THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg
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17 Wing Change of Command: Col Ken O'Brien Succeeds Col Steff Kummel

By Angela Johnston

Col Ken O'Brien assumed command of 17 Wing Winnipeg at a Change-of-Command Ceremony on July 8, replacing former Wing Commander Col Steff Kummel, who had commanded the Wing since 2003.

Col Kummel and Col O'Brien have switched positions, with Col Kummel replacing Col O'Brien at National Defence Headquarters in Ottawa where he will oversee continental operations, including disaster relief for fires, floods and ice storms and on-going national security operations.

The Change of Command parade unfolded to the music of the Air Command Band with the Colour Party marching on the flags, VIPs arriving in staff cars and the incoming and outgoing Wing Commanders inspecting the airmen and airwomen, soldiers and sailors on parade. After the signing of the Change-of-Command certificates, Wing CWO Claude Parent gave the outgoing Commander, Col Kummel, his Wing Commander's pennant as a souvenir.

The reviewing officer, 1 Canadian Air Division Commander Maj.-Gen. Bouchard, also addressed the parade. Maj.-Gen Bouchard thanked Col Kummel for his support during his tenure as Wing Commander and asked Col O'Brien to maintain the high standard of performance set by Col Kummel.

Col O'Brien, in his first address to the members of 17 Wing, stated that it was evident that the Wing had been well-led and motivated in past years and that he looked forward to the privilege of leading 17 Wing through the on-going Canadian Forces transformation process.

Col Kummel reflected on his past two years in command of 17 Wing. "It has been an exceptional two years for me," he said during his address to the parade.

During his command Col Kummel oversaw major infrastructure changes to the Wing and changes to training programs for members of the schools on the Wing. He also deployed for eight months to Camp Mirage as part of Operation Athena.

Col Ken O'Brien, an Air Navigator, joined the Air Force in 1977. He has an Engineering degree from Royal Military College and a Master's degree in Public Administration from Auburn University in the U.S. This is his first posting to Winnipeg since attending Aerospace Systems Course in 1986/87.

17 Wing has four major operating locations at Winnipeg and Southport in Manitoba, Dundurn in Saskatchewan and Yellowknife in the North-West Territories and supports 113 units from Thunder Bay to the Saskatchewan/Alberta border.

Photo by Cpl Whyte J.A.

Colonel Kummel at left, Major-General Bouchard center, Colonel O'Brien at right, Signing of the Change of Command Certificates.

Photo by Cpl Whyte J.A.

Change of Command Ceremony, Colonel K.S. O'Brien, Incoming Wing Commander during March Past.

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When camping out or in the backyard exercise special care with flammable liquids and open flame near tents. When camping out, take the following steps: Buy a tent made of flame-retardant fabric. A paraffin coated cotton tent can burn up in a few minutes with someone trapped inside. If possible, purchase a tent with two exits or with a window sufficiently large enough to serve as a second exit. It is also a good idea to have a sharp instrument in the tent. In case fire obstructs the only exist, it can be used to cut out an exit in the walls.

Never use candles or matches in or near a tent. Use flashlights.

Extra care should be exercised when using electricity and lighting in or near tents. When using heaters, keep them well away from walls, pillows, camping chairs; in fact, all contents of the tent.

Build your fire downwind, far away from your tent. Make sure it's out before you go to sleep.

A fire extinguisher is a must in every camper's equipment, for it could well be a lifesaver. It is also recommended that a portable smoke alarm (detector) be part of every holidayer's equipment. A minimum of one of these devices properly located in a recreational vehicle or a tent, a motel or hotel room, can detect the presence of smoke and may provide those precious extra moments that can meal survival.

Campers who carry fuel for propane or gasoline type camp stoves in the trunk of the care should never leave the fuel in the trunk over the weekend or any longer than needed to transport it. If you are planning a full day's drive to a campsite, take the precaution of opening the trunk periodically to ventilate the compartments.

Never freshen a fire with a liquid starter. Explosions can result. Keep liquid away from your tent and children.

All fire laws, ordinances and regulations should be strictly adhered to.

Children burn up in their own backyards experimenting with campfires, candles, tents and gasoline. Supervise learning and play. Make sure your children are safe. A little extra caution is an item well worth taking on any camping trip-whether it be the backyard or the open woods.

Fire Hydrant Maintenance And Testing

A contractor will be conducting annual fire hydrant maintenance starting Aug 2nd with a completion of end August, which requires the flowing of all Wing and married quarters fire hydrants. During this process some temporary discoloration of the Wing and Married quarters water supply may be observed. This is a normal occurrence during test procedure and is not a health concern to individuals. If discoloration of water occurs, all that is required is flushing your taps for a couple of minutes until water is clear. For further queries contact the Fire Prevention Bureau at ext 5501.

New Reporter At Voxair

Hello from The Voxair newsroom. I would like to take the opportunity to introduce myself. My name is Jeremy Besyk and I am the paper's new journalist and photographer. Over the last couple of weeks I have been getting my feet wet with all that is incorporated with life at 17 Wing. I must admit, I can't help but feel underdressed when I enter the Junior Ranks mess for lunch in my office attire. Although, it's not as an intimidating experience anymore. In fact, it's quite an honour to be around all of you.

I am a former journalism student from Red River College in Winnipeg. Born and raised in the city, I have been writing for nearly 10 years, appearing in the Winnipeg Police Service's monthly newsletter, the Winnipeg Free Press and many other papers across Canada. I have been a freelance writer since the winter of 2004. I wrote for the CNN Student Bureau before graduating from Sisler High School in 2000. Presently I manage a current events website that features my editorials and allows readers to participate in online discussions and voice their opinions on a wide-range of subject areas.

The experience at 17 Wing thus far has been tremendously exciting and it's only the beginning. Looking at the upcoming events this summer and fall I am thrilled that I will be covering the stories and sharing the memories with all of you. I will be in The Voxair office from Monday to Thursday each week and can be reached at extension 6976. Feel free to stop in and say hi if you are in the area.

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Canadian Air Reserves At The 25th Annual NATO Shoot

By Lt Jennifer Faubert and LCol St-Onge

Air Reservists Capt Donald McLeod from Winnipeg, Cpl. Dennis Quaghebeur and Cpl. John Kennedy from Edmonton demonstrated their skills and fitness in a variety of events.

Shooting in the sunny hills of Scotland steps away from penned sheep and hikers was the scene of the 25th Annual U.K. Reserve Forces Association Small Arms Competition held in Edinburgh, Scotland. The male and female Air Reserve teams did well in certain events despite having never trained as a team and against stiff competition from 34 other teams many of which had previously competed.

Highlights for the women's team included placement as the top female team in the obstacle course and the leadership challenge, and placing second among the female teams in archery competition.

The competition was much tougher for the men's team, but team members should be proud of their 14th place finish on the assault course and their 19th place finish in the combined pistol/rifle shooting competition.

Special kudos should go to Sgt Renee Davis who finished 8th in a field of 22 women in the combined shooting/archery competition and to Cpl Dennis Quaghebeur who finished 16th overall in a total field of 108 in the combined shooting/archery competition.

Sgt Renée Davis from 1 Wing Kingston, Capt Donald McLeod, Lt Jennifer Faubert and MCpl Joanne White from Winnipeg and Cpl. John Kennedy and Cpl. Dennis Quaghebeur from 408 TAC Hel Sqn represented the Air Reserves under the leadership of LCol Allen St-Onge from Ottawa.

"I was fortunate in being selected to lead and coordinate this year's Air Reserve Scotland Shooting Team," said St-Onge. "This was an excellent experience for all."

The competition is open to all ranks and the teams were selected at a Mini-NATO Shoot competition held in Winnipeg last fall. Spread over an eight-hour period, the Competition demands that competitors give it their all in a variety of events, including archery, 9mm pistol and SA 80 rifle competitions, an assault/obstacle course, a leadership challenge, and an emergency first aid scenario. It is an opportunity for Reservists to showcase their skills and fitness and to meet Reserves from other NATO countries.

"Each year we try and improve our competition and introduce new tasks," said Lieutenant Colonel Arthur Leask, the competition coordinator. New to the competition this year was a leadership challenge that involved directing blindfolded members in setting up a tent.

The day of competition was wrapped up with a mess dinner complete with haggis.

Lt Jennifer Faubert from Winnipeg, Sgt Renée Davis from Kingston and MCpl Joanne White from Winnipeg on the satellite range at the 25th Annual U.K. Reserve Forces Association Small Arms Competition held in Edinburgh, Scotland this past May.

Photo by Cpl Bill Gomm

Candidates of the Regular Officer Training Plan with Colonel Steff Kummel and Lieutenant Commander Paul Stiff.

Officer Cadets Enrolled At HMCS Chippawa

By Angela Johnston

On the drill deck of Winnipeg's HMCS Chippawa, 18 fresh-faced students were sworn into the Regular Officer Training Program. These students will receive a subsidized university education before entering as officers in the Canadian Forces.

"We demonstrate our trust and confidence in you," said LCdr Paul Stiff, commanding officer of Winnipeg's CF Recruiting Centre.

This year's Manitoba recruits included students from Winnipeg, Swan River, Shoal Lake and Gimli.

Students and parents watched a promotional video on basic training, with plenty of inspections, muddy tasks and early morning runs. "Scared yet?" joked LCdr Stiff at the end of the film.

After the enrolment ceremony, 17 Wing Winnipeg's Wing Commander, Col Steff Kummel, addressed the new recruits. "This marks the beginning of a long and satisfying journey," he said.

He noted that one of the biggest changes recruits would face would be in their lifestyle-especially in the physical training. However, the challenge would not be without gain: "a maple leaf on your shoulder will open doors," he said.

One officer cadet, Blair Clayton, recently graduated from Oak Park High School and will attend the University of Manitoba next fall, studying mechanical engineering. He is an Air Cadet who enjoys flying gliders.

Clayton said he enrolled in the officer training program for the opportunities available to him, both in pay and training. He said he was most nervous about upcoming 5 a.m. jogs at the CF Leadership and Recruit School in St-Jean, Quebec.

Cpl Jennifer Doornick has wanted to be a pilot since she saw the Winnipeg Air Show last summer. A reservist with Winnipeg's Fort Garry Horse with three-years experience under her belt, she said she really enjoys the military lifestyle.

Doornick said that she is not nervous about the basic training, as she has learned many of the skills. Still, she said she wanted to go from participating in the military on a part-time basis to a full-time basis. She is studying chemistry at the University of Manitoba.

Later this month, these two recruits-with their 16 colleagues-will travel St-Jean, Quebec, for their basic training before university begins in the fall. Approximately 430 students receive subsidized education through this program each year.

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ROYAL LEPAGE

Consolidation Not Yet Finished On Wing

By Angela Johnston

Despite recent openings of the new multi-million dollar Wing headquarters and Logistics complex, growth and renewal of 17 Wing Winnipeg is far from over, according to the base's consolidation and development consultant.

Jim Kerr, a retired Lieutenant-Colonel and former deputy Wing Commander, is now employed as a civilian on contract overseeing the Wing's ongoing consolidation and development.

He nurtured both the $33.4 million Logistics complex and $7.5 million Wing headquarters. Still, big-ticket items for the base such as a new multi-purpose fitness facility and a town-centre concept facility are also in the planning stages, said Kerr.

The fitness facility would be truly multi-purpose, would act as drill space for the Cadets, and be used for community recreation and community events, as well as fitness.

The town-centre facility would be a commercial-residential complex for contemporary Permanent Married Quarters in the form of modern townhouses, co-located with the SISIP insurance offices, post office, CANEX store, CFHA office and the Military Family Resource Centre. It would be designed with a garden square in the middle of this complex, similar to what was done with the former CFB Calgary site, "Garrison Heights."

Kerr hopes to see the disposal of old Kapyong private married quarters: used to offset the costs for this project. The old row houses on Whytewold Dr. would be replaced-since the lot is already serviced, Kerr expects costs would be low.

"You can't fight the logic of this project," he said. Still, discussions with key stakeholders are in the very early stages and this town-centre concept would not be on the plate until 2007 or 2008.

The recent opening of the Wing headquarters helps gives a sense of the planning that goes into a new building on 17 Wing.

In his office in the glossy Wing headquarters, blueprints are scattered over a large table. Office supply catalogues are dog-eared. The building is still so new that there are no pictures on the walls-to avoid holes in the walls all pictures must now be hung from a small beam under the ceiling.

Ask anyone in the new building, and they will tell you that the new Wing headquarters was Kerr's piece de resistance. Winnipeg South MP Anita Neville described the building as Kerr's "baby." Former Wing Commander Col Steff Kummel joked about Kerr at the building's recent opening, "Just try to scuff the floor or mark the wall," and dare face Kerr's wrath.

"Jim's touch is literally everywhere," continued Col Kummel, pointing to the colour, lighting and displays, "That's Jim's work."

Kerr said that he is simply trying to foster pride in the new building, "Most people are extremely proud and happy to be here," he said.

The headquarters was purpose-built, and was Kerr's brainchild. "I had a clear idea of the original concept," he said. From the location of the offices, to the building's layout, down to the Air Force tartan colour palette, Kerr had a hand in every part of it.

When the 2001 decision to close the Kapyong barracks came down, and unification for CFB Winnipeg's two sites was ordered, consolidation at 17 Wing began. The top priority for the Wing was the Logistics complex, but Kerr saw an opportunity to build a new headquarters.

"I was working in the Wing headquarters and saw how inefficient it was," he said of the old building. Kerr approached 1 Canadian Air Division, the operational command for the Air Force, which was, according to Kerr "busting at the seams." Originally designed for 486 workers, the Division at the time was housing over 700.

He partnered with the Division, which agreed to move two units-a civilian branch and the regional Cadets-and attached $4.5 million to the deal.

After lobbying of the Vice-Chief of the Defence Staff, who is responsible for National Defence's finances, and partnering sessions-schmooze fests-where business cards and phone numbers were exchanged between 17 Wing, NDHQ, Defence Construction Canada and contractors, Kerr's brainchild came to be.

The new Wing headquarters opened this past June. Kerr is now putting the finishing touches on the building such as window treatments, filling holes in the new parking lot and programming a touch-screen TV for those entering the new headquarters.

But work on the Wing is never done. With these new ideas in the works, the process could begin all over again.

Kerr will continue to work on the Wing until at least February of next year when his current contract expires.

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Local Artist Passes Away

Commissioned For Much Of Artwork On Wing

By Angela Johnston

A local Winnipeg artist commissioned to paint much of the artwork displayed at 17 Wing has died. David Ranson, 82, died of a sudden heart attack on July 14--only two weeks after he finished his final painting for the new Wing Headquarters.

Following the pageantry of the recent Wing headquarters opening on June 30, guests milled in a reception area, noshing on chocolate croissants. Ranson was unassuming in his presence, dressed simply in a navy blue sweatshirt, and yet his presence was everywhere in the building -- through his art.

A commercial artist whose career spanned decades, Ranson has nine original paintings on display at 17 Wing, as well as at least eight prints in the Manitoba Military Aviation Museum on base. In total, he has painted over 110 works.

It was his love of vintage aviation which made Ranson important to 17 Wing--this interest manifested artistically for the Wing's benefit.

"I think the Wing is very lucky that he was able to finish 'Viking Photo Op' before he died, said Capt Mike Rozak," 17 Wing Heritage Officer, of Ranson's final painting. Windows in the new headquarters are coated in a UV-resistant film to protect Ranson's work.

In conversation with Ranson at the June headquarters opening before his death, he said there was something innate that drew him to aviation art. He called it the "ruggedness" of an aircraft.

"Anything that appeals to me emotionally like them, I'm interested in committing to canvas," he had said of aircraft. He continued, "There is nothing more satisfying that painting a Spitfire slicing through the air." Ranson said that he once wanted to be a pilot as a young child.

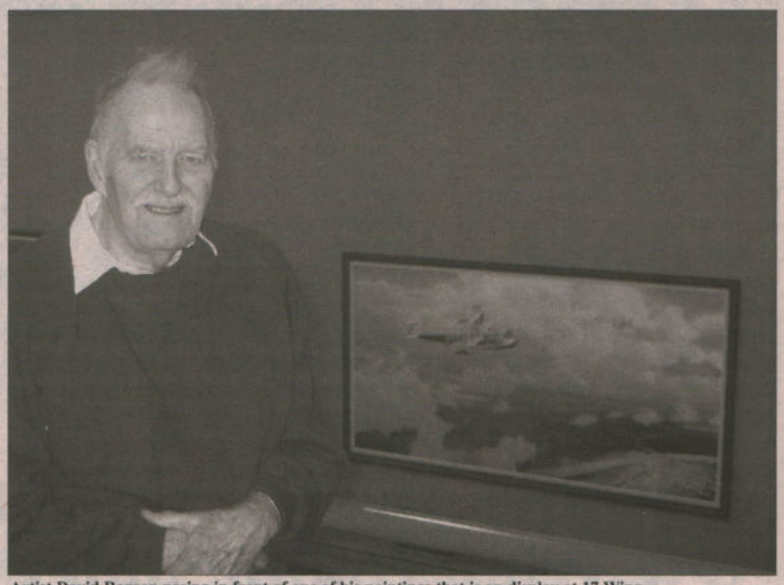
The son of a Parisian mother and French-Canadian father, Ranson was born in Winnipeg, but lived in Quebec for 35 years. An avid artist, he began drawing when he was four-years-old. He first began submitting artwork to the Winnipeg Free Press as a preteen.

During the Second World War he worked as the company artist at MacDonald Brothers Aircraft Company -- where Bristol Aerospace now stands - and drew diagrams of how to assemble the aircraft parts for the women working during the war. This is where he met his wife, Hilda. They were married in 1947 in her mother's house by an Icelandic minister.

They would later have four sons; Randy, Glenn, Del and Steven.

He continued to submit work to the Free Press during the war and was hired as their political cartoonist shortly after VE Day. Ranson's wife, Hilda, said that he kept every cartoon he pencilled for the paper.

One of Ranson's more famed sketches is now on display at the MTS Centre Arena, and was once part of a Free Press historical retrospective display at Portage Place mall. The cartoon depicts the end of the Second World War, where a German emerges with his hands up. "I had him looking very nasty," laughed Ranson.



Artist David Ranson posing in front of one of his paintings that is on display at 17 Wing.

Ranson said that cartoons were important to him because he felt as though he was truly part of the news. "It was his energy that went into it that made it perfect," said Hilda. He cartooned many of the big names at the time--Bennett, Stalin, Hitler and Diefenbaker.

At the time, Ranson was paid $180 a month by the Free Press -- he had wanted a ten dollar raise. The newspaper told him that he was already paid as much as their top reporters at the time, so Ranson quit.

The family moved to Montreal where Ranson designed advertisements as a freelance artist from the 1950s to the 1980s. Ranson described Montreal as the prominent art centre of Canada at the time. He and Hilda spoke no French, but settled in the anglophone community in Montreal. Even then, he was designing ads for Canadair, Trans Canada Airlines and Air Canada. He would later open his own studios: Ad Art, Magic Marker and Ranson Studios.

By the mid-eighties the Ranson family left Quebec for Missisauga. "Most of the artists knew me, which was a boost to my ego," he said.

Still, by this time, commercial art in Canada took a severe shift. "The computer age killed the art scene," said Ranson. He retired six years later to Winnipeg.

Capt Rozak described Ranson as an inspiration. "He overcame some major difficulties to do some marvellous work," he said.

As a preteen, someone threw bullets into a campfire and blinded Ranson in one eye. He was colourblind in the other eye, unable to distinguish red from green. He would later have his elbow smashed in a car accident and pins put in his elbow; he was sledding and was hit by an Eaton"s truck. Later in life, Ranson had Famil Tremors -- though he could hardly hold a cup of coffee, he continued to paint.

Hilda said the only time she had ever seen Ranson cry was out of frustration when the tremors prevented him from painting.

Still, he continued to paint -- to paint straight lines, he would partition sections of his paintings with masking tape.

Since returning home to Winnipeg, Ranson continued to paint. In his Charleswood home, the walls are covered with his work. His first painting, an enormous depiction of French sailing ships, was left unsigned. Another depicts a stampeding herd of buffalo. A four-foot by eight-foot unfinished painting of the Avro Arrow still hangs on the laundry room wall where Ranson painted works too large for his small studio.

Ranson's association with 17 Wing began about a year and a half ago when Capt Rozak heard of his work through the exhibits co-ordinator at the Western Canadian Aviation Museum. Ranson had a series of aircraft paintings that he wanted to put on display so Capt Rozak met with him to discuss the loan. "Norseman," the largest of those works, now hangs in the Hobbs Building. The remaining five of the series are displayed in the Manitoba Military Aviation Museum library.

"He has been a great friend of the museum," said Capt Rozak, who became personal friends with the family. "To call him a character is not fair to him, but he was a very unique individual. We will miss him."

A memorial service for Ranson was held on July 23 at Assiniboia Downs.

Advisory Group Secretariat (AGS)

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Logo & Mandate

The design of the DAAG Logo is to represent the revered Eagle, as this creature was once thought to be the only one able to soar closest to the heavens, and as such, the one living creature to be able to fly near the Creator above Mother Earth. To receive an Eagle Feather is an honour, and to care for an Eagle Feather is a big responsibility. One must treat it with respect, and to not let it fall to the earth, as that represents a fallen (deceased) warrior or veteran. To loose a warrior or veteran is a sad loss to all Aboriginal communities. The red, white, black and yellow colours represent all of the races of the earth. It shows that everyone is honoured and respected and that no one is better than anyone else, just different. All must respect each other equally. The Red line also represents the Aboriginal person who lives and travels the Red Path to knowledge, honesty, trust, love, integrity, humbleness, truthfulness, and bravery. Many try to live this life, and are rewarded by the virtues of the path that they follow. The Red Path is not an easy path, it is very hard to live by those virtues each and every day. The wings represent the flight of an Eagle, and how no one creature is more important than any other, that we all need each other in this life. The wings of the eagle are in a circular form to enclose whole of the Aboriginal people in Canada within its grasp.

Defence Aboriginal Advisory Group (DAAG) Raison d'être (Mandate)

The mission of the Defence Aboriginal Advisory Group (DAAG) is provide its participants (civilian and military) with an opportunity to: support DND employees who are Aboriginal; share information on Aboriginal issues; and provide input on DND issues which impact upon the Aboriginal members of DND or the Aboriginal Peoples of Canada.

Who can I call for more information?

Region 17 Wing and associated Units
DDAG – Chair – Thea M. Haut, ext 5958
DAAG Mil Co-Chair – Cpl Corena Letandre MacKay ext 5424
DAAG Civ Co-Chair – Glenn Arthurson ext 4167

Photo by Cpl Whyte J.A.

Change of Command Ceremony, Incoming Wing Commander Colonel K.S. O'Brien on the dias saluting.

Welcome Message From The New Wing Commander

By Col K.S. O'Brien

It is a distinct pleasure to address the men and women of 17 Wing and introduce myself as your new Wing Commander. For those of you who have been around Winnipeg for some time, or who may have been posted to Winnipeg in the past and have recently returned, you may not know much about me and my Air Force career. Possibly, this is as a result of me having actually spent very little time in my career at Winnipeg. Other than the nine months spent at the Canadian Forces Navigation School in 1982/83, and the ten months at the Canadian Forces School of Aerospace Studies on the Aerospace Systems Course in 1986/87, I have not been posted to Winnipeg until now. In the meantime, I have spent two tours in Comox and two tours in Greenwood flying CP140 Aurora aircraft, three tours in Ottawa at NDHQ filling various staff positions and two tours in the US on exchange duties.

Notwithstanding my relative lack of time spent here in Winnipeg, I have always been impressed with the reputation for professionalism that exists for personnel from the Wing. Whether it is the quality of the graduates from the many excellent professional military education establishments, the impressive operational and training results from the flying squadrons or the unparalleled support provided to Wing members, lodger units on the Wing and to those many dispersed units to which we provide support, 17 Wing stands among the leaders in today's Air Force. Indeed, providing leadership and initiative in other service support programmes puts us in an enviable position amongst the other wings in the Air Force. My goal is to continue to have 17 Wing provide this leadership and innovation in all we do in the coming months and years.

To quote an oft overused phrase, it is an exciting time to be in the Canadian Forces. After Gen Henault, the previous CDS and current Commander of the NATO Military Committee, lead the CF through a period of stabilization after the difficult days of budget cuts, Gen Hillier has recently commenced a transformation of the CF, probably the most significant since unification. Clearly, we are in the early days of some fundamental changes in how we do our business, and these changes are going to happen quickly. Without going into great detail of the CDS' vision (details are available at http://www.cds.forces.gc.ca/intro_e.asp), he is advocating a Canada-first approach where all aspects of the CF will be used to benefit Canada and Canadians in this post 9/11 world. The formation of Canada Command, the first part of the plan, and its new commander have been announced and stood up effective 1 Jul 05, Canada Day. Additionally, a new regional command, Joint Task Force - Atlantic, also stood up on that same date.

17 Wing needs to support and be at the forefront of these changes! We have already felt the short term impact of creating these new organizations; a number of previous Wing members were asked on very short notice to fill positions in Canada Command or the transformation teams. That said, as transformation is only beginning, we can expect that there will be a number of other potential changes in the coming months that will require Wing consideration and response, not the least of which is where and how 17 Wing will fit within the new command and control structure of the CF. As these details become more evident, I will ensure you are kept informed.

I would be remiss if I did not acknowledge the leadership and impressive foresight that Col Kummel has provided 17 Wing and the CF in the last two years. Whether spending seven months at Camp Mirage commanding the TSE, or here at 17 Wing overseeing the construction of the new Wing Logistics building, Col Kummel has been a superb ambassador for Canada and the Air Force. He leaves 17 Wing with a solid footing for the future.

OK, enough business in my introductory article for the VOXAIR! Cheryl and I are very pleased to be here in Winnipeg at 17 Wing, and look forward to becoming a part of one of the finest wings in the Air Force. As the home of the Air Force, 17 Wing has had a long and storied past, and we look forward to this continuing well into the future. I look forward to meeting every 17 Wing member at some point or another during the next couple of years.

Change Of Appointment Ceremony

Photo by Cpl Steven Bogue

LCol Neville, CD, CHRP, AdeC is the outgoing and LCol Paul Conway, CD the incoming Wing Administration Officer. From right to left LCol Paul Conway, Col Kummel and LCol Neville pose for a quick photo before conducting the Signing Ceremony.

Cpl John McDonald, a member of 17 Wing Supply Flight, receives his promotion to MCpl by the A/W Log O, Maj G.P. Moore on 19 Jul 05. MCpl McDonald is posted to CFB Esquimalt effective 2 Aug 05. Congratulations from the OC Supply and Food Services, Maj A.W. Dunkerley; and the Supply Sqn team.

PTE1 Trevor Sproul, a traffic tech from the 17 Wing Supply Flight, receives his promotion to Cpl by the OC Supply and Food Services, Maj A.W. Dunkerley on 19 Jul 05. Congratulations from the MDC section and the complete Supply Sqn team.

PTE1 Brian Ditchfield, a member of 17 Wing Food Svcs Flight, receives his promotion to Cpl by the OC Supply and Food Services, Maj A.W. Dunkerley on 19 Jul 05. Cpl Ditchfield is flanked by the W Foods O, Capt S.M. Coulombe, who along with the Foods Svcs staff congratulate him for this step forward in his service career.

"Fun In The Air"
Central Flying School Family Day

Submitted by Capt R.B. Weldrick

On Saturday 18 June, Lieutenant-Colonel G.T. Hook, the Commanding Officer of Central Flying School hosted CFS's Family Day at 16 Hangar. Many fond memories were made that day and there are likely a few aspiring pilots made too. All family and friends revelled in the opportunity to fly over Winnipeg in a Bell 206 Jet Ranger helicopter or the C-90A King Air.

The skies over central west Winnipeg were burgeoning with activity that day with over 30 flights being flown. It was a rare opportunity to share a small part of our military flying experiences with family and friends. It also afforded the CFS staff a chance to thank the family members for their support while offering a little bit of insight into what they do, and perhaps take for granted, every day.

Sergeant "Dottie," the newly promoted Fire Hall dog was also available at the Fire Hall for photo ops while kids fought it out on the PS2 in the CFS lunchroom between flights. By lunch, everybody had a chance to enjoy hotdogs and hamburgers expertly cooked up by chefs-at-large, Captains Rod Watts and Dale Harlos.

Lieutenant-Colonel Hook concluded the day's events with cake and some thoughtful words: "CFS's commitment to oversee the Air Force's basic and operational aircrew training programs cannot be effectively carried out without the support from the home front. It was a tremendous opportunity and privilege for all of us at CFS to be able to share the joys of aviation with those truly important to all of us. Successful days like this are a result of expert organization and support from a host of professionals within CFS and the Wing. Thank you"

CFS Family Day Cake.

LCol Hook and family await their aircraft.

Team Butterworth eagerly wait for their C90A King Air flight.

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MCpl Russell Campkin from the TEME Sqn-EME Flight section, seen here with the WlogO LCol Wayne Gauthier and Maj Stéphane Parent the TEME O, is presented with his promotion to Sgt effective 27 June 05

MCpl Michael McNeill from the TEME Sqn-EME Flight section, seen here with the WlogO LCol Wayne Gauthier and Maj Stéphane Parent the TEME O, is presented with his promotion to Sgt effective 27 June 05

Cpl Dwayne Lushman from the TEME Sqn-EME Flight section, seen here with the WlogO LCol Wayne Gauthier and Maj Stéphane Parent the TEME O, is presented with his promotion to MCpl effective 27 June 05

Cpl Tyler Thistle from the TEME Sqn-EME Flight section, seen here with the WlogO LCol Wayne Gauthier and Maj Stéphane Parent the TEME O, is presented with his promotion to MCpl effective 27 June 05

MCpl Greg Smith from the TEME Sqn-EME Flight section, seen here with the WlogO LCol Wayne Gauthier and Maj Stéphane Parent the TEME O, is presented with his promotion to Sgt effective 27 June 05

17 Wing Commander Visits The "BAT" Squadron

By Cpl Scott Craig

On June 8th, 440 (T) "BAT" Squadron was pleased to receive a visit from the 17 Wing Commander, Col Kummel and the Wing Chief, CWO Parent. Various briefings, section tours and functions were scheduled, but the highlight of the visit was a short flight from Yellowknife to Bull Moose, an abandoned gold mine gravel landing strip approximately 70 miles east, followed by a Squadron barbeque. During the luncheon the Wing Commander presented various medals, promotions and awards, and in closing, the Squadron CO, LCol Paul Fleet presented the Wing Commander with an Inuit carving to commemorate his visit to "The Great White North"

From left to right: Capt Mclean, Col Kummel, CWO Parent and Capt Maedel brave the mosquitoes for a quick photo in front of the venerable Twin Otter in Bull Moose.

MCpl Todd Ibey is presented the Wing Commanders Commendation for his unending efforts to align the Squadron with environmental regulations resulting in a spotless inspection from Environment Canada.

Cpl Chris Graham is presented his CD1 from Col Kummel.

Cpl Peebles receives his promotion to MCpl.

Cpl Craig receives his CD.

Maj Gallego is presented with the General Campaign Star for his six month tour in Afghanistan attached to ISAF.

Capt Denko receives his promotion to Major.

WO Mike Rarog receives his CD1.

Photo by Cpl LeBlanc, 17 Wing Imaging

MGen Bouchard presenting Col Cleland with the laser engraved plaque, with Mrs. Judy Cleland present.

Photo by Cpl LeBlanc, 17 Wing Imaging

MGen Bouchard presenting Col Cleland with the leather bound business portfolio, with Mrs. Judy Cleland present.

Retirement: Colonel W.R.R. (Bill) Cleland, A1 Training

By Capt Rob Chapman, A1 PT-2

After 35 years of loyal and dedicated service to Canada as a Canadian Air Force Fighter Pilot, Col Cleland has elected to take his release from the Canadian Forces. Col Cleland's last day of service is Friday 02 September 2005. Col Cleland and his wife Judy plan to retire in Cranbrook BC.

Col Cleland, a native of Cranbrook BC, joined the Canadian Forces in 1970, graduated from Royal Military College in 1974, and from Pilot Training in 1975. Over the next 30 years, Col Cleland devoted his career to flying high performance jet aircraft and engaging in related staff duties. His flying tours included the CF-101 Voodoo with 409 Squadron in Comox BC, the CF-5 Freedom Fighter during two tours with 419 Tactical Fighter (Training) Squadron in Cold Lake AB, the NF-5 during an exchange tour with the Royal Netherlands Air Force, the CT-133 Silver Star (T-33) during his tour with 409 Squadron, and again while in command of 414 Squadron in Comox, and the CF-18 Hornet. Not unexpectedly, Col Cleland was assigned numerous staff duties. These included a tour with Fighter Group/NORAD Headquarters in North Bay Ontario, Staff Colleges in Toronto ON and Canberra Australia, Continuous French Language Training, exchange duties at the Royal Air Force Staff College at Bracknell War College in the United Kingdom, during which he completed a Masters Degree, command of Task Force Aviano Italy, and two tours in the 1 Canadian Air Division Headquarters. The pinnacle of Col Cleland's career was undoubtedly when he was assigned command of 4 Wing Cold Lake. During this time, Col Cleland directed NORAD Operations on 9/11 (attack on the World Trade Centres), provided combat ready crews and fighters for the G8 Summit in Kananaskis AB, and directly supervised three Maple Flag Exercises. As well, Col Cleland requalified and maintained flying currency on the CF-18 Hornet. As A1 Training, Col Cleland has moved the yardstick significantly to the right. For his leadership, friendship, vision, work ethic, commitment to training excellence, and devoted service to Canada, we in A1 Training are truly grateful.

Col Cleland and his wife were honoured at the Combined A1/A4 Retirement Mess Dinner Thursday 19 May 05. After the Mess Dinner, Col Cleland was presented with his CF Certificate of Service and Service Pin. Col Cleland was also honoured by the Commander of the 1 Canadian Air Division, Major General Bouchard, during a formal retirement ceremony in the Atrium of the 1 Canadian Air Division Headquarters, 1000 hours Thursday 02 June 05. During this ceremony, Col Cleland was presented with a laser-engraved wooden plaque, which showed the crests of all of the Squadrons on which he has served. In the centre of this plaque was a laser-engraved picture of Col Cleland sitting on the ladder of a CF-18 Hornet after his last flight. As well, Col Cleland received a leather-bound book, embossed with CF metal Pilot Wings, to hold all of his congratulatory retirement letters and messages. Finally, Col Cleland was presented with a Canadian flag, which was flown outside of 1 Canadian Air Division Headquarters, and then folded in a "Shadow Box". MGen Bouchard then presented Mrs. Judy Cleland the Air Command Certificate of Appreciation, signed by the former Chief of the Air Staff, thanking her for her support to Col Cleland and to the Air Force, and a lovely bouquet of flowers.

Sgt Neil George from the TEME Sqn-EME Flight section, seen here with the WlogO LCol Wayne Gauthier and Maj Stéphane Parent the TEME O, is presented with his promotion to WO effective 27 June 05

Sgt James Kennedy from the TEME Sqn-EME Flight section, seen here with the WlogO LCol Wayne Gauthier and Maj Stéphane Parent the TEME O, is presented with his promotion to WO effective 27 June 05

Photo by Ms Rose Malenchak

On 8 Jun 05, the Comdt 3 CFFTS, LCol Steve Bannister, presented unit Flight Safety Awards to four pilots at Southport. These presentations attest to the outstanding flying skill and professionalism displayed by these individuals while engaged in pilot instructional duties. The individuals, from left to right, together with the number of accident-free instructional hours are: Capt Greg Dixon, 1000 hrs, Maj Frank Decker, 1000 hrs, LCol Bannister, Maj Glenn Maxwell, 1000 hrs and Capt Terry Kirkoski, 1000 hrs.

Wing Chief's Slo-Pitch Tournament

17 Wing players line up on the baseline for the opening of this year's slo-pitch tournament.

Acting Wing Chief CWO Hammy Hamalainen takes a swing at the opening pitch. This year's tournament was held on June 17 at various diamonds near the Wing. The Dental Clinic team from 23 Health Services Centre was crowned with the Labatt award for the most spirited team for demonstrating fair play and sportsmanship throughout the day.

"New Generation" Aircraft Techs Graduate At CFB Borden

CFB Borden, Ont. - A graduation ceremony took place yesterday at Canadian Forces Base Borden for the first group of Aviation Systems Technicians (AVN Tech) to complete what has been dubbed the "new generation aircraft technician" course.

The course is an upgraded and much enhanced version of the aircraft technician training given to CF personnel. The 12 graduates had spent the previous 17 months at 16 Wing's Canadian Forces School of Aerospace Technology and Engineering in Borden where they learned to handle, service and maintain aircraft systems such as propulsion, airframe, electrical, weapons systems and their components, as well as aircraft life support equipment.

During his address, reviewing officer Colonel David Millar, Senior Maintenance Advisor for 1 Canadian Air Division Headquarters, told the graduates that their completion of the training signalled "the new beginning of the maintenance capability in the Air Force and the foundation upon which we will rebuild our operational capability..."

The need for transformation was driven in part by the increasingly sophisticated aircraft being introduced into service as well as to better position the Air Force to support future domestic and expeditionary operations. The new approach to training will result in a higher ratio of personnel being available at any given time to support the increasing operational tempo of our modern Air Force.

"What you have acquired during your 17 months of training is the culmination of years of work to redesign the AVN curriculum to produce a far more capable technician, not just educated and trained, but mature, confident, enthusiastic and ready to assume the challenges of maintaining Canada's aircraft fleets," said Col. Millar.

According to personnel involved in the development of the new curriculum, this overhauled AVN Tech course is believed to be the most comprehensive basic aircraft technician training in North America today. Combining leading edge technology and enhanced practical training, the new course will provide front line squadrons with better trained technicians who will much more rapidly be able to fully contribute to operational missions.

17 Wing Bids Farewell To Capt Steve Wilson

In recognition of contributing 10 years of volunteerism to the Wood Hobby Club, Capt Steve Wilson was presented with a set of hand-crafted wooden Navigator wings. His devoted efforts as Club President and unlimited patience will be missed. Steve and his wife are posted to Colorado Springs. The Wood Hobby club members, Community Recreation and the Wing wish them all the best. Many thanks to Mel Flake for crafting the wings.

Photo by Cpl Steven Bogue

Captain Steve Wilson is given wooden navigator wings in appreciation for his support to the Wood Hobby Shop. Capt Wilson is posted to Colorado Springs. From the left to right is Melissa Davidson, Community Recreation Director, Acting Wing Commander LCol Tom Whitburn, Capt Steve Wilson, HCol Ben Van Ruiten.

Aerospace Power Review 2005

Aerospace Capabilities - Enhancing Canada's Domestic Defence

By T.A. (Tom) Bailey, LCol (Ret'd)

On June 21 and 22, the Canadian Forces School of Aerospace Studies and Aerospace Systems Course 57 presented a symposium focus on aerospace power with its Aerospace Power Review 2005 - Aerospace Capabilities - Enhancing Canada's Domestic Defence. Two stimulating days were spent looking at emerging aerospace technologies, and assessing their potential impact on Canada's future Air Force.

Colonel L.J. Russell, A3 Operations, representing the Commander, 1 Canadian Air Division, opened the Symposium Tuesday morning, stating that with the emphasis on transformation in the CF, that the ASC graduates have the ability to make certain that the Air Force can meet the challenges of the way ahead. With the ASC course, Air Force personnel can ensure we buy the right equipment with the right technology to get the job done, focusing on capabilities vice platforms. Col Russell reaffirmed the importance of ASC training to the Air Force, saying that we need trained personnel in defining requirements, managing projects, and performing test and evaluation. He acknowledged ASC's considerable efforts with respect to generating this symposium.

Throughout the 10_ month program, the course members are given the opportunity to develop their abilities to express themselves, logically and concisely, on operational and technical matters - both in writing and verbally. The resulting technical papers are often used as planning and reference sources by various Canadian Forces agencies. The paper permits the course members to conduct research on assigned topics, to demonstrate their ability to collect and analyze data on a complex technical subject, and then to present the findings to a select and knowledgeable audience. This year's topics covered a wide range of technically challenging aerospace technologies: Atmospheric Correction Methods for Remote Sensing; Data Link Requirements - Canadian Joint Tactical Unmanned Aerial Vehicle; Airborne Radar for a Dirigible Platform; Application of Quantum Cryptography to Airborne Platforms; Joint Distributed Simulations Using Base Object Models in a High Level Architecture; Organic Light-Emitting Diodes - Applications in Aerospace; Effective Life-Cycle Cost Management; Military Utility of Hyperspectral Imaging for Chemical Detection; Designing a High Bandwidth Wireless Tactical Communications System for Use in an Area Surveillance Environment Using a Code Division Multiple Access Cellular Network; Collision Avoidance Capability for Unmanned Aerial Vehicles; and, Choosing the Right Data Fusion Architecture for a C4ISR System. Symposium attendees were impressed with the quality and technical content of the presentations.

A different feature this year was the introduction of syndicate presentations, which featured the course members forming two syndicates to present "Project SHEPARD - Security and Defence Force, Tactical Surveillance System" on Tuesday and "Project JACAL - Joint Asset C4ISR Airborne Link" on Wednesday. The individual paper presentations of the syndicate members then amplified aspects of these presentations.

Throughout the past year, ASC 57 course members gained significant experience with national and foreign government and commercial agencies during aerospace focused military and industrial visits. These visits included departments and companies in Canada, the U.S., and the United Kingdom: NDHQ/CAS; CFEC; CFEWC and A3 EWOS Operations; DRDC Ottawa, Toronto and Valcartier; AEgis Simulation Technologies; Thales Systems Canada; NRC; Pratt and Whitney Canada; L3 Comm Link Simulation and Training; Northrop Grumman Electro Optical Systems; Bell Helicopter; BAE Systems Mission Solutions; Northrop Grumman Air Combat Systems; General Atomics; Space and Naval Warfare Systems Center (SPAWAR); SCORE Range Operations Center; BAE Systems Avionics; AMS; BAE Systems Programs; DSTL Malvern; QinetiQ Boscombe and Farnborough; and, MBDA Stevenage.

A Graduation Dinner was held in the Officers' Mess Wednesday night with the CFSAS Honourary Colonel, Brigadier-General (Ret'd) G.E. Sharpe the guest of honour and after-dinner speaker. Following dinner, the three major awards given on the course were presented - the Overall Best Student, the General Paul Manson Award for the overall best individual project paper, and the Best Symposium Presentation. Flt Lt (RNZAF) Craig McIntyre garnered all three.

There is fun to be had during ASC, but it comes with a price tag - much hard work! And what is ASC you ask? In its 57-year history, ASC has earned the reputation of being one of the most challenging and advanced, technology-oriented courses within the Air Force. The aim of the ASC is to provide selected air operations and direct support officers with advanced education and training that will enable them to fill appointments associated with the definition of operational requirements, and the acquisition, analysis and evaluation of aerospace systems. Its reputation extends to recognition amongst NATO and other air forces (USAF, RAAF, RNZAF) and indeed, among the international aerospace industrial community. Candidates are typically at the rank level of Captain and have completed one operational tour, with members occasionally being promoted during the course. Also of note is ASC's continuing international "flavour", as evidenced by the attendance on ASC 57 of officers from Qatar, United Arab Emirates and New Zealand.

One thing is certain: the skills acquired on ASC can only benefit the individuals and the Air Force itself. There is no substitute for education, except perhaps some experience to go along with it. The students of ASC 57 have graduated and headed off to their new units to put their "education" to work and gain that experience.

ASC 57 GRADUATE EMPLOYMENT

Lt Al Kaabi (UAE)	Engineering Directorate, UAE
Capt Gundling	Systems Engineer, CFANS, 17 Wing Winnipeg, MB
Capt Hadeed (QEAF)	Training and Education Unit, Qatar
Capt Henneberg	A3 Combat Support, Operational Air Worthiness, 1 Cdn Div HQ, Winnipeg, MB
Capt Lalonde	Test and Eval, AETE, 4 Wing Cold Lake, AB
	Flt Lt McIntyre (RNZAF) Air Staff, Directorate of Logistic Capability, Programme Support, Wellington, NZ
Capt Parry	Test and Eval Flight, LATEF, CFB Gagetown, NB
Capt Perron	Maritime Proving and Evaluation Unit (MP&EU), 14 Wing Greenwood, NS
Capt Saville	BANC/SANC Instructor, Operational Requirements OPI, CFANS, 17 Wing Winnipeg, MB
Capt Sobek	Avionic Systems Evaluator, Project Office, AETE, 4 Wing, Cold Lake AB
Capt Spence	Project Officer, MP&EU, 14 Wing Greenwood, NS

March To A Different Drummer

"Loud and Proud"

402 "City of Winnipeg" Squadron Pipes and Drums Band is an authorized reserve band with over 50 years of service to the RCAF, the Air Force, the Canadian Forces and Canada. The band has preformed not only in Canada but the U.S. and Europe.

The Pipes and Drums are now recruiting and have both reserve and volunteer positions for both pipers and drummers. Experience is an asset but not necessary.

What we offer:

a) Paid to play; *
b) No instrument to purchase;
c) No band fees;
d) Free uniforms;
e) Travel;
f) Top notch instruction;
g) Team work; and
h) Friendship.

Interested parties can contact us at: Pipesanddrums402@hotmail.com visit our web site at 402Pipesanddrums.com or drop by Bld 90 any Tuesday evening during one of our regular practices.

*Note: The band has several Canadian Forces reserve positions. Members who enrol into a Canadian Forces Air Reserve, musician trade positions can be paid to play.

Clubs

17 Wing Ceramics Club

Club open for anyone with a recreation services card
- Over 600 Molds & 3 kilns - Lots of space
- Supplies avail. at the club - Qualified instructors

Open:
- Tuesdays & Thursdays from 6:30 to 9:00
- Sometimes on weekends
- 18+ Yrs old can get the key 24hrs a day, 7 days a week
- Wednesday: 1:00 to 3:30

Prices:
Memberships
- $10.00 / 10 - 15 yrs of age
- $20.00 / 16 - 20 yrs of age
- $42.80 / 20 yrs and up
- Casual: $3.00

Memberships are good for one year

Box of slip - $10.70
Firing - Average cost for 1 piece is between $1 & $5

Club during operational hours - 2496
Joanne Joyce 833-2500 ext 4034

Flying Tigers Swim Team

The Flying Tigers Swim Team is a very active 17 Wing Club. We consist of approximately 50 swimmers. We train up to 6 days a week at Lipsett Hall. Our swimmers range in age from 6-17 years and are at all levels of swimming ability. We have competitive swimmers who take part in many fun swim meets throughout Winnipeg and in nearby cities as well. Some swimmers choose not to compete and enjoy the opportunity to swim on a regular basis, improve their strokes and endurance, make new friends and simply have fun being active. We are fortunate to have a great head coach, Iga Ziendalski, and she is assisted by superb, dedicated coaches as well. If you have a child that is interested in our swim club, please contact us. Swimmers can join at any time on a trial basis to see if it is right for them.

If interested please contact our President—Denise Gipp 489-7965 or our Treasurer---Andy Sawatsky 488-0232 or our Secretary---- Karen Sawatsky—488-0232.

17 Wing Woodworking Club

Located: Building 33 (WestWin Community Centre).
Hours: 24 hours a day 7 days a week.
Cost: $50 + GST per year individually or $75 + GST family (dependants over eighteen).
Equiptment: Full complement of stationary and hand tools.
Sales: Limited supply of hardwoods.
Discounts: Hardware store discount cards and access to wholesale lumber.
Contacts: Pres: Capt Steve Wilson - loc 6674
Vice Pres: MWO Bill Lesko - loc 2149
Treasurer: Capt Lawrence Klepacheck - loc 5952
Secretary: Sgt Linda Jardine - loc 6522
Equipment Manager: Cpl Rob Nevers - loc 6053

17 Wing Judo Club

Mondays & Wednesdays
7:00 p.m. - 9:00 p.m.

Building 21 (1CADHQ GYM)

9 years of age or older

Annual fees: Youth: $25 / Adult: $50

For more information contact:
Stephane Robbinson
H. 488-0356

Barrie Woods
3rd Degree black belt
H. 889-3444
W. 833-2500 ext 6564

Norbert Pachet
H. 775-1584

New Members Are Always Welcome

Recruits 'Have A Gas' On Basic Training Course

By Angela Johnston

Thirty-six reservist recruits queue in front of an aluminum-sided hut, pulling on heavy olive green suits that look like parkas. These suits are lined with charcoal to protect soldiers from dangerous agents. The recruits complete the outfit with clunky rubber boots, gloves and a bug-eyed mask.

In the hut, more experienced soldiers place capsules of tear gas on a hot plate-they sizzle and faintly smoke.

At the St. Charles Rifle Range near Assiniboia Downs, these recruits are about to be tested on their nuclear, chemical and biological defense as part of their basic military qualification (BMQ) course. Part of this test includes passing through the gas hut.

The BMQ course is designed to introduce civilians to the military-quickly. Recruits begin learning general military knowledge, like how to tie boots and the rank system, as well as the law of conflict and how to do drill. The gas hut training took place on July 22.

Recruits will learn about the effects of these agents, how to put on nuclear suits and operate in the suit, said Lt Cam Scott, this year's course officer for BMQ. They only have to do this training once, but it is mandatory that they pass.

In the mid-afternoon July heat, some of the recruits begin to sweat. Unfortunate-moisture is what makes tear gas burn on their skin.

2Lt Daniel Couture, a recruit, is only mildly concerned about the gas, "It's something new and you know it's going to hurt a little bit, but it's a step you have to take, so everyone's got a good attitude about it."

Before the training begins, course instructors remind the recruits that tear gas will not hurt them. "Don't panic … if you're having difficulty, raise your arms and … [we'll] escort you out," said WO Derrick Grant, the course's second-in-command.

"Think about it realistically," he continued, "if you have agent on you, you're going to want to decontaminate as soon as possible, or you will die."

And then it begins-"gas, gas, gas," barks an instructor. The recruits pull on their bug-eyed masks and move briskly in single file. In the hut, they run in circles and do jumping jacks to build up sweat and feel the effects of the gas.

Reservist recruits file out of the gas hut at the St. Charles range, brushing tear gas -- agent -- from the uniform sleeves of their colleagues.

A heavy door is then pushed open with a bang, and the recruits file out, wiping agent from each other's arms in single file.

The second time in the hut, they must enter without their masks on to feel the effects more directly, then place the mask on their face and decontaminate their skin.

The first recruit runs into the hut, but comes out moments later, coughing, spitting and grimacing. She will have to try again.

"Go, go, go, go!" yells an instructor. The next recruit runs in-and then one by one until each person in the relay is in the hut, removes their mask, decontaminates their skin and hair, and then leaves the gas-filled room.

Afterwards, while washing off their mask in soapy water, the recruits laugh about the experience.

"It's like swimming in hot sauce," said Pte Wayne Hambleton.

Pte Seven Kulbaba said he wasn't too nervous going into it, but that the intense fumes reminded him of melted candy cane.

As the next two relays go through their gas hut cycles, the first group packs up their kit and files back to a large bus. Though they have finished their first gas hut performance test, serving members of the Forces will do this training again at least once every year.

The basic military qualification course ran in Winnipeg from July 4 to 29.

Athletes Of The Month

Working Out Together Double The Fun

By Angela Johnston

For WO Shane Mansfield and his wife, Mickey, working out over the past three years has become a family affair. The pair, who has been married for 22 years, work out together four to five times a week at the 17 Wing gym.

"I feel a lot better when I work out," said Mickey-Michaela-in a July 20 interview at the gym.

Usually the two will run and lift weights, and often bring their two teenage daughters along on weekends to run and swim.

The pair began exercising together three years ago when Mickey decided to quit smoking-a habit she had for over 20 years. She quit cold turkey. This abrupt change in lifestyle helped motivate her to work out.

Mickey had been going to the local Y to exercise while living in Ontario, but had never added weights into her regimen. When the family moved to Winnipeg, she purchased some of the Billy Blanks tae-bo tapes and would work out in her basement. When she became bored with that, she and Shane began working out together on a regular basis.

Shane said that he has been working out his entire life, though he became more dedicated five years ago while on a military exchange in New Zealand for three months. One of his colleagues showed him how to properly use weights. Before that, he had also played intersection hockey.

Mickey said that he helps to motivate her, telling her not to quit.

For the two, working out together has become habitual. "It's part of your lifestyle now," said Mickey. Shane added that when the two do not exercise they feel worn-out and tired.

Both said that their goals are to see more definition in their bodies.

With Shane, an aircraft structures technician, recently posted to Kingston, Ont., Mickey said that she hoped to increase her exercise to twice a day, splitting up cardio and weights as she stays in Winnipeg with the family. Mickey is the manager of the Gasthaus restaurant on Portage Avenue.

The pair has been previously posted to Trenton, Borden and Gagetown, where they met. Mickey had immigrated from the Black Forest area in Germany in 1979 because her stepfather was a Canadian soldier.

The family has lived in Winnipeg since 1997.

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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

Every Friday 11:30 - 1 PM

Enjoy a smoky at the MFRC BBQ. A Great spot for lunch with folks from work.

Join Us
(Weather permitting)

HELP IS COMING……

Great new resources for CF Families brought to you in partnership with the Better Business Bureau.

Your link to;

- o Consumer tips
- o Product Reliability reports
- o Local business member directory
- o Super links
- o Dispute resolution services

Oil Change for the Better

Here's a great way to care of your car and your community! This September, the 3 C Auto Clinic on Whytewold will donate $5 from every oil change to the Winnipeg MFRC. Make sure you plan your next oil change for September!

MFRC Family Fun Day 17 Wing Registration Fair

A day not to be missed!!! September 17 -12 pm to 3pm

Bring your family…enjoy the fun! Petting zoo - Ponies rides - inflatable structures - music- face painting - car shows - great entertainments - Free Food Don't miss it! Mark your calendars and watch for more details soon.

Newcomer Corner

Are you new to the city ?????? If you have not already…drop by the MFRC to pick up your Welcome to Winnipeg package with all the info you need get started in the 17Wing and Winnipeg community. The MFRC provide tons of great opportunities to meet new folks and meet up with old friends. Craft classes, Community Coffee Breaks, personal development and parenting workshops and much more. Take time to explore this edition of the Community Connections and find out what your new MFRC has to offer!

Relocation provides unique challenges for military families. The Newcomer Program is here to ease the transition to your new posting. We have great resources from, where to get a Doctor to tips to help your children deal with yet another move. Welcome visits/interviews and Newcomer Nites can connect your family with this program and other CF families sharing your challenges. Become familiar with your new city. Discover the wealth of resources and services in Winnipeg and how your family can thrive at your new posting.
Watch for more information about our annual Newcomer Event. This year Saturday October 1, 2005!

Calendar of events

Every Mon - Fri, 1-4pm - South site (Doncaster) Youth Centre
Youth Drop-in Ages 6-12
Contact: Diane 4508

Every Monday - Friday, 1-4pm - 102 Comet St
Youth Centre Teen Drop-in Ages 12+
Contact: Diane 4508

Every Wednesday, 10am - Westwin Children's Centre
Playgroup..everyone welcome!
Contact: Wendy 2491

Every Tuesday 19July-16Aug - Westwin Children's Centre
Casual Childcare 9am (call to reserve)
Contact: Wendy 2491

Every Friday (weather permitting) - 102 Comet St.
BBQ Lunch - take a break from your bag lunch!

Saturdays 2-6pm - 102 Comet - Youth Centre
Teen/Youth Drop-in Everyone Welcome!
Contact: Diane 4508

Thursday August 4, 10-11am - 102 Comet St.
Community Coffee Break / Great Food, Great Folks..Prizes!

Folklarama!
Great Food, Great Folks..Prizes!
Contact: Catherine 4506

Friday August 12, 10am - noon - 102 Comet St.
New & Expectant Mums
Contact: Haley 4512

Tuesday August 16, 11:30 am - Assiniboine Park
Picnic in the Park
Contact: Diane 4508

Tuesday August 16, 7-9pm - 102 Comet St
REEL TIME - movie nite "Vera Drake"
Contact: Diane 4508

Tuesday August 16, 7-9pm - 102 Comet St
OSI Spousal Support Group
Contact: Haley 4512

Wednesday 17 Aug, 6pm - 102 Comet St
Newcomer Nite!
Please Register at 4506

Thursday August 18, 7-9pm - 102 Comet St
Op Portunities - CraftReady, Set…School -ideas to make the transition to school easier for the whole family.

Thursday August 18, 7-9pm - 102 Comet St
Rainbow BINGO
Contact: Nicole 4507

Friday August 26, 10am-noon - 102 Comet St.
It Takes A Village - Are you ready for school?
Contact: Diane 4508

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

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.

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CATHOLIC

Chaplains

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

Masses
(English only)

Sunday	1100 hrs
Monday - Friday	1215 hrs
Saturday	1630 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 in the Chapel Annex the third Monday of each month at 1830hrs.

PROTESTANT

Chaplains
Padre Bob Brinn
(United Church)
Office 833-2500 ext 5349
Padre Paul Southen
(United Church)
Office 833-2500 ext 4277
Padre Bruce MacKenzie
(United Church)
Office 833-2500 ext 5417

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

Sunday Services
(English Only) 0900 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.

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. Those with access to the DIN 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.

"Bible Land Adventure" At 17 Wing Chapel

For one week in July, fifty children in the military community were able to travel back to Palestine at the beginning of the Common Era, through "Bible Land Adventure," the annual vacation bible school held at the 17 Wing chapel. The children were divided into five biblical tribes, where they learned about biblical teachings and traditional activities at the time, such as carpentry, cloth and baking bread. This year's vacation bible school ran from July 11 to 15.

A tribe from this year's vacation bible school learns about dried fruits before trying some traditional baking.

One tribe from this year's vacation bible school are quizzed on biblical teachings before beginning traditional arts and crafts.

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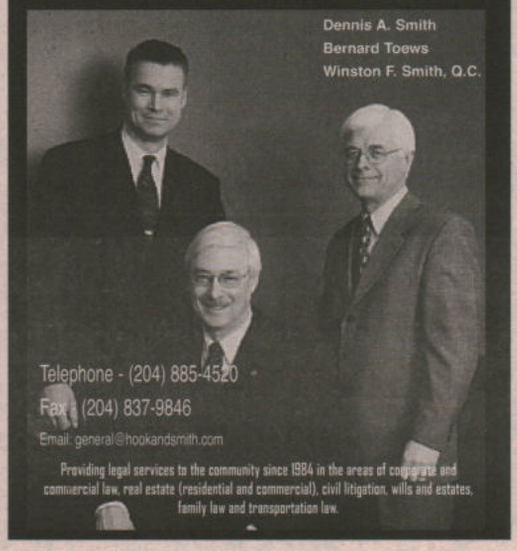

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TAROSCOPES

BY NANCY

ARIES (March 21 - April 19): You will playfully test those you are with to see if they are socially agile enough to hold their own in different situations. Spend some time dealing with your own doubts and fears as they are affecting your actions and the outcomes you experience.

TAURUS (April 20 - May 20): You have everything you need to succeed. You want to put down roots and that's great, however you'll find you feel most at home when your heart is at peace. When you realize that security based on external circumstances is an illusion, you'll never feel lost or uncertain.

GEMINI (May 21 - June 21): You may find that no matter how hard you try to be fair, conflict arises. Keep your thoughts to yourself around confrontational people. Try not to judge how others react or get drawn into proving a point as it diverts your energy and keeps you from enjoying your own interests.

CANCER (June 22 - July 22): Schedule uninterrupted quiet time so you can sort out your thoughts and feelings. Others have different needs for their happiness. Foster independence by letting them find their own way to gain this. It's nice that you can be relied on but you are not responsible for everything.

LEO (July 23 - August 22): You can meet your needs and desires without compromising your principles however, accept that not all situations are realistic. Some dreams are not meant to be. The hard work is behind you though; enjoyment is the key. It's your choice if you want to be alone or with others.

VIRGO (August 23 - September 22): You impulsively and intuitively are drawn to make major changes in your life as you feel renewed health and vitality. Although the path is not clear and what lies ahead isn't immediately obvious, stay open to all kinds of possibilities, some astonishing things will happen.

LIBRA (September 23 - October 23): Planning can ensure you avoid some difficulties and discomforts but the reactions of others are an unknown variable. If faced with opposition don't take it personally. No matter what arises you will manage. Face things, address them and deal with the fallout.

SCORPIO (October 24 - November 21): Accepting that there will be days when everything doesn't go your way makes you resilient. Hold onto the words of those who love you when faced with cruelty, jealousy and deceit. Stay balanced and centered even through the hard times by staying in motion.

SAGITARIUS (November 22 - December 21): Your world is changing but it isn't unexpected. Challenging new tasks and assignments exhilarate you. Find a retreat when the confusion gets to be too much. If a flawed structure facilitates mayhem, deal with what you can and leave the rest to others.

CAPRICORN (December 22 - January 19): Have faith in your vision but check the details to determine if it is currently viable. Use your head and your heart to decide on your best course of action for your choice affects the next few years of your life. Your soul's preference is revealed in a moment of silence.

AQUARIUS (January 20 - February 18): When you understand why people say and do the things they do it's easier not to overreact to their harsh words or let it affect how you feel about yourself. When someone tries to put the blame on you, search for hidden agendas. It isn't always about you.

PISCES (February 19 - March 20): Spend time completing work and clearing away clutter. Be mindful of your purpose for doing things so you don't get distracted. Show integrity in your actions. Value what you do and your ideals and others will too. They may be different, but your strengths are special.

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