THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg
JULY 13, 2005 VOLUME 53, ISSUE 13 FREE

New Wing Headquarters Officially Opens Doors



CWO Parent gives the command to the three members of the flag party to raise the flags for the grand opening of the New Headquarters Building # 137

Photo by Angela Johnston

Wing Commander Steff Kummel accepts a family heirloom from Group Captain Basil Deacon Hobbs' family--a rare signed black-and-white photo of G/C Hobbs with King George.

Photo by Cpl Bern LeBlanc, 17 Wing Imaging

(Left to right) LCol (ret'd) Jim Kerr, Lief Scott the great grandson of B.D. Hobbs, Anita Neville Member of Parliment for Winnipeg south-center, Basil Hobbs grandson of B.D. Hobbs, Susan Coburne granddaughter of B.D. Hobbs, Duncan Hobbs grandson of B.D. Hobbs and Col Kummell Wing Commander 17 Wing prepare to cut the ribbon for the grand opening of the New Wing Headquarters Building # 137

By Angela Johnston

After years of planning and an at times uncertain future, 17 Wing Winnipeg opened its new Wing headquarters with much fanfare. The new $7.5 million building, dedicated to Group Captain Basil Deacon Hobbs, opened both on time and on budget.

Winnipeg South Centre Liberal MP Anita Neville, representing the Government of Canada, noted that the new Wing Headquarters and office facility would allow for the consolidation of the critically overcrowded Wing and 1 Canadian Air Division headquarters.

17 Wing Commander Col Steff Kummel said that there was an outstanding need for the new facility on base. "We now have a headquarters from which we can focus our energies," said Col Kummel. He said that the improved functionality of the building, with improved ergonomics and new conference rooms, would improve productivity and morale on base.

The new building houses all elements of the Wing Headquarters, Wing Comptroller, Director Civilian Human Resource Service Centre (Prairies) and the Regional Cadet Support Unit (Prairie) Headquarters."

The headquarters is dedicated to the second most highly decorated pilot in Canada, Group Captain Basil Deacon Hobbs. He was the first commander of the Royal Canadian Air Force in Winnipeg, and the only pilot of the first long-range air survey in Canada over northern Manitoba and Saskatchewan.

G/C Hobbs' grandson—also named Basil—was on hand at the opening ceremonies. Of his grandfather, he said, "I think he would have been proud and very appreciative of the men and women who service, and have served, this country."

Hobbs is now penning a book on his grandfather's life and history. During the opening ceremonies, the Hobbs family presented the Wing Commander with a glossy black and white photo of G/C Hobbs with King George, signed by the King. It is very rare for royalty to sign photographs.

After speeches by dignitaries, there was a ribbon cutting and official flag raising at the headquarters. VIPs received a tour of the facilities. The new headquarters was designed with an executive purpose in mind—there are sleek metallic lines and glass. With an Air Force use in mind, there is, of course, lots of sky blue paint.

The total consolidation project at 17 Wing Winnipeg has totaled over $47 million. It aimed to create a smaller footprint for the Wing in the city. While there once were two sites, there is now one. This is the third building constructed in the past two years—the other two included the recent construction of a new Logistics complex, which opened in May.

Headquarters for army reservist 38 Canadian Brigade Group will now occupy Bldg 86— the old Wing headquarters building—following a minor renovation.

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Captain Andrea Denison from 23 Health Services Centre helps serve up some bacon and beans at a free breakfast held to raise money for the Heart and Stroke Foundation on June 27. Maj Jurden Rice, who organized the meal, said the fundraiser breakfast raised $160 as part of the over $500 raised by Health Promotions from the Big Bike Ride in June.

June Was Stroke Awareness Month . . .
And 17 Wing Winnipeg Did Their Part!

STRENGTHENING THE ÉNERGISER LES FORCES

Cardiovascular disease accounts for the death of more Canadians than any other disease. In 2002 (which was the latest year for which Statistics Canada had data) cardiovascular disease accounted for 74,626 Canadian deaths. 32% of all male deaths in Canada in 2002 were due to heart diseases, diseases of the blood vessels and stroke. For women, the toll was even higher, 34% of all female deaths in 2002 were due to cardiovascular disease. 54% of all cardiovascular deaths are due to coronary artery disease, 21% to stroke, 16% to other forms of heart disease and the remaining 9% to vascular problems such as high blood pressure and hardening of the arteries.

On Tuesday, June 21st, 2005 eighteen representatives from 17 Wing participated in the Big Bike for Stroke. Participants were asked to collect pledges before they were able to ride on the 30-person bike, which they pedaled around Polo Park shopping centre and the Stadium. 17 Wing did an amazing job raising $1,880.00 for the Heart and Stroke Foundation.

Major Jurden Rice was interested in collecting pledges and raising money for the Heart and Stroke Foundation but was unable to attend the day of the ride. On Monday, June 27th Major Rice took matters into his own hands. He decided that he was going to raise money for Heart and Stroke by cooking breakfast for his unit. Major Rice collected donations well over $200.00 at this event and more from family and friends prior to the breakfast.

With Major Rice's contribution as well as the Big Bike contribution, 17 Wing Winnipeg raised over $2,200.00 for the Heart and Stroke Foundation. Congratulations and Thank You goes out to all who participated and who donated! We hope to see you next year!

For more information contact Health Promotion, Christa or Penny at local 4160/4150 or in building 63.

17 Wing Beats City Hall

Submitted by Dana Glover

Personnel and staff of 17 Wing have proven beyond any doubt that it is possible to beat City Hall – at least when it comes to donating blood.

Challenged by the staff of the City of Winnipeg, 17 Wing came through with flying colours, donating 71 units of blood at the clinic on June 6.

Meanwhile, to mark Public Service Week, City of Winnipeg staff collected 47 units at their clinic on June 20. In fairness, their clinic is usually located in City Hall, but, due to construction work, was moved to Pantages Playhouse this year.

Canadian Blood Services is very pleased with the response to the challenge, and, having worked to address logistical issues raised at earlier clinics, the agency was delighted to hear some of the positive comments from donors attending the 17 Wing clinic:

From one satisfied donor: "This was the most efficient mobile clinic I have attended in recent years. Additional nurses for screening was appreciated."

There are only winners in this friendly challenge: those patients needing blood or blood products. Since one donation can help as many as three people, the combined total of 118 units will assist as many as 354 patients.

Canadian Blood Services encourages eligible 17 Wing donors to make an appointment to visit a blood donor clinic this summer, when the need for blood is usually very high.

Those visiting any Canadian Blood Services clinic this summer will be eligible to win a wide-range of prizes associated with the Academy Award-winning film, "The Incredibles". Grand prize is a trip for four to Orlando, Fla., including passes to Disney World.

For an appointment or information on any aspect of the blood donation process, call Canadian Blood Services, toll-free at 1 888 2 DONATE (1 888 236 6283).

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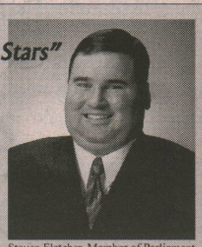

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Care For Injured Soldiers Recognized At 17 Wing Winnipeg

Chief Warrant Officer Receives Ombudsman's Commendation

By Angela Johnston

Five years ago, an informal group of Winnipeg military members began discussion of how to properly care for injured soldiers in the military. This year, for the second year in a row, a group member has received an Ombudsman's commendation for his positive contribution to the defense department.

This April, CWO Bob Goch received the Ombudsman's commendation for ethics. Last year, CWO Frank Emond received the commendation but for complaint resolution. These Senior Warrant Officers, among others, recognized a communication problem at 17 Wing Winnipeg. Troubled soldiers, whether freshly returned from deployment or posted in Winnipeg, were often unaware of tools available to help them.

"There were a lot of people who just didn't know where to go," said CWO Goch. This group brainstormed ideas on how to link these individuals with Veterans Affairs Canada, and how to direct them to padres, social workers and medical professionals —whatever was needed.

CWO Goch's nomination was submitted through the Chain of Command and based on the information provided by CWO Emond, former Wing Chief Warrant Officer. His nomination was eventually approved by the Acting Wing Commander at the time, LCol (ret'd) Jim Kerr for submission to the Ombudsman Awards Committee.

The DND/CF Ombudsman's commendations were first awarded in 2002. The Ombudsman at the time wanted to recognize good things that were happening in the Department. In its first year, there were four nominations for Ombudsman's commendations—this year there were 21.



Photo by Cpl Bern LeBlanc

Ms. Barbara Finlay, Director General of Operations for the Office of the Ombudsman, presents CWO Robert Goch with the 2005 Commendation for Ethics

Acting Ombudsman Barbara Finlay said that an advisory committee decides who will receive the award: "What they really look for are nominations where you can see where people are putting their values into action."

There are two types of commendations. One is for ethics, for members who promote integrity, honesty, fairness and openness and can be nominated by the public. The other is for complaint resolution, for exceptional or innovative problem solving, and is nominated by Ombudsman's office investigators.

CWO Goch said he was surprised by the nomination. "If it's recognition, then I accept it, but you don't go into it for an award."

Both members said that they tried to address how supervisors can do a better job of helping their subordinates. "People in positions of trust needed to step forward," said CWO Emond.

Of members, CWO Goch said, "All they see is a big wall—the bureaucracy … we built a network of contacts." While Chief Warrant Officers are not medical or social work professionals, both said that it is their responsibility to provide the appropriate administrative tools so members can find the help they need.

These networks, according to CWO Emond, have been developed with civilian agencies both in and outside of Winnipeg. He said often civilians aren't aware of the special needs of soldiers, but are receptive to new ideas. For example, CWO Emond points to the recent opening of the Deer Lodge Operational Stress Injury clinic.

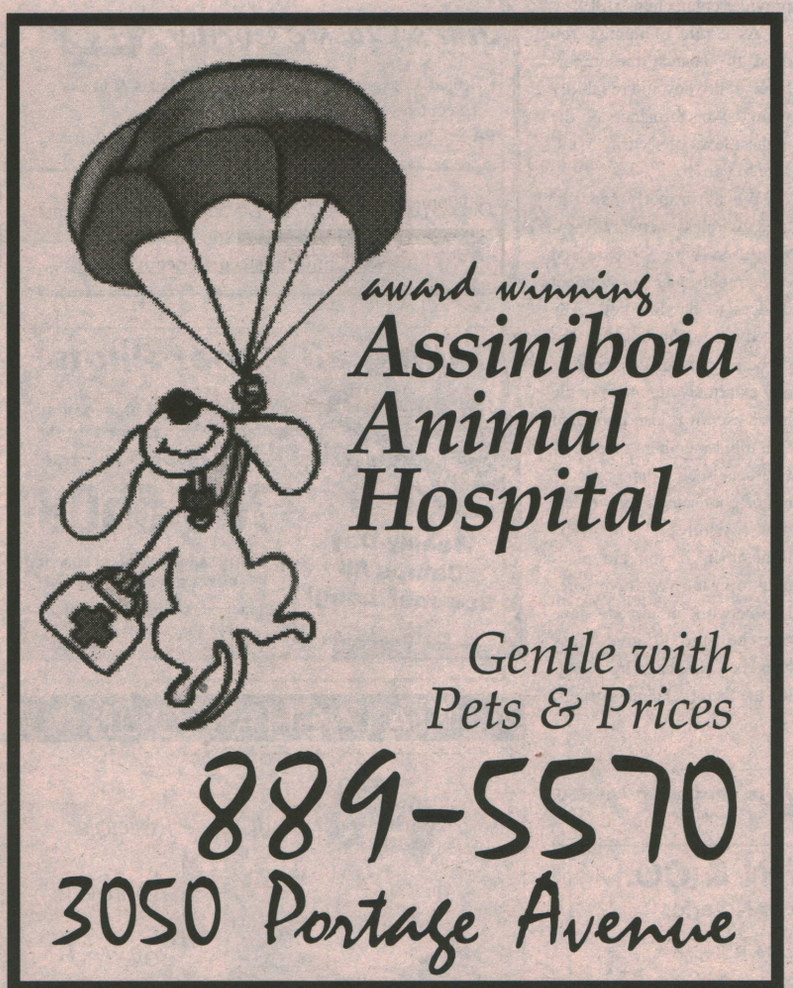
CWO Emond said that the response from troops in recent years has been significant. While two or three soldiers used to approach him in years past, he has since spoken with 40 to 60 soldiers in his former role as Wing Chief and continues to do so while employed at 17 Field Ambulance.

Both members emphasize that more education and further communication is needed. CWO Goch said that there is a need to "break down the paradigms of chain-of-command." He said there is still apprehension from members to talk about problems—to "air their laundry," so to speak.

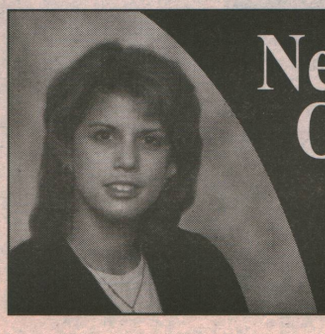
Still, CWO Emond said, "The stress in the military today is quite evident," affecting not only personnel but their families as well. He said there is a need for more groups and more brainstorming.

"Losing someone on my watch is not in the books," said CWO Emond.

CWO Goch is the Squadron Chief Warrant Officer for Wing TIS, the Wing's Information Technology Squadron. CWO Emond is now a reservist working with 17 Field Ambulance in Winnipeg.







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Considering Wireless For Your Home Network?

A Few Things You Need To Consider...

Submitted by WTISS

With the recent popularity in home wireless networking, the following will be of value to many 17 Wing personnel.

Going wireless can be convenient, but security can be an issue.

More users are setting up wireless networks to connect computers in different parts of their homes. All it takes is a wireless router plugged into the Internet and network adapters for each machine. Instead of long cables, radio signals are used to connect the computers, allowing them to share that single high-speed connection. Wireless networks are easy to set up and relatively inexpensive. But with convenience comes security issues.

Going wireless means your Internet connection is broadcasting outside your home.

These high-frequency networks have a range of about 30 metres or more, travelling further than the walls of your house.

Very few home users realize that they have to secure their networks. They just plug it in, it works and that's all they care about, but that's like having a live Internet connection right outside their house for anyone to use.

WHAT IS WI-FI?

Wi-Fi stands for wireless fidelity. Without any security, anyone with a wireless-enabled laptop or handheld computer can use your network. They can get free Internet access, steal information stored in your computers, or use your system to attack something else.

This security weakness has led to "wardriving", which involves driving around with a wireless-enabled device and finding wireless networks. There are those who consider it a hobby and there are those who use for it for criminal intent. Identifying the networks isn't illegal, but accessing them is.

It is estimated that 60 to 70 per cent of home user wireless networks are completely open, with no security measures in place.

If a hacker can identify what hardware is being used on the home user's network, he can easily find out the factory settings that came with the device; if a user hasn't changed any of the settings, then that network is wide open to the hacker.

Like everything else that involves the Internet, there is not a 100% secure solution for wireless networks. Those with intent will try to break in; you need to layer your security measures for deterrence. If you secure the wireless end of your system, protect your computers and follow safe practices, it's more likely intruders will move on to another, more vulnerable system.

Some Tips to Help Secure your Wireless Network

1. Change the SSID default setting and turn its broadcast off. Service Set Identifier (SSID) identifies the network name. Wireless network devices use it to tell wireless networks apart. NOTE: When changing your SSID, don't use your address or your last name, the SSID shouldn't identify who or where you are.

2. Change the out-of-the-box setting; hackers who know that the network exists can systematically enter all the known default settings until they hit upon the right name.

3. Change the default password to a strong password.

4. Filter MAC addresses. A Media Access Control (MAC) address uniquely identifies each device attached to a wireless network. You can enable MAC address filtering to specify which computers have access to your network. This will prevent unknown or unwanted devices from being able to communicate over your network.

5. Enable encryption. Use the highest level of encryption available to your network. New models use Wi-Fi Protected Access (WPA), and older versions use Wired Equivalent Privacy (WEP), considered flawed by many security consultants but it's still a form of encryption and another layer of security given that someone can drive another 50 feet and find another access point that's wide open. Note that while encryption provides additional levels of security the overhead created by the extra processing will have a moderate impact to your overall network performance. However, this impact is negligible when compared to the speeds typical of most broadband Internet service provider connections (ISP).

As a rule of thumb, you need to balance the importance of privacy and reliability with the performance of the highest level of security available to you.

When properly configured, wireless networks provide users with a secure and convenient way to connect devices to the Internet. The added ease of installation and portability makes this technology extremely attractive to the home user. It is also important to remind members that DND IT assets, such as laptops, cannot be connected to any external wireless network. Remember, if you are planning to install your own wireless network or already have one, be sure to give those hackers a challenge by changing the factory default settings.

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Sparky's Corner
Fire Prevention - Garage Sales



Summer has arrived in time for picnics, time at the beach, time for camping and time for the fair weather experience, the Garage Sale.

Recent information published by Canadian Standards Association questions the value of buying used electrical appliances, tools, or entertainment equipment powered by electricity.

One example is an electric blanket purchased for an eight-year-old child. The first time it was used it caught fire. Luckily the boy escaped injury. Investigation revealed that the blanket was 28-years-old and the internal wiring insulation had severely deteriorated.

Another case involved a 12-year-old coffee maker purchased for a low price. It too caught fire the first time it was used. The thermostat, regulating heat, had been removed. The unit overheated.

A deep fryer was purchased and it too caused a fire from overheating the first time it was used. The fryer was 18-years-old and not regulated by laws requiring modern safety features.

There are many such examples but these serve as a warning that you may save money at garage sales, but is it worth it if a fire results?

Unless you have access to a qualified person who has knowledge to inspect appliances before use, it is recommended that you beware of electrical equipment offered for sale at garage sales.

Aieeow!!
My children are barbecuing!

Children actually burn up in their own backyards – experimenting with campfires and gasoline, accidentally knocking over burning barbecues. Take a tip from the Old Lady. Never allow children to play near lighted candles, barbecues, outdoor fires. Supervise them at play and make sure they're safe!

The Old Lady and your Fire Department have lots of other hints on how to prevent fires, how to make your home fire-safe and how to deal with arson, burns and getting out of a fire safely. For these hints, simply contact your fire department.



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Civilian Charged For Impersonating Officer

By Angela Johnston

A Winnipeg man was recently arrested for pretending to be an Air Force officer. This man dressed up in a Lieutenant-Colonel's uniform—complete with medals and pilot's wings—and began to attend Cadet functions in the spring of this year.

Colin McRitchie, 46, who is said to work at a courier company in the city, attended events such as the VE Day parade in Winnipeg, as well as functions in Beausejour and Winnipeg.

McRitchie has been charged with unlawful use of a military uniform, which is an offence under the Criminal Code. He faces six counts of unauthorized wear of a uniform, one count of unauthorized wear of medals and one count of fraud.

Sgt Dusty Bouthillette, a military police member at 17 Wing, said that MPs received a call from the regional cadets asking about this mysterious Lieutenant-Colonel no one seemed to know.

Sgt Bouthillette said that it is not difficult for civilians to get a military uniform—they are often sold on Ebay, pieces can be found at Army surplus stores and collectors sometimes sell medals.

MPs are not so worried about people like hunters or painters who wear military garb, said Sgt Bouthillette—instead, he said the concern is that this man was granted access to military functions and pretended that he was, in fact, part of the military.

McRitchie has, at least on one occasion, been granted access to 17 Wing for a Cadet function.

If convicted of these counts, McRitchie could face up to six months in jail or a $2,000 fine.

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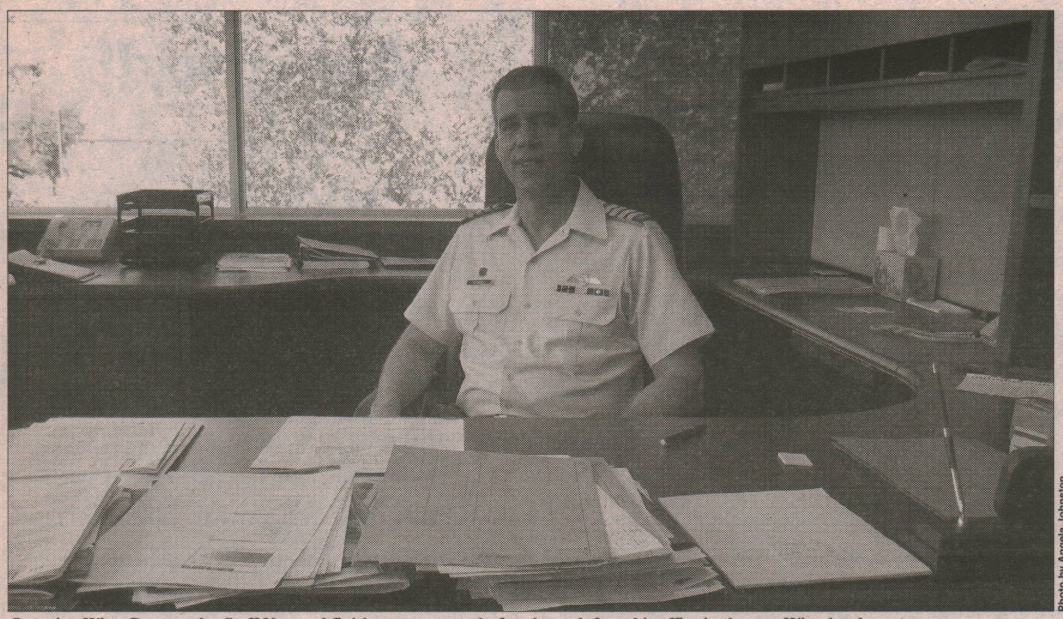

Photo by Angela Johnston

Outgoing Wing Commander Steff Kummel finishes up some end-of-cycle work from his office in the new Wing headquarters.

Wing Commander To Leave 17 Wing

New Responsibilities Will Include Continental Operations

By Angela Johnston

After two years as 17 Wing Winnipeg's Wing Commander, Col Steff Kummel is leaving on a posting to National Defence headquarters in Ottawa.

Col Kummel will work in the office of the Chief of Defence Staff, overseeing continental operations. This will include Canadian Forces response to major national events and emergencies such as floods, fires, ice storms and security of the Vancouver 2010 Olympics.

"Anytime there is a major movement of CF assets ... that's what I would be involved with," he said in a June interview. He described his upcoming position as somewhat similar to that within the 17 Wing area of responsibility, but with a much larger jurisdiction. While in Winnipeg, Col Kummel was responsible for an area from Thunder Bay to Yellowknife. He will now be responsible for Canada and all of North America.

He will be switching positions with 17 Wing's incoming Wing Commander, Col Ken O'Brien.

Leading up to the change of command on July 8, Col Kummel said he was finishing end-of-cycle work, such as performance evaluation reports and ceremonies such as grads and enrolments. He was also preparing handover material for Col O'Brien, which includes a Wing "state of the union" so that the new Wing Commander will have a well-informed grasp on Wing issues.

When asked to look back at his tenure in Winnipeg, Col Kummel pointed to a few notable stories as his accomplishments. He said that he felt the base now has a bigger profile than in years past. This was accomplished through community events such as New Years' levies, a base "open house," Remembrance and VE Day ceremonies as well as regular liaisons and meetings with local business and community organizations. He said that events like these are important because it allows the Wing to champion good news stories to the public.

He also noted the "ever-growing" success story of the training in the schools in the base and the on-going Wing consolidation, which has seen the construction of brand-new buildings such as the Wing headquarters and Logistics complex.

He pointed to his deployment to Camp Mirage as another accomplishment. "For a formation commander to actually deploy is rare," he said. Still, the southwestern Asian supply camp had a large team of Winnipeggers on base—nearly one-third, which Col Kummel described as personally rewarding. He said it was a good experience to watch how people operate in a deployed theatre and observe their focus on missions.

Still, the Wing Commander's deployment was also a challenge to the Wing, said Col Kummel, who described it as a "careful balance."

"Someone had to pick up the extra work back home," he said.

Ongoing challenges for incoming Col O'Brien will be the ongoing renovations needed on the base, said Col Kummel. A new Sergeant and Warrant Officers' mess recently opened on June 29. Renovations to CFANS, the navigation school on base, were completed earlier this year. The future challenge will be "getting the whole Wing up to standard," which can be difficult with constant competition for resources.

Col Kummel's advice to the new Wing Commander was to "be accessible and meet the people." Winnipeg's Wing Commander is responsible for an area with over 100 units.

"Every month I'm on the road," said Col Kummel, "That comes with the territory."

Still, Col Kummel said that the new Wing Commander would take over a Wing that is in good shape. He described it as focused, with a firm mandate and consolidated training. He said that 17 Wing plays a key role in education with over 50,000 training days on the base each year. "Without us, the force regeneration tap runs dry," said Col Kummel of future airmen and airwomen.

As for the future, Col Kummel said, "We're very well postured to adapt to any needs." With the consolidation of the south and north sites of the base, Col Kummel said that a smaller "footprint" has made the Wing more efficient.

Col Kummel joined the Forces in 1979 as a direct entry officer. He said that he joined for the lifestyle and the travel. "It's like being on Team Canada," said Col Kummel. Outside of the Air Force, he and his family enjoy staying at a cabin in Riding Mountain National Park, going to the theatre, dinners and movies in Winnipeg.

Col Kummel's change-of-command was on July 8.

Hockey Camp

Community Recreation is offering an Ice Hockey Camp from

July 25 - 29, 2005

as part of its Summer Sport Camp Program. Cost for this week long, full-day camp is only $125.00. Call the Community Recreation office today for more information 833-2500 ext 2057.

All participants must have a Community Recreation Membership.

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Cpl Richard Lavack from the TEME Sqn-Tn Flight section, seen here with the WLogO LCol Wayne Gauthier and Maj Stephane Parent the Transportation Electrical Mechanical Engineering Officer, is presented with his promotion to MCpl effective 27 Jun 05.



MCpl Robin Dionne from the TEME Sqn-Tn Flight section, seen here with the WLogO LCol Wayne Gauthier and Maj Stephane Parent the Transportation Electrical Mechanical Engineering Officer, is presented with his promotion to Sgt effective 27 Jun 05.



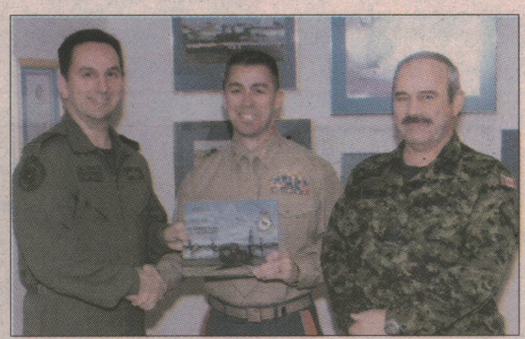
Sgt Bruno Wissell from the TEME Sqn-Tn Flight section, seen here with the WLogO LCol Wayne Gauthier and Maj Stephane Parent the Transportation Electrical Mechanical Engineering Officer, is presented with his promotion to WO effective 27 Jun 05.



LS Dave Gowen, a member of 17 Wing Supply, receives his promotion to MS by the W Log O, LCol Gauthier on 22 Jun 05. MS Gowen is posted to CFB Halifax effective 4 Jul 05. Congratulations from outgoing W Sup O, Maj D.M. O'Neill and the Supply Sqn team.



Captain Thomson receiving his new rank from LCol Dan Chicoyne. Effective 1 May 2005.



Maj Mitch Hoines Marine Exchange Officer receiving a gift of appreciation from the Sqn CO, LCol Dan Chicoyne and the SCWO, CWO Mike Webb, May 2005.



Cpl Lorne Simms receiving his Lockheed 1000 hour pin from LCol Dan Chicoyne, May 2005.



Maj Mitch Hoines receiving his Northern Operations Ribbon from LCol Dan Chicoyne, May 2005.



WO Barry Neeves receiving his Lockheed 2000 hour pin from LCol Dan Chicoyne, May 2005.



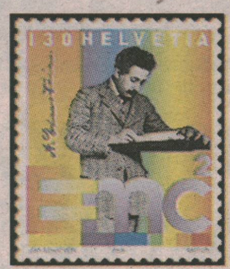
Maj Mitch Hoines presenting LCol Dan Chicoyne with a gift of appreciation for the good times he and his family enjoyed while stationed in Winnipeg, 2002-2005.

E=MC²?

By Alf Brooks

This year we mark the fiftieth anniversary of the death of Albert Einstein, the twentieth century's dominant physicist. We may not know exactly what it means, but we all know the equation that relates energy, matter and the speed of light. The theory of relativity, a theory of gravitation, unified field theories, quantum theory and work in connection with atomic transition probabilities and relativistic cosmology; all these and many more concepts were part of his work. The terms mean little or nothing to us, but his efforts, his "mind experiments," made a massive impact on theoretical physics.

A number of countries have issued postage stamps picturing Einstein this year.







Capt Eric Remy, 1 Cdn Air Div, A4 MSE 2 shown here at the A4 Log Annual Farewell Barbecue receiving his promotion to the rank of Major effective 27 Jun 05 from the A4 Log, Col WG Legue.



On 29 June 05, Capt Lee our A/Det Comd of 1 Dent Unit Detachment Winnipeg, presented MCpl Pratte her promotion to Sgt, effective 1 July 05.

CFANS Graduates

By Capt Rhonda Eddy



Photo by 17 Wing Imaging

Front Row – Left to Right: HCol Cheffins, CFANS Honourary Colonel; LCol Cameron, CFANS Commandant; Air Vice Marshal Hamilton, New Zealand Chief of Air Force; LGen Lucas, Canadian Chief of Air Staff; Col Kummel, 17 Wing Commander; HCol Van Ruiten, 17 Wing Honourary Colonel.
Back Row – Left to Right: Maj Milligan, CFANS Navigator Flight Commander; Capt Vinet, Course Director BANC 0403; PLTOFF Costello, PLTOFF Tasker, Capt Kinley, Team Lead BANC 0403.

The 17th June was a day much anticipated for 2 New Zealanders at the Canadian Forces Air Navigator School (CFANS). PLTOFF Simon Costello and PLTOFF Joe Tasker from BANC (Basic Air Navigator Course) 0403 received their air navigator wings after 10 months of navigator training. The Reviewing Officer for this special occasion was Air Vice-Marshal John Hamilton, the New Zealand Chief of Air Force. Other special dignitaries in attendance were the Canadian Chief of Air Staff, Lieutenant General Lucas, 17 Wing Commander, Colonel Kummel, and CFANS Honourary Colonel, Burt Cheffins.

A presentation of awards was held during the parade ceremony. The James R Dow Trophy is presented to the graduate of CFANS who demonstrates outstanding Air Navigator flying excellence throughout the course. The LCol Pauls Trophy is presented only when a student has demonstrated a high standard of flying, academic and officer development throughout the course. PLTOFF Joe Tasker was the recipient of both awards.

Both graduates have returned home to New Zealand and are ready to begin their Operational Training Unit. PLTOFF Joe Tasker is posted to 5 Sqn in Whenuapai, New Zealand to fly the P-3 Orion. PLTOFF Simon Costello is posted to 40 Sqn in Whenuapai, New Zealand to fly the C-130 Hercules. On behalf of the Staff and Students at CFANS, we wish them all the best in their future careers.

Off And Flying

By Capt Dave Fouts

On 17 Jun 05, five students from the Advanced Flying Training –Rotary Wing course and eight students from the Advanced Flying Training – Multi-Engine course received their Canadian Forces pilot wings from MGen Charles Bouchard, Comd 1 Cdn Air Div. The occasion was marked with a Wings Presentation Parade outside Hangar 2 at 3 Canadian Forces Flying Training School at Southport, where families and friends gathered to celebrate.

The graduates of course 0501 are as follows (standing, back row, left to right): Lt Martin Jean is posted to 438 Sqn in St Hubert PQ where he will fly the Griffon helicopter, Lt Julien Letarte is posted to 407 Sqn in Comox BC where he will fly the Aurora aircraft, Lt Paul Jackson is posted to 424 Sqn in Trenton ON to fly the Hercules aircraft, Lt Kristin MacDonald is posted to 413 Sqn in Greenwood NS where he will fly the Hercules aircraft, Lt Dave Lincoln is posted to 436 Sqn in Trenton ON where he will fly the Hercules aircraft, Lt Kevin Miller is posted to 402 Sqn in Winnipeg MB to fly the Dash 8 aircraft, Lt Chad Gehl is posted to 436 Sqn in Trenton ON where he will fly the Hercules aircraft, Lt Micah Hudacin is posted to 440 Sqn in Yellowknife NWT where he will fly the Twin Otter aircraft, Lt Gary Hartzenberg is posted to 405 Sqn in Greenwood NS to fly the Aurora aircraft, Lt Dennis Mann is posted to 443 Sqn in Esquimalt BC where he will fly the Sea King helicopter, Capt Mike Bercier is posted to 408 Sqn in Edmonton AB to fly the Griffon helicopter, Lt Matt Fullerton is posted to 423 Sqn in Shearwater NS where he will fly the Sea King helicopter, Lt Sebastien Lapierre-Guay is posted to 430 Sqn in Valcartier PQ where he will fly the Griffon helicopter.



Photo by 17 Wing Imaging

(Seated front row, left to right): HCol Hal Wishart 3 CFFTS Honorary Colonel, LCol Steve Bannister, Comdt 3 CFFTS, MGen Charles Bouchard, Comd 1 Cdn Air Div, Col Steff Kummel, 17 Wing Comd.

HCol Wishart presented the trophy named in his honour to the best Multi-engine pilot candidate: Lt Julien Letarte, Mr. John Enns of the Wartime Pilots and Observers Association presented the Gos Goulding Trophy for best Rotary Wing candidate to Lt Matt Fullerton. Mayor Ian McKenzie presented the City of Portage la Prairie Trophy for the candidate displaying the most officer like qualities and professionalism to Lt Kristin MacDonald.

The Reviewing Officer presented a 1 Cdn Air Div Commander's Commendation to a member of the staff, Maj Don Paul.

Congratulations to all the Wings Graduates of Course 0501 from the staff of 3 CFFTS, Southport.



From left to right: Kelly Langevan, Winnipeg Airports Authority, Cadet Flight Sergeant Bola Famuyide, 191 West Winnipeg Squadron, Royal Canadian Air Cadets, Ivan Poitras, RMIM, and Cadet Chief Petty Officer 1st Class Elias Assefa, 213 Royal Canadian Sea Cadets Corpos Qu'Appelle.

Hubbell Award Presented To Cadets

This year's Hubbell Award was presented to Cadet CPO1 Elias Assefa and Cadet F/Sgt Bola Famuyide by the Royal Military Institute of Manitoba and the Winnipeg Airports Authority. These awards are made annually to a cadet from each of the three elements. Cadet Sgt Shawn Wilkinson, 2328 RCACC Flin Flon, will receive his award later this fall.

The Hubbell Award is a bursary and scroll, and is awarded to a Manitoban cadet member in good standing who is a full-time student. They must demonstrate good citizenship, leadership, physical fitness and community involvement.

CADET CPO1 Assefa graduated from Maples Collegiate in June. He will attend Acadia University this fall to study political science and international relations. Cadet F/Sgt Famuyide recently finished grade eleven at Fort Richmond Collegiate. She will save the money for university, where she plans to enter the medical field.

CFANS/CFSAS Change Of Command

Since 1987, CFANS (Canadian Forces Air Navigation School) and CFSAS (Canadian Forces School of Aerospace Studies) have been operating under separate command. A change of command parade for both schools was held on Friday 24th June at 17 Wing Winnipeg. LCol Cameron, CFANS Commandant and LCol Milligan, CFSAS Commandant both relinquished command of their respective schools. As a result of restructuring within the Air Force, both schools are now under the command of one Commandant. The incoming Commandant who assumed command at the ceremony is LCol Ness.



Photo by Cpl Bogue, 17 Wing Imaging

Left to right: LCol Ness, Incoming Cmdt CFANS & CFSAS; Col Kummel, 17 Wing Commander; LCol Milligan, Outgoing Cmdt CFSAS; LCol Cameron, Outgoing Cmdt CFANS

Warrant Officers And Sergeants Open New Mess

By Angela Johnston

17 Wing's warrant officers and sergeants turned on the taps and opened their doors for business officially on June 29th it is a move that will unite the warrant officers, sergeants and junior ranks under one roof.

Fresh with new paint and a well-lit bar, the more formal basement bar features new television sets and a tiled fireplace. Total costs for renovations will cost $900,000 for almost a years work, according to LCol Wayne Gauthier, Acting Wing Commander for the ceremony.

LCol Gauthier noted that the renovations would improve the skills and act as a training opportunity for the Wing Construction and Engineering branch. He also said that they would build morale for 17 Wing members.

MWO Richard Carleton, who helped organize the opening ceremonies, said that the old mess in Building 66, which is now the Manitoba Military Aviation Museum had run its time.

Plans had been in place for a few years to move the mess, though MWO Carleton said there were some members who would have preferred to keep the three messes junior ranks, warrant officer's and sergeants and officersseparate for the sake of tradition.

Still, of the new mess, MWO Carleton said, It's vibrant, it's colourful, it's bright. The new mess, though it shares a kitchen with the junior ranks, is still a separate entity.

Soon to open is the teal room christened this way for its teal carpet where warrant officers and sergeants will eat, and the new snake pit bar, complete with a pool table, dart boards and a bar. This will be for everyday use, while the downstairs bar will be for more formal events.



Photo by Angela Johnston

Wing Logistics Officer LCol Wayne Gauthier cuts the ribbon at the official opening of the new Warrant Officers and Sergeants' mess.

17 Wing Winnipeg Womens Slo-Pitch Players Wanted

If you are interested in playing or for more information, please contact Sports Coordinator Chris Merrithew at 5511 or MCpl Joanne White at 5722



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Photo by Cpl Bill Gomm

Bombardier Ryan Lowe sets up the Panoramic Telescope on the C3 105mm Howitzer.


Photo by Cpl Bill Gomm

Bombardier Tim Barker loads a Squash Head Training round into the C3 105mm Howitzer.

38 CBG Tactical Artillery Group Direct Fire Shoot

By Cpl Bill Gomm

WINNIPEG, Manitoba – An infantry section suddenly finds themselves under 30mm direct fire from a BMP-2 approximately 1200 metres from their position. Quickly taking cover they report the contact and wait for assistance.

The company commander, low on anti-tank missiles, requests for direct fire support from the 38 Canadian Brigade Group Tactical Artillery Group.

This was the scenario faced by artillery gun detachments (det) during exercise Defensive Gunner. As each gun det arrived at the position, the infantry section commander would indicate the target to the gun commander who then ordered their C3 105mm Howitzer deployed.

Each det was given 10 Squash Head training rounds for the fire mission. If they hit their target before using all ten rounds, they were given another target until all rounds were expended.

Sergeant Lee MacLeer's det was the first crew up to fire. "It was a great experience for the gunner, to be able to see the rounds landing," said Sgt MacLeer who went on to add, "Gets everyone pumped up."

With the fire mission over Sgt MacLeer's det left the area and the second gun det arrived led by Sgt Robert Huseby.

"Definitely a great morale booster as well as a chance to practice some relatively unused drills and skills," said Sgt Huseby.

"I would like to point out that Bombardier Edward Nickel from 71 Battery was acting as the Det Comd, and despite having two fairly difficult targets, one of which was pretty far out and the other was a fairly low silhouette, engaged both of them successfully," said Sgt Huseby.

Cpl Bill Gomm is a photojournalist with 38 CBG PAO


Photo by Cpl Bill Gomm

Sergeant Lee McAleer looks towards her target during the direct fire shoot.


Photo by Cpl Bill Gomm

Sergeant Robert Huseby fires the C3 105mm Howitzer.


Photo by Cpl Bill Gomm

Sergeant Robert Huseby throws the empty casing out of the way as Gunner Phillipe Mayers holds the next round.

17 Wing Commander's Medals and Awards Ceremony

All Photos by Cpl Steven Bogue, 17 Wing Imaging



Colonel Kummel (17 Wing Commander) presents the General Campaign Star to Sgt Young .



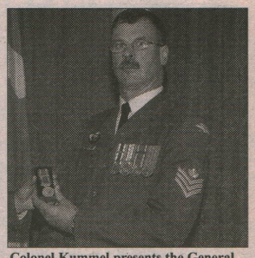
Colonel Kummel presents the General Campaign Star to Mcpl Wayne Paulin.



Colonel Kummel presents the General Campaign Star to Cpl Germann.



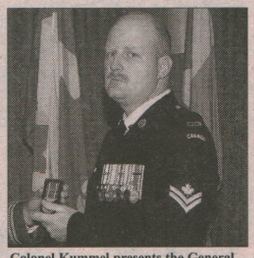
Colonel Kummel presents the General Campaign Star to Cpl Gosselin.



Colonel Kummel presents the General Service Medal to Sgt Hares.



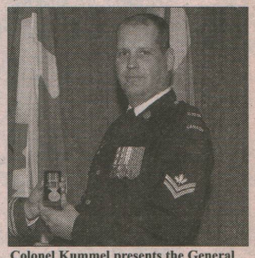
Colonel Kummel presents the General Service Medal to MCpl Gulch.



Colonel Kummel presents the General Service Medal to MCpl Grimmer.



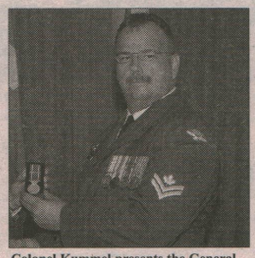
Colonel Kummel presents the General Service Medal to MCpl Kendall.



Colonel Kummel presents the General Service Medal to MCpl Ramsay.



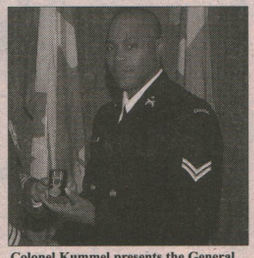
Colonel Kummel presents the General Service Medal to MCpl D.G. Smith.



Colonel Kummel presents the General Service Medal to MCpl Wright.



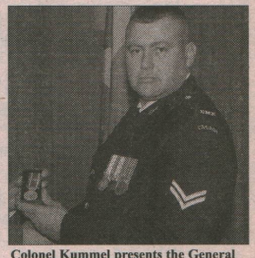
Colonel Kummel presents a promotion of Major to Captian Roberds .



Colonel Kummel presents the General Service Medal to LS KB Estwick.



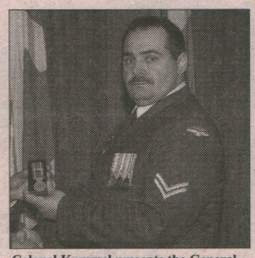
Colonel Kummel presents theGeneral Service Medal to Cpl G.A.C. Harbers .



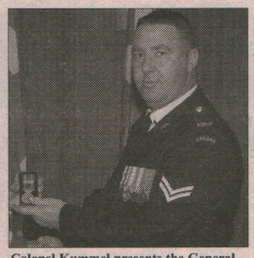
Colonel Kummel presents the General Service Medal to Cpl P.M. Kuras .



Colonel Kummel presents the General Service Medal to Cpl Putnam.



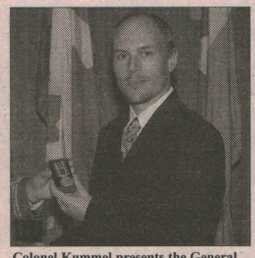
Colonel Kummel presents the General Service Medal to Cpl M.A.Ritco.



Colonel Kummel presents the General Service Medal to Cpl J.R. Ryan.



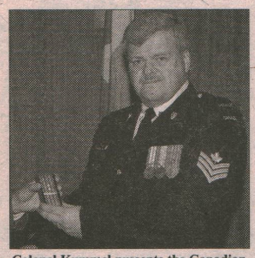
Colonel Kummel presents the General Service Medal to Cpl V.C. Taylor .



Colonel Kummel presents the General Service Medal to Mr. (Retd) Orr.



Colonel Kummel presents the Canadian Forces Decoration 2 to WO Hendrickson.



Colonel Kummel presents the Canadian Forces Decoration 2 to Sgt Pitt.



Col Kummel presents the Canadian Forces Decoration 2 and the Queen's Golden Jubilee Medal to Cpl John Bradley.



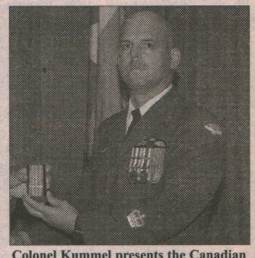
Colonel Kummel presents the Canadian Forces Decoration 1 to LCol Gauthier.



Colonel Kummel presents the Canadian Forces Decoration 1 to Major Hughes .



Colonel Kummel promotes Capt Guenther to Major and also presents him the Canadian Forces Decoration 1.



Colonel Kummel presents the Canadian Forces Decoration 1 to WO Moran.



Colonel Kummel presents the Canadian Forces Decoration 1 to MCpl Coleman.



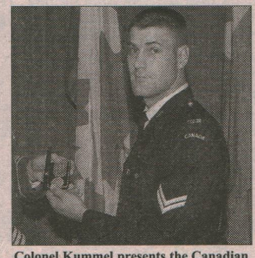
Colonel Kummel presents the Canadian Forces Decoration 1 to Sgt Hill .



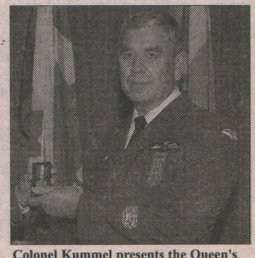
Colonel Kummel presents the Canadian Forces Decoration 1 to Cpl Grant .



Col Kummel presents the Canadian Forces Decoration 1 to Cpl J.A. Thompson.



Colonel Kummel presents the Canadian Forces Decoration to Cpl Bouffard.



Colonel Kummel presents the Queen's Golden Jubilee Medal to MWO Gallant.



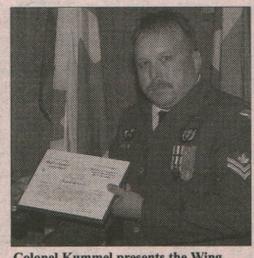
Col Kummel promotes Leading Seaman C. Benjamin to Master Seaman and also presents the General Service Medal.



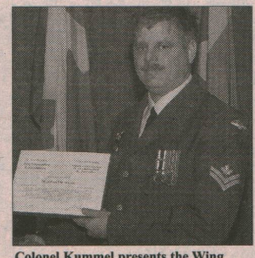
Col Kummel presents the Wing Commander's Commendation to Training and Information Centre Informal Group .



Colonel Kummel presents the Wing Commander's Commendation to CWO Dennis Walker .



Colonel Kummel presents the Wing Commander's Commendation to MCpl Sawler .



Colonel Kummel presents the Wing Commander's Commendation to MCpl Paul Van Helvert



Colonel Kummel presents the Retirement Certificate for 20 Years to Major Brennan .

Sparky's Corner
Fire Prevention - Garage Sales



Summer has arrived in time for picnics, time at the beach, time for camping and time for the fair weather experience, the Garage Sale.

Recent information published by Canadian Standards Association questions the value of buying used electrical appliances, tools, or entertainment equipment powered by electricity.

One example is an electric blanket purchased for an eight-year-old child. The first time it was used it caught fire. Luckily the boy escaped injury. Investigation revealed that the blanket was 28-years-old and the internal wiring insulation had severely deteriorated.

Another case involved a 12-year-old coffee maker purchased for a low price. It too caught fire the first time it was used. The thermostat, regulating heat, had been removed. The unit overheated.

A deep fryer was purchased and it too caused a fire from overheating the first time it was used. The fryer was 18-years-old and not regulated by laws requiring modern safety features.

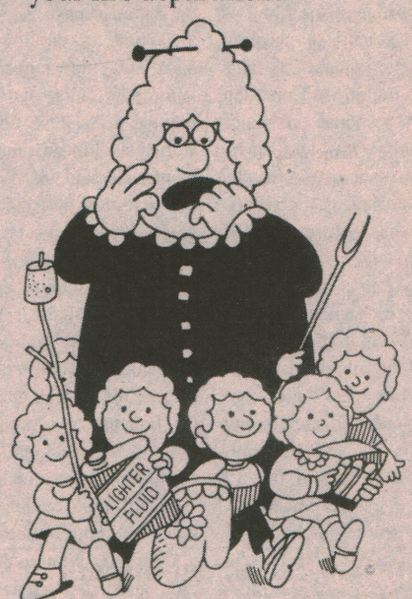
There are many such examples but these serve as a warning that you may save money at garage sales, but is it worth it if a fire results?

Unless you have access to a qualified person who has knowledge to inspect appliances before use, it is recommended that you beware of electrical equipment offered for sale at garage sales.

Aieeow!!
My children are barbecuing!

Children actually burn up in their own backyards – experimenting with campfires and gasoline, accidentally knocking over burning barbecues. Take a tip from the Old Lady. Never allow children to play near lighted candles, barbecues, outdoor fires. Supervise them at play and make sure they're safe!

The Old Lady and your Fire Department have lots of other hints on how to prevent fires, how to make your home fire-safe and how to deal with arson, burns and getting out of a fire safely. For these hints, simply contact your fire department.



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THE FRIENDLY CLUB

Civilian Charged For Impersonating Officer

By Angela Johnston

A Winnipeg man was recently arrested for pretending to be an Air Force officer. This man dressed up in a Lieutenant-Colonel's uniform—complete with medals and pilot's wings—and began to attend Cadet functions in the spring of this year.

Colin McRitchie, 46, who is said to work at a courier company in the city, attended events such as the VE Day parade in Winnipeg, as well as functions in Beausejour and Winnipeg.

McRitchie has been charged with unlawful use of a military uniform, which is an offence under the Criminal Code. He faces six counts of unauthorized wear of a uniform, one count of unauthorized wear of medals and one count of fraud.

Sgt Dusty Bouthillette, a military police member at 17 Wing, said that MPs received a call from the regional cadets asking about this mysterious Lieutenant-Colonel no one seemed to know.

Sgt Bouthillette said that it is not difficult for civilians to get a military uniform—they are often sold on Ebay, pieces can be found at Army surplus stores and collectors sometimes sell medals.

MPs are not so worried about people like hunters or painters who wear military garb, said Sgt Bouthillette—instead, he said the concern is that this man was granted access to military functions and pretended that he was, in fact, part of the military.

McRitchie has, at least on one occasion, been granted access to 17 Wing for a Cadet function.

If convicted of these counts, McRitchie could face up to six months in jail or a $2,000 fine.

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Our Programs

- Volunteer Services
- Personal Development & Community Integration
  - Information and Referral Services
  - The Newcomer Program
  - Employment & Education Assistance
  - Services Francophones/Second Language Services
- Prevention & Intervention Services
- Family Separation & Reunion
- Child & Youth Development
- Parenting Support

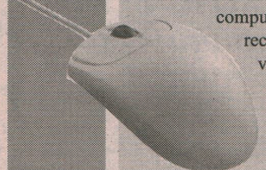
MFRC Monthly Community Coffee Break



The 1st Thursday
of EVERY month
10-11 AM
102 Comet St.

Resources

The MFRC has internet ready community computers, a fax machine, tape recorders, digital camera, and video camera available for use on site during normal working hours.



Other Numbers

MFRC: 833-2500 ext.4500
Emergency Childcare: 935-7733
MFRC Childcare Centre: 837-3653
Youth Centre South: 488-8563
Youth Centre North: 833-2500 Ext 4502

Military Family Resource Centre

Attention CF members/Units ! .....Sponsoring a new colleague to the Wing?



For Individual sponsors or Units preparing pre-posting packages (*) for incoming members…the MFRC carries a wide variety of resources from maps to the 17Wing Directory. Please feel free to include our number in your welcome letter, we would be happy to provide assistance before, during and after the move. The Newcomer program can be reached through 833-2500 loc. 4506.

*Note that the MFRC continues to compile and distribute comprehensive welcome packages for new families who are encouraged to visit the MFRC upon arrival.

17 Wing members…you too are invited to drop by the MFRC for our monthly Coffee Break…the FIRST THURSDAY of every month 10-11am. A great way to introduce your new section members to the MFRC and its services, provide staff development and networking opportunities. A wide variety of base services are often represented. Bring your whole section to meet the MFRC staff and see what we are all about.

Upcoming Coffee Breaks are July 7, August 4 & Sept 1, 2005 @ 102 Comet St. (across from the main gates) 10-11am. For more information, call Catherine at Loc. 4506

Germaine Arnaktauyok's Print

"DRUMMER"





Germaine Arnaktauyok (b. 1946 -) was born near the central arctic community of Igloolik, and is a renowned and extremely talented illustrator and master printmaker. She has been drawing since childhood and sold her first artwork, an oil painting, at the age of eleven years. Germaine has illustrated a number of publications produced both by the Canadian federal government and various school boards and educational ministries as well as independent authors.
Germaine's honours include selection by the Royal Canadian Mint of two of her designs for use on Canadian coins. This includes her image of a drummer dancer as the reverse design on the 1999 commemorative Cdn $2 coin. The coin celebrates the creation of the Territory of Nunavut and replaces the "polar bear" design for all circulating $2 coins dated 1999. The design of the 1999 $2 coin was based upon Germaine's 1996 silkscreen print "Drummer".

Print and Collector Coin on display at the MFRC
Tickets $2.00each
Draw date is 17 September 2005

Yellow Ribbons

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Available at your MFRC, 102 Comet St. For information: (204) 833-2500 ext. 4500

POSTED?



Donate your houseplants to the MFRC Newcomer program. We will look after them with tender loving care and pass them on to a new family posted in as a token of welcome. Give the gift that keeps growing…

Calendar of events

July 19, 11:30am - Assiniboine Park Shelter, **Picnic in the Park**
Contact: Diane 4508

July 19, 7:30pm - 102 Comet St, **OSI Spousal Support Group**
Contact: Haley 4512

July 21, 7-9pm - 102 Comet St , **Op Portunities - Rainsticks Craft**
Contact: Diane 4508

Fri, July 22, 10am-noon - 102 Comet St, **It Takes a Village – Bullies and Bullying Behavior**
Contact: Diane 4508

THE WINNIPEG MILITARY FAMILY RESOURCE CENTRE IS PROUD TO HOST AN EVENING WITH

Lieutenant-General the Honourable Roméo A. Dallaire, O.C., C.M.M., M.S.C, C.D. (Retired), Senator

Lieutenant-General Roméo A. Dallaire was born in Denekamp, Holland and enrolled in the Canadian Army in 1964 after four years in the Cadets and the Reserves Force. He attended Collège militaire royal de Saint-Jean, Québec, and graduated with a Bachelor of Sciences from Royal Military College in Kingston, Ontario. He also attended the Canadian Land Forces Command and Staff College in Kingston, Ontario, and the United States Marine Corps Command and Staff College in Virginia.

He has held various command, staff and training appointments in Canada and Germany, including command of the 5e Régiment d'artillerie légère du Canada, Valcartier, Québec, Director of Land Requirements responsible for all operational equipment requirements for the Canadian Land Force and Director of Artillery.

In 1989, he assumed command of the Collège militaire royal de Saint-Jean. After studying at the British Higher Command and Staff Course in 1991, he was appointed Commander 5e Groupe-brigade mécanisé du Canada at Valcartier. In 1993 he took command of the United Nations Observer Mission – Uganda and Rwanda (UNOMUR) and the United Nations Assistance Mission for Rwanda (UNAMIR). It is for this mission that he was awarded the Meritorious Service Cross.

From September 1994 to October 1995, he was simultaneously Deputy Commander of Land Force Command in St. Hubert, Québec, and Commander of the 1st Canadian Division. In June 1995, he was presented with the Vimy Award by the Conference of Defence Associations. Later that year he assumed command of the Land Force Québec Area.

In January 1996, Lieutenant-General Dallaire was awarded the United States Legion of Merit. Later that year he became Chief of Staff to the Assistant Deputy Minister (Personnel) Group and in 1998 he became Assistant Deputy Minister (Human Resources-Military).

In 1999, he was appointed to the position of Special Advisor to the Chief of the Defence Staff on Officer Professional Development.

Lieutenant-General Dallaire retired from the Canadian Armed Forces on April 18th, 2000. Since his retirement, he has worked to bring an understanding of post-traumatic stress disorder to the wider Canadian public. He is currently a Fellow at the Carr Center for Human Rights Policy, Kennedy School of Government at Harvard University and continues as a special advisor to the Canadian International Development Agency (CIDA) on matters relating to war affected children around the world and to the Department of Foreign Affairs and International Trade on the non-proliferation of small arms.

On the 24th March 2005, General Dallaire was summoned to the Senate of Canada by the Her Excellency, the Right Honourable Adrian Clarkson on the advice of the Right Honourable Paul Martin, Prime Minister of Canada.

He has been named Fellow of the Ryerson Polytechnic University and has received Honoria causa doctorates from numerous Canadian universities and was invested in the Order of Canada in 2002.

General Dallaire's internationally-recognized best-seller "Shake Hands With the Devil – The Failure of Humanity in Rwanda" was awarded the Governor General's Literary Award for Non-Fiction in 2004. It has garnered numerous international literary awards, and will be the basis of a full-length feature film due for release in 2006. He was recently presented with the United Nations Association in Canada's Pearson Peace Medal by Canada's Governor-General, Adrienne Clarkson.

DATE:	Wednesday 14 September 2005
LOCATION:	17 Wing Theatre, building 90 Whytewold Road
TIME:	7:00 pm
COST:	$10.00

All ticket proceeds support WMFRC programs and services.
For more information or tickets please call 833-2500 ext 4500.
* LGen Dallaire will also be available to sign books after his presentation.

Together *in* Church



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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 apointment. 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 Southen
(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 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 c haplain 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.







From The Desk Of The WAC

How to "crystallize" your brain: "Crystal Meth" seems to be rapidly growing in popularity in Winnipeg and that definitely includes 17 Wing. Here is some stuff you should know just in case you are tempted to try in on for size.

What is METHAMPHETAMINE?

- Methamphetamine is a powerful central nervous system stimulant that can come in powder or crystal form.
- The powdered form is commonly referred to as speed, meth or chalk.
- The crystal form is known as crystal meth, ice or glass.
- Methamphetamine can be taken orally, injected, inhaled or smoked.
- It causes intense feelings of euphoria lasting 4 to 8 hours.
- The negative short and long term consequences of regular use are very serious.

For the user, serious short and long term effects can occur. The short term effects that attract most users are feelings of euphoria, alertness, talkativeness and increased confidence. However, other short term effects that may be dangerous include:

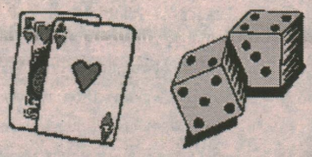
- Increased heart rate, blood pressure and body temperature
- Uncontrolled, repetitive movements
- Irritability and aggression
- Diminished appetite

Long term effects may include:

- Skin problems
- Speech and thought disturbances
- Malnutrition and vitamin deficiencies
- Weight loss
- Depression, insomnia, psychosis and paranoia
- Damage to heart, lungs, liver, kidneys and nerve cells
- Decreased ability to experience pleasure naturally.

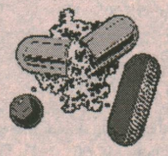
Another point worthy of note – meth is an illegal drug and if you get busted it could cost you your job.

Help is available at Wing Addictions, Call.



Other services include: Addictions assessments
Addictions treatment referrals • Addictions counselling • After care and follow-up
Adult children – info & counselling • Spouse/family recovery counselling

Wing Addictions Counsellor – Bob Murphy – at extension 5780; located in room 230 of the Wing Medical Clinic.







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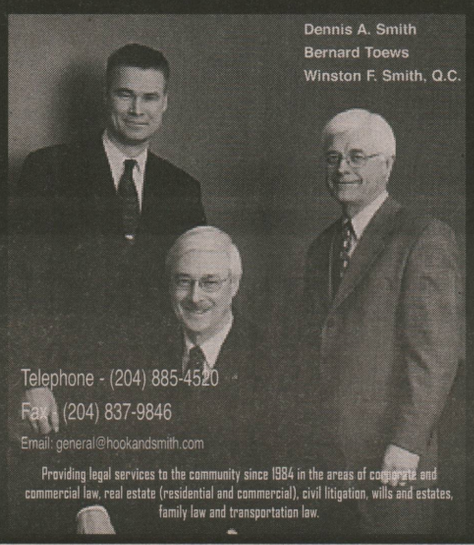

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TAROSCOPES

BY NANCY

ARIES (March 21 – April 19): Minimize mood swings by disciplining yourself to be calm. If you trust your intuition and express your feelings sincerely, you'll find you get along with others better and build stronger emotional connections. Initiate discussions to clear up old misunderstandings.

TAURUS (April 20 – May 20): If you're depressed because you don't feel you have a say in things, don't wait for an invitation to speak your mind, state your opinion promptly. Just remember what's right for you might not be right for other people. Use humor to deal with insecurities and uncertain situations.

GEMINI (May 21 – June 21): A sense of being in touch with the rest of the world or a feeling of interconnectedness makes you more sensitive to others. Use wisdom and intelligence to help solve problems. Immediate results are not evident but there are far-reaching benefits to what you say and do.

CANCER (June 22 – July 22): Accept that even though you are very organized, there are times when plans go awry. Don't get caught up in doubting your ability. This is a phase where you have little control over events. Change is inevitable and it doesn't have to be negative. Initiate some fun changes yourself.

LEO (July 23 – August 22): A loss makes you appreciate what you have. Focus on sharing and caring. A wise mentor can teach you how to respectfully give and receive love. You're back on track after a period where your life was out of control though many of the resulting changes were for the best.

VIRGO (August 23 – September 22): Your willingness to give unconditionally heightens your enjoyment of life. When you share what you have, whether it is a wealth of knowledge or caring support, you feel rich. You'll also find your body feels stronger and less stressed. The return is worth the investment.

LIBRA (September 23 – October 23): Though you prefer to be trusting and spontaneous you are also a dependable, realistic person providing for yourself and your family. It's important right now to honor both aspects of yourself, so spend and save equally. Avoid extremes in either direction.

SCORPIO (October 24 – November 21): Focusing on outward appearances leads to fear instead of a sense of security. You are not what you have or how you look. Neither is anyone else. You're surrounded by loving, sincere people you just have to see the whole picture instead of looking at a fraction of it.

SAGITARIUS (November 22 – December 21): Exercising self-control so strongly that you don't let any emotions show doesn't work in the long run. Neither does forcing a situation. Connecting as an equal with others and being non-judgmental breaks the cycle of separation you've been caught up in.

CAPRICORN (December 22 – January 19): Realizing what you had and what you lost has matured you. You appreciate new emotional connections in your life. When you drop the need for approval and attention, your true self emerges and an authentic emotional bond develops between you and another.

AQUARIUS (January 20 – February 18): Full of energy, passion and excitement, you have a sense of renewed purpose and faith in your own power which results in a greater sense of self-confidence. This new level of awareness is quite profound, impacting on how you see yourself and your relationships.

PISCES (February 19 – March 20): When the stress of daily life gets to you, find a method to release tension. Then see if you can change your life situations so that they better reflect your values and beliefs. Offer your best, keep your sense of humor, respect your gifts, and enjoy what comes your way.

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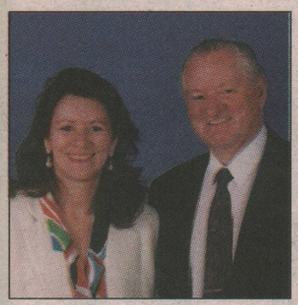

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