



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

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Wing Commander Deployed To Camp Mirage For Op Athena Rotation 2

Deployment includes new Deputy Wing Commander, as well as some 50 17 Wing personnel

By Angela Johnston

Although deployments from 17 Wing abroad are quite common, the latest developments for Op Athena Rotation 2 are somewhat more unusual. They include both the Wing Commander, Col Steff Kummel, his incoming second-in-command Deputy Wing Commander, as well as up to 50 military personnel from across the wing.

"17 Wing, at large, has done a lot of deployments," said Col Kummel in an April 21 interview. He said that at any time, approximately 100 junior ranks and officers are either deployed, awaiting deployment or returning from abroad. While it is quite unusual for a Wing Commander to leave his or her base - Col Kummel can recall only one other instance during the Kosovo conflict - he said he believes it is a reasonable thing to happen.

"17 Wing is supposed to be deployable, which means that the commanding officer of the formation is also deployable," he said. Col Kummel explains that his deployment could



Wing Commander Col Steff Kummel wraps up some pressing paperwork in the Wing Headquarters before deployment to Camp Mirage.

have many positive spillovers here on the base. He said that his deployment "gives troops the sense that anyone can deploy;" increasing morale, showing personnel that "we're all in this together."

"We exist to do these sorts of things," said Col Kummel of his unique deployment, "We're not exempt ... and nor should we be."

Col Kummel's deployment nomination was passed up to the deputy chief-of-defense staff chain of command. Though he said he received a "heads up" before receiving notice of his deployment, he officially found out about a week before this interview. Col Kummel will act as a commanding officer for the Theatre Support Element.

The classified loca-

tion Camp Mirage exists somewhere in the Middle East, where it supplies Canadian troops operating out of Camp Julien in Kabul. The camp performs many airlifts in and out of Op Athena, and other missions throughout the area. With a reduction of troops from 1800 to 600 in Kabul, Col Kummel will be responsible for supporting a battalion-sized unit.

"It's similar in many ways to running the wing," he said of the camp, "but with a very focused mission and a very high ops tempo. The redeployment and deployment rotation is equivalent to moving all of 17 Wing in the space of a month." Col Kummel will oversee flying and support operations, and said he hopes to keep them both effi-

Continued on page 2

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Wing Commander Deployed Continued from page 1



Photo by Cpl Henry Wall, Combat Camera

Humanitarian aid is unloaded from a Canadian CC-130 Hercules transport aircraft at the Kandahar airfield, Afghanistan. The goods, delivered by the Tactical Airlift Detachment (TAL Det), are a donation from the Mohammed Bin Rashid Al Maktoum Humanitarian and Charity Foundation, and consist of jackets, socks, sewing machines and medical supplies. Camp Mirage, to which Col Kummel and LCol Whitburn are deployed, plays a crucial role in transporting goods and people throughout the region on tasks such as this.

cient and effective.

He said his job will include "a lot of liaison work": for example, Col Kummel will meet with the Canadian ambassador and officials to Camp Mirage's host nation, make trips to Camp Julien, and assist many high-ranking officials in the camp on their way to visit Kabul.

"It's a high-profile mission that the country is very aware of," he said.

Col Kummel also said he hopes to ensure a balanced workday for deployed personnel. He plans to continue previous work done in the camp: "The only main flexibility I have is how the operations are actually conducted since the mission is well-defined," he said.

Supporting Col

Kummel in such a role is LCol Tom Whitburn, who will act as the operations officer in Camp Mirage. LCol Whitburn currently serves as the A3 Transport staff officer at the 1 Canadian Air Division headquarters, and formerly commanded 435 Squadron. LCol Whitburn was to become the new Deputy Wing Commander over the summer, but discovered on April 20 that he will also deploy to Camp Mirage. His role is to maintain the C-130 Hercules, and the well being of crew and support personnel in theatre.

"I'm looking forward to being at the front-end of operations again," said LCol Whitburn in an April 26 interview, "These kinds of operations are challenging, always, and reward-

ing as well." LCol Whitburn will leave Winnipeg in the middle of June.

"I've spent the majority of my career in flying ops ... but this is six months longer than I've been deployed before. It's a different dimension," noted LCol Whitburn. He has served previously in Africa, on numerous NATO missions, and flown on a few Boxtop missions, which restock CF Station Alert, the northernmost habitation in the world. When he returns from Camp Mirage, he will assume the Deputy Wing Commander position as planned.

Still, such deployments do not come without challenge for either officer. In theatre, said Col

Continued on next page

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Kummel, there is always the question of clothing, heat and scheduling of routine: "How do you set up your day so you don't burn out literally and figuratively?" While in theatre, Col Kummel could be working up to 16-hour days.

LCol Whitburn is also aware of the extreme heat: "It's 50 degrees out on Tarmac ... It's pretty toasty." Fatigue in the troops is also LCol Whitburn's main concern.

The maximum flying time for pilots is up to 120 hours in 30 days. LCol Whitburn said many pilots in theatre will be pushing such a limit - his responsibility is to "recognize if they are fatigued if they don't recognize it themselves."

Though there will be much responsibility and challenge abroad, Col Kummel will stay in touch with 17 Wing Winnipeg. He has been here for almost a year and said, "There are a lot of initiatives that already have a lot of momentum," for example, construction of the new Wing headquarters: "When you invest ten months, that won't go away."

In his place, Deputy



17 Wing Commander Col Steff Kummel tours the construction site for the new Wing Logistics complex on May 4.

Photo by Capt Er Roberts

Wing Commander LCol Jim Kerr will act as Wing Commander. LCol Kerr has been Deputy Wing Commander since 2001, and was scheduled to retire this August. His service will now be extended until next January when LCol Whitburn returns.

"Fortunately, at this wing, we're very much a team anyway," he said in an April 21 interview, "I have every intention of sharing ceremonial duties with other commanding officers while the Wing Commander is away ... I'm very keenly looking for their support."

LCol Kerr says he plans to continue with

wing goals already set out by Col Kummel. The most practical and immediate of such goals includes the completion of the consolidation project between the north and south site of 17 Wing, where buildings and units will move from the south Kenaston location here to Whytewold.

As examples of this project, LCol Kerr points to the new \$32.5 million logistics complex, the new \$7.5 million wing headquarters - to which the contract was recently awarded - and two other as-of-yet unfunded projects - one is a new residential and commercial complex, and the other is a

new multipurpose facility for the Fitness and Recreation Centre. LCol Kerr will oversee all aspects of construction, down to furniture selections.

As for challenges, LCol Kerr said he hopes there will be few, but plans to focus on communicating with deployed personnel, noting the high turnover rate at the wing this year. Col Kummel will still "keep tabs on the wing" through e-mail, and receive updates and summaries via LCol Kerr: "If a decision needs to be revisited ... he can send it to me," said Col Kummel.

Col Kummel said he

has received much group support from the Air Force Association, who wished him well, and the Wartime Pilots and Observers, who made him an honorary member. Col Kummel says this is an honour, coming from war veterans. He said he sees this as a unique link of past to present.

At the same time, base operations at the moment are - to say the least - busy. At interview time, Col Kummel had numerous PERs, or staff evaluations, to write, regular Wing Commander social and administrative commitments, as well as pre-deployment training, which, says Col Kummel, "is no different for me than a private or a corporal."

There are many things Col Kummel will miss: he cites Military Family Resource Centre coffee breaks, committee meetings, and the regular wing interactions. And of course, for both Col Kummel and LCol Whitburn, the thought of six months away from the family is daunting. Col Kummel is married and has three children: "They are a little concerned, but excited at the same time." He said they like to read up

on the area to find out more about where their father is going.

As for LCol Whitburn, his oldest daughter, Lauren, 21, is to be married in September - LCol Whitburn will fly home from Camp Mirage to attend the ceremonies. His other daughter, Dana, is just finishing grade 10, and his wife, Sharen, works in a daycare and is a teacher's assistant. "The whole family has accepted this," says LCol Whitburn.

Still, all three officers remain optimistic about the upcoming months. "It's an extremely exciting time for the Wing," says LCol Kerr. Of all the recent construction projects, "... we may be the envy of most of the air force in about a year."

LCol Whitburn is pragmatic about his goals: "The bottom line is to keep everything as safe as possible ... there's a lot of people over there that have the same interests in mind." Col Kummel is looking forward to the experience, and said deployments are often a very positive experience for any member of the Forces: "Most people I've talked to would go back in a heartbeat."

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High-Ranking Australian Air Commodore Visits Navigation School

By Angela Johnston

While visiting 17 Wing Winnipeg, the Australian Air Commodore responsible for all air training stopped at the air navigation school (CFANS) to examine the school's state-of-the-art flying simulator. Air Commodore Rod Luke, who holds a rank similar to a Canadian general, along with LCol Tim Grützner, Australian Defence Advisor to Canada with the High Commission in Ottawa, and Australian squadron leader Pete Robinson visited the base on April 27.

The visit included meetings with commanders and commandants, such as Wing Commander Col Steff Kummel, 1 Canadian Air Division Commander MGen Marc Dumais, aerospace studies school commandant LCol Mike Milligan, and a welcome and brief from navigation school commandant LCol James Cameron.

After lunch, Air Cdre Luke visited the navigation school's Tactical Mission Trainer, which is a ground trainer which allows stu-



From left to right: Australian squadron leader Pete Robinson, and Air Cdre Rod Luke, listen on to descriptions of the navigation school's tactical mission trainer, which allows students to practise skills such as navigation, communication, sensor operation and mission management from a computer screen.

dents to practice skills such as navigation, communication, sensor operation and mission management on computer software in the school.

"It went very well," said navigation school commandant LCol

Cameron the next day. LCol Cameron explained that the Australian air force is re-vamping their training school, which is why so many Australian students currently attend the Canadian school. "He was very impressed by our

school," continued LCol Cameron.

The purpose of Air Cdre Luke's visit was to research, develop and recommend new solutions for pilot training in Australia, and possibly incorporate flight training philosophies from Australia, the United Kingdom and Canada. Air Cdre Luke was also to visit Switzerland and the UK on his trip. Canadian stopovers included Winnipeg, Moose Jaw, Sask., and Cold Lake, Alta.

Air Cdre Luke joined the Royal Australian Air Force in 1973, was previously a commandant of the Royal Australian Air Force Staff College, and was appointed Director of Studies for Air at the tri-service Australian Command and Staff College. He assumed his present appointment on Jan. 27, 2003.

LCol Cameron said such high-profile visits to the school are common at the moment because of the high number of international students. The next such delegation will be from Norway during May.

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Canadian Blood Services Returns To 17 Wing

Public Service Week to feature blood donor challenge

Public Service Week in Winnipeg will take on extra meaning this year, as it will feature a blood donor challenge between 17 Wing Canadian Forces Base and City of Winnipeg employees.

Canadian Blood Services will hold a mobile clinic at Lipsett Hall on June 3, from 1130 hrs to 1500 hrs.

As it did last year, 17 Wing is challenging Civic employees to meet or beat the Wing donor total.

Last year, 81 donors attend the four-hour Lipsett Hall clinic, while the City Hall clinic attracted 93 donors in five hours. Based on the hourly average attendance, 17 Wing came out slightly ahead.

"There is no doubt that Civic employees won't want that to happen this year," said Myrtle Nichols, Director of Canadian Blood Services in Winnipeg. "We expect a strong turnout for the Public Service challenge at both venues."

The City of Winnipeg will hold its mobile clinic on June 7.

"The best part is that there are no losers in this challenge. Every unit collected will go to help patients in need across Manitoba and northwestern Ontario," Nichols added.

The 17 Wing clinic will feature eight donor beds, five screening areas and additional volunteer support, which will streamline and shorten the donation process, and give staff greater flexibility in accommodating "walk in" donors.

Canadian Blood Services encourages all Canadian Forces personnel, family and friends to join in the spirit of the challenge. Prospective donors should look for informational materials posted around the Base.

For further information, donor eligibility criteria, or to book an appointment for the 17 Wing Blood donor clinic, please call Canadian Blood Services toll-free at 1 888 2DONATE (1 888236 6283).

Playgrounds

Submitted by Melissa Davidson

Next time you take the kids to the park expect to see some improvements. Playground work is already in progress or planned for Grenadier, Ubique, Doncaster, Air Force Way and Sabre Cres. The primary projects include re-furbishing the protective surfacing and the repair and installation of swings. In addition, Grenadier park will be levelled and grass seed planted to prevent spring water collection. Doncaster park will get a new look in June with the arrival of a stand-alone slide. It has been a long process, taking three years and still looking for funding partners but I'm pleased to see the work finally happening.

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“Reporting Live From The Bottom Of The Pool”

Voxair reporter joins 17 Wing scuba club for an introduction to diving

By Angela Johnston

Scuba diving is not quite as glamorous as one may think. When the 17 Wing Goldeyes Scuba Club invited me to come on a “discover SCUBA dive,” my interest was piqued – there is something very intriguing and black-tie about the sport in a Jacques Cousteau-meets-Pierce Brosnan-in-Die Another Day type of way. If James Bond scuba dives, logic would certainly dictate that the Voxair student reporter must learn as well.

You never know when these things might come in handy in the hectic world of community newspaper journalism.

Still, just as I’m about to venture into unknown waters at the Fitness and Recreation Centre pool – Cpl Stephane Joly, SCUBA Club President, scuba enthusiast and avionics technician with 402

Squadron, informs me that to prevent fogging in my mask, I would have to give a good spit of saliva into the lenses to clean and coat them.

“Okay – I’m just going to turn my head around to do this,” I said, blushing. Spitting on command is just not as easy as it seems.

Still, who could complain? Scuba diving – post-spit extraction – is fantastic. One does not need to scale the bottom of the Caribbean or go on a dive inside the Titanic to come to this conclusion. The collection of objects on the bottom of the 17 Wing pool was enough to fascinate me.

Lodged inside a corner of the deep end is a rusty paperclip. An old band-aid floats by, trailed by a strand of grass. I floated down to the bottom of the pool and discovered that pool drains really are more interesting than first glance. The clarity of objects underwater – the ability to examine grit between tiles, or sit cross-legged on the pool floor for more than ten seconds is a unique experience.

Only on scuba can one perform an underwater summersault and not paw at the water, gasping for air. It is serene, and calming – all that is heard is one’s own breath, and the main way of communicating with a scuba partner-in-crime is loose hand sig-

nals to say whether one is okay, is experiencing problems, needs to surface, and so on.

Still, the stories only become more enticing. Alan Fraser, an instructor at the club who has taught scuba for 18 years, and dived himself for over 20, describes a scuba expedition in the Campbell River near Comox, B.C.

“You’ll have to see it to believe it,” he says. “The colours are unbelievable.” Underwater, Fraser witnessed both deep strawberry red anemones – like a vivid underwater flower – and starfish that range anywhere from purple to yellow.

Jacques Cousteau – the real version, not the journalist fascinated by rusted office supplies – once said that aside from the Red Sea, B.C. is one of the best places to dive in the world.

Scuba has a romance surrounding it that cannot accurately be articulated. Its members grow almost misty-eyed, and try to explain: “It’s the closest you’ll come to flying without being in the air,” says Fraser. Joly explains, “You get to see a whole new world. It’s the last frontier of earth ... there’s nothing like the feeling of weightlessness.”

17 Wing Goldeyes Scuba Club has approximately 50 members, whether “scuba qualified” or “scuba enthusiasts,” says Joly. Usually, there are two courses a year, one in the fall and one in the spring. CFB Winnipeg scuba divers can also hone their skills on Tuesday or Thursday nights after 7:30 p.m., and on some Sundays. During such sessions, members practice emergency skills, buddy work – a tenet critical to scuba diving – and general swimming skills. “Safety is paramount,” said Fraser.

The American-Canadian Underwater Certification Open Water program is taught at the club completing the 12-session course, which includes both theoretical and practical elements, a member is certified to scuba dive for life. “It’s like riding a bike,” says Fraser, “Once you learn, you never forget.”

After the Confined Water

course, new divers go on a two-day certifying expedition to West Hawk Lake, and perform four dives to demonstrate their skills to receive their scuba certification. After this, additional follow-up courses can be taken in areas such as advanced diving, rescue diving, ice diving, and so on.

This course is far better than courses many people take at resorts, says Fraser, because it allows divers to explore in many different waters, not just the water next to a hotel. The certification is more widespread.

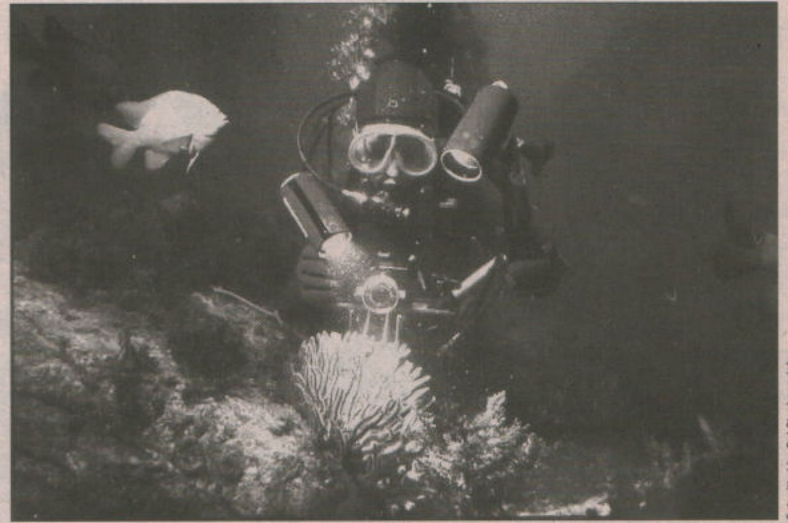
In the small office of the scuba club at the 17 Wing Fitness and Recreation Centre, rows of neon yellow tanks line the wall. Some broken hula-hoops are tossed aside, and mesh bags hang off pegs on the wall, holding buoyancy compensating jackets which inflate and deflate as needed in the water – depending on whether the diver needs to sink or rise to the surface. An old boat motor is tipped on its side, while Joly and Fraser discuss the scuba club.

Both agree that there is a large social aspect to scuba diving. While divers almost always work in pairs – a safety precaution in case one diver runs into difficulties – the atmosphere is relaxed out-of-water as well. The club goes on many outings to lakes, to “be at peace” or “soak up the air.”

They discuss the possibility of catching hypothermia while on ice dives in the winter. Divers, who are tethered to ropes, can experience walking upside down on the ice in the wintertime.

Aside from foolishness, says Fraser, scuba diving is a relatively safe sport. Major hazards include staying down in the water too long – nitrogen levels will collect in the diver’s body – and holding one’s breath while rising to the surface. This can damage the diver’s lungs as the air expands in the lungs.

While scuba can be seen as an expensive venture – new divers are looking at spending approximately \$200 right away for proper mask, snorkel, weight belt, and fins; the scuba club here at the base provides modest-



Though beginners to scuba scan the bottom of the 17 Wing Fitness and Recreation Centre pool, scuba enthusiasts eventually discover that the bottom of a body of water is far more interesting.

ly-priced rentals for new divers for things such as air tanks, jackets, and so on. While the club is geared for military members, it also accepts National Defense employees and civilians.

Currently, the club is actively recruiting members, says Joly. Cost for the Basic Open Water course, which is

for beginners, costs \$325 for the regular forces, which includes the supply of regulators, buoyancy compensators, and air tanks. Membership in the club – without taking the course – costs \$20 for military members and \$30 for civilians.

“You’re a natural,” says Fraser upon our return to the

surface. Ah, yes. Finally, those years of Red Cross swimming lessons pay off. I, too, feel that scuba diving and me are a good fit. Perhaps if this journalism business does not pay off, I could re-direct myself towards search-and-rescue diving here on the base. Only time will tell.

Challenges of Change

by STANLEY A. FULHAM



The Challenges of Change provides a compelling perspective of world events and aliens as revealed to the author by the Transendor group of 43,000 ethereal entities, which included Edgar Cayce the noted American clairvoyant – challenging information beyond human perceptions.

The Transendors, without judgement, reveal dramatic knowledge on modern day realities – the truth about the Iraq war – where the WMD are – the extermination of Iraqi scientists – the Philadelphia Experiment – the assassination of JFK and more!

The Transendors provide an historical perspective on alien intervention with mankind – who are they – where they are from – are they a threat – the abductions and mutilations – the UFO ‘canibals’ in the USA and Russia – the fascinating facts about the Mothman, Chupacabras and Sasquach, Crop Circles, Stonehenge and more! The author also reports on alien cloning and GMS, financial and religious terrorism and concludes with the Bootes alien hostage in Varginha, Brazil.

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New Commandant At The School Of Aerospace Studies

Change of command ceremony welcomes LCol Michael Milligan

By Angela Johnston



Photo by 17 Wing Imaging, MCpl Dave Payne

From left to right: Former CFSAS Commandant LCol Douglas Neill, presiding officer Wing Commander Col Kummel and new CFSAS Commandant LCol Michael Milligan sign the necessary documents to hand over command of the aerospace studies school at the change-of-command ceremony on April 22.

In a celebratory change of command ceremony on April 22, former Canadian Forces School of Aerospace Studies (CFSAS) Commandant LCol Douglas Neill turned his duties over to LCol Michael Milligan. Wing Commander Col Steff Kummel acted as the presiding officer.

After introductory words, master of ceremonies Maj Ghislain Rancourt turned attention to the signing of documents by both the present and former commandant and Col Kummel.

"We're looking forward to calling you 'boss,'" said Maj Rancourt to LCol Milligan.

LCol Milligan originally joined the Forces in 1975 as a naval officer, but transferred to the air force as an air traffic control officer in 1984. In the early nineties, LCol Milligan served in the directorate of force structure at the National Defence Headquarters in Ottawa where he was responsible for developing CF missions, tasks and the CF readiness and the sustainment policy.

Most recently, at CFB Winnipeg, LCol Milligan served as a flight commander at the aerospace studies school, and aided in the development of plans for the upcoming CF Aerospace Warfare Centre. He has a Bachelor of Military Arts and Science degree from the Royal Military College and is a graduate of the CF Command and Staff College.

"This school is the intellectual brain trust of the air force," said reviewing officer Col Kummel in an informal speech after the signing. He noted that a change of command often appears as somewhat of a double-edged sword – it is often difficult to say goodbye to talent, but exciting to welcome a new commandant to the school.

LCol Milligan also spoke, recalling past experiences, and highlighting future initiatives for the school: "I hope to sustain high levels of professionalism," he said.

New initiatives include a new course for officers on the customs, history and values of the air force, and construction plans for the new Canadian Forces Air Warfare Centre. He said he planned to expand professional levels of military education

to a deeper breadth and reach all officer levels.

After a six-month command of the aerospace school, former commandant LCol Neill will continue with language training. LCol Neill gave thanks to the staff at the aerospace school, and joked, "I feel like I've won the lottery and blew it all in six months." He said that upcoming changes to aerospace operations leave CFSAS with a "tremendously exciting future."

The school, which focuses on advanced aerospace technology, teaches both technical and professional courses in areas such as electronic warfare. Though the school officially opened in 1987, some of its earliest courses, such as the Aerospace Systems Course, date back to 1948.



Photo by 17 Wing Imaging, MCpl Dave Payne

New CFSAS Commandant LCol Micheal Milligan describes new initiatives for the aerospace school at the change-of-command ceremony.



Photo by 17 Wing Imaging

2Lt Pamela Stuebing, Administration Officer at the Canadian Forces School of Aerospace Studies, received her promotion to Lieutenant from LCol Michael Milligan, Commandant of the school on May 1.





Photo by 17 Wing Imaging

Capt Carl Bird receiving CDI from CFNA Comd, Col Pettis.





Photo by 17 Wing Imaging

Sgt Marc Elder receiving 440 Squadron lithograph for his retirement after 28 years of dedicated Reserve and Reg Force service.

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Off And Flying

By Captain Dave Fouts, UIO, 3CFFTS Southport



Photo by Piu Ward

On 2 Apr 04, seven 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 Col Manfred Arndt, Commandant of the Maritime Air Component Atlantic, in Halifax. 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 0305 are as follows (standing, back row, left to right): Capt Neil Prescott is posted to 436 Sqn in Trenton ON where he will fly the Hercules aircraft; Capt Jason Milani is posted to 402 Sqn in Winnipeg MB where he will fly the Dash 8 aircraft; Lt Frédéric Guénette is posted to 430 Sqn in Valcartier PQ to fly the Griffon helicopter; Lt Nick Hendry is posted to

408 Sqn in Edmonton AB to fly the Griffon helicopter; Capt Will Handley is posted to 430 Sqn in Valcartier PQ to fly the Griffon helicopter; Lt Joe Rehberg is posted to 408 Sqn in Edmonton AB to fly the Griffon helicopter; Lt Dave Forbes is posted to 427 Sqn in Petawawa ON to fly the Griffon helicopter; Capt Joe Tufenkdjian is posted to 429 Sqn in Trenton ON to fly the Hercules aircraft; Lt Derek Knight is posted to 427 Sqn in Petawawa ON to fly the Griffon helicopter; Capt Chris Inchley is posted to 423 Sqn in Shearwater NS to fly the Sea King helicopter; and Lt Alberto Miock is posted to 424 Sqn in Trenton ON to fly the Hercules aircraft.

(Seated front row, left to right): HCol Hal Wishart 3 CFFTS Honourary Colonel, LCol Steve Bannister, Comdt 3 CFFTS, Col Manfred Arndt, Comdt Maritime Air Component Atlantic, LCol Stew Schock, CO 402 Sqn

Winnipeg. HCol Wishart presented the trophy named in his honour to the best multi-engine pilot candidate: Capt Jason Milani. Mr. Gerry Russell of the Wartime Pilots and Observers Association presented the Gos Goulding Trophy for best Rotary Wing candidate to Lt Derek Knight. Mayor Ian McKenzie presented the City of Portage la Prairie Trophy for the candidate displaying the most officer like qualities and professionalism to Lt Frédéric Guénette.

The Reviewing Officer presented a Queen's Jubilee Medal and Certificate of 25 Years Regular Force service to Capt Yves Brissette, an instructor at 3 CFFTS. In addition, the Reviewing Officer presented a CD to Capt Chris Ashton, also an instructor.

Congratulations to all the Wings Graduates of Course 0305 from the staff of 3 CFFTS, Southport.



Cpl Nefertiti Lang receiving Commanding Officer's Commendation from CO 440 Sqn, LCol Archer.



WO Mike Rarog receiving RCMP Certificate from Inspector Richards for his assistance with SAR Stevens in August 2003.

Photo by 17 Wing Imaging



MCpl Todd Ihey receiving Commanding Officer's Commendation from CO 440 Sqn, LCol Archer.



Capt Quinton Trites receiving RCMP Certificate from Inspector Richards for his assistance with SAR Stevens in August 2003.

Photo by 17 Wing Imaging



Cpl Doug McCallum receiving RCMP Certificate from Inspector Richards for his assistance with SAR Stevens in August 2003.



MCpl Chris Barbier receiving CD from CFNA Comd, Col Pettis.

Photo by 17 Wing Imaging



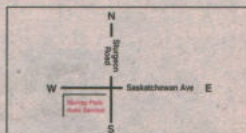
Cpl Rich Brown receiving RCMP Certificate from Inspector Richards for his assistance with SAR Stevens in August 2003. Also receiving the RCMP Certificate but unavailable for photos were Cpl Simon Gaudreault and Sgt Marty Vickers.

Photo by 17 Wing Imaging

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Volunteers On A Train?

By Donna McRae



Volunteer appreciation award winners aboard The Prairie Dog Central

17 Wing celebrated Volunteer Appreciation in style and fun this year. Driving north on Sturgeon to the Prairie Dog Central (PDC), the excitement grew as one could see the train sitting outside the old station. Volunteers, family and friends started to gather on the platform. Those arriving early enough had a chance to look around inside the station at the souvenirs and outside at the old trains. The Station built in 1910 for CN, was acquired by The Vintage Locomotive Society in 1999. The train consists of five fully restored coaches, all built between 1901 and 1913 and collectively can carry 300 passengers.

As 11 a.m. grew near, those in attendance started boarding the train. The crew on hand for the trip included the conductor, break operator, and a purser for each car. Coincidentally, many of the crew for PDC are volunteers. One hundred and seventy people attended, filling almost three out of the five cars. With

excitement and energy, the train pulled out and we were on our way to The Hitch N' Post. Chatter carried throughout the cars as we watched the fields go by. The pursers walked amongst the cars answering questions, chatting with the passengers, and checking tickets. We passed through Warren and arrived at the turn-around point. This was where most of the passengers watched with interest as the locomotive detached from the coaches and turned around on a 'Y' track to hook up on the other end.

We once again passed through Warren and made the greatly anticipated stop at the Hitch N' Post for grub. It was a short walk to the Hitch N' Post where everyone welcomed the warmth of being inside. The establishment is authentic with old signs, housewares, and a small sheriff's station, complete with jail.

With lunch came the award presentations. In attendance to aid in the

process was Wing Administration Officer LCol Shirley Neville and SISIP event sponsor, Gord Moore. Awards were presented to Andrea Morris - Youth Female Volunteer (Library), Teagan Meadows - Youth Male Volunteer (Library), Brittany Hynes - Teen Female Volunteer (MFRC KidVentures), Kyle Wood - Teen Male Volunteer (Chapel), Kendra Nevills - Adult Female Volunteer (Community Council), John Joleun and Ron Cameron - Adult Male Volunteer (Community Council and Flying Tigers Swim Team respectively), and the Bannermans received the Family Volunteer Award (Community Council). The Builder Award, which recognizes an individual or group effort towards building new community initiatives and long-term success, was presented to Steve Wilson (Woodhobby Club) and the MFRC Board of Directors. Gwen Kerr, chair of the board, was on hand to accept. In the spirit that volunteer contributions are considered timeless, award recipients received clocks, artwork, and gift certificates for the youth and teen categories.

The event was an adventure. A special thanks to all Wing volunteers for their hard work and energy to making our community a better place. I look forward to seeing more volunteers out next year and cannot wait to see what adventure the organizing committee will come up with next.

2004 17 Wing Volunteers

- | | | | |
|------------------|--------------------|-------------------|--------------------|
| Vlasta Amizic | Linda Forward | Tina Linehan | Malina Roos |
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| Stacy Antoniak | Natalie Gasc | Charmae Lyons | Heather Sawatzky |
| Shelley Bahm | Gyula Gergely | Catherine Logan | Karen Sawatzky |
| Bannerman Family | Gelinas Family | Patrick Logan | Danica Schwab |
| Brenda Bartel | Gwen Gilley | Joe Mallet | Terri Scott |
| Devin Beaudry | Denise Gipp | Lois Mallet | Suzzy Siemens |
| Anne Bensch | Krista Girard | Don Marentette | Terry Smith |
| Grace Bernard | Carmen Giroux | Paul Smyth | Art Smyth |
| Andrew Brine | Gail Gladu | Judy Martin | Terry Squires |
| Christina Brine | Jim Graham | Cari McFarlane | David Storey |
| Diane Brine | Thea Haut | Ken McLeod | Shirley Sullivan |
| Keith Brine | Liane Haviland | May McRae | Craig Sweet |
| Patrick Brine | Shirley Hargreaves | Rob McSorley | Marnie Sweet |
| John Brennan | Paul Horncastle | Breana Meadows | Carole Tanguay |
| Carmen Brown | Maureen Hughes | Kaitlynn Meadows | Cathy Tighe |
| David Burchill | Cory Hunter | Teagan Meadows | Sylvia Thordarson |
| Melanie Burneau | Brittany Hynes | Vrasha Mistry | Marilyn Thorington |
| Ron Cameron | Jeff Johnson | Dean Jesso | Barb Thuen |
| Barb Chabih | Nicole Johnson | Andrea Morris | Eldren Thuen |
| Jodi Chappel | Ken Johnston | Kimberly Morris | Sandra Turl |
| Roman Chappel | Laurie Johnson | Kevin Munn | Silvia Ukleja |
| Jasmine Clark | Heather Joleun | Andrea Murat | Chris Ukleja |
| Norm Clark | John Joleun | Kendra Nevills | Diana Vandeheof |
| Ray Clement | Lina Kennedy | Rob Nevers | Magali Veziina |
| Cindy Comeau | Shari Kennedy | Katie O'Connor | Joseph Whitaker |
| Phil Comeau | Gwen Kerr | Luc Paradis | Clara Weiss |
| Dan Constable | Lawrence Klepachek | Jean Pachkowski | Janet Williams |
| Julie Davies | Bob Komosky | Perry Pachkowski | Mary Wilson |
| Carla deGroot | Marjorie Ligue | Naomi Pickford | Steve Wilson |
| Terry Dickison | Shaun Lawrie | Nathan Pickford | Martin Wohlgenuth |
| Bryson Dietz | Linda Leblanc | Zachary Pickford | Brian Wong |
| Pamela Dulude | France Lecuyer | Dave Reid | Ellen Wood |
| Mark Farrell | Kim Legere | Marie France Reid | Kyle Wood |
| Terry Freeland | Melanie Lincez | Evelyn Reitsma | Mallory Wood |
| Miranda Forrest | | Elna Roberts | Traci Wright |



Family - Bannerman Family, MFRC, Community Council



Female - Kendra Nevills, Community Council



John Joleun, Community Council Mayor



Ron Cameron, Flying Tigers Swim team



Teen Female - Brittany Hynes, KidVentures



Teen Male - Kyle Wood, Catholic Chapel



Builder Award - Steve Wilson (Woodhobby club), presented by Gord Moore, SISIP



Builder Award - MFRC Board of Directors (accepting Gwen Kerr, chair) presented by Gord Moore, SISIP



Youth Female - Andrea Morris, Library



Youth Male - Teagan Meadows, Library

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11	28 May	09 Jun
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They're Off!

Care and Share 10Km Run and 5Km Fun Run and Walk is a success

By Donna McRae

Despite the cold, many devoted runners and walkers showed up for the Care and Share 10 Km Run and 5 Km Fun Run and Walk on April 24 at Assiniboine Park. The horn blew at nine and they were off. The more serious runners set their pace and pulled ahead of their young children along, pushing them in strollers as they walked or ran the 5 km. Those old enough to manage the five km on their own walked or ran along side friends and family. One ten-year-old girl, along with her mother, completed the race on roller blades. With the winds gusting fiercely, this was

no small task.

Volunteers watched as the pack finally disappeared around the corner before preparing for the 10 km runners to finish their first lap around the five km course. First to finish was Gerald McIvor with a time of 38:19. Placing second was Martin Krowina at 38:32, and in third came Greg Penner at 38:48. First in the womens' was Laura MacDougall with a time of 49:28, followed by Carling Barton at 51:19, and Shannon Naylor at 51:36. Many participants and volunteers came out to applaud 76-year-old Bruce Beatson who came in at 1:27:18 to finish off the race.

Everyone then gathered round with enthusiasm and applause as Wing Administration Officer, LCol Shirley Neville and Community Recreation Director Melissa Davidson presented the awards to the winners. A total of 129 people participated in the event and raised over \$600 to support the Care and Share program.

Care and Share functions as the 17 Wing internal charity, utilizing donations to provide assistance to military and DND families who may find themselves in difficulty. The Care and Share mission is to help those families in need maintain the necessities of life, and to help bring cheer and support to those in need.

Special thanks to the participants, volunteers and the sponsors for making it a great day. Congratulations to all who completed the fun run and walk, and to those who finished the 10km run.



10 Km Winner - Gerald McIvor, Thompson, MB, time 38:19



Award presentation, Female Winner, Laura MacDougall, 49:28 with LCol Shirley Neville and Melissa Davidson, background Jocelyn Wingerter (volunteer)



5 Km participants - Helathy Living Minister, Jim Rondeau, D Wing Comd Jim Kerr and family, Gord and Vivian Moore, SISIP



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Sports & Fitness

Wing Commander's Volleyball Tournament

By Angela Johnston

In an evenly-matched Wing Commander's volleyball tournament at the Fitness and Recreation centre, wing team "Wingdings" took home first place, ahead of the fitness and sports staff team, "Rods and Guns," by a close 38-34.

The contest to see who would play in the final game in the second-place position came down to a three-way tie between Rods and Guns, "Mixed Nuts," a combined A1/A4 team, and an A3 team. After tallying a point deferential, Rods and Guns went on to the final match against Wingdings.

The annual tournament, held on April 30, had twelve teams compete. The final two teams received t-shirts as prizes.



First-place team, Wingdings, took home the Wing Commander's volleyball tournament championship title with a final score of 38-34.

Photo by Angela Johnston



Second-place team, Rods and Guns, from the Fitness and Recreation centre.

Photo by Angela Johnston

CFB Winnipeg Golf Club Officially Opens For Season

By Angela Johnston

Though avid golfers have been out on the greens for a while now, the CFB Winnipeg Golf Club officially opened its doors to members on April 28.

Club president WO Denis Chaput said he would like to welcome the wing community to a club which improves every year. This year, the club features a recently expanded kitchen in the clubhouse near the 1 Air Canadian Division (1CAD) buildings on the base.

The nine-hole club has been expanding each year, said WO Chaput, to include more members. This year's cap is 600 members, and at

press time, the club already had 450, far above the previous year's membership at this time, which ended the season with 550 golfers.

Wing intersessional golf will begin on May 18, and many tournaments are scheduled for the future, the most immediate being Ladies Two Ball Best Ball on May 16, the Opening Scramble on May 29, and the Partners Tournament on June 12.

"Our tournaments are all about fun," said WO Chaput.

The season ends with snowfall, usually around Halloween. There are plans to add two tee boxes to the



From left to right: WO Dennis Hendrickson, WCWO Assistant, CWO Claude Parent, WCWO, WO Denis Chaput, president of the golf course, MWO Blair Callaghan, vice-president of the golf course, and Capt Ed Roberds, EA to the Wing Commander.

Photo by Angela Johnston

club, and extend some holes. Membership for regular or reserve force is \$250 a sea-

son, DND civilian membership is \$275, and a guest membership is \$300.

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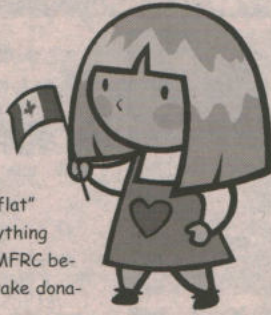
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Military Family Resource Centre



O Canada Day

We are always looking for individuals and children's groups who would like to provide decorations, letters, cards or pictures to send to our CF personel deployed around the world on Canada's birthday. Children's words, always charming and eloquent, bring huge smiles in far away places. Get your child's class involved...any "flat" craft, card or letter making use of the maple leaf or anything Canadian is ideal. Please drop off any donations at the MFRC before May 30/04 to be included in this mailing. We will take donations anytime to be included packages in the future!



Catherine loc. 4506

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- "Homeward Bound" – Reunion Workshop, Next workshop is 26 August 04, 7pm at 102 Comet St.
- "Underwraps" - a parcel support group, Meeting at 102 Comet 1-3pm 12 June, 12 July, 14 Aug, 18 Sept
- "Op-portunities"- a weekly adult activity group, doing everything from crafts to selling your home

To find out more about any of these services please call Catherine at 4506.

Lights! Camera! Action!....

From time to time the MFRC receives requests from local media and Public Affairs representatives to speak with Military Families on a variety of topics. We are compiling a list of interested community members to have on hand. If you are interested in sharing your experiences call Catherine @ 4506.

Attention ! On tourne....

De temps à autre le CRFM reçoit des requêtes des médias et de représentants des affaires publiques pour interviewer des familles militaires sur une variété de sujets. Le CRFM compile une liste de gens intéressés à répondre à ces demandes.

Si vous êtes intéressé(e) à partager vos expériences contactez Catherine au poste 4506.

Happy Canada Day

Name: _____
Phone: _____



Dear Canadian Soldier,

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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 6846 or
Employment Assistance	John Chabih	4511
Special Needs/ PIC Social Worker	Haley Schroeder	4512
Francophone Services	Louise Cameron	4515
Thunder Bay MFRC	Donna Hrycyszyn (807) 345-5116	

The MFRC is pleased to announce we are now members of the



Memberships can be borrowed from the MFRC for up to 6 people at a time. To sign out a card and/or for more information please call 833-2500 ext 4500.

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MFRC FUNDRAISER BBQ

Beginning Friday 30 April 2004 the MFRC will be hosting a BBQ outside our 102 Comet Street location every Friday from 1130 hrs to 1300 hrs (weather permitting). Come by and treat yourself to a hamburger, hot dog or smokie, socialize with others and support the MFRC's programs.

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The sacrament of reconciliation is offered 20 minutes before mass and by appointment. Contact the Chaplains' 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

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 WOps Duty Centre, 833-2700, or 2 PP-CLI 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.

Cinéma / Theatre

8:00pm Showtimes

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12	11 Jun	23 Jun
13	25 Jun	14 Jul
14	06 Aug	18 Aug

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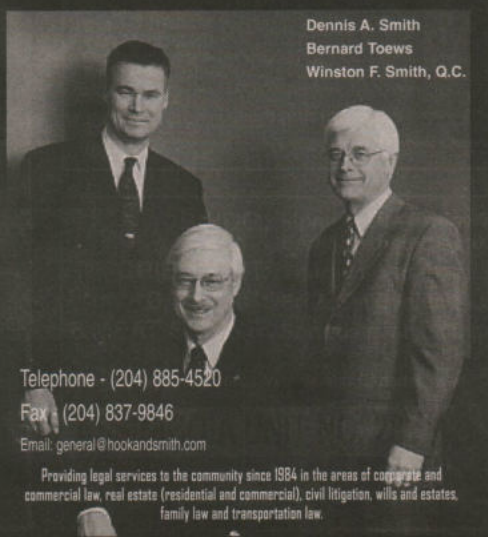


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white metal frame with mattress, \$50, Call 832-7317 after 5 pm

Woodstove
\$20, Call 832-7317 after 5 pm

Boy's 20" Coaster Bike
\$20, Call 832-7317 after 5 pm

Trampoline
8'x12', heavy duty aluminum frame with bumper pads, \$900 new, asking \$400, Call 292-9937

Packing Boxes
Like new, several sizes, \$2.50 each, quantity discount, Call 292-9937

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Saturday 15 May 04, 9am-3pm Doncaster

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20 cubic feet, works well, \$100 OBO, Call 487-7847

8' x 8' Wood Shed
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"Train station", \$1000 OBO, Call 487-7847

1990 Buick LeSabre.
White, 170,000km, safetied \$3500, Call 889-6056

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w/stand & seat, Exc. condition, \$300 firm. Call 888-9368 after 5pm.

Snare Drum, w/pad & carry case, VG condition, \$100 firm. Call 888-9368 after 5pm.

10,000 BTU Air Conditioner,
used 2 summers, \$250 (over \$600 new), Call 832-0155

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2000 Ford Explorer Sport 4x4, black, \$13 500. Call 489-8096.

Hotpoint Stove, self-cleaning, almond, \$250. Call 487-2864.

Ceiling Fan w/light, white, 4 - 17" blades, \$30. Call 487-2864.

Ceiling Fan w/light, white, 6 - 11" blades, \$20. Call 487-2864.

Sears roll down black-out blind, white, for PMQ window - 64 inch, \$40. Call 487-2864.

Sears roll down black-out blind, ivory, for PMQ window - 64 inch, \$40. Call 487-2864.

Curtain Rod, white wood, decorative ends, w/shears, fits PMQ window, \$30. Call 487-2864.

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ARIES (March 21 - April 19): People's impressions of you blend with words attributed to you to create an image that circulates far and wide. If you've used someone else's work or words-it will be obvious to others. Be impeccable when writing or making a presentation to cite all your references. You're being noticed.

TAURUS (April 20 - May 20): Plans for the future create a bit of a financial crunch for you. Watch where you put your energy and money; if the results don't reflect your values then you need to reconsider. Pay attention to this wake up call because you are contemplating choices that will ultimately impact on your sense of self-worth.

GEMINI (May 21 - June 21): Relocating is indicated. You will be leaving some happy memories behind but they are outweighed by the sense of responsibility and stress you've been feeling lately. Work decisions can't be put off any longer. Celebrate and have fun by pursuing an artistic interest.

CANCER (June 22 - July 22): Things are not simple and straight forward. Just because troubles haven't surfaces or aren't in the spotlight doesn't mean issues have been addressed or dealt with. Work your perspective. You can have fun at a function if you work at not getting drawn into petty disagreements.

LEO (July 23 - August 22): Have contingency plans if you're traveling and if working on your computer back up important documents. You may feel like you're losing control; however there are long term benefits to learning new ways to handle difficulties. Controlling your tongue is still a good idea. Venting only makes matters worse.

VIRGO (August 23 - September 22): A financial concern looms on the horizon but it's unlikely to pan out so don't waste too much time worrying about it. You're not as bad off as you think you are; it's just that you'd like to share the load sometimes. Friends give advice on how to get through this frustrating time. Remember it's just a phase.

LIBRA (September 23 - October 23): Don't expect to get much done in the next couple of weeks. You're still moving forward but it's uphill all the way. Plans go awry. You encounter complications concerning the necessary clearance. Alleviate some of the mix-ups by double checking arrangements beforehand.

SCORPIO (October 24 - November 21): Your efforts at restraint continue to pay off. When you feel uncertain remember you've managed successfully so far. The results prove it. Keeping your eye on long term gains has worked in your favor. Perseverance is the key. You can look forward to receiving a bigger piece of the pie.

SAGITARIUS (November 22 - December 21): Feeling frustrated because you believe your best efforts aren't good enough, harsh judge that you are. Deal with inner conflict. You need to know what you really crave before you can get it. Perfection in areas of mediocre interest will always leave you unsatisfied. Risk success.

CAPRICORN (December 22 - January 19): Standing still and letting the storm pass is advised. A shift in thinking allows you to release expectations. You're not responsible for helping others escape their reality. Helping change reality is much easier and more likely. The removal of self-imposed, unattainably high standards relieves stress.

AQUARIUS (January 20 - February 18): Indecisiveness is playing havoc with your energy. Are you fearful of taking centre stage because you're not sure you have what it takes or do you wonder if you'll be seen as one who uses their charisma for the wrong reasons? Just be yourself; don't work so hard trying to gauge reactions.

PISCES (February 19 - March 20): When new options open up, release the need to control where things will go. You don't have to weigh the pros and cons endlessly, you can be confident that you'll make decisions that work for you. Give yourself extra time to accomplish tasks. Your health suffers if you rush to get everything done at once.

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