THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg
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Teamwork Key To Success, WComd

By Jeremy Besyk



Photo by Jeremy Besyk

Col O'Brien believes support from Commanders will continue to lead 17 Wing to success.

Describing it as "one of the finest wings in the air force," Col Ken O'Brien said he is once again ready to make Winnipeg home, assuming the role of Wing Commander at 17 Wing.

"I've been posted to Winnipeg twice," Col O'Brien said in his first interview with the Voxair. "It's really a thrill for me to be here and to have the opportunity to work with the professionals here at 17 Wing." He noted his first time here was "when I did NAV (Canadian Forces Air Navigation) School in the fall of 1981. And then I was also back for the Aerospace Systems Course, which was from the fall of 1986 to the spring of '87."

But now he is back with a new challenge. As Wing Commander, Col O'Brien said, "I think the biggest challenge is the same as it always is - uncertainty. When there's change, people are always uncertain about what that means to them. I think the biggest challenge will be to deal with that uncertainty and communicate the changes to the leadership to point that out to everybody here on the wing."

Drawing on past experiences from a tactical level and also a strategic level is what Col O'Brien says will help him succeed. "I've been very fortunate in my career that I've had three tours in Ottawa at the Strategic Headquarters. But I've also had four tours at the tactical level. So I'm very familiar with the information and things that are happening."

"We have a huge mandate here at 17 Wing," Col O'Brien said. "Excellence in operations and training" is the motto for the base. "Just those few words passes on a huge responsibility to those folks that are out there providing the support to operations." He added, "That's what I want 17 Wing to be able to say to anybody that comes in here."

"I don't think I'm changing much from (former Wing Commander) Col Kummell's view. So really what I want to do is take a lot of what he was already doing, perhaps put my own spin on it, and continue the excellent direction that he already started."

There have been numerous structural changes to 17 Wing since Col O'Brien was last here. "The Wing is in really, really nice shape. I couldn't be more impressed. We've got a whole bunch of new and exciting buildings here," he said from his office in the new Wing Headquarters building, he described as "a lovely structure."

Col O'Brien said he plans to "continue to make 17 Wing a place that people want to come to. They want to be posted here, they want to come to work everyday because their facilities are bright, modern, up-to-date." As commanders, "we give them a motivation to all work towards one goal. I suppose that's the biggest thing I try to push out to people is that we're all on the same team, I just want to make sure that we're all pointed towards the same goal."

Col O'Brien recalls the reasons he joined the Canadian Forces on July 15, 1977. "There were a number of reasons. My mother and father were both in the military at one point. Both of them were huge proponents for the Canadian Forces. I wasn't exactly sure what I wanted to do. The military provided a very definite future," he said. "I could get my post-secondary education. Second, I had a very definite career after that to go and fly airplanes which is what I wanted to do." He remembered, "My father thought that RMC was (something) every young man and woman should do."

"(My parents) were very aware of how important (the military is) to the country, but also to the development of an individual," Col O'Brien said. "Within a couple of years of graduation I figured this was a great lifestyle. It afforded me an unparalleled chance to see the world; to do something that was really important."

The military quickly became an interest to Col O'Brien, but what commands the rest of the commander's time? "I've got a large number of interests. Probably first and foremost, is golf," he said. "I like to play a lot. I build clubs. I do a lot of things with golf. Golf is probably my overriding interest," noting that he had just played a round

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Letter To The Editor

By LCol J.A. Legere

Sir,

Re: Students Discover Memorial, Honour Officer, Volume 3, Issue 15, 24 August 2005

The above-mentioned article highlighted the great work of five young summer students who gave of their time and energy to make some superb improvements to Captain Cletus Cheng's memorial located at the St. Charles Range obstacle course site. Indeed, these young people did an outstanding job and, in the process, learned the story of an amazing Military Police Officer-a true professional and a dear friend. However, the article's author, Mr. Besyk, has taken creative licence with the facts. The story is somewhat misleading and I wanted to set the record straight.

The students were tasked by the Personnel Support Program (PSP) staff to tidy up the memorial site in preparation for a photograph of the 2005 Thunderbird Challenge Team, who were here from 4 - 9 August 2005. Each year a competition/training camp, dubbed "Thunderbird Challenge," is held at 17 Wing to select Military Police members from across the Air Force to represent Canada at the United States Air Force Security Forces' Defender Challenge competition. And each year, during the competition, the team, along with members of 17 Wing Military Police and the 1 Canadian Air Division Provost Marshal office, get together to remember Captain Cheng in order to keep his memory and his winning spirit alive.

Mr. Besyk's article also serves to keep Captain Cheng's memory alive, and for this we in the Military Police community are grateful. However, the story would lead one to believe that the memorial site and Captain Cheng have become distant memories. Nothing is further from the truth. Indeed, I have "before" and "after" pictures of the site that clearly show that at no time did the memorial suffer neglect, nor did the students have to hack and chop their way through overgrown foliage to "discover" the marker. They did a marvelous job of improving the site, and, in the process, learned about a great Canadian.

The Voxair is an important community voice and your staff does a great job of keeping the 17 Wing family informed. Please tell them the real story and let them know soonest that that Captain Cheng's memory remains (and has always remained) as strong as ever.

Sincerely,

J.A Legere
Lieutenant-Colonel
Provost Marshal
1 Cdn Air Div

Change Of Command - CFSSAT

By Jeremy Besyk



Clockwise from top, Maj Dave Proteau, WO Don Dunphy, Lt Monica Bradley, MCpl Don Ross at hyperbaric chamber.

Maj Dave Proteau assumed command of the Canadian Forces School of Survival and Aeromedical Training (CFSSAT) in August.

At a Change of Command Ceremony on 19 August, presided over by Wing Commander Col O'Brien, Maj Proteau was officially welcomed to CFSSAT, which provides Survival, Evasion, Resistance and Escape (SERE) training and Aero Medical Training (AMT) to all Canadian Forces aircrew.

Born in Quebec, Maj Proteau was first posted to 17 Wing in 2001. He said, "When I left Winnipeg two years ago, my first order of business was to get a posting back here." He added, "From my time spent at 17 Wing, I realized that this Wing is the best run in the Air Force. I'm very happy to be back."

In his role as commandant, Maj Proteau said he "is the second CO with operational background." He continued, "Originally this position was only for bioscience officers. So I think that the operational experience I can bring to the school can be a valuable asset."

When asked about the challenges ahead, Maj Proteau indicated that only a few things needed immediate attention. "The school is already running quite smoothly. Although an increase in staff would be helpful to meet the possible increase in SERE taskings, I intend to concentrate on keeping morale high and continue to provide the high standard of training maintained by my predecessors."

Joining the Forces in 1987, Maj Proteau attended le Collège Militaire Royale de St-Jean where he earned a bachelor of science degree. After graduation in 1992, he attended the Canadian Forces Air Navigation School, where he earned his Air Navigation Wings in June 1993. He returns to Winnipeg after spending two years in Greenwood, Nova Scotia, flying as a Tactical Navigator on the CP-140 Aurora with 405 squadron.

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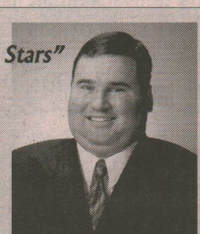
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Teamwork Key To Success, WComd

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the day before with colleagues.

"But I'm a big sports supporter in general. I play squash everyday now." Other sports he takes part in include hockey, broomball and fastball. "It was great fun to watch and participate" with the Prairie Regional Soccer Championship last month because Col O'Brien said he "had never been a part of soccer at such a real high level before." During the tournament he cheered on the Winnipeg team and over the course of the weekend attended three games.

17 Wing soccer team captain Stefan Szkwarek said, "It's refreshing and motivating to have support like that."

Col O'Brien added, "I consider myself a people person and I like to get out and talk to people. If they have an issue, tell me about it. Can I solve all of them? Maybe. Can I solve the majority of them? I hope so."

"I'm proud to have been selected as Wing Commander of what appears to be an excellent group of people. It's a wing that's vibrant. It's a wing that's got a lot of activities going on. And it's a wing that's got a huge area of responsibility. We're asking a lot of our people here on the wing. We really do demand a lot at the tactical level. The people at 17 Wing have more than met the challenge in the last number of years. And I expect them to continue to meet the challenge.

"You can tell that 17 Wing is vibrant and an essential part of the air force," he stated.

"17 Wing is in excellent shape."



Central Flying School Retirements APS 05

Submitted by Capt R.B. Weldrick

The Commandant of Central Flying School (CFS) Lieutenant-Colonel Gary Hook and serving members of CFS wish to bid farewell to two key family members who retired early this summer. Both Mrs. Susanne Forsythe and Captain Richard Jasmine have retired from the Department of National Defence (DND) and the Canadian Forces respectively after many years of dedicated service to their country. Both Susanne and Richard are moving on to new challenges in life's journey.



Susanne Forsythe and husband Major Tim Forsythe.



Captain Richard Jasmine (left) and Captain Al Didio (right) at Jazz's retirement luncheon.

Mrs. Susanne Forsythe, the Commandant's Secretary retired on 30 July 2005 after 32 years of continuous service with the Public Service of Canada and DND. During her career in DND Susanne has served at Canadian Forces Station Beausejour, Militia Area Pacific Headquarters, Regular Support Staff Pacific, Canadian Forces Base Cold Lake and Central Flying School (CFS) Winnipeg.

Susanne has worked as the Commandant's Secretary at CFS since 7 November 1983. In her 22 years of service to CFS, Susanne has mentored eight of the nine Commandants since the school reformed in 1981. Appreciation for Susanne's dedication was highlighted at her retirement luncheon by former Commandant, Lieutenant-Colonel Pete Young when he presented Susanne with a collection of letters of gratitude from each of the former Commanding Officers of CFS. In addition to having a reputation within CFS as the centre of corporate knowledge in all school administrative matters, Susanne has also been formally recognized by the Government of Canada for her work. In 1980 she received a Merit Award from the Command Merit Award Committee for meritorious and outstanding service within the Public Service of Canada.

Susanne will be retiring in the Winnipeg Area with her husband Major Tim Forsythe. Together Susanne and Tim will be enjoying their retirement with their two beautiful daughters Carrie and Tracey, and their grandchildren Jacee, Izaac and Kloe. To Susanne and Tim all of the CFS staff wishes you health and happiness in your future together. Thank you Susanne for all you have done, your hard work, kind nature and professional expertise will be missed.

On 18 Jun 2005 Captain Richard (Jazz) Jasmine, an Instrument Check Pilot at Central Flying School also celebrated a professional milestone. Capt Jasmine retired from the Canadian Forces after having served his country for more than 20 years. Jazz joined the CF in 1985 and began his career as an Aircraft Maintenance Technician. He then applied for and was accepted to attend Pilot training and earned his Wings early in his career. As a Canadian Forces Pilot, Jazz served at 407 (Maritime Patrol) Squadron Comox, 3 Canadian Forces Flying Training School Portage, and Central Flying School Winnipeg.

Richard, his wife Elaine and their two children Danielle and Derek will be remaining in the Winnipeg area as Jazz now joins the ranks of Transport Canada. Jazz's new role in aviation involves Aerodrome Certification and Aeronautical Services for Prairie Region. To Captain Richard Jasmine (retired) and his family, all of us at CFS wish you a healthy, prosperous retirement. Peace brother!



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ROYAL LEPAGE



Photo by MCpl Proctor CM, TEME

Cpl Robinson receiving his promotion to MCpl from Maj Parent (W TEME O) and LCol Gauthier (W Log O).



Sgt Gary Ezekiel, a member of 17 Wing Supply, receives his promotion to WO from LOGBATT/Task Force Golan Commanding Officer LCol S. Mongeon on 25 Aug 05. TFG RSM CPO1 J.P. Arseneau stands at right. Maj A.W. Dunkerley, OC Supply & Food Svc Sqn, along with the Supply Sqn team congratulate WO Ezekiel and welcome him back to Winnipeg (end-Aug). WO Ezekiel will assume new responsibilities following his return to Canada as a new member of 17 Svc Bn.



OS Dave Bergeron, a member of 17 Wing Supply, receives his promotion to AB from Supply Officer Golan Heights Task Force, LT(N) Hamilton, on 1 Jun 05. Maj A.W. Dunkerley, OC Supply & Food Svc Sqn, along with the Supply Sqn team congratulate AB Bergeron and welcome him back upon his return (end-Aug).



On 23 Jun 05 Maj Perry, WCompt, presented MCpl Kendall her promotion to Sgt.



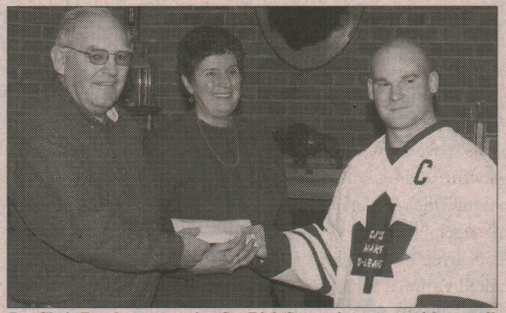
Cpl Mark Durette, a traffic tech with 17 Wing Supply, receives his release Certificate of Service and Pin from OC Supply & Food Svc, Maj A.W. Dunkerley, on 23 Aug 05.



CWO P. Berry was on hand to present Mr. Durette with a retirement letter signed by Maj Spott and CWO Berry on behalf of A4 Mov. The OC and the entire Supply Sqn team wish Mark the best in his pursuit of a career in the teaching field.



Cadet Jennifer Ziegler, 18, of 176 Royal Canadian Air Cadet Squadron in Winnipeg, Man., receives her private pilot's wings from Joshua Riep, her flight instructor, at her graduation parade at Penhold Air Cadet Summer Training Centre (PACSTC) in Penhold, Alta. The Cadet flying scholarship is an intense seven-week course in which the cadets complete all of the necessary flight and ground school requirements for a private pilot's license. The cadet program is open to all youth from 12 to 18 years old who live in Canada.



Pte Chris Butcher presenting Sgt Rick Spragg's parents with a small token of appreciation from 435 Squadron.

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An Update From Branch Advisor - To Stay Or Go? - A Look At The Senior Aircraft Technicians

By Col David Millar, A4 Maint, 1 Cdn Air Div

As Branch Advisor for the Aircraft Technician occupations, I have been travelling to all our Wings, with the Branch CWO Chief Doug Paul, espousing the Aircraft Technician Transformation (ATT) program. Our focus is to address the loss of expertise within aircraft maintenance attributed to: historic downsizing; an unprecedented influx of apprentices; an antiquated training, qualification and authorization process; and, attributed to notable attrition of our most cherished technicians who are the mainstay of the Air Force - those holding POM, Level A and C authorizations who are at 17 years of service and greater. These "super techs" (Senior Cpls/MCpls) represent 55 per cent of the aircraft maintenance workforce and are the focus of this article.


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I refer to them euphemistically as "super techs" not to exaggerate or over inflate egos, but only to state the obvious truth. They represent the 60 per cent who perform the majority of the work on our aircraft, engines, weapons, equipment and components. The other 40 per cent have yet to be fully trained. My notion of "super" also stems from the fact that not only are they required to maintain the fleets to a safe and airworthy standard, but also they are also responsible for training, developing, supervising, and leading the other 40 per cent. This responsibility is made all the more difficult when you impose: a high ops tempo; a lack of parts, equipment and resources; and, inordinate overhead of personal training, PD, secondary duties, and tech admin. But the "super" metaphor does not end there.

These are the very technicians who lived through an extraordinary time within the recent history of our Air Force. They lived through the period of draconian downsizing where personnel reductions were exponential and perceptionally adhoc. They witnessed very targeted force reduction (FRP) with benefit packages being handed out to the most senior technicians of the time. As they left, our "super techs" were thrust in as backfill without necessarily having the leadership and management skills to do so. Concurrently, recruiting was halted entirely, which effectively cutoff the regeneration of the workforce. Consequently, the "super techs" would have to endure the legacy of this decision by having to bear the brunt of today's maintenance and training burden.

At the same time, the Air Force was reengineered under the auspices of Project Genesis. This coincided with a restructuring of organizations and a complete overhaul of the maintenance trades, reducing what were formerly 11 trades down to three. During this time, every technician went through conversion training, and a new decentralized training philosophy was imposed, shifting 85 per cent of the training responsibility from the schools onto the shoulders of the experienced technicians on the flight line. It wasn't long before the negative impact of the changes, the zero recruiting, and the high attrition led to incentive packages for re-enrollees in an effort to counter the loss of experience. By happenstance, some of those who had left under the FRP incentive program re-enrolled with another incentive and retained their rank and place amongst those who had remained behind.

I have grown-up with these very technicians. They have guided me, provided me the benefit of their technical expertise and wisdom. I, along with our junior techs and AEREs, owe my career to them. They have remained altruistically loyal, dedicated, and professional throughout this period, despite the detractors and dissatisfiers. We have relied upon them in excess and have taken for granted their absolute contribution to the Air Force. We have tried to show deference by suggesting retention and attraction incentives such as bonuses, early pension benefits, dependent university funding and so on. None have come to fruition, only to be added to the pile of dissatisfiers.

Today, these technicians are the foundation of our maintenance capability in the Air Force; yet, this cohort is the most susceptible to departing. They are pensionable and have the greatest skill sets, experience and leadership credentials that industry is eagerly waiting. For this reason, they are my greatest source of concern and my greatest focus as Branch Advisor.

So, in my travels, I returned to those "super techs" who have influenced me to once again glean from their wisdom and expertise the "silver bullet" that would convince them, as a group, to stay. In our conversations they recognize the Air Force is on a new and bright path under the guise of the Aircraft Technician Transformation (ATT) program, the new Aircraft Technician Career Development Plan (ATCDP), and the Air Force Retention Campaign Plan. However, they feel, given their late stage of career that these initiatives have surpassed them, and instead, will be more beneficial to the new generation of technicians. They have seen how the recentralization of technician training back into the schools is starting to produce more highly qualified technicians who have the maturity and confidence to perform maintenance at a much earlier stage than before. They are seeing the benefits of dedicated training aircraft and the merits of advanced modeling and simulation to enhancing the depth and breadth of the new technicians' skills. They also feel the emphasis on mentoring, progression and succession planning throughout a technician's career is tremendous, but long overdue and too late to be of benefit to them.

As we commiserated, I tried to extract the "silver bullet". It is not money, although a bonus doesn't hurt anyone. But they submit that this is short-lived, and as history has shown, a dissatisfier if not applied universally. If money were an issue, they would have left long ago. Instead, they remain proud to be a part of a greater institution which has the role of being Canada's ambassador, domestically and internationally; professional in their determination to produce airworthy aircraft to perform the Air Force's missions; and, loyal to a calling that is within all who live to serve. Regrettably, as we are beginning to see with the increased attrition, these attributes, which I believe we have taken for granted, and even abused, are beginning to wane. Our "super techs" are starting to depart faster than we can regenerate the expertise they have acquired over 17 or more years of service. This is our/their dilemma.

What has the maintenance community and the senior leadership of the Air Force been doing in an effort to stem the tide, so to speak? The first ever Aircraft Maintenance CWO's Council was held in April combining the brain trust of all MOC 500 Chiefs to identify initiatives solely focused on the 17 years of service plus cohort. The list of proposals was far-reaching, ranging from selected Class B employment for a fixed period for those on the cusp of release, to the creation of a skills badge to adorn technicians' uniforms denoting the different levels of airworthiness authorizations any particular technician holds. The entire outcome of the Chief's Council is recorded on the A4 Maint website along with the details of ATT and ATCDP. The Chiefs also remarked on the need to espouse the bright and imminent advances transcending the Air Force such as: acquisition of UAVs, a new FWSAR aircraft, a new tactical aviation helicopter and maritime patrol helicopter; modernization of the Herc, CF-18 and Aurora fleets; the creation of Technical Training Flights; the revamping of the AF9000 quality program; the renewed emphasis on maintenance policy and standards; and, the transformation of the Canadian Forces and the Air Force under the new vision of the CDS and CAS. The Chiefs expressed the need to communicate the

Continued on next page.

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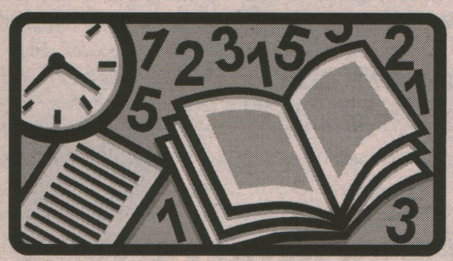

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Senior Aircraft Technicians Continued From Previous Page

positives and the challenges that lay ahead in order to energize and entice our technicians.

This has been the centerpiece of our presentations at the town halls that CWO Paul and I have been privileged to give at each of the wings we have visited. We reinforce that our experienced technicians are the bedrock of our maintenance capability, the teachers of our future technicians, and that the airworthiness of our aircraft resides in their hands. But, as I look into the eyes of my mentors and good friends, like Cpl Scott Brown, MCpl Mark McGuire, Sgt Dave Chevalier and Cpl Eve Labonte, all of whom I have relied upon since I was a Lt, I can see the thoughtful yet doubting look associated with hearing the same old rhetoric from the same old broken record. It just isn't enough though. They look at me as a Col, who they have trained and shaped for inspiration, for reassurance, and for an indication that their skills, expertise and value to the Air Force will truly be recognized, not just in words, rather in concrete, demonstrative terms. In that simple thought lies, I believe, a part of the "silver bullet": Recognition.

Recognition comes in many forms. The first that comes to mind are monetary, benefits, and compensation. Although these are continually being assessed, they remain elusive and have proven ineffectual in many cases. Yet, the more innocuous but profound form of recognition, which we tend to under value, is the indirect and intangible methods. Let me elaborate.

Knowing the tenure, expertise and seniority of our "super techs", they need to have a greater role in shaping and directing our personnel, our maintenance operations and our decision-making at the tactical level. Time-in has a quality unto itself that surpasses education and rank, especially when it comes to putting safe and airworthy aircraft on the line. They need to be singled out and their opinions and guidance sought. They have seen COs, SCWOs, SAMEOs and the like come and go multiple times. They understand what works and what doesn't work in an organization. They are the corporate knowledge and continuity. They have been part of the lessons we repeatedly learn and have witnessed more reinvention of the same wheel over and over. They are an untapped source of knowledge that we do not totally or effectively meld into our organizations as the brain trust they could become. They need to have a voice and influence as advisors to the squadron's leadership in tackling technical, organizational, maintenance policy and maintenance administrative issues. They need to be visibly consulted given their experience relative to the apprentices and developing journeymen. When it comes time for the "out of the ordinary" PD, training, TD, representational requirement at meetings, etc., they need to be given first consideration. In terms of career planning in accordance with the new ATCDP, they need to be first in line so that their aspirations and those of the Air Force can be discussed and kluged together. Their contributions need to be reinforced continually and repeatedly, not only by COs and SCWOs, but more importantly by those who these technicians really serve: the aircrew at the working level, the Capts and Majors. I have always marveled at the immeasurable impact aircrew have on senior ground crew when their goals and objectives, appreciation of one another's contribution to the missions, and their respect for one another's abilities become harmonized and indistinguishable. After all, these two distinct, but inseparable, groups represent the touchstones of air combat capability and need to be upheld as such.

Innocuous as I mentioned, but powerful in its simplicity. Execution in a deliberate and continual manner is a leadership challenge. I firmly believe these means of recognition are readily at our disposal and can be exercised immediately. I also feel that their impact will be positive, widespread and swift. I do not take for granted that this is the "silver bullet"; it is just but one means amongst the many that I will continue to pursue with the help of the aircraft maintenance community's senior leadership. I encourage everyone to help me in recognizing our "super techs".

DND Realty Assets And You!

By Michele Greb and Teresa Rupa, Wing Properties Office

Most of us use it, walk on it, store things in it, but never consider what goes into keeping track of it. The thousands of buildings, sheds, hangars, offices, drill halls, ranges and the service agreements that keep everything well-lit, heated and powered up all have their own special keepers. Was your building built in the 1950s and has a Federal Building Heritage review been done? Do you need to know the PILT paid on land and buildings or who occupies a building? There is a good chance the Properties Office will be able to answer your questions.

The Properties Office, contained within the Construction Engineering Squadron, knows about these things as they are responsible for recording all DND realty assets, from Thunder Bay, to Moose Jaw and up to Yellowknife. They are tasked with maintaining and keeping track of every square metre of building, roadway, fence, drainage ditch and beacon markers within their purview. That's a fair amount of realty assets to manage.

Using a national online database called RAIS (Realty Asset Information System), the aim is to provide a database that will enable particulars of buildings, lands, works and agreements to be recorded. This information (except works items), are reported to Treasury Board through the Directory of Federal Real Property (DFRP) and must be kept as accurate and up-to-date as possible. The RAIS database can be found at the following link on the DIN: http://10.234.16.23-/rais/01000/01001.asp

ADM(IE) has initiated a national RAIS Update Plan to review the RAIS database. Designated analysts at each Base/Wing have been tasked with verifying and validating every item of information on the database. Site plans, photos converted to JPEGs, building footprints, etc. will all be attached to the PRIN (property record identification number). A great deal of research will go into this initiative between now and the end of March 2006. It is a massive undertaking, which will result in the RAIS database becoming a showpiece for property management.

So if you see someone with a clipboard full of papers, a measuring tape and digital camera looking lost and confused in the middle of a field, they are searching for a shed that was moved "a while ago" to update co-ordinates for RAIS (and include a picture for good luck!). Wave and wish them well. They are probably on item 137 of a 6,000-item checklist!

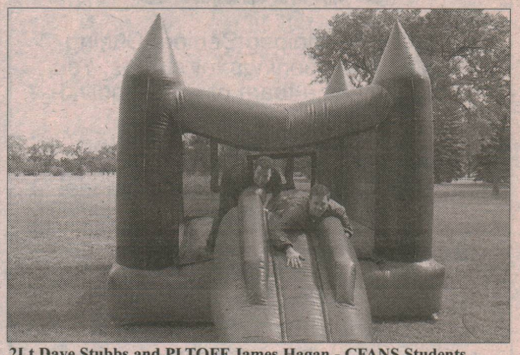


Sgt Gadboury (right) received the "Formation Chief Petty Officer's Award" given to the ILQ graduate who displayed the following exceptional qualities, as selected by his/her peers: leadership, peer cooperation, enthusiasm, ability to inspire esprit de corps, personal integrity. Making the presentation is Fleet School Coxswain CPO1 Daniel Lessard.

CFANS Family Day



Left to right, Cpl Kevin Stevens, PLTOFF James Hagan, 2Lt Dave Stubbs, FLT LT Martin "Taff" Roberts, Capt Rick Vinet.



2Lt Dave Stubbs and PLTOFF James Hagan - CFANS Students.

On Saturday, 20 August, the Canadian Forces Air Navigation School (CFANS) invited all of their family members out for a day of fun. The weather cooperated with lots of sunshine and cool temperatures. Many CFANS family members chose to start the day with a view of the city of Winnipeg and local areas from the air as famil flights were offered on the Dash 8. Following these flights, everyone headed over to Assiniboine Park for the pig roast. Capt Rick Vinet and his crew began roasting the pig in the early hours of the morning to ensure it was ready for the arrival of family members. At noon, the beast was served and the smiles told all. The children (and even a few larger children) worked off some of that delicious lunch in the bounce mania.

On behalf of CFANS staff and students, a big thank you to Capt Rick Vinet for all his work organizing CFANS Family Day. Thank you to the CFANS pilots who volunteered to fly the famil flights, 402 Sqn Servicing, and all CFANS staff and students who assisted with making another CFANS event memorable.

Kids Flying High At Swim Camp

By Jeremy Besyk

Kids excited to learn about healthy eating and nutrition? When tigers fly… er, pigs fly. But that is exactly what happened in August with the 17 Wing Flying Tigers Swim Camp.

Nearly two dozen kids, ranging in age from seven to 15-years-old, took part in a camp where they learned everything from the food groups and proper eating, to swimming techniques and weight training (for those old enough).

The five days of fun included a workshop with Health Promotions Director Christa Zappitelli, who instructed the kids on healthy eating and, for many of them, introduced Canada's Food Guide. In the presentation the kids were taught about nutrients in vegetables and what carbohydrates are, as well as given Canada's Physical Activity Guide.

Zappitelli said she was shocked that some kids had already begun to read labels on food products at an early age. "I was pleasantly surprised that some of the children were aware of the nutrition labels, let alone what that information means," she said.

Over at the pool the kids were introduced to the use of swim aids such as pull buoys, flutter boards and paddles through exercises and drills. The camp made a splash with the kids who were enthusiastic about getting into the pool and having some fun. But at the same time they were learning life skills and strengthening their bodies, even if they weren't aware of it, said one of the coordinators, Sherry Moran.

The kids were learning that you don't have to be competitive to be successful at swimming. Striving to do your own personal best is the goal, Moran said. She made note of one child who was not able to dive on the first day of the program, essentially "belly-flopping" into the pool. But the 14-year-old was determined enough to get it right, and by day three of the camp was able to complete a successful dive.

"I have seen an unbelievable amount of determination and bravery in these swim camp kids," Moran added. "They are so brave to try and try and try, despite the fact that they are right beside some kids that are so very good at diving, for instance, but they won't give up." It's that determination that Moran says will help the children ultimately be successful in the pool and later in life.

Rita Larouche, whose eight-year-old son Dimitri-Maximillian took part in the camp, said he "loves to swim. He was very excited to go in the morning." The family moved to Winnipeg two months ago from Greenwood, Nova Scotia. Larouche, whose husband is a Search and Rescue Technician, said the entire family loves to swim, including her three-year-old daughter who seemed eager to get into the pool, but was too young to participate.

And little Dimitri-Maximillian already had his favourite technique in the pool: "The breast stroke. I love it!" he said. But it doesn't stop there. He said he learned a lot from the health lesson and was ready to teach his family about the food groups and help his mom with nutritious recipes.

The swim camp was an introduction to the 17 Wing Flying Tigers Swim team which begins practicing in the fall, with registration taking place at the Registration Fair, September 17. Members of the team will have the option of swimming competitively or simply for recreation.



Photo by Jeremy Besyk

While learning in the pool, kids also received health and nutritional information at Flying Tigers Swim Camp in August.

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DID YOU KNOW?

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Mandate

The DWAO is your opportunity to play an active part in a growing movement that promotes the vision of "One Defence team that values everyone". Those who subscribe to this vision of the evolving culture of DND/CF do so because they understand that our strength, operational effectiveness, and ability to represent the Canadian values we are called to defend depends upon it. Lack of respect or value drives people away to find more rewarding and supportive work. Thus, the cohesiveness and winning edge of the whole team is eroded, as valuable contributions are lost.

The DWAO exists to provide women and men of DND/CF an avenue to volunteer their energies and talents towards advising, advocating and networking with the leadership, their colleagues and their subordinates. The purpose is to assist in resolving any systemic issues that may be adversely affecting DND/CF's ability to capitalize on the full contribution that women can make towards a strong, effective and representative DND/CF. Providing this voice for employees and members is crucial to completing the information leaders and individuals need to make decisions that affect our workplace.

It is time to objectively deal with issues that jeopardize our ability to capitalize on diversity and be viewed from within and without as the organization that walks the talk. The DWAO wants to help and is doing so by giving feedback, ideas and recommendations from the member or employee point of view. The DWAO is volunteers, volunteers are you. Whether you are seeking information or want to volunteer - get involved, give us a call at 1-888-298-4585 or contact your local DDAG as shown below.

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

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Manitoba DET, Exercise Hudson Sentinel 05 Churchill Patrol

By WO Wade Jones

It has been almost thirty years since a Canadian Forces warship has entered the Hudson Bay and the Port of Churchill, Manitoba, but that's what happened on17 Aug 05. HMCS Glace Bay and HMCS Shawinigan tied up to the massive wheat terminal dock to a large crowd of curious onlookers. That evening the crew of both ships turned out in their dress uniforms commonly called "salt and peppers" to be given, by Churchill's Mayor Michael Spence, the highest honour afforded to a military unit the "Freedom of the City" and a plaque with the key to the town. Mayor Spence declared that 19 August 2005 would be "Canadian Forces Day" in the town of Churchill. On hand for the occasion was Member of Parliament, The Right Honourable Reg Alcock, President of the Treasury Board, Commodore Bob Blakely, Commander of Canada's Naval Reserve, the Churchill Ranger Patrol, citizens of Churchill, international tourists and the national press. Afterwards the ship's Commanding Officers, LCdr Scott Healley, HMCS Glace Bay and LCdr Etienne Landry, HMCS Shawinigan hosted invited guests, including the Rangers, on board for a meet and greet. Many of the Rangers were very impressed with the crew's hospitality and the friendly atmosphere that made them feel like true members of the Canadian Forces. The Rangers were equally as busy answering the crew's questions about the Ranger programme as the sailors were answering questions about the ships.

The impressive Kingston Class Maritime Coastal Defence ships are part of Exercise Hudson Sentinel 05, a multi-element Canadian Artic sovereignty exercise that involved the warships and their Naval Reserve crews, an Aurora maritime patrol aircraft, a Twin Otter and personnel from Maritime Command, Canadian Forces Northern Area, 440 Squadron, 405 Squadron, Fifth Maritime Operations Group, Canadian Rangers from 1,2,3 and 4CRPG and the Royal Canadian Mounted Police as well as many civilian newspaper reporters from Canada and other countries.

On the afternoon 18 August the ships were ready to "turn the screw" as they say and invited many of the town's people including; Section Commander Janice Shultz, Rangers George Lundie, Stanley Spence, Conrad Bjorkland, Joan Brauner, and Michael Whitmore to experience life at sea for a few hours. The ship's crews went through several drills including man over board, turns and so on, showcasing and obviously proud of their fine vessels. The Rangers were truly impressed with the professionalism and the ships ability to turn so fast. Ranger Whitmore was more impressed at their ability to dock, as he was a little green around the gills for most of the trip. Once back on solid ground, he too was proudly displaying the ship's ball cap as a souvenir of his experience.

Included on 19 August in Churchill was a Memorial service held at the Churchill Branch # 227 of The Royal Canadian Legion honouring the year of the Veteran and the Canadian Forces visit to the town of Churchill. Approximately 200 Churchill residents and Canadian Forces members including an honour guard from the ships company attended this service. It was a patriotic service that reminded us all of the sacrifices that our Veterans and serving members have made to make our world and country a better place. An open house and displays of the Aurora and Twin Otter aircraft, the Canadian Rangers and Junior Rangers equipment and guided tours of both ships followed the service. The back drop for the displays at the port that afternoon were thousands of white Beluga Whales nosily blowing air from the top of their heads as they surfaced sometimes within 30 feet of the dock and ships. The afternoon proved to be not only a chance for the community and ship's crews to see the Rangers but also served as an excellent recruiting venue. Several people showed interest in joining the Rangers programme. During the afternoon of the 20th a friendly ball game was played between the ship's crews and the town. Winning was measured in the friends made and the fun had by all.

The involvement of 4CRPG in Ex Hudson Sentinel 05 started many months earlier in April 05, with an invitation coming from the Fifth Maritime Operations Group, Halifax to have some sort of participation of the Canadian Rangers in the Exercise. The Det Comd, Capt Doug Colton, knew this would be a great opportunity for the Det so once the CO gave his approval he did his thing and pursued to have the Det involved. It (the plan) evolved and when the final OP Order was announced 1,2, 3, and 4CRPG were invited to have Rangers participate. Manitoba Det gave the warning order to PC Camille Hamilton of the Churchill Patrol, in early June, giving him the general idea of the exercise as known. He was very happy to hear the Churchill Patrol was allocated five spots, one Ranger Instructor WO Wade Jones, two Rangers, PC Camille Hamilton and Ranger Kelly Turcotte as well as two Junior Rangers Stephan Mudrak and Justin Preteau to sail north. JCR O, Capt Sally Purdon and JCR Instructor WO Jeff Belisle were just as excited as the JCRs themselves to have the JCRs involved.

The five, along with three Rangers and one Ranger Instructor from 3 CRPG, one Ranger Instructor and the Group GSM from 1CRPG were divided between the two ships; they boarded on 21 August and sailed north.

The hamlets and Ranger Patrols on the west side of the Hudson Bay that were visited during the week long exercise were; Churchill, Arviat, Whale Cove, Rankin Inlet, Chesterfield Inlet, Coral harbour, cross the artic circle, Cape Dorset, Kimmirut then the ships moved south to St. John's NFLD then to their home port Halifax, NS. The Churchill Rangers travelled on the HMCS Glace Bay from Churchill to Whale Cove, Nunavut approximately 600 km, where they were put ashore in rough seas aboard the RIB. A Canadian Forces CP 138 Twin Otter met them and flew them to Arviat, Nunavut. There they spent the night. In the hamlet they were greeted and welcomed by everyone they met and of course asked lots of questions. Next morning they returned to Churchill by air.

From Arviat and points north, when weather permitted, more Rangers' families and friends were taken on board at each hamlet for the day. They were given tours of the ships and put ashore before moving on to the next community. The ships sailed far into Canada's Artic prepared to conduct a SAR near Cape Dorset with 1CRPG before they returned to St. John's, about one week later.

The scale deployed, presence and importance of the Canadian Forces being in the Artic cannot be under stressed. Not only did it offer the small isolated communities and Rangers a chance to see the warships and aircraft, it also showed our sovereignty in the north, the main objective of the exercise.

The Manitoba Det was very fortunate to have the Rangers and Junior Rangers spend a day sailing north and fly in a Twin Otter. Both Junior Rangers Stephan Mudrak and Justin Preteau had the time of their lives. Both boys assured me that they were more then capable of safely steering the ship to Whale Cove if the Captain needed a rest. JCR Justin Preteau was wide-awake till 3AM assisting the Officer Of the Watch with handling any problems on the bridge, he was answering the ship's Coxin MWO O'Quinn at 0700 hrs as to why he was still in the rack. Actually he was given an extra 15 minutes just to get the sea salt out of his eyes. JCR Stephan Mudrak was all smiles when he was presented a Bossin's whistle by the Bossin's mate while on the sweep deck. He could be heard for most of the morning practising the ship's piping. Hope nobody went to action or man over board stations. PC Hamilton covered every inch of the ships controls, radars, GPS systems and wanted all the details on power, propulsion, horse power, kilowatts, jewels, AC, DC conversions or anything else he could add to his inquisitive mechanical mind, no sense sleeping if you can learn something. Ranger Kelly Turcotte was like a big kid in a candy store when it came to helping the crew clean the Glock pistols, C-7, C-8 rifles, C-9 LMG, assault shot guns and what every else needed to be cleaned. I think he had to be held back from the .50 cal anti aircrafts machine guns and the 40 mm cannons. I am sure ye old sea dogs now have your sea legs and bragging rights.

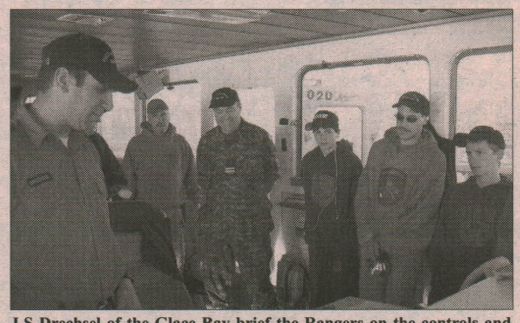
The atmosphere proved that this was a very exciting event for the town of Churchill and the Canadian forces. The Rangers made a mark on both; the exposure will only pay dividends in the future for the programmes. Well-done Churchill Rangers.



Rangers and JCR who attended the Service.



HMCS Shawinigan and Glace Bay tied up at the only inland sea port in Canada, Churchill, Manitoba.



LS Drechsel of the Glace Bay brief the Rangers on the controls and propulsion system of the ship, Left side of the picture is Sgt Kevin Stevens a RI from 1CRPG, Yellowknife.

To Each Their Challenge, To Each Their Everest

By Joanne Legault



MWO Pierre Beauchamp et Sgt Gaston Plante with the cyclists. (Major Parent & CWO Dieleman where not available for the picture)

Sgt Gaston Plante from 17 Wing TEME Winnipeg had friend cyclists visiting while on their fund raising journey for the "Fondation Entre Voisins".

This group composed of 4 men and 3 women left Montreal's P.E.T. airport on July 29 for a 55 days adventure starting in Vancouver August 1 that took them through the Rockies, across the Prairies and are expected in Montreal September 25.

Sgt Plante would like to thank Major Stephane Parent, CWO Dale Dieleman and MWO Pierre Beauchamp for their support in helping make the Winnipeg visit unforgettable.

You can read the day to day of the cyclists on: www.entrevoisins.ca

Radiation Safety Of Microwave Ovens

By Craig Oversby

The Issue

Some people are concerned about the potential health effects of exposure to microwave energy when they use their microwave ovens.

Background

Microwave ovens provide a convenient way to thaw, cook, and reheat food. They are now common in most Canadian homes and restaurants, and are also found in many commercial and industrial establishments.

Microwaves are a form of radiofrequency electromagnetic energy. When they penetrate food, they cause water molecules in the food to rotate. The rotation causes friction between the molecules, resulting in a rapid rise in temperature. This is why the cooking time with a microwave oven is much shorter than with a conventional oven.

Microwaves should not be confused with X-rays or other intense forms of energy. The microwaves generated by a microwave oven do not cause food or the oven itself to become radioactive. When you shut the oven off, the microwaves disappear. They do not remain in either the food or the oven.

Health Issues Associated with Microwave Leakage

Some microwave energy may leak from your oven while you are using it, but this would pose no known health risks, as long as the oven is properly maintained. Health Canada has established a regulation that limits the amount of leakage allowed from any microwave oven sold, leased or imported into Canada. This limit is well below the level of microwave exposure that would cause any known health effects.

Proper maintenance is the key to keeping microwave leakage levels within acceptable limits. The amount of leakage may go up if the oven's door or seal is damaged, or if there is a build-up of dirt around the seal. It is also important to keep all of the hinges and latches in good working order.

Concerns about Pacemakers

Some early models of pacemakers were susceptible to interference from microwave ovens. Improvements in the shielding and filtering of modern pacemakers and a reduction in the leakage levels from newer microwave ovens have reduced or eliminated these concerns. Most models today are not affected by being near a microwave oven, as long as the leakage is within the limits specified by Health Canada's regulation. Anyone with a pacemaker who gets dizzy or experiences discomfort around a microwave oven should move away from the oven immediately and consult a health care professional.

Re-Selling Your Microwave Oven

Ovens offered for re-sale must also comply with the regulation. If you plan to sell any microwave oven you own, even if it has never been used, you are responsible for making sure that the microwave leakage does not exceed the regulatory limit.

Minimizing Your Risks

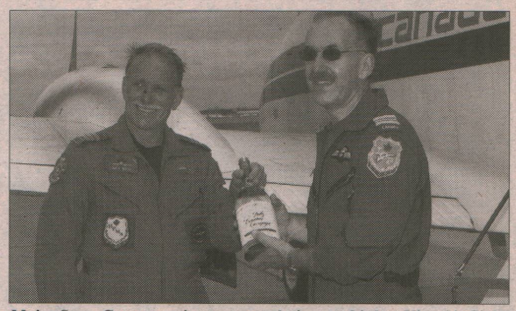
You can maintain low microwave leakage levels by keeping your microwave oven in good working order. The following is a list of suggestions:

- Follow the manufacturer's instructions for operating procedures and safety precautions.
- Hire qualified service technicians for all adjustments and repairs.
- Do not use the oven if the door does not close, or is bent, warped or damaged in any way.
- Do not disable or tamper with the oven's safety interlocks.
- Never insert any object through any opening in the oven or around the door seal.
- Always keep the oven door and seal clean; do not use abrasive cleansers.
- Take a good look at your microwave oven. If there is noticeable damage to the door or door hinges, latches or screen, there may be excessive leakage. Contact the manufacturer, distributor, or a qualified service technician to have the oven professionally inspected.

Health Canada's Role

Health Canada has established a regulation under the Radiation Emitting Devices Act to govern the design, construction and functioning of microwave ovens that are sold, leased or imported into Canada. As noted, the regulation specifies limits for microwave leakage from ovens.

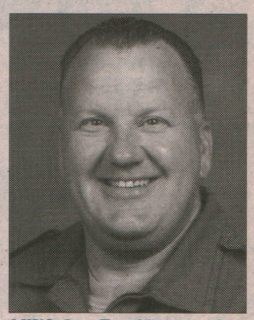
Manufacturers who import, sell or lease microwave ovens voluntarily submit technical information to Health Canada showing that their oven models comply with the regulation. To ensure compliance, Health Canada periodically conducts inspections of microwave ovens before they are offered for sale by retailers. As of the spring of 2002, none of the ovens inspected were found to emit radiofrequency energy in excess of the regulatory limits.



Major Steve Camm receives congratulations on his last King Air flight from LCol Gary Hook.



Capt Frank Tos posted to 400 (TAC Hel) Squadron 16 Wing Borden.



MWO Luc Tremblay posted to 443 (MH) Squadron Esquimalt.

Central Flying School's Annual Posting Season (APS) 2005

By Capt Rob Weldrick

If you were to visit Central Flying School (CFS) today you would find a lot of new faces in the crowd. The unit strength of CFS is 31 Canadian Forces members and two DND employees. Of the 33 personnel at CFS during the past year, eight were posted and two retired accounting for approximately 30% of the unit's strength. While such a turnover rate is not unusual for an Air Force unit, the many new faces are easily noticed given the relatively small size of our school.

On behalf of the Commandant LCol Gary Hook and all CFS members I would like to take the opportunity to thank all of the personnel who were posted out of CFS this summer. The posted-out personnel include; Major Steve Camm (CFSAS, Winnipeg), Major Remi McLaughlin (3 CFFTS, Portage), Captain Don "Spike" Kavelanch (3 CFFTS, Portage), Captain Frank Tos (400 Squadron, Borden), Captain Steve Wilson (Colorado Springs, Colorado), MWO Brad Sleigh (CFANS, Winnipeg) and MWO Luc Tremblay (443 Squadron, Esquimalt). It is very difficult to summarize the contribution that these people have made to Central Flying School and the Air Force in only a few short words. Suffice it to say that during their tenure at CFS they have demonstrated both the professionalism and dedication that exemplifies the culture that is the Canadian Forces. To each of these individuals thank you for your service to Central Flying School.

As we bid farewell to friendships with a posting season, new friendships begin to be forged as the replacement personnel arrive in the yearly posting cycle. The staff at CFS wish to formally welcome the following members and their families' who have joined our school this summer; Major Mike "Ruggy" Wolter, Captain Rob Chapman, Captain Greg Dixon, Captain John "Jabba" Hutt, Captain Sean McIntosh, Captain Ted Rolfe, MWO Brian Welin, WO Ken Othman and Mrs. Lisa Stetina. To all these Officers, Non-Commissioned Members and DND employees, welcome to our family. We look forward to the opportunity to share the upcoming training year.

"We teach so that others may teach."



Photo by 17 Wing imaging

Front Row L-R: Sgt Baulne (CC) Mr. Redekopp (COMDT) LCol D. Shyiak (1 Cdn Air Div A1 Training) CWO Roy (SCWO) MWO Carleton (STDS WO)
Middle Row L-R: Sgt Vivian (Instr) MCpl Fournier (Instr) Pte Campagna Pte Paczay Pte Lemire Pte Slade-Campbell MCpl Cleary (Instr) Sgt Siegnerschmidt (Instr)
Back Row L-R: Pte Birt Cpl Embregts Pte Engerdahl Cpl Bouchard Cpl Riles Cpl Slauenwhite



Photo by 17 Wing imaging

Cpl Glen Slauenwhite receiving the Certificate of Achievement on QL3 0501 for the highest academic mark of the course from LCol Darryl Shyiak (1 CDN AIR DIV A1 TRAINING).

CFS MET Graduates New Weather Observers

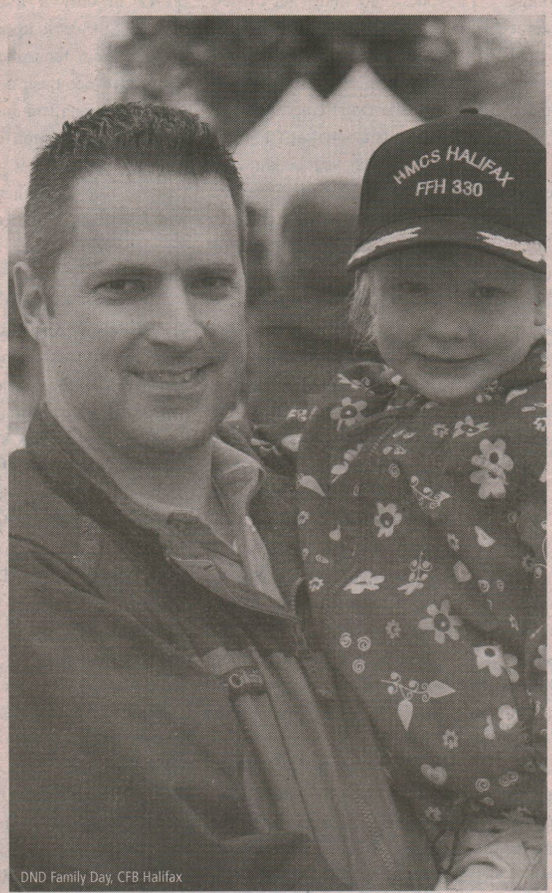
By MWO Rick Carleton

So have you ever wondered what type of clouds those are in the sky, or is it a rain shower or periods of rain? Well you don't have to look too far as the recent graduates of QL3 0501 will gladly set you straight. After what seemed like an eternity combined with funny sounding cloud names with Latin origins finally making sense, CFS Met sent 10 newly qualified weather observers to various Wings.

The QL3 course which is known as the "Basic Weather Observer" course began when Winnipeg was still experiencing winter at the beginning of April, graduated on June 22. This course is basically the first step in these new weather observers' training. The aim of the course is to train personnel to take weather observations, disseminate observed data and provide technical meteorological information to support operations.

This course was indeed an interesting and enjoyable one that included a new group of recruits who were complemented by experienced service personnel. The "ex-army" folks couldn't believe how well life on an air force wing actually is. During the final testing, which is when we try to assimilate actual weather office conditions, we had the opportunity to streamline the training much to the relief of the students. In the end we turned out very impressive weather observers who will make great additions to their respective weather offices.

As I'm writing this article, the conclusion of summer is fast approaching and we are gearing up for a busy fall. The first course, NQ3 0502 began August 29 and was followed by QL6A 0502 that started September 13th. 'Til next time- "COGNITIO CAELI".



DND Family Day, CFB Halifax

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Join today.

- Call 1-866-808-9933 (in Canada and the US) (506) 634-5444 (International collect).
- For information and downloadable application forms, visit www.cdcbanking.com
- Brochures and application kits available at SISIP Financial Services (SISIP FS)[¥] and CANEX[£] on base.

CANADIAN FORCES PERSONNEL SUPPORT AGENCY
AGENCE DE SOUTIEN DU PERSONNEL DES FORCES CANADIENNES

Canadian Defence Community™ Banking

™ Trademark of CIBC. †Canadian Defence Community Banking services are provided by the direct banking division of CIBC.
The Canadian Defence Community Banking program is brought to you in cooperation with the Canadian Forces Personnel Support Agency (CFPSA).
¥SISIP FS is a division of the CFPSA. £CANEX is a division of the CFPSA.

CFANS AESOP Graduation

By Capt R.N. Stevens

On 29th July 05, six students from Basic AESOP (airborne electronic sensor operator) Course (BAC 0402) at the Canadian Forces Air Navigation School graduated and received their Canadian Forces AESOP Wings from Col Eldren Thuen, the parade Reviewing Officer. The occasion was marked with a Wings Presentation Parade followed by an awards ceremony at the Junior Rank's Mess where families and friends gathered to share in this special occasion.

(Standing back row, left to right): Sgt J-Y Boulay, BAC 0402 Course Director. Graduates: Cpl Scott Murphy is posted to 405 (MP) Sqn in Greenwood, NS on the CP-140 Aurora, Cpl Richard Murray is posted to 407 (MP) Sqn in Comox, BC on the CP-140 Aurora, Cpl Ryan Canning is posted to 407 (MP) Sqn in Comox on the CP-140 Aurora, Cpl Brian Henstock is posted to 405 (MP) Sqn on the CP-140 Aurora, Cpl Steve Curtis is posted to 405 (MP) Sqn in Greenwood on the CP-140 Aurora, Cpl Nicholas Bichsel is posted to 443 (MH) Sqn in Victoria, BC on the CH124 Sea King. CWO J Hamalainen, CFANS CWO.

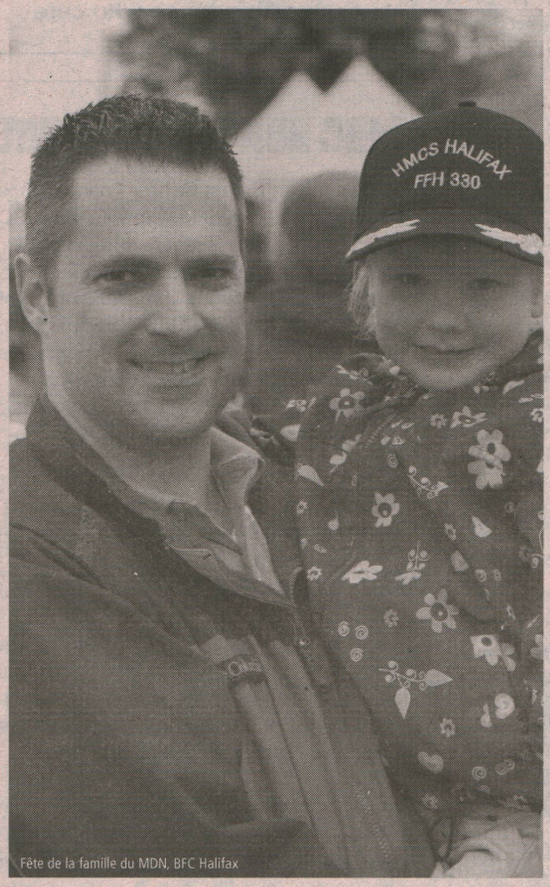
(Seated front row, left to right): HCol B Van Ruiten, 17 Wing Honourary Colonel, LCol T Whitburn, 17 Wing Deputy Wing Commander, Col E Thuen, Reviewing Officer, LCol C Ness, CFANS Commandant, HCol A.W.H Cheffins, CFANS Honourary Colonel.

Mr. Russell of the Wartime Pilots and Observer Association presented the Flt Lieutenant Reginald (Pat) McNamara award to the graduate of the Basic AESOP wings qualifying course who demonstrated outstanding performance in academics and flying to Cpl Nicholas Bichsel. HCol Cheffins presented the HCol A.W.H. Cheffins award to the AESOP student who made the greatest contribution to team building and course morale to Cpl Brian Henstock.



Photo by Cpl LeBlanc, 17 Wing imaging

Congratulations to all graduates of BAC 0402 from the staff and students of CFANS.



Fête de la famille du MDN, BFC Halifax

Votre communauté. Votre programme de services bancaires.

Voici le nouveau membre de la communauté.

Services bancaires Communauté de la Défense canadienne† (SBCDC)

- Compte de chèques SBCDC. Seulement 5 $ par mois.
- Aucun centre bancaire, nous pouvons donc vous faire épargner davantage.
- Prêts hypothécaires à taux d'intérêt peu élevé qui vous suivent.
- Compte d'épargne, marge de crédit, et plus encore.
- Accès à votre compte de partout dans le monde, 24 heures sur 24, 7 jours sur 7.

Inscrivez-vous dès aujourd'hui.

- Composez le 1 866 808-9933 (au Canada et aux États-Unis) ou le 506 634-5444 (appels à frais virés de l'étranger).
- Pour obtenir des renseignements ou télécharger les formules de demande, visitez le site www.cdcbanking.com/francais
- Les brochures et les trousses de demande sont disponibles au bureau des Services financiers du RARM (SF RARM)[Y] et au magasin CANEX[‡] de la base.

AGENCE DE SOUTIEN DU PERSONNEL DES FORCES CANADIENNES
CANADIAN FORCES PERSONNEL SUPPORT AGENCY

Services bancaires Communauté[MC] de la Défense canadienne

[MC]Marque de commerce de la Banque CIBC. †Les Services bancaires Communauté de la Défense canadienne sont offerts par la division des services bancaires directs de la Banque CIBC. Le programme des Services bancaires Communauté de la Défense canadienne (SBCDC) vous est offert en collaboration avec l'Agence de soutien de personnel des Forces canadiennes (ASPFC). [Y]Services financiers du RARM est une division de l'ASPFC. [‡]CANEX est une division de l'ASPFC.

The Reality Of Operational Stress Injuries

Operational stress injuries (OSI) are just as much a reality today as they were for the military in World War II. In fact, operational stress injury has always been a part of military history. In the past it was called shell-shock or battle-fatigue. Regardless of its name, the truth is that injuries caused by operational stress and trauma injure the mind and spirit, and can be just as fatal as any physical wound.

"Operational stress injury" is a non-medical term used to describe any persistent psychological difficulty, including anxiety, depression and post-traumatic stress disorder (PTSD), resulting from operational duties performed by a Canadian Forces member. An OSI can be as psychologically debilitating as a broken leg is physically debilitating. The good news is that just like a broken leg, an OSI can be treated and healed.

An OSI is not a mental weakness, nor is it a sign of cowardice. An OSI has no preferences. It can strike any personality, gender, military rank, trade or classification. It does not prefer one operational tour to another, nor does it favour international tours of duty over training exercises in-country.

If a military member is affected by an OSI, it can surface immediately after the operational stress or trauma, or the symptoms may appear many years later. Anecdotally, we know that for some it can take several years before the wounds of an OSI are recognized and diagnosed. Sadly, however, the undiagnosed OSI often has an impact on many other parts of the military member or Veterans's life, as well as the entire family. Often, when military members return from operational duty, their families will notice a change in the person marked by increased irritability, social isolation, emotional numbness, difficulty with sleep, and/or hyper-vigilance.

The symptoms of the OSI go beyond the wounded military member and are reflected on other members of the family. Often, the affects of the OSI on the military member results in increased responsibilities on family members as they try to adapt to the stresses and long-term impact of OSI within the family. Family members make many efforts to understand the difficulties of the wounded military member, with the desire to restore family stability and facilitate a return to normal family functioning. The long-term consequences of OSI on family members may result in compassion fatigue and in some cases vicarious trauma.

Through social support, treatment, information and education, serving military members, Veterans, and their families can find relief from the psychological difficulties and family life challenges resulting from an OSI. Many communities offer confidential resources that can be accessed to provide this support. It is possible for serving members, Veterans and their families to break the isolation, confusion, and shame that often accompanies the presence of an OSI.

Based on the principle of peer support, the Operational Stress Injury Social Support (OSISS) program is dedicated to providing confidential social support to serving military members, Veterans, and their families affected by OSI. This support is offered by individuals who have themselves experienced an OSI, or by family members who fully understand the issues of OSI through their own experiences.

OSISS is now available across Canada. Specifically in Winnipeg, two OSISS Peer Support Coordinators, Mike Spellen and Sandra Guenther, provide social support services to the serving military and Veterans' community, as well as families. All support services are provided to the individual with respect to privacy and confidentiality.

Mike Spellen, the OSISS Peer Support Coordinator (PSC) for Manitoba, provides social support services to serving military members, and Veterans. Mike is there to provide support to members and Veterans and help them sort out the issues related to the OSI. His role is to, 'Listen, Assess and Refer'.

Sandra Guenther, the OSISS Family Peer Support Coordinator (FamilyPSC) for North Western Ontario, Manitoba and Saskatchewan, provides support services for families impacted by an OSI. Sandra is there to reach out to families, provide information, and connect them to the appropriate resources in their community. Her role is to 'Reach Out, Inform and Connect'.

Since September 2004, OSISS has offered support groups for military members and Veterans with an OSI. Following a similar format, support groups will be offered to family members of those with an OSI, beginning in the Fall of 2005. The family support group meetings will offer an educational component and an opportunity for discussion.

Although OSI is a very real part of today's military, its long-term outcome on serving members, Veterans and their families can be minimized through awareness, treatment and social support. Just as physical injuries resulting from operational duties can be treated and healed, the psychological injuries of OSI can also be treated and healed. Healing starts with awareness and recognition of the injury and can be accelerated by the support of peers, health professionals, and resources in the community.

For more information on the OSISS program please visit the website www.osiss.ca or contact "The Centre" at 1 800 883-6094

If you are a serving military member, or Veteran experiencing OSI related difficulties and would like the support of a peer, please contact: Mike Spellen, Peer Support Coordinator (204) 984-0878 or peersupportwin@aol.com

If you are a family member supporting a loved one with an OSI and would like to discuss the impacts of OSI on your life, please contact: Sandra Guenther, Family Peer Support Coordinator (204) 782-3119 or familypscwin@aol.com

Greta Garbo Joint Issue

By Alf Brooks

In September Sweden and the United States issue stamps honouring the actress on the 100th anniversary of her birth.

Greta Garbo (1905-1990) began her acting career in her native Sweden in 1922. Her first film was in 1924, "The Saga of Gösta Berling." After her home debut came many Hollywood films, including "Anna Karenina" (1935) and "Ninotchka" (1939).

Both Sweden and the USA issue a stamp picturing her in a still from the 1932 film "As You Desire Me." Sweden also issues a stamp showing Garbo's profile after a drawing by Swedish artist Einar Nerman.

The stamps are engraved by Piotr Naszarkowski and Lars Sjööblom.



Operational Stress Injury SOCIAL SUPPORT

SOUTIEN SOCIAL Blessures Stress Opérationnel

A Social Support Network for Families

OSI Family Support Group

Tuesday September 27, 2005, at 7:00 p.m.
Deer Lodge OSI Clinic
3rd Floor, North Pavilion, 2109 Portage Avenue, Winnipeg

Operational stress injuries (OSI) from military operational duties or trauma can impact the family unit. If you are a family member living with someone who has such an injury and would like to connect with others for support; learn more about an OSI and your community resources; and how to better cope with the day-to-day challenges of living with someone with such an injury, you are invited to attend a peer support group for families. These peer support groups will meet monthly and will include:

- A presentation by a health professional from the Deer Lodge OSI Clinic
- Time for discussion and questions
- An opportunity to request presentation topics for future meetings
- An opportunity to connect and learn from others who are experiencing similar challenges

For more information please contact Sandra Guenther, OSISS Family Peer Support Coordinator (204) 782-3119 or familypscwin@aol.com

The Operational Stress Injury Social Support (OSISS) Program is a joint initiative between the Department of National Defence and Veterans Affairs Canada.

Supporting those who care

CIBC RUN FOR THE CURE

The Canadian Breast Cancer Foundation is looking for volunteers to help with the CIBC Run For The Cure event to be held on 02 October 2005. Volunteers are needed for the tear down, route marshalling, and more. This event will attract over 7,000 participants to raise money for breast cancer research. To volunteer, please contact Donna-Lynn Guagliardo at 231-4885 ext 224. Members of 17 Wing are encouraged to identify themselves as such.

Do you want to Learn?

If so, the Winnipeg Learning and Career Centre is the place to go. Located on the main floor in building 135, the Winnipeg Learning and Career Centre has numerous resources to help you reach your goals.

From CD ROMs with step-by-step instructions on Excel, Word and Power Point, to computer usage and loans, the Winnipeg LCC can help.

Best of all, it's free. For more information, please contact Michelle Stephenson @ local 4208.

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email: merlynss@shaw.ca

STRENGTHENING THE FORCES
ENERGISER LES

WANT A SUPPORTIVE WAY TO LOSE A FEW POUNDS AND FEEL BETTER ABOUT YOURSELF?

17 WING WINNPEG HEALTH PROMOTION is proud to present:

WEIGHT WELLNESS PROGRAM

START DATE: OCTOBER 5
TIME: 1000 hrs - 1200 hrs
WHERE: Learning Career Centre

FOR MORE INFO OR TO REGISTER CONTACT HEALTH PROMOTION AT 4160 OR 4150. Space is limited so register early!

17 WING WINNIPEG HEALTH PROMOTION is proud to present:

STRESS: TAKE CHARGE

DATE: SEPTEMBER 28 - 30
TIME: 0830 hrs - 1600 hrs
WHERE: ROOM 111 LEARNING CAREER CENTRE

FOR MORE INFO OR TO REGISTER CONTACT HEALTH PROMOTION 4160 OR 4150. Space is limited, so register early!

Request To Reserve Recruits

By Lieutenant Amber Bineau and Corporal Bill Gomm



Photo by Cpl Bill Gomm

Brigadier General Greg Gillespie talks with recruits on the Basic Military Qualification (BMQ) course.

WINNIPEG, Manitoba - Brigadier General Greg Gillespie, Deputy Commander Land Force Western Area (LFWA), recently met with Reserve recruits in Winnipeg and carried with him a strong plea.

"I want you to give your units and your brigade at least the next two years. Try to stick it out for two years," said BGen Gillespie.

Retaining as many recruits as possible after Basic Military Qualification is critical to the Army's overall mandate to increase its strength by 5,000 Regular and 3,000 Reserve soldiers. Getting out and speaking to those soldiers is a significant piece to the retention puzzle.

"This is just your first taste of what it's going to be like. During this winter and next summer, you will have the opportunity for trade training and you will start to see how you fit into the larger organization," explained the DComd.

While BGen Gillespie acknowledges some recruits will quit because they simply don't like the military, he none-the-less commends them for their efforts.

"You have taken the time to see what it is like to be a Canadian soldier. That gives you a unique experience that most Canadian people don't have, and now you will understand how we think and how we do business," said BGen Gillespie.

One of the Area DComd's jobs is to look at all the Reserve training across LFWA. Prior to the start of summer training, BGen Gillespie toured the area speaking to soldiers about the importance of the LFWA's Summer Individual Training Program, in which he encouraged all of them to participate either as students, staff, or both.

After spending time chatting with this batch of recruits about the great food, the DComd said that everybody seems to be quite happy with the training. "It's a new way of life for them," he added.

The recruits were in their last week of the Basic Military Qualification course being run by 38 Canadian Brigade Group.

Health Promotion Programming Fall Schedule 2005

STRENGTHENING THE FORCES
ENERGISER LES

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Monthly Theme: FAS & Prostate Cancer				1	2	3
4	5	6	7	8	9	10 World Suicide Intervention Day
11	12	13 MANAGING ANGRY MOMENTS (MAM) Starts	14	15	16	17 Family Fun Day
18	19	20 MAM	21	22	23	24
25	26	27 MAM *RETIREMENT BRIEF*	28 *STRESS TAKE CHARGE*	29	30	

2005

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Monthly Theme: Breast Cancer Awareness						1
2 CIBC RUN FOR THE CURE	3 National Healthy Families Week	4 MAM	5 WEIGHT WELLNESS (WW) Starts	6	7	8
9	10	11 MAM	12 WW	13	14	15
16	17 PREP TRAINING	18 MAM	19 WW Learning Fair	20	21	22
23	24	25 MAM	26 WW	27	28	29
30	31					

2005

Items typed in Italics = tentative dates. Items typed in CAPITALS = HEALTH PROMOTION PROGRAMMING. Training dates are for the Health Promotion Director only.
If there are any questions about the dates or programs please direct to the Health Promotion office, Christa local 4160 or Penny 4150, building 63, room 147 or 148. Please register early, space is limited for programming.



Capt Helfenstien receiving his CD from LCol Dan Chicoyne, July 2005.



Capt Gallos receiving his CD from LCol Dan Chicoyne, July 2005.



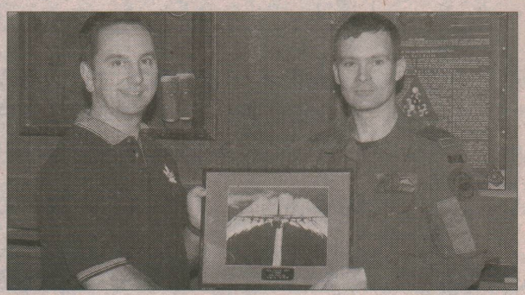
Sgt Whyte receiving her new rank from LCol Dan Chicoyne, July 2005.



Capt Burneau receiving his Special Service Medal from LCol Dan Chicoyne, July 2005.



Maj Graveline receiving his farewell gift from LCol Dan Chicoyne, July 2005. Maj Graveline is promoted and posted to CFSATE Borden.



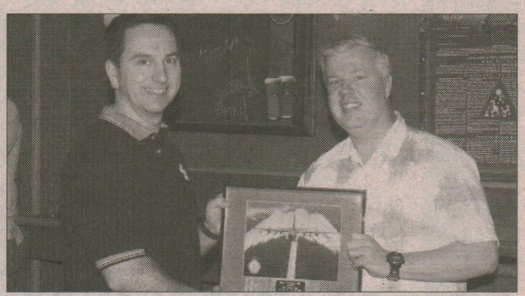
Capt Jordan receiving his farewell gift from LCol Dan Chicoyne, July 2005. Capt Jordan is posted to CFANS.



LCol Dan Chicoyne presenting Sgt Steve Shrewsbury with the Bar to the SSM for 30 plus days in humanitarian operations, June 2005.



Maj Graveline receiving his new rank from LCol Dan Chicoyne, July 2005.



Maj Conway receiving his farewell gift from LCol Dan Chicoyne, July 2005. Maj Conway is posted to 8 Wing Trenton.



LCol Dan Chicoyne presenting Sgt Pierre Thibault with the Bar to the SSM for 30 plus days in humanitarian operations, June 2005.



WO O'Flaherty receiving her farewell gift from LCol Dan Chicoyne, July 2005. WO O'Flaherty is promoted and posted to 8 AMS Trenton.



Sgt Thibault receiving his farewell gift from LCol Dan Chicoyne, July 2005. Sgt Thibault is posted to CFRC Quebec City.



LCol Dan Chicoyne presenting Capt Gillian Parker with her CD, June 2005.



WO O'Flaherty receiving her new rank from LCol Dan Chicoyne, July 2005.



Capt Dove receiving her farewell gift from LCol Dan Chicoyne, July 2005. Capt Dove is posted to Wing HQ.



LCol Dan Chicoyne presenting Capt Al Haviland with his 1st clasp to the CD, June 2005.



Sgt Blanchet receiving his farewell gift from LCol Dan Chicoyne, July 2005. Sgt Blanchet is posted to 14 Wing Greenwood.



Capt Fenske receiving his farewell gift from LCol Dan Chicoyne, July 2005. Capt Fenske is posted to a Navy Base, somewhere west of here.



MCpl Simms receiving his farewell gift from LCol Dan Chicoyne, July 2005. MCpl Simms is posted to 14 Wing Greenwood.



Cpl Culleton receiving his new rank from LCol Dan Chicoyne, July 2005.



LCol Daniel Chicoyne presenting Sgt Rob Gearns with his new rank effective May 2005.



Capt Tarbet receiving his retirement scroll from LCol Dan Chicoyne, July 2005. After 31 years Capt Tarbet has decided to transfer to the Reserves, 402 Sqn.



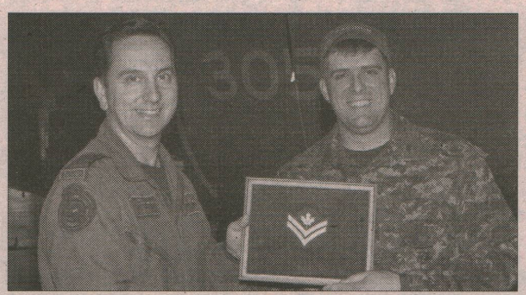
Sgt Kazimer receiving her new rank from LCol Dan Chicoyne, July 2005.



LCol Daniel Chicoyne welcoming Terry Townsend into the Loyal Order of the Chinthe, Apr 2005.



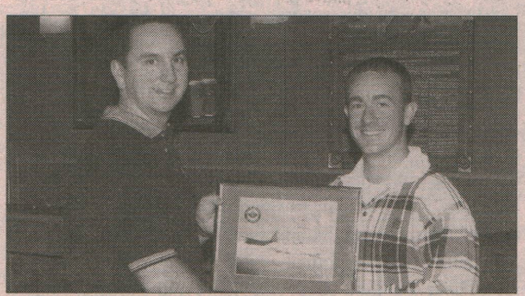
Sgt Evans receiving his farewell gift from LCol Dan Chicoyne, July 2005. Sgt Evans is posted to 8 Wing Trenton.



MCpl Kuetbach receiving his new rank from LCol Dan Chicoyne, July 2005.



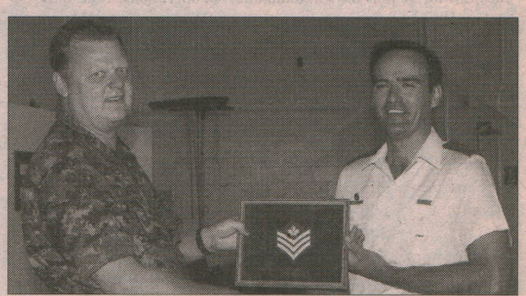
Maj Dave Kennedy with his crew after his last flight with the Sqn, July 2005.



Capt Gallos receiving his farewell gift from LCol Dan Chicoyne, July 2005. Capt Gallos is leaving the service to try his hand at flying 747s.



2nd Lt Bernardisto receiving his new rank from LCol Dan Chicoyne, July 2005.



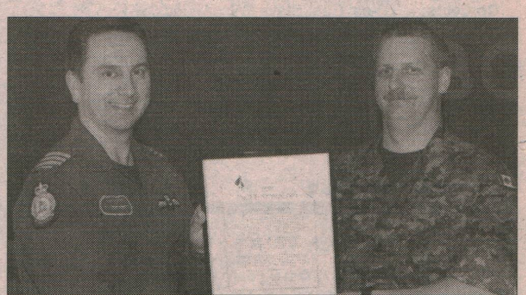
Sgt Ubell receiving his new rank from Maj Glen Madsen, July 2005.



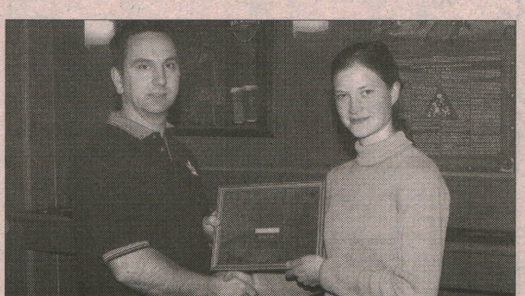
WO Pollard receiving his retirement scroll from LCol Dan Chicoyne, July 2005. After 27 years WO Pollard has decided to move back to Trenton and start a small business building motorcycles.



MWO Charlebois receiving his new rank from LCol Dan Chicoyne, July 2005. MWO Charlebois is promoted and posted to 1 CDN Air Div.



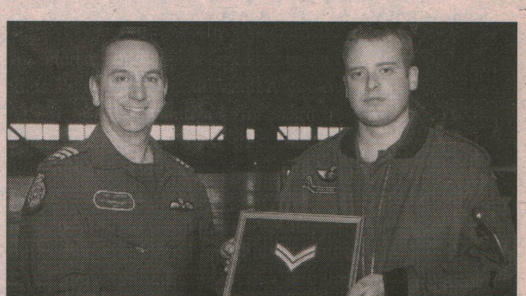
LCol Daniel Chicoyne presenting MCpl Brian Berube with his "For Professionalism Award", April 2005.



2nd Lt Shannon receiving her new rank from LCol Dan Chicoyne, July 2005.



LCol Daniel Chicoyne presenting Pte Chris Butcher with the winning trophy from the first Ground Crew Air Crew hockey tournament.



LCol Daniel Chicoyne presenting Cpl Robb with his new rank (accelerated) effective Apr 2005.

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

Welcome to Winnipeg new 17 Wing Families. If you have a family member that is interested in swimming---we have a spot for them. The Flying Tigers Swim Team is a very active 17 Wing Club. We are here to serve our military community, ordinary members and civilian families as well. Our training location is conveniently located at the Building 90 Pool at 17 Wing. Our swimmers range in age from 6- 17 years and are at ALL levels of swimming ability. This year we are thrilled to be starting a Masters Swim Program. We welcome those training for triathlons, wishing to learn or perfect strokes or just want to be active and build endurance with the assistance of a coach. 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 but enjoy the opportunity to swim on a regular basis, improve their strokes and endurance, make new friends and simply have fun being active. If you have a family member that is interested in our swim club, please contact us. Swimmers can join at any time on a trial basis. Regular registration will take place at 17 Wing Family Fun Day on Saturday, September 17.

If you have any questions please call Denise Gipp 489-7965, email gipp.mld2@forces.gc.ca or Sherry Moran 489-3432, email themorans@shaw.ca.

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
Norbert Pachet
H. 775-1584

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

New Members Are Always Welcome

17 Wing Goju Karate Club

Interested in developing a healthy lifestyle and greater self-discipline in a fun stress free environment?

17 Wing Goju Karate club is accepting new membership Saturday 17 September at the registration fair during Family Fun Day. Stop by Building 90 for a demonstration and a chat with one of our Senseis. Individual and family memberships available. Hope to see you there.

Soccer Player Kicks Grass

By Jeremy Besyk

He has been playing soccer all of his life and brought his love of the game to 17 Wing, leading a team in the Prairie Regional Soccer Championship last month. Team captain Capt Stefan Szkwarek says he has always liked a challenge and that's exactly why he joined the Canadian Forces in 1998.

Capt Szkwarek wanted to go to Royal Military College (RMC) for engineering because it would be the challenge he was looking for. He said, "It hits you in the face when you're there (how tough it is)." But "there is no comparison educationally to the amount of work and calibre of work at RMC," where Capt Szkwarek graduated in 2002.

The 25-year-old began playing on the Forces National Team and quickly realized that "soccer in Canada isn't taken like it is in other countries" from travelling with the CISM team. Having played in the qualifying tournament for the World Games after 18 months of preparation, Capt Szkwarek said he now "understands the qualities required to be a player at that level."

However, Capt Szkwarek said he was "never the first choice for teams, growing up." Rather, he "tried to be the hardest and smartest worker." Through two years of conditioning he says he has seen improvement in his performance with assistance from his trainer, Fitness Coordinator Lori-Ann Mundt.

Initially it was identified that Capt Szkwarek was "overtraining" so he "redeveloped a workout program" with Mundt. "She narrowed my focus…that got me over the next level." He said his program, and a successful program for any athlete in training, is "smart goal setting." Capt Szkwarek explains, "Goals should be specific and achievable and realistic," recommending "you should do things as a process. It's a simple concept."

Capt Szkwarek said the "natural progression" for him is coaching soccer. He believes that this role is harder than being an actual player because "you have to (prepare) players, balance commitments and come up with game plans." He admitted that for the Prairie Regional tournament in August he "couldn't sleep at 1 a.m.", thinking about the games the next day.

But the team, Capt Szkwarek "set up from scratch", performed very well in the tournament, placing third. As Szkwarek told the Voxair last month, "Winning isn't necessarily the only thing." Neither is recognition but Szkwarek has been getting plenty of that lately.



Photo by Jeremy Besyk

Athlete of the Month Stefan Szkwarek created the 17 Wing soccer team at competed in August's Prairie Regional Soccer Championships.

New Wing Commander, Col O'Brien attended several of the soccer games at the tournament in August and commended Capt Szkwarek for showing great leadership. Szkwarek said, "It's refreshing to see leadership like that." As a player, and leader of the team, Capt Szkwarek said it is motivating to have that kind of support from the Wing Commander. "The support is appreciated and needed."

Our two-time Athlete of the Month, previously having the honour back in March, Capt Szkwarek doesn't know what the future holds for his life of soccer. "I haven't set limits." He joked, "When I hit 30, I'm done." He continued, "If you still have the desire to play and want to train, keep going. Don't set limits."

The Voxair congratulates Capt Stefan Szkwarek for being Athlete of the Month and showing leadership and dedication to his soccer commitments.

OPEN WATER SCUBA DIVING COURSE

WHO? Adventurous individuals who are willing to accept the challenge to visit and play in the last frontier on earth.

WHEN? Next course begins 17 Jan 06. Course is 12 sessions on Tuesday evenings 1830 - 2130. Pre-register before 10 Jan 06 to hold a seat.

WHERE? 17 Wing Winnipeg SCUBA Club at the Westwin Pool, Bldg 90

COST? $325 for Military and Dependant Members
$340 for Associate Members
(Cost can be spread over course length)
Minimum of 5 people is required to the start course.

PRE-REGISTRATION IS MANDATORY. FOR MORE INFORMATION:

Cpl Stephane Joly: Work Loc 5240, Home 889-4437, Email stephj@mts.net or joly.jrs@forces.gc.ca

Mr. Ed Stark: Work Loc 6557, Home 889-0921, Email edstark@mts.net or stark.je@forces.gc.ca

All members of the WO's and Sgt's Mess are invited to:

T.G.I.F.

Date: Friday, September 23rd, 2005
Time: Cocktails 15:30
Dinner 16:30-18:30
Cost: Members Free!!
$5.00 each Guests,
Honourary & Associate Members

RSVP: davis.jr@forces.gc.ca, Please indicate choice of chicken or steak.

Calling all tweens/teens

Welcome back to a new year at 17 Wing Community Chapel. We are looking at starting a Bible Study - 12 Symbols of the Bible. Bible study; starting 23 Sept 2005 from 7 - 9 p.m. Registration will be at the Registration Fair or by calling Michelle at 831-0113 or 833-2500 loc 2490. Any adults interested in joining our team please contact Michelle.

WWW.MFRC.MB.CA



MFSP MILITARY FAMILY SERVICES PROGRAM PSFM PROGRAMME DES SERVICES AUX FAMILLES DES MILITAIRES

102 COMET ST.
P.O. BOX 17000, Stn. Forces
Winnipeg, MB
R3J 3Y5

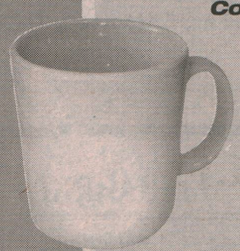
Phone: (204) 833-2500 Ext. 4500
Fax: (204) 489-8587

Website: www.mfrc.mb.ca
Email: wpgmfrc@autobahn.mb.ca

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

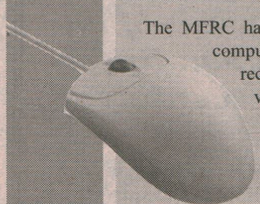
MFRC Monthly Community Coffee Break



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

THIS weekend! Don't miss it!
September 17 -12 pm to 3pm

MFRC Family Fun Day 17 Wing Registration Fair

Bring your family…enjoy the fun!
Register for community activities clubs and events!
Petting zoo - Pony rides - inflatable structures
Music- face painting - car shows - great entertainments -
Free Food - great prizes

Don't miss it!

Great programs for parents and young children.....

Check out below for info about our programs for parents and young children. For further details on these programs and our nursery school program, please see our newsletter "the Community Connections" or visit our website at www.mfrc.mb.ca.

There are spaces available in all of our nursery school programs.

CREATIVE TOT SHOP

This program is the first step towards nursery school. It provides the opportunity for parents and young children to come together to create and play. The toddler or preschooler can explore the world of art, music, movement and story. Parent participation is required. Many families come to this program with two or more children of different ages. Registration is not required. Feel free to drop in. It's a great opportunity to meet other parents and make friends.

Westwin Children's Centre Tuesday mornings from 9:30 to 11am

MOTHER GOOSE

Join us for this fun group experience for parents with infants and/or young children. We focus on the pleasure and power of using rhymes, songs and stories together. Come out and have some fun with your children. Please bring a snack for your child.
Thursdays Sept. 22 - Dec. 6 9:30am to 11:00am
Carpathia School - 300 Carpathia Road

Creative Tot Shop and Mother Goose are FREE!.... Many thanks to funding received from "Families Forward" The Fort Rouge/River Heights Parent-Child Coalition

CASUAL CHILD CARE

Our Casual Childcare program provides an opportunity for parents to have some time to get a break from parenting while your children enjoy quality care in a professionally led program.

We provide care for children from 18 months to 6 years twice a week under our nursery school license. Please call ahead as often spaces are full.
Located in the Westwin Community Centre
Tuesdays from 1:00pm to 4:00pm or
Fridays from 9:00am to 12:00pm
Cost: $8.00 per child or $12.00 per family

For more information or to register for any of the above programs call Wendy at 833-2500 ext. 2491.

Sing your Hearts out for our Peacekeepers (No experience necessary)

Military and civilian children, youth and adults of all ages are invited to the MFRC to sing your hearts out for our peacekeepers. The MFRC will be recording performances and sending them to our peacekeepers in theatres of operations as a special Christmas greeting. Confirm your attendance by calling Nicole at 833-2500 ext 4507.



Saturday 24 September, 2 PM
& Saturday 8 October, 2 PM

Community Coffee Break The First Thursday of Every Month!



Take this opportunity to connect with other families experiencing a move to a new posting or managing the challenges of deployment and family separation. Introduce yourselves to the MFRC and our wide variety of services. Our friendly staff is always on hand to answer your questions about our programs and services. Just by dropping in you are registered to win our monthly Gift Basket. Register for a workshop, pick up the latest newsletter or just relax and meet some new friends. Children are always welcome and there will be plenty of refreshments
Congratulations to September's winners of the Door prizes! On the menu the favourite this month was this super easy and delicious breakfast treat!
Reuben Brunch Casserole

Presented by the Winnipeg MFRC

Buffalo Social '05

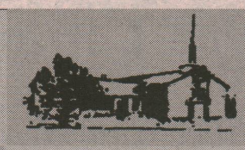
Attention newcomers…..You are invited to "a social event" in celebration of your arrival to 17Wing. Enjoy a traditional Manitoba experience featuring plenty of fun, great food, lots of prizes, a chance to get to know your new home & the folks in your community.

Saturday October 1st - 8pm
17 Wing Sergeant's & Warrant Officer's Mess (new)

Please register by Sept. 23!
Call - 833-2500 loc. 4506.

Each year, the Canadian Forces Personnel Support Agency, Deployment Support Unit sends a Christmas gift to each Canadian Forces member serving on a deployed operation around the world. Included in each package is a letter/card from a child extending Christmas greetings and a supportive message. You too can show your support and send warm wishes to a peacekeeper this Christmas by simply writing a letter and/or designing a card and dropping it off at the MFRC before 23 September 2005.

Together *in* Church



CATHOLIC

Chaplains

Father Gary Killen
Roman Catholic
Office 833-2500 ext 5272

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 Bruce MacKenzie
(United Church)
Office 833-2500 ext 5417

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) 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.

Sparky's Corner



Fire Safety House

The 17 Wing Fire Department will be holding a static display of fire trucks, various equipment and the fire safety house on Sept 17, 2005 from 12:00 p.m. until 3:00 p.m. in conjunction with MFRC Family Day. The location remains the same as last year- around the Chapel and surrounding field area.

There is no shortage of information about fire safety for children as Sparky the Fire Dog's tail is already wagging just thinking about gracing the site with his presence, along with Wing Fire Inspectors who will be available to answer any concerns you may have about fire prevention. The Wing Fire Prevention Bureau also wishes to extend the opportunity of Portable Fire Extinguisher Extinguishment courses to all spouses, which will run on designated evenings if there is sufficient demand and interest. For those spouses interested, please register at Family Day or with the Fire Prevention Bureau at Loc 5501.

The fire safety house was designed to show children how to react in case of fire. Under the direction of professional firefighters and in a safe environment, children can visit the fire safety house to experience the different situations that may occur before and during a fire. These include noisy fire and smoke alarms, hot doors, safe smoke accumulation, unattended kitchen risks and how to evacuate the simulator via an escape ladder.

The firefighters will teach the children safety techniques such as developing an evacuation plan and establishing a meeting place. They will also be shown what important behaviours to do in the event of a fire such as STOP, DROP AND ROLL; if clothing catches fire; how to cool a burn and what to do if they find a lighter or matches.

We encourage the public to take part in this innovative fire prevention program, which promotes fire safety and prevention through creative projects and child-friendly educational materials. Thus, children are having fun while the important fire prevention message is being delivered.

On behalf of the 17 Wing Fire Prevention Bureau we are pleased to be providing you with our services in fire prevention and education. For further queries contact Fire Prevention at Loc 5501.

17 Wing Recreational Library

833-2500 loc 2490
Check out our web site for all events & activities
www.pspwinnipeg.ca

Library Hours

Sun & Holidays - 1- 4 pm
Mon - 9 - 11 & 3 - 8
Tue, Wed, Thu - 2:30 - 8 pm

Library Fall Programming

Adult Book Club - Sept first meeting 22 Sept 8pm. Meeting time will then be on the third Thursday of the each 20 Oct, 17 Nov, 15 Dec

- First book for discussion will be "The Da Vinci Code" by Dan Brown. Further books lists discussed at that time.

Alphabet Soup - children - Monday mornings 9-11 except holidays.

- A fun family-friendly experience.
- Expanding children's healthy eating experiences while providing parents/caregivers with new food ideas and information.
- Songs and stories make this a rounded experience for both parents/caregivers.

Harry Potter Fan Club - Third Monday of the Month - 19 Sept, 17 Oct, 21 Nov, 19 Dec

- Open discussion on all of the Harry Potter books and movies.
- Open to all ages

Youth Book Club - - First Monday of the month 3 Oct, 7 Nov, 5 Dec

- Book discussions on your book lists

Youth Creative Writing - second and fourth Mondays of the month - 12 & 26 Sept, 24 Oct, 14 & 28 Nov, 12 Dec

- This writing group has been with the Library for 5 years. Youth Creative Writing has an anthology published and have entered numerous writing contests.

For more information, contact Michelle.

See you at the Registration Fair 17 September at 12-3 on the Chapel Grounds.

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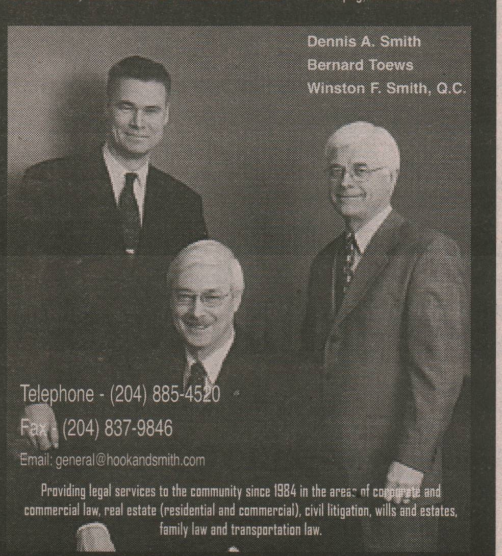

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Every Sat 2 - 4 pm

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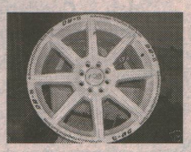

Set Of "Mikasa" China
Table setting for 12 including two server bowls, two large platters, cream & sugar and gravy boat, White background, Silver trim w/ a pear green pattern, asking $100 for the set, Call 895-9278.

Admiral Deep Freezer,
7 cubic ft, white, new condition, $75, Call 895-9278.

Bissell Carpet Cleaner
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Great starter bike or commuter bike, Exc cond, 27,000 Km, Cheap insurance, Saddle bags, Safety just expired but will pass easil, Will safety for the right buyer, Bike is still insured and used regularly, $1100, Call Scott at 4231 or 478-0528.

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Premier Drum Kit
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INFORMATION SESSION:
Thursday, September 22
Building 63, Conference Room
12:30 pm - 1:30 pm

For more information contact:
Penny, 4150, or Christa, 4160

Manitoba Military Aviation Museum

17 Wing Winnipeg - Building 66

Open Mondays, Wednesdays, and Saturdays 1pm - 5pm

People and schools interested in tours should contact Capt Rozak at 833-2500 ext 2429

TAROSCOPES

BY NANCY

ARIES (March 21 - April 19): Others may think a new you is suddenly surfacing but it's just a reflection of on-going, inner changes you've experienced and are now willing to reveal. Accept feedback, input and assistance from others who have experience in an area you plan to explore next.

TAURUS (April 20 - May 20): A major shift in your thinking is required in order to meet a challenge that tests your patience and ingenuity. Proper preparation is also necessary before tackling complexities, but once dealt with your project is viable. Remain optimistic even in the face of harsh realities.

GEMINI (May 21 - June 21): Maintain balance and be aware of how your perceptions are influenced by your enthusiasm. You are so excited about a pet project that you could overlook obstacles and flaws. Patterns indicate clearly where setbacks will occur in the future so take note and prepare accordingly.

CANCER (June 22 - July 22): If you find yourself getting disillusioned by someone, step back from the relationship. Systematically look at the changing situations and communications between you two. The best thing to do is to remain calm when making a decision about how to proceed.

LEO (July 23 - August 22): Someone's actions may disappoint you but don't take it personally. This is a phase they are going through. Be patient. The old must make way for the new. Avoiding the issue just prolongs the difficulties. Putting off the inevitable stunts necessary growth and impedes development.

VIRGO (August 23 - September 22): New relationships can be full of pitfalls but some of the interference you experience is only in your mind. This stems from uncertainties about how you think you should feel. Be honest with yourself and you will come up with the right answers.

LIBRA (September 23 - October 23): You are entering a calmer period where you are feeling confident and comfortable. Your increased self-confidence makes this an ideal time to speak up, just be sure before you do, that you consider there could be unknown variables and allow for human error.

SCORPIO (October 24 - November 21): How you perceive what's going on around you actually affects what you experience. If you focus on your isolation during separations, you'll feel alone. If you see "alone time" as a chance to do your own thing, then you'll feel like you've been given a gift.

SAGITARIUS (November 22 - December 21): Lots is happening around you as you seek out new experiences. Presenting yourself in a new light by accentuating previously hidden aspects of yourself is okay, but totally reinventing yourself to gain approval is dangerous. The real you will resurface in time.

CAPRICORN (December 22 - January 19): Relax and take it easy and you'll find you're more creative at expressing your feelings and in attracting caring people to you. A nurturing environment makes it easier for you to follow up on promising ideas. Don't rush through things though, enjoy the process.

AQUARIUS (January 20 - February 18): Make a firm decision to leave negative situations and habits behind. You need to believe in your ability to create the life you want - one that is going somewhere, dynamic and exciting. When you see what you want - go for it - you are in charge.

PISCES (February 19 - March 20): Go with the flow and let the cosmos be in charge for now. When you refrain from quick action you gain an unexpected advantage. When you feel as if you need to push for results or force a choice or changes, hold back. Relax. "Good things come to he/she who waits."

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