



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg



APRIL 27, 2005

VOLUME 53, ISSUE 8

FREE

24-Hour Recce Adventure Tests Prairie Soldiers:

17 Teams Brave Wind, Water during FGH Competition



Capt Kevin Fink (second from right)—a.k.a. Lt Dobric—gives Sgt Cameron Bois of the FGH the coordinates of the next Stand.

By Jen Sharpe

Meet Lt Dragan Dobric: a mustached man in his mid-40's, a proud citizen of the Baltic state of Ventura, and a loyal officer in the Ventura Partisan Defence Force (VPDF). Lt Dobric enjoys studying western weapons and war machines,

likes to spend time with his son Dojic, and cautiously supports the CF soldiers that aim to create peace in his war-torn country.

Tonight, Lt Dobric has been ordered by his commander, Maj Radic, to wait in a grove of trees for a group of

Canadian soldiers on a reconnaissance mission. From five minutes to 02h00 and until ten minutes after, he waits in the crisp air—with his eyes and ears on high alert—for the three-man, foreign-speaking recce team.

At 02h10, Lt Dobric

leaves the grove and walks back up the hilly road to his son and their truck; the Canadian team has missed their timing and, as a consequence, will miss a free ride through the enemy checkpoint a few kilometers up the road.

As late as it is, the night isn't over for the Dobric men: the no-show team might have afforded them about 30 minutes of rest, but more recce teams are scheduled to pass at 03h00, 04h00, 05h00—every hour on the hour, well into the following afternoon. In all, Lt

Dobric and Dojic are prepared to meet 17 teams of Canadian soldiers, many of them from a far off place called Winnipeg.

For the Canadian soldiers, the pressure to successfully complete their mission is real

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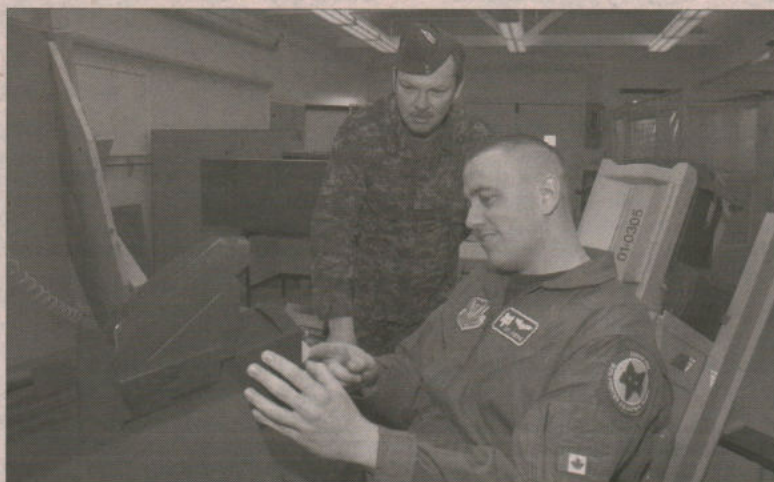
F-16 Simulator Built From Scratch

By 2Lt V-G Winter

Driven by a dream to fly Cpl Jody Levesque, a Dundurn MP, built his own immersive F-16 simulator. The cockpit simulator is an exact replica of a F-16 cockpit and runs on flight-sim software. His rare accomplishment is one of only three fighter cockpit simulators built by private individuals in Canada.

Levesque, built the simulator in the Dundurn Detachment's Wood Hobby Shop. The simulator is six feet long, five feet wide, and four feet high and weight in at 600 pounds with the seat being the heaviest part at 160 pounds. The whole thing can be broken down into seven sections for easy transport. The project cost \$7,000 to build but to buy an equivalent simulator from a U.S. company costs over \$100,000.

Levesque began planning his creation in the summer of 2002. "Simulation technology and computer games had advanced to the point where my dream was feasible," he said. First wood was cut in



Cpl Levesque showing his F-16 simulator to Maj. Barrett, CO of the Dundurn Detachment.

October 2003 and the simulator was finally completed on Mar. 30, 2005. Work stopped for a period of 16 months because Levesque was sourcing parts. He had to write letters to Lockheed Martin, the manufacturer of the F-16, to get pictures of specific parts of the cockpit displays so that he could replicate them exactly.

To build his simulator Levesque had to acquire parts from all over North America.

"I spared no expense to copy the F-16 perfectly, down to the smallest details," he said. "Eventually I would like to put the simulator on a motion platform that can tilt on six axis. That would make the flying even more realistic."

Levesque has been playing flight-sim games since the mid 80s. "I always loved the idea of flying a fighter," said Levesque. "Computer simulation have gotten so advanced that it feels like

your really there." He flies alongside his on-line 157th VFS (Virtual Fighter Squadron). 157th VFS is made up of 10 people from all over Canada and the United States. They flight plan together and then fly their virtual missions together in real time, communicating through their flight-sim software Falcon 4.0. Levesque has logged over 1200 hours on the F-16 in flight-sims.

T-133 Stops At 17 Wing On Final Flight

By 2Lt V-G Winter

It is the end of an era. The last of the T-33s stopped over at 17 Wing on Apr 11, 05 on its way from Cold Lake to Mountainview, near Trenton, where the T-bird will be stored until disposal. Capt Greg Castagner, of AETE, piloted the last of the T-Birds on its cross-Canada flight. "I'm sorry to see it go," said Castagner, who has flown T-Birds since the 1990. "It was a real pilots airplane. There was absolutely no automation, everything was flown by hand."

The Canadian version of the T-33, the CT-133, went into production in Sep 51. Canadair produced a total of 656 T-33s in Canada. They have served in the RCAF, RCN and the CF.

For 20 years the T-33 was used as an advanced jet trainer and as a ground attack aircraft for army training. Later on the T-33 was used to tow targets for air-air and surface-air gunnery training. The targets used were nine feet of bomb shaped Styrofoam. They were towed with 10,000 feet



of cable. The T-33 was also used in electronic warfare training and as enemy force simulation.

In the end the T-33 was used as a test bed and as

adversary aircraft. The last four T-33s were in use as test support aircraft at the Aerospace Engineering Test Establishment (AETE) in Cold Lake.

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DEADLINE FOR Voxair 9:
29 April 2005

WANTED... Your Feedback!

It's **YOUR** paper - tell us what you think

By filling in this questionnaire, your input will count toward making your Base Newspaper more reflective of you, our reader. It should take 10 minutes or less. All information will be treated confidentially and will be analyzed by Doug Hoy Research Services. No individual or organization will be identified in any way. To safeguard your anonymity and privacy, you should not write your name, service number or personal record identifier anywhere on this questionnaire. Also, please ensure that any written comments you offer are sufficiently general that you cannot be identified as the author. Information retained by CFPSA is at all times administered and protected by the Government of Canada's Privacy Act. Your participation is voluntary, and we want to hear your views.

DHRRR authorizes the administration of this survey within DND/CF in accordance with CANFORGEN 145/02 ADMHRMIL 079 UNCLASS 13102BZ DEC 02. Authorization number: 358/05.

Please complete and return to The Voxair before May 31, 2005. Une version française de l'étude est disponible au www.aspfc.com/journaux.

- 1) What Base Newspaper do you currently read? _____
- 2) Where do you receive this Base Newspaper?
 Home Pick up from Drop Box Work
 Read it online From acquaintance
- 3) Which of the following features do you always read? Pick all that apply.
 I read everything Sports and Recreation Retail store ads
 Editorial/Opinion Letters to the Editor Flyers/Ad inserts
 National Defence News Cartoons Crossword
 Military Police Report Financial articles Classifieds
 Lifestyles articles Calendar of Events Horoscope
 Health articles Dining information Pets for adoption
 Business articles Film / Movie listings Legion News
 Museum features People & Unit profiles Kids' section
 Church News Mess Events Community Page
 Military Family Resource Ctr Seniors' features
 Other (Specify) _____

- 4) How many other people do you share your copy of the paper with? _____
- 5) Do you regularly read a newspaper other than the Base Newspaper?
 Yes No
- 6) Do you read the Base Newspaper online?
 Always No-not available for my paper
 Sometimes No-I don't have internet
 No-didn't know it was online No-prefer printed edition
- 7) How often do you refer to the retail ads in the printed Base Newspaper before shopping for a particular item?
 Never Rarely Sometimes
 Often Always N/A
- 8) How often do you refer to the retail ads in the online Base Newspaper before shopping for a particular item?
 Never Rarely Sometimes
 Often Always N/A
- 9) In the past twelve months, did you purchase goods or services through the Base Newspaper's classifieds?
 Yes No

Please assess the Base Newspaper by rating the following factors on a scale of 1 (very poor) to 5 (excellent).

10) Relevant	1	2	3	4	5
11) Entertaining/Interesting	1	2	3	4	5
12) A useful source of information	1	2	3	4	5
13) Accuracy of news stories	1	2	3	4	5
14) Timeliness of stories	1	2	3	4	5
15) Follow-up on stories	1	2	3	4	5
16) News coverage on DND	1	2	3	4	5
17) News coverage on local issues	1	2	3	4	5
18) Coverage of local people	1	2	3	4	5
19) General layout	1	2	3	4	5
20) Writing/Grammar	1	2	3	4	5
21) Variety of store ads	1	2	3	4	5
22) Availability at drop-box	1	2	3	4	5
23) Delivery (if applicable)	1	2	3	4	5

- 24) Considering the current content of the Base Newspaper, would you like to see more coverage on any of the following topics? Pick all that apply.
- | | |
|--|---|
| <input type="checkbox"/> National Defence issues | <input type="checkbox"/> Sports |
| <input type="checkbox"/> Base news | <input type="checkbox"/> Travel |
| <input type="checkbox"/> Local, non-Base news | <input type="checkbox"/> Crime |
| <input type="checkbox"/> Ship news | <input type="checkbox"/> Employment |
| <input type="checkbox"/> Deployment news | <input type="checkbox"/> Environmental issues |
| <input type="checkbox"/> People features | <input type="checkbox"/> Housing |
| <input type="checkbox"/> Unit profiles | <input type="checkbox"/> Religion |
| <input type="checkbox"/> Entertainment info | <input type="checkbox"/> Senior issues |
| <input type="checkbox"/> Events Calendar | <input type="checkbox"/> Other (Please specify) _____ |
| <input type="checkbox"/> Education | |

25) What else could the Base Newspaper do to improve? _____

We'd like to ask a few questions about yourself, to better understand who reads the Base Newspapers. All information is anonymous and confidential.

26) What is your year of birth? _____

- 27) Gender
 Male Female
- 28) Marital Status
 Single (never married) Married or Equivalent
 Divorced or Separated Widowed/Widower
- 29) Please select the category to which you belong:
 NPF employee at CFPSA or base/wing/unit
 CF member, regular force
 Family member living with a regular force CF member
 CF member, Reserve
 Family member living with a Reserve CF member
 Retired or former CF member
 Family member living with a retired or former CF member
 Civilian DND employee
 Military member from another country
 General public/other
- 30) If you are a CF member or NPF employee, are you presently deployed overseas?
 Yes No N/A
- 31) Is your spouse presently deployed overseas?
 Yes No N/A
- 32) What is your environment?
 Army Navy Air N/A
- 33) What is the highest level of education you have achieved?
 Graduated high school Graduated university
 Trades certificate Post-graduate degree
 Graduated college or CEGEP
- 34) Annual gross household income
 Under \$20,000 \$20,000 to \$39,999 \$40,000 to \$59,999
 \$60,000 to \$79,999 \$80,000 to \$99,999 \$100,000 and over
- 35) Number of children under 18 in your household? _____
- 36) What is your primary residence?
 Own single-family home Rent single-family home Rent apartment
 Married quarters Barracks/ships Own townhouse/condo
 Rent townhouse/condo
- 37) What are your main leisure activities, interests and hobbies? _____

In order to make the Base Newspaper more relevant to your needs, we would like to ask you about some of your shopping habits.

- 38) Do you regularly shop outside your local community (not while traveling or on vacation)?
 Yes No
- 39) Do you have internet access? Pick all that apply.
 At home At work Other No (Skip to Question 43)
- 40) Do you shop online?
 Never Sometimes Often Used to, but don't anymore
- 41) Do you bank online?
 Yes No
- 42) Have you visited the CFPSA web site (www.cfpsa.com) within the last 12 months?
 Yes No
- 43) Please indicate any of the following products or services you intend to purchase in the next 12 months. Pick all that apply.
- | | | |
|---|--|--|
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| <input type="checkbox"/> Rental accommodation | <input type="checkbox"/> Furniture, Appliances | <input type="checkbox"/> Home repair or improvements |
| <input type="checkbox"/> Gardening/Landscaping | <input type="checkbox"/> Dry cleaning | <input type="checkbox"/> Wedding supplies |
| <input type="checkbox"/> Child care | <input type="checkbox"/> Health food, Vitamins | <input type="checkbox"/> Fitness club membership |
| <input type="checkbox"/> Life or Home insurance | <input type="checkbox"/> Eye glasses, Contact lenses | <input type="checkbox"/> Counseling |
| <input type="checkbox"/> Financial | <input type="checkbox"/> Educational courses | <input type="checkbox"/> Legal |
| <input type="checkbox"/> Chiropractor | <input type="checkbox"/> Veterinarian | <input type="checkbox"/> Computer |
| <input type="checkbox"/> TV, Stereo | <input type="checkbox"/> New cell phone | <input type="checkbox"/> New Internet Service Provider |
| <input type="checkbox"/> New cable/satellite TV | <input type="checkbox"/> Sports, Fitness equipment | <input type="checkbox"/> Camping, Hunting, Fishing |
| <input type="checkbox"/> Camera, Camcorder | <input type="checkbox"/> Jewellery | <input type="checkbox"/> Boat, Jet ski |
| <input type="checkbox"/> Travel trailer, RV, Camper | <input type="checkbox"/> Travel | <input type="checkbox"/> All-terrain vehicle, Motorcycle |

44) Date of survey completion: mm/dd/yr _____

Thank you for your help.

17 Wing Participants In 2004 Getting Into Gear!

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The Big Bike for Stroke is an exciting annual fundraising event held across Canada. The Big Bike will be rolling into Winnipeg on June 21, 22, and 23rd, all three days will be in different locations around the city. 17 Wing would like to participate on Tuesday, June 21st in the Polo Park (St. James) location event. Participants will need to fundraise before getting on the bike to pedal. The ride should prove to be exciting . . . riding in and

around Polo Park and end up at the Stadium, with a possible appearance by the Blue Bombers! There will be free appetizers available to all participants at the Earl's Patio after the event.

Teamwork, fitness, fun, and fundraising is what this event is about. For the past two years 17 Wing has participated in the event. We have made the bike our own, by adding wings to the bike to represent who we are and where we come from. The Big Bike spans eight feet

across and is thirty feet long with seating for 29 riders and one driver. Each ride takes approximately 20 minutes to complete. Let's get a team together for a really great cause and show our community that we support a worthy cause.

If you are interested in participating in this event and need a pledge sheet or if you have any questions, contact the Health Promotion Team, Christa (Health Promotion Director) @ local 4160 or email @

Zappitelli.C@forces.gc.ca or Penny @ local 4150 or Wawrzyniak.P@forces.gc.ca

Seats on the Big Bike will be on a first come first served basis.

We would like to make this year's event bigger and better than ever!

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440 Squadron "Vampires" Tame The Whaleback

By Lt DW Hartt

Northerners who use its waters year round for their livelihood and recreation respect Great Slave Lake for its often-severe and unpredictable weather, water and ice conditions. Located 100 km from Yellowknife, Northwest Territories (NWT) lie the isolated, treeless, wind swept Inner Whaleback Rocks. Due to their strategic location in Great Slave Lake, the Whaleback Rocks are home to numerous radio repeaters that extended the range of important lake weather information.

In February 2005 the NWT Emergency Measures Office asked 440 Transport

(Vampire) Squadron to coordinate a number of agencies in re-establishing a critical solar-array on the Whaleback that was previously destroyed by weather. As 440 Squadron's Mission Support Flight's (MSF) role it to support unit air operations in austere conditions, the MSF Vampires were given the task.

The mission began with the MSF assisting the other agencies in redesigning the structure to withstand the Whaleback weather. As the expensive and fragile solar panels would have to travel a considerable distance via snowmobile and toboggan,



The inhospitable Inner Whaleback Rock, Great Slave Lake, NWT

special care was taken in configuring and preparing the load.

At 05:45 on 10 April 2005, led by the MSF, the party departed 440 Squadron's Float Base across Great Slave Lake to the

Whaleback. Realizing local ice conditions had begun to deteriorate and had recently led to multiple emergencies where even rescuers had become hypothermia casualties, the MSF exercised considerable caution and skill in



Mission Accomplished! MSF members Lt DW Hartt and Cpls Tim Peebles and Tim Patterson.

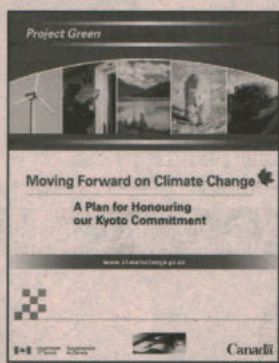
navigating the team and their equipment safely to and from the objective – despite encountering 60 km of over-flow.

440 Squadron's contribution to this inter-agency mission resulted in the solar

array again powering this important radio repeater that provides critical up-to-date weather information to the many people who recognize the year round unpredictable nature of Great Slave Lake.

Project Green: Towards a healthier environment and a stronger economy

PROJECT GREEN is a national effort involving individual Canadians, businesses, communities and governments – working together to build a healthier environment and a stronger economy. And *Moving Forward on Climate Change* is part of it.



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- ✓ Keep our air clean and help reduce smog
- ✓ Keep our rivers, lakes and oceans clean
- ✓ Preserve wildlife and green spaces
- ✓ Make Canada a world leader in developing new sustainable technologies
- ✓ Help to honour our Kyoto commitment

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24-Hour Recce Adventure continued from page 1

but the hostile threat is not: the soldiers are competing in a Prairie Region reconnaissance competition at CFB Shilo, conducted annually by Winnipeg's Fort Garry Horse (FGH) armoured reconnaissance unit of 38 Canadian Brigade Group (38 CBG).

For Lt Dobric—a.k.a. Capt Kevin Fink of The Queen's Own Cameron Highlanders of Canada (QOCHOC) FGH—the sleepless night is real but the broken English is not: his character and script were created by competition 2IC WO Darrell Peters and form the first of six stands (VPDF encounters) strategically placed along the 24-hour competition route.

As most military folks know, nobody likes to play make-believe more than the Army, and nowhere is make-believe more important than in the Army's training program. For the 51 recce soldiers, 27 enemy troops, 12 VPDF partisans, dozens of support personnel, and organizers of the FGH Recce Skills Competition, the realism of make-believe is something they pride themselves on.

"Each soldier every year has to develop his or her basic soldiering skills, and this competition is actually a gateway exercise to see if they've picked up on those skills," Capt Steve Wright, competition OC and FGH Operations Officer, says. "Over the past four years we've developed the Recce Skills Competition, and this year we thought we'd take it one step further by making it a tactical scenario that's based on a relevant and realistic task."

The realism of the competition relies on the six Partisan stands—like the one manned by 'Lt Dobric'—and a final 'de-brief' stand manned by 6 Intelligence Company soldiers CBG Intelligence personnel. The most successful recce teams have to meet their timings, approach each stand tactically and cautiously, complete the required task, and, upon return, provide an informative and insightful de-brief of their mission to Intelligence. Teams are required to complete these objectives without being discovered by over

two-dozen patrolling 'enemy' personnel.

"Having the enemy out there forces [the teams] to move tactically and forced them to be on their toes the entire time," LCol David Atwell, CO of the FGH, says. "Because it is a 24-hour competition, depending on the route you take, it's a 20 to 30 kilometer walk through hostile territory."

Even before H-hour (the time from which all other timings are established), teams are aware a day's worth of hostilities lay ahead—some courtesy of enemy forces, others from Mother Nature.

After receiving her weapon and before heading out to the drop-off point, Cpl Jennifer Doornink of the FGH—one of only two women participating in the competition—is positive, but realistic: "It's going to be wet and it's going to be a long haul, but it will be rewarding in the end," she says around midnight. Like the rest of her team, Cpl Doornink won't be back until midnight the following day.

After receiving weapons and other essential gear, teams move, one by one, to the Command Post according to a strict schedule. There, Capt Wright and Lt Ryan Pownall deliver a final briefing and review a relief map of the terrain with the section's leader.

Although the terrain map is detailed and helpful, it doesn't display one obvious feature of the 'Ventura' countryside: water. With temperatures creeping into the teens over the past few days, snowdrifts have quickly turned to lakes and roads have deteriorated drastically.

According to drop-off driver WO Chris Patterson, first impressions of the training ground are predictable: "The first reaction is pretty much 'Oh my God, we are going to get wet.' There's quite a lot of water out there and they don't really have an appreciation for it until they see the road that we travel down," he says.

By the first morning, the road WO Patterson takes looks more like a river—appropriately, the route is



Capt Steve Wright of the FGH (left) shows Cpl Symington of the South Alberta Light Horse a relief map of the Competition area.

called River Road. With full accelerator, the truck plows through deep puddles with ease, coating the vehicle in clumps of grass and mud.

At the base of a scraggly hill, the truck stops and the team—this time from the South Alberta Light Horse (SALH) unit—hops out and gathers up their gear. After a quick scramble up the hill, WO Patterson warns the section leader about possible enemy observation posts and patrols and provides them with the coordinates and timings for their first partisan link-up with Lt Dobric at Stand 1.

For four hours, the SALH team—and all other teams—will move tactically across the territory towards Stand 1. By the time they arrive at the first stand, they will have walked four kilometers, navigating by compass, map, and counting paces. All teams are equipped with sealed GPS devices for emergency use, and any team returning with an opened device will be penalized accordingly.

But that is not the case for WO Dan Gryszczuk's FGH

team: his team arrived early at Stand 1 and thus had the luxury of an hour's rest before their meeting time. "We took a direct, relatively straight route, so when we got to the low ground we were able to make up some time by moving at a bit of a faster pace," WO Gryszczuk says.

"So far everything's been as we expected it; the ground's about as wet as I thought it would be, and the sun's come out which is nice. . . We're pretty much prepared for whatever lies ahead."

Like all teams arriving before and after WO Gryszczuk, what lies ahead is a secret enemy checkpoint. After completing a written test on CF weapons and vehicles for Lt Dobric, the teams are offered—in broken English—a trip up the road in the back of the Dobric truck.

Although some teams are reluctant to accept this risky offer, most are eager to get off their feet. WO Gryszczuk's three-man team jumps into the covered box of the truck and Dojic takes his Canadian cargo towards the enemy checkpoint and in the direc-

tion of Stand 2.

While Dojic and CF soldiers carefully make their way up the road, MCpl Chris Knudsen of the North Saskatchewan Regiment mans the enemy checkpoint with two fellow Ventura Freedom Fighter's Association (VFFA) soldiers. Unlike the VPDF who sup-



WO Dan Gryszczuk of the FGH (right) reviews the past 24 hours during his team's intelligence de-brief at the end of the competition.

Cpl Symington of the South Alberta Light Horse (centre) reviews the competition plan with his team before starting the competition.

explains, before adding, "Our mission is also to be easily bribed."

And, with 100% predictability, it's those bribes that get Dojic and the Canadians through the checkpoint. MCpl Knudsen and his men stop the truck, force Dojic out to search him, and then search the cab of the truck; but then, without fail, Dojic buys his way through the checkpoint by offering cigarettes, alcohol, or other contraband to the checkpoint soldiers. When the truck starts up again, the recce team in the back no doubt breathes a sigh of relief as they move closer to Stand 2.

For the teams that refuse the free ride, however, the enemy checkpoint poses a greater challenge. "We know that some of them are going to miss their timings and that some aren't going to take the ride in the truck, so what we've done is placed a bunch of trip-flares just behind these ridges," MCpl Knudsen

explains. "Our intent is to counter-patrol pretty aggressively."

MCpl Knudsen takes his role as a hostile VFFA soldier seriously, and that commitment is typical throughout the route: at Stand 2, a Partisan demands to learn a C-6 weapons drill; Stand 3 features a minefield drill, where the recce team must extract a Partisan from an 'active' minefield; at Stand 4, teams must identify a chemical agent in a skull-and-crossbones box; teams must radio in an artillery attack on a specific position at Stand 5, and they must treat a Partisan with a sucking chest wound at Stand 6.

Stand 7—the Intelligence De-Brief—rounds out the competition and concludes the 24-hour reconnaissance marathon. By this point, teams are mentally and physically exhausted, but the debrief requires them to think clearly and recall everything they've seen and learned.

"It's important for us to

A soldier relaxes for a few minutes after reaching Stand 1, manned by Capt Kevin Fink of the FGH (background, in hat).

learn what happened to them; 20 hours ago is ancient history so we have to get them thinking backwards again," 2Lt Scott Wiley of Intelligence explains. "The goal is to help them dig deep into their memories and pull out as much information as we can, to paint the picture."

Back from the 'Venturain' countryside and preparing for his group's one-hour debrief, a weary WO Gryszczuk says the annual FGH Recce Skills Competition keeps improving every year.

"The competition was good, but a bit of a change from last year," he reflects. "I think they put a lot more thought and realism into the stands that they had this year; this year we dealt a lot more with the Partisans than we did last year, and the Partisans did a really good job of playing their roles."

According to LCol Atwell, positive comments like these are common. "Everybody that I've talked to as they come back in has been very positive about the competition," he says. "They thought the competition was extremely challenging, very worthwhile, very realistic, and that it presented them with many opportunities to think out there."

Capt Wright agrees: "Working 24 hours straight in a tactical environment is demanding. They know that not everybody will finish, and we told them that everybody will have a good challenge and that it will be realistic."

"I think they are out to prove that they can do it and that, because we have so many units involved, they can win it for their unit," he adds.

Because the event is a competition and not simply an exercise, both Capt Wright and LCol Atwell believe the soldiers are more motivated and eager to push themselves.

"The competition was originally designed just for us within the unit to challenge and test our soldiers on their skills, and we decided last year to start inviting other teams into it in order to bring a different level of competition and challenge," LCol Atwell explains. "By bringing another unit, we thought that would challenge our soldiers to strive that much harder in the competitions."

"If we just kept within our unit itself, it wouldn't really be a true competition because you'd be competing against your friends and you know their weaknesses and strengths," Capt Wright adds. "When you bring people you don't know into the mix, you really have to pay attention to what you're doing to ensure that you're focused on the task."

"Knowing that it was a difficult competition and they achieved something is always good for morale and esprit de corps," he continues. "I think all the teams are very eager to prove to themselves that they can do this."

With participation steadily growing—and word spreading that the FGH Recce Skills Competition is a superior training event—LCol Atwell isn't quite sure what next year's event will feature.

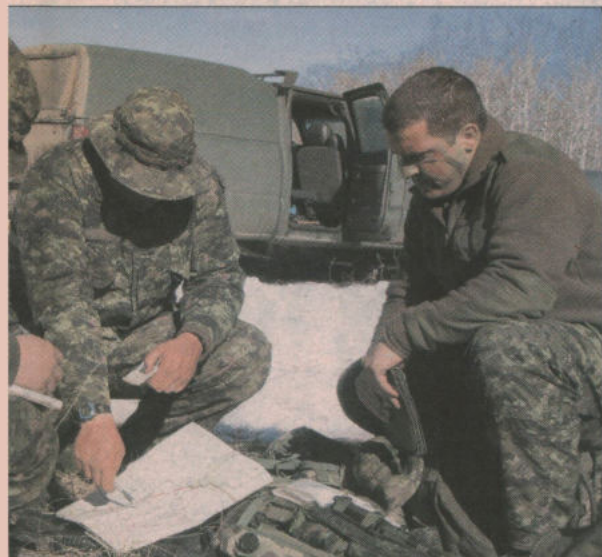
"Because of the reputation we gained last year, we had a lot more units decide to participate. I think it's made it a better exercise for everybody," he explains. "Certainly the interest level after this year shows that a lot of people would like to come back and more units would like to participate, but we're going to have to figure out how we can realistically deal with more teams."

The two teams from the Second Battalion Princess Patricia's Canadian Light Infantry placed first and second, while Sgt Travis Kennedy's team of the QOCHOC placed third, and Sgt Leishman's FGH team placed fourth.

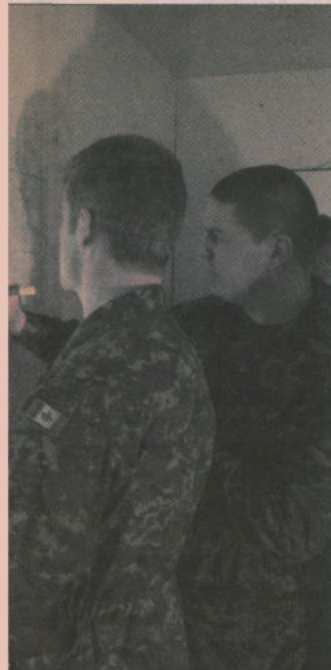
Although the results are important, LCol Atwell says the real benefit of the competition is the individual and team confidence it instills.

"Every person that completes this competition has a big grin on their face when they come in—they feel that they accomplished something because it's a real challenge to do it," he says. "Whether they win or not is not the issue: it's the fact that the competition drives them to challenge themselves, challenge the team, and to really go for it."

"They all come back with a sense of accomplishment: they've done something, and they're proud of what they've done, and they deserve to be proud."



Intelligence personnel study a map of the training area prior to the competition's start.



port the CF mission, the VFFA oppose the presence of foreign soldiers in Ventura and are under orders to capture or kill any CF personnel they encounter.

"Our mission here is to conduct the checkpoint and to stop vehicles from going North along the route to check them for any contraband," MCpl Knudsen



Air Command Band Participates In 60th Anniversary Celebrations For The Liberation Of Holland

By WO Bart Hasselfield

The year 2005 is Canada's "Year of the Veteran." Next month, Veterans Affairs Canada will lead a contingent of veterans and dignitaries to the Netherlands to commemorate the 60th anniversary of the liberation of the Netherlands. The CF will support the VAC program, in part by providing a parade and ceremonial contingent of approximately 230 personnel. Included in

this are personnel from the Air Command Band, which is being deployed as part of a larger, tri-service military band for the celebrations and official ceremonies.

All activities will take place within the Netherlands, Germany and the United Kingdom. In Holland, there will be commemorative ceremonies at Groosbeek Canadian War Cemetery and at the Holten Canadian War Cemetery.

This event, in which children will play a large role, will be televised nationally across the Netherlands. There will also be a poppy drop from above. In Apeldoorn there will be an unveiling of a commemorative plaque by Historic Sites and Monuments Board of Canada, declaring the signing of the German Surrender in Wageningen to be an event of historic significance to Canada. On

Sunday May 8th there will be a very large parade through the streets of Apeldoorn, which will be broadcast live across Canada by CBC at 8am (local time).

The Air Command Band supported similar events in Holland during the "Canada Remembers" tour of 1995. That tour was in conjunction with the 50th Anniversary Celebrations of the Liberation of Holland



The Air Command Band playing during the Canada Remembers tour in 1995.

in 1945.

To further mark this large-scale series of events, the CF Directory of History and Heritage (DHH) has created a commemorative CD (Liberation 60) for the 60th anniversary of the liberation of the Netherlands of May 1945.

The CD includes previously recorded songs by CF bands as well as accompanying text. For further information: http://www.vac-acc.gc.ca/general/sub.cfm?source=feature/netherlands2005/nmedia05/event_details

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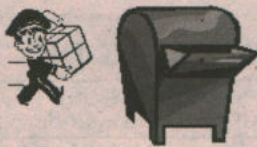
Upcoming Coffee Breaks are May 5 and June 2, 2005.
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For more information, call Catherine at Loc. 4506

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The "Community Connections"

Your guide to all current MFRC programs and services! Published regularly, this informative handbook gives you everything you need to know about What's New at the MFRC! Call to have your name added to the mailing list or check it out on-line at:

www.mfrc.mb.ca



Some NEW resources now available at the MFRC

Great Books and guides to address many issues faced by families. Call Haley at 4512 for more information!

- Yikes! a smart girl's guide to surviving tricky, sticks, icky situations
- Sex, Puberty and all That Stuff: A Guide to Growing up
- Smart Girls Starting Middle School
- The Stars Program, Learning about anger & Learning about anger more (For Children)
- The Anxiety and Phobia Workbook (relaxation techniques and more coping techniques)
- What's Wrong with Spanking (pamphlet)
- Emotional Abuse (national clearing house on family violence)
- Violence Issues: An Interdisciplinary Guide For Health Professionals
- Breaking The Pattern: How Communities Can Help (Family Violence)
- The Effects of Media Violence on Children
- Television Violence: A review of the effects on children of different ages

Kidventures Registration

Monday, May 2, 2005
MFRC Administration Building
102 Comet Street
5:30 p.m. - 8:00 p.m.



Starting May 3, you may register for Kidventures during regular working hours at 102 Comet Street.

Please be prepared to fill out the medical information forms at the time of registration. Registration will not be considered complete until this is done.

New this year! Kidventures will be implementing a non-refundable administration fee with this year's registration. \$25.00 of each week's registration fee is now non-refundable. When registering your child for camp, please supply under separate payment the amount of \$25.00 per week of camp that you are registering your child. This amount is due at registration. You may supply the rest of the camp fees (\$50.00 per week) as post-dated cheques. Post-dated cheques must be dated no later than 2 full weeks prior to start of the camp that you are registering. You may request a refund for the \$50.00 up to 2 weeks before the start of camp. After that time, the camp fee is not refundable.

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.

Office Manager Mona Currie 4500	Emergency Childcare 935-7733
Reception Teresa Morris 4500	MFRC Childcare Centre 837-3653
Youth Centre North 4502	Lois Johnson (Director) 837-3626
Youth Centre South 488-8563	Employment & Education Services John Chabih 4511
Executive Director Don Brennan 4504	Social Work Services Haley Schroeder 4512
Deployment Services Nicole Johnson 4507	Francophone / Volunteer Services Louise Cameron 4515
Youth / Adult Services Diane Brine 4508	Thunder Bay MFRC Evelyn Harrison (807) 345-5116
Information & Referral Catherine Chatterley 4506	Winnipeg MFRC Fax 489-8587
Children's Programs 2491 or Wendy Richardson 6846	

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Chaplains

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

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

Administrative Assistant
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 chaplain's office.

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

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

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

PROTESTANT

Chaplains

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

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

Administrative Assistant
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 Chapel 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 PPCL 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. Visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click on 'Services'.

Interfaith Prayer Room

Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.

Papal Philately

By Alf Brooks

In the many years of his Papacy many stamps were issued picturing John Paul II; I am sure many collectors have created special collections.

The Vatican has issued a stamp that is used only until a new pope is elected. It pictures the crossed keys, the "Keys to the Kingdom" given to Peter, who became the first bishop of Rome, by Jesus. Since the XIV Century, the two crossed keys have been the official insignia of the Holy See. The gold one alludes to the power in the kingdom of the heavens, the silver one indicates the spiritual authority of the papa-

cy on earth. Popes are also the bishops of Rome.

Other countries also have issued commemorative stamps, among them Poland, the country of Karol Wojtyla's birth: another of the many that will be issued is one from Austria.



Turning Points

Do you or someone you love have an important event that's worth noting? Do you have a new baby, marriage, engagement, graduation, or momentous birthday announcement that you would like to put in the paper? The Voxair is proud to announce a new section called Turning Points that's open to such community notices. We'll be glad to post your new baby pictures or recent grad pictures. Our friendly staff will even help you compose the announcement if you so wish.

We can be reached at by phone at 833-2500-6976, by e-mail at voxair@mts.net or by mail.



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TAROSCOPES

BY NANCY

ARIES (March 21 – April 19): You've been lost in your own thoughts so long you don't realize how tangled they've become. Going over something again won't solve anything. It's time to take action. Letting someone know how much you have to offer isn't conceited, it's honest.

TAURUS (April 20 – May 20): You're restless and eager to get started on an important task. Diversions seem like a waste of time due to a heightened sense of purpose and time constraints. Take a few moments to relax so you'll have the focus you need. You'll see more success with less effort this way.

GEMINI (May 21 – June 21): You don't know where you stand with someone so you're acting the clown. This alerts others to the fact that you're uncomfortable. Don't take everything so seriously; especially the opinions of others, then you can converse more easily and make a better impression.

CANCER (June 22 – July 22): Even though you feel more balanced in an on-going, tough situation you still feel you're unable to do anything about it. Trying to accommodate everyone results in nothing happening. You need to realize that the endless procrastinating is very stressful for you.

LEO (July 23 – August 22): Opportunities surround you both personally and professionally. A promotion is possible. When you are in command, you know that all is in order. You are willing to let nature take its course only when you know it's the same one you had in mind yourself.

VIRGO (August 23 – September 22): It's time to lead with your emotions. It may feel uncomfortable at first because there will be a lot of adjustments you'll have to make. Things will get better once you speak up about how you feel. Trust yourself. If it's worth getting, it's worth the work.

LIBRA (September 23 – October 23): Revelations and realizations continue to surface. You come to see that all things balance out and that possibilities are infinite. What you get from life is only limited by what you are willing to put in. Your spirit feels renewed when you open to things that enrich your soul.

SCORPIO (October 24 – November 21): You may feel like you can't make headway, however all efforts give you new skills or improve old ones. You discover new avenues to explore. An opportunity will appear out of the blue and thanks to your past experience you know exactly how to handle the situation.

SAGITARIUS (November 22 – December 21): You don't have to push to get what you want. Be willing to relax and embrace good fortune as it comes to you. You have a choice: you can see the glass as half-full or half-empty. Either way you're at a pretty good time in life. Decide how you'll choose to see it.

CAPRICORN (December 22 – January 19): Being at the mercy of someone else's power games can make you feel like you're a failure but working endlessly to escape the situation isn't the answer. Reconnect with those who have drifted away and be systematic in your work.

AQUARIUS (January 20 – February 18): You're not content to have things go along as they have but finding out why things are happening won't solve anything. When you meet others who have dealt with the same stuff, don't ask them why it happens; ask what they did next, then put their advice to good use.

PISCES (February 19 – March 20): Connections you've made are starting to pan out. You discover the challenges others face that affect your relationships. You are willing to share yourself now and in the process your own energy increases. Work flows to you. You are appreciated for what you say and do.

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