



# THE VOXAIR






Our Military Community Newspaper, 17 Wing Winnipeg

SEPTEMBER 24, 2003

VOLUME 51, ISSUE 16

FREE

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## Rain Doesn't Dampen Family Fun



(Top left) LS Joshua O'Shea gives 4-year-old Heather Johnson a tour of an MP patrol car at the MFRC/WMCC Family Fun Day, September 20. (Top right) Avery Griffin, 2, has a look around one of 2PPCLI's military vehicles. (Below) Cpl Todd Ricker and Goldie.

## Battle of Britain Commemorated



Veterans stand at Heritage Park during a ceremony honouring the 63rd anniversary of the Battle of Britain.



In front of vintage aircraft, the Air Command Band awaits its cue on a rainy Battle of Britain anniversary.

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24 SEPTEMBER 2003  
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# Dundurn Carries 17 Wing's Flag in Saskatchewan: Long History and Dedicated Personnel do Winnipeg Proud

By Jen Sharpe

17 Wing is a multitasking masterpiece. With four schools, three squadrons, one Army combat unit, Canadian NORAD HQ, ICAD, and numerous units to keep everything up and running, the Winnipeg area alone is a well-coordinated hub of military activity.

But although 17 Wing calls Winnipeg home, home for many Wing personnel is anywhere but Winnipeg. From Thunder Bay to Saskatoon, the border to the Arctic, units and detachments from all three elements work to support the Wing in its duties and operations.

Over the past few months, Wing Commander Col Steff Kummel and Wing CWO Claude Parent have visited such satellite units in the Northwest Territories and Saskatchewan. Learning about operations and meeting COs was one objective of the visits; assuring remote personnel they are valued and important was another.

In early September, Col Kummel, CWO Parent, and various other 17 Wing Winnipeg representatives accomplished those objectives at Detachment Dundurn, 40 km south of Saskatoon. For many, the tour and background information provided by Dundurn CO Maj John Kiteley was the first introduction to a well-established 70-year-old military installation.

17 Wing's relationship with Det Dundurn is a relatively recent one. In 1998, the Detachment switched hands from 15 Wing Moose Jaw to 17 Wing Winnipeg when Moose Jaw downsized its satellite operations. Currently, Dundurn contributes to 17 Wing operations and supports CF Ammunition Depot (CFAD).

Located on a dry, pocketed 60,000-acre site in central Saskatchewan, Dundurn is no more than a day's travel from all major prairie cities. According to Maj Kiteley, the Detachment's central location and challenging terrain make ideal training ground for both military and paramilitary organizations.

"We have the ideal terrain for a variety of land-oriented training," he explains. "As the future of the army be-

comes more oriented towards large formations, . . . there's not going to be any place for a company or platoon size formations. They're going to come here."

In addition to providing training opportunities for the Army, Dundurn is increasingly receiving training contracts for the RCMP, Corrections Canada, Conservation, Municipal Police, search and rescue organizations, and emergency response teams.



**Col Kummel initiates demolition of an obsolete Det Dundurn building while visiting the Detachment.**

"They like us because we're isolated, and they can practice and rehearse and try out their new equipment out of the public eye," Maj Kiteley continues. "More organizations are looking to train here . . . Our training schedule has doubled or tripled from last summer."

When training in Dundurn, government and non-government organizations have the option of staying in newly renovated barracks or commuting in from Saskatoon. The upgraded 1930's-era barracks are more energy efficient and spacious than the original buildings, many of which remain empty and unusable.

According to Maj Kiteley, it is these dozens of aging buildings that strain the Detachment's infrastructure. "The buildings are old and porous. The best thing to do is to knock them down when we can," he says. "We spend a lot of money on infrastructure that shouldn't even exist."

Like much of Det Dundurn, these old buildings are remnants of an Unemployment Relief Camp set up in 1933 to combat Depression-era unemployment. During WWII, the buildings were used to house hundreds of troops training

on Dundurn's ranges; at this time, the RCAF bombing range and full ammunition compound joined the camp's list of assets.

Today, the Detachment employs over 200 personnel throughout Saskatchewan, 250 if you include CFAD. With only 20 or so living quarters on base, most military personnel live in the neighbouring rural municipalities or Saskatoon.

As the population of the surrounding area grows, so do the Detachment's concerns about range safety and urbanization. New developments are cropping up around Dundurn, and although barbed wire may keep trespassers away, noise complaints are finding their way to Det HQ.

"There has been a dramatic increase in residential areas directly adjacent to the Detachment and CFAD," Maj Kiteley explains. When one area resident built a house just a few kilometres off military property, "that single dwelling caused CFAD to move a great deal of munitions farther down into their storage area."

As the CFs only large-scale ammunition disposal



**The 17 Wing contingent looks out over Det Dundurn's training area during a tour of the Detachment.**

site, CFAD must occasionally destroy heavy ordinance. When residential and commercial developments move closer to the Detachment, noise complaints tend to follow. To minimize the disturbance, CFAD personnel monitor weather conditions, study shockwave behaviour, and divide large ordinance into smaller demolitions.

With attempts like these, Detachment Dundurn hopes to foster a good relationship with its neighbours—the RM of Dundurn, the RM of Corman Park, and the Whitecap Dakota First Nation.

The positive impact on the surrounding community can be measured both economically and culturally. By

supporting local businesses, the Detachment estimates it contributes over \$10 million to the local economy; by encouraging analysis and study of suspected aboriginal burial sites, the Detachment preserves the historical integrity of the area.

As a 70-year-old military installation, Detachment Dundurn has been a part of life in central Saskatchewan for as long as most can remember. By maintaining close ties and communication with the Detachment, 17 Wing can add the Town of Dundurn, the Whitecap First Nation, and the City of Saskatoon to the list of communities that directly benefit from our military efforts.

## Craft Sale

**Saturday 4, October 2003**  
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### 3 CFFTS Outdoor Deck Dedication

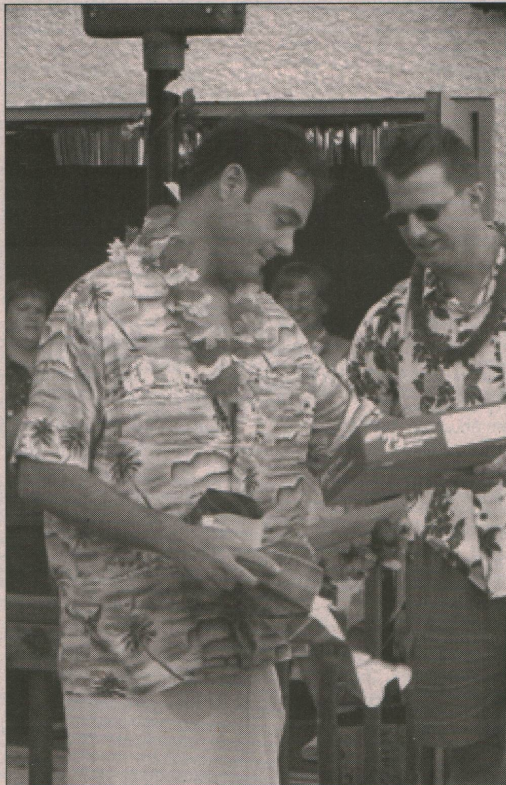
PHOTO CREDITS: CAPT CLINTON MOWBRAY



The Comdt of 3 CFFTS initiates the ribbon cutting ceremony. BGen McCabe and Capt Phil Nero officially open the new deck.

During happy hour on 22 August, the new 3 CFFTS deck and fenced yard, attached to the Combined Mess located at Southport on the site of the old CFB Portage La Prairie, was officially opened. Capt Nero, the PMC, spearheaded the project by securing fund-

ing from 17 Wing and by overseeing its construction by ATCO FRONTEC, an on-site contractor to the School. This undertaking reaffirms the importance the CF places on the quality of life for our service personnel, both on and off the job. The Entertainment



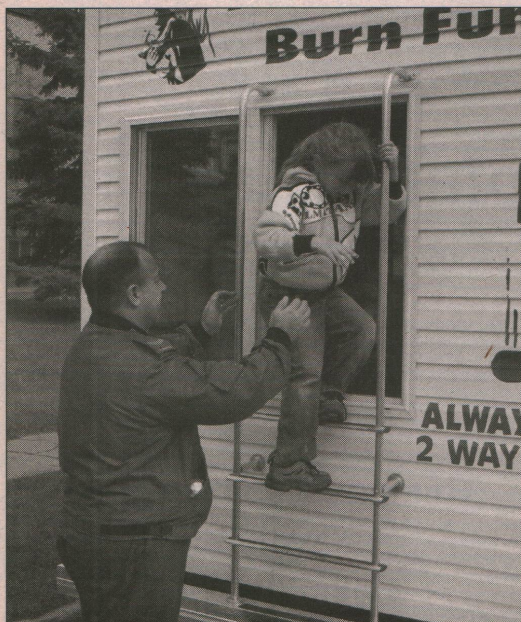
Maj Brian Newman, Rotary Wing Flight Commander, presents Capt Yves Brissette with his retirement gift.

Representative, Capt Hugh Kennedy, organized the grand opening event with a Hawaiian Luau theme that proved to be a big hit with all who attended. The Commandant of 3 CFFTS, LCol Steve Bannister, opened the deck by inviting BGen McCabe and the PMC

to cut the ribbon that officially opened "Phil's Deck" for all to enjoy.

The School took advantage of the gathering to also officially say good-bye to Capt Yves Brissette, who is retiring from the Regular Force after 25 years of service.

### Fire Prevention Week October 5th to 11th



Cpl Kevin Chapdelaine of Fire Services assists Kiana Sajtos, 6, out of the Fire Safety House at the MFRC Family Fun Day September 20.

The 17 Wing Fire Service would like to thank all 17 Wing, 2 PPLCI, and 1 CAD personnel for their generous support of our Muscular Dystrophy Firefighters Boot Drive on September 3, 2003. Your donations totalled over \$2000 and this amount will be presented to the Muscular Dystrophy Association of Canada.

Hopefully everyone who went to the MRFC

Family Day participated and enjoyed the Fire Safety House (photo left); ensuring our kids know what to do in case of fire is important.

Fire Prevention Week is October 5-11. This year's campaign "When Fire Strikes: Get Out! Stay Out!" teaches two simple but life saving lessons:

- Install smoke alarms and test them regularly
- Develop and practice home fire drills.

#### 17 Wing Fire Service Open House

To kick off Fire Prevention Week the 17 Wing Fire Service will have a Open House at the Wing Fire Hall, which will take place on Sunday, October 5th from 12 pm to 3 pm. Refreshments will be served as well as a draw for some fire safety prizes. Come out, have your fire extinguishers inspected for free, and let the kids tour the hall.

During the week we will be conducting fire drills on most buildings on the Wing, take a few moments to review your exit plan and "Learn not to Burn."

17 Wing Fire Services

### Charleswood Legion Branch #100 6003 Roblin Blvd.

Our Tankroom is now available for Socials, Christmas parties and more. Excellent Rates.



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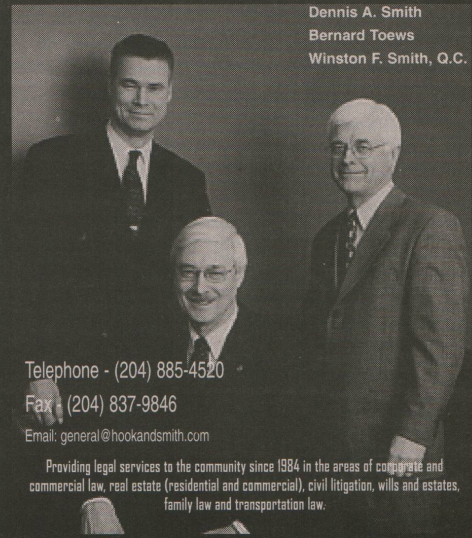


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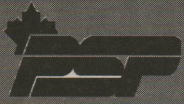
GRACE GENERAL HOSPITAL

### The Grace General Hospital Auxiliary Used Book Sale

will take place in the Hospital Auditorium 408 Booth Drive, Winnipeg, MB

Friday, September 26th 9 am to 4 pm and Saturday, September 27 9 am to 4 pm

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# 17 Wing Community Recreation Pages

## “Around The Block”

WINNIPEG MILITARY COMMUNITY COUNCIL (WMCC)

by John Brennan

Another annual posting season has come and gone, which always brings a change of members within our military community. As such, it is fitting for the Winnipeg Military Community Council (WMCC) to rekindle existing relationships and spark new ones by letting you, the community, know who we are and how we can serve you and your families.

The current WMCC Mayor, Don Forbes, expresses his thoughts in our annual Mayor's Message (below) and highlights some of the major community activities in which the WMCC plays

an important role. In short, the WMCC exists to serve the military families within Winnipeg. We also act as a liaison, when required, between MQ occupants and CFHA / 17 Wing.

To help keep the information flow alive, this year the WMCC has decided to start a regular column in the VOXAIR entitled AROUND THE BLOCK. At least monthly (more often as required) the WMCC will publish community related information and activities for which it has taken responsibility. We will also use this venue as a vehicle for communicating other important issues in collaboration with CFHA, the MFRC, 17 Wing

and your neighbours. If you have any concerns, questions or ideas, please advise any member of the WMCC executive or your Ward Representative (if you live in MQs) and we will do our best to provide the necessary assistance. A list of all council members is included in this issue.

We would like to take this opportunity to thank Community Recreation, CFHA, and 17 Wing for the support you have provided in



the past. We look forward to continued success in providing quality service in collaboration with your organizations. Finally, a big thanks to the members of the community. The level of success and quality of life you experience within the military community is a direct reflection of the care and effort you yourself provide.

### Winnipeg Military Community Council (WMCC)

#### Council Members

Executive		
Mayor	Don Forbes	6576
Deputy Mayor	John Joleun	6053
Secretary	Jean Pachkowski	6544
Treasurer	Duane Bannerman	Civilian
Past Mayor	John Brennan	6395

#### Ward Representatives

Ward 1	VACANT	
Ward 2	Art Smyth (Deployed)	N/A
Ward 3	John Joleun (Deputy Mayor)	6053
Ward 4	Kim Legere	Civilian
Ward 5	Christine Bannerman	5728
Ward 6	John Brennan (Past Mayor)	6395
Ward 7	Kendra Nevills	6095
Ward 8	Paul Martin	5175
Ward 9	Bob Komosky	6082
Ward 10	VACANT	
Ward 11	Don Forbes (Mayor)	6576
Ward 12	Melanie Lincez	Civilian
Ward 13	Jean Pachkowski (Secretary)	6544
Ward 14	(Deployed)	
Ward 15	Perry Pachkowski	Civilian

#### Associate/Ex-Officio Members

Rec Director	Melissa Davidson	2059
MFRC/ Youth Centre	Diane Brine	4508
Community Relations	Jon Bigelow	2633
North Rink	Rob Nevers (Deployed)	5068
South Rink	Duane Bannerman	Civilian
Playgrounds	Scott Trapnell	N/A
17 Wing Scouts	Stacey Antoniuk	N/A
Wing CE	TBA	
17 Wing HQ	Al Bruce	5738

## A Message From the Winnipeg Military Community Council (WMCC)

On behalf of the WMCC I welcome you to the City of Winnipeg. This city has much to offer you and your family throughout all of the seasons. Although my family and I have lived here since 1997, we are still discovering new places, activities, and events that Winnipeg has to offer. Enjoy your posting to Winnipeg.

The military community could use your help. Every year, the WMCC loses members to postings, retirement and relocation out of the MQ area. This year has been and will continue to be an active

year for community activities. If you have spare time and would like to become involved as a ward representative or committee member please contact any member of the community council.

The council is typically involved in activities such as: the Annual Christmas Craft Fair, Family Fun Day and Christmas concerts. We also act as a voice on behalf of the community to the Wing Commander and CFHA.

Anyone can become a member of the Winnipeg Military Community

Council; however, voting rights on most issues require that you live in MQ's and be 18 years of age or over. Spouses are encouraged to actively participate as council members to help create a true balance of what the community needs and what services should be provided. Participation with the council means you will need to attend monthly meetings. These meetings usually last one to two hours. From these meetings, sub committees are established to complete the activities the council has chosen to conduct.

The more positions we have filled on the council equates to more activities provided for our community. Please take this opportunity to become involved in your community. Once again... Welcome to Winnipeg!

Don Forbes  
Work 833-2500 ext 6576

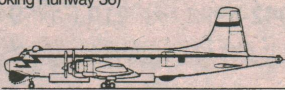
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# This Month in CAF History

## Battle of Britain Sunday

by Chris Charland

ASSOCIATE AIR FORCE HISTORIAN, 1 CANADIAN AIR DIVISION

*"The gratitude of every home in our island, in our Empire, and indeed throughout the world, except in the abodes of the guilty, goes out to the British airmen, who undaunted by odds, unwearied in their constant challenge and mortal danger, are turning the tide of world war by their prowess and devotion. Never in the field of human conflict was so much owed by so many to so few."*

**British Prime Minister, Sir Winston Churchill.**

Sunday the 15th of September 1940, was undoubtedly the decisive turning point in the Battle of Britain, as 56 Luftwaffe aircraft were shot down over the south of England. This one day tally convinced Herr Adolph Hitler, Der Fuhrer of Germany, that the mighty Luftwaffe could not gain aerial superiority over the English Channel.

Swift control of the waters that separated England from France was vital for the Austrian "Little Corporal's" proposed invasion of England known as

"Unternehmen Seelowe" (Operation Sea Lion) that year. Unfortunately for him, the British thumbed their noses and threw a monkey wrench into the cogs of the German war machine.

Today we celebrate Battle of Britain Sunday with a parade heralding the courage of those who flew out to face seemingly insur-



**Winnipeg's very own Johnnie "Kentski" Kent pictured while serving as a Flight Commander of the R.A.F.'s Polish manned No. 303. Flanking "Kentski" are: Flying Officer Z. Henneburg (left) and Pilot Officer Miroslav Feric (right). Kent would go on to destroy 13 Luftwaffe aircraft.**

mountable odds while dueling with the Luftwaffe, and to honour the memories of those who met their fate in the skies over England, and never returned.

Canadians played a significant role in the demise of the Luftwaffe, as members of the Royal Air Force, especially No. 242 "Canadian" Squadron, R.A.F. and No. 1 (Fighter) Squadron, Royal Canadian Air Force.

### Johnny Canuck Joins the Royal Air Force

No. 242 Squadron, the R.A.F.'s "All Canadian" unit, originally a coastal reconnaissance unit in the First World War, was re-formed on the 30th of October 1939,

at R.A.F. Station Church Fenton, Yorkshire. It comprised Canadian aircrew serving in the R.A.F. prior to the Second World War.

Initial training com-

menced in November with a compliment of three Miles Magisters (from No.'s 53 and 66 Squadrons), a single North American Harvard Mk.1 (on loan from No.609 Squadron) and a Fairey Battle Mk.1. (from No.235 Squadron). These numbers were further complimented with the arrival of seven twin engine Bristol Blenheim Mk.1F's and three more single engine Fairey Battle Mk.1's in December 1939.

No.242 "Canadian" (F) Squadron received the Hawker Hurricane Mk.1 in March 1940. On the 23rd of March 1940, under command of Squadron Leader Fowler Morgan Gobeil of Ottawa, No.242 "Canadian" (F) Squadron was declared operational for daytime operations. It was cleared to fly night ops the following month on the 11th of May. The unit's first operational sortie was flown on the 25th of March 1940, when "A" Flight comprising seven Hurricanes flew a convoy patrol.

### First Blood

The first Canadian from No.242 "Canadian" (F) Squadron to die in action was Flight Lieutenant John Lewis Sullivan of Smiths Falls, Ontario. On the 14th of May, 1940, he was shot down in Hurricane Mk. 1/s/n



**Flight Lieutenant H. P. "Cowboy" Blatchford photographed as he climbs out of his Hawker Hurricane.**

P2621 by a Luftwaffe Hs-123 near Gorroy-le-Chateau, while providing air cover for the evacuation of the beaches at Dunkirk France. Ten pilots of 'A' Flight were sent to France on the 16th of May 1940 where they flew with No.'s 607 'County of Durham' and 615 'County of Surrey' fighter squadrons. By the time the Canadians returned from France, albeit a brief respite from combat, they had accounted for 6 enemy aircraft destroyed. As well as the death of F/L Sullivan, one squadron member became a Prisoner Of War (Flying Officer Lorne Edward Chambers of Vernon, B.C.) while two others were wounded (Pilot Officer's Marvin Kitchener Brown of Kincardine, Ontario and Russell Henry

Wiens of Jansen, Saskatchewan).

### An R.C.A.F. First

No.242 "Canadian" (F) Squadron reported to RAF Station Biggin Hill, Kent on the 21st of May 1940. The following day, eight of the unit's Hurricanes shot down a trio of Henschel Hs 126B-1 army co-operation aircraft near Arras, France. This was a great morale booster, for the squadron up to that point had lost several members in combat without avenging their losses. The honour of the first victory by a member of the R.C.A.F. went to No.242 Squadron's commanding Officer S/L Gobeil.

He shot down a twin engine Bf-110C "Zerstorer" on the 25th of May.

**Continued in Next Issue**

**STRENGTHENING THE FORCES**  
**ENERGISER LES FORCES**

## Upcoming Health Promotion Programs

### STRESS: TAKE CHARGE PROGRAM

Four 1/2 day sessions  
0830 - 1200 hours or 1330 - 1600 hours  
Session #1 - October 1, 8, 15, & 22  
Session #2 - October 29, November 5, 12 & 19  
Location: Bldg. B12, Jr. Ranks at Kapyong Barracks, Upstairs in the Family Drop-in Room

### WEIGHT WELLNESS INFORMATION SESSION

Tuesday, September 30th  
1030 - 1200 hours or 1330 - 1500 hours  
Location: 17 Wing Base - Bldg. #75, Classroom #2

### WEIGHT WELLNESS SIX WEEKLY SESSIONS

October 7th to November 18th  
0900 - 1200 hours or 1300 - 1600 hours  
Location: 17 Wing Base - Bldg. 75, Classroom #2

### BUTT OUT INFORMATION SESSION (SMOKING CESSATION PROGRAM)

Wednesday, October 8th  
1400 - 1600 hours  
Location: Base Hospital, 2nd floor Conference Room

### BUTT OUT - 9 WEEK PROGRAM

Wednesday, Oct. 29, Nov.

5, 12, 19, 26, Dec. 3, 10, Jan. 7, 14  
1430 - 1600 hours  
Location: Westwin Community Centre - Bldg. 33, Conference Room

**SPACE IS LIMITED. REGISTER EARLY.**  
Open to CF Members, All Ranks, Family Members, and Civilian Employees.

### For More Information or to Register,

Contact:  
Penny Wawrzyniak  
Health Promotion Admin.  
Assistant  
Ext. 4150

**17 Wing Theatre Club**  
**First Annual General Meeting**  
**2 October 2003**  
**7:00 pm**  
**Building 33 Conference Room**  
For more information contact:  
Sam Whealen local 2385  
Jackie Long local 2372

**THE VOXAIR**  
**Deadline for next issue is 26 September, 2003**

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# Terry Fox Run in Camp Black Bear

BY CAPTAIN HOLLY APOSTOLIUK, PUBLIC AFFAIRS OFFICER  
 TASK FORCE BOSNIA-HERZEGOVINA ROTATION 12, OPERATION PALLADIUM  
 PHOTOS COURTESY NATIONAL SUPPORT ELEMENT CONTRACT MANAGEMENT CELL



The Commanding Officer of the National Support Element, Lieutenant-Colonel Tom Davis speaks to the soldiers of Camp Black Bear in Velika Kladusa, Bosnia.



172 soldiers participated in the Terry Fox Run, raising almost \$2,000. There are about 1,200 Canadian Forces members currently deployed on NATO peace-support duties in Bosnia-Herzegovina in eight different locations throughout the country.

## Promotion

On the 9th of September 2003, the Cmdt and staff of CF-SSAT are pleased to not only welcome Natalie to CFSSAT 17 Wing but to present her with her promotion to Capt. Capt Sleno was posted in from Toronto this summer. Although Natalie has just arrived she is about to depart for Pensacola Florida to attend the Student Naval Aerospace Physiologist Crsr from the 1st of Oct until the 12 th of Dec 03. Upon her return she will be working with Capt Handy as the Deputy AMT Flight Comd.

PHOTO BY SGT DEVIN BEAUDREY



Cmdt CFSSAT, Maj Carolyn Shaw presents Lt Natalie Sleno with her promotion to Capt

## Correction

### 435 Squadron (T&R) Promotions

Our apologies to 435 Sqn and to MCpl Dan Lefebvre.

CREDIT - CPL JOHN BRADLEY, 17 WING IMAGING



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

## MFRC Volunteer Appreciation Garden



Wing Commander Col Kummel, local MLA Bonnie Korzeniowski, MP John Harvard, and MFRC Executive Director Donald Brennan officially open the Volunteer Appreciation Garden in front of the MFRC, on September 20.

## "Military Deal" Specialist

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# 17 Wing Transportation Sqn – Congratulations!

CREDIT: 17 WING IMAGING, CPL MARK IRVINE



Lt Ken Mills, the Admin/SPVO for Wing Transportation, is presented with his promotion to Capt by Col McLennan (past WComd) and LCol Pratt the WLogO.

CREDIT: 17 WING IMAGING, CPL JOHN BRADLEY



Pte Tyler Arnold of Wing Transportation receives his promotion to Cpl from LCol Pratt, WLogO.

CREDIT: 17 WING IMAGING, CPL JOHN BRADLEY



Cpl Michel Tremblay receives his retirement certificate on completion of 20 years of service to the CF. Making the presentation is LCol Pratt, the WLogO. Cpl Tremblay will continue to serve as a Reservist.

CREDIT: 17 WING IMAGING, CPL JOHN BRADLEY



Cpl Charles Robichaud of Wing Transportation is presented with his MSE Op 935.05 certificate by LCol GW Pratt, WLogO.

CREDIT: 17 WING IMAGING, CPL JOHN BRADLEY



Cpl John D'Eon of Wing Transportation receives his MSE Op 935.05 certificate from LCol Pratt, WLogO.

CREDIT: 17 WING IMAGING, CPL JOHN BRADLEY



Mr. Clarence Mathews of Wing Transport receives his retirement certificate from WComd, Col SJ Kummel.

CREDIT: 17 WING IMAGING, CPL JULIE WHYTE



17 Wing Transportation Sqn Local Truckers Roдео and Sqn Group Photo

The winners of each event (1st to 3rd place) proceeded to the Regional Roдео held at CFB Shilo from the 25th to 28th August 03.



Cpl Taschereau, 1st Place Tractor Trailer Event, 1st Place 5 Ton Truck



Cpl MacDonald, 1st Place Bus



Pte Fleury, 1st Place HLWV

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**0%**

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## Fitness & Sports Page

# Striving for Perfection: Bodybuilding More Than a Sport for Cpl Opray

By Jen Sharpe

With an athletic history founded on the disciplined martial art of Hap-Ki-Do, Cpl Andrew Opray's success in competitive bodybuilding should be no surprise. After all, bodybuilding is a sport that requires a strict diet and exercise regimen, something only the most dedicated and determined athletes can maintain for any significant period of time.

With a martial arts philosophy and an impressive knowledge of how the human body moves, grows, and functions, Cpl Opray is a provincial champion striving for personal improvement and international success.

"I enjoy the competitiveness of bodybuilding but I also enjoy that you are basically trying to improve your own physique," he explains. "I do natural bodybuilding so I'm working hard at it—keeping myself young with a healthy lifestyle."

As a natural bodybuilder, Cpl Opray competes in both tested and untested events, meaning he sometimes competes against athletes who use performance-enhancing drugs. Although he admits he can never be as big as those competitors, Cpl Opray knows his muscle symmetry and definition wins over the judges.

"Needless to say in an untested competition, when

it comes to size, there's no way I can go against people who use enhancements. I try more for symmetry and definition. Knowing how to pose and show a certain muscle is just as important as anything else."

Because competition preparation requires a delicate balance between training, rest, and nutrition, Cpl Opray participates in no more than two competitions a year. Any more, he says, is a strain on the body and, more significantly, the nerves.

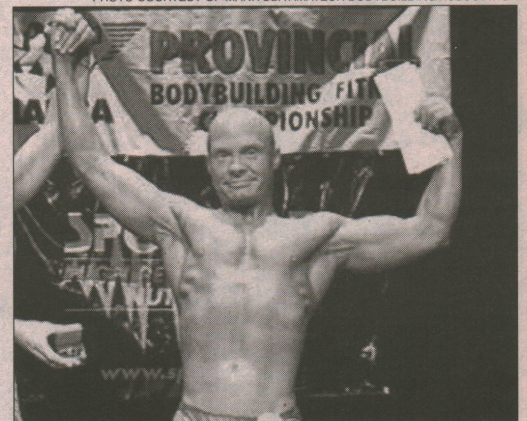
"You have to make the mind-to-muscle connection. You really have to enjoy it and you really have to be disciplined, especially when you're getting ready for competition. It's tough

when you're living on tuna and chicken breast and you really want that piece of cake."

"I try to stay within 20 pounds of competition weight," Cpl Opray continues. "By the time you lean out, it still takes you a good twelve weeks to get prepared through cardio and eating really clean."

Having spent nearly ten years in competitive bodybuilding, Cpl Opray thrives off the individual aspect of the sport.

"You're not counting on anyone else in bodybuilding," he says. "When I'm training I try to keep in mind ways to keep myself focused. I think that I may be training hard but the person I'm competing against



might be training that much harder."

Through personal encouragement and wholehearted dedication, Cpl Opray has won amateur bodybuilding competitions in Manitoba, Vancouver, Calgary, and St. John's. He competes in the Canadian Bodybuilding Federation, a division of the International Federation of Bodybuilders.

The sport, he says, is his

passion. "When an artist may take clay, we can take a body and sculpt it into something bit by bit. . . By improving your technique and building your body, bodybuilding becomes a lifestyle that benefits every other sport."

Cpl Andrew Opray is Voxair's Athlete of the Month for September 2003.

## "Happy Days" Ahead for 35-Year-Old Canex

By Jen Sharpe

Since the late 1960's, military personnel and their families from across Canada have been visiting their local Canex for food, kit items, and everything in between. With a "Happy Days"-themed birthday celebration and retro giveaway, the 17 Wing Canex is giving back to loyal customers

throughout the month of September.

"We just want to thank everybody for their patronage in helping us celebrate our 35 years," says Canex Manager Muriel Runge. "We're giving away three prizes a day—an old coke glass with a Hershey bar, which was the candy of 30 years ago."

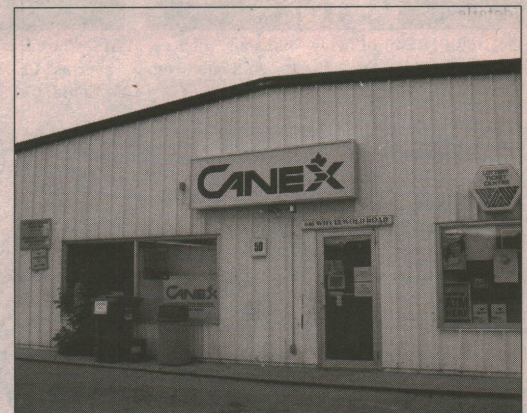
To recognize their birth-

day, the Winnipeg Canex is decorated with old records and leather jackets in the "Happy Days" style. Winnipeg's TV show theme ties in with other Canex stores who have 1950's and 60's theme birthday celebrations.

"We all got to pick what we wanted to do to celebrate," Runge explains. "'Happy Days' was one of

the themes; other stores picked 'I Love Lucy' and other TV shows."

September 19, free cake and coffee accompanied Canex's usual advantage pricing to give customers a real birthday treat. If the first 35 years were any indication, Canex will have a long future serving the specific needs of Winnipeg's military community.



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**Military Family Resource Centre (204) 833-2500 Ext. 4500**

**Children Programs**



Mother Goose, Creative Tot Shop, and Rock and Read are three good reasons to come out to Children's Programs through the MFRC. Check the Community Connections or our website for details. These Parent-Child programs will be offered free of charge thanks to funding received from Can-West Global. Casual childcare and English and French Immersion nursery school are also available. Call 833-2500 ext. 2491 or 6846 for details.



**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
Deployment Services	C. Chatterley	4506
Volunteer Services	Nicole Johnson	4507
Youth/Adult 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 Hryczyszyn	(807) 345-5116

**Second Language Training**

Fall Session starts the week of October 6, 2003. Second Language training is available in both English and French for those community members who would like to improve their second language skills. All classes require a minimum of 5 registrants and will be offered evening or day depending on registration. Placement test will be arranged for all interested students.

Registration fee of \$50.00 for spouses/family members (military members included). Registration fee for DND & NPF Employees and family members \$100.00.

Registration is at the MFRC at 102 Comet Street. For more information contact Diane Brine at 833-2500 ext. 4508.

**Cours de langue seconde**  
La session d'automne débute la semaine du 6 octobre 2003. Le CRFM offre des cours d'anglais et de français aux membres de la communauté militaire qui veulent améliorer leur anglais ou leur français. Un minimum de 5 participants est requis pour chaque classe qui sera offerte de jour ou de soir, selon les inscriptions reçues. Un test d'aptitude

peut être administré pour déterminer le niveau de compétence de la langue seconde.

Frais d'inscription: 50 \$ pour les militaires et les familles de militaires, et 100 \$ pour les employés du MND et FNP.

L'inscription se fait au 102, rue Comet. Pour plus d'information contactez Diane au 833-2500 poste 4508.

**Un appel aux femmes francophones**

Une fois par mois, un groupe de femmes francophones se rencontrent pour discuter, en français, autour d'un bon repas ou lors d'une activité sociale quelconque. Les femmes de tous les milieux, civiles et militaires, sont les bienvenues à se joindre au groupe. C'est une occasion parfaite pour rencontrer de nouvelles personnes quand on vient tout juste d'arriver à Winnipeg. Si vous êtes intéressées à vous joindre à nous ou pour plus d'informations, vous pouvez contacter Louise Cameron au CRFM au 833-2500 poste 4515. A bientôt j'espère!

**à faire avec vos petits?**  
Le Centre de ressource des familles militaires vous offre une activité parents-enfants où les comptines, les berceuses et le partage de livres seront à l'honneur. Les parents auront aussi la chance de fabriquer un livre pour leur enfant.

**Pourquoi pas vous joindre à nous?**  
• C'est gratuit  
• Collation incluse  
• Ouvert à tous (militaire et non-militaire)

**Programmation bilingue**  
6 dimanches de 13h à 14h30 à partir du 19 octobre  
Contacter le CRFM au poste 4500 pour vous inscrire

**Des histoires tendres  
Vous cherchez une activité**

Activité familiale de Quilles  
Amenez toute la famille le 18 octobre pour jouer aux quilles. Nous aurons la chance de jouer aux quilles, manger de la pizza et socialiser avec nos amis. Les enfants pourront avoir du plaisir avec les goulots montés. Le coût est de 5\$ par personne incluant la partie de quilles, les souliers, la pizza et les boissons gazeuses. Portez du blanc!! Réservez dès maintenant avec paiement au 102 rue comet, les places sont limitées.  
18-octobre de 16hr @18hr  
Academy Lane  
394 Academy

**Soirée d'artisanats / Fabrication d'un germe de blé tressé**  
Joignez-vous à nous pour fabriquer un germe de blé et passer une soirée entre amis. Le coût pour l'instruction et les matériaux sont de 15\$. Veuillez vous inscrire avant le 22 octobre avec paiement au 102 rue Comet. Une photo du produit terminé est disponible dans la sélection de couleurs nécessaire, S.V.P. bien vouloir spécifier les couleurs dominantes de la pièce ou votre germe sera déployé.  
Pour vous inscrire composer le 833-2500 poste 4500.

**Pre Natal Classes**

The MFRC is excited to introduce "PRENATAL CLASSES." The classes will be 6 weeks long 2 1/2 hours a week. The instructor will be Tara Laba a doula with Birth Roots Doula Collective. The classes are open to moms and their partners (dads or whoever you choose). Each night will cover different topics. Topics to be covered: Anatomy/Birth Process/ Pushing Pain coping techniques / Medical pain relief Breastfeeding/ Postpartum/ Newborn care

Birth plans/ Your birth space  
Medical procedures/ Complications  
..and more  
Location:  
Winnipeg Military Family Resource Centre  
Dates: Thursday November 13th - December 18th 2003  
Times: 7:00-9:30  
Cost: \$50.00  
If you have any questions about the class content, instructor or childcare please contact Haley Schroeder at local 4512. Registration is mandatory, so please register prior to November 3, 2003.



**17 WING CHAPLAINS' INFORMATION LINE LOCAL 6800**

To facilitate access to chaplaincy services, the Wing chaplains may be reached through a new automated telephone system. One local will connect the caller to the chaplains' offices or the chapel or make available certain basic information with regard to chapel services, in both official languages. To call up this service, call the Wing switchboard at 833-2500, then punch in or ask for local 6800. For those using Touch Tone phones, this will get you computerized instructions for selecting the line you require, as follows.

**ROMAN CATHOLIC MASSES** - Recorded announcement of regular Sunday and Saturday mass times at Saint Marguerite Bourgeoys Chapel (Silver at Whytewold, North Site). There are no services on the South Site. Timings of special services or events are not available on this line.

**PROTESTANT SERVICES** - Recorded announcement of regular Sunday service times at the Chapel of the Good Shepherd (Silver at Whytewold, North Site). There are no services on the South Site. Timings of special services or events are not available on this line.

**WING CHAPLAIN'S ADMINISTRATIVE ASSISTANT** - From 0800 to 1600 hours Monday to Friday someone will normally be available to answer the phone. The Assistant can respond to your questions or transfer you directly to the office of any of the chaplains on duty, or to the chaplains' individual answering machines, or to any other local.

**EMERGENCY CHAPLAIN** - Between 1600 and 0800 hours and on weekends or holidays this will connect you with the Wing Operations Office. Please ask for the Emergency Chaplain.

**NB:** This line is for use only for urgent situations arising during silent hours.

**SEASONAL OR SPECIAL SERVICES** - Recorded announcement of services scheduled for special dates in the Christian calendar and other special events at the 17 Wing Community Chapel (Silver at Whytewold, North Site; there is no chapel on the South Site).

**17 WING COMMUNITY CHAPEL** - Direct connection to the Community Chapel Office (Protestant and Roman Catholic) (Silver at Whytewold, North Site; there is no chapel on the South Site), for use when you are aware that someone will be at the chapel. This line is not staffed full-time and no service times or other recorded announcements are available at this number, nor can a message be left.

If you do not have Touch Tone service, you can still use the single local 6800 during normal working hours. At the end of the menu stay on the line and you will be connected to the Wing Chaplain's Administrative Assistant. For emergencies after hours you can still call the Operations Office direct at 2700.

The various locals are still operational, but the Information Line gives you the option of having only one number and one easy local to find or remember. We hope this will assist those in need of spiritual counseling or other chaplaincy services or information.

# Distance Learning Basic Air Operations Course to Begin

Submitted by Capt Don McLeod, CFSAS

Are you self-motivated when learning new skills? Are you a self-disciplined person? Do you set goals for yourself? Do you learn from your fellow students, sharing their experiences?

If you answered YES to all of these questions, then you should consider using Distance Learning as a media for life-long learning just like the 15 members of the Distance Learning Basic Air Operations Course (DL BAOC) 0303E have done.

The DL BAOC began way back in Dec 02, and after seven months of DL activities and an eight day In-House session graduated on 10 Jul 03. The course was designed for students to spend one hour a day (six days a week) studying the BAOC curriculum. Each week at home equated to one day in the classroom. The course was originally a Reserve Force quality of life initiative so people could get necessary courses without the need to be away from their families for long periods of time. The Regular Force has since adapted it as their own with 9 of the 15 graduates being Reg Force from all across Canada.

DL BAOC 0401E commences on 1 Oct 03 and will graduate on 12 May 04 after and eight day In-House session. If you answered YES to all of the above questions and are interested in this method of learning then please contact the CFSAS Course Coordinator, Deborah Labrie (2187) or the DL BAOC instructor, Capt Don McLeod (6294) for more information.

**DL BAOC 0303E Graduates:**

NAME	INIT	RANK	MOC	UNIT
Frost	SE	Capt	32A	413(T&R) Sqn Greenwood
Faubert	JL	Lt (R)	66	1 CAD HQ Winnipeg
Ives	AD	Lt (R)	69U	ARAF Ottawa
Johnston	MF	Capt (R)	69A	1 CAD HQ Winnipeg
Rennison	PA	Capt	32	433 ETAC Bagotville
Tang	BPY	Capt	41	NDHQ Ottawa/DGAEPM/
York	DR	Capt	78	4 Wg Cold Lake/W Tn/
Furey	KS	Lt (R)	69U	CFB Det Torbay
Ilijanic	SM	Capt	32A	413(T&R) Sqn Greenwood
Jordan	ARW	Capt	31	435(T&R) Sqn Winnipeg
MacRae	AJ	Lt (R)	69U	19 Wg Comox/W Tn/
Malouin	AJM	Capt	78	4 Wg Cold Lake/W Tn/
Peters	YM	Lt (R)	69A	14 Wg Greenwood
Picard	JCC	Capt	42	3 ERE Bagotville
Skirrow	MK	Lt	41	ATESS Trenton



**DWAO**  
Women's Advisory Organization

Calendar of Events  
October  
Women's History Month  
13 - 19 October  
Citizenship Week  
18 October  
Persons Case Day  
6 December  
National Day of Remembrance  
And Action on Violence  
Against Women



**DVMAG**  
Defence Visible Minority Advisory Group

Calendar of Events  
13 - 19 October  
Citizenship Week



**DAG PWD**  
Defence Advisory Group  
Persons with Disabilities

Calendar of Events  
13-19 October  
Citizenship Week



**DAAG**  
Defence Aboriginal Advisory Group

Calendar of Events  
13-19 October:  
Citizenship Week  
8 November: Manitoba  
Aboriginal Veteran's  
Day

## 17 Wing Comptroller Staff

The Wing Comptroller staff would like to take this opportunity to welcome to Winnipeg the new Wing Comptroller, Major Perry and his family. He is newly promoted to Major and

comes to 17 Wing from 4 Wing Cold Lake.

The Wing Comptroller and his staff would also like to welcome to the branch: MWO Szabo, from Petawawa as the new Plan &

Support Services /Branch MWO; MCpl Smyth, from WOR, as new FMAS Supv and Pte Young, from Halifax, as the new Acquisition Card clerk.

Although not new to the branch, we would like to welcome back Capt Wells from Maternity Leave.

**Tasking**

Currently, MCpl Kendall is on an Op Apollo tasking. Her return will be in Feb 04. Sgt Wendehorst and MCpl Buchanan have both completed Op Apollo taskings in 2003.

**Promotions and Departures**

Major Auger has retired after 36 plus years. He'll

still be in Winnipeg flying and instructing on ultra-light aircraft for the foreseeable future.

Newly promoted CWO Moore is off to Ottawa. Since his wife and fishing/hunting gear are still going to be here, reported sightings of him in the Winnipeg area are expected.

Newly promoted Sgt Wendehorst is explaining to his new employer, the W EME section, that he does not want to exchange his newly acquired "blues" for the old "greens."

Newly promoted MCpl Buchanan is also posted to Ottawa. She says that she will miss Winnipeg.

The Wing Comptroller and his staff hope you had a safe and enjoyable summer.

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# TAROSCOPES

By Nancy

**ARIES** (March 21 – April 19): Complete the last details of a financial arrangement. Someone is feeling rejected or overlooked. They don't understand that changes are keeping you very busy. They may be quarrelsome or cause trouble to get attention. Set aside time to reassure them and then it's smooth sailing.

**TAURUS** (April 20 – May 20): It is critical to plan how you will accomplish goals because you also need to be flexible and remain responsive to loved ones. Be prepared to change short-term plans if necessary. Pay attention to details when record keeping, especially if your work will be reviewed.

**GEMINI** (May 21 – June 21): Responsibilities are wearing you down. Wanting to be free of demands and expectations so you can do what you like. Moderation is called for. Maintaining harmony and order pay off by creating opportunities to relax; it ensures there's time to explore all aspects of your life.

**CANCER** (June 22 – July 22): Expect a change in your approach to some people; their hard-luck stories and their inability to get themselves out of self-created messes no longer brings out the rescuer in you. You've listened and learned not to become anxious about that which doesn't really concern you.

**LEO** (July 23 – August 22): Putting more fun into your days renews your energy. The importance of exploring spiritual fulfillment is realized. What's going on beneath the surface, as opposed to what is immediately evident, is often what makes people interesting. Find out what motivates you.

**VIRGO** (August 23 – September 22): Scrutinize fully any long-term written agreements. Your life is falling into patterns and you're setting out rules to follow so that there will be less future maintenance. You're making new discoveries and expanding your knowledge base.

## For appointments call 775-8368

**LIBRA** (September 23 – October 23): An improvement in your financial situation is due not only to your diligence, sense of commitment and effort, but also to a golden opportunity. Something that you started or a connection that was made early in the spring is coming to fruition. Promotions indicated.

**SCORPIO** (October 24 – November 21): You're becoming aware that it is more realistic and reasonable if you want to see results, to focus on three key interests. Ponder the options for as long as you need to, to determine what is most important. Ensure your own priorities form the foundation for your future.

**SAGITARIUS** (November 22 – December 21): A message you send is well received. Feeling more in control of your destiny improves your attitude and outlook. A gift is on the way. You give assistance to others, showing them how to use logic and teaching them the value of self-discipline.

**CAPRICORN** (December 22 – January 19): Some issues result from high drama, others are real and need to be addressed. Avoid the awfulizers in your life. A trusted advisor illuminates the situation and offers constructive help. Be aware that your mood influences your response.

**AQUARIUS** (January 20 – February 18): Believe that anything is possible and see what transpires. Accept yourself and others will too. Avoid absolutes. If others are game playing and manipulating, remain calm, especially when someone twists your words around. Their play is obvious to those that matter.

**PISCES** (February 19 – March 20): Put off major decisions especially if they involve a move. Positive affirmations are just as likely to shape reality as negative thinking. No need to waste time worrying. This is a waiting period. Time is best spent preparing for what you hope will happen.

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**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

**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

**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.

**12.8 cubic foot Fridgidaire freezer** (3 years old) \$400.00, Oak coffee table \$75.00, Oak veneer wall unit (6ft x 6ft) \$100.00, Wing backed chair \$75.00. For further information call 487-2013.

**Pool table-good condition** with billiard balls and cue sticks. \$275. OBO. Call Linda at 955-3096.

**Small (21Lx16Wx15H) live animal cargo carrier.** Airline approved. \$25.00. Contact Joanne, local 5853.

**10,000 BTU Air Conditioner**, used 2 summers, \$350.00 (over \$600 new) Phone 832-0155.

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**\*8,000 BTU Samsung Air Conditioner** with remote, excellent condition: \$250.00, **\*10,000 BTU Fridgidaire air conditioner** with remote, excellent condition: \$350.00, **King-size Waterbed Mattress** - Fiber 6, 90% waveless, excellent condition: \$150.00, **Wedding Dress:** Size 10, 2 piece white dress. Bodice is all hand-beaded work that also continues along the bottom and back of the skirt. \$650.00 For more info call Dina at 832-9650.

**12.8 cubic foot Fridgidaire freezer** (3 years old) \$400.00, Oak coffee table \$75.00, Oak veneer wall unit (6ft x 6ft) \$100.00, Wing backed chair \$75.00. For further information call 487-2013.

**Cell Phone, Nokia Digital Model # 6185i**, Like New. \$100.00 or best offer. Please call after 5pm at 338-4117

**Dining Room Set-48 inch pedestal table w/drop-in extension**, 6 chairs (incl 2 captain's chairs). Light coloured wood. Asking \$500. Call Robert or Angela @ 889-5330

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**Small (21"L x 16"W x 15"H) live animal cargo carrier.** Airline approved. \$25.00 Contact Joanne, local 5853.

**Pro-Form CrossWalk Treadmill** with upper-body arms. 2.5 HP DC motor. Very good condition. \$1400 new. Asking price: \$725.00. Contact Mary 633-1603. Thanks

**Moving and looking to sell 1 JVC Stereo receiver**, 5 disc CD player and Cassette deck. Also JVC, 5 speaker surround sounds system. Entire system is only 4 years old. Asking \$500.00 OBO, Willing to sell stereo and speakers separately. Please call Lisa or Dave @ 888-5440.

**Helstrom Swingset** free to a good home. Good condition. Contact: Lynn Kennedy at local 5023 or 489-3289 after 17:00 hrs.

**Alder Wood Coffee Table** with shelf 4' x 2' \$100; 6' Folding Table \$25; corner computer desk 5'x5' w/hutch \$50; wooden wine rack w/tray \$10; Lounge chair w/pad \$20; green plastic round table \$10. Phone: 885-6976 after 4 pm. or Local 5551.

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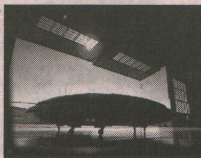
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