THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg
AUGUST 27, 2003 VOLUME 51, ISSUE 14 FREE

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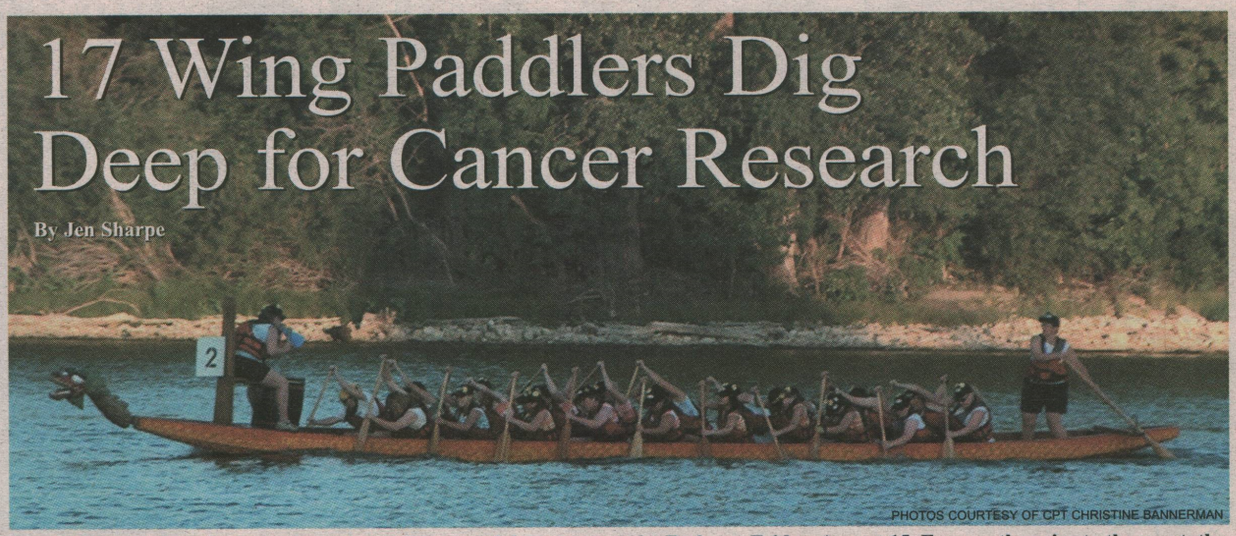
17 Wing Paddlers Dig Deep for Cancer Research

By Jen Sharpe



PHOTOS COURTESY OF CPT CHRISTINE BANNERMAN

The MFRC Dragon Boat team shows its stuff in one of three races at the Forks on Friday, August 15. For months prior to the event, the team conducted dry-land training to perfect their technique and improve their performance.

For most Canadians, a lifetime's paddling experience might consist of a few trips around the lake in a canoe. As a calming, relaxing summertime activity, canoeing is a far cry from the paddling experience enjoyed by 25 MFRC staff, volunteers, and friends in a Dragon Boat at the Forks.

Not only would the huge and heavy Dragon Boats eclipse a canoe on the water, the MFRC Dragon Boat team—the Paddle Pushers—would engulf any casual canoeist with its enthusiasm and competitiveness. Thankfully, that positive energy is being put to good use—all funds raised by the Paddle Pushers are helping to fight breast cancer in Manitoba.

"It's been a completely positive experience," Paddle Pusher Linda Belisle, team manager, says. "We started training in May for the team and we've had people come and go.

Please see **Paddle Pushers** *on Page 2*

Wing Commander and Wing CWO Looking Forward to Three Years at Wing

By Jen Sharpe

At a Change of Command ceremony July 17, people of all ranks, ages, and professions welcomed new Wing Commander Col Steff Kummel and new Wing Chief Warrant Officer CWO Claude Parent to the 17 Wing Community. Since that day, both men have been busy acquainting themselves with new surroundings, new staff, and new responsibilities.

Although the past month has been a busy one, Col Kummel and WCWO Parent don't doubt the upcoming three years will be even more hectic. With major relocations and construction projects in the near future, the Wing Commander and his right-hand man are prepared for the challenges that lie ahead.



Wing Commander Col Steff Kummel



Wing Chief Warrant Officer CWO Claude Parent

"When Col McLennan was here, I would describe his tenure as a design and preparation era," Kummel explains. "I see myself operating in the transition/implementation mode for my three years, and whoever takes over from me will be doing the final adjustments and changes."

Some of the major projects the Wing will implement over Col Kummel's term are moving 2PPCLI to Shilo, constructing new logistics and Wing TIS complexes, as well as consolidating various south side units to the north side.

Please see **Wing Commander** *on Page 3*

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continued from Cover

Paddle Pushers no Pushovers: Digging Deep for Cancer Research



The MFRC Dragon Boat team –The Paddle Pushers– prepare to race at the Forks in support of cancer research. The 25 team members had a great time raising money for the cause.

People had to leave for certain reasons and we've had no problem finding replacements for the team."

With 20 paddlers, one steerperson, one drummer, and three alternates, training required a lot of coordination on all parts. The team met once a week for "dry land training" at Building 90: two benches stood in for the 44-foot boat and broomball or hockey sticks replaced the paddles.

Having participated in the Dragon Boat festival before, Belisle knows that one of the challenges of the race is getting proper paddling technique. "You have to make sure the paddle is very close to the boat as opposed to out away from it. And once you start rowing you start rocking and that helps the boat to move as well."

Although two significant aspects of the race—the boat and the water—are missing in dry land training, team rookie Amy Martell found the sessions useful and fun. "Keeping cadence with everyone was tough at first but it has really helped. We're a lot more coordinated than when we started."

While training was helpful, Belisle emphasizes that there are always surprises and changes on race day. "It's a lot different when you're in the actual atmosphere of the race because of the whole ambiance of everything. There are 135 teams around you, and you're there 45 minutes in advance. Your team lines up in the order you go in the boat and everyone gets pumped up with chants. It's contagious."

Because the experience has been such a good one, Belisle anticipates that many of this year's team will return next year. "I spoke to all the paddlers and so far they all want to come back. They can't wait to do it again."

First timer Alex Tremblay says the experience is one she couldn't pass up in the future. "It has been a good experience and great to get to know more people," she said. "Pushing yourself for a great cause is really rewarding."

As part of their fundraising activities, the Paddle Pushers received donations in the memory of loved ones or in celebration of those who survived the disease. The names were sealed in a box and joined the team on all of its races.

It is with efforts like this that the Paddle Pushers show their commitment to the cause. "You dig deep, literally and figuratively, because the way we look at it is that we're only on the boat for two minutes and if we can contribute to this disease in two minutes then that's the least we could do," Belisle concludes. "The people we're helping have to endure more than two minutes of pain and stress, so we try to focus on that."

The Canadian Cancer Society Manitoba Dragon Boat Festival Race was August 15 to 17 at the Forks. The Paddle Pushers participated in four races and enjoyed every second.

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Astronaut Col Chris Hadfield Presents on Space Travel, NASA



Col Chris Hadfield (centre) presents CFSSAT CO Maj Carolyn Shaw and CFSAS CO LCol Curt MacFarlane with commemorative collages representing his aerospace accomplishments. The Canadian flags in the collages accompanied Hadfield on an actual space mission. Col Hadfield was at 17 Wing June 3rd to make a presentation on space travel, NASA, and his future plans. While at the base, he toured CFSSAT facilities and was briefed on the school and its duties.

PHOTO CREDIT CPL JOHN BRADLEY, WING IMAGING

continued from Cover

Wing Commander, Wing CWO...

"A lot of these projects have been on the books and planned for some time, and now it's just starting to happen."

Having been recently based in Oklahoma City and, as a result, losing touch with Winnipeg issues, WCWO Parent is also excited about the major changes happening over his term and impressed by the direction the base is moving.

"There are so many things that have happened over the last four years here in Canada and specifically here in Winnipeg," WCWO Parent says. "Historically, at least what I've seen in my career so far is a lot of downsizing, a lot of buildings being destroyed. Here it's going to be rebuilding and new buildings."

"There's a lot of coordination, there's a lot of integration and timing," Col Kummel adds, "but at the same time, we have to keep doing our day-to-day business. We're not allowed to just say, 'Okay, I just want people to do the move.' We still have to do the flying, the training, the support services for all the outlying areas."

It is for this very practical reason that both the Wing Commander and the Wing CWO are focused on keeping people happy in a functional, efficient workplace. The key to success, they both say, is ensuring people enjoy coming to work.

WCWO Parent's motto, he says, is to "treat people the way you would want to be treated. Treat people with dignity and they will treat you with dignity."

"I think our greatest resources are people," WCWO Parent continues. "You can replace equipment, but if something happens to people you just can't replace them."

Deployments are an especially sensitive time for all military community members, and both Col Kummel and WCWO Parent recognize the importance addressing the issue. When military members or staff are deployed, for instance, those staying on base are often left to take on new duties and pick up the slack.

"I think our biggest challenge is making sure that people who are staying back still have a good quality of life, are not overworked, and that the job still gets completed," WCWO Parent says. "It's going to be hard to keep these people motivated because they not only have to do their job but also that of the person that's deployed."

The Wing Commander agrees and adds that all the attention should not be exclusively on those deployed.

"There's a lot of people on this Wing that are deployed, and because they go there's a lot expected of them," Kummel explains. "Because we're not manned everywhere to 100%, when people go and you take away from a small organization, there's a lot you're expecting from people who stay behind. Those people don't always get the recognition they deserve."

"That's something I want to work on with the Wing Chief. What's the impact here and what can we do to resolve it? If that's one of the things you can't resolve then at least you're recognizing it and you're supporting the people who stay behind and the work that they do."

With nearly three full years to accomplish this goal and many others, Col Kummel is eager to learn about the issues and brainstorm solutions with those involved. "I'm looking forward to meeting the people and getting to know the operations in more detail," he says. "The units I do know about are impressive, but there are other ones I have yet to go and visit."

"As the Wing Commander, I have a lot of opportunities to represent the base and the Wing at other venues. I want to be able to speak firsthand about the activities we're doing, everywhere from dealing with other elements of the military to working with the local community."

"I'm looking forward to getting out and meeting our personnel and getting to know their jobs better," Col Kummel concludes. "It's been a busy summer, it's going to be a busy fall, and I know Chief Parent and I are very much looking forward to doing what we can for everyone."

CFS MET Graduates New Weather Briefers

By: WO Rick Carleton, Course Coordinator

It was a special occasion on June 26th at CFS Met, as ten students graduated from QL6A 0301. For these students, what seemed like an eternity, the light at the end of the tunnel was finally in sight, and smiles were aplenty as each student accepted their graduation certificate. This is a major step that will lead to new roles in their military careers.

The aim of the QL6A course is to train Meteorological Technicians to prepare and provide detailed environmental briefings as well as providing technical meteorological information in support of military operations. Over one third of the course is devoted to practical operations, while another third is devoted to practical exercises composed of preparing and presenting weather briefings. The use of audio-visual equipment, along with a high instructor to student ratio is required to ensure success.

Subjects taught include theoretical and applied meteorology, analysis, and interpretation of weather data including satellite, lightning and radar information, presentation techniques, and climate presentation. Upon successful completion of this course, the graduate is eligible for promotion to Sargeant and a posting as a weather briefer supporting air or land missions.

During the ceremonies, we had the pleasure to present MCpl Dave Snyder of 19 Wing Comox with the Canadian Forces School of Meteorology "Certificate of Achievement," for obtaining the highest academic mark.

All the graduates should be commended for their hard work, dedication and superb performance in successfully completing this training.

Wrapping up the graduation ceremonies, CWO B. Roy (CFSMET SCWO) had the distinct pleasure to present a small token of appreciation to Col D.C. McLennan on behalf of all Meteorological Technicians in the Canadian Forces for his superb guidance during his tenure as our trade advisor.

As for the staff at CFS Met, we are looking forward to taking a well-deserved break and enjoying what is left of another fantastic Winnipeg summer.



PHOTO TAKEN BY CPL JULIE WHYTE, 17 WING IMAGING

Front Row L-R: CWO Roy (SCWO), CWO Emond (17 Wing CWO) COL D.C. McLennan (17 Wing Commander), Mr Redekopp (COMDT), WO Carleton (CC). Middle Row L-R: Mrs. Paola, (TSU LEAD) MCpl Lundrigan, Ms. Hasell (Instr), MCpl Siegnerschmidt, MCpl Trembley, MCpl Miron, MCpl Snyder, Mr. Richard (Instr), Mrs. White (Instr). Back Row L-R: MCpl Pothier, Sgt McLellan (Instr), MCpl Keeping, MCpl Stubbs, MCpl Chafe, MCpl Bailey, Sgt Arsenault (Instr).



17 Wing Community Recreation

Pool Safety Guidelines

Pool

- Children 7 & under must be within arms reach of a Parent/Guardian/Caregiver at all times unless they are wearing a lifejacket or have completed two lengths of front crawl in the main pool
- Children 8 & 9 years old must have a Parent/Guardian /Caregiver with them in the pool area at all times.
- Children 10 & 11 years old must have a Parent/ Guardian /Caregiver, in the facility (Building 90 & Lipsett Hall) that is responsible for the child's supervision and have informed the lifeguard where they will be.
- To swim in the deep end children under 12 must: Complete two lengths of front crawl; or wear a lifejacket at all times; or be accompanied by a Parent/ Guardian/Caregiver.
- Children 2 & under must wear leak proof swim pants at all times.
- All persons must shower before entering the water.
- No food, candy or gum is permitted in the pool area.
- Use of inappropriate language or behavior will not be permitted.
- Persons with open sores or communicable diseases are not permitted to use the pool(s).

Hot Tub

- A Parent/Guardian/ Caregiver is to accompany children under 12.
- Respectful behavior is expected in the hot tub:
- Sitting quietly on the bench: no splashing, floating or swimming allowed.
- Children must be 4 years and older to enter the hot tub.
- Children 3 and under are not permitted into the hot tub, although they may sit along the edge with their feet in the water if they are accompanied by a Parent/ Guardian/Caregiver.
- Toys and lifejackets are not allowed in the hot tub due to chlorine.
- Pregnant women, or people suffering from heart / blood pressure conditions should consult a physician prior to entering the hot tub.
- A time limit of 15 minutes is recommended in the hot tub for health reasons.

Ratios

- Children 7 & under: 1:4 One Parent/Guardian/Caregiver in the pool to four children.
- Children between 8 and 11 years old: 1:8 One Parent/Guardian/Caregiver in the pool area to eight children
- A Caregiver is defined as someone 14 years of age or older.

The lifeguards have the right to allow or prevent access to any part of the pool or the pool in its entirety should there be any safety concerns regarding the patron's use of the facility.

Fall Schedule Lipsett Hall Pool

September 1, 2003 - November 30, 2003

Casual Swim

Tuesday and Thursday	1830 - 2030
Saturday and Sunday	1300 - 1500

Lap Swim

Monday to Friday	1130 - 1300

Holidays

September 1, 2003	Casual Swim 1300 - 1500
October 13, 2003	Casual Swim 1300 - 1500
November 11, 2003	CLOSED

Swim Lessons

Saturdays	September 13 - November 15, 2003
	0900 - 1230

Fall Schedule Building 90 Pool

September 1, 2003 - November 30, 2003

Casual Swim

Monday and Friday	1730 - 2000
Wednesday	1930 - 2100
Saturday and Sunday	1300 - 1600

Lap Swim

Monday to Friday	0630 - 0730
	1130 - 1300
Tuesday and Thursday	1500 - 1600
Monday and Friday	2000 - 2100
Wednesday	2100 - 2200
Saturday and Sunday	1600 - 1700

Aqua Fit

Tuesdays and Thursdays	1830 - 1930
(Begins September 9, 2003)	

Parent & Tot

Wednesdays	0930 - 1130

(Begins September 10, 2003) Please note you must purchase an activity pass from the Community Recreation Office for this program.

Holidays

September 1, 2003	Casual Swim	1300 - 1600
	Lap Swim	1600 - 1700
October 13, 2003	Casual Swim	1300 - 1600
	Lap Swim	1600 - 1700
November 11, 2003	CLOSED	

Swim Lessons

Tuesdays	September 9 - November 18, 2003
	1730 - 1930 No class Nov. 11
Wednesdays	September 10 - November 12, 2003
	1730 - 1930
Thursdays	September 11 - November 13, 2003
	1730 - 1930
Saturdays	September 13 - November 15, 2003
	0900 - 1230

Fall 2003 Swim Lesson Registration

Swimming lesson registration will begin on Tuesday August 26, 2003.

To register call Elaine at ext. 5976 to pay by credit card or stop by the Community Recreation office in the Westwin Community Center to pay by cash, cheque, Interac, or credit card.

For further questions about the 17 Wing Aquatic programs or to book a skill assessment for you or your child, please call Dana Hinkema, Aquatic Supervisor, at ext. 7013.

If you are having trouble keeping up with your children or just want to refresh some old skills, we will be offering a brand new Adult Swim Lesson Program. Classes are half hour in length and will run Monday evenings from 2000 - 2030 and 2030 - 2100. This new program consists of four levels. The first level will help beginners learn to float and glide. Level two will teach front crawl, and back crawl. Levels three and four will teach whip kick, breaststroke, sidestroke and will work towards increasing endurance.

We will also be offering a wide variety of advanced life saving and life guarding classes. Starting in September, a Bronze Medallion / Bronze Cross class will run at Lipsett Hall. These courses are the first step to becoming a certified lifeguard. Participants must be 13 years of age before registering in Bronze Medallion. If you are interested in becoming a lifeguard, but are under 13, register for our Junior Lifesaving program. This class is a great introduction to lifesaving skills for children between the ages of 10 - 15. The focus of this course is primarily lifesaving but swimming endurance will be practised as well.

An N.L.S. course will be offered in October with dates to be announced. To register in this class, you must be at least 16 years old and have a current Bronze Cross.

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Yamaska Native Appointed Division Chief Warrant Officer

WINNIPEG- Chief Warrant Officer (Joseph Jean-Guy) René Couturier has been appointed Division Chief Warrant Officer for 1 Canadian Air Division/Canadian NORAD Region (1 CAD/CANR). He was welcomed to 1 CAD/CANR at a ceremony Monday in Winnipeg, Man.



Governor General Adrienne Clarkson congratulates CWO René Couturier on his recent appointment.

As the Division Chief Warrant Officer, Chief Warrant Officer Couturier is the senior Chief Warrant Officer in the division and is responsible for advising the Commander on matters affecting the conditions of service of Non-Commissioned members (NCMs) assigned to 1 CAD/CANR. Chief Warrant Officer Couturier staunchly repeated that his primary role is to serve the men and women of the air force, particularly the NCMs and that he will bring his insights and those of the troops to the Commander of 1 CAD/CANR.

Born in Yamaska, Que., Chief Warrant Officer Couturier joined the Canadian Forces in December 1974 as a Communication System Technician. Before his posting to 1 CAD/CANR, Chief Warrant Officer Couturier was appointed Chief Warrant Officer of Air Command Professional Development and Training Centre at 16 Wing Borden, Ont. in March 2001.

"My original aspirations were to achieve the rank of Chief Warrant Officer," said Chief Warrant Officer Couturier. "Everything else has come from facing new challenges, and then always wanting more." Described by Maj-Gen Marc Dumais, Commander 1 CAD/CANR, as "young, dynamic and intelligent", Chief Warrant Officer Couturier said he looks forward to voicing his opinion in the interests of NCMs and the air force as a whole.

In his response to the welcome offered by Maj-Gen Dumais, Chief Warrant Officer Couturier pledged, "I commit to the air force 100% I will be here!"

After 28 years with the Canadian Forces, Chief Warrant Officer Couturier has had a varied and respected career that qualifies him as a worthy and effective spokesman for all NCMs organized under his leadership.

Regional Cadet Support Unit (Prairies) Receives Unit Badge



Friday July 4, 2003 marked an historic occasion as the Chief Herald of Canada, Mr. Robert D Watt, presented Major General M.J. Dumais Commander Prairie Region and Lieutenant-Colonel S.N. Marcotte Commanding Officer of the Regional Cadet Support Unit (Prairie) with their official unit badge.

The unveiling ceremony took place at the Officers' Mess, 17 Wing Winnipeg. In attendance were representatives from the Cadet Detachments, members of the Sea, Army and Air Cadet Leagues of Canada and staff members of RCSU (Pra).

Badges celebrate the achievements and the roles that the members of a unit play in their service to Canadians. The RCSU (Pra) badge concept was initially designed by Captain B.H. Kiecker, a staff officer with RCSU (Pra) and features a stylized representation of the mountains and wheat fields of the great Canadian prairies, along with a Bison to symbolize the richness of the natural Canadian landscape. The badge bears the inscription, "SUBSIDIUM FUTURORUM DUCUM" or "A Support for Future Leaders".

Military badges are approved as an honour from the Crown of Canada.

Her Excellency the Right Honourable Adrienne Clarkson, Governor General and Commander-in-Chief, heads the Canadian Heraldic Authority.

The Regional Cadet Support Unit (Prairie) was officially established on 1 August 2000.

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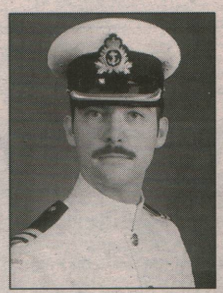
« J'ai commencé mes études à la Téluq en 1992; j'étais alors inscrit au certificat en administration. La Téluq m'a permis de poursuivre ma formation tout au long de mes affectations à travers le Canada et mes déploiements en mer, et ce, en français dans un milieu anglophone. Après avoir accumulé 45 crédits, j'ai été choisi comme candidat au programme de formation universitaire de un an de la Marine. Ce programme m'a permis d'obtenir mon baccalauréat en administration des affaires, par cumul, en 2002. J'ai trouvé l'expérience très valorisante et j'encourage toutes les personnes intéressées à faire comme moi ! »



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CFSAS Change of Command

by Maj Greg Nichols, CFSAS, ext. 5071

The 27th of June 2003 marked a milestone in the continuing evolution of the Canadian Forces School of Aerospace Studies (CFSAS). The highly respected Commandant for the past three years, LCol Curt MacFarlane, relinquished command of the unit in a bittersweet ceremony held at the 17 Wing Officer' Mess. The Wing Commander thanked LCol MacFarlane for his significant dedication and ability, noting that he had indeed "moved the yardstick" appreciably.

LCol MacFarlane spoke of the great times that he enjoyed at CFSAS. While clearly sad to be leaving the position which he has put his whole heart and soul into for the past quarter of a decade, he was also happy and optimistic to have been chosen to lead the initial cadre for the implementation of the new CF Aerospace Warfare Centre (CFAWC). He and his staff will address the many exciting challenges involved in establishing the framework for this new unit.

The CFAWC will become the centre of expertise for CF aerospace warfare knowledge, with responsibilities ranging from doctrine and concept development, to exercise analysis/lessons learnt and experimentation.

Planning to date, calls for the formation of the CFAWC during FY 04/05 which would include the existing CFSAS resources and mandate, under the command of a Colonel with a detachment collocated with the Canadian Forces Experimentation Centre in Ottawa.

LCol Doug Neill assumed command of CFSAS during the ceremony, which was officiated by the 17 Wing Commander, Col McLennan. LCol Neill was obviously pleased to have been selected for this opportunity, speaking fondly of the challenges and rewarding experiences that he anticipates in the years to come.

No stranger to CFSAS, LCol Neill graduated from the highly demanding, year long Aerospace Systems Course (ASC) at CFSAS in 1990. His wide breadth of operational and training related experience as well as his academic credentials makes him highly qualified to lead CFSAS. The unit's diversified training and education mandate includes basic and advanced courses in officer development, electronic warfare, and space applications, as well as the graduate level Aerospace Systems Course.

In addition, having spent the past two years in A7 Business Management and Requirements at 1 CAD HQ, it would be fair to say that LCol Neill has a better than passing familiarity with CFSAS and its support and command entities including 17 Wing, 1 CAD HQ and CAS. The ceremony was well attended. LCol Neill was very pleased to have many members of his family in attendance, in particular his parents, his wife Kate and children Kyle, Kaylee and Cameron. The Neill family was treated to a tour of CFSAS lead by its new commandant in the afternoon following the ceremony.

PHOTO COURTESY OF MAJ GREG NICHOLS, CFSAS

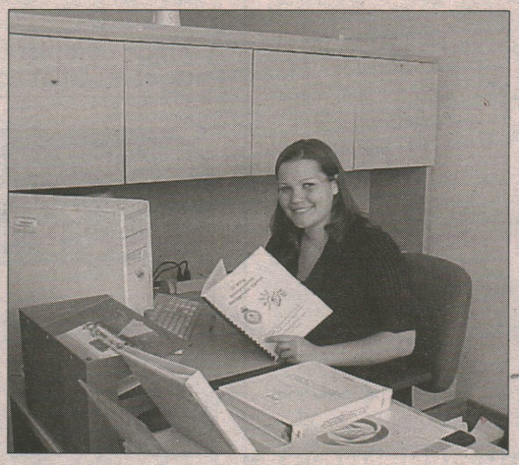


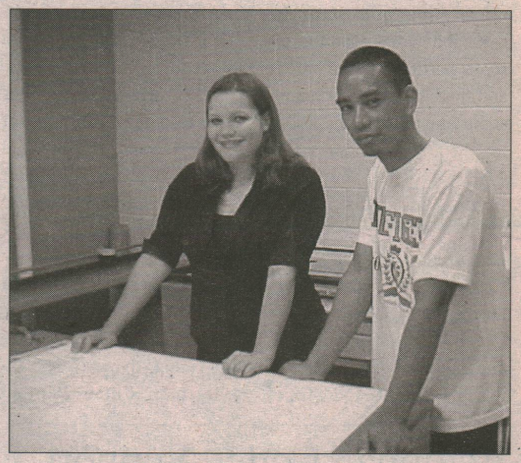
(L-R): LCol Neill (incoming Cmdt), Col McLennan (W Comd) and LCol MacFarlane (outgoing Cmdt)

The staff of CFSAS were also privileged to have the 1 CAD HQ A4, BGen McCabe and his wife Sandra, the CFSAS Honourary Colonel BGen (Ret'd) Sharpe, the 17 Wing Comd designate Col Kummel and his wife Jackie, the 17 Wing Honourary Colonel HCol Van Ruiten and his wife Arlene, and the 17 Wing CWO, CWO Emond in attendance.

Wing and students benefit from summer positions

By Jen Sharpe





The leaders of tomorrow are working here today.

Over 40 secondary and post-secondary students are working in a variety of fields at 17 Wing this summer, and, according to Student Employment Placement Coordinator Amber Lutz, that bodes well for both sides of the employment fence.

"Right now, and within the next few years, there are a large number of retirements happening and a large number of positions opening up," she explains. "Introducing students into the federal government or into DND early on and as a student provides them with an impression of what it would be like to work in the federal government and hopefully persuades them to choose us when they're done school."

"From a student perspective," Lutz continues, "the experience is invaluable." Due to the student-bridging program—where managers have the option of directly hiring previous students—summer students have an advantage over their fellow peers and graduates.

"It's also beneficial for the managers because they don't have to go through interviewing fifty people. They already know what you're capable of doing, and you can obtain a position you're already trained for and good at."

Technically, there are more than 40 students at the Wing this summer, many of whom work directly for specific units. Whereas the wages for those students are paid entirely by the units themselves, the 40 students of which Lutz speaks are paid through a $130,000 program set up by the Wing.

"(The Student Employment office) priority for funding... was on hiring students that are going to be working in their field of study and have a potential to come back to the DND," Lutz says.

Most of Lutz's summer students come from local universities and colleges. Because those students are looking for experience in their field of study, not all Wing units were able to tap into the $130,000 funding provided for student positions. Some vital positions, for general labourers or lawn mowers, for example, are not covered for that reason.

Although summer students Dennis Rodriguez and Brandi Vezina only started their positions in mid-June, both say their limited experience on base has been a good one.

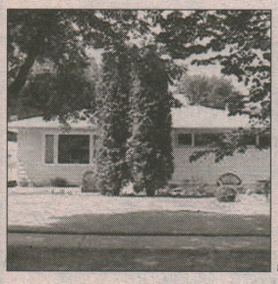
"The people are really nice," Vezina says.

"It's a nice environment to learn in," Rodriguez adds, "They don't pressure you."

Both students are working with Wing Construction Engineering. As a Civil Technology student at Red River College, Rodriguez will be surveying buildings on base and around the province; as an Environmental Sciences student at the University of Manitoba, Vezina will be assisting in various Wing environmental projects involving above ground storage tanks, hazmat, and ground water monitoring.

Lutz is herself a summer student working towards her degree in Commerce at the U of M. At a Meet and Greet June 18, she praised the Wing work environment and thanked all her coworkers for the support they have given her.

"I've been treated like a real employee," Lutz said. "I've been given real tasks to do and I'm sure all students will agree the experience has been invaluable."



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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!

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Dress: Casual

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

HCol Joe Sharpe Proudly Waves CFSAS Banner

By Jen Sharpe

When classes start up again at the CF School of Aerospace Studies (CFSAS) in September, students will have some new faces to guide them through their studies.

With the availability afforded by an office down the hall, new CFSAS Commandant LCol Douglas Neill will have a hand in the daily lives of students by overseeing school functions, events, and issues.

In contrast, with an office in Ottawa and a busy job with the Ombudsman, new Honourary Colonel BGen (ret) Joe Sharpe will have a different but just as powerful influence on the lives of students. As the high profile face of the Croatia Board of Inquiry and former Director General Air Force Development, he is a CFSAS success story and a powerful international voice for the school.

Having assumed the role of Honourary Colonel April 1, HCol Sharpe is still getting used to the position and his duties. However, he has no problems with what has been asked of him, and the school has no doubts about choosing him as their representative.

"He has an understanding of the academic side and how it relates together with military operations," former CFSAS Commandant LCol Curt MacFarlane explains. "That's a perfect fit for not only coming back to the school and providing advice but also taking what the school is doing and making presentations to people who may not know anything about us."

"Who better would know what we're here for and what we're really here to do?"

HCol Sharpe says he was "surprised and pleased" to be offered the position as Honourary Colonel and is proud to represent CFSAS at home and abroad.

"I will do whatever they want me to do. I see it from this end as being a lobbyist for the best interests of CFSAS. . . It's my job to see that CFSAS's horn gets honked at the appropriate level and at the appropriate volume."

As the very first CFSAS Commandant in 1987, HCol Sharpe is a high-ranking, highly respected graduate of the school with, according to LCol MacFarlane, an expertise that is really beneficial to the HCol position.

"High profile is a really nice thing to have, something all the unit can really relate to. Everybody is aware of what BGen Sharpe's background is and the morals and ethics he brings to the table."

HCol Sharpe also brings significant personal and professional contacts to the table, people with which he has already begun discussing CFSAS issues and accomplishments. "I think it's important to maintain that contact, to bring CFSAS into everyday conversations with Air Force folks and industry people."

According to HCol Sharpe, CFSAS is especially relevant in today's aerospace industry because it represents an investment in the future through education.

"The continued association with the school is an important strategic element of the Air Force," he explains. "CFSAS deals with the future while many things are reactive and deal with the short term. CFSAS is strategic and we don't have enough of that."

For LCol MacFarlane, HCol Sharpe is not only passionate about education and aerospace advancement but he's also "articulate, intelligent, and down to earth."

"He's also got an excellent sense of humour. I think that that type of approach makes him that much more approachable."

Because LCol MacFarlane and his colleagues were so confident HCol Sharpe was perfect for the job, they were able to convince NDHQ in Ottawa to waive certain rules regarding Honourary Colonel appointments. Officially, HCols must be retired for at least three years before assuming the position; having retired in April 2001, HCol Sharpe was only two years into his retirement when he received the call.



HCol Sharpe and Maj-Gen Dumais

"When we put forward the application, we had to provide the justification on why he is the individual we would want to have as CFSAS HCol," LCol MacFarlane explains. "I think the merits of BGen Sharpe's character and his accomplishments were why the Chief of the Air Staff knew of the appropriateness of what we were asking and continued with his application."

And HCol Sharpe couldn't be more pleased with his appointment or more proud of the school and what it does.

"[CFSAS] is probably as influential as taking a 90 degree turn to go in a completely different direction," he says. "It's like someone raises the blinds in the window and shows you that it's not just about jumping in the cockpit, strapping in, and taking off. You are awakened and you realize that the military is a complex, interrelated process. It converts people from flyers to professionals."

"Going to CFSAS was absolutely the most important thing that's happened to me and the people I know. It's like learning to read."





Sniper Success

By Corporal Sean Maraj, 2PPCLI Battle Group
PHOTOS BY SARGEANT CAROLE MORISSETTE



A spotter guides the shooter on target during a multinational sniper competition held in Glamoc, Bosnia. These soldiers are members of the NATO Stabilization Force (SFOR) peace-support mission to Bosnia, and 1,200 Canadians are part of the operation under the mission name of Operation Palladium.



A sniper takes aim during a multinational sniper competition held in Glamoc, Bosnia. The Netherlands won the long range and 1st prize as well as the overall top spot of the competition. Canada, who hosted the event, placed second.

Glamoc B. H. - If it's true that a sniper can stop an entire army, then a Dutch sniper must be an enemy soldier's worst nightmare.

In a recent competition, snipers from Canada, France, Netherlands and Spain took part in a three day event held this summer aimed at testing the various skills required to be an effective sniper as well as providing the opportunity for an exchange of information and skills from different countries. At the end of the competition, top honours went to the Dutch team which took the prize in the long range competition as well as finishing as the best overall team.

According to one Warrant Officer of the Canadian Second Battalion, Princess Patricia's Canadian Light Infantry Battle Group, and one of the key organizers of the event, the competition was designed to not only test the skills of the participants but also to help provide an invaluable learning opportunity.

"The main goal of this is to get snipers from various countries together and just exchange the way we do things with each other," he said.

The competition itself consisted of several different aspects which included a stalking exercise, a long range shoot, a multi-target engagement, a pistol shoot, a spotter's shoot as well as a timed stress shoot. Each part of the competition looked at how well participants were able to use the most vital skills of their trade.

Members of the Dutch team, whose names and identities cannot be revealed for security reasons, were very happy with their performance in the competition and thought that overall they walked away with much more than when they came.

"It went very [well]," the lead shooter for the Dutch team said. "We learned a lot of new things and the experience was good."

The Canadian team finished second in the overall team competition but a member of the team thought that they could have done better. Members of the team also face the same security restrictions as their Dutch counterparts, and for these reasons their identities cannot be revealed.

"Overall it wasn't too bad," the Canadian sniper said. "The first two days we shot well, the last day wasn't so great. If we had more range time we could've done better."

The Canadian sniper agreed with his counterpart on the Dutch team that overall the competition's real strength was in allowing the various teams to gain more experience and learn new skills.

"Absolutely [this was a good experience]. When you work with other countries you learn different techniques and see different levels," he said.

At the end of the day, Nicholson was very pleased with the way the competition turned out and thought that all the teams did well. He also noted that some of the teams faced added difficulties but were able to improvise and finish strongly.

"I think it went very well. The winning team did as well as I expected them to do. The events are very difficult and are not designed to be easy. They are designed to test all the skills snipers have," he said. "The Spanish didn't have their equipment and they did a great job."

Both members of the winning firing team for the Dutch pointed out that while they were happy with their performance, they thought that the learning experience of seeing other countries at work was the real prize of the competition.

"[We are] 100 per cent more experienced, we saw other countries and shared some experiences with the other snipers - [It was perfect]," the spotter of the Dutch team said. "[I] would come back definitely. I could do this for six months. This is the best thing we've done since we've been here."

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Processes of Peace

Combating intimidation, providing over-watch for elections, and participating in the management of refugees are typical peace-support efforts Canadian soldiers have been involved with in the Balkans for more than a decade. Some 12 years after UN forces first struggled to saves lives in the Former Yugoslavia, these tasks remain, albeit with somewhat altered targets.

The NATO-led Stabilization Force (SFOR) mission of maintaining a safe and secure environment now seems a matter of quiet routine, with the clear intent of achieving a lasting peace without any further need for NATO-led forces in Bosnia. Other international organizations are beginning to leave Bosnia and Herzegovina, with or without exit strategies. The lead on the future of Bosnia is now less SFOR and more the UN Office of the High Representative (OHR). For this transition to be possible, it has taken the combined efforts of all nations of SFOR, and included in that the significant contributions of more than 40,000 Canadian soldiers since 1991.

"Our work today may not have the visible, exhilarating success of a quick attack or a left-flanking, but there is undeniable progress," said Lieutenant-Colonel Mike Day, Commanding Officer of the Second Battalion, Princess Patricia's Canadian Light Infantry Battle Group currently in Operation Palladium, Rotation 12. "Our soldiers should feel proud that they have made a difference and deserve to be recognized for their contribution to peace."

In this environment, the 2PPCLI Battle Group is now focussed on reinforcing key local processes that must become ingrained before the nation has a fighting chance to keep the peace on its own. And contrary to what one might expect, these tasks are requiring solid peace-support soldier skills such as maintaining vehicle checkpoints, cordon-and-search operations for weapons caches, and focussed presence patrolling.

It is widely accepted by the international community in Bosnia-Herzegovina that the current greatest threat to a safe and secure environment is not the actions of former warring factions, but the presence and strength of crime and corruption. Thus, the 2PPCLI Battle Group and with the support of specialized SFOR units routinely support the European Union Police Monitors (EUPM) and the local police in their efforts to maintain the rule of law within the Canadian area of operations. It can be difficult for the local police and judicial system to risk the physical intimidation threatened, or to ignore the financial benefits offered by the criminal element. So through coordinated, intelligence-led operations, the physical presence of SFOR is backing up local police efforts. Particularly in the area of Bihac, this is allowing the local police and judicial system to work towards a safer and just society.


PHOTO BY SERGEANT CAROLE MORISSETTE

Perduhovoselo, Bosnia-Herzegovina. A patrol from the Second Battalion, Princess Patricia's Canadian Light Infantry Battle Group visits local residents in the town of Perduhovoselo. L to R: Sgt Grant Greenhall, 2 local residents and Translator Elma Kovacevic. OP Palladium is a NATO peace-support mission and Canada's contribution to peace in the Balkans.


PHOTO BY MASTER CORPORAL ROXANNE CLOWE

Velika Kladusa, Bosnia-Herzegovina Members of C Squadron, Lord Strathcona's Horse (Royal Canadians) conduct patrol and surveillance tasks throughout the Canadian area of responsibility and in Multinational Brigade (Northwest) in Bosnia-Herzegovina.


PHOTO BY MASTER CORPORAL ROXANNE CLOWE

Bihac, Bosnia-Herzegovina. Soldiers of the Second Battalion, Princess Patricia's Canadian Light Infantry work together on operations in support of the rule of law, a vitally important pillar of a safe and secure environment. About 1,200 Canadian soldiers are deployed in Bosnia on Operation Palladium, a six-month NATO peace-support mission.

Elections are now routinely held at the municipal, cantonal and national levels without expectation of violence. However, corruption, obstructionism and intimidation remain the tools of many would-be politicians. Thanks to strong information gathering, well-placed and timed offers of Civil-Military Cooperation (CIMIC) assistance, and the will of the OHR to compel action, communities such as Bos Grahovo can now get on with the business of local governance.

With respect to refugees and displaced persons, the Canadian Battle Group has a history of correcting inflated expectations of returnees within the Canadian area of operations, or encouraging international organizations to act where threats to a safe and secure environment are developing. Despite the slowing of the return cycle of displaced persons, refugees and evacuees (DPREs), there remain pockets of concern, particularly in the refugee camps around Bos Petrovac. With the coming closure of these camps, which house refugees from a variety of nations, the UN High Commission for Refugees (UNHCR) still has work to do. In a very familiar pattern, the Canadian battle group remains an important information link in bringing to light potential but unexaggerated threats that can arise from a surge of refugees. And the Battle Group quietly encourages the international community to put into place practices which local governments can execute long after the UN and SFOR are no longer integral players in the nation's internal affairs.

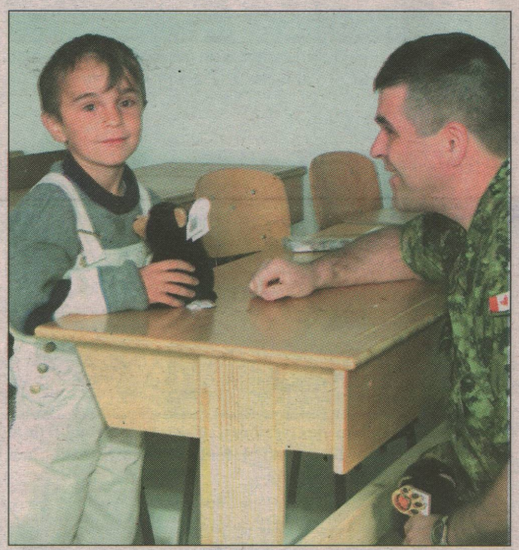


PHOTO BY MASTER CORPORAL ROXANNE CLOWE

Velika Kladusa, Bosnia-Herzegovina. Petty officer 2nd Class Barry Harris of Edmonton presents a 'twin' bear to a child at Sestanovac School in Velika Kladusa, Bosnia. Each student was given a bear donated by a Canadian, while the bear's twin stayed with a child in Canada. The bears were distributed as part of the Civil Military Cooperation program at a school that had been repaired by soldiers from the National Support Element over the past several months.

Peacekeeping is an all encompassing word that has come to represent a precise concept in the minds of Canadians in the 20th century – its boundaries in Peace Support Operations, however, are not so precise. As the overall mission in Bosnia has evolved with the combined efforts of many international and regional political, economic, police and military organizations, the tasks of Canadian soldiers have also evolved. So much has changed, but true peacekeeping work remains, and Task Force Bosnia-Herzegovina will continue to carry out its mission with pride until ordered to stand down from the task of ensuring a self-sustaining peace in Bosnia.

435 Squadron (T& R) Promotions

CREDIT – CPL JULIE WHITE, 17 WING IMAGING



The following 435 (T&R) Sqn personnel were presented their CD 1 by LCol Latouche, CO, accompanied by CWO Ron Martin, SCWO: (L to R) CWO Martin, Sgt Johnson, LCol Latouche, Cpl Babineau, Cpl Reykdal, Capt Whelan, Cpl Lemoine

CREDIT – CPL JULIE WHITE, 17 WING IMAGING



The following 435 (T&R) Sqn personnel were presented their CD by LCol Latouche, CO, accompanied by CWO Ron Martin, SCWO: (Rear Row) MCpl Barnhill, Cpl Gurba, Capt Niemczyk, Capt Haley; (Front Row) CWO Martin, Cpl Dueck, LCol Latouche, Cpl Purll, Cpl Quirion

CREDIT – CPL JULIE WHITE, 17 WING IMAGING



Lt Burneau received the QGJM and Sgt Lake received the SWAM from LCol Latouche, CO 435 (T&R) Sqn, accompanied by CWO Ron Martin SCWO

CREDIT – CPL MARK IRVINE, 17 WING IMAGING



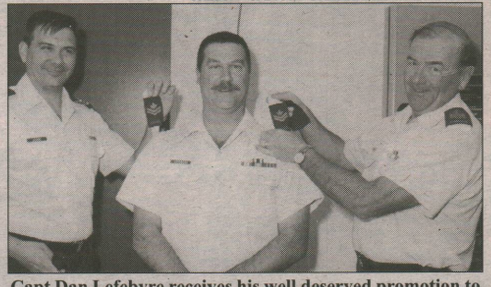
Lt Keith Miller receives his well deserved promotion to "Capt" from LCol Latouche, CO 435 (T&R) Sqn

CREDIT – CPL MARK IRVINE, 17 WING IMAGING



Sgt John Kearns of 435 (T&R) Sqn receives his well deserved promotion to "WO" from Maj K. Lemke, SAMEO and Capt L. Whelan, D/SAMEO

CREDIT – CPL JOHN BRADLEY, 17 WING IMAGING



Capt Dan Lefebvre receives his well deserved promotion to "MCpl" from Maj Lemke 435 (T&R) Sqn SAMEO and CWO Ron Martin SCWO

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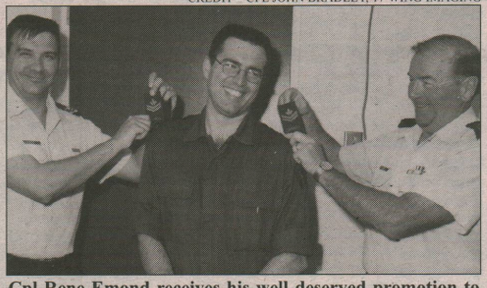

Cpl Rene Emond receives his well deserved promotion to "MCpl" from Maj Lemke 435 (T&R) Sqn SAMEO and CWO Ron Martin SCWO

CREDIT – CPL JOHN BRADLEY, 17 WING IMAGING



MCpl Dave Evans receives his well deserved promotion to "Sgt" from Capt Larry Whelan, D/SAMEO 435 (T&R) Sqn

CREDIT – CPL MARK IRVINE, 17 WING IMAGING



Sgt Dave Sallis of 435 (T&R) Sqn receives his well deserved promotion to "WO" from Maj K. Lemke, SAMEO and Capt L. Whelan, D/SAMEO

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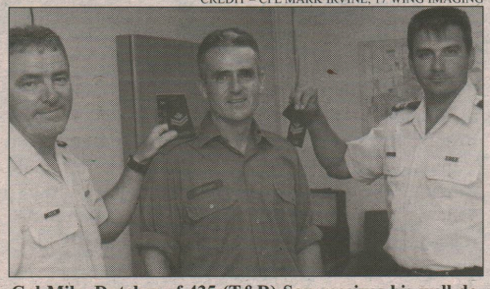


Cpl Mike Dutcher of 435 (T&R) Sqn receives his well deserved promotion to "MCpl" from Maj K. Lemke, SAMEO and Capt L. Whelan, D/SAMEO

CREDIT – CPL MARK IRVINE, 17 WING IMAGING



Cpl Shawn Harrison of 435 (T&R) Sqn receives his well deserved promotion to "MCpl" from Maj G. Hughes, A/CO and WO Ed Holleman, STL

CREDIT – CPL MARK IRVINE, 17 WING IMAGING



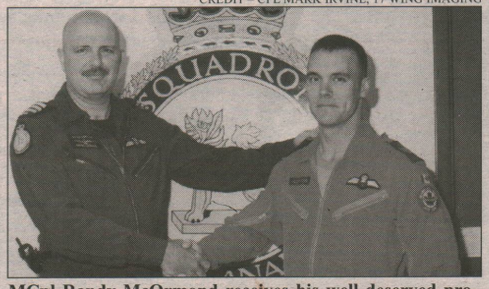
Cpl Dwayne Guay of 435 (T&R) Sqn receives his well deserved promotion to "MCpl" from Maj G. Hughes, A/CO and WO Ed Holleman, STL

CREDIT – CPL MARK IRVINE, 17 WING IMAGING



Lt Kevin Big Canoe of 435 (T&R) Sqn receives his well deserved promotion to "Capt" from Maj G. Hughes, A/CO and Maj T. Meikle, Air Ldr

CREDIT – CPL MARK IRVINE, 17 WING IMAGING



MCpl Randy McOrmond receives his well deserved promotion to "Sgt" from LCol Latouche, CO 435 (T&R) Sqn

CREDIT – CPL MARK IRVINE, 17 WING IMAGING



2Lt Eric Rheaume receives his well deserved promotion to "Lt" from LCol Latouche, CO 435 (T&R) Sqn

Dundurn Medals and Promotions

Canadian Forces Decoration



Cpl Thiele



Cpl Purcell

CD1



MCpl Dixon

Queen's Jubilee Medals



Cpl Roussel



Cpl Marquette

Queen's Jubilee Medals



Cpl Lockhart



Cpl Frennette



Cpl Boss



MCpl Vanryn



Sgt Mitschke

Queen's Jubilee Medals



Sgt Neusteiter



MWO George

South West Asia Medal



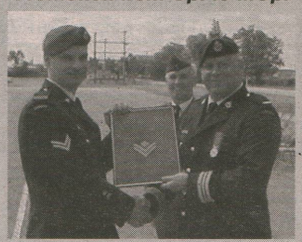
Sgt Clarke

Certificate of Appreciation Kananaskis summit



Sgt Alexander

Promotion from Cpl to MCpl



MCpl Purcell

Promotion from Cpl to MCpl



MCpl Martin



MCpl Strickland

Promotion from MCpl to Sgt



Sgt Cindy Mitschke

Promotion from Sgt to WO



WO Pernitzky

Promotion from WO to MWO



MWO Samms

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Cpl Smith Trains Hard, Runs Fast

By Jen Sharpe

Run a 5k? No problem. Run a 5k six times a week? That's nothing. Run a 25k, three 10k's, and two sets of hill climbs in a week? That's something—but still nothing Cpl Will Smith can't handle.

In the understatement of the year, Cpl Smith is an avid long distance runner. He runs six days a week for a total of about 65 kilometres. He enjoys road races, cross-country, and even participated in a grueling Mountain Man running/portaging/canoeing event two years ago. He wakes up early to run, stays up late to run, and spends his weekends running races around the city.

"I've been in four or five races so far this year in Assiniboine Park for different events," Cpl Smith says. "They're all fundraisers for different organizations, and all the races I've done are part of the Timex Series."

Currently, he is ranked first in the local 25-29 age group of the points-oriented series with a running time of approximately 6 minutes per mile. "I've been running since junior high, off and on. I've always been a natural, I guess."

Although the Newfoundland native has only been in Winnipeg since January, Cpl Smith has already adapted to the city and our geography.

"I used to run cross-country all the time, and I used to prefer those kinds of runs," Cpl Smith explains. "It was different—it wasn't just a straight run. You always had obstacles like water or hills or a lot of sharp turns."

"But now I just do road races because there aren't many cross-country races out this way."

Cpl Smith has even adapted his training schedule to our harsh winters by switching from road running to the treadmill.

How does he stay motivated year round? By focusing on how good it feels when the run is over. "It just feels good after you run for a couple of hours; after you run, you just feel better," Cpl Smith says. "All the time I have to force myself to run, but after you get going and after it's all done, you're often glad that you've done it."

According to him, having high spirits and feeling energized are the true benefits of running to keep fit. "I just find I have a lot more energy when I'm running during the week. I find I feel better all over running than when I'm not running."

That positive attitude took Cpl Smith to the 10k CISM nationals in Toronto two years ago; unfortunately, he didn't make the team. "I wasn't doing the proper training for it. My endurance was up but my speed was down and the 10k is a very fast race."

In October, he hopes to make the CISM team at nationals once again held in Toronto. This month, the Voxair wishes to acknowledge Cpl Will Smith's achievements by making him August's Athlete of the Month.



Cpl Will Smith

Building Dreams One Pedal at a Time

By Jen Sharpe

As a member of 17 Wing's 402 Squadron, MCpl Rob Vipond knows first hand what it's like to help out those in need. Every year, 402 sends an enthusiastic squad to help construct a home for Habitat for Humanity.

This year, MCpl Vipond decided to make his contribution by participating in Habitat's Cycle of Hope, a 1,600 km fundraising bike ride from Fernie, B.C. to Winnipeg. Although the two-week trip taxed his strength and energy, MCpl Vipond's enthusiasm for the Habitat for Humanity cause remains strong.

"Rebuilding your community from within is just a positive thing," he says. "At the end of the ride, we went down and met the guys that build the house and it's the same kind of spirit that they have. They're very positive about it."

This July's Cycle of Hope was the 10th for the Winnipeg Habitat chapter and succeeded in raising over $120,000 for the charity. Over 50 people—43 cyclists and 10 support staff—drove to Fernie and started the slow, hot ride home July 7. MCpl Vipond says that cyclists rode for about 140 kms most days, with optional rest breaks every 5 to 10 kms.

"There were days when we were cycling into 35 mph winds and then there were days when it was 101 degrees Farenheit," he recalls. "Some people were more challenged by the winds, others by the hills, but a lot of it is psychological."

When someone got discouraged, MCpl Vipond says it was his fellow cyclists that kept everyone moving. "The group dynamics were amazing. . . The more you talk about a problem, like a big hill up ahead, the easier it gets."

Thankfully, riders and support staff were greeted with open arms in every community along the cycle route. "The outpouring of support from the communities we visited was fantastic. We're not building homes in their community but they provided us with meals and places to stay," MCpl Vipond says.

As the team approached Winnipeg, the faces of inviting strangers were replaced by those of friends and family, a significant morale booster for the tired team.

"They've done some rides where they've left Winnipeg and rode somewhere else, but there's no fanfare at all," MCpl Vipond explains. "The riders enjoy riding into town. Probably the best part of the whole thing was the ride from the Perimeter right down to the build site."

Not only were family and friends gathered along the city route to welcome home the cyclists, the person most affected by Habitat's work joined in on the celebration. "The gentleman whose home we were helping build actually came out to the Perimeter and cycled back in to the city with us," MCpl Vipond says.

The Cycle of Hope experience, as physically exhausting as it was, is one MCpl Vipond hopes to relive in the coming years. "I'm ready to sign up in October when they have the first meeting for the next ride. I retire next year and I think this is going to become my cause."

Photos of the cyclists and the trip itself can be found at www.robcycles.com, MCpl Vipond's Cycle of Hope website.

PHOTO COURTESY OF MCPL ROB VIPOND



The Winnipeg Habitat for Humanity Cycle of Hope team pauses for a photo en route from Fernie, B.C. to Winnipeg.

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Military Family Resource Centre (204) 489-7003

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 Officers' 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.

BINGO
September 17 6:30 pm Jr. Ranks South
Come out and join us for our monthly BINGO night.
Big Jackpot $$$, 50/50 draw and great prize baskets!!!!
Sponsored by the 2VP & the MFRC. and hopefully with some help from community volunteers like you!
More info at Loc. 4506

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 Chabih*	*4511*
Special Needs/ PIC Social Worker	*Haley Schroeder*	*4512*
Francophone Services	*Louise Cameron*	*4515*
Thunder Bay MFRC	*Donna Hrycyszyn*	*(807) 345-5116*

The Family Drop-in Centre is open!

Open daily from noon - 8pm on the 2nd floor Jr. Ranks South. Drop by and enjoy a coffee in this great space courtesy of 2PPCLI Rear Party. A great place to find out what is going on!
Everyone welcome!
Together, the MFRC, the 2PPCLI Family Welfare section and regimental family volunteers 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

From the Shilo Move Cell...

Moving to Shilo?

Don't Forget... coming 19/20 November 03
The Shilo Community Trade Fair

Everything you need to know about living in Shilo and surrounding areas will be on hand. Presenters from every aspect of community living will on site provide you with resources and to answer your questions. Would you like a specific group represented???
Any suggestions for the fair are welcome. Please call WO Patterson at the Shilo Move Cell Loc. 4175

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)



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.

Show off your classic cars and motorcycles

The MFRC is asking military personnel with classic vehicles to proudly showcase them at the September 20, 2003 MFRC Family Fun Day at 17 Wing. (1200 - 1500)
Please contact Jeff Brown at local 2013 or e-mail to: mgna@mts.net for more information or to confirm participation.



Santa is on vacation... we need YOUR help

Since 1993, Operation Santa Claus has served up to 5,000 Peacekeepers at Christmas time. Last year, 4,300 Christmas gift packages were distributed to 21 locations. Canadian companies donate most of the gifts. This September, the Canadian Forces Personnel Support Agency, Deployment Support Unit will be sending a Christmas gift package to all Canadian Forces members serving on deployed operations around the world. Included in each gift package is a hand made letter/card from a child extending Christmas greetings and a supportive message.

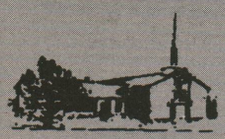
Over the years, Military Family Resource Centres (MFRC) have assisted by collecting and forwarding letters and cards from kids of all ages. In the past, children attending MFRC childrens' activities, church groups, daycare centres, scout/guide organizations, recreation programs and unit special events have written these letters. Several local public schools are on board to create some holiday greetings??? Is your school or daycare looking for craft projects??? Why not get them involved. If you know a lively bunch of artists itching for some Christmas in August. throw them some crayons, glue, and glitter and let them go. From feedback received from our Peacekeepers, letters and cards is the favorite part of the Op Santa gift.

Submissions will be forwarded to Op Santa HQ to be inserted in the packages for onward transmission to our various Peacekeeping sites in time for Christmas. It is requested that children record their first name, age and school/group on each card! You assistance with this project is what makes it a success!!

Contributions are to be forwarded to reach the following address no later than 10 September, 2003 for:
Operation Santa Claus
C/o Winnipeg MFRC
102 Comet Street
P.O. Box 17000
Stn. Forces
Wpg, MB R3J 3Y5

For more info call Catherine 833-2500 loc. 4506
Chatterley.C@forces.gc

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.

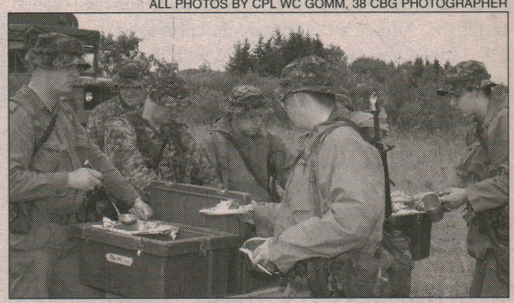
Recruits Tackle Basic Military Qualification

Throughout July, 44 recruits from various local units underwent Basic Military Qualification (BMQ) at Kapyong Barracks and CFB Shilo. This first phase of training is designed to introduce reserve soldiers to the CF and prepare them for specialized training in their chosen field. The 16 to 25-year old recruits spent four weeks on BMQ and, pending completion of specialized training, will join their units at the end of August. Six local reserve units will welcome the new soldiers: The Fort Garry Horse, Royal Winnipeg Rifles, 13 Military Police Platoon, Queens Camerons of Canada, 735 Communications Squadron, and 17 Medical Company.

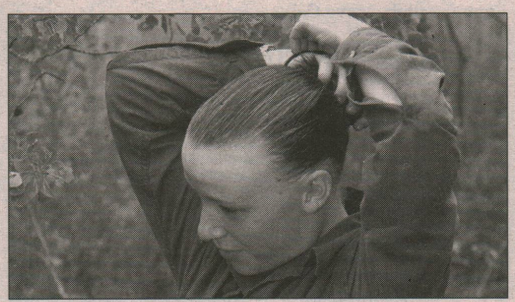
ALL PHOTOS BY CPL WC GOMM, 38 CBG PHOTOGRAPHER



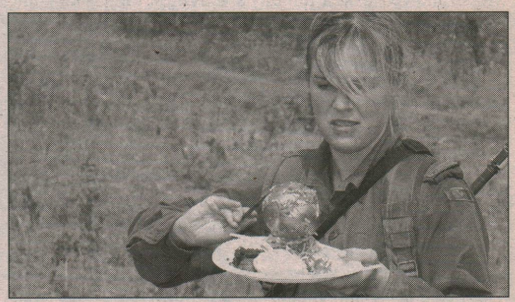
Reserve Soldiers changing their socks after getting their feet soaked during the Day Navigation portion of the BMQ.



Reserve Soldiers having their "Hay Box" lunch served to them by their Instructors during their lunch break while on course BMQ 0303



Pte Juanita Lonny of the Royal Winnipeg Rifles Band reconfigures her hair after returning from the Day Navigation portion of the BMQ.



Pte Kate Spellen getting "seconds" from the Hay box during her lunch break while on her BMQ course.

Mail Call MPO 400 (17 Wing Winnipeg)

Have you ever wondered how soldiers from 17 Wing Winnipeg receive their mail while serving overseas on peacekeeping duties?

Keeping military families in touch with their loved ones in Canada and overseas, as well as processing day-to-day military correspondence, are just some of the things that Military Post Office 400 (CFB Winnipeg) does on a daily basis.

Seven Canadian Forces Postal clerks and one civilian employee take care of the daily postal needs of approximately 4,500 civilian and military personnel.

Along with the daily military duties, the seven-man team maintains a financial counter and mail distribution center, for the base and the surrounding military community.

As part of their weekly routine duties, the Canadian Forces Postal section receive, prepare, and dispatch letter and parcel mail for soldiers deployed throughout the world on UN and NATO related taskings. Their duties are to ensure that all the packages are properly prepared, addressed, and comply with Canada Post regulations, pertaining to Custom Forms and import restrictions for the various countries of destination.

With over 15 operations ongoing world wide, it is important that all packages are properly addressed for various CFPO's in order to avoid delivery delays to our deployed troops overseas. All packages dispatched from 17 Wing Winnipeg are forwarded to the Canadian Forces Postal Unit in CFB Trenton, where they are X-rayed, and sorted according to their respective destination. Approximately 1,000 bags at an average weight of 15,000 kgs are dispatched monthly from CFPU Trenton to deployed Units abroad.

Upon arrival at their final destination and once customs has inspected all of the packages, Military postal clerks in theater open all the bags and distribute the mail for the intended addressees. Mail dispatched to deployed troops can take up to three or four weeks from time of receipt in Canada, to final delivery.

Having been deployed on various Military missions, we have seen first-hand the happiness and joy that the receipt of mail from Canada brings to our deployed troops, which in turn make us proud as Postal clerks ensuring mail reaches our soldiers. Upon arrival to its final destination, there is never a shortage of help offloading the numerous mailbags for distribution.

Military Postal Clerks on Operational tours do the same job as our clerks here in Canada, handling military correspondence, and processing personal letter and parcel mail that our Soldiers send back home to their families.

At the end of our workday, we can rest easy knowing that what little we may have accomplished that day will have a tremendous impact on many of our soldiers on the other side of the ocean.

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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.

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

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.

Must Sell - 6' chain link fence (approx 200') $600.00, Swing set blue\white. with seesaw, slide and glider 1 year old $80.00, Single mates bed forest green/pine colored with bookcase headboard. 1 year old $60.00 (no mattress), Freezer, upright 6' locking door, almond 2 years old rarely used. $500.00, Large computer desk 60" w x 25" deep $30.00, Please call 487-0720

28 ft Bayliner Flying bridge Cruiser. 6 berth cruiser, with spacious cabin in excellent condition, fully equipped. OMC 460 Super Cobra stern drive. Dual electric and alcohol stove. 115V and 12V refrigerator. Two marine VHF radios. Depth finder. All legally required safety equipment including: flares, fire extinguishers, heaving lines, life buoys etc. New bimini top and flying bridge cover. Starter and main deep cycle batteries. 20-gal water tank. 35-gal holding tank. Water heater both 115V and from engine. Head and shower compartment. Bathing platform shower. Custom built 6-wheel trailer. $30,000 obo. Home 489 4206. Work 6239. Garden Shed. 8' by 6' approx, metal garden shed. Two years old, includes base and plywood floor. $200 obo. Phone: Home 489-4206. Work 6239.

Rockwood 2001 Tent Trailer, 10' with 2' storage in the front, cook top, sink, large outside awning, electric brake, Battery, electric fan. Asking $8750 OBO. Three High Chairs: $15 each, Playpen: $10. Call after 5 pm: 489-3940

Baby Blue English Pram, excellent condition, $300. Call 487-1372.

2-Ridge Runner Radials P245/75R16-6 ply, Asking $80.00 per radial, Call Glenn at local 4167 or leave a message at 792-9883.

Two Window Air Conditioners, 8, 000 BTU Samsung Air Cond. with remote, exc. con: $250.00 – 10,000 BTU Fridgidaire air conditioner with remote, exc con: $350.00. King-size Waterbed Mattress - Fiber 6, 90% waveless, exc. con: $150.00. Wedding Dress: Size 10, 2 piece white dress. W/matching shawl with beaded design and veil. $650.00. For info or to view, call 832-9650.

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TAROSCOPES

By Nancy

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ARIES (March 21 – April 19): You will have to get yourself out of a tight situation you've gotten into. Pay attention to aches and pains, your body is trying to tell you something. It may feel like you're not making progress but working harder may not be the answer. It's easier if you pace yourself.

TAURUS (April 20 – May 20): Prepare for visitors. Be decisive when looking for winning solutions. Success is a given. Project self-confidence. You have what it takes but you must be prepared for challenges. Be positive, patient and persistent and you'll overcome adversity.

GEMINI (May 21 – June 21): Follow your gut feelings and be spontaneous if it keeps you moving toward a general goal. Consider what's important and in your best interest before signing papers. Review the past when anticipating the future but allow that there must be some flexibility as changes are inevitable.

CANCER (June 22 – July 22): Be practical when assisting another whether it is through time or money. It is important to include play as well as work in your schedule. Look ahead and assess the long term gains or outcomes of current investments. A close relationship is going through major changes.

LEO (July 23 – August 22): Consider financial planning for yourself and your dependents. Actions speak louder than words. Are you showing your strengths? Are you investing wisely? You think you're accurate in your assessment of how others perceive you, but this may not be the case. Check your assumptions.

VIRGO (August 23 – September 22): Misunderstandings have influenced your decisions sometimes. Do a careful review to separate fact from fiction or you'll repeat this mistake. Before further progress can be made you need to be realistic about the life phase you're in.

LIBRA (September 23 – October 23): If you experience loss, don't dwell on it. Use good judgement to create positive future situations for yourself. Put your energy into developing new opportunities. Network or reconnect with helpful people from the past. You'll be back on your feet again soon.

SCORPIO (October 24 – November 21): Be proactive by planning ways to improve prosperity in the future. Extra responsibilities are coming that you may not have been expecting quite so soon. In unknown situations, educate yourself on all the options so you can make the right decisions.

SAGITARIUS (November 22 – December 21): If overly concerned with what you want, you may miss seeing how much you have. The patience of peers to weather your emotional ups and downs is waning. Others care deeply for you. Curb your craving for confirmation of this, just relax and enjoy each day.

CAPRICORN (December 22 – January 19): Avoiding emotional entanglements because you fear they will be based on hopes, not reality. Since you prefer the security of having things in writing, make a list of what constitutes a healthy relationship, add what you yearn for, then go looking for something close.

AQUARIUS (January 20 – February 18): There are limitations to your own decision-making power. Be aware of those who confine and those who confirm your way of being. The challenge is to determine whom to follow. Keep your feet on the ground while reaching for the stars.

PISCES (February 19 – March 20): Face old fears and new challenges. Issues that arise aren't what you worried about or assumed would happen. Check your intuitive knowing of what to expect instead of looking for patterns based on others' experiences. Do what you love. Go places where you're fully alive.

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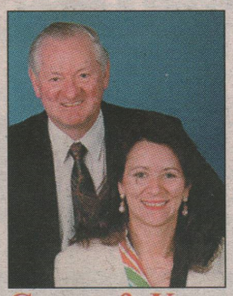

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