



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

MAY 26, 2004

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FREE

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Coming Up Next Issue...

New Vision Revealed For Canadian Air Force

17 Wing personnel briefed before plans presented to the public

By Angela Johnston

As part of a two-day mass briefing to all members of the Air Force, Brigadier-General Dwight Davies laid out the strategic vision to 17 Wing personnel of the future direction of Canadian aerospace defence. In a presentation held on May 11 in the Wing Theatre, BGen Davies revealed new strategic information many have not yet seen.

Representing chief of air staff Lieutenant-General Ken Pennie, BGen Davies revealed no concrete plans or costs, but instead, guiding principles which will affect top-level air force decision-making in the future.

BGen Davies, who is in charge of Operations at

the 1 Canadian Air Division, explained a fact he said many already knew – that the Air Force is in a fragile state and in need of drastic transformation. But for BGen Davies, the solution was not simply 'more aircraft, but enhanced capabilities.

In the short-term, transformations would include modernizing both the CF-18 and Aurora aircrafts, adding sensors onto existing reconnaissance Griffon aircraft, and the purchase of new helicopters.

He said the Air Force plans to integrate network-enabled operations, so communication is more efficient between aircraft

and command. There are plans for more training, and the future Aerospace Warfare Centre – speculated to be built at 17 Wing – will play a major role. Continuing coalition operations with other countries was also a priority.

Long-term transformations include examinations into facets such as air and aerospace surveillance, and possible unmanned aircraft.

Of the new vision, BGen Davies said, "It bridges the gap between where we are and where we want to be."

BGen Davies' presentation was a summation of three yet-to-be released

documents from chief of air staff LGen Pennie. The documents, entitled "Strategic Vectors," "Canada's Air Force," and "Air Space Capability Framework," will be available to the public on May 20 through the Air Force website.

The guiding principles BGen Davies spoke of will provide a skeleton for future Air Force policy making. Such principles include results-focused operational capability with an expeditionary view – in other words, outward looking plans to provide efficient deployment across the world.

He spoke of creating an air force which could

work in tandem with other air forces; for example, to operate with the American force. He described the need for strong leadership to transform the existing Air Force, and multi-skilled, well-educated airmen.

Partnerships, whether with other countries or the private sector, are expected, and current resources of the Force would require strong stewardship from leadership positions.

17 Wing Commander Colonel Steff Kummel opened the presentation for BGen Davies, and remarked to 17 Wing personnel, "The vision ahead is something we should all

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Three Months In And Still Loving It

By Jen Sharpe

The last time you heard from me, I was one month into my deployment at CF Camp Mirage in the Middle East. I was learning new things, meeting new friends, and loving the unique experience of living and working on an operational CF camp.

months left, I am now about halfway through my deployment. I spent the last three weeks on leave in Italy and Greece, so now I have three months to go with no prospect of traveling around freely, staying up late, or having more than two drinks a day.

With almost three

Continued on page 7



"Home away from home" isn't it?

Photo by Jen Sharpe

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'Buzz'

By Chris Charland, Associate Air Force Historian, ICAD



Photo submitted by Chris Charland

Legendary Canadian fighter pilot Frederick George 'Buzz' Beurling DSO DFC DFM and Bar, was killed at 11:10 a.m. on the 20th of May 1948. Beurling, the consummate non-conformist, severely ticked off many senior officers by shunning all authority during his brief and checkered career. He was a loner by choice, preferring to carry the fight to the enemy on his own terms. The lone wolf was a superior marksman, able to tell with astounding accuracy the number of rounds fired and how many hit the enemy aircraft.

It was during the defence of the island nation of Malta in 1942 that he came into his own. Beurling racked up the bulk of his victories while flying a Supermarine Spitfire Mk. Vc with No. 249 'Gold Coast' (F) Squadron. For his heroic exploits, Beurling was bestowed the title of The Knight of Malta.

At 9 a.m. the 1st of September 1943, Beurling was sworn in as an officer of the Royal Canadian Air Force. The transfer from the Royal Air Force to the Royal Canadian Air Force was made after completing a very successful Victory Bond Tour across Canada. Beurling brought his attitude

with him as well. After finishing a course at an operational training unit in December 1943, Beurling was posted to the Spitfire Mk. IXb-equipped No. 403 'Wolf' (F) Squadron. Beurling's problems with authority mounted. He increasingly became estranged from his fellow pilots. It all came to a head when Wing Commander Hugh Godefroy, commanding officer of the R.C.A.F.'s No. 127 (F) Wing placed him under open arrest after a series of incidents. Beurling was subsequently grounded, narrowly avoiding a court marshal.

On the 7th of November, 1943 he was quickly moved from No. 403 Squadron and posted to No. 412 'Falcon' (F) Squadron. Beurling continued to be a problem for the R.C.A.F. The time was fast approaching where something had to be done. Beurling's last aerial victory took place on the 30th of December 1943, shooting down a Luftwaffe FW-190. In early 1944, Beurling made a decision that he wanted to return to Canada. He arrived back in Canada on the 8th of May, 1944. So what was the R.C.A.F. going to do with this character that went out of his way to buck the system? His flying future would in-

volve ferrying personnel within No. 3 Training Command. This was a tremendous letdown for the lone wolf, yet he reluctantly accepted this temporary assignment.

Beurling, who had had enough of the bureaucracy, sought an early retirement rather than carry on under existing conditions. He submitted his resignation in the latter part of June 1944. On the 29th of June 1944, a Board of Officers recommended that Beurling be granted his wish and be released from service with the R.C.A.F. Beurling and the Royal Canadian Air Force mutually departed company on the 16th of October 1944. Beurling's outstanding combat record of 33 1/3 kills made him the top ranking Canadian ace and ranked ninth of all the allies.

Time drifted by slowly for the hunter, never finding work that remotely paralleled that of a fighter pilot. In 1948, the lack of trained combat pilots needed by the emerging state of Israel provided Beurling with the perfect opportunity to re-enter the arena of aerial warfare. Beurling became a member of the Machal, a Hebrew acronym for Mitnadvei Hutz La'aretz, or volunteers from abroad.

On that fateful day, Beurling was test flying a Canadian designed and built Noorduyn Norseman, accompanied by a Jewish ex-Royal Air Force fighter pilot, Leonard Cohen. Eyewitness accounts at Rome's Urbe airfield describe seeing a pale blue stream of smoke coming from the aircraft's underside. Onlookers stood in horror as the stricken aircraft became enveloped in flames shortly

after it hit with a loud thud and blew up.

There was much speculation that Buzz Beurling had been murdered; sabotage was the 'buzz word' of the day. No one will really ever know the whole truth behind his untimely demise. One thing is for sure, when Buzz Beurling died, so did a bit of Canadian history.

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Curling Club Closes After 41 Years

By Angela Johnston



Photo by Angela Johnston

After just over 40 years of rock-throwing, sweeping and hurrying down the ice, the 17 Wing curling club bid adieu at a May 1 banquet for present and former members of the club. At a pig roast held in the club, members were able to reminisce over past memories of military curling.

Approximately 200 guests attended the roast,

said Ross Forbes, former manager of the club. At one time, there were two curling clubs, one for the army, and one for the air force. Forbes began as an icemaker with the curling club on the north site of 17 Wing in 1981. He later moved to the army club location, and became the club manager and icemaker in 1987. "I've been doing that ever since," he said.

The close of the club came as a very emotional and nostalgic time, said Forbes. "It's sad that I'm closing the door, because this is my baby. I've always been here for the members."

And the members are what made much of the club. Forbes continually relays the names of volunteers who worked to make the club one of the nicest curling struc-

tures in the city - he notes names such as Conrad Shaddock, John Duncan, Cyril McFaite, Stan Scheider and the snack bar operator, Darlyne Fathers. For renovations, the volunteers, said Forbes, "were instrumental in getting it all done."

The curling club is host to much history. The club, originally known as the Fort Osborne Curling Club, retains this name today. At one time, the club was in the Guinness Book of World Records for the longest distance between two sheets of ice - this included the 4.5 mile distance between the Kenaston club and the former club on the air force base.

After a fire destroyed the air force curling club in 1985, clean-up and renovations began on the army side club. During renovations in the nineties, Forbes, Fathers and McFaite put up many of the existing oak strips on the walls themselves. For their combined work, all three received the Base

Commander's commendation for the work on the structure. Through word of mouth, the club is arguably one of the nicest in the city, and throughout the military.

The building is now messy, with old editions of The Winnipeg Sun on tables, and crumpled napkins on the floor. Many of the pictures and décor is gone, but remaining plaques, trophies and paintings will all go to the new base museum, said Forbes. Items such as tables and chairs will be sold.

The future of the building is uncertain, with the land now for sale. "Whoever buys this chunk of land could bulldoze it," said Forbes.

The club closed due to the relocation of the Second Battalion to CFB Shilo this summer. Forbes said that membership was beginning to dwindle, with most members associate - not military. In its final year, the club had 341 members.

Other than the regular men's, mixed and ladies' curling programs at the club,

the club was also host to the Wing Commander's bonspiel, an annual event. Still, the importance of the club goes far beyond final scores, especially for Forbes.

"It was recreational. It had socializing. It was part of military life at one time," he said. He noted the importance of the club to the military community, though in past years, the spirit had waned a little: "A lot of that stuff is falling away. Especially in the city where there is so much to do ... it's fading away." Forbes said he will miss the atmosphere that developed in the club.

Still, many of the bonds that once existed between members remain today: "CFB [the club] was always seen as a friendly club," said Forbes. As for Forbes, after over 20 years with the club, he will retire as of June 1. He said he plans to continue with chores and work which he has neglected in the past: "I won't be sitting idle," he said.

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New Vision Revealed continued from page 1

understand and be comfortable with.”

BGen Davies admitted that the 1990s was a difficult time for the Air Force, and said it is hard to survive “that dramatic a change in that short of a time.” With reductions from 25,000 personnel to 12,500 in ten years, combined with an increased level of tasking, BGen Davies said, “Despite the best efforts ... there are some unexpected and unintended adverse results.”

Such results today include personnel shortages, high operational tempos – where members in some cases are re-deployed within twelve months of returning home – resource shortfalls, and a reduced capability of

the Air Force.

Still, said BGen Davies, “Things have got to change.”

Canada’s Air Force does not plan to have a full spectrum capability, such as one in the US, said BGen Davies. Instead, Canada is to have a combat-capable, multi-purpose Force to defend Canadian values at home and abroad. “We have a fair amount of flexibility ... but we can’t send a large number anywhere at once,” said BGen Davies.

Despite reductions and cutbacks, the Air Force has still been very busy in the past ten years. BGen Davies pointed to events such as the Gulf War, conflicts in Kosovo, Iraq, Ethiopia,

Haiti, Egypt and many others. Within Canada, he noted that the Air Force has been of aid during the B.C. forest fires, ice storms in Quebec, Red River floods, and Swiss Air crash.

This expeditionary role is one BGen Davies sees as continuing into the future, with the Air Force aiding the UN, providing famine and humanitarian relief, fighting against terrorism, and enforcing sanctions.

With Canada having the second largest air space in the world, and longest coastline, BGen Davies laid out strategic points for future decision-making. He said the Force must remain conscious of the vulnerability of our country in a post-9/11

context, remember that our security is intimately linked to that of the U.S., and that the Force needs to preserve a distinctly Canadian way of life.

“Bottom line, we need to not be afraid at night when we go to bed,” said BGen Davies. Potential threats could include anything from cruise missiles, chartered aircraft, civilian aircraft or unmanned vehicles.

Though BGen Davies said the role of many Air Force personnel may change in the next eight to ten years, he remained optimistic. Of the new vision, he said, “I feel it will have every one of us in it.”

Bird Surveillance Program



West Nile (WN) virus is a virus that has been found in more than 150 bird species in North America. Some species may have no obvious signs of illness when infected. Others, such as crows, blue jays, magpies and ravens, get sick more often and can die. The virus is spread by an infected mosquito.

Not all mosquitoes carry WN virus. WN virus is mostly found in those mosquitoes that typically feed on birds. It is estimated that fewer than 1% of mosquitoes in any given area are infected with WN virus. This means the risk of being bitten by an infected mosquito is low.

For those people who are at risk at being bitten by a mosquito, evidence has shown that many people infected with WN virus have

mild symptoms, or no symptoms at all. People with weaker immune systems, including people over the age of 40 and people with chronic diseases such as diabetes, cancer or heart disease, are at greater risk for serious health effects. However, West Nile virus can cause severe illness in people of any age and any health status.

The best way to monitor for WN virus is by reporting and testing dead birds from the crow family (corvids) that are very susceptible to WN virus. Testing dead crows and other corvids gives an early indication of the number of infected birds in an area, and in turn, an indication of the presence of infected mosquitoes in that same area.

When a dead bird is spotted on the base or around the home, the following action should be taken:

- If the bird is intact and looks like it has recently died, do not touch the bird. Take note where it is and report it to the **Wing PMed Tech at 833-2500 Ext 2672 or 6676 and Health Links at 788-8200 or 1-888-315-9257**. Health Links will send someone out to gather the dead bird for testing. Health Links may also ask that the bird be covered with a cardboard box or similar to protect it against predators.

If the birds are found mangled or has started to decay, the bird cannot be tested for WN virus. Birds found in this condition near or around your home, the following action should be taken:

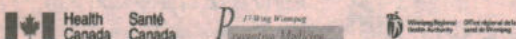
- Don't touch the dead bird or animal with your bare hands;
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- Use a shovel or a plastic bags to pick up the bird or animal and discard it in the normal trash; and
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If a bird is found mangled or in poor condition on the base, call PMed or CE in order to have the bird removed.

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170 St. James Squadron Of Royal Canadian Air Cadets Holds Annual Ceremonial Review

By Sgt Pat McNorgan



On May 15, 170 St. James Squadron, Royal Canadian Air Cadets held its 61st Annual Ceremonial Review in Building 21 on hand to watch the cadets perform was the Reviewing Officer, Lieutenant-Colonel

Gerald Pratt. LCol Pratt, a former air cadet himself, is currently the 17 Wing Logistics Officer.

As one of the oldest cadet squadrons in the city, 170 Squadron certainly has a tremendous tradition to uphold. The cadets of 2004 were up to the challenge, demonstrating a high level of both dress and drill.

With the parade over, the spectators witnessed a sterling performance of marching and musicianship from the band. Then the best Senior Cadet Drill Team in Winnipeg

took the spotlight. Working both with and without commands, the cadets performed a wonderful array of manoeuvres for an appreciative audience.

After the Squadron had gone through its paces, the promotion and awards ceremony took place. Among the winners this year were: "Sabre Flight" for the Outstanding Flight; Outstanding Top Cadet was won by F/Sgt Robak; Top Senior NCO went to WO2 A. Dhillon; Improving Squadron

Morale and esprit de corps won by WO2 A. Dhillon; Top Cadet Award awarded to Cpl K. Rodriguez; Royal Canadian Legion Cadet Medal of Excellence was won by WO2 R. de la Cruz; The Lord Strathcona Trust Medal was awarded to F/Sgt Robak.

A silent auction and refreshments topped off the afternoon.

Congratulations to Captain Gord Enright, his staff and especially the cadets of 170 Squadron for an outstanding year.

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WO Lloyd Harris, seen here with Wing Commander Col Steff Kummel and Acting Wing Chief CWO John Mercer, received his promotion to MWO on May 4 in the Wing Commander's office.



Cpl Darrell Hulme was presented the Trades Person of the Quarter Award for January to May 2004 by the Wing Logistics Officer, LCol Gerald Pratt, and the Acting Transportation Electrical Mechanical Engineering (TEME) Officer, Capt Robert Fisher, for his excellent performance within the TEME Squadron - Tn / Ops Heavy Flight.



Wing Logistics Officer LCol Gerald Pratt and the Acting Transportation Electrical Mechanical Engineering Officer, Capt Robert Fisher, present MCpl Murray Lagace with his promotion to MCpl, effective on April 26.



The Wing Logistics Officer, LCol Gerald Pratt, and the Acting Transportation Electrical Mechanical Engineering Officer, Capt Robert Fisher, present Pte John Boles with his first chevron.



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VOXAIR 2004 PRODUCTION SCHEDULE

ISSUE	DEADLINE DAY	PUBLISH
11	28 May	09 Jun
12	11 Jun	23 Jun
13	25 Jun	14 Jul

Three Months In continued from page 1

Despite the fact that I must once again live under the strict rules of Camp, coming back to work from leave wasn't as sad or depressing as I thought it would be. Sure, I had a great time on my vacation and definitely relished the time to unwind and de-stress, but I had many things to look forward to when I walked back through the Camp gates.

While on vacation, I took full advantage of the wonderful Italian and Greek food offered by restaurants, locals, and the odd fast-food joint. Although this pasta, bread, pizza, and cheese was great, my body was craving the fruits and vegetables the Camp Mirage mess offers en-masse.

The food here on camp is terrific and, unlike food in Italy, terrifically good for you. There are a handful of salads to choose from for lunch and dinner, as well as multiple domestic and exotic fruits you can eat 24/7. I didn't realize how many fruits and vegetables I was eating until I left camp and subsequently gained 6 pounds.

In addition to the food, I also missed the desert climate,

believe it or not. It wasn't really COLD in Italy and Greece, but it wasn't exactly warm either. The temperature hovered around 18 degrees, and although that's balmy by Winnipeg standards, by my wimpy Middle Eastern standards it was practically freezing.

So, when I returned to Camp late at night earlier this week, it was 28 degrees and I was thrilled. (I was not so thrilled when I walked outside in the afternoon and it was 43 degrees, but beggars can't be choosy.)

Now that I've been back for a few days, filled my stomach with fruits and vegetables, and grown to loathe the Middle Eastern sun again, I'm left cherishing the thing I missed the most: my friends.

I made many friends while on vacation, and I'll probably even keep in touch with some of them. But no matter how many questions these new friends asked me about my job and what it's like to live in the desert, I was never able to give them complete answers; part of this is for security reasons, but most of it is because my

experience here is so incredibly complex and indescribable.

I can explain what kind of food we eat in the mess and give the temperature on a hot day, but that doesn't mean a stranger can understand what it's like to eat in the mess or what it's like to bake in the desert heat.

Living on camp is completely unlike anything I—or most people—have ever done before, so giving an honest description of life here is impossible. I can try to explain it in articles like this, but I know that my attempts are superficial and completely inadequate.

Because of this, friends I've made here are very important to me because they are among the few people who understand. They understand why this place is terrific, and they understand why it sometimes stinks. They understand why the miraculously-green grass is off-limits to everyone but the birds, and they completely understand why sandstorms are a pain in the neck, the eyes, and especially the teeth. They understand the

stresses of work, the stresses of life on camp, and the meaning of Heat Stress Level 3.

While it is true that I needed a break from my friends and coworkers when I left three weeks ago, I didn't realize how much I missed them until I came back and was greeted by, "Jen! You're back! We missed you! How was your vacation?"

A few things have changed in the past three months, notably the weather (now hotter), my complexion (now darker), and my friendships (now stronger). A few things have also changed in the past three weeks, including my stress-level (now lower), my bank balance (now MUCH lower), and my friendships (now renewed).

I can't know what else will change in the last half of my deployment, but I'm sure I will adapt just like everyone else. When I return to Winnipeg and the Voxair in the fall, I'm positive these changes will have made me a better and stronger person... who will be able to handle the hot Manitoba summers with ease!



Photo by Jen Sharpa

What better way to relax than spending some time on Grecian Santorini Island? This ain't no "Mirage" I tell you.



Photo by Jen Sharpa

The Forum in Rome, Italy. I didn't get to see Kabul but I guess these ruins will do for now...



Photo by Sgt Pat McHorgan

On May 11, 402 Squadron received Full Airworthiness Accreditation as an Accredited Technical Organization (ATO) under the CF Airworthiness Program for support of the Dash-8 fleet. This means that 402 Sqn has committed to achieving and maintaining an acceptable level of safety for the Dash-8 aircraft. It is equivalent to a civilian aircraft organization obtaining Transport Canada accreditation and is the result of nearly two years of work. Wing Commander Steff Kummel is seen here with 402 Sqn Aircraft Maintenance Engineering Officer Maj Tom Flynn presenting the accreditation to the squadron.



Photo by Silvia Ueale, NPF HR

Gina Neufeld, NPF Accounting Supervisor (30 years) and Donna Tanner, NPF Accounting clerk were presented with their CFPSA Long-term service awards on May 12. In attendance for the presentation were Maj Rick Harris, Wing Personal Services Officer, Mr. Bob Smith, Chief Financial Officer for CFPSA, and Mr. Dick Jockman, Regional Accounting Manager. Congratulations to both ladies on their dedicated service and commitment to CFPSA here at 17 Wing.

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Sports & Fitness

Kanadische Kickers End Legacy With City Championship

Soccer team to retire name as 2PPCLI moves to Shilo

By Angela Johnston

The Kanadische Kickers soccer team came to be when the Second Battalion went to Germany in 1984. Upon return to Winnipeg in 1988, the Kickers played against the 17 Wing Winnipeg soccer team for the right to represent the Wing in the Prairie Region soccer championship. The Kickers won the game, and have represented 17 Wing ever since. But now, as the Battalion departs for Shilo, the Kanadische Kickers will retire their name and end a 20 year legacy with a Winnipeg indoor soccer championship.

The Kickers first won the military nationals in 1985, and have represented the Prairie Region at the nationals ten times since the original national victory, according to Sgt Jim Smith, a member of the Battalion currently in language training at 17 Wing.

The last trip to nationals was in 2002, when the team lost in the finals to place second.

This year the high-scoring team won the indoor soccer playoffs, playing in division three at the Soccer Spectrum. They played the semifinals against the team Onyx with a score of 6-3, said Smith. He was not too concerned about this game, as they had beat the team four times during season games. Still, the team "tried to eliminate [their] errors."

Out of 14 games of the indoor soccer season, the Kickers had 12 wins with two losses, 78 goals for, and 45 against, with Sean Kovacic and Rupert Robinson scoring 23 goals each. The team placed second overall, missing first place by 1 point. There are 16 players on the team, with only three not serving in the Battalion. This

was a significant factor in deciding to retire the name, said Smith.

Smith also coaches the team: "We're aggressive, we're fast ... what we lack in skill, we make up in physical fitness." Smith has coached the team since he returned from a tour in Bosnia replacing original coach Bush Thornhill. The Kickers face situations unusual to other city soccer teams - last summer they could not play because they were called out to fight forest fires with a large number of players still deployed in Bosnia.

As for weaknesses, Smith can think of none. He falls back to the weakness many military teams face: courses, operational commitments, and family. Still, there is a "nucleus of guys who are then augmented by newly posted players."

Going into the finals, Smith said they went into the game confident but knew that they must play an error-free game against an aggressive Frecci Azzurri team who the team has had problems with before, but then, "the ball bounces the way it bounces."

After a 6-1 victory, Smith remarks, "We hustled ... we did everything right ... we had lots of chances and capitalized on six of them. It was our goal as a team to win the indoor soccer title and the playoffs and we succeeded with the latter. It's definitely a rewarding title upon the retirement of the team name."

As for the Kanadische Kickers, the "team name is done, unfortunately." But as a memento of the team, the players will keep their jerseys as souvenirs.

Aerobic Excellence Award Promotes Healthy Lifestyle For CF Members

By Angela Johnston

Every morning, before Master Corporal Rob Vipond begins work at 17 Wing's 402 Squadron, he cycles from his home in St. James to the Forks through Wolseley and Assiniboine Park, and then back to the base. He gets up at 4 a.m. to do this routine, as work begins at 6:30 a.m. This pedal takes him approximately 30 km through the city each day.

Though MCpl Vipond says he has always enjoyed cycling, he is also working towards a fitness goal in which many others on the base could participate. MCpl Vipond is working on the CF Physical Award for Aerobic Excellence, an award which aims to promote an active and healthy lifestyle for serving members.

"I enjoy cycling," said MCpl Vipond, noting the added health benefits, "The more I cycle, the better I feel."

Those who join must accumulate 2000 "units" of physical activity in less than two years, tracked through a logbook. Upon completion, the participant receives a seal on a scroll. The first level of the program involves completion of six seals.

MCpl Vipond received his first seal last year on June 25 from the commanding officer of his squadron. He currently said he aims to finish his second before winter this year, with a goal of cycling 6,000 km in one year. Off the top of his head, he tracks the distance pedalled so far: 2,474 km. That leaves approximately 3,600 km to go.

Of the award, MCpl Vipond says, "It gives you a goal ... I'm driven to succeed. If I have a target to work towards, I do." MCpl Vipond began cycling seriously approximately four to six years ago. "When I turned 38, I decided to get more serious and

devote some time to it."

Now 41, MCpl Vipond cycled his first 1000 mile trek from Fernie, B.C., back to Winnipeg after he turned 40. This involved one 100 mile day - known as a "century ride" to cyclists. It is considered an important landmark for bikers.

His enthusiasm for cycling has also helped others. MCpl Vipond regularly cycles for Habitat for Humanity, raising \$2000 to participate in 13 days of cycling. A house for a low-income family is built while the bikers are away, sleeping on gym floors. This year, the Habitat bikers are cycling from Denver, Colorado to Winnipeg.

MCpl Vipond enjoys meeting the Habitat families beforehand, and notes that the community spirit spreads across the neighbourhoods of the homes. "It's very humbling," he said.

He will also participate in

the 150 km ride for Multiple Sclerosis at the end of August. "Anytime there's cycling involved, I like to be in it," he said. His love of the bike has also influenced his family, who cycles through Assiniboine Park with flags on Canada Day. This family includes a son, Sean, 9, and his wife, Elizabeth.

All of such events can be logged as units of time for the award. For example, one unit of exercise would include 3 km of bicycling, in MCpl Vipond's case, or 1 km of running, 3 km of walking, 10 minutes of an aerobic class, and either 1.5 km or 7 minutes spent either rollerblading or skating for others. There are many activities which qualify.

Those interested in participating in the award can stop by the Fitness and Recreation centre for more information and logbooks.

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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



CALLING ALL VOLUNTEERS!

Under the direction of the 2nd Battalion Princess Patricia's Canadian Light Infantry, Patricia Arms Club Manager, the MFRC will be hosting the Beverage Services for the 2PPCLI Farewell to Winnipeg Ceremonies 18, 19, 20 June 2004 as a fundraiser.

We are looking for Volunteers for Bartender and Cashier duties for various shifts throughout the three days. No experience required. Training, meals and T-shirts provided.

This is a great opportunity to be part of the 2PPCLI farewell ceremonies; re-connect with prior colleagues / acquaintances; support your MFRC; and have lot's of FUN!!!!

Please call Nicole at 833-2500 ext 4507 by 30 May 04 and let her know you are available. Invite your friend(s), spouse/partner to volunteer with you!

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.



The Art Of The Care Package

There is no better feeling when you are away from your friends and family than the arrival of a "care package" from home. Put together with love, humor and imagination these treasures from home make life on deployment bearable. Not just for families... a care package from home units/sections will let deployed members know they are missed. Get together today... everyone in your section can toss an item in. For all the correct addresses, postal information and everything you need to wrap up your parcel, stop by the MFRC Parcel Centre at 102 Comet St.

- Travel size board games
- Magazines/Novels (paperback)
- Electronic hand-held games ie.GameBoy Color with games
- Film or disposable cameras
- Football/Basketball/Soccer Ball
- Playing cards. There are lots of different ones available, like UNO & Wizard
- Make-up CDs of cassette tapes of their favourite music.
- Videotape their favourite shows. As long as they have access to a VCR.
- Deodorant/Shampoo/Soap/New toothbrush
- T-shirts, underwear, socks. Send every month of two as their stuff gets pretty grungy.
- Baby wipes for a quick clean up. Waterless hand sanitizer is great too.
- Sunglasses.
- Kid's artwork/crafts/Make up a t-shirt with the child's hand prints on it using fabric paint
- Videotape of family, friends, home, special events (birthdays, kid's sports games, school concerts), etc, if have access to a VCR.
- Tape a letter onto a cassette tape. (Borrow ours at the MFRC!)
- Tape your child reading Daddy (or Mommy) a bed time story.
- Pictures of the family /Put children's photos on a t-shirt. Can either buy special iron-on transfer paper & print from your computer or can get them made at a photo shop.
- Calendar: Make your own using family pictures or get one made up at your local photoshop. Remember to put important dates on it. You can also include your work schedule & the kids schedules so your loved one knows when to call.
- Laundry Soap
- Small pillow/Sleeping bag liner (easier to wash)

Food Ideas

- Remember when sending food items that they will probably want to share so send extra.
- Tuna (remember a can opener). Great source of protein.
 - Instant coffee: there are lots of different flavours available/Hot chocolate
 - Joe Louis, Vachon Cakes, Little Debbie's, Prepackaged brownies or baked goods
 - Nuts (shelled). Peanuts, cashews, almonds, Raisins, dried fruit
 - Rice Krispy Treats (homemade or store bought)
 - Candy (make sure it won't melt & make a mess of the package)
 - Chips: individual sizes are great as they won't have to worry about them being stale.
 - Crackers Granola Bars Fruit Bars
 - Powdered juice, Gatorade, Kool-Aid. Remember a jug to store it in & make sure it is presweetened. You don't want to have to send sugar too.
 - Pudding: send the tubes or send them some plastic spoons
 - Applesauce: individual size Fruit cups
 - Popcorn: send lots for sharing Bits & Bites
 - Cup O'Noodles (made with boiling water) Easy Mac (no milk needed)
 - Cereal: try the individual size for freshness & variety Instant Oatmeal
 - Cookies: for homemade cookies put in a slice of bread to help keep them fresh. Can pack them in air popped popcorn to keep them from breaking during shipping
 - Powdered Milk
 - Beef Jerky

With many thanks to the MSN Military Wives Support Network

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 Hryczyszyn	(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.

Sleepover at the Museum

Celebrate the end of the school year with an evening at the Manitoba Museum. The MFRC is sleeping over at the museum on June 26. This is an exciting evening of exploring and fun, and perhaps even a little sleeping. The fun starts Saturday at 6:30pm and ends Sunday morning at 9am. We will spend time in the Science Centre, the Planetarium, the Galleries and the 50's exhibit. We will even eat some pizza!! Come join in the fun. We invite elementary school-aged youth, junior & high school students and even university students to celebrate the end of the school year and the beginning of summer. Registration deadline is June 11. Parents pack up your children and enjoy a night off.

Manitoba Museum
Saturday, June 26
Drop-off at the museum: 6:30pm
Pick up at the museum: 9am
Cost \$25.00 per person

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.

COST:
Smokie or Hamburger and a drink \$3.00
Hot Dog and a Drink \$2.00



(All proceeds will be donated to MFRC Programs)

Together in Church



CATHOLIC

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Chaplains

Father Tim Nelligan
(Roman Catholic)
Office 833-2500 ext. 5272

Father Terry Cherwick
(Ukrainian Catholic)
Office 833-2500 ext. 5417

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 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.

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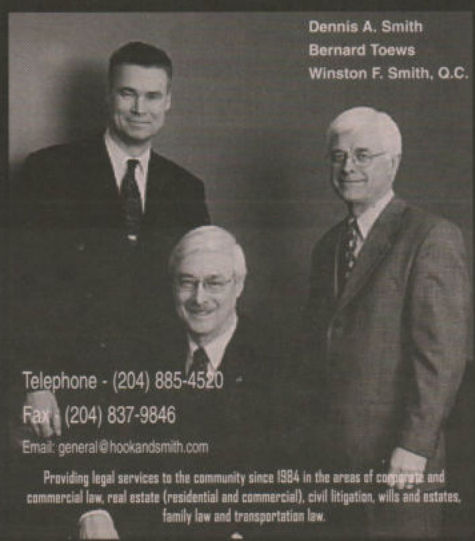
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ARIES (March 21 - April 19): Learn from those who don't take themselves too seriously. Issues concerning other's opinions are still plaguing you. Image is important, but so is autonomy. Be proud to be recognized for who you are and what you believe in even if it's not in style. Connect with like others.

TAURUS (April 20 - May 20): Considering joint ventures. When looking for ways to expand your space, factor in health benefits and increased comfort. Before traveling, get lots of information on alternative locations that catch your eye. You'll feel more relaxed if you tie up all the loose ends in advance.

GEMINI (May 21 - June 21): You've shown how capable you are and though it's nice to feel indispensable, it limits your freedom. Realize that you opted to carry extra responsibilities. There are ways to proceed you've not considered. Clues come from an unexpected source.

CANCER (June 22 - July 22): Turn the other cheek if someone has done you wrong. What haunts them is huge. If you retaliate and hurt them you also hurt yourself because you have a conscience. If you know better and go ahead and act anyway it's worse than if you act in ignorance. Think before you act or speak.

LEO (July 23 - August 22): Ask yourself what your motive is for seeking more status. Wait until you're fully prepared before putting yourself forward or you may overcompensate and exaggerate when trying to make a good impression. At a gathering let someone else be the centre of attention for a change.

VIRGO (August 23 - September 22): Breaking away from a difficult situation or getting rid of property. Delays in moving to something better are indicated because something must be cleared up. Simplified living saves money and allows for more time with loved ones. Cut commitments to lower your stress.

LIBRA (September 23 - October 23): Finally you feel like you've got it all together. You know what you want and have the energy to get it. The fact that everything seems to be falling into place improves your optimism. You'll be renewing connections with important people in your life.

SCORPIO (October 24 - November 21): Don't give up something you love because of time constraints. Just cut back a bit until capable help arrives to handle the chores. Right now you're sharing the load in theory but not in practice, but you're not in a position to say anything yet. Be patient.

SAGITARIUS (November 22 - December 21): If you want things to improve, work at it. What you don't maintain can slip away. Resting on past successes is appealing especially when you're good at the "last minute delivery" to meet deadlines. However, be warned, a hasty, half-done job will be obvious to all.

CAPRICORN (December 22 - January 19): Strike while the iron is hot and reap the rewards. Take a rest now and you may regret the loss of momentum. Find a better job or put in for a promotion. Your positive attitude and good track record have made you visible to innovators. There will be time for a break later.

AQUARIUS (January 20 - February 18): The price of focusing only on success is that personal connections get less attention than they deserve. Your intentions are good but celebrating alone is no fun. Those you care about are drifting away, or more precisely, you are. Reconnect in new ways.

PISCES (February 19 - March 20): Expect big changes or upheavals. Your reputation as a responsible problem solver spreads, and your fortunes improve. The increased attention you're getting may make you feel uncomfortable and it upsets your routine, but this is a chance to advance. Awareness increases.

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