliwack, British Columbia; Germany; Belgium; and Winnipeg, Manitoba.

Good luck to both Colonel McLennan and CWO Emond with their careers and their future endeavours, and all the best to them and their families! Bon chance!

# Canadian Soldier Dies of Injuries Received in Accident

PHOTO COURTESY OF DND



**Cpl Jamie D. Vermeulen**

VELIKA KLADUSA, BOSNIA-HERZEGOVINA. A Canadian soldier was pronounced dead at 10:40 a.m. local time Sunday at Split Clinical Hospital, in Split, Croatia, of head injuries sustained in an apparently accidental fall from a hotel balcony early on Friday, July 4.

Corporal Jamie D. Vermeulen, 39, of Regina, Sask., was on leave at the time of his death. He was a member of the 2nd Battalion, Princess Patricia's Canadian Light Infantry (2 PPCLI) Battle Group, which is currently deployed with Task Force Bosnia-Herzegovina on Operation PALLADIUM as part of the NATO Stabilization Force (SFOR). Cpl Vermeulen's next of kin have been informed of their loss.

"Our prayers and our strength are with Corporal Vermeulen's family at this heart-wrenching time," said Lieutenant-Colonel Mike Day, Commanding Officer of the 2 PPCLI Battle Group. "They are part of our regimental family, and this time is difficult for all of us."

After joining the Canadian Forces in 1986, Cpl Vermeulen completed three peacekeeping tours in the former Yugoslavia, and one tour with the United Nations Force in Cyprus. He also served at Canadian Forces Base Baden-Soellingen in Germany. He was a parachutist, machine-gunner, driver, communicator and reconnaissance patrolman trained in winter and desert warfare. Cpl Vermeulen was employed in the "A" Company supply section in Drvar, Bosnia, and was scheduled to return with 2PPCLI to Winnipeg, Man., in October.

Cpl Vermeulen is the 23rd member of the Canadian Forces to die in the former Yugoslavia since peace support operations began there in 1991. In accordance with standard procedure, the Canadian Forces National Investigation Service is looking into his death

# New Fuel Farm Up and Running

By Jen Sharpe

PHOTO BY JEN SHARPE



With the push of a button, former Wing Commander Col Doug McLennan brought 42 months of analysis, approval, planning, and building to a close at the 17 Wing fuel farm site.

With five brand new fuel tanks now in operation, the $950,000 project will improve 17 Wing's fuel storage and distribution activities.

At a short ceremony July 11, 2003, Col McLennan said the project was "the first instrumental step in the other consolidation projects that are going on at the Wing."

"By fixing up the way we do business with the fuel and by getting rid of the big tanks and moving towards the newer system, it's allowing us to take the next couple of steps in the consolidation project," McLennan explained. "It's been a lot of effort and a lot of hard work on everybody's behalf and we appreciate that."

Maj David Strong, Engineering Projects Officer with Wing CE, said the project would not have been possible without the cooperation of a variety of Wing units, including CE, Transport, HQ, and Defence Construction Canada. Contractor support from Con-Pro Industries was also "excellent."

"It took a lot of effort to get to this day, and as project manager I would like to say thank you for all of your collective efforts at various stages of the project. It would not have happened without you."

The new portable tanks hold a total of 450,000 litres, a significant step down from the four million litres held in the old 1954-built tanks. In addition to the Consolidation Project land requirement, Maj Strong said the smaller, more efficient tanks are also part of an ongoing national effort to rationalize Aviation Petrol, Oil, Lubricant (AVPOL) holdings and processes.

Now that the fuel farm has been relocated and downsized, the former fuel farm site will be reborn as a parking lot for the soon-to-be-built Logistics building.

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# Military Communications Celebrate 100 Years of Service

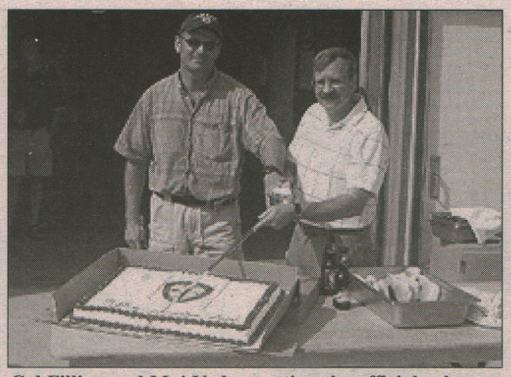
2003 marks the 100th Anniversary of Military Communications within Canada. All across the country Communications and Electronics units are celebrating this milestone. 17 WTISS in conjunction with 1 CAD A6, held a golf tournament and poker derby on the 4th July 03, followed by a pig roast.

A total of 46 Golfer/Hackers participated in the Golf day. Loads of fun was had by all including the golfer who decided to take the scenic route around the course. Someone must remember to tell these fellas/ladies including Mr Hussett (Most Honest Golfer) that the object of the game is to hit the ball the least amount of times. He should have been with Mr Sadick (Low Net), this way Sherlon could get some free lessons.

Low Gross went to Claude Trudel only because he played the worst in the 4 hidden holes which saved him some strokes. Paul Perrin seems to have an eagle eye (or a quick foot) he took the Closest to the Hole. Longest Drive went to the only guy who ate breakfast, Carl Bruce, he had an estimate 300+ yard drive, (he must have hit it three times to get it to there though). Longest putt went to Dave Christie who beat his boss Will Richards by about an inch (however, we all know how Linemen measure - 1 inch equals 1 foot).

After the golf, everyone met back at the LIne section where Will Richards welcomed everyone who participated in the golf, Poker Derby, and those who came for the meal. Col Fillion and Maj Vadon led the way to the roast pig.

After the meal OCdt De Beck Courcelle read the message from the Canadian Military Communications Centennial National Organizing Committee (CMCC NOC). Col Fillion read the proclamation issued by the Colonel-in-Chief, her Royal Highness, Princess Anne, in honor of the 100 years of service military communicators have given to Canada. After the proclamation was read, presentations were made by Col Fillion and CWO Goch to CWO Livingston, MWO Taylor, Sgt Richards, MCpl's Rodden-Aubut and Reid for their hard work in making the event a great success.



Col Fillion and Maj Vadon cutting the official cake



Col Fillion presents Will Richards with his plaque from the Communications Centennial committee

After the presentations were made, Col Fillion and Maj Vadon undertook the the official cutting of the cake. Kendall Hayward was the winner of the door prize, a hot air ballon ride. Will Richards gave the closing remarks and welcomed everyone to stay for the social.

VVV

# Royal Proclamation: Canadian military communicators

Her Royal Highness, Princess Anne, Colonel-in-Chief has issued the following proclamation in honour of the 100 years of service military communicators have given to Canada :

To all military communications personnel, serving or retired, and to your families and friends, it gives me great pleasure, as Colonel-in-Chief of your Communications and Electronics Branch, to offer my congratulations on your 100 years of military communications in the service of Canadians.

The Canadian military was one of the first Commonwealth military organizations to recognize the significance of military communications by formally constituting a dedicated communications unit. From a humble start, you have grown into a professional and sophisticated organization with an international reputation for excellence.

Over the past 100 years, you have been instrumental in developing the Canadian North and assisting Canadians in times of need. On the world stage, you have represented Canada proudly during both World Wars and actively participated in many United Nations operations.

Throughout these commitments, communications has always played a vital role.

Today, you continue this proud tradition of distinction, honouring your motto: Velox, Versutus and Vigilans. I wish you a happy centennial year and am proud of the role you have played throughout your 100-year history, and will continue to play in the future.

# Wing Webmaster Receives Prestigious DND Scholarship

By Jen Sharpe

With years of post-secondary education and a handful of entrepreneurial achievements behind him, 17 Wing Webmaster Marshall Ruskin is a professional and academic success story.

But as someone who thrives on the challenges of formal education and professional growth, Ruskin has no desire to lay back and reap the benefits of his hard work. He is currently working towards a second university degree in Chemistry at the University of Manitoba and hopes to work in biodefence for the DND.

In recognition of his commitment to his studies and the Federal Government, the DND has awarded Ruskin one of five prestigious scholarships offered by the Director General Learning and Professional Development (DGLPD). The scholarship will allow Ruskin to complete his B.Sc. within the next year while maintaining his current status and pay at the DND.

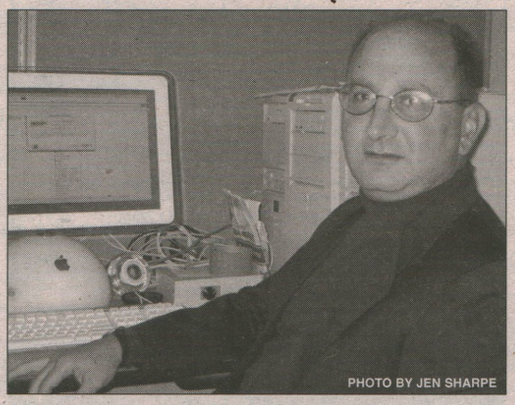


PHOTO BY JEN SHARPE

According to an informational pamphlet provided by the DGLPD, the Departmental Scholarship Program is available to DND employees who seek a post-secondary degree in "a field of study that reflects their career development plan or public service needs and that will enhance their employability."

Because the award is so valuable and prestigious, applicants must provide a comprehensive portfolio to the selections committee. Ruskin says he spent close to 40 hours choosing material for his application and another 30 hours or so preparing it.

But the hard work was worth it: the opportunities afforded by the scholarship are "incredible," Ruskin says.

In the past, he has had to work full days at the Wing before taking night courses at the University. With such a busy schedule, Ruskin had little time to spend with his friends, family, and wife, who has a disability.

"The beautiful thing is that because of the award, I won't have to take my classes at night," he explains. "My family won't suffer the way it has in the past."

"One can't do this alone," Ruskin continues. "It was a very strong sacrifice for [my wife], more so because it was my choice to continue my education. It was really because of her willingness to go along with this that I was able to pursue my second degree."

Because he will have a full course load this coming year, Ruskin will finish his degree ahead of schedule. With his new degree, he hopes to repay the DND by working in his desired field at Defence Research & Development Canada (DRDC) in Suffield, Alberta.

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# Wing says goodbye to old friends, hello to new opportunities

By Jen Sharpe

PHOTO BY JEN SHARPE



**(L to R) New Wing Commander Col Steff Kummel, MGen Marc Dumais, and Col Doug McLennan make the change of command official**

The band was playing its best, the men and women in uniform were looking their best, and the guests were at their best. Although the best part of the 17 Wing Change of Command parade is debatable, its success—along with the success of the terms completed by the outgoing Wing Commander and Wing CWO—is not.

At an hour-long ceremony July 17, Col Doug McLennan relinquished his command of 17 Wing to the new Wing Commander Col Steff Kummel and, in doing so, said goodbye to the Wing and the City of Winnipeg.

"The members of 17 Wing—all ranks, all trades—are amongst the best anywhere in the world, as we continue to show during international or domestic operations," Col McLennan said.

"All of you who support our ops should feel very proud of your accomplishments. Don't you doubt for a moment that you are every bit as critical to the operation as are the air crew, the support personnel, and all who contribute, for without you, nothing happens."

Col Kummel was "both humbled and honoured" to be selected Wing Commander by MGen Marc Dumais. He will be ably assisted by new Wing CWO Claude Parent.

"I have spent a considerable portion of my career in Winnipeg, and during that time I have seen the Wing and the base evolve and grow in scope and capability under the skillful leadership of my predecessors."

"Your talents and your commitments to your tasks and duties continually impress those both in and out of uniform," Col Kummel said.

While outgoing Wing CWO Frank Emond will be staying in Winnipeg to work for Veteran's Affairs, Col McLennan is moving on to a position in Colorado with NORAD.

# Athlete of the Month

By Jen Sharpe

**Pure determination brings health and happiness to LaCoste**

Superior athletes mark their achievements in a variety of ways. For some, being faster and getting stronger is key; for others, playing smarter and better is more important.

And for some superior athletes—including those whose objectives don't revolve around points, scores, or the clock—achievement is measured in personal satisfaction and personal goal-setting.

Although they might be sometimes under-appreciated, it is often these superior athletes who remind us regular folk of the true role of physical activity—to build friendships, improve physical and mental health, and help us lead healthier lives in general.

WO Bob LaCoste of 402 Sqn is one such superior athlete, and it is for his dedication to his personal health and wellbeing that he is the June 2003 Athlete of the Month.

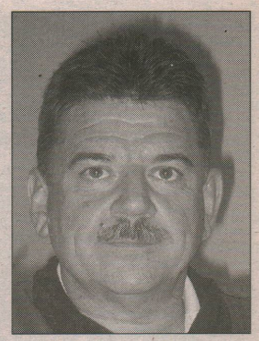
For the majority of his military career, LaCoste was a moderately active only because he had to be. After suffering a foot injury in February 2002, his normal jogging-based exercise regimen was disrupted and, as a consequence, his fitness and health levels declined.

"In the military we have to be fit and we have to pass these express tests," LaCoste explains. "With that foot injury, compounded with my weight and the fact I couldn't jog anymore, I truly felt I couldn't meet those standards."

With the encouragement of fellow 402 member Capt Valerie George, LaCoste observed and then participated in a Tae Bo class offered at the 17 Wing Rec Centre. The class meets for an hour every Monday, Wednesday, and Friday and includes anywhere from 6 to 25 participants.

Although difficult at first, the class was interesting and fun enough for LaCoste to stick with it and eventually lose 50 pounds over seven months. "It was a long time ago already, but I recall the first class as being difficult but I did enjoy it for sure," he says.

"The camaraderie is good too. There's a group of us who have been back and forth together over the past year."



**WO Bob LaCoste of 402 Sqn**

As the person who first suggested Tae Bo as a great way to get in shape, George has seen LaCoste progress and improve. "A little over a year ago he was coming off of an injury, and he said, 'As soon as my foot starts feeling better I'll be able to start working out again, and I'll come to Tae Bo class with you,'" she recalls.

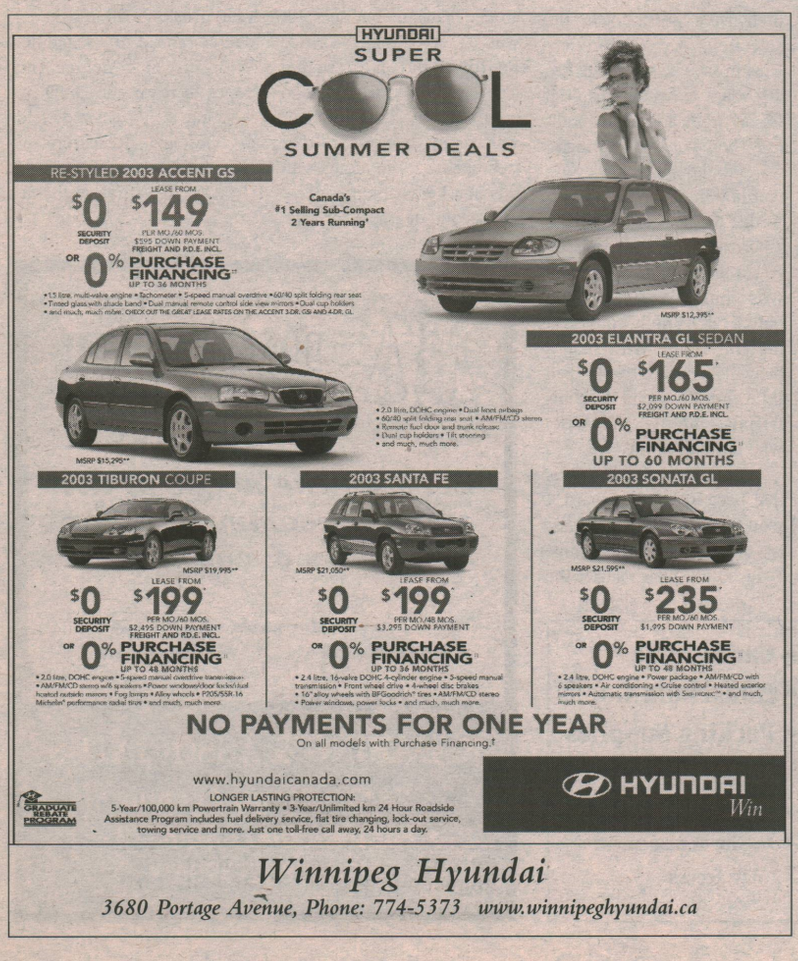
"I think it was just kind of a joke at the beginning, but he just found that he really enjoyed it and now he's just so dedicated. He goes far more often than I do."

According to George, although LaCoste was inexperienced and maybe a little overwhelmed at the beginning, he has become a leader in the class and someone to whom new participants look for support. "Right at the very beginning there's a lot of new moves you have to learn, and it takes a while," she says. "He's one of the more experienced ones in the class. The new people come in and look at him and say, 'Wow, he knows what he's doing.'"

Despite his appointment as a leader in the class, LaCoste is modest when it comes to his achievements in Tae Bo and physical fitness. "I don't consider myself an athlete," LaCoste says, "but I have turned around my lifestyle for sure. I consider myself fit."

For LaCoste, being fit means more than attending Tae Bo three days a week. He has also started eating healthier through a Weight Watchers-type program and bikes about 80 km a week to and from work.

"I guess it's pure determination. It's almost like quitting smoking: you decide you're going to lose weight, and you just say, 'Okay, I'm going to do this and show up to every class I can,'" he says. "I just go and do it. It's that simple."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## Officers' Mess 17 Wing

### Entertainment Calendar

Starting again September 5th, Childcare services are available during TGIF! 1700 - 1900hrs. Sign-ups required; call ext 2491 for more information or to make a reservation **(Childcare services are not provided during the months of July and August).**

**Jul - Aug**

**TGIF BBQ!**

Come while away a lazy summer evening with friends throughout July and August, when TGIFs will feature "cook-your-own" BBQ steak and chicken, hot off our new grill, with all the fixin's!

Time: 1600 hrs, meal served at 1730 hrs
Cost: $2/member, $4/spouse & guest
Dress: Casual

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

# Military Family Resource Centre (204) 489-7003

## 17 Wing Commander Farewell



**On June 25th, the MFRC hosted a farewell for the Wing Commander and the Wing Chief Warrant Officer. Colonel Doug McLennan and Chief Warrant Officer Frank Emond were presented with a framed picture of themselves with the MFRC staff. On that same day, the MFRC Multi-Purpose Room was named in honour of Colonel Doug McLennan, in recognition of his unwavering support to the Winnipeg Military Families Resource Centre and military families. Good Luck to both of you!**

## Creative Tot Shop

Free summer session!

This program is the first step towards nursery school. It provides the opportunity for parents and young children to come together to create and play. The toddler and preschooler can explore the world of art, music, movement and story. Parent participation is required. Many families come to this program with two or more children of different ages. Registration is not required. Fell free to drop in. It's a great opportunity to meet other parents and make friends.

Join us at Lipsett Hall Nursery School Wednesdays 9:30-11 am. Please bring a snack for your child.

## 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 Hrycyszyn* | *(807) 345-5116* |

## Habitat for Humanity Volunteers




**On June 24th, The MFRCís staff, Board of Directors and Volunteers joins their efforts to help build a house for Habitat for Humanity.**

## Cans for Cures Campaign

We need your help for a campaign with "cans for cures." By collecting aluminum cans, we will assist with this program. The program is recycled and then cashed in for the children's cancer care unit. Toys, equipment and other valuable items are purchased with the funds. We will participate with this project for 6 months. The MFRC has this campaign available already at the Base, but would encourage the community members to assist us further. Please collect your cans, and then drop them off at the centre @ 102 Comet Street. We welcome everyone to help with this worthwhile cause! If you have any further questions, please call either Linda Belisle @4509 or Alex Tremblay @ 4510.

## Annual Newcomer Tour

This year's event will be held on Saturday 13 September beginning with a light breakfast at the Officer's Mess followed with a full day's activities. This is an adult event as the following weekend is our Annual Family Fun Day. There will be childcare available at the Daycare for children of ages newborn-12 years at a minimal cost. Please book early, as there are limited spaces available. Invitations will be mailed out by August 25th, with an RSVP date of Sept 3rd. If you have not received one by then, please contact us. This is a great way to meet other Newcomer's, MFRC Staff, volunteers and see some local attractions in your new hometown of Winnipeg. If you would like further information, please call Linda Belisle @ 4510 or Alex Tremblay @ 4510. We hope you to see you at this event. This event is open to all newcomers, military members and partners.

## Plant donations

If you have a plant or two looking for a new home, please donate them to the Newcomer Program. We will be offering a plant to the Newcomers when we meet with them. Plants may be dropped off at the MFRC during regular hours, Monday –Friday 0830-1630 hrs.

## We need your help!!

Seeking volunteers to come out and help us on September 20, our annual Family Fun Day.

Anyone willing to give up a couple of hours or the whole day would be greatly appreciated.

It's your chance to help make a difference in your community, and of course have lots of FUN!!

Anyone interested, please call Nicole at 833-2500 ext. 4507

## 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)



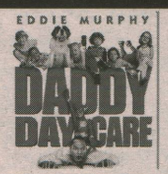
## Thank-you to all of the volunteers who shared their time and talents with the Thunder Bay MFRC in 2002 - 03.

| | |
|---|---|
| Bob Spence | Kathy Erickson |
| Jodi Bjorkland | Susan Nicholas |
| Darren Dutchak | Tracy Thiemann |
| Marlene Grasley | Fran Trane |
| Amanda Faulkner | Darla Bruneau |
| Carolyn Garrity | Lance Crowe |
| Wendy Goulet | Roger Farn |
| Steve Boucher | Jay McKeown |
| Kerry McLaughlin | Greg Kasstan |
| Brittney McLaughlin | Jennifer Lorch |
| Tyler McLaughlin | Andrew Lorch |
| Brian White | Charlene Evans |
| Dianne Perry | Ron Smith |
| Jacques Lavine | Bob Garrity |
| Pascal Turgeon | Bill Godfry |
| Carol Hrycyszyn | Betty Garrity |
| Scott Whitaker | Beverly Carroll |
| Lisa Kopp | Amélie Beaulieu |

Your support over the last year have made a difference to military families in Thunder Bay.


**Cinéma/ Theatre 8:00pm Showtimes**

Child/Senior $2.50
Adults/Youth $3.50
888-6290 (Recording)




Fri-Mon/ July 25-28 8:00 pm
GEN




Fri-Mon/ August 1-4 8:00 pm
PG







Fri-Sat/ August 8-9 8:00 pm
14A

Sun-Mon/ August 10-11 8:00 pm
PG

## Together in Church



**CATHOLIC**

**Chaplains**
Father Tim Nelligan
(Roman Catholic)
Office 833-2500
extension 5272
Father Terry Cherwick
(Ukrainian Catholic)
Office 833-2500
extension 5417

Father Ed Quao
Office: 833-2500
ext 6206

**Secretary**
Carol Cochrane
Office 833-2500 ext: 5087

**Masses**
(English only)
Sat 1630 hrs Sun:0900 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 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.

**PROTESTANT**

**Chaplains**
Padre Bob Brinn
(United Church)
Office 833-2500 ext 5349
Chaplain Lenora Grauer
(Evangelical Lutheran)
Office-833-2500 ext 5785
Padre Brad Busch
(Evangelical Lutheran)
Office 833-2500 ext 6022

**Secretary**
Carol Cochrane
Office 833-2500 ext. 5087

**Sunday Services**
English Only 1100 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 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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*Continued from Page 9*

## Four-day Nijmegen

"There's a lot of satisfied people, a lot of calories getting burned out there," he added.

Although the physical strain of the Marches is obvious, the emotional impact of a trip to the Netherlands is just as significant. Because Canada played such an important role in liberating the Dutch in WWII, Canadian marchers receive special attention by locals lining the routes in Nijmegen.

"We have a special relationship with Holland; we're their favourites," Bruce said. "The Brits, of course, and the Americans were involved in the Battle of the Rhineland, but they were further south from Nijmegen so they didn't get as much exposure to the citizens."

"It's just a coincidence that the Nijmegen Marches are in Nijmegen and that the Canadians happen to be the group that cleared that area. . .There's a real bond between the people of Nijmegen and the Canadians."

On the third day of the Marches, that bond is solidified when Canadian Forces teams participate in a ceremony at the Groesbeek Cemetery, where over 2300 Canadians are buried. The cemetery, Bruce remembered, is the highlight of the whole trip. "When I was there in 2001 there was hardly a dry eye in the area. It was a very emotional experience and very inspiring as well because then you have one more day and it's finished."

Allen warned her fellow marchers that the ceremony would cause some tears to flow. "It is going to be very emotional just because our fellow Canadians are over there," she said. "I think it's going to be an experience for sure."

PHOTO CREDIT: CAPT AL BRUCE



**The 17 Wing Nijmegen team marches to the beat of their own drum**

## Le Tour de France

**by Alf Brooks**

In France in 1903, many citizens were becoming interested in sporting events. Newspapers that rivaled each other in trying to build circulation promoted much of this interest. From one rivalry the event known as the Tour de France was born when a cycling newspaper, l'Auto-vélo, promoted a race around France. That first Tour increased the newspaper's circulation, drove its rival out of business, and began a sporting event that France and the world follow each July, run continuously except when interrupted by the two World Wars.

This year's race began on July 5 and will finish on July 27 in Paris, over a distance of 3 427.5 kilometres in twenty stages. The big interest this year is again the American Lance Armstrong, who has won the last four races and tries for his fifth victory.

In 1953 France Post issued a postage stamp to mark the fiftieth anniversary of the Tour. This year, for the centenary, France Post has issued a sheet of stamps showing various riders who have won fame on the Tour, and has designed a number of postmarks for the stages of the race.



*Continued from page 5*

## Aerospace Power Review 2003

Also, since one of the objectives of the Aerospace Systems Course is to test and evaluate aerospace systems, the course departed for a two-week Test and Evaluation session at the USN Test Pilot School, Patuxent River, MD, in early June, after having completed a one-week preparatory session in the classroom at CFSAS with the USN instructors.

On the course's return to Winnipeg, they put the finishing touches to their research projects and polished their presentations in preparation for the Aerospace Power Review (APR) 2003. As part of the APR, there was a well attended "meet and greet" Monday after the day's sessions. Then, for the culmination of ten-months hard work, a formal graduation dinner was held Tuesday night where BGen (ret'd) G.E. Sharpe, newly installed as the CFSAS Honourary Colonel, was the guest of honour and after-dinner speaker. 17 Wing HCol Van Ruiten was also in attendance. HCol Sharpe presented the three major awards given on the course: Commandant's Trophy for Overall Best Student, General Paul Manson Award for the Overall Best Individual Project Paper, and Best Symposium Presentation, for the first time ever all to one officer, Flt Lt (RNZAF) Paul Cameron.

There is fun to be had during ASC, but it comes with a price tag – much hard work! And what is ASC you ask? In its 55-year history, ASC has earned the reputation of being one of the most challenging and advanced technology oriented, officers' professional development courses within the Air Force. The aim of the ASC is to provide selected air operations and direct support officers with the professional military education and training that will enable them define and manage capital acquisition programmes; and manage the development, evaluation, qualification and testing of aircraft or direct support systems. The reputation of ASC extends to recognition amongst NATO and other air forces (USAF, RAAF, RNZAF) and indeed among the international aerospace industrial community. Candidates are typically at the rank level of Captain, with members occasionally being promoted during the course, and have completed one operational tour.

Also of note is ASC's continuing international "flavour" as evidenced by a Royal New Zealand Air Force course member.

One thing is certain: the skills acquired on ASC can only benefit the individuals and the organization itself. There is no substitute for education, except perhaps some experience to go along with it. The students of ASC 55 have graduated and headed off to their new units to put their "education" to work and gain that experience.

**ASC 55 Graduate Employment**

Flt Lt (RNZAF) Paul Cameron, Navigator, 5 Sqn, Royal New Zealand Air Force
Capt Ian Hughes, AEC, Tyndall AFB, FL
Capt Geoff MacDonald, AERE, 1 Wing HQ, Kingston, ON
Capt Mark McGahey, Air Navigator, 404 Sqn Greenwood, NS
Capt Geoff Miedema, Air Navigator, AETE
Capt Aaron Novecosky, Air Navigator, PMO AIMP, Ottawa
Capt Kyle Rosenlund, Air Navigator, CATS, 1 CAD HQ
Capt JP Tremblay, Air Navigator, MPEU, Greenwood
Capt John Whalen, Air Navigator, MPEU, Greenwood

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**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.

**1982 Firebird** with T-roof, new transmission, PW, PB, $3000,00 OBO, call after 5 pm at 338-4117.

**Black Metal Tubular Bunk Bed,** 2 matresses, 1 single 1 double. bottom folds into couch, like new. $175.00 OBO. Call Rick or Kathy 489-9249.

**Starcraft 10' Tent Trailer 2000**: Great condition. Can sleep six, one Queen and two Double beds. 10' Add a Room, Gas Stove (Can be installed inside or outside), three ways fridge, sink, battery and more. Asking $8,200 OBO. Call Sylvain after 5 pm at 487-1647.

**Home for Rent - Fully Furnished** Home in Garden Grove Area of Winnipeg. This home comes fully furnished, including seven major appliances, numerous small appliances and household items. Basement is developed with family room, laundry room, and storage areas. Includes two-car garage with automatic door opener, gas barbeque, and fully fenced back yard. Rent also includes a monitored security system. Rent $1470 per month plus utilities, available from 1 July 2003. Contact (204) 632-6997.

**Posted Must Sell. Wood Shed** 8' x 12', 3 years old, excel. cond. $500 OBO. Fence 91'x 5' high w/2 gates, 1 year old. Installed using yard spikes. paid $720, asking only $525. 1975 Malibu Classic 350 2 bbl, 3 spd headers, dual exhaust, Pioneer CD stereo and speakers. $600 OBO. Call Capt Miller local 2359. Home: 488-8447.

**10,000 BTU Air Conditioner,** used 2 summers, $350.00 (over $600 new). 4 Continental winter tires on Volkswagon rims - 185/60 R14, $150.00 phone 832-0155.

**Motorcycle for sale 2001** Suzuki GS500E. Blue in colour. Low KM. Asking $5000. 831-8012 Mary-Anne

**Fence - 170 X 4 ft. wooden,** 2 gates and all hardware. $400. Fridge and stove-Viking electric , in good condition (15 yrs old)-$200, OBO for the pair. Dishwasher-Hotpoint, portable,4 yrs old, excellent condition - $200. 1989 Nissan Pathfinder-260,000 kms, needs work-$900 OBO. Tent trailer-2001, Starcraft, sleeps 6, 3-way fridge, indoor/outdoor stove. Awning and 10 ft add-a-room enclosure, Used. -$8900 OBO. Call evenings or weekends 896-5138

**Sectional - 2 pc,** chocolate brown colour with flecks of teal and rose. VGC. Non-smoking home. Asking $575 OBO. Contact Mary, Loc 4165 or 633-1603

**Set of 3 living room tables** (glass top, beige bottom) asking $150.00, worth $1000, very good condition. Call 227-0990 or local 6597

**1/2 carat "princess cut"** diamond ring; sz 8; appraised May 03 at $2900.00 Selling for $2000.00; excellent condition only 3.5 years old. Not worn the whole time. Have all applicable papers on diamond, **1980 Honda Gold Wing Interstate** 1100 cc; full faring, hard trunk and saddle bags, new pipes, new starter, few extra new items since purchased July 1997. Helmets (3), long leather gloves included. Asking $2500 obo. Ph.: 269-1031

**Wooden play structure**, with two swings, tire swing, sandbox area, play fort. Asking $150. Can be seen at 1953 Corydon or call (H) 831-0031 (W) 6095

**Children's Outdoor furniture** - picnic table, lawn chairs and play structure Two mates beds (mattresses not included) - white with drawers and bookshelf Ikea kitchen table and 4 chairs - black/round Ikea corner night table - small/white Opal Oak wall unit, coffee table and 2 end tables Ikea drafting desk and shelving Old Stereo VCR Cell Phone Storage Wall unit - grey with shelves and cabinets Prices are negotiable. Call 488-0501.

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Museum Hosts Traveling Exhibit
The Avro Arrow: A Dream Denied
June 16 - August 18
Come see two new exhibits! **The Avro Arrow: A Dream Denied** explores one of Canada's most controversial aviation projects (ends August 18). The **Avrocar**, Canada's flying saucer, was built during the Cold War with funding from the US military. Our interactive exhibits – **SKYWAYS**, **SPACEWAYS** and **INFOWAYS** are fun for the whole family! Ask about booking birthday parties, meetings and weddings in our unique setting.

Hangar T2, 958 Ferry Road - Winnipeg, Manitoba R3H 0Y8 - Tel (204) 786-5503 - Website www.wcam.mb.ca

# TAROSCOPES

By Nancy

For appointments call 775-8368

**ARIES** (March 21 – April 19): You're more optimistic as you realize how capable you are. You know what you have to offer. Your confidence attracts others. Three significant changes are about to occur. Enjoy what life has to offer.

**TAURUS** (April 20 – May 20): A supportive relationship may seem too quiet because you are used to high drama. Appreciate what you've got. It's not dull, just different from what you've come to expect. Providing love and support are as good as having solutions and answers to problems.

**GEMINI** (May 21 – June 21): Instead of seeking out experts' advise to learn how to redirect or re-energize your career; be your own authority. Search inside and you'll find most of your answers. A past experience is connected to what you do in future. No effort is wasted. You already have what you need.

**CANCER** (June 22 – July 22): Look beyond current trends for universal patterns to use when making long-term plans. Answers are not always obvious. Your money will be well spent if you're investing in an educational opportunity. Take the time to investigate options.

**LEO** (July 23 – August 22): You may have had the best of intentions but you get a negative reaction to something you've said or done. Speak from the heart but be mindful of when your own wishes cloud your logic. Don't apologize just because you think it will ensure you are admired and accepted.

**VIRGO** (August 23 – September 22): Stand up for what you believe in but remember others may have a different opinion. Educating yourself on important issues makes it easier to be sure you've made the right choice for yourself. Friendship is offered by someone from a different generation or location.

**LIBRA** (September 23 – October 23): When travelling, be prepared, but not paranoid, then you can enjoy a calm get-away. Avoid multi-tasking and eat sparingly. Give your body, and mind a total vacation. Even when you're being low key you're the glue that holds a group together.

**SCORPIO** (October 24 – November 21): Relationships improve when you express your feelings sincerely. Lead others, by example, to an understanding of a gentler, respectful, more carrying way to communicate. Being totally open means letting others see your uniqueness.

**SAGITARIUS** (November 22 – December 21): You've matured. You're half way to a goal. Time to start on something new so you can take advantage of the momentum you've been building up. Clarify situations or you'll be the victim of your own illusions, especially when relating to other people.

**CAPRICORN** (December 22 – January 19): Now that you're on an even keel you may want to rock the boat just to initiate new experiences. The calmness seems to unsettle you. Positive feelings and an upbeat attitude can change your life. Be proud of your accomplishments.

**AQUARIUS** (January 20 – February 18): You're changing partners, changing how you see your current partner or the person you're seeing is reforming. Whatever the scenario, you're getting a new lease on love. Your career path isn't running as smoothly as planned. Continue to network and make new contacts.

**PISCES** (February 19 – March 20): Express how you feel. Be yourself, even if you fear the reaction it brings. A desire for stability may have made you refrain from speaking up. Really pay attention to what happens in response to your disclosures. The chain of events that follow will determine your next move.

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