THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

OCTOBER 8, 2003 | VOLUME 51, ISSUE 17 | FREE

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Welcome Home



2PPCLI troops return home to Winnipeg on 1 Oct 2003 from a tour in Bosnia-Herzegovina. 85 troops were on the flight, 67 from Winnipeg. The last group of troops came home to family and friends the night of October 7th.



Major Search & Rescue Operation near Calgary

By Captain Serge AJ Laurin,
435 SQN NAVIGATOR / UNIT INFORMATION OFFICER

An unfortunate incident occurred Tuesday, September 30, 2003 in the Kananaskis area, southwest of Calgary, as a twin engine Cessna 414 disappeared off all radar screens about midway through a flight from Cranbrook, BC to Calgary, Alberta.

Initial search efforts for the missing aircraft were led by 442 Search and Rescue Squadron from 9 Wing Comox and were soon to be aided by assets from many locations including a 435 Squadron Hercules which was called out at 4:07 a.m. Wednesday morning.

While the SAR crew was on the active search, back at 17 Wing, 435 Sqn was working hard trying to dot all the "i's" and cross the "t's" for the eventuality that a "Major Search" would be declared, requiring a fast and efficient deployment of all required assets from 435 Sqn. This would include aircrew, maintainers, search headquarters staff and all required associated support. The end tally of the required personnel would total 30 individuals from 17 Wing Winnipeg. The call declaring the search being upgraded to "Major" was received mid-afternoon Wednesday, at which point the plan was put into action.

Please see **Major Search** *on Page 7*

PHOTO CREDIT: CANADIAN FORCES PHOTO



Dark smudge inside circle indicates the impact point of the aircraft, which was the subject of the Major Search, conducted out of Calgary on 24/25 September.

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24 SEPTEMBER 2003
VOL 51, ISSUE 16

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Printed By
The Daily Graphic
1 204 857-3427

VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col Steff Kummel. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. We will not be responsible for any loss or damage to any advertiser or third party resulting from the failure of an advertisement to appear in any of our editions or from any error or omission in any advertisement which is published.
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This newspaper is printed using environmentally safe inks.
Publications Mail Agreement No. 1482823

Deadline for Voxair 18: 10 October 2003

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From 4 HSOTU to 2 H Svcs Gp

By Jen Sharpe,
WITH FILES FROM
LT(N) SHAUN BEACH

September 19, 2003 marked an important milestone in the history of RX2000, a project aimed at the comprehensive overhaul of health service delivery to CF members. As part of the project's final phase, 4 Health Support Operational Training Unit (4 HSOTU) has been disbanded. But military personnel needn't worry: 2 Health Services Group (2 H Svcs Gp) and seven subordinate units were activated in its place. In Winnipeg, 4 HSOTU – Det Winnipeg has been replaced by 23 CF Health Services Centre (23 CF H Svcs C).

This change in CF health services (HS) has been in the works since 1999, when a review of the existing system recommended the establishment of a centralized HS organization. In October 2000, Project RX2000 was created to guide the CF HS reform.

The first phase of this reform involved grouping all HS resources under the command and control of the Commander Canadian Forces Medical Group (CFMG). On an operational level, this change was minimal because all medical resources were immediately reallocated back to Air Command and all administrative support to HS units remained unchanged.

The final phase, starting this September, completes the centralization of all CF HS resources under the command of Commander Canadian Forces Health Services Group (CF H Svcs Gp). 2 H Svcs Gp is one of the first in the CF to undergo this command and control change.

2 H Svcs Gp is a non-deployable formation designed to support 1CAD and its dependencies. Its Headquarters is located at 1CAD HQ here in Winnipeg. 23 H Svcs C becomes a lodger unit of 17 Wing and is designed to support the Wing and its dependencies; it is the main focal point for medical support at the tactical level. This newly formed unit also has detachments in Moose Jaw, Dundurn, and Thunder Bay and is responsible for the provision of health care in these locations as well.

23 CF H Svcs C is one of seven CF H Svcs Centres activated across Canada under the command and control of 2 H Svcs Gp. Other units are located in Comox (21 CF H Svcs C), Cold Lake (22 CF H Svcs C), Trenton (24 CF H Svcs C with a detachment in North Bay), Bagotville (25 CF H Svcs C), Greenwood (26 CF H Svcs C), and Goose Bay (27 CF H Svcs C with a detachment in Gander).

At the 4 HSOTU-Det Winnipeg disbandment ceremony on Sept 10, LCol Shirley Neville noted that the change would only improve on already excellent health care services. "The last two years we've really concentrated on getting the staff trained and getting it up to operational readiness," she said to a room of medical clinic staff. "I'm really happy to see the changes that have happened in the clinic and that's because of the people who have made it work."

The official ceremony marking the disbandment of 4 HSOTU and activation of 2 H Svcs Gp was held at 1CAD on September 19. At the ceremony, 2 H Svcs Gp Commander LCol Richard Folkmann was joined by BGen Lise Mathieu, Commander CF Medical Group, and MGen Marc Dumais, Commander 1CAD.

"2 H Svcs Gp is being stood up today solely for the purpose of supporting the Air Force," BGen Mathieu announced. "I think we all have to go out of our way to make sure that we continue to work together and that we continue to strive for the achievement of our goal—the best possible health care system for the Air Force."

MGen Dumais said, "Providing state of the art health care and health support to our people is critical to the continued success of the Canadian Forces. Given our resource constraints and challenges that we face, we certainly have come up with innovative and more effective and efficient ways of delivering state-of-the-art health care support."

As the last speaker, LCol Folkmann put the HS changes into perspective. "4 HSOTU was created two years ago with the primary aim of assisting the transition of the CF health services reorganization from 2001 to this day," he said. "I believe that that aim has been achieved, and it's only been successful due to the cooperation and diligence of the staff."

Although 17 Wing will not command 23 CF H Svcs C, CO Maj Murray Crawford emphasizes that local services for military personnel will remain unchanged. "We have a different chain of command to report to, but we still are tasked with supporting Air Force personnel."

"[Local personnel] won't see significant changes," he concludes. "Although, in the near future, a lot of new programs are coming down that will work even more on improving in-garrison medical care."

Canadian Soldiers Killed and Wounded in Afghanistan

NATIONAL DEFENCE

KABUL, AFGHANISTAN - (October 2, 2003) Two Canadian soldiers serving with 3rd Battalion, The Royal Canadian Regiment (3 RCR) Battalion Group, were killed and three others sustained minor injuries today in Kabul, Afghanistan.

Next of kin have been notified. The names of the casualties are as follows:

The deceased soldiers are Sergeant Robert Alan Short and Corporal Robbie Christopher Beerenfenger.

The injured soldiers are Master Corporal Jason Cory Hamilton, Corporal Cameron Lee Laidlaw, and Corporal Thomas Stirling.

At approximately 4:55 a.m. EDT today, an Iltis appears to have struck an explosive device while on patrol a few kilometres from Camp Julien, the main Canadian camp in southwest Kabul.

"I am deeply saddened by the tragic incident that claimed the lives of two of our fine soldiers, and injured three others," said the Honourable John McCallum, Minister of National Defence. "Our deepest sympathies are with the families and friends of those killed and injured."

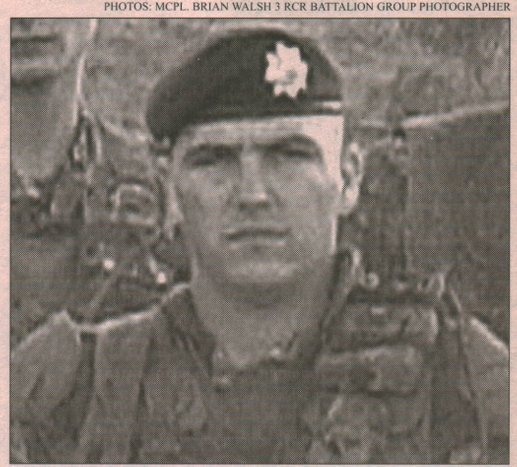
"At this time, on behalf of all Canadian Forces members, I wish to offer my sincere condolences to the families and friends of the victims of this tragedy," said General Ray Henault, Chief of the Defence Staff. "Their loss is shared by all of us."

The 3 RCR have been in Afghanistan since August as part of Operation ATHENA, Canada's military commitment to the International Security Assistance Force (ISAF), the United Nations (UN)-authorized mission in Kabul.

PHOTOS: MCPL. BRIAN WALSH 3 RCR BATTALION GROUP PHOTOGRAPHER



Sergeant Robert Alan Short (seen here) and Corporal Robbie Christopher Beerenfenger, both Canadian soldiers serving with 3rd Battalion, The Royal Canadian Regiment (3 RCR) Battalion Group, were killed in Kabul.



Corporal Robbie Christopher Beerenfenger, a Canadian soldier serving with 3rd Battalion, The Royal Canadian Regiment (3 RCR) Battalion Group, was killed in Kabul, Afghanistan, at approximately 4:55

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Winnipeg Reservist Remembers Kelowna Fire

By Jen Sharpe

As a native Manitoban, Cpl Anthony Spittachine of the Queen's Own Cameron Highlanders of Canada knows what it feels like to live in a province in distress. During 1997's Flood of the Century, when the swelling Red River threatened the homes of thousands of families, Spittachine felt indebted to the troops from other provinces who rushed to help his neighbours.

This summer, more than six years later, Cpl Spittachine was on the other side of the natural disaster fence. Like the troops who built dikes and waterbreaks to keep floodwaters at bay, he doused flames and hotspots to save Kelowna-area homes from raging B.C. forest fires.

Although the difference between flood and fire is great, Cpl Spittachine says the fear, anxiety, and overwhelming gratitude felt by B.C. residents would be familiar to any Manitoban who survived the '97 Flood.



"Every single person in Kelowna was affected by the fire. They lost a couple subdivisions, but it would have been much worse if it would have got right into the city.

Until you met the people and saw how they appreciated you being there, it was easy to forget how it was affecting their lives."

While fighting fire on the front lines and interacting with local homeowners was what Cpl Spittachine remembers best, his month in B.C. started out with basic firefighter training and a lot of waiting.

After being chartered into Kelowna with about 100 other reservists from across Canada, he was sent to Vernon August 23rd to be trained by a professional woodlands firefighter. Lessons on the characteristics of fire and how it moves accompanied drills on basic firefighting techniques and skills.

"It was new to everyone there except for those who had done some firefighting in previous forest fires," Cpl Spittachine explains. "The day we arrived was the day they lost a lot of homes, so they wanted us to get out there as soon as possible. Everyone there was very focused, so we had a lot of information thrown at us."

After training, the troops returned to Kelowna to await deployment into the mountains. For two days, Cpl Spittachine waited at a temporary camp set up in the Apple Bowl, Kelowna's outdoor sports stadium.

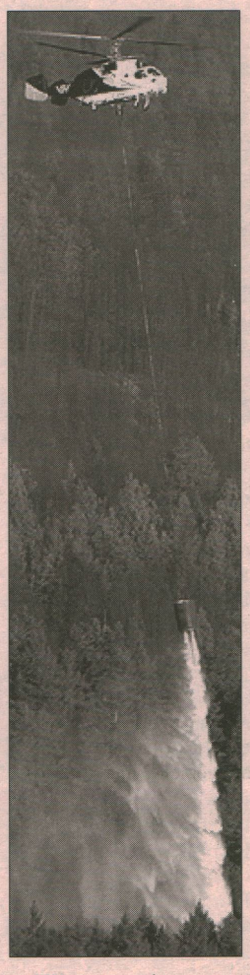
"It was kind of eerie," he remembers. "We arrived at night, and it was all lit up because they had the stadium lights on. It was like you were in a movie."

With the fires burning in the mountains outside the city, troops got anxious waiting for their gear and forestry guides. "It was a big camp, and it only got bigger after we got there," Cpl Spittachine says. "We were all real keen to get out there, but we had to make sure we had all our proper equipment."

When they finally received the call, Spittachine's platoon left the Apple Bowl and traveled out to a vineyard in the evacuation area. Their task, he says, was to "sweep through the vineyard cold-trailing and looking for hotspots."

According to Cpl Spittachine, cold-trailing involves finding a tree—or the remnants of one—and feeling around its base and roots for hot spots that could potentially flare up. When a hotspot is found, water from a personal backpack is sprayed onto the area with a hand pump.

Although most days consisted of clearing burnt areas in this way, one particular operation involved keeping the raging fire from crossing an essential 6-kilometre-long fireguard.



"We were trying to prevent the destruction of the Kettle Valley trestles, these very old wooden bridges that cross the Valley," Spittachine explains. "When we arrived, it started getting dark and it was really smoky—there was no visibility."

As Cpl Spittachine's first night operation, the Kettle Valley shift was the most intense of his deployment. "On the fire side of the barrier, all the trees were burning and we were trying to keep the fire from crossing," he says. "You'd just be walking around at night with no visibility because of the smoke and you'd just hear trees falling."

"We would take cover behind the skidder if we heard something falling near. That was the first time we saw candling, when the flames would actually get up in the canopy of the trees."

As intense as that night was, Cpl Spittachine is proud that no fire ever reappeared in an area his platoon cleared. "People started coming back to their homes, and we had to be very sensitive to their needs. . . [The troops] were very appreciated, but the whole thing was really stressful for a lot of locals. They were traumatized."

Despite everyone's firefighting efforts, only a good rain and cold, damp weather could instigate Cpl Spittachine's return to Winnipeg. "When the weather started to turn, that's when we could see the fire was going out," he remembers. "All the water-bombers and fireguards they had couldn't do as much as one rainy night."

Although the fire is out, Cpl Spittachine guesses the local Kelowna residents won't soon forget the services provided by his fellow troops. "We actually had the chance to help people directly," he says. "That is part of what we do—it's not just weapons and the army, it's helping out Canada."

When asked if he would fight a forest fire again, the young reservist doesn't hesitate: "I would definitely do it again. It's a good feeling, and it's my way of repaying those who came to help us in '97."

PHOTOS BY CPL WC GOMM, 38 CBG

See Photo of troops coming home on Page 14

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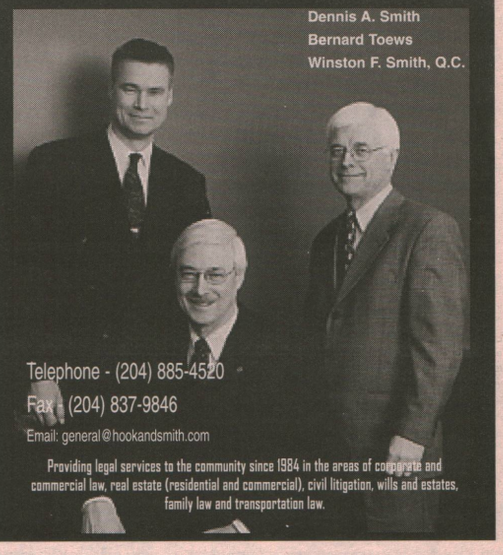

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17 Wing Community Recreation Pages

Community Recreation Provides New Programs, Preps for Move to Building 90

By Jen Sharpe

As classes get into the swing of things and kids—much to their chagrin—spend more time printing than playing, finding room for family activities that fit into busy family schedules is a must. Fortunately, parents and kids of military families can depend on the folks at Community Recreation to provide lots of fun, family friendly activities to last through winter.

Planning and executing these activities is "the best job" according to Melissa Davidson, Community Recreation Director. "We organize play time. It's great when we see the kids having fun. That's what it's all about. They're my most important clients."

Thanks to an upcoming move to the current Fitness & Sports offices in Building 90, those important clients and their parents will have all their recreational needs met in one location. "Our new offices will offer a higher visibility and more interaction with the people we serve," Davidson explains.

The move, expected in late October, will not disrupt any programs or services offered by Community Recreation. Facilities such as the computer lab and the library will remain in their current locations in the Westwin Community Centre.

"There will be a few days when we actually move," Davidson says, "but we will run out of Westwin as long as we can; service for members will still be available."

Some of the new or improved services starting up this fall include expanded aquatics programs, a new theatre club, mountain-biking club, and themed birthday parties. Information for many of these programs can be found on the DIN or by the appropriate Com Rec staff.

The improved themed birthday parties are something Program Assistant Dana Hinkema is especially excited about. "The parties will be hosted by special event staff; we will decorate and provide food and drinks for the children," she says.

Each person booking a birthday party will be able to choose a different theme such as Beach Party or Outer Space. "The parties will revolve around these themes and will incorporate different activities such as crafts or games in the pool and gym," Hinkema explains. Up to 20 children can attend a party and themes are flexible depending on what the child would prefer.



L-R: Elaine Parent, Dana Hinkema, Melissa Davidson, Alex Eyolfson

For those kids (and kids at heart) who enjoy lots of time in the pool, Aquatic Supervisor Alex Eyolfson says more programs means more opportunities to get in shape, have fun, and spend time as a family.

"We are offering more advanced programs that we haven't offered before, and in the spring we are hoping to expand our daytime program. . . . Spending time as a family is a priority for many military members; as a result of that, we want to increase the family activities we offer."

Although recreation is the focus of Community Recreation, services and facilities like the South Side RV Compound fall under Com Rec's umbrella as well. The compound is open for one more year but will close with the departure of 2PPCLI next fall. "We are in the process of locating owners of derelict vehicles for disposal, but anyone wishing to store their RV or boat for another year should contact us."

Because Community Recreation operates so many different programs at various locations, many people confuse them with the Military Family Resource Centre (MFRC). Although the two organizations work together occasionally, Davidson points out that they are in fact two separate entities.

"The MFRC is a family resource centre. They provide family resource services—youth services, day care, employment assistance, language training, deployment services. For the most part, they do anything but recreation," she says. "They provide support to military families; we provide recreational activities and after-hours fitness activities."

Davidson guesses the services provided by Community Recreation will be in higher demand once 2PPCLI moves to Shilo next year and South Side facilities shut down. With new programs and activities to plan and initiate before next fall, the folks at Com Rec are busy but focused.

"There are about a thousand military families who hold memberships with us, and we see over a thousand people per month at the pool," Davidson says. "We are busy all the time. In February, we're planning summer programs; in August, we're looking towards the Christmas concert."

Fitness and Recreation Centre, Lipsett Hall

Effective Immediately, all Daily use guests of the facilities in Building 90 and Lipsett Hall must be signed in by a regular or ordinary member of the WMCA.
Any queries can be directed to Maj Harris

From the Wing General Safety Office

A Driver Education Session will be offered on the 16 October 2003 from 1000 to 1200hrs at the Wing Theatre, Building 90. This session is offered to all DND members including their dependants. Issues to be addressed will include: The 4Rs (Read the road, Ride to the right, Reduce speed and Ride off the road if necessary), Attitudes and Accident contributing factors, and some attention-grabbing collision statistics in Manitoba. Mr. Ramsay Huska, Senior Program Delivery Coordinator from MPI, will be at hand to dispense the session and to answer any questions you may have. See you there.

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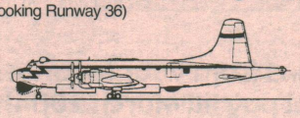

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Happy Thanksgiving



Continued from last issue / Part 2 of 2

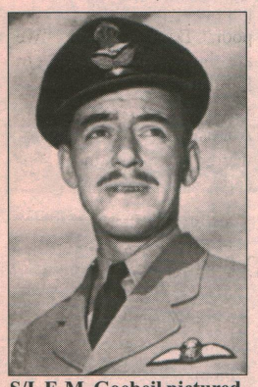
Battle of Britain Sunday

BY CHRIS CHARLAND, ASSOCIATE AIR FORCE HISTORIAN, 1 CANADIAN AIR DIVISION

French Adventures

After numerous patrols, encounters and incidents, No.242 "Canadian" (F) Squadron in its entirety, was sent back to France. They arrived at Le Mans on the 8th of June, accompanied by the Royal Air Force's No.17 (F) Squadron. They were now right on the doorsteps of the advancing Germans. By this point in time, the situation was one of desperation.

The Germans were steam rolling over the hapless British and French forces. No.242 "Canadian" (F) Squadron provided a rear-guard action to allow the British forces time to retreat in which would soon lead to the wholesale evacuation from the beaches of Dunkirk. While in France, they moved about from Chateaudun to Ancenis and finally, Nantes. With little hope of saving France, the Canadians continued to fly on into the face of adversity. It was a lost cause to say the least. On the 18th of June 1939, the last of



S/L F. M. Goebeil pictured shortly before making his epic Trans-Atlantic flight by a towed-glider in June, 1943

the pilots flew back to an England which was recovering from the embarrassing shock of the loss of so many personnel and much valuable equipment. The remnants of the squadron were re-assembled at R.A.F. Station Coltishall, Norfolk. It was not until the 9th of July 1940, that No.242 'Canadian' (F) Squadron was once again operational.

'One Legged Wonder'

Two days later, the new commanding officer of No.242 'Canadian' (F) Squadron and soon to be legendary 'legless' pilot, Squadron Leader D.R.S. 'Douglas' Bader, shot two Luftwaffe Dornier Do 17Z-2's. The squadron moved again, this time operating from the airfield at R.A.F. Station Duxford, Cambridgeshire. Here the Canadian fliers got plenty of opportunity to tangle with the Jerries (Germans) to the north and east of London as part of the Duxford Wing. While operating as part of the Wing, the Canadian squadron scored 11 victories on the 5th of September. The squadron would continue with great success during many of its heaviest engagements with the intruding Luftwaffe aircraft.

Changes

The engagements became more sporadic to the point where in October, the squadron tried its hand at night fighting. It was a rather unsuccessful venture to say the least. By the end of the year, No.242 'Canadian' (F) Squadron lost much of its unique national identity. An influx of Polish and Czech pilots who had managed to escape from their German occupied homelands, as well as British, Australian and Free French, brought the 'Canadian content' to about fifty percent. By the middle of the following year, the unit had a pronounced international flavour.

No 1 Fighter Squadron, R.C.A.F.

Prelude To War

Canada's one and only regular fighter squadron No.1 (Fighter) Squadron (based at Dartmouth, Nova Scotia), had been a permanent peacetime unit flying the Northrop Delta Mk.II and Hawker Hurricane Mk.1 prior to being called up for active duty overseas on the 22nd of May, 1940. The decision had been made to send an R.C.A.F. fighter squadron to England along with army co-operation air units in support of the 1st Canadian Division, which was being readied, for duty in France.

The move overseas was to take place after the unit was amalgamated with Montreal's No. 115 (Fighter) Squadron (Auxiliary). No. 115 Squadron, mobilized at the outbreak of war, possessed six aircraft, all of which hardly could be considered fighter material (three North American Harvard Mk.I's and three Fairey Battles) A number of personnel from units based in Nova Scotia (No.s 8, 10 and 11 Bomber Reconnaissance Squadrons) filled in the remaining slots needed to bring No. 1 up to full squadron compliment.

The squadron left Halifax on the 8th of June, 1940 aboard the S.S.Duchess of Athol. They arrived at Liverpool England on the 20th, where they proceeded to their new home of R.A.F. Station Middle Wallop, Hampshire. The hostilities in France were over and the Battle of Britain was about to begin. The Hawker Hurricanes that the squadron brought over (using the Watts two bladed wooden fixed pitch propellers), were not up to R.A.F. specifications. The aircraft were traded back to the R.A.F. for more modern airframes. The squadron carried out intensive training as the Battle of Britain was being waged all around them. No. 1 (F) Squadron, relocated to Croydon, Surrey on the 4th of July, 1940. During this time, the squadron would remain classified as non operational. All of the was about to change on the 17th of August, 1940. No. 1 (F) Squadron was transferred to the Northolt Sector and declared fully operational. The squadron lead by Squadron Leader Ernie McNabb of Rosthern, Saskatchewan was about to go to war.

Flying In Earnest

A few days prior to the No. 1 (Fighter) Squadron, being declared operational, Squadron Leader McNabb had been attached to the R.A.F.'s No. 111 (F) Squadron at R.A.F. Station Northolt, Middlesex for operational experience, While there, he scored the first R.C.A.F. victory of the Battle of Britain after he shot down a Luftwaffe Dornier Do 17 Z-2 of 6 Stafffel / Kampfgeschwader 3 'BlitzGes-chwader'.

During its second patrol on the 26th of August while temporarily operating from R.A.F. Station North Weald, Essex located north-east of London, the squadron tangled with a formation of 25-30 Dornier Do 17 Z-2/3's. The score at the end of the bout was, No.1 Fighter Squadron, with three enemy aircraft destroyed and three damaged. On the Luftwaffe's side, it was three precious Hurricanes downed. Flying Officer R.L. Edwards of Cobourg, Ontario was killed in action, while the Commanding Officer and Flying Officer J.P.J. Desloges of Ottawa were forced to land their crippled aircraft. Both of their Hurricanes were subsequently written of due to the extensive damage.

The Big Day

Engagements were numerous and often ferocious with the inevitable loss of man and machine. No.1 (F) Squadron, was actively involved on September 15th, which has already been described earlier as the turning point in the battle. The score at the end of the day's fighting was, the Luftwaffe downing Flying Officer A.D. Nesbitt of Westmount, Quebec. Despite suffering a head injury, he successfully bailed out. Earlier that day, while flying Hurricane Mk. I s/n P3080, Nesbitt shot down a Luftwaffe Me-109. Flying Officer R. Smither of London, Ontario was killed in combat while flying Hurricane Mk. I s/n P3876 over Turnbridge. He too was shot down by a Luftwaffe Me-109. Flying Officer A. Yuille of Montreal Quebec suffered a wound to the shoulder, but managed to bring back his Hurricane safely after exchanging gunfire with a Heinkel He-111 bomber over Turnbridge.

The day's score for No.1 (Fighter) Squadron - One Heinkel He-111 destroyed, one shared with another pilot, two as probable, a pair damaged along with one Me-109 probably destroyed. On the 21st of September, 1940, the R.A.F.'s Polish manned No. 303 'Kusciusco' (F) Squadron along with No. 229 (F) Squadron and No.1 (F) Squadron, all based at R.A.F. Station Northolt, commenced operations as a Wing of No. 11 Group, Fighter Command On the 22nd, an invasion alert was sounded but nothing came of it.

Welcome Reprieve

The routine continued with further victories and losses. Badly mauled, the daily ordeal of battle was very taxing on the pilots and ground crew. Fatigue plagued the unit, as they were almost continuously airborne. Mercifully, on the 7th of October 1940, the squadron engaged the enemy for the last time during the Battle of Britain. The headed north to Prestwick Scotland for a rest and re-grouping. While there, the only operational unit activity, were coastal patrols of the Clyde River approaches. Just prior to the departure of No.1 (Fighter) Squadron, R.C.A. F from Northolt, the King awarded the Distinguished Flying Cross to Squadron Leader Ernie McNabb, Flight Lieutenant G.R. McGregor, and Flying Officer B.D. Dal Russel.

Kentski and the Cowboy

Other Canadians who became household names include: Johnnie Kent of



Squadron Leader E. A. "Ernie" Mcnab D.F.C. in a no-nonsense pose in September, 1940

Winnipeg Manitoba. The legendary pilot who had been a pre-war test pilot at Farnborough, Hampshire, England, was an R.A.F flight commander with the Polish manned No.303 'Kosciusko' (Fighter) Squadron flying Hawker Hurricanes. He single-handedly took on 40 Germans on the 1st of October 1940, for which he was awarded a Distinguished Flying Cross. No.303 (F) Squadron was the highest scoring unit of the Royal Air Force during the Battle of Britain. 'Kentski' as his polish friends called him, went on to become Wing Commander of three Polish manned fighter squadrons. He is credited with 13 confirmed kills, two probable and three damaged. Kent stayed in the R.A.F. until 1952, retiring as a Group Captain. He went on to become a renowned test pilot in the British aircraft industry. Kent's decorations include the Distinguished Flying Cross and Bar, Polish Virtuti Militari.

Cowboy Antics

When you're on the tail of an enemy aircraft in the heat of battle, and you find the guns are out of ammunition, what do you do? That is the dilemma that faced Flight Lieutenant Howard Peter 'Cowboy' Blatchford of Edmonton Alberta as he lined up in his sights on an Italian Fiat CR.42 bi-plane of the Corpo Aero Italiano. The blundering and pompous buffoon Benito Mussolini, had convinced his friend the Reichsfuhrer (Herr Adolf Hitler) that the Regia Aeronautica (Italian Air Force) could help with the final victory for fascism in Europe, despite the express misgivings of the Luftwaffe's Commander-in-Chief Her-mann Goering.

On the 11th of November, 1940, as a retaliatory measure for the Royal navy's Fleet Air Arm's attack on the Italian fleet at Taranto, the Regia Aeronautica set out to bomb the English port of Harwich. A small number of Luftwaffe Bf-109s accompanied the formation. They were intercepted by Hurricanes of No.s 17, 46 'Uganda' and 257 'China-British' (F) Squadrons. While 'Cowboy' Blatchford of No.257 'Burma' (F) Squadron was flying Hurricane Mk. I s/n V6962, he discovered much to his shock that he was out of ammo. Determined to get rid of this adversary, he rammed the CR.42 Falco with his propeller. It subsequently chewed up the enemy's top wing, sending the fabric covered bi-plane tumbling earthwards.

For his daring escapades, 'Cowboy' was presented the Distinguished Flying Cross on the 6th of December 1940. Sadly, as with so many fine young men, Wing Commander H.P. 'Cowboy' Blatchford D.F.C. MiD and only 31 years old, was killed in action. On the 3rd of May 1943, now serving as Coltishall Wing Leader, 'Cowboy' was taking part in a Ramrod 16, escorting Lockheed Ventura Mk. II bombers of the Royal New Zealand Air Force's No. 487 (B) Squadron to Ijmuiden, Netherlands. He was engaged by Luftwaffe Fw-190's of JG 1 and forced to ditch his aircraft in the North Sea. His body was never recovered. 'Cowboy's' record was six destroyed, three probables and two damaged.

Around The Block

Winnipeg Military Community Council (WMCC)

Submitted by John Brennan

"Everyone can be great because anyone can serve. You don't have to have a college degree to serve. You don't even have to make your subject and verb agree to serve – You only need a heart full of grace. A soul generated by love."

Martin Luther King, Jr.

Welcome to the second instalment of Around The Block. With the general posting season behind us, we hope all of the newcomers have settled into their new environs without too much hassle. This time of year is always a busy time for the Winnipeg Military Community Council (WMCC). We typically host or co-sponsor a number of events during the fall season. At the same time, we usually suffer from vacancies due to postings out. Nevertheless, there always seems to be enough hard working people to make our events successful. Listed below are tidbits of information (past, ongoing and future) in which the WMCC is involved. As always, if you live in the MQs and are interested in what goes on in your community, or if you have a little spare time and would like to lend a hand, please contact either your Ward Representative (for MQ occupants) or contact a member of the WMCC Executive – details can be found on the 17 Wing DIN site by going to Community then Winnipeg Military Community Council.



PAST EVENTS

• Registration Fair – The WMCC hosted the welcome concession at the annual 17 Wing Registration Fair held on 6 Sep 03. We thank Melissa Davidson for the opportunity and high-visibility location. We look forward to continued participation in the future.

• Family Fun Day – This annual event was co-hosted by the MFRC and the WMCC. The event was a resounding success and the WMCC thanks the MFRC for their continued support in providing quality activities for members of our community.

ONGOING

• 17 Wing Scouts – If you have or are a child/youth interested in joining a Scouts Canada group, 17 Wing does have an established organization. We currently have Beavers, Cubs and Scouts running, and we are assessing the possibility of a Ventures group. For more information drop by the south side Youth Centre (347 Doncaster) Monday evenings 1745 hrs – 2000 hrs or contact a member of the WMCC.

UPCOMING EVENTS

• 31 Oct Op Sugar Rush – The annual Halloween volunteer community safety patrol. Watch for more details on this event. If you would like to get involved, contact a member of the WMCC or the Military Police.

• 31 Oct Teen Dance – There will be a Teen Halloween Dance at Lipsett Hall from 9:00 pm – 11:00 pm on 31 Oct.

• 15/16 Nov Xmas Craft Fair – Due to past success and higher demand, this year's craft fair has expanded to a two-day event. If you have any questions or are interested in helping out, please call 833-2500 ext 2299.

• Date TBD Coffee House – We are in the midst of planning our second annual Coffee House. If you are interested in enjoying an evening of local musical talent, along with some coffee and sweets, this is the event for you. Watch for more information coming out soon.

Calls for assistance

• WMCC Ward Rep – We still need a Ward Representative for Ward 1 (Carpathia St and Kenaston East). Please contact the WMCC if you would like to volunteer.

• WMCC Playground Rep – We are in need of a volunteer to overlook the upkeep of our community playgrounds. This job involves liaising with Wing CE, local suppliers and the community to ensure we offer a safe and fun environment for our children. This activity can be a rewarding experience and the individual would be considered for registered training in playground safety standards, funded by the WMCC/Community Recreation.

• Craft Fair Help – Successful execution of this event depends on a crew of volunteers who set up and tear down the tables, chairs and other supporting hardware. If you would like to lend a hand on Friday evening 14 Nov or Sunday afternoon 16 Nov, please call 833-2500 ext 2299.

NOTICE – The City of Winnipeg has increased its fine for unlicensed pets to $250.00. Please remember to license your pet.

REMINDER – check our web page through the 17 Wing DIN site under Community - WMCC for information and updates.

WMCC EXECUTIVE

Mayor
Don Forbes
833-2500 ext 6576
Deputy Mayor
John Joleun
833-2500 ext 6053
Secretary
Kendra Nevills
833-2500 ext 6095
Past Mayor
John Brennan
833-2500 ext 6395



SCAN Seminar 4 & 5 Nov 2003

Submitted by
Sgt S. Shemko
CCLK WPSO

Registrations for the 4-5 Nov 03 SCAN Seminar are now being accepted. Please complete and submit the SCAN Registration Form found on the 17 Wing DIN Billboard. Email, mail or fax to Sgt Shemko WPSO CClk Bldg 52, **No Later Than 24 Oct 03.** Members who can not access the DIN can obtain a copy by contacting their unit AdminOs. Any further questions can be directed to Sgt Shemko/ MCpl Bussieres @ 2459.

If you have any questions, plse contact Sgt S. Shemko.

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Off and Flying

By Captain Dave Fouts,
UIO, 3CFFTS Southport

PHOTO CREDITS: CPL BRADLEY



On 15 Aug 03, six students from the Advanced Flying Training - Rotary Wing course and four students from the Advanced Flying Training - Multi-Engine course received their Canadian Forces pilot wings from MGen Richard Bastien, Assistant Chief of the Air Staff, NDHQ. The occasion was marked with a Wings Presentation Parade in Hangar 2 at 3 Canadian Forces Flying Training School at Southport, where families and friends gathered to celebrate.

The graduates of course 0302 are as follows (standing, back row, left to right): Lt Goh Wen Hui of the Republic of Singapore Air Force, who will return to his country and await his posting; Capt Jeremy Henderson is posted to 408 Sqn in Edmonton AB where she will fly the Griffon helicopter; Capt Antonio Gomez is posted to 423 Sqn in Shearwater NS to fly the Sea King helicopter, Capt Andrew Webb is posted to 400 Sqn in Borden ON to fly the Griffon helicopter; Capt Jesse McGrath is posted to 435 Sqn in Winnipeg MB to fly the Hercules aircraft; Capt Kurt Schweitzer is posted to 429 Sqn in Trenton ON to fly the Hercules aircraft; Capt 2Lt Andrew Spence is posted to the Jamaican Defence Force Air Wing where he will fly the Bell 412 helicopter; Capt Capt Jeremy Fountain is posted to 427 Sqn in Petawawa ON to fly the Griffon helicopter; Capt Dan Lacroix is posted to 430 Sqn in Valcartier PQ to fly the Griffon helicopter; and Lt Bruno Baker is posted to 405 Sqn in Greenwood NS to fly the Aurora aircraft.

(Seated front row, left to right): HCol Hal Wishart 3 CFFTS Honorary Colonel, LCol Steve Bannister, Comdt 3 CFFTS, MGen Richard Bastien, ACAS NDHQ, Col Steff Kummel, Comd 17 Wing Wpg, and HCol Ben van Ruiten, Honourary Colonel of 17 Wing.

HCol Wishart presented the trophy named in his honour to the best Multi-engine pilot candidate; Capt Jesse McGrath. Dr. Ross Singleton, President of the Wartime Pilots and Observers Association, presented the Gos Goulding Trophy for best Rotary Wing candidate to Capt Jeremy Fountain. Mayor Ian McKenzie presented the City of Portage la Prairie Trophy for the candidate displaying the most officer like qualities and professionalism to Capt Andrew Webb.

The Reviewing Officer presented a Transport Canada Flight Safety Award to Mr. Aaron Leggett, an aircraft maintenance engineer employed by Field Aviation whose perseverance, dedication and professionalism at his job prevented a possibly fatal incident with the King Air aircraft.

Congratulations to all the Wings Graduates of Course 0302 from the staff of 3 CFFTS, Southport.

Continued from Page 1

Major Search & Rescue Operation near Calgary

A search is considered "Major" when the management of the number of aircraft and duration exceed the capabilities of the Joint Rescue Coordination Centre (JRCC), and a local Search Headquarters is established.

Upon our arrival in Calgary at approximately 8:00 a.m. (6:00 a.m. take-off from Winnipeg) we proceeded with a quick turn around for the CC-130 to send it back on it's search mission while the ground staff's endeavor was to set up the Search Headquarters as soon as possible to properly coordinate efforts by the assets at our disposal. These assets were a 435 Sqn Hercules, one 417 Sqn (Cold Lake) Griffon, two more Griffons from 408 Sqn (Edmonton), one Buffalo and one Cormorant from 442 Sqn (Comox), and two Cessna 182's with CASARA who were all lending a valuable helping hand.

Within two hours of arrival, Maj Chris Conway, the designated Search Master, and his staff had managed to set up the Search HQ with the required facilities to coordinate the search including all the charts, radio equipment and so forth. Every individual present had an assigned task, an atmosphere that could only help in the smooth sailing of operations to follow at the HQ.

As for the air search operations concurrently under way, despite the deceiving clear sky weather conditions, the flying proved challenging for the most experienced crews. Crews had to deal with the severe turbulence caused by the mountain wind effect and the mechanical turbulence. Many crewmembers came back from their missions with bruised shins and pale complexions.



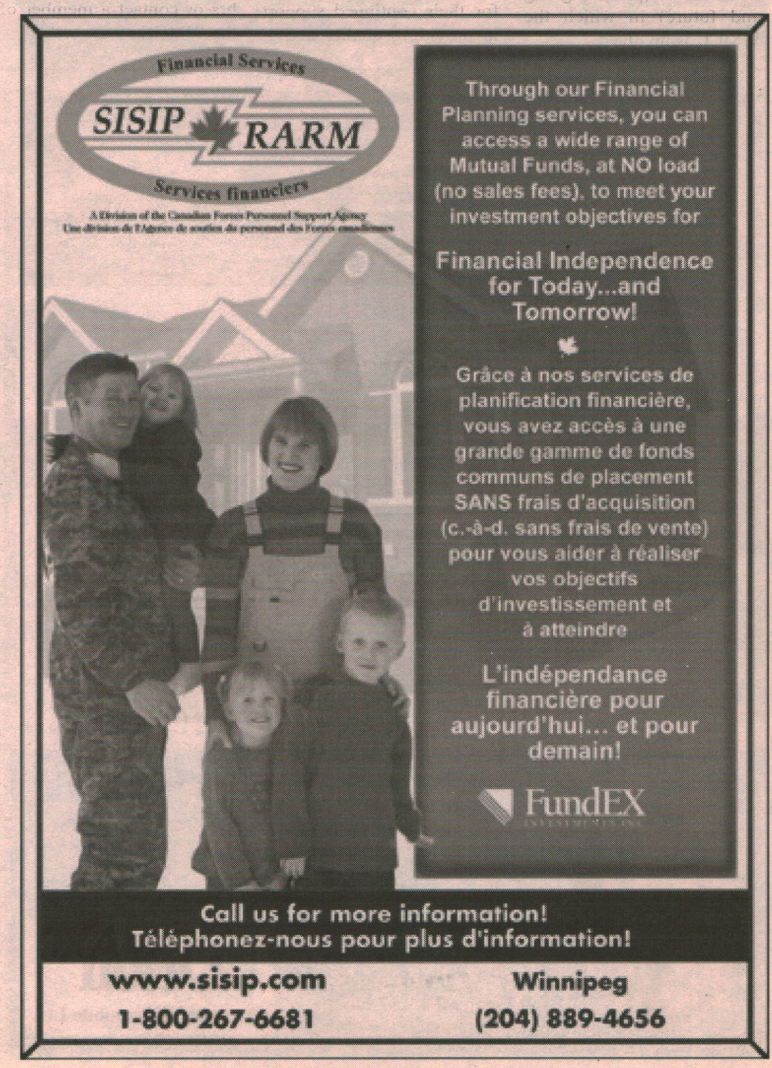
At twenty minutes past twelve, in what was undeniably fast timing seeing the headquarters had been established for little more than two hours, the first sighting of the aircraft wreckage was reported by a 408 Sqn Griffon. Terrain that may normally have been accessible by SAR Technicians via a hoist was on this day impossible to reach directly from the aircraft. The next best possibility was to land the Cormorant with its three SAR Techs approximately 1500 to 2000 feet below the identified crash site. The SAR Techs as well as ground search parties (from Cold Lake) were to try to work their way uphill to confirm a positive identification on the downed aircraft.

Aircraft available were tasked to support the ground crews in whatever capacity they could. For example, the CC-130 was tasked to provide "top cover" and relay the radio calls that would otherwise be out of range due to the surrounding terrain. That top cover provided the Search HQ with the ability to receive all radio signals and therefore have a good understanding of the big picture as well as the smaller details.

After just over three hours of physically trying conditions, we finally received word that a positive identification of the wreckage was indeed the downed aircraft being sought. The ELT (Electronic Locator Transmitter) had been found and the serial number matched the one we had on file for the missing aircraft. This little plaque on the instrument is what allowed us to make a positive identification.

The Search Master then faced what had to be the most challenging and grueling part of the ordeal – advising the next of kin of the find and the deductions we made from our observations. Once this done, what followed was basically letting the media know the details of the operation and turning over the operation to the RCMP and Transportation Safety Board for their respective investigations that are to follow.

On a personal note, what I have learned from this operation (I normally fly Air to Air refueling operations as an Air Navigator) is that you can't take any details for granted when maintaining an "always ready" posture for an operation of this magnitude. There can never be too much preparation for any eventuality because when the time comes to pack up and go on short notice, timely reaction is crucial.



Canadian Forces School of Aerospace Studies (CFSAS) conducted Adventure Training in July 2003 in Quetico Park in Northern Ontario

Submitted by Maj Kid Johnston, CFSAS

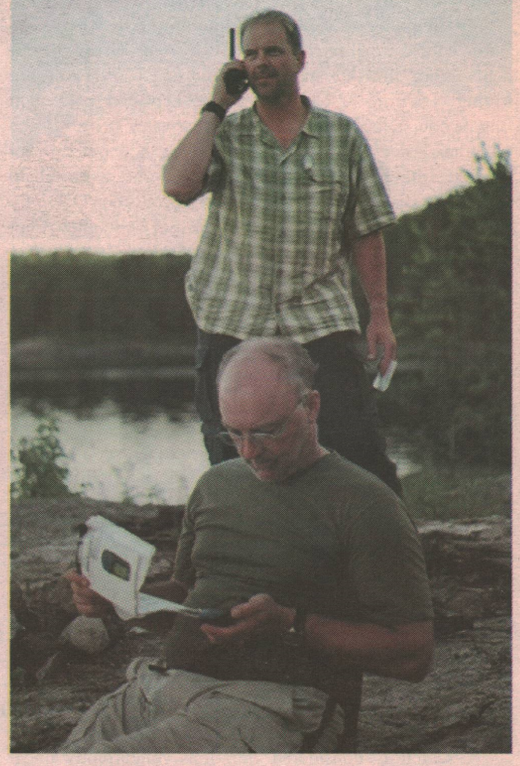
Canadian Forces School of Aerospace Studies (CFSAS) conducted Adventure Training in July 2003 in Quetico Park in Northern Ontario. As part of the canoe expedition, iridium satellite phone operation, GPS receiver operations, and open water canoe rescue techniques were practiced, as shown in the photos



CFSAS Team Members practice canoe rescue techniques



Above: Testing secondary stability of canoe



Maj Derek Sebalj Making the Ops Normal Call on an iridium satellite phone while Capt Don Mcleod works the GPS Receiver



Flipping canoe over



Returning canoe to lake



From Left to Right: Maj Derek Sebalj, Maj Mike Milligan, Maj Doug Moore, Maj Gerry Bohemier, Capt Don Mcleod, Maj Kid Johnston



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After 28 years of waking up at 4 in the morning and traveling daily from Winnipeg Beach, Richard "RAZ" Zelinitsky has decided to hang up his mop. As a Public Service Cleaner, Richard was a fixture in Hangar 16 his entire career. As an honest, dependable and hard working individual, he always had a smile on his face and a "*You got that right*" for anyone who had the pleasure of knowing him. Enjoy your retirement.

Submitted by
Capt A. D. Bruce
D/W PERS SVCS O



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Operation Sugar Rush

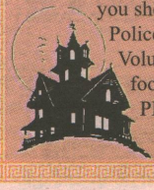
Well it's that time of year again, October 31, and it is time for trick or treating, candy goblins and things that go bump in the night. The Military Police and Volunteers of the Military Community want to make this a fun and safe event for your children. Here are a couple of helpful tips to make your Halloween safe and enjoyable.



PARENTS:
Supervise children under the age of 12.
Ensure children do not eat treats until they are inspected.
Only trick or treat in familiar, well lit routes.
Ensure a return time, and stress the importance of maintaining this time.
Educate children on proper Halloween and traffic safety.
Report any suspicious activity or persons to the Military Police @833-2633.

COSTUMES: Ensure they are made of fire retardant material.
Costumes should not be too long as to cause falls.
Reflective tape, Glow sticks and or flashlights should be used. If wearing a mask, ensure there is adequate eye space. Makeup would be preferred.
Warm clothing should be worn underneath.

On The Way: Walk on sidewalks to avoid vehicle traffic.
If children are not with an adult, ensure they travel as a group. **Walk, do not run**.
Never enter a home/apartment without adult supervision.
Place your child's name on a piece of paper and place it in their pocket in case they get separated from their group.
These are a few points of interest that as parents you should be aware of. The Military Police, along with Military Community Volunteers, will actively participate in foot patrols at both North and South PMQ areas.



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3 CFFTS: Training Past, Present, and Future Excellent Pilots

By Jen Sharpe

Although Portage la Prairie is about 70 kilometres west of Winnipeg, the small city feels a lot closer thanks to a presentation by 3 CF Flight Training School (3 CFFTS) at the Western Canada Aviation Museum (WCAM) late last month. The presentation, which included a static display of four CF flight training aircraft, introduced attendees to "Canadian Military Pilot Training: Past, Present and Future."

Capt Dennis Scharf, a 3 CFFTS multi-engine instructor and Air Display Director, says the presentation was designed to educate the public on the training activities of the CF, specifically those happening at Southport and Moose Jaw.

"We want to keep the public aware of our military heritage and to make them better aware of where their tax dollars are going in regards to military training. A lot of people are unaware that we train a lot of NATO pilots."

"It also helps promote the Museum," he continues. "There are volunteers here on a daily basis who are selfless in their devotion and have spent thousands of hours to get this museum where it is today."

The multi-media presentation summarized the CF's worldwide flight training efforts, beginning with RCAF activities in the 1930's and ending with future training opportunities.

"The Canadian Air Force has a long and distinguished place in history providing support to the Allies from WWII, Korea, Gulf War, and numerous other conflicts," Capt Scharf explained. "To be able to provide this kind of support and air power, we've got to have a very strong military utilizing sometimes very limited resources and equipment."

"The CF is a bit unique in our ability to maximize the use of all our equipment, and I think that sets us apart from other countries. This is one of the reasons why a lot of the NATO countries continue after WWII to send their pilots to us to be trained."

Many CF-trained pilots spend time in Portage completing either Primary Flying Training or advanced multi-engine or rotary wing training. In a display outside the Museum, visitors got a close-up look at Southport's Slingsby Firefly, Bell CH-139 Jet Ranger, and Beech King Air, as well as Moose Jaw's CT-156 Harvard II.

Capt Garrett Lawless, a Southport multi-engine instructor who flies the Beech King Air, says he enjoys the challenge of teaching creative students. "Every trip is slightly different, and every student that you get will manage to show you something completely off-the-wall that you never thought of. It really helps you improve as a pilot as well."

Multi-engine student 2Lt Tanya Broughton recently returned to Southport from Moose Jaw after completing training on the Harvard II.



3 CFFTS Flight student 2Lt Tanya Broughton stands in front of her mutli-engine training aircraft, the Beech King Air.

Although she is interested in flying helicopters, her ultimate desire is to become a search and rescue pilot in Comox, B.C.

"I'd like to go fly in the mountains, and I'd like to go fly up North just to see more of this country and other countries," she says.

While multi-engine flight training and other advanced courses are conducted by military instructors, basic training on the Slingsby is done by contracted civilian instructors working for Boeing.

According to Capt Scharf, this setup works well for the Canadian Forces: "DND has a requirement to renew its contract at Southport. . . The military will still have direct control over the military flying training, but we will utilize the civilian instructors—very competent individuals that will provide our ground school and flight simulator training."

"In the advanced training, we will maintain the military pilots in the cockpit," he says.

And that, in short, is exactly what the presentation hilighted: Canada will always need qualified, enthusiastic military pilots in the cockpit. Getting flight students to that stage is something Capt Scharf and all the other instructors take great pride in.

"Students will always require perseverance and ambition to reach the point where they have the Commanding General put the wings on their chest," he says. "It's a very proud moment for them, and they have to put in a lot of hard work."

"For us as instructors, we're just as proud as the students because we know we were a part of it."

17 Wing Military Police Services

Submitted by
MCpl Sparkes

On behalf of the Wing Provost Marshall, Lt Dwyre, I would like to extend a warm welcome to those of you who are joining the ranks of 17 Wing. Much like myself, I am sure you have received your fair share of comments about the "Winnipeg winter." So perhaps a warm welcome is fitting. One thing is certain, we will be finding out on our own soon enough. As with many of the Military Police Sections across Canada, we offer a wide variety of services to our Military Community. Many of our resident speeders can fill you in on our traffic enforcement measures; however, I would like to talk about a variety of other services, which are specifically tailored to our Winnipeg community. For example, by now you've probably heard some rumors about the auto theft problem in this city - Chrysler mini-van owners beware. Nevertheless, you are not completely defenseless. We can help you to help us, with the CAT (Combat Auto Theft) program. Our community based policing programs target several different aspects of our community in order to provide you with the best service possible. Specifically, this guardhouse hosts an annual bicycle rodeo for our dependant children, designed to help them develop their street smarts and promote safe cycling practices. Further, you will find our Child Identification program up and running during community events. We offer assistance to those who would like to become or establish Block Parents in their neighborhood. What's more, our bicycle patrol remains active throughout the summer months; it is, after all, Winnipeg, to improve our policing services in your community. This allows our patrols to venture where our cars cannot. Soon after the summer draws to a close, our Military Police patrols take to the streets during Operation Sugar Rush. As our children fan out into the neighborhood in search of ways to keep the dentist waiting rooms full, our Ghostbusters will help keep an extra eye out for their Halloween safety. Additionally, I would invite everyone to stop by our guardhouse to check out the various literature and information booklets available on School Safety, Crime Stoppers, ATV Safety, Reporting of Domestic Violence, Identifying Child Abuse, Addictions (Gambling/Drugs), or applications for a Pardon.

Currently, our section is 32 members strong. Although our Op tempo can keep us on the move, we remain happy to provide you with a level of policing that is second to none. Feel free to stop by and check out resource material or speak with members. You can also visit us in the DIN at: http://vcds.mil.ca/cfpm/intro_e.asp

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THE VOXAIR
Deadline for next issue is 10 October, 2003

Karen Ellis, new Champion DND Manager's Network

The DND Managers' Network (MN)) is pleased to welcome Karen Ellis, Assistant Deputy Minister (Infrastructure and Envir-onment) as our new Champion for the Managers' Network. Ms. Ellis is replacing long-time Champion Bob Emond, Assistant Deputy Minister (Finance & Corporate Services) who recently moved to the Department of Justice.

"I am pleased to be the new Champion of the DND Managers' Network. It is a privilege to build on the work and progress made by all involved in this initiative under the guidance of my predecessor Bob Emond. So many current and future leaders of DND are part of the middle management community. It is essential for senior management to invest time and energy in supporting the growth, development and creativity of this group, maximizing the opportunities for the department to recognize and build on their many valuable contributions.



Karen Ellis

"Over a number of years, my experience as a public servant has been enriched by opportunities to work with middle managers and new recruits to Government as a mentor, and I have been a strong promoter of training and development for middle management in several other departments. I take on the role of Champion with enthusiasm and look forward to working with the Managers' Network," says Ms. Ellis.

The Mission of the DND Managers' Network is to promote the aspirations of the middle managers by creating a supportive and progressive community for them. The steering group of the MN, with the support of the DND Champion, meets regularly to consider issues of concern to all managers. This group is made up of civilian managers from across Canada, including the National Capital Region. A full-time coordinator helps to implement proposals developed by the MN. For more information on how you can participate in the Managers' Network, please visit: http://mn rg.mil.ca/intro_e.asp

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(Corner of Ness & Sturgeon Road)
Crestview Veterinary Hospital
Dr. Ab Hague
Dr. Lorraine Walker
3025 Ness Avenue
Winnipeg, MB R2Y 2G3

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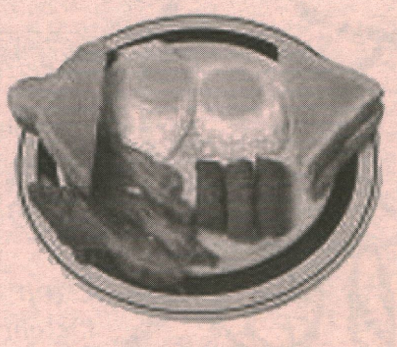
UNITED WAY BREAKFAST

Sponsored by Wing Transport

Wednesday, October 22, 2003
0630-1030 hrs

Bldg 87 Wing Transportation

Two eggs any style, hashbrowns, beans, bacon or sausage, toast, coffee, juice and tea.



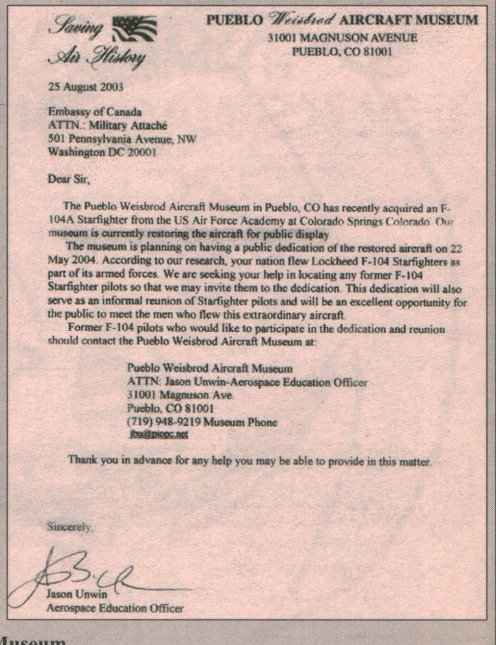


$4 per plate or two plates for $7

Reunion of Starfighter Pilots

The Pueblo Weisbrod Aircraft Museum in Pueblo, CO has recently acquired an F-104A Starfighter from the US Air Force Academy. The museum is planning a public dedication of the restored aircraft on 22 May 2004 and is wishing to invite any former F-104 Starfighter pilots. The dedication will also serve as an informal reunion of Starfighter pilots and will be an excellent opportunity for the public to meet the men who flew this extraordinary aircraft.

Former F-104 pilots who would like to participate in the dedication and reunion should contact the Pueblo Weisbrod Aircraft Museum at:



Saving Air History
PUEBLO Weisbrod AIRCRAFT MUSEUM
31001 MAGNUSON AVENUE
PUEBLO, CO 81001

25 August 2003

Embassy of Canada
ATTN.: Military Attaché
501 Pennsylvania Avenue, NW
Washington DC 20001

Dear Sir,

The Pueblo Weisbrod Aircraft Museum in Pueblo, CO has recently acquired an F-104A Starfighter from the US Air Force Academy at Colorado Springs Colorado. Our museum is currently restoring the aircraft for public display.

The museum is planning on having a public dedication of the restored aircraft on 22 May 2004. According to our research, your nation flew Lockheed F-104 Starfighters as part of its armed forces. We are seeking your help in locating any former F-104 Starfighter pilots so that we may invite them to the dedication. This dedication will also serve as an informal reunion of Starfighter pilots and will be an excellent opportunity for the public to meet the men who flew this extraordinary aircraft.

Former F-104 pilots who would like to participate in the dedication and reunion should contact the Pueblo Weisbrod Aircraft Museum at:

Pueblo Weisbrod Aircraft Museum
ATTN: Jason Unwin-Aerospace Education Officer
31001 Magnuson Ave.
Pueblo, CO 81001
(719) 948-9219 Museum Phone
jbu@piopc.net

Thank you in advance for any help you may be able to provide in this matter.

Sincerely,

Jason Unwin
Aerospace Education Officer

Pueblo Weisbrod Aircraft Museum
ATTN: Jason Unwin-Aerospace Education Officer
31001 Magnuson Ave, Pueblo, CO 81001
Museum Phone (719) 948-9212 Email Address: jbu@piopc.net

Fitness & Sports Page

CFANS' Ironman

By Capt Neil Kinley

What does Maj Luc Guillette do immediately following his weekend six-hour bike ride? He dons his runners and heads out for an hour run! This type of dedicated training prepares the Navigation Flight Commander at the Canadian Forces Air Navigation School (CFANS) at 17 Wing Winnipeg to compete at a high level in triathlon and Ironman events.

Luc was in Penticton, B.C. on August 24 to compete in the Subaru Ironman Canada Triathlon, the only Ironman competition held in this country. Despite smoke filled skies due to nearby forest fires, he finished 67th of over 2000 competitors with a personal best time of 9 hours 57 minutes. He was the top Manitoban to complete the Ironman and finished 15th out of 263 within his age group, Men 30-34.

His performance qualified him for the Ironman Triathlon World Championships in Kona, Hawaii in October. This is a very prestigious event that involves the best professional and amateur triathletes in the world.

Most people get tired just hearing what an Ironman event involves, let alone completing one. An Ironman competition involves a 3.8 km swim, followed immediately by a 180 km cycle, and finally a 42.2 km full marathon run. This is considerably more difficult than the standard triathlon which includes a 1.3 km swim, a 40 km cycle and then a 10 km run.

Maj Guillette competed in his first triathlon in Dartmouth, N.S. in July 2000 and has since raced in over 15 triathlons. He has also previously completed the Canada Ironman in Penticton in 2001 and the USA Ironman in Lake Placid, N.Y. in 2002.

A competitive swimmer as a teenager, Luc began running while in the military. A friend in Shearwater who was on the CISM Triathlon team persuaded him to start cycling and suggested he try triathlons.

In order to compete at this high a level he puts in many hours of cycling, swimming and running, building to a peak of 20 to 24 hours of training a week for the three months prior to a major competition. His weekly schedule for this period will include three 1.5 km swims, three to four running sessions, which involve either interval training, speed work or long runs (30-35 km) and three to four cycling sessions, involving interval training, 90 km tempo rides, or a six-hour long ride. The six-hour long ride is normally immediately followed by an hour run.

"I have had a lot of support from family and friends, as well as the people at work," says Maj Guillette. "Even though we are very busy these days in the military, it is still possible to have goals outside of work and achieve them."



Maj Luc Guillette powers his way through the cycling portion of the Subaru Ironman Canada Triathlon in Penticton, B.C. on August 2003. He established a personal best performance and qualified for the Ironman Triathlon World Championships in Hawaii in October.



Colouring Contest / Concours de coloriage

Name/Nom: _____

Telephone/téléphone: _____

Address/adresse: _____

_____

Age/Âge: _____

When is "Op Sugar Rush"? C'est quand "Op Sugar Rush"? _____

Drop at MFRC/CRFM by October 31/octobre at/au:
102 Comet Street
Prizes to be won/ Prix À gagner

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

Adult Programs

Crafts Classes

The following Craft Classes are being offered through the Military Family Resource Centre:

Scrapbooking

Organize your pictures into beautiful and safe memory albums. Kim Anningson of Creative Memories offers a 5-week scrapbooking course. The course will take place Oct 7, 14, 21, and November 4 & 18 at 102 Comet Street from 7 to 9:30. There is a $25.00 registration fee. Contact ext. 4500 for more information and to register.

Folk Art Painting

Create special holiday treasures. Each class 2 projects will be available for completion. On October 22 we will be painting winter candleholders and a snowman plaque. On November 17 we will be creating a sleeping snowman and more candleholders. Samples of the projects are on display at the Resource Centre. Cost for each class is dependant on the project chosen. All classes are held at the Family Drop-in Centre, Kapyong Barracks. For more information and to register contact ext. 4500.





Halloween Howl

Featuring Live Music
Lipsett Hall
October 31
9:00pm – 11:00pm
Tickets $5.00
Open to all Teens
For more information contact
Diane Brine ext 4508





Des histoires tendres / Rock and Read

Vous cherchez une activité 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 833-2500 poste 4515

Are you looking for a weekend activity for you and your child?

The Military Family Resources Centre is offering a hands-on experience focusing on sharing books, rhymes, songs and bookmaking. The program is designed for parents with preschool children.

- Open to all (military and non-military)
- Snacks for children and parents
- Bilingual program
- Free

6 Sundays from 1-2:30 pm
Starting October 19 2003
Call the MFRC for more information or to register: 833-2500 ext 4500

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 payement au 102 rue comet, les places sont limitées.

18-octobre de 16hr @18hr
Academy Lanes
394 Academy

MFRC/WMCC Family Fun Day

THANK YOU!!!

Thank you to all of the 17 Wing, 2PPCLI and 1CAD military and civilian personnel that made this year's event the best ever.

A special thanks to all of the volunteers – the Family Fun Day Committee and Executive, 27th Guide Unit, the 400th Pathfinders and most importantly the fantastic MFRC and WMCC Volunteers. The event would not have been a success without you!

SEE YOU
NEXT YEAR!!!
September 18th, 2004

Journée familiale du CRFM/CCMW

MERCI!!!

Un gros merci au personnel militaire et civil de la 17ième Escadre, de 2PPCLI et de la
1ere DAC qui ont fait de cet évènement le meilleur à date.

Un merci très spécial aux bénévoles – les comités de la Journée familiale, la 27ième unité des Guides, la 400ième unité des Pathfinders, et surtout les bénévoles extraordinaires du CRFM et du CCMW. Cette journée n'aurait pas été un tel succès sans votre participation!

À l'année prochaine!!!
Le 18 septembre 2004

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 Hrycyszyn (807) 345-5116*	

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Cinéma/ Theatre 8:00pm Showtimes

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



Fri/Sat/Sun
Oct 10-11-12 8:00 pm
18A Violence

Please Note:
We will be closed Monday
October 13, 2003
"Happy Thanksgiving"



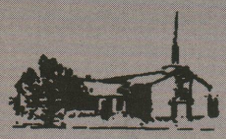




Fri-Sat/
Oct 17-18 8:00 pm
14A

Sun-Mon/
Oct 19-20 8:00 pm
18A

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.

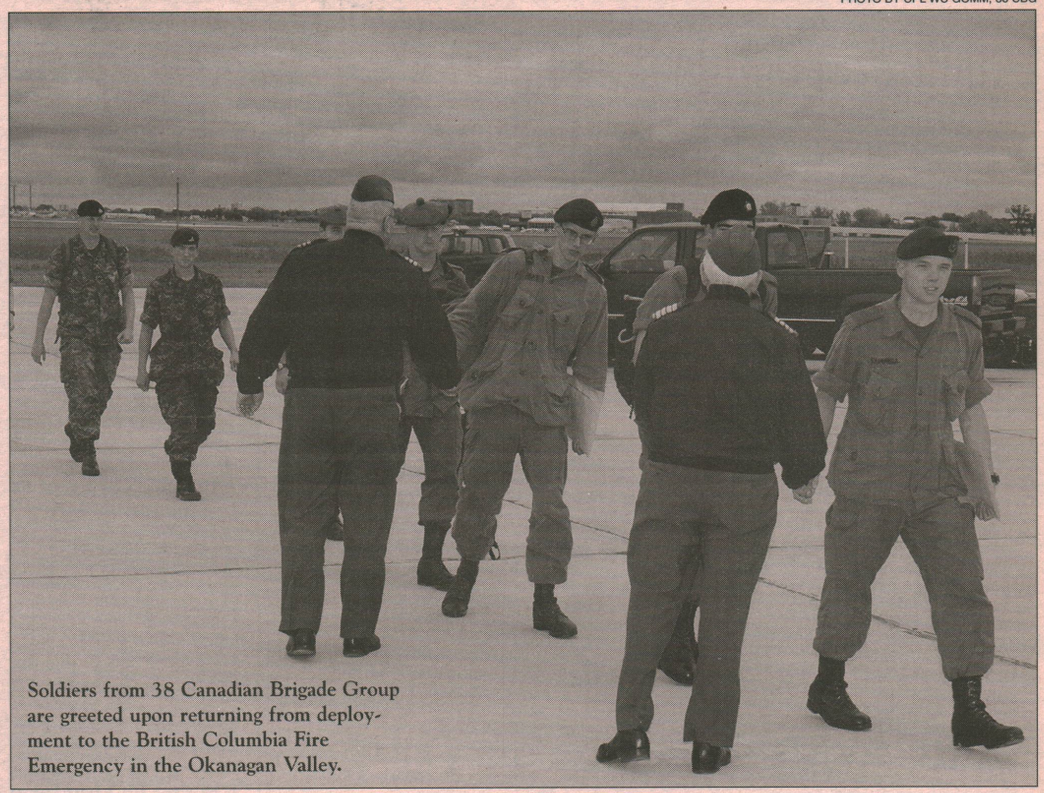
Food Bank
The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

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.

38 CBG Returns From Deployment in BC

PHOTO BY CPL WC GOMM, 38 CBG



Soldiers from 38 Canadian Brigade Group are greeted upon returning from deployment to the British Columbia Fire Emergency in the Okanagan Valley.

Where Are You Heading?

Padre's Corner

Capt R. P. (Bob) Brinn
Chaplain (P)

Stark, staggeringly bleak alternatives are put before us in Mark 9:38-50. Jesus tells us to make a choice. Choose this day, where you will be. It is better to mutilate yourself, to cut off your arm, to pluck out your eye, and throw these vital organs away, than to end up in hell. Why does Jesus speak in such a stark manner? Of course, the Bible scholars tell us that Jesus is speaking here in hyperbole – exaggerated overstatements designed to grab our attention.

Jesus says it is much better to go into the kingdom of God mangled, without an eye, without an arm, than to find one's whole body thrown into the fires of hell. A whole, healthy body is a great asset. But Jesus says that here is an asset worth sacrificing if the choice is between the kingdom of God and hell.

In our culture, we don't talk much about hell. Hell is not one of the more uplifting biblical themes. But here in this passage, Jesus undeniably speaks about hell. He doesn't really call it "hell," but rather he uses the Aramaic name of a place called Gehenna, just outside the walls of Jerusalem in the Hinnon Valley. He is not speaking of the place of the Italian poet Dante wrote about in The Inferno. Centuries before the time of Jesus, it had been a place of pagan idolatry and thus got a bad name. Maybe that is why, by the time of Jesus, Gehenna had become the town dump. Rubbish, bones, decaying carcasses, filled this desolate valley. Thus, Jesus says literally, it would be better to pluck out your eye and go into the kingdom of God missing some part of your body, than to have your whole body thrown on the rubbish heap of Gehenna.

At the city dump, one may occasionally find something worth salvaging, but not often. Things go to the dump after they have outlived their usefulness to human beings, after they have become so mangled and broken that there is no longer any shred of dignity or beauty left to them.

Thus Jesus says, "Take care. Make your choices wisely. Choose this day where you are headed. It would be better for you to let go of some aspect of your body or soul, than to have both body and soul thrown into the garbage dump of eternity. Your life is precious. Don't let it be discarded on the trash heap of life. God doesn't make any garbage, and God made you."

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TAROSCOPES

By Nancy

For appointments call 775-8368

ARIES (March 21 – April 19): Find the light at the end of the tunnel by looking to the future, not the past. Your body isn't cooperating with your efforts to soldier on because it's trying to tell you you need a change of pace. Work smarter instead of harder. Share emotional and monetary concerns with others.

TAURUS (April 20 – May 20): Unknown influences will result in a change of job, change in your job description or major adjustments in your workplace. You'll be kept busy assessing and discarding outmoded methods. Get things in writing. Past actions of another are revealed.

GEMINI (May 21 – June 21): Doing what feels natural is right. Endless consideration will only make you focus on what you think you should do. Follow your desires. Honor your own knowing of what's best. You are disciplined and intelligent. Use these skills for furthering creative endeavors.

CANCER (June 22 – July 22): You're forced to be careful when you'd prefer not to be because you're bound by overly rigid promises you've made to others. Wanting to be free from conformity, to say what you think and do what you feel like. Stop worrying about what other people will think.

LEO (July 23 – August 22): Look at what you've got, not what you want or you're liable to encounter surprise setbacks and unexpected outcomes. Instead of endlessly pondering possibilities and making general, unfocused efforts, set reasonable goals. Then put your ideas into action.

VIRGO (August 23 – September 22): Someone's mistake brings unexpected expenses. Show what you're made of, by making the best of a difficult situation. You deal very well with whatever comes your way. Remain open-minded, accept all possibilities, explore options and the answer will come to you.

LIBRA (September 23 – October 23): Though those around you may be overwhelmed by what is occurring now, you saw it coming. Stay centred even when faced with the unconscious actions of others. Continue to take care of yourself and your needs. Live in a way that shows a commitment to inner health.

SCORPIO (October 24 – November 21): You feel isolated right now because you sense things on a deeper level than others do. Cash and/or winning aren't the important things. An end to the craziness going on and an end to harsh words spoken should be the real goal. Concentrate on your own health.

SAGITARIUS (November 22 – December 21): Holding onto petty grievances is one way to avoid dealing with your own issues. When you try forcing people to accept your point of view, what you expect to happen and what transpires are very different. No one likes being pushed, especially you.

CAPRICORN (December 22 – January 19): You want to be noticed and appreciated and to advance at work. Instead you keep getting sent back to square one. This is taking a toll on your self-confidence. Look further afield than your career, to get a sense of self-worth. Take small risks in new areas of interest.

AQUARIUS (January 20 – February 18): Look closer to home for love. Stop trying so hard to make something happen. The answers are right in front of you. What you've wished for is coming true; though you may not be sure it's a good thing once it does. Maintain your sense of humor.

PISCES (February 19 – March 20): Events around you are unsettling. Harsh judgements make everyone nervous and uncertain. You're emotionally raw. Fairness and appreciation for all viewpoints is desired. The security you crave is impossible right now though so batten down the hatches and wait out the storm.

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FOR SALE

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.

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

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 foor Frigidaire 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.

4 Continental winter tires on Volkswagon rims - 185/60 R14, $150.00 phnoe 832-0155.

12.8 cubic foot Frigidaire 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

PDA - Sony Clié - complete w/box and all disks. Future Shop Warranty until March 2006. 2 available. Asking $150 each. Call Robert or Angela @ 889-5330

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.

"Polar Bear" Water Distiller, all stainless steel construction, table top design, $250.00 o.b.o. Kenmore Portable Dishwasher, approx 5 years old, white with butcher-block style top, vgc. Asking $200.00 o.b.o Kenmore 10,000 BTU Air Conditioner, 1 year old, Asking $ 250.00 o.b.o. Phone local 4286 or 452-1662 (after 1630hrs).

1- Graco (infant high chair). 2- Century large stroller. 3- Graco - infant rocker. 4- Cosco - high back booster (22 - 70 lbs) black and gray.
Will sell items individually or $80 for all four items (OBO). Colette work: 833-2500 ext:6567 home: 831-6132

1/2 carat "princess cut" diamond ring. 3 1/2 years old. Appraised @ $2900. Selling for $1700 or best offer. Have all papers. Worn approx. 2 1/2 years.Sue (269-1031) or 6544

Olsmobile Achieva S, 1994-205575 kms, $4000.00 or OBO. Ph: 489-7108 or 781-8026

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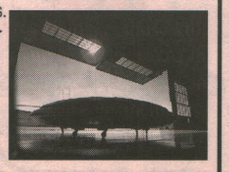
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