THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg
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Command Change For Operational Headquarters Of Air Force

Major-General Charles Bouchard To Command 1 CAD And Canadian NORAD Region

By Angela Johnston



Photo by Cpl J.A. Whyte

Chief of Air Staff LGen Ken Pennie and outgoing 1CAD/CANR commander MGen Marc Dumais on the dais during the change of command parade at 17 Wing Winnipeg on August 3.

With the formal passing of flags and pennons, the command of both the 1 Canadian Air Division and the Canadian NORAD Region passed from Major-General Marc Dumais to Major-General Charles Bouchard on August 3. To the beat of Air Command Band pomp, onlookers watched the traditional signing of documents at a 17 Wing Winnipeg concrete parade square, as medics stood by with water on the sweltering summer morning.

This change of command is twofold: while MGen Bouchard now commands the operational headquarters of all Air Force missions -- determining the "meat and potatoes" of all operations, such as manpower, aircraft and servicing -- he is also responsible for monitoring all Canadian aerospace, as part of Canada's NORAD commitments.

NORAD, or the North American Aerospace Defense Command, was originally a Cold War-era organization formed to stave off threat of trans-Atlantic Soviet bombs. Today, in a time where the focus is on continental security, NORAD continues to play a vital role.

"Common defense of North American is not a luxury -- it is a necessity," emphasized MGen Bouchard in his address to the parade.

The presiding officer for the change-of-command was the Chief of the Air Staff Lieutenant-General Ken Pennie, accompanied by Deputy Commander of NORAD, Lieutenant-General Rick Findley. Distinguished guests arrived in slick staff cars to review the symbolic passing of pennons and flags from outgoing commander, to presiding officer, to incoming commander.

The parade included a fly-past by many CF aircraft, including Griffon helicopters from Edmonton and Valcartier, Jet Rangers from Portage La Prairie, Dash-8s and Hercules from Winnipeg, and CF-18s from Cold Lake and Bagotville, including the Forces' demonstration CF-18.

In his address LGen Pennie noted that leadership in a command role is a "sacred trust," and said that both MGen Dumais and MGen Bouchard are "two individuals who are extremely talented and extremely capable."

In an interview before the ceremony, incoming commander MGen Bouchard laid out plans for both commands, which are three-pronged. He first planned to continue to make Canadians proud of both the Air Force and 1 CAD. Next, he said he would create the best, safest and most effective Air Force capable for all situations, whether wartime, peacetime, or in support of other missions. Last, he vowed to work with the Chief of Air Staff under the principles of LGen Pennie's newly-minted Vision for the Air Force, released this past May.

This recent document constructs guiding principles for future top-level Air Force decisions. It prescribes results-focused operations capability for the Air Force -- in other

Continued on page 2

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Command Change Continued from page 1

words, effective deployment around the globe. Some aspects of the document are more specific, such as plans to modernize the CF-18s and Auroras.

Though MGen Bouchard has the overarching vision to guide his decision-making, he said he would also draw upon his experience in the Air Force. He noted that many friendships he made as a helicopter pilot were important to his decision-making, calling "the people" his teachers.

This is not MGen Bouchard's first encounter with NORAD issues. He was previously the Deputy Commander of the Continental US NORAD Region at the Tyndall Air Force Base in Florida. He said that his work would continue the work of his predecessor, MGen Dumais.

MGen Dumais is leaving the position to become the Assistant Chief of the Air Staff in Ottawa, or second-in-command for the Air Force. He said that he plans to work with the same issues as in his 1 CAD command -- namely, human resources, training, budget shortfalls and flight safety, to start -- except at the Ottawa level.



Photo by Cpl J.A. Whyte

(Left to right): Incoming 1 CAD/CANR commander MGen Charles Bouchard, Chief of Air Staff LGen Ken Pennie, and outgoing 1 CAD/CANR commander MGen Marc Dumais sign the ceremonial documents on August 3.

He said he will "explain the Air Force story to the department at large," hoping to make "... incremental enhancements in all areas."

MGen Dumais said he would miss his time in Winnipeg, which ended just a day over two years. In a wry deadpan, he noted that he will miss the "wonderful brisk air in the wintertime."

CFB Winnipeg will miss MGen Dumais as well. He received cheers as he left the parade in a staff car with a Montreal Canadiens flag where his commander's pennon had flown.

It is now MGen Bouchard's turn to experience the grisly Winnipeg winter while in command of 1 CAD and the Canadian NORAD Region. LGen Rick Finley, Deputy Commander of NORAD, noted that the organization was very busy in the past two years (MGen Dumais' time in command): the Canadian region deployed six times, responded to 120 incidents, and participated in 160 defense exercises. Such is an example of the work MGen Bouchard may have before him.

Other guests at the ceremonies included the Lieutenant Governor of Manitoba, the Honourable John Harvard, St. James-Charleswood-Assiniboia MP Steven Fletcher, St. James MLA Bonnie Korzeniowski, RCMP representatives, and Wing Commander LCol Jim Kerr.

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27 August 2004

17 Wing Volunteers For Habitat For Humanity

By Capt Mary Lee, 17 Wing Public Affairs Officer



Photo by Cpl Steve Bogue, 17 Wing Imaging

Cpl Jason Chapdelaine (right) and WO Lou Landry of 17 Wing Military Police assist Sgt Sandy Bouthillette lay plywood at the Habitat for Humanity building site in Transcona 30 July 2004. 17 Wing Military Police volunteered a day for construction in aid of the building eight shelters for needy families.

Over two dozen members from 17 Wing swapped military gear and flight suits for hard hats and tool belts to help build eight houses in eight days. It may appear to be quite an ambitious feat, particularly, if most of the work is done by volunteers. There are no real tradesmen or women, journeymen or apprentices among this dedicated crowd. They are just driven by the desire to work hard and the passion to help others. For "Habitat for Humanity" that's really all that is required to get the job done.

In actual fact, "8 Houses in 8 Days" is a name coined by Habitat for Humanity Winnipeg for their building blitz Aug 7 - 14. Over the course of these eight days, construction progressed on eight single dwelling homes from the foundation and first floor rough in to the installation of the roof and final interior preparation. Constructing these homes for the final building phase is the work of hundreds of volunteers throughout the Winnipeg area coupled with assistance from Manitoba Home Builders. 17 Wing proudly gave to the cause this year as in previous years simply out of the kindness of the members wanting to contribute to their community. In total 12 Military Police, 20 members of 402 "City of Winnipeg" Squadron volunteered as well as individual members employed with 1 Canadian Air Division (1 CAD).

Habitat for Humanity Winnipeg is one of over 100 countries belonging to a non-profit international housing organization whose goal is to eliminate poverty housing and homelessness around the world, and to make decent shelter for families in need.

17 Wing Military Police began this important community contribution last year and it has been reinitiated for a second year by Cpl Matt Ritco, Public Relations coordinator, Military Police. His goal is to make this an ongoing commitment for years to come.

Lt Dale Troia, Wing Provost Marshal, explains that the cause is all about serving the community well. "It is great to see our unit get involved," commented Lt Troia. "I feel a tremendous sense of pride." It is that same sense of pride and care for others that led to the Military Police section's initial involvement in summer of 2003 when one of their former members contacted the organization with the offer of assistance. The same can be said for the men and women of 402 Squadron who are in their eighth year of volunteering for Habitat.

MWO Martin Wohlgemuth, 402 Sqn, joined his team for a week of construction at the Transcona building site, which began July 26 for the construction of the basement floors and walls in preparation for the building blitz. He enjoys this time away from "the office" to interact with the men and women of his unit in an entirely different fashion. "This is a great morale booster," explains MWO Wohlgemuth. "Furthermore, I don't have to be the boss," he adds with a smile.

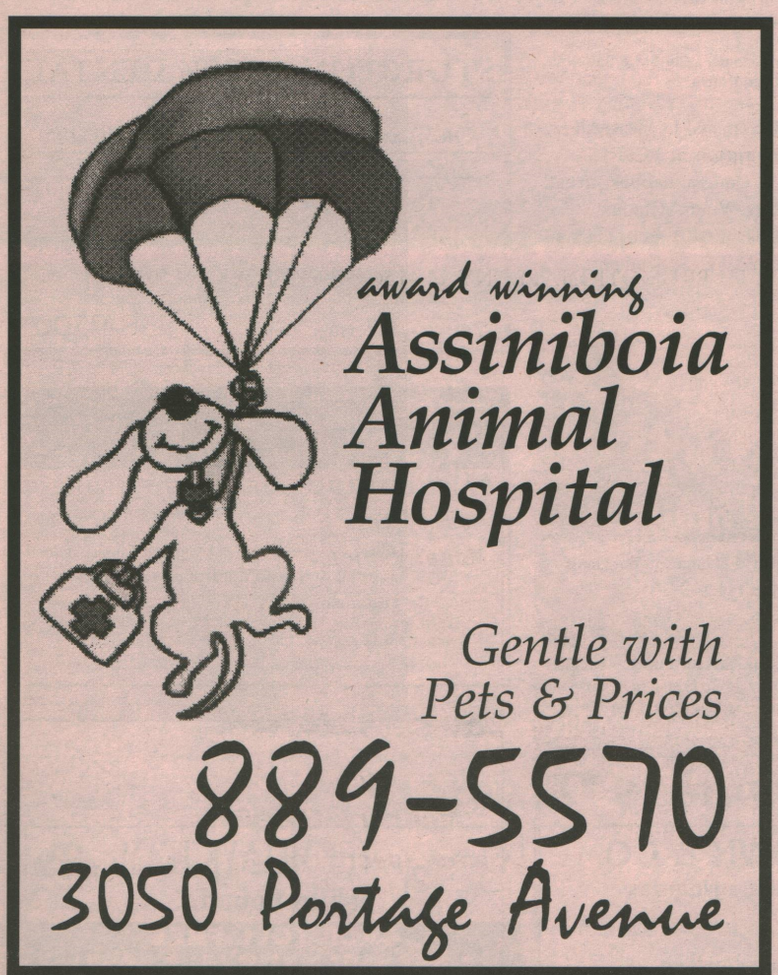
"The level of commitment [the military] give to us is tremendous," marvels Dale Aymont, manager for People Services and volunteer coordinator for Habitat for Humanity Winnipeg who was on site to interact with the military volunteers. "They are always open to working with us and I believe it's a reflection of the military organization as a whole. It comes from the top down."

Since its inception in 1976 Habitat has built more than 175,000 houses around the world, providing safe, decent, affordable shelter for more than 900,000 people. To learn more about the organization or how you can become a part of this fulfilling volunteer program, visit www.habitat.mb.ca



Photo by Cpl Steve Bogue, 17 Wing Imaging

Pte Crystal Brown, AVN technician with 402 Squadron enhances her newly developed skills at the Habitat for Humanity Winnipeg volunteer building site in Transcona on July 30. Pte Brown and 19 other members of 402 Sqn spent a week assisting with the construction of eight shelters for needy families.



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Off And Flying

By Captain Dave Fouts, UIO, 3CFFTS Southport

On 11 Jun 04, three 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 BGen James Hunter, Vice Commander of the Cheyenne Mountain Operations Centre in Colorado Springs. 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.

HCol Wishart presented the trophy named in his honour to the best Multi-engine pilot candidate: Capt Kevin Kozak. Mr. John Enns of the Wartime Pilots and Observers Association presented the Gos Goulding Trophy for best Rotary Wing candidate to Capt Tim Streek. Mayor Ian McKenzie presented the City of Portage la Prairie Trophy for the candidate displaying the most officer like qualities and professionalism to Capt Kevin Kozak.

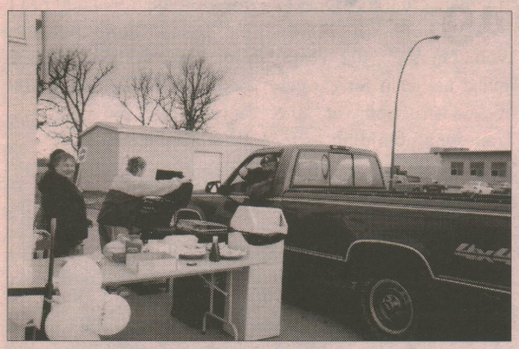
The Reviewing Officer presented an A1 Flying Instructor Category certificate to Capt Hugh Kennedy, and CDs to Capts Campbell, Dixon, and Lawless. All are instructors at 3 CFFTS.

Congratulations to all the Wings Graduates of Course 0401 from the staff of 3 CFFTS, Southport.



Photo by Cpl Ward

The graduates of Course 0401 are as follows (standing, back row, left to right): Capt Tim Streek is posted to 427 Sqn in Petawawa ON where he will fly the Griffon helicopter, Capt Francois Lavertu is posted to 430 Sqn in Valcartier PQ where he will fly the Griffon helicopter, Capt Mike Houle is posted to 429 Sqn in Trenton ON to fly the Hercules aircraft, Capt Ross Dickson is posted to 413 Sqn in Greenwood NS to fly the Hercules aircraft, Capt Kevin Kozak is posted to 435 Sqn in Winnipeg MB to fly the Hercules aircraft, Capt Carl MacDonald is posted to 424 Sqn in Trenton ON to fly the Hercules aircraft, Capt Matt MacMillan is posted to 443 Sqn in Esquimalt BC to fly the Sea King helicopter
(Seated front row, left to right): HCol Hal Wishart 3 CFFTS Honorary Colonel, LCol Steve Bannister, Comdt 3 CFFTS, BGen James Hunter, Vice Comd CMOC, 17 Wing HCol van Ruiten.





CANEX Staff held three BBQs in support of the Care and Share program. We braved the elements in May for our early bird BBQ, even offering drive through service. May was windy and cold but July was extremely hot. Lucky for us the Youth Adventure group hosted their car wash near us. They offered a fun and very wet way to cool off. We would like to thank everyone for his or her support. We had a great time for a worthy cause. Serving those who serve.

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New Weather Briefers Graduate From CFS Met

By MWO Rick Carleton



Photo by Cpl Steven Rogue

Front Row L-R: CWO Roy (SCWO), CWO Parent (WCWO), Mr Redekopp (COMDT), LCOL J.W. Kerr (Acting 17 Wing Commander), HCOL Ben Van Ruiten (Honourary Colonel 17 Wing), MWO Carleton (STANDARDS)
Middle Row L-R: Mrs White (TSU LEAD), Mr Konzelman (Instr), MCpl Way, MCpl Walsh, MCpl Cox, Sgt Siegnerschmidt (Instr), Mr Black (Instr), Mr Richard (Instr)
Back Row L-R: Sgt Vivian (Instr), Sgt Baulne (Instr), MCpl Van Blerk, MCpl Gagne, MCpl Stevenson, MCpl Hanna, MCpl Fournier, MCpl McKone, MCpl Gilbert, WO Arsenault (CC)

There were smiles aplenty on May 20 at CFS Met, as ten students graduated from QL6A 0401. For these students, the light at end of the tunnel was finally in sight. After what seemed an eternity, all the hard work paid off and the students gratefully accepted their graduation certificates. This is a significant step that will lead to new roles in their military careers.

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

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

During the ceremonies, we had the distinct pleasure to present MCpl Mike McKone of 4 Wing Cold Lake with the Canadian Forces School of Meteorology "Certificate of Achievement," for obtaining the highest academic mark.

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

As for the staff at CFS Met, we are looking forward to taking a well-deserved break and enjoying what is left of summer, now that it has finally arrived.



Photo by Cpl Steven Rogue, 17 Wing Imaging

MCpl Mike McKone of 4 Wing Cold Lake receives the Certificate of Achievement on QL6A 0401 for the highest academic mark on the course from LCOL J.W. Kerr (Acting 17 Wing Commander)



Submitted by MWO Frank Maidment

The Acting Wing Logistics Officer, Maj Garth Moore and the Acting Transportation Electrical Mechanical Engineering Officer, Capt Robert Fisher presents Sgt James Jackson with his promotion to Sgt effective 28 Jun 04.



Submitted by MWO Frank Maidment

The Acting Wing Logistics Officer, Maj Garth Moore and the Acting Transportation Electrical Mechanical Engineering Officer, Capt Robert Fisher presents MCpl Kevin Wery with his promotion to MCpl effective 12 Jul 04.

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Unveiling Of Manitoba's Peacekeepers' Cairn

By Capt Mary Lee and Sgt Amber Bineau

Sombre skies and the ominous threat of thundershowers loomed over downtown Winnipeg as hundreds of veterans, service members and the public gathered for a serious yet celebratory memorial service Aug. 8 to recognize Canadian peacekeepers — past, present and future.

The ceremony unveiled a newly constructed Peacekeepers' Cairn by the LGen RR Crabbe Chapter of the Canadian Association of Veterans in United Nations Peacekeeping (CAVUNP) in dedication to those who served their country in the cause for peace since the signing of the United Nations Charter in 1945.

Situated on the Manitoba Legislature grounds near the War Monument and Women's Tri-Service Monument, this uniquely constructed Cairn is a three-pillar monument. Inscribed on each pillar respectively are the words Past, Present and Future to reflect the span of time Canadians have served in peacekeeping missions and will continue to serve in for years to come. The three pillars also represent the strength of the Canadian Forces: the Army, Navy and, Air Force as well as the RCMP.

"With this cairn we will have in the heart of Winnipeg a place that pays tribute to the contributions and sacrifices of our Canadian peacekeepers," announced The Honourable John Harvard, Lieutenant Governor of Manitoba and guest of honour of the memorial service. "Remembering the peacekeepers is a way of keeping the values they served – and still do serve – alive and well in Canada."

Norm Van Tassel, a member of the LGen RR Crabbe Chapter, and the inspiration behind the creation of the cairn, said the project took a little over two years to complete, made possible by several donations from veterans and government organization.

"It just means with a lot of hard work and the support of all the different branches of our military here in the city and the many different associations that we can come together as one to remember our fallen Comrades."



Photo by Cpl S.A. Bogue, 17 Wing Imaging

Lieutenant Colonel Jim Kerr, 17 Wing Commander and Chief Warrant Officer Claude Parent prepare to lay a wreath on behalf of 17 Wing upon the Peacekeeper's Cairn 8 August, 2004. Lt Col Kerr is donning the orange beret worn by those who serve with the Multi-National Force and Observers (MFO) based primarily in El Gorah, Egypt which is where he served as deputy commanding officer for the Rotary Wing Aviation Unit in 1988.

Representing 17 Wing Winnipeg and the Air Force, Lieutenant Colonel Jim Kerr, Acting Wing Commander, attended the ceremony joined by Honourary Colonel Ben Van Ruiten, and Chief Warrant Officer Claude Parent.

"It is an honour to be part of this auspicious occasion among the hundreds of other past and present serving members all paying tribute to our peacekeepers," commented LCol Kerr who laid a wreath upon the Cairn on behalf of 17 Wing. "Those of us who have served on peacekeeping missions know all too well the dangers in the fight for peace and to those who have paid the ultimate price, we will remember them with this Cairn - a prominent and enduring symbol of their sacrifice."

BGen Dennis Tabbernor, former 38 CBG commander and now the Director General Land Reserves, acted as Reviewing Officer for the memorial service parade made up of veterans, service members and young cadets, a true reflection of peacekeepers of yesterday, today and tomorrow. 38 Canadian Brigade Group provided service and support to make the event all possible with the inclusion of army reservists making up part of the tri-service guard. The Fort Garry Horse's Ghost Squadron of vintage military vehicles lined the street providing the appropriate backdrop to the remembrance of peacekeepers.

The ceremony was celebrated just one day before Manitoba's Peacekeeping Day, Aug. 9 - a day that became official last year by the Manitoba government as a day of remembrance to the thousands of peacekeepers who have served both Canada and Manitoba. CAVUNP was instrumental in the creation of this annual commemorative day.

17 Wing Competes At Prairie Regional Golf Championships

From 20 – 24 July 2004 seven members from 17 Wing/1CAD represented 17 Wing at the Prairie Regional Golf Championships held at ASU Shilo. The team consisted of six males/one female. 17 Wing finished a solid second behind 1 ASG Edmonton. 17 Wing teams members consisted of LCol Guy Savard, Maj Doug Chess, Maj Dan Labrie, MWO Glen Rideout, Sgt Cindy Kennedy, Cpl Ron Frechette & Pte Mike Dalton.

Special recognition goes to Sgt Cindy Kennedy who finished 1st in the women's division. Sgt Kennedy will now receive an invite to the CISM try-outs Well-done, Cindy.



Front Row: Sgt Cindy Kennedy/MWO Glen Rideout Maj Doug Chess
Back Row: LCol Guy Savard/Pte Mike Dalton/Maj Dan Labrie/Cpl Ron Frechette

Office Fire Safety Tips

An office fire can be devastating - resulting in business interruption or permanent closure, loss of lives, jobs, property and information. Offices are loaded with combustible contents - carpeting, draperies, papers, books, wood and upholstered furniture, plastic laminate, vinyl-fabric-covered furniture, wood paneling and plastic office equipment - as well as electrically powered toasters or microwave ovens, kettles, computers and other appliances. Combine these with the human element and the stage is set for a potentially devastating fire.

- Keep the combustible load - carpeting, upholstered furniture - to a minimum.
- Keep exits clear of combustibles e.g. wastepaper, empty cartons that could fuel a fire.
- Adhere to the non-smoking policy in buildings or smoking only in designated safe areas.
- Provide adequate clearance, circulation of air between combustible material and hot surfaces or heat sources such as copy machines, word processors and computers.
- Unplug electrical appliances - coffee makers and hot plates - when not in use.
- Restrict and monitor use of heaters and hot plates.
- To ensure they meet code requirements, all electrical distribution systems should be checked by a professional/certified electrician.
- Prevent access to the office by unauthorized personnel and keep flammables properly stored and secured. Provide adequate security (exterior/interior lighting, intrusion alarms, guard service, well-secured access openings.)
- Know location of the portable fire extinguishers suitable for the particular fire hazard and ensure employees are trained on proper operation.
- Obtain assistance from your local fire department on fire prevention, use of fire extinguishers, inspections and emergency response procedures.

14 Software Engineering Squadron

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(902) 765-1494 Ext 3609 or krotky.i@forces.ca

RV Compound Closure

Attention all RV compound users. The 17 Wing RV compound will officially be closed 1 Sept 04. In consultation with Wing Properties and advice from the AJAG, a new RV compound will NOT be opened.

In accordance with the Canadian Forces Housing Agency Conditions of Occupancy Item 46; " Recreational vehicles, such as trailers and boats, shall not be parked on MQ property. It is understood that, on occasion, it will be necessary for the occupant to park recreational vehicles near their home for short periods of time. In these cases, the occupant shall obtain the prior written approval of the HMO". Occupants are reminded to keep roadways and lanes clear for fire-fighting equipment and, in winter, snow removal equipment. Married Quarter driveways or other MQ properties shall not be used for storing non-roadworthy vehicles or other bulky items.

To assist members with finding an alternate storage location several commercial companies provide a storage service with many offering a discounted rate for Military. A complete listing can be found using the 17 Wing DIN Homepage; Services then Community Recreation/Clubs then RV Storage Companies.

Just a reminder, all vehicles are to be removed before 1 Sept 04.

A Message From The Winnipeg Military Community Council (WMCC)

On behalf of the WMCC I welcome you to the City of Winnipeg. This city has much to offer you and your family throughout all of the seasons. Although my family and I have lived here since 1996, we are still discovering new places, activities, and events that Winnipeg has to offer. Enjoy your posting to Winnipeg.

The military community could use your help. Every year, the WMCC loses members to postings, retirement and relocation out of the MQ area. This year has been and will continue to be an active year for community activities. If you have spare time and would like to become involved as a ward representative or committee member, please contact any member of the community council.

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

Anyone can become a member of the Winnipeg Military Community Council; however, voting rights on most issues require that you live in MQ's and be 18 years of age or over. Spouses are encouraged to actively participate as council members to help create a true balance of what the community needs and what services should be provided. Participation with the council means you will need to attend monthly meetings. These meetings usually last one to two hours. From these meetings, sub committees are established to complete the activities the council has chosen to conduct. The more positions we have filled on the council equates to more activities provided for our community. Please take this opportunity to become involved in your community.

Once again ...Welcome to Winnipeg!

John Joleun
Work 833-2500 ext 5208
E-mail: Joleun JW@forces.gc.ca
Or WMCC hotline ext 2299.

RMS Clerk With 1 CAD Wins Trip To Nova Scotia Tattoo

By Lt Jennifer Faubert, Air Reserve Public Affairs



Photo by Cpl Fenner, 12 Wing Imaging

Gen R. R. Henault, the Chief of the Defence Staff presented Master Cpl Andrea Muralt the Deserving Air Reserve Junior Non-Commissioned Member award for her outstanding leadership, exceptional standard of dress and deportment and dedication to her job and the variety of extra-curricular activities she takes on in her community. She was the guest of the CDS at the Nova Scotia Tattoo this year.

To be recognized for one's work is a wonderful thing, but to get an all-expenses paid trip for your hard work is even nicer. This year Air Reservist Master Corporal Andrea Muralt is one of two reserves who travelled to Halifax, N.S., on July 5 to attend the internationally renowned Nova Scotia Tattoo as the guest of Gen R. R. Henault, the Chief of the Defence Staff.

Air Reservist MCpl Andrea Muralt of 1 CAD Air Reserve Flight was selected for the Deserving Air Reserve Junior Non-Commissioned Member (NCM) award for her work and the variety of extra-curricular activities she takes on in her community.

"It's a honour, something special and it is nice to see all the work you do over the year is recognized," said MCpl Muralt, a Chief Clerk at 1 Canadian Air Division. "It shows if you work hard, it does get recognized."

MCpl Muralt spent two years in the Army Reserves before joining the Air Reserve in 1996. She has worked as an administration clerk throughout her career, something she says she enjoys immensely. "I love office work and helping other air reserve members," she said.

"The individuals selected are very deserving of this nomination and I am confident that they will represent the Air Reserve Junior NCMs extremely well at the Nova Scotia Tattoo," said LCol Terry Costello, Acting Air Reserve Coordinator.

The award was conceived in 1998 under the direction of Col Don McLeod, A1 Reserves and Cadets at the time, to recognize NCMs for their leadership, dedication and work ethic.

"At the time there was no recognition for NCMs and Col McLeod felt there were many junior ranks doing great work," said Chief Warrant Officer Ralph Murphy, 1 CAD HQ Detachment Halifax CWO. "This award is a way to recognize two reserves annually."

Cpl Greg Moore, an aviation systems technician from 443 (MH) Squadron, located in Esquimalt, B.C. was the recipient.

The annual Nova Scotia International Tattoo is a world class event that runs June 29 to July 7 and draws an audience of over 60,000 people by showcasing the best military and civilian entertainment from around the world. It began as a military "last call" during the 17 century. At closing time, the fifes and drums of the local regiment would march through the streets, their music signaling a return to quarters, and the shout would go up - 'Doe den tap toe' ('turn off the taps'). The music was a signal to tavern owners to close the taps on their kegs, and the soldiers were to assemble to march back to their barracks. It has since evolved into a unique blend of music, ceremony, entertainment and theatre.

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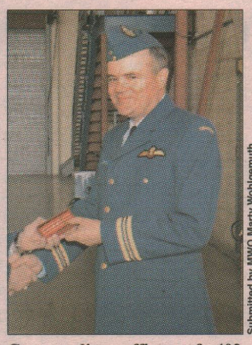
Every Sat 12 - 4 pm


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented the Ed Hopfner Memorial Trophy to the 402 Squadron Beavers, a combined 402 Squadron / 17 Wing CE intersection hockey team. The trophy is 17 Wing's "A" Division intersection hockey champion trophy. Accepting the trophy for 402 Squadron are Capt Scott Greenfield and Cpl Darryl Seymour.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron LCol Stew Schock and WO Bob LaCoste presented Cpl Darren Paul with his corporal hooks effective March 28, 2004.


Submitted by MWO Marty Wohlgemuth

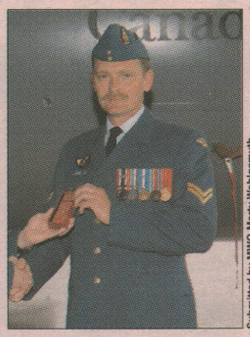
Commanding officer of 402 Squadron, LCol Stew Schock, presented Maj Kim Rosenthal with the Clasp to his Canadian Forces decoration (CD) for 22 years of loyal service to the Canadian Forces at a promotion and awards parade on July 8.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented MCpl John Kovats with a Canadian Forces decoration (CD) for 12 years of loyal service to the Canadian Forces at a promotion and awards parade on June 10.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented Capt Shaun McIntosh with the clasp to his Canadian Forces decoration (CD) for 22 years of loyal service to the Canadian Forces at a promotion and awards parade on June 10.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented Cpl Greg Jabusch with the clasp to his Canadian Forces decoration (CD) for 22 years of loyal service to the Canadian Forces at a promotion and awards parade held on June 10.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented Cpl Stephane Joly with the clasp to his Canadian Forces decoration (CD) for 22 years of loyal service to the Canadian Forces at a promotion and awards parade held on June 10.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented Cpl Eric Krievans with his new rank of master corporal effective June 7 at a promotion and awards parade held on June 10.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented MCpl Ozzie Lindsay with the clasp to his Canadian Forces decoration (CD) for 22 years of loyal service to the Canadian Forces at a promotion and awards parade held on June 10.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented Capt Glen Miller with the clasp to his Canadian Forces decoration (CD) for 22 years of loyal service to the Canadian Forces at a promotion and awards parade held on June 10.


Submitted by MWO Marty Wohlgemuth

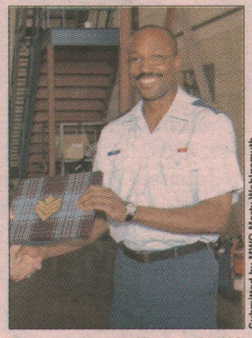
Commanding officer of 402 Squadron, LCol Stew Schock, presented Capt Greg Reiser with the Queen's 50th Anniversary Jubilee medal at a promotion and awards parade held on June 10, 2004.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented Cpl Josephine Sallis with a Canadian Forces decoration (CD) for 12 years of loyal service to the Canadian Forces at a promotion and awards parade held on June 10.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented MWO Lyon with his new rank of chief warrant officer effective June 10 at a promotion and awards parade held the same day.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented MCpl Ozzie Lindsay with his new rank of sergeant effective July 24 at a promotion and awards parade on July 8.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented Cpl McKenzie with her new rank of master corporal effective on May 7 at a promotion and awards parade held on June 10.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented Cpl George Arnt with a Canadian Forces decoration for 12 years of loyal service to the Canadian Forces at a promotion and awards parade held on June 10.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Shock, presented Cpl Harry Bambrick with the clasp to his Canadian Forces decoration (CD) for 22 years of loyal service to the Canadian Forces at a promotion and awards parade held on June 10.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented Maj David Needham with his official retirement letter from the Prime Minister of Canada at a promotion and awards parade held on June 10.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented Maj David Needham with the Clasp to his Canadian Forces decoration (CD) for 22 years of loyal service to the Canadian Forces at a promotion and awards parade held on June 10.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented MCpl Robin Morris with his Canadian Forces decoration (CD) for 12 years of loyal service to the Canadian Forces at a promotion and awards parade on July 8.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented Sgt Kaye Alex with the Clasp to her Canadian Forces decoration (CD) for 2 years of loyal service to the Canadian Forces at a promotion and awards parade on July 8.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented Sgt Simon Beaulieu with the clasp to his Canadian Forces decoration (CD) for 22 years of loyal service to the Canadian Forces at a promotion and awards parade held on June 10.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Shock, presented Sgt Michael Edwards with the clasp to his Canadian Forces decoration (CD) for 22 years of loyal service to the Canadian Forces at a promotion and awards parade held on June 10.


Submitted by MWO Marty Wohlgemuth

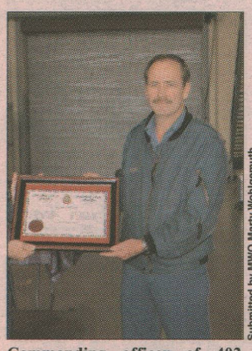
Commanding officer of 402 Squadron, LCol Stew Schock, presented WO Richard Hanes with the clasp to his Canadian Forces decoration (CD) for 22 years of loyal service to the Canadian Forces at a promotion and awards parade held on June 10.


Submitted by MWO Marty Wohlgemuth

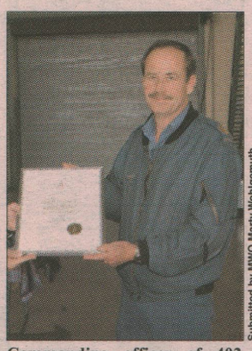
Commanding officer of 402 Squadron, LCol Stew Schock, presented WO Bob Lawrence with his Special Service medal (SSM) at a promotion and awards parade held on June 10.


Submitted by MWO Frank Maidment

The Wing Logistics Officer, LCol Wayne Gauthier, presented Cpl Beverly Naylor with the Canadian Forces 10 Year Safe Driving Award.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented Sgt Brian Herlick with his retirement certificate from the Canadian Forces at a promotion and awards parade on July 9.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented Sgt Brian Herlick with his retirement letter from Canada's Prime Minster Paul Martin.

HSA - Highly Sought After certificate presented to Logistics staff upon completion of a staff tour in 1CAD A4 Logistics; a valued certificate, mistakenly believed to indicate that the bearer will never be required to do another HQ tour.


Submitted by Ocdt Jon Scotton

MWO John Fougere receiving his HSA certificate from Capt Tony Rerrie, A4 EME 2, upon his posting to 4 Wing EME Cold Lake.


Submitted by MWO Frank Maidment

The Wing Logistics Officer, Wayne Gauthier, presented Pte David Sutton with his Non-Article 5 Medal, Balkans.


Submitted by MWO Frank Maidment

The Wing Logistics Officer, Wayne Gauthier, presented Pte David Sutton with his Non-Article 5 Medal, Balkans.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented Sgt Shane Mansfield with his new rank of warrant officer effective July 19 at a promotion and awards parade on July 8.


Submitted by MWO Marty Wohlgemuth

Commanding officer of 402 Squadron, LCol Stew Schock, presented MCpl Mike Schwartz with his new rank of sergeant effective in April at a promotion and awards parade held on June 10.


Submitted by Ocdt Jon Scotton

Major Chris Zimmer receiving his HSA certificate from LCol Rod Berscheid, A4 Log Sp, upon his posting to RMC Kingston for his MBA studies.


Submitted by MWO Frank Maidment

The Wing Logistics Officer, LCol Wayne Gautheir, presented WO Wayne Southern with his promotion to warrant officer effective Aug. 2.

Submitted by MWO Frank Maidment

The Wing Logistics Officer, LCol Wayne Gauthier, presents Sgt Preston Babcock with his promotion to sergeant effective Aug. 16.


Photo by Cpl Steven Bogue, 17 Wing Imaging

At the Canadian Forces School of Survival and Aeromedial Training change-of-command ceremony, incoming Commandant Maj Grant Hughes (left), Acting Wing Commander LCol Jim Kerr (centre), and out-going Commandant Maj Carolyn Shaw pose for a photo during the signing of the command certificates. The ceremony took place at the Officers' Mess, La Verendrye Lounge, on July 20.

A huge thank you to all the riders and those who pledged the Big Bike riders. 17 Wing "Wingin It" Team raised $2456.50 for the Heart and Stroke.



Submitted by Penny Wawrzyniak

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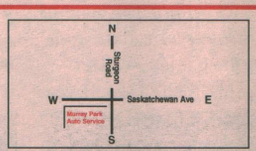

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Wing Dragonboat Team Continues Festive Tradition

All-Women's "G.I. Jane" Team Digs Deep

By Angela Johnston



Photo by Chris Fedak

The 17 Wing G.I. Janes: Front: Linda Belisle. Front row (left to right): Joanne White, Deb Seens, Janice Stanley, Lauri Allen, Jodi Chappel, Cathy Evans. Middle row (left to right): Marnie Fardoe, Kelly Lake, Nicole Johnston, Lorie Lewis. Back row (left to right): Colleen MichalKow, Kathy Tighe, Christine Fink, Kelly Wetick, Colleen Ridley, Natalie Gasc, France Menard, Angela Pockrandt, Melissa Davidson. Missing from photo: Anne Gibson, Linda Forward, Sandy Jolonen, Heather Trachuk, team mascot Phoenix Chappel.



Photo by Chris Fedak

The 17 Wing G.I. Janes syncronize their paddle digs at a practice before the Dragonboat festival.

This year, in support of cancer research, a group of feisty G.I Janes hit the water. This group is a small regiment of 17 Wing community-based women with short paddles, one very long vessel, and muscular biceps. The 17 Wing Dragonboat team competed once again for the third year in a row.

The annual Dragonboat races and festival were held from Aug. 13-15. The race consists of a 500 m race – which this year's team hoped to do in less than two minutes – and a festival which unites dancing dragons and candlelit ceremonies with paper lanterns in memory of those who lost the battle to cancer.

This is the second year in which a base Dragonboat team has been women-only. It highlights a strong women's camaraderie within the military community: "It shows the community outside that we are a military-affiliated organisation," said team captain Jodi Chappel, "…it's not just the men in combats. It is the faces of the wives, partners, sisters, mothers and female military members as well."

While the competitions are light-spirited, and the focus on raising money in support of cancer research, the women have been training hard since May in the base's PSP Fitness and Recreation facilities.

Natalie Gasc, member of the team and administrative assistant for the SISIP financial planning office, described the team's training regimen. Half an hour of the weekly practise was spent poolside, practicing paddling with strong resistance. The women also hit the gym, training with medicine balls, tension bands, push-ups and sit-ups of all varieties, whether Russian or bicycle.

Still, the practise paid off. When the women hit the water, "It was like floating. It was next-to-nothing," she said.

The competitions will be no cakewalk, though: "It's the longest two minutes of your life," said Gasc. Linda Belisle, team manager and drummer, an information and referral coordinator with the Military Family Resource Centre, was quick to add that the pain Dragonboaters experience pales in comparison to those battling cancer.

In interviews before the races, team members speculated what areas of training needed work. Namely, communication and concentration while in the boat were key, said Gasc. Dragonboat racing requires precise co-ordination: "You have to rock at the same time, you have to dig at the same time," she said.

It is also difficult for the steersperson – in this team, Melissa Davidson, the Community Recreation director – who is responsible for keeping the boat straight, and in its lane. The steersperson stands at the back of the boat, simultaneously ruddering and keeping balance.

One aspect already coordinated are team uniforms, designed in the military motif, which include army green t-shirts, headbands, and shorts with dragons emblazoned on the sides. This year, the team has "tons of team spirit," said Gasc. Chappel's nine-year-old daughter, Phoenix, acts as team mascot, toting banners, attending all practices, and even lifting weights with the women.

A future career in the military for Phoenix? "Maybe," laughs her mother.

Team spirit is a big part of the Dragonboat races, said Belisle: "There is this amazing chemistry between all the teams." There are often bag pipers, drummers, costumes, tattoos and painted faces. Special to the 17 Wing team this year, the boaters will carry names of people beaten by cancer inside the boat during the race.

This year the team's motto was "We will remember those who have lost the battle and celebrate those who have survived. We are sisters together, fighting for a cure," according to Chappel.

Many newcomers to the sport are hooked on the Dragonboat experience. "You just get hooked on the camaraderie," said Janice Stanley, the Non-Public Funds human resources manager, "It's exactly what I was looking for … I can hardly wait for the competitions."

This base-related team has raised a lot of money for the cause. Last year, the team raised $2500 in support of cancer research. In the fall, the 17 Wing G.I. Janes will fundraise at the Sept. 18 Family Fun Day. Tickets will be sold for a rainbow auction, and the team will recruit new members. The money raised in the auction will go towards purchasing team paddles, valued at $50 each.

The Dragonboat competitions may become a long-standing tradition on the base. For the women, it is a great way to connect: "We all have a good, positive attitude," said Chappel, laughing, "We bond in the sisterhood."

Those interested in participating in next year's Dragonboat team should contact team manager Linda Belisle at 833-2500, local 4509. It costs $40 to reserve a seat in the boat.

See you at theRec. Fair Saturday, Sept. 11

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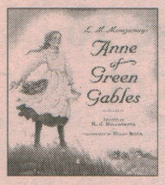
Off The Shelf

Book Reviews



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– Judy Martin

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"Ghost Squadron" Keeps Base Heritage Pulsing

Squadron Recently Awarded Commemorative Jackets For Volunteer Effort

By Angela Johnston



Submitted by Capt Mike Rozak

Members of 17 Wing's Ghost Squadron receive commemorative bomber jackets from Acting Wing Commander LCol Jim Kerr for volunteer work on the base.

They re-rivet the Challenger aircraft in Heritage Park, catalogue uniforms and prepare Second World War engines for display in the soon-to-open Wing Museum – they are not the neighbourhood handymen, but the local Ghost Squadron. This squadron plays keeper to base heritage, and in recognition of its volunteer work, the base recently awarded squadron members bomber jackets.

In the former Warrant Officer and Sergeant's mess hall – which will re-open as the Wing museum in September – eight members of the squadron received a bomber jacket, complete with Heritage shoulder flash, from Acting Wing Commander Lieutenant-Colonel Jim Kerr on July 18. These members of the Ghost Squadron had volunteered in excess of 50 hours – many over 100 – to receive the commemorative jacket.

The squadron's most recent – and perhaps most daunting – project has been to convert the old mess hall into a Wing museum, slated to open on Sept. 18. So far, they have helped to paint the dining room and the library, hung cleaned drapes, shampooed rugs, sanded cabinetry and gutted a kitchen. Not bad for a crew comprised primarily of retired military members.

"We're not the artists, we're the workers," said Jack Blair, a member of the squadron. Blair is a former airframe technician who was commissioned from the ranks. He also worked with Bristol Aerospace for 12 years.

In the past, the squadron has restored a Wind Tee over a three-year time span – a device that pilots used, while training with the British Commonwealth Air Training Plan, to determine wind position – that was retrieved near Carberry, but they also clean the airplanes in the heritage park, fundraise, and work at special events, such as reunions.

"They have come forward and agreed to help with heritage projects," said Captain Mike Rozak, Wing Heritage Officer.

According to Capt Rozak, the Ghost Squadron is vital to the base: "There are things we just don't have the time and people to do … the group of dedicated volunteers help to maintain base heritage and history." He pauses, "I couldn't do my job without them."

The Ghost Squadron highlights an interesting trend – though the 14-member squadron is not entirely composed of past military members, many are – and a few served in the Second World War. They continue to serve the Air Force in retirement.

Discussions for a so-called "Ghost Squadron" began in the fall of 1999, said Capt Rozak, who is responsible for the squadron. At the time, 500 Wing – part of the Air Force Association of Canada – was searching for a way to become involved in base heritage. With the then-Wing Commander's stamp of approval, the Squadron formed approximately a year afterwards.

"It keeps us busy," said one of the squadron's original members, and Commanding O fficer, Chris Nielson. Nielson, a former airframe mechanic, retired as a chief warrant officer in 1978 after 35 years in the Forces.

The Commanding Officer said he enjoys working with the squadron because it keeps him connected to the base: "I like being on the base. I like the atmosphere. I like seeing the planes come and go."

After the museum opens in September, Blair speculated that the squadron would continue to maintain the building. As he noted, the work of the Ghost Squadron is never done: "It's like a job jar at home – it's never empty."

Anyone who would like to become involved with the Wing Museum is asked to phone Capt Rozak at 833-2500, local 2429.

Sports & Fitness

Athlete Of The Month: Runner Tackles Full Marathon Head-On

Previous Runs No More Than 10 km

By Angela Johnston

Within 16 weeks, MWO Ron Reitsma blossomed from a runner who could run no more than ten km into a full-marathon runner with future plans to compete in Ottawa, and maybe someday – the Boston marathon.

MWO Reitsma, in a July 14 interview, said that he had wanted to run the marathon for a long time, but "never seemed to be able to get beyond ten km." The full marathon measures 26 miles, or 41.8 km – just over four times MWO Reitsma's usual distance.

This year he signed up for a 16-week marathon clinic hosted by 17 Wing's PSP fitness instructor, Cathy Scott, which led up to the Manitoba Marathon on June 20. In this clinic, MWO Reitsma learned techniques such as hill training, speed training, and heart rate running. Of running, MWO Reitsma said, "It's simple, but there's always something to learn about it."

Such a regimen required strict training. MWO Reitsma described his typical week: Monday, rest. Tuesday, five km. Wednesday, hill training. Thursday, ten km. Friday, rest. Saturday, six km. Sunday, a long run, beginning with 10 km, building up to 31 km.

"It takes so much time," said MWO Reitsma, "you need a lot of support." MWO Reitsma pointed to his wife, Evelyne, who bought him a heart monitor and running log as gifts, PSP's Scott, and many runners at 1 Canadian Air Division, where MWO Reitsma works.

"There were times I didn't want to go out, no doubt about it," he said, pointing to four-hour long runs on Sunday mornings. Still, MWO Reitsma was committed to the schedule, and joked that "good military training" kept him on course.

On marathon day, MWO Reitsma admits he was very nervous before the race start, "I had put so much into it; I didn't want to fail." Despite pre-race jitters, he found himself in a comfortable pace, mentally checking his body on each hour of the race for blisters and sore legs. His mantra throughout the race was, "legs strong, head up." At mile 12, while through Assiniboine Park, his wife gave him a big hug to send him on his way.

Crossing the finish line for MWO Reitsma was "sort of euphoric," he said. While he did not feel initial pain, he "didn't walk right for a few days … it was definitely an Advil moment." He finished the race in four hours and 23 minutes, placing 511 out of 900.



Submitted by MWO Ron Reitsma

MWO Ron Reitsma during the 26 mile Manitoba Marathon on June 20.

MWO Reitsma first began to run 15 years ago, when he was stationed in CFB Gagetown. "I quit smoking, and started running," he said. He still runs ten km on a daily basis today. The clinic, said MWO Reitsma, has improved his endurance, speed and pace.

There are many aspects to running MWO Reitsma said he likes: "It gives me lots of time to think. If I have a problem when I go out, I'll have a solution by the time I come back," he said. He likes the self-competition, and that it is possible to run anywhere in the world. A global runner, he has run in Russia, Korea, Japan, and even on ships off the West Coast, the HMCS Provider and Protector, as a former member of the Navy.

MWO Reitsma is originally from Edmonton. Most of his service has been with the Army and the Navy. As a co-ordinator in A1 Met Training, he performs an administrative role, loading people on meteorological courses, and keeping qualifications and standards up-to-date. He has served 25 years in the Forces, and was once the senior meteorologist on the ground for the G8 Summit in Kananaskis, Alta., in 2002.

MWO Reitsma is posted to Ottawa for one year of trade study. While in the capital, he plans to run another marathon. He credits this newfound ability to the marathon clinic: "Without the training, I might have been able to do it, but I don't think so."

For completing his first full marathon, and reaching his own personal goals, The Voxair congratulates MWO Reitsma on becoming August's Athlete of the Month.

17 Wing Home To Handball Talent

By Angela Johnston

In the basement of the University of Winnipeg's Duckworth Centre, there are rows of handball and racquetball courts. They are stark white, with Plexiglas doors and hardwood floors.

Two men crouch down, wearing white gloves, and goggles. One, Private Larry Martin, bounces a small blue ball twice, and then serves by swatting it against a wall. The ball ricochets off the floor, walls, ceiling, lights, and the doors. Running shoes skid on the floors, shrieking through the courts.

During this game of handball, the ball can only hit the floor once. Players reach 21 points by winning rallies. To win the match, a player must win two games.

Though without the notoriety of many other sports, handball is the highest rated game for overall conditioning, according to the President's Council on Physical Fitness. It places symmetrical requirements on the body and brain, requiring a near-ambidextrous player who can hit a frenzied ball with either hand.

17 Wing is host to such a player, Pte Martin, who has competed – and placed highly – at the national level.

The Canadian National Championships – a civilian event – were held this past May in Winnipeg. Pte Martin placed third in the men's open singles, and second in the men's open doubles.

His doubles partner, Merv Deckert, is also his weekly competition as Pte Martin trains for the sport. Deckert is a twelve-time Canadian champion at the national level – Pte Martin has his work cut out for him.

Pte Martin has been with CFB Winnipeg for two years and in the military for three. He entered later than many – at 28 – having previously worked as a waiter, with people with disabilities, and in a factory on the civilian side. He currently works as a mobile support equipment operator driving heavy trucks or buses with the military.

Pte Martin first began to play handball when he was 13, and living in Niagara Falls. He noticed a disabled boy with one hand playing the sport. "I thought it was something I wanted to try," said Pte Martin. The two boys eventually become both competitors and doubles partners.

Today, Pte Martin plays handball three times a week at the Duckworth Centre, honing his hand-eye co-ordination skills. Still, the military lifestyle often precedes the handball training regimen – Pte Martin left on a Boxtop mission (to re-supply remote, northern bases) a month before handball nationals.

He tried to keep up his training by running, and even playing with a lightweight flight engineer in Greenland on racquetball courts. He returned home a week before the competition.

Pte Martin said he enjoys the mental rigor of the sport – it is strategic, like chess, where players try to hit the ball away from their opponent. Both the dominant and off-hand must be strong.

"The physical workout is one of the best workouts I've ever had," said Pte Martin. He said it is an inexpensive game, where the only required equipment is a glove and a ball. Official handball gear comes from the US Handball Association in Des Moines, Iowa.

Pte Martin said camaraderie forms between handball players, and one can play the sport anywhere: "Any ball, any wall."

Though Pte Martin leaves for an exercise in Iqualuit in August, he will be back at 17 Wing in September – just in time for the regular handball season.

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- The next session will begin the week of September 27
- The deadline for registration is September 15
- The courses are held at 102 Comet St.
- 50% of the cost of childcare for military spouses is reimbursed.

You can reach the Second Languages coordinator at 833-2500 ext 4515 for more information.

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- La prochaine session commencera la semaine du 27 septembre
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- 50% des frais de garde pour les conjoints de militaires sont remboursés

Vous pouvez contacter la coordonnatrice des cours de langues secondes au 833-2500 poste 4515.

MFRC Brat Force Wins Silver!!





On Aug 5, the MFRC Brat Force took to the mighty Red and conquered her waves. The team, made up of military youth from CFB Shilo and CFB Winnipeg were part of the 2nd Annual Youth Dragon Boat Festival. The weather was perfect for an afternoon on the waves. Our team of 16 youth and adult supervisors paddled hard through two races. The first race saw our team out paddle the competition by 2 boat lengths for a decisive win. The final race was very close. The difference between our boat and the winning boat was only 0.6 seconds.

The Dragon Boat fever has struck and the team will be back next year, but this time they plan on ruling the waves! Paddles Up!

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Our nursery schools offer the opportunity for the preschool child to develop emotionally, socially, physically and intellectually in a happy stimulating environment where children can develop and learn through a play based curriculum. Children are free to choose from various activities including learning centres, stories, music and movement, arts and crafts, games, drama and free play. Children must be three by the end of December to start nursery school in the fall.

Cost: $75.00 per month
Annual registration fee: $15.00

Location: Lipsett Hall
Mon., Tues. and Thurs.
9:00a.m. to 11:30a.m.

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Mon., Wed. and Fri.
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CASUAL CHILDCARE:
We provide care for children from 18 months to 6 years. Children must be registered at least 24 hours in advance. Please note that this service is provided under our nursery school license and thus we do not have the ability to offer full time care. It is set up rather to provide a break for parents or the opportunity to work out, make appointments or do any other activity that may not be possible with young children tagging along. It is advisable to book a week in advance since these programs are very popular.

Westwin Children's Centre
9:00 am - noon Tuesdays
9:00 am - noon Thursdays
TO REGISTER CALL 833-2500 EXT 2491

Lipsett Hall Children's Centre
1:00 pm - 4:00 pm Mondays
1:00pm - 4:00pm Wednesdays
9:00 am - noon Fridays
TO REGISTER CALL 833-2500 EXT 6846
Summer schedule is Friday morning only.

COST: $8.00 for the entire session for one child or $12.00 per family for more than one child in the same family. To register call 833-2500 ext. 6846.

SNACK: Parents must provide a snack and a drink for their children. If the snack requires refrigeration, please pack it with an ice pack. Please remember that our centres are peanut free due to the large number of children with allergies. Popcorn and nuts cannot be served to children under 5 in licensed care.

MFRC Contact List

You may reach the MFRC by dialing: (204) 833-2500 and enter the 4-digit local of the person you are trying to reach.

Administration	Mona Currie	4500
Teen Centre		4502
MFRC Library		4503
Executive Director	Don Brennan	4504
Deployment Services	C. Chatterley	4506
Volunteer Services	Nicole Johnson	4507
Youth/Adult Services	Diane Brine	4508
Information & Referral	Linda Belisle	4509
Children's Programs/ Emergency Childcare	W. Richardson	2491 or 6846
Employment Assistance	John Chabih	4511
Special Needs/ PIC Social Worker	Haley Schroeder	4512
Francophone Services	Louise Cameron	4515
Thunder Bay MFRC	Donna Hrycyszyn (807) 345-5116	

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)



Camp Julienne personnel sharing our Wpg MFRC care package with local kids. Twice yearly (Canada Day & Christmas), 17Wing MFRC sends one care package to every Theatre of Operations and HMCS Winnipeg. Packages include children's cards and letters, seasonal items, promotional stuff and gifts. To find out more give us call!

The MFRC is pleased to announce we are now members of the Fort Whyte centre & THE MANITOBA MUSEUM

To be able to sign out these memberships, you must be a current member of the Toy Lending Library. Membership for the Toy Lending Library is only $10.00 a year. For more information or to reserve the passes please call 833-2500 ext 4500.

Vacation Bible School 2004: The Jesus Expedition

Submitted By Capt (Rev) Timothy P. V. Nelligan

This year's VBS saw 45 kids participate in "The Jesus Expedition", a tour around the world, stopping in five different locations: Antarctica, the Brazilian Jungle, the Pacific Ocean, Mount Everest, and the Egyptian Desert. As the week progressed, each group would rotate through each location so that by weeks end, all five groups would have visited each of the five different locales. This year's VBS saw some great and valuable lessons being passed to our young adventurers: 1) Jesus is our Saviour; 2) Jesus deserves our Respect; 3) Jesus is our Provider; 4) Jesus rewards Persistence and; 5) Jesus has power over Death. At each expedition stop, the adventurers would listen to a story about the theme of that location, then talk about it, and then participate in an activity and craft to reflect what they had learned and to provide them with a momento of that lesson. For example, in the Egyptian Desert, the adventurers learned about mummies, and the labour of the Hebrews during their captivity. As a result, they made bricks with their names decorated in it. At the Pacific Ocean location, the adventurers made Octopus Puppets and sun hats with their names on it, decorated with different types of fish and sea creatures as a sign of God's abundance in Creation. Each of the other venues all had appropriate crafts as well. Also, during the half day of events, the Adventurers would have a chance to break from the busy and exciting work of an expedition for a snack. Special Theme snacks included: Fish in the Deep Blue Sea, Adam and Eve on a Raft, Bugs on a log, and so forth, were all healthy treats made for the VBS. These snacks leant to the excitement of surprise, because you never knew what the snack would be, and they reinforced the lessons being learnt on the expedition itself.

On another level, music and prayer played an equally important role during the VBS. Each day began with the lighting of the Christ Candle as a sign of Jesus' presence among us, followed by a prayer to ask God to open up our hearts and minds to what he wanted us to learn that day, then we would sing, sing, sing. Our theme song this year was "Rise and Shine," and that is precisely what they did; they rose to the challenge and they shone! It was wonderful, rowdy, prayerful, and fun! We also learned the "Unicorn" song, complete with the actions; "Lord We Lift Your Name on High", and "Jesus Save the Popcorn" – complete with the distribution of popcorn filled bags for the adventurers to eat on their way home.

All in all then, with great and appreciative thanks to the numerous volunteers who helped make this year's VBS such a wonderful success, we all had a fantastic week, and I know that the children who participated this year, got a lot out of what our VBS was all about. I look forward to what next year will bring and to all the excitement it will give to us then. Until then, God Bless all those who participated in anyway, shape, or form, and I look forward to another VBS Experience with you!

Golf Tournament For Vocations

Submitted By Capt (Rev) Timothy P. V. Nelligan



L to R: Col E.T. Thuen, Maj S. Beal, Mr. Joe Poplawski – Honoury Chair for the Tournament, Capt (Ret'd) R. Giroux, Capt(Rev) T.P.V. Nelligan, Maj D. Marleau

On 26 July at Breezy Bend Golf and Country Club, the "17 Wing Nuts" tee'd off in support of "A Swing and A Prayer", a golf tournament to raise funds for Vocations for the Roman Catholic Archdiocese of Winnipeg. With abundant and wonderful prizes available to be won, including your choice of one of five automobiles available at the sixteenth hole should you be so skilled as to get a hole in one, the day was beautiful for golf. 135 golfers participated in a Texas Scramble that began at 12:30pm. The morning gave the golfers ample opportunity to get in some much needed driving range time and putting practice, which proved the better for two members of our group; Col E.T. Thuen and Maj S. Beal, both of whom won a Turkey on the fifth hole for hitting the green, and for Maj Beal who also took third place prize in the putting competition with a score of 12 out of a possible 18. On the course, our team managed a respectable 8 under par for a total of 64. After our revelry on the course, we retired to the club house for a few libations and a wonderful dinner of prime rib with all the trimmings. Once all the prizes were handed out, we departed company, proud of a good day's worth of golf and the satisfaction in knowing that we participated in the raising of $30,000 for the Archdiocesan Vocations Fund. We look forward to this tournament again next year.

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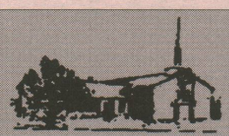

CATHOLIC

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 apointment. Contact the Chaplins' office.

Baptisms
We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

Weddings -Marriages
Contact the chaplain at least six months in advance. A marriage-preparation course is a requirement.

Catholic Women's League
Meets the third Tue of the month at 1900 hrs in the Chapel Annex.

PROTESTANT

Chaplains

Padre Bob Brinn
(United Church)
Office 833-2500 ext 5349

Padre Paul Southen
(United Church)
Office 833-2500 ext 4277

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 PPCLI Duty Centre, ph. 833-2727.

Other Phone Numbers:
For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts.

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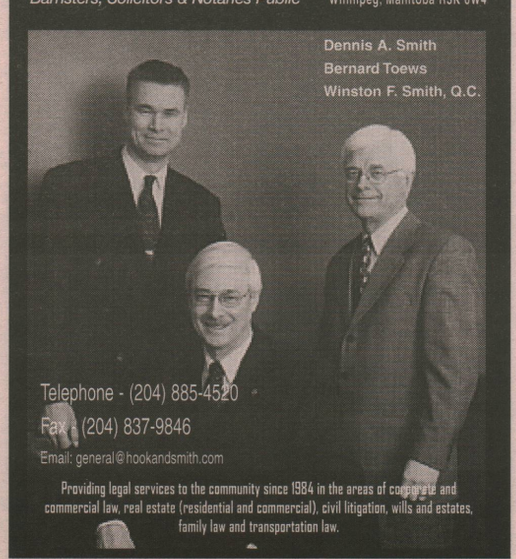

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TAROSCOPES

BY NANCY

ARIES (March 21 – April 19): You'll have to put personal feelings on hold in order to improve things. For now, opting for less than you wanted or settling for something that is better for all involved is the key to success and in this way your best interests are being met since harmony helps everyone.

TAURUS (April 20 – May 20): A situation you thought wouldn't amount to anything or an opportunity you thought was lost ends up working out for you because you expressed both your needs and abilities honestly and clearly and because you kept an open mind.

GEMINI (May 21 – June 21): You're given respect and responsibilities because you do what needs to be done with enthusiasm and intelligence. There's satisfaction all around when you are left alone to work at what you love while others pursue their own interests.

CANCER (June 22 – July 22): As you leave an unacceptable situation behind, you may experience mood swings and changes in attitude from great confidence to trepidation. Relax. Take one step at a time as you venture forth to face new challenges.

LEO (July 23 – August 22): Being this busy teaches you how to discern what can and can't be done and what you're willing to do. You'll make decisions with confidence. However not everyone thinks like you so you may have to force changes in order to solve long standing problems or heal hurt feelings.

VIRGO (August 23 – September 22): Being anxious is sometimes a sign of wisdom. Over-confidence can lead to foolhardy, impulsive actions. A lack of vision is as bad as stagnation. Stop worrying about what others think of your progress and take your time assessing your options before proceeding.

LIBRA (September 23 – October 23): Manifesting your dreams through force of will and focus. Be open to all life has to offer. Some of your past choices were a bad fit because you based them on your assumption that other people's advice was better than your own opinion. It's time to trust yourself.

SCORPIO (October 24 – November 21): Reconnecting with someone in a healthier way means you'll have to give up some of what you've always believed. This can be hard but this is a chance to gain a new perspective. You'll deepen your understanding about relationships. Being honest takes courage.

SAGITARIUS (November 22 – December 21): Finding deeper meaning in ordinary experiences. Work hard but don't focus only on results. Take the time to patiently work through inner issues. The confidence that results allows you to take a chance. You'll be eager to share what you've learned.

CAPRICORN (December 22 – January 19): Relatives are making a lot of demands right now. Sacrifices are necessary. Take heart, things take time but you'll be happy in the end. It's also worth it to persevere and work through miscommunications when others would rather hide behind a wall of silence.

AQUARIUS (January 20 – February 18): You now see why you are feeling unfulfilled in some aspect of your life. Like others you associate with, you haven't honored your dreams or your gifts enough. The time has come to deal with what is holding you back. This can be very scary and very freeing.

PISCES (February 19 – March 20): Find constructive ways to express grief and anger in order to move through these emotions. Take the time to be creative. This process gives you the chance to pinpoint where you experience blocks and fears. Breakthroughs will result if you persist.

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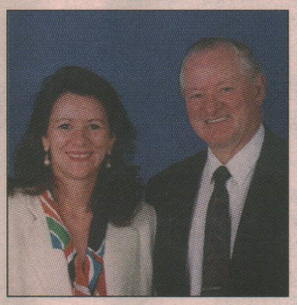

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