



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg



OCTOBER 12, 2005

VOLUME 53, ISSUE 18

FREE



Photo by Jeremy Besyk

Crash Course At CFSSAT

Flight Safety Officers collect evidence on a Bell 206 Jet Ranger helicopter crash that was simulated for the annual Advanced Flight Safety Course.

By Jeremy Besyk

Passersby had to look twice but there was no need for panic with a "downed helicopter" in the field outside of CFSSAT in September.

A crashed Bell 206 Jet Ranger was the focal point with debris littering the ground surrounded by yellow police tape. It was a "controlled" mess that was part of the annual three-day Advanced Flight Safety Course.

The exercise for 25 Flight Safety Officers (FSOs) from across Canada took place in Winnipeg with the assistance of ABC School of Broadcasting students. The students were on hand to give the training a more realistic feel for how a real situation would play out when media starts to arrive at the scene of a helicopter crash, Maj Mike Wolter said.

The FSOs were divided into three groups and each

received specific training in the areas of picture taking, mapping and media interviews. After each session the groups converged inside to be debriefed by the Director of Flight Safety, Wing Imaging and Public Affairs.

Back outside, with some FSOs lying on the ground to get the right angle for accident photos, the broadcasting students at the "scene of the crash" interviewed oth-

ers. The FSOs were instructed how to respond to tough questions from reporters in a difficult situation.

Attention to detail is what Maj Wolter says is the key to gathering the correct information at the scene of an incident. "Collecting evidence" is what the students are doing, not investigating. The role of the students in the exercise is to collect as much information as possi-

ble in the event that debris needs to be cleared away quickly. Maj Wolter noted that it could take 24-48 hours for investigators to arrive from Ottawa at the scene of an accident, so timing is important for students to keep in mind.

Debris strewn across the lawn and mock impact photos where debris landed from the crash was spread across the grass. This plays a vital role in the investiga-

tion, Maj Wolter said. In some instances this information can be the key to determining what happened in the moments before the helicopter hit the ground.

Although this program was only available in September, a basic seven-day course is offered at 17 Wing several times throughout the year. Information is available online at http://www.airforce.forces.gc.ca/dfs/docs/Educ/bas_e.asp.

In This Issue:

Disaster Show Films At 17 Wingpg.2

Pte Honoured For Heroic Rescue Effortpg.4

Recent 3 CFFTS Eventspg.6

17 Wing Officers' Mess Golf 2005 Season Updatepg.8

Wrong Turn But Right Spirit For Winning Runnerpg.10

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Disaster Show Films At 17 Wing

By Jeremy Besyk

Hangar 11 got 17 Wing its 15 minutes of fame in "Category 7: End of the World". Too many numbers for you? Just remember this "Number one".

Those are the words Production Manager Dave Mahoney used to describe the decision to have 17 Wing stand in for an American airbase in the CBS miniseries filmed entirely in Winnipeg. Having looked at many locations in Canada and the U.S., Mahoney said, "This was the one that was at the top of the list." The production team said the "classic design of 17 Wing was the closest match" to replicate the look that producers were going for.

"Category 7" primarily takes place in Washington and New York where "the ultimate superstorm continues to build in size." The two-part show continues wreaking havoc on the world "preying on the fears of a storm-battered nation" overtop of Washington, D.C.

Winnipeg weather often plays a factor in anyone's

summer plans, however the production team was pleasantly surprised that "the weather this year has been excellent. When we wanted cloudy weather, we got it," Mahoney said. The one thing Mother Nature couldn't offer up was the horrific storms and tornadoes that the film calls for. Mahoney noted that those would be computer-generated effects being produced in a Los Angeles studio.

Since filming began on August 1, the California-based company Von Zerneck-Sertner Films used approximately 1600 extras following a casting call in the summer, Mahoney said. On-set extras also included many 17 Wing members who ditched their Canadian CADPAT for a day to take on new American identities with character name badge and all. It should be noted (however, names withheld) that some of the male extras were more interested in having their makeup applied correctly rather than what their roles



The director Dick Laury, Tom Skerritt, and stage crew prepare for the next scene for the movie Category 7. Photo shot at hangar 11, 17 Wing.

were on set. When the Voxair stopped by the morning of the final day of a 42-day shooting schedule the jocularly with hair and makeup crews left some of the onlookers wondering!

Mahoney, who is from Brandon, Manitoba, said "Category 7" is the 13th production the company has shot in Winnipeg in recent years. He said more film companies are flocking to Manitoba and the Winnipeg area because the region has "been very receptive," adding "a lot of producers are seeing the talent" that can be found here. He said it "is a bona fide industry and the city acknowledges it."

The miniseries is scheduled to air on CBS in November. It stars actor Tom Skerritt of Top Gun, Alien, Picket Fences, MASH and Cheers fame. Skerritt's extensive career spans over 40 years, coincidentally with one of his first roles being "Soldier" in "Combat!" a 1960s television series. He made several other appearances on the show in the following years.

"Shooting has been really good. The city has been fantastic. And we can't speak highly enough of the folks at 17 Wing," Mahoney said from his director's chair while watching filming on a monitor from downstairs.

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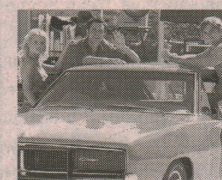
8:00pm SUN-MON OCT 16-17 84mins



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Mature Theme (PG)

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20 year service award presented to Darlyne Fathers for her dedicated service to PSP by Janice Stanley. Throughout her 20-year career she has provided support to the CFB Curling Club and most recently as the manager of the 17 Wing Golf course. Presented on 10 September 05.



Photo by Steven Fathers



Lori LeBoeuf is presented with a 15-year service award for her dedication to the Messes as the Mess Clerk for the Officers' Mess by Maj Keiver.

Photo by Jeremy Besyk

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VOXAIR

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Deadline for Voxair 19:
14 October 2005

CURLERS WANTED

CFB Ladies Curling Club has openings for individual and/or team curlers.

The CFB Ladies curl Monday nights at the Deer Lodge Curling Club.

Contact: Pam Garychuk - 786-8888 pgarychuk@mts.net



MFRC Buffalo Social

By Jeremy Besyk

Newcomers were roaming like bison at the annual MFRC Buffalo Social at the WOs and Sgts mess on October 1. The MFRC welcomed about 75 people newly posted to Winnipeg at a fun-filled evening of prizes, food and entertainment, all in traditional Manitoba social style.

Most of the crowd, having never been to a Manitoba social - or even heard of it - was in awe of what the event entails. But more than any-

thing, the evening was a "get-to-know-you" kind of function with much handshaking and conversing between the newly stationed colleagues.

The guests were greeted immediately with games to play throughout the night that would earn them tickets for the silent auction draws, another staple of the phenomenon known as the Manitoba social.

After an introduction from MFRC's Catherine Chatterley,

Information and Referral Services Coordinator, the information part of the evening began with a welcome to Winnipeg from Voxair reporter Jeremy Besyk. Besyk presented several Winnipeg jokes and an explanation of what a social is to enlighten the crowd. Rick Phillips of Community Recreation then gave a run down of the different programs offered at Bldg 90.

Mayor Sam Katz also sent a welcome letter to the military members newly arrived to Winnipeg. He expressed his excitement in having each person as a resident of the city.

The participation games continued throughout the night as the traditional social "lunch" was laid out on the table, consisting of Kub rye bread, Kolbasa (garlic sausage), pickles, cheese and a whole lot more. The new-

comers were also welcomed with two selections of the famous Jeanne's Bakery cakes.

Manitoba socials generally see a packed dance floor but that wasn't quite the case for the shy newcomers who only danced when the prospect of free silent auction tickets was proposed. However, there were a few hearty souls who continued dancing well into the night.

The silent auction draws brought a hush to the crowd with all the perspective winners checking over strips of tickets. The silence was quickly broken with cheers from the lucky winners as they ran to the front to collect their prizes.

It was a warm welcome on an unseasonably warm Winnipeg night that left the invitees excited about their time in Winnipeg. Welcome to "One Great City"!

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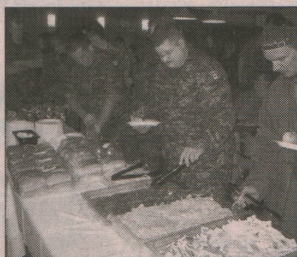
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Care And Share Barbecue



Canadian Defence Community Banking / The Care and Share Barbecue at the Junior Ranks mess brought out lots of people with lots of generous donations.



Don Gauthier from Canadian Defence Community Banking presents Padre Bob Brinn with money collected from the event.



Sgt Gadoury (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. Sgt David Gadoury is the 17 Wing Air Reserve Chief Clerk.

What Is A Masters Swimmer?

By Sherry Moran

Anyone who has basic swimming ability and can comfortably swim 25 meters is a masters swimmer. It is open to any swimmer 18 years and older. No previous competitive background is necessary and you do not have to compete as a masters swimmer. The most important prerequisite for becoming involved with our program is the desire to learn in a fun and stimulating environment with the assistance of a coach.

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Pte Honoured For Heroic Rescue Effort

By Jeremy Besyk

He didn't think twice about doing it, but what Pte Tristan Gray did saved the life of a family by alerting them they were in danger from a quickly spreading fire outside their home. And for his actions, Gray received a commendation from the fire chief at City Hall on October 6.

Gray, of 13 MP PL, was driving home in the early morning hours of September 20 when he noticed smoke coming from a back alley on King Street in downtown Winnipeg. It was 4 a.m. when Gray, a 20-year-old

aspiring police officer, said he saw that there was a garage and several garbage cans on fire outside of a house.

Grabbing his cellphone, Gray called the fire department and alerted them of the emergency. He then went to the house and "knocked on the door to wake up the family," Gray said. Two adults, one child and two family pets were ushered out of the house, rescued because of Gray's quick thinking. "They ran outside and saw their garage on fire and they said their car was on fire."

With the family safely away from the burning building, Gray said, "I ran to the corner of the street and I showed the fire department where to go."

After the scene cleared, Gray said the family was told by the fire department that "the little girl's room

was the first room that would have been hit by the fire because it was (approximately) three feet away from the garage and the smoke was already flowing through it."

The grateful family called Minto Armoury and told Capt Steve Bowen of

Gray's heroic effort. Gray said of the rescue, "It's something I would have always done. I wouldn't have walked away from it (without doing anything)."

Gray, who's been with the Canadian Forces for just over six months said, "I'm excited about it because I

want to be a police officer. Basically the whole reason I'm in the military is the credentials and improving myself." He continued, "To be able to put something like that on my resume and to be known for it is quite the honour."



Left to right: Fitness Coordinator, Lori-Ann Mundt, Fitness & Sports Instructors, Kim Plett, Don Mills, Colin Bialkoski and Cathy Scott.

"FIT-Sense"ation

By Jeremy Besyk

A newsletter informing military members about exercise and nutritional information by offering recipes and other useful fitness advice was created by the Fitness and Sports Department at 17 Wing Winnipeg.

The monthly publication called FIT-Sense reaches out to those members who the department may not have a chance to work one-on-one with, Fitness Coordinator Lori-Ann Mundt said. "It's just another way of us communicating with our military members and our members that use the facility."

Each of the fitness instructors at Bldg 90 takes on the job of putting together the newsletter for a six month period, canvassing colleagues for story ideas and input for each issue. For instance, recently the newsletter offered "simple nutritional strategies to

boost your energy," suggesting proper breakfast and eating habits throughout the day.

A regular feature in FIT-Sense is Exercise of the Month that features a photo spread of the correct way to perform the action. Staff acts as models for the pictures when demonstrating to "show people how to start the exercise and complete it," Mundt said.

Recipes for healthy and nutritious eating keep readers coming back wanting more each month. The simple, yet tasty, creations from PSP staff are always a favourite.

"There's some great information and advice in there," Mundt said.

Electronic versions of the FIT-Sense newsletter are available on the DIN by clicking "Services", then "Fitness & Sports", then "Fitness" (again) and follow the link to "FIT-Sense".

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A Stamp For Audrey Hepburn



By Alf Brooks

In 2001 the German post office planned issuing stamps picturing movie stars of the past, including Audrey Hepburn (1929-

1993). However, the Hepburn heirs objected to the stamp, allegedly because of the cigarette holder in her mouth. The stamp was withdrawn from the series (those issued pictured Charlie Chaplin, Marilyn Monroe, Greta Garbo and Jean Gabin).

But at least two Hepburn stamps escaped destruction. The one pictured here is postmarked 14 October 2003 and was discovered in 2004 by a collector in Bavaria. In June it was sold at auction for 58 000 euros (more than \$86 000). Not bad for a stamp that is not recognized as a legitimate stamp.

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From The 17 Wing General Safety Office

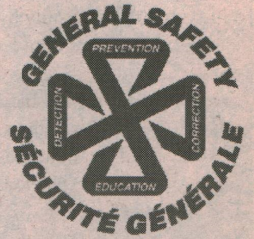
By WO Pat Kieffert, Assistant, Wing General Safety Officer

The Wing General Safety Office will be providing a number of D Safe G- and Locally-Sponsored Safety Courses and Workshops. The General Safety Officers Training Course (GSOTC) will take place in Winnipeg from 31 October to 4 November 2005 at the Learning and Career Centre, Building 135. The GSOTC is designed to enable appointed General Safety Officers (GSOs) to perform the basic core duties of General Safety Officers. Graduates will be capable of providing staff assistance and technical advice to commanders and managers on the formulation and implementation of their General Safety Program. The GSOTC syllabus includes amongst others, hazardous occurrence causation, safety responsibilities, evaluation techniques, inspections and surveys. WHMIS and the Canada Labour Code, Part II are also addressed during the course.

Two Safety

Management Course (SMC) will also be held at 17 Wing. One from 7 to 9 February 2006 and the other from 2 to 4 May 2006. The SMC is designed to familiarize supervisors, managers and Workplace Health and Safety Committee (WHSC) members of their various safety responsibilities and functions in support of the Wing / School / Unit General Safety Program. The SMC syllabus includes hazards causation, investigation and reporting, Personal Protection Equipment (PPE), duties and responsibilities of the WHSC and Workplace Hazardous Materials Information System (WHMIS). Out-of-the-Province D Safe G-Sponsored Safety Courses are available to DND civilian and CF military GSO / WHSC membership. Please contact Ms. Julianna Fillion, Administrative Assistant at Extension 5913 for additional information.

Scheduled for March 2006 is a series of Locally-Sponsored Safety Workshops. These include Effective Workplace Inspection, Effective Health and Safety Committee, WHMIS Train the Trainer and Job Safety Analysis (JSA). The one-day Effective Workplace Inspection Workshop will assist attendees identify safety and health hazards in the workplace to ensure these are corrected before incidents or accidents occur. The Effective Health and Safety Committee Workshop is aimed at members of the Workplace Health and Safety Committee (WHSC) membership and Safety Representatives and will familiarize participants with their responsibilities under the



Department of National Defence (DND) General Safety Program. The two-day Workplace Hazardous Material Information System (WHMIS) - Train the Trainer Workshop includes the key elements of the WHMIS Program, the WHMIS classification system, Material Safety Data Sheets, and the WHMIS education and training programs. The intention of this workshop is twofold: To enhance the participant's technical knowledge and skills relating to the DND WHMIS program, and to enable the new trainers to present and deliver an Introduction to WHMIS seminar at their own respective workplace. Lastly, the Job Safety Analysis (JSA) Workshop is intended for Safety Officers, supervisors and members of the WHSC who may be required to conduct occupational hazards assessments. The one-day workshop provides pertinent information and techniques on the four basic stages of conducting JSA.

To date, 12 military and civilian personnel have been course loaded for the General Safety Officers Training Course. As the maximum is 25 per serial, the Wing General Safety Office is soliciting and accepting nominees. Submission to include Name, Rank, SN (Military) / PRI (Civilian), Unit, and Telephone Number are to be submitted directly to Ms. Julianna Fillion at J@WGSO@Winnipeg via E-Mail.

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Recent 3 CFFTS Events

By Captain Natalie Woodruff, UIO, 3CFFTS Southport



HCol Wishart, 3 CFFTS HCol and LCol Bannister, 3 CFFTS Cmdt, unveil the plaque commemorating the 35th Anniversary of 3 CFFTS.

It has been an exciting summer at 3 Canadian Forces Flying Training School (3 CFFTS) at Southport, with many memorable events, the first being the 35th Anniversary of the School that was celebrated on 17 Jul 05. A ceremony was held to commemorate that 35 years ago a new multi-purpose flying school was created by combining the former 3 Flying Training School, already located at CFB Portage la Prairie, with the 4 Advanced Flying School and their Hiller helicopters, from Rivers, Manitoba, and the 1 Primary Flying School, with their Chipmunk training aircraft, from Borden Ontario. Over the years 3 CFFTS has flown in excess of 587,000 hours in various aircraft, including the Kiowa, Musketeer, Bell Jet Ranger, Musketeer II, Slingsby Firefly, the Beech King Air, etc and have graduated over 8,600 pilots. 3 CFFTS has

also been of service to the local community, RCMP and to the province, flying Search and Rescue missions, and surveillance and transport missions during the 1997 Red River "Flood of the Century". A plaque was dedicated to acknowledge the achievements of the staff and students who have served at 3 CFFTS over the past 35 years, and to honour the memory of those who have died while in the service of 3 CFFTS.

The 3 CFFTS Change of Command Parade on 22 Jul 05 was the next significant occurrence at 3 CFFTS. This Change of Command was an opportunity for staff, students, family and friends to say farewell to the outgoing commandant, LCol Steve Bannister, and welcome to the new incoming commandant, LCol Darryl Shyiak. The reviewing officer was Col Bill Cleland, the A1 Training Staff Officer from 1 Cdn Air Div HQ. Prior to the

Change of Command Signing Ceremony, Col Cleland had the honor of presenting Lt Michael Dias, a Rotary Wings' candidate, with his pilot's wings. Lt Dias is now posted to 427 Sqn in Petawawa where he is flying the Griffon helicopter. Col Cleland then proceeded to witness the Change of Command Signing Ceremony between LCol Bannister and Shyiak. This ceremony marked the end of another milestone for LCol Bannister as the Cmdt of 3



LCol Shyiak giving his first salute as the Commandant of 3 CFFTS.



The graduates of course 0502 are as follows (standing, back row, left to right): Lt Dave Campbell is posted to 443 Sqn in Victoria BC to fly the Sea King helicopter, Capt Jeff Brunet is posted to 436 Sqn in Trenton ON to fly the Hercules aircraft, Capt Dave Snow is posted to 413 Transport and Rescue Sqn in Greenwood NS to fly the Hercules aircraft, Lt Stephen Clarke is posted to 408 Sqn in Edmonton AB to fly the Griffon helicopter, Lt Len Clifford is posted to 427 Sqn in Petawawa ON to fly the Griffon helicopter, Lt Jim Juric is posted to 442 Sqn in Comox BC to fly the Buffalo aircraft, Lt Adam Power is posted to 423 Sqn in Shearwater NS to fly the Sea King helicopter, Capt Jesse Wilts is posted to 435 Sqn in Winnipeg MB to fly the Hercules aircraft, Capt Jay Walker is posted to 430 Sqn in Valcartier QC to fly the Griffon helicopter and Lt Stephen Pollock is posted to 440 Sqn in Yellowknife NT to fly the Twin Otter aircraft.

(Seated front row, left to right): HCol Hal Wishart, 3 CFFTS Honourary Colonel, LCol Darryl Shyiak, Cmdt 3 CFFTS, Col Kenneth O'Brien, 17 Wing WComd, HCol Ben van Ruiten, 17 Wing Honourary Colonel.

CFFTS and the commencement of LCol Shyiak's post as the new 3 CFFTS Cmdt.

The final momentous event of the summer was on 12 Aug 05, where five students from the Advanced Flying Training - Rotary Wing course and five stu-

dents from the Advanced Flying Training - Multi-Engine course received their Canadian Forces pilot wings from Col K.S. O'Brien, 17 Wing, Wing Commander. The occasion was marked with a Wings Presentation Ceremony in the 3 CFFTS Combined Mess where families and friends gathered to celebrate.

HCol Wishart presented the trophy, named in his honour, to the best Multi-engine pilot candidate: Capt Jeff Brunet. Mr. Russell of the Wartime Pilots and Observers Association presented the Gos Goulding Trophy for best Rotary Wing pilot candidate to Lt Adam Power.

Mayor Ian McKenzie presented the City of Portage la Prairie Trophy for the candidate displaying the most officer like qualities and professionalism to Lt Len Clifford.

The Reviewing Officer also presented a Canadian Forces Decoration to one member of the 3 CFFTS staff, Capt Willem Hadders and to two of the graduating students, Capt Jeff Brunet and Capt Jay Walker.

Please stay tuned in upcoming issues of the Voxair for news on future happenings at 3 CFFTS, an integral unit of 17 Wing, located at Southport MB, which is five kilometers south of Portage la Prairie MB.



Col Cleland, 3 CFFTS Change of Command Reviewing Officer, presenting Lt Dias with his pilot's wings.



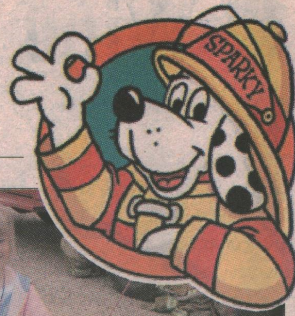
3 CFFTS Change of Command Signing Ceremony, (seated left to right), LCol Shyiak, incoming Cmdt, Col Cleland, Reviewing Officer, and LCol Bannister, outgoing Cmdt.



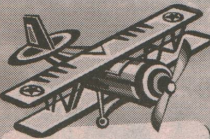
Col O'Brien, 17 Wg WComd presenting Capt Hadders with his CD.

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All seasoned fire fighters have heard the explanation; "The smoke alarm woke me up. I was able to wake the rest of the family and get them out just ahead of the fire." A smoke alarm is the best early warning fire detection device available to the average homeowner. Perhaps we should think of smoke alarms as seatbelts for the home. Most people would not entrust their children to a broken or faulty seatbelt. They must be encouraged to apply the same principle at home and test their smoke detectors for life. If, despite observing fire safety rules and practices the unthinkable happens and a fire occurs, a working smoke alarm will greatly increase your chances of survival.

You can pick up a smoke detector in any hardware store if one is not already installed. Make sure the alarm you buy is UL-listed. They are inexpensive and

well worth the price of a life.

Ensure smoke alarms are on every level of your home, including the basement. Many fatal fires begin late at night or in the early morning, so install smoke alarms both inside and outside the sleeping area. Also, smoke alarms should be installed on the ceiling or 6 to 8 inches below the ceiling on side-walls. Since smoke and many deadly gases rise, installing your smoke alarms at the proper level will provide you with the earliest warning possible. Always follow the manufacturer's installation instructions.

At first glance, they all look pretty much the same. But they have important differences.

Some smoke detectors run on batteries. Some detectors run on your home's electric current, which won't work if you lose power. Put both types of detectors in your house. That way, you will always be protected. Install a new battery at least once a year and if the low battery warning beeps, replace the battery immediately. We change our clocks each fall and this would be a good time to change your smoke alarm batteries too! Then you will never forget.

If you frequently have false alarms while you are cooking, your smoke detector isn't hinting to you that your cooking is bad. The most common cause for frequent false alarms is a bad placement of the smoke detector. Moving your smoke detectors to a better location -- away from the kitchen, or bathroom, or a dusty area -- and a good cleaning of the smoke detector will usually solve the problem. Do not disconnect your smoke detector (this includes removing the batteries!). All too often, when investigators examine the scene of a fatal fire, they discover that the smoke alarms didn't operate due to dead or missing batteries.

Keep them clean. Dust and debris can interfere with their operation, so vacuum over and around your smoke



Working her like a dog, Sgt Dottie has no time for affection from Ilsa Chaytor (left) as she oversees her colleague Cpl Donie MacLean helping kids out of the firehouse at the 2005 Registration Fair.



Cpl Donie MacLean helping kids out of the educational firehouse at the 2005 Registration Fair.



Kids were taught inside the educational firehouse about fire safety from Cpl Kevin Stevens at the 2005 Registration Fair.

alarm regularly. This will keep it working properly. Don't paint your smoke detector. It is required that you test your smoke detector once a month. Most detectors have a test button you can push. A smoke detector has a life expectancy of approximately ten years. Like most electrical devices, smoke alarms wear out.

Following a simple preventive maintenance program of your detector may save your life when you least expect it, as a fire is unpredictable when and where it strikes. The 17 Wing Fire Prevention Bureau along with the spotted crusader Sparky the fire dog cautions, and can not emphasize enough that only a working smoke alarm saves lives.



17 Wing Officers Mess Golf 2005 Season Update

By Major Denis St-Pierre

The very successful 2005 17 Wing Officers Mess Golf Tournaments season is now complete. Once again this year, golfing offered an excellent opportunity to meet new members, relax and enjoy the beautiful summer days and the social experiences. Positive feedback from the over 100 mess golfers and numerous guests who participated in the tournaments this year left little doubt that everyone had a great time. This year the aim of the organizing committee was to offer a new golf experience to all mess members and our guests that registered to play at as many new courses as possible and our aim was achieved. The tournaments at South Interlake, Kingswood, Selkirk, Steinbach, the Meadows and the Suds event offered as much challenge as most mess golfers wished to handle.

Our golfers competitive spirit was alive and well again this season as the competition results clearly show. Congratulations to LCol Tom Szczerski, the winner of the Stan Gitzel Memorial Trophy as the Officers' Mess golfer of the year for 2005 with a best three games total score of 244. To select the golfer of the year, I used your best three games. This year over 25 Officers participated in three or more games including the Sud's and fol-

lowing are the top 10 finish.

Thank-you to the Officers' Mess for providing the funds to purchase the many prizes awarded to all the golfers this season. A special thanks to Mr. Grant Clements from ReMax, Mr. Gord Moore from SISIP, Murray Chev Olds and Labatt for their very generous contributions to our tournaments.

I hope you enjoyed the golf this year and with your participation next year and

encouragement to your friends to come out and play, the 2006 season should be even more exciting.

Following are the tentative dates for next summer Officers' Mess Golf Tournaments.

- 24 May 2006, Scramble tournament ;
- 21 June 2006, Shot gun tournament ;
- 27 July 2006, Invitational tournament ;
- 23 Aug 2006, Regular play tournament ;
- 13 Sep 2006, Random team tournament.

1	Szczerski		81	84	83	80	328	244	244
2	Chess	85	83		79	99	346	247	247
3	Learmond		81		86	85	252	252	252
4	Mason			90	81	82	253	253	253
5	Douville	81	89		91	88	349	258	258
6	Parker	82	91	89	91	88	441	259	259
7	Netterfield		84	87	92	89	352	260	260
8	Labrie	90	94	86	88	91	449	264	264
9	Bodner	89	96	94	89	88	456	266	266
10	Harlos	86	95		95	105	381	276	276



Major Denis St-Pierre presenting LCol Tom Szczerski, 2005 Officers Mess golfer of the year with the Stan Gitzel Memorial Trophy.

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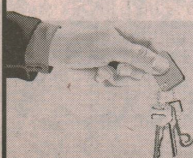
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- ✓ Child & Youth Development
- ✓ Parenting Support

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

17 Wing Winnipeg
Government of Canada Workplace Charitable Campaign

Supporting the WMFRC

The Winnipeg Military Family Resource Centre (WMFRC) is a non-profit, charitable organization that provides access to information and resources through the delivery of high quality programs and services, which meet the unique needs of CF members and their families in Winnipeg.

The WMFRC receives some public funds from the Department of National Defence and local support from 17 Wing to deliver the services of the Military Family Services Program, however, the WMFRC depends heavily on fundraising and donations to provide additional site-specific programs/services identified as a need by our community members.

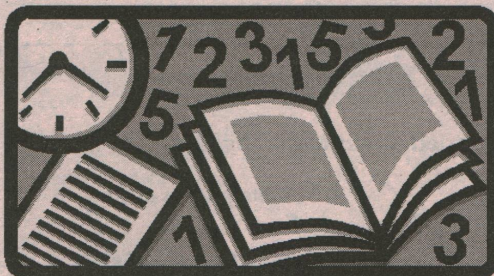
In past years, the Winnipeg Military Family Resource Centre received funds through payroll deductions from the Workplace Charitable Campaign from CF members at 17 Wing to help offset Program costs. We are very thankful for these donations, without it we would not have the funds to provide quality programs and services.

The WMFRC can be listed as a Canadian Registered Charity on the Government of Canada Workplace Charitable Campaign. Monies obtained from this campaign purchase much needed program supplies such as, consumable craft supplies for children's programs, games and resources for youth programs, toys & supplies to operate the Nursery School and Toy Lending Library and offset costs to help support Family events such as the Family Fun Day.

Let your canvasser know that you wish to fill out Section C of the Government of Canada Workplace Charitable Campaign for the Winnipeg Military Family Resource Centre.

We "thank-you" for your continued support!

Don Brennan
Executive Director



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Thank you

to all the volunteers that help at the MFRC Family Fun Day and Registration Fair. Because of your generous commitment, the event was a great success again this year. A special thank you to our sponsors and partners: Great West Life, SISIP, WMCC, 17 Wing and 17 Wing Recreation Services.

See you all on September 16, 2006



Merci

À tous les bénévoles qui ont aidé lors de la journée familiale annuelle du CRFM et de la foire des inscriptions. Grâce à votre générosité, nous avons eu une autre journée magnifique.

Une merci spéciale à nous commanditaires et partenaires : La compagnie Great West Life, RARM, WMCC, la 17e Escadre et les Services Récréatifs de la 17e Escadre.

Buffalo Social '05

Newcomers to 17Wing enjoyed a terrific night of prizes, games, meeting other new folks, eating traditional Manitoban "Social" fare, & learning a few things about their new home ...maybe a few they didn't want to know. A big thank you to all who came and a special thank you to our fabulous volunteer MC, Jeremy Besyk. "Sorry Jeremy, did I forget to mention the volunteer part??" Stay tuned to the MFRC page for more info about the 2005 Newcomer Event this past Saturday!



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.



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 appointment. Contact the chaplain's office.

Baptisms

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

Weddings -Marriages

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

Catholic Women's League

Meets 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 Southern
(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 chaplain 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.mb.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.

Wrong Turn But Right Spirit For Winning Runner

By Jeremy Besyk

He's been running for almost as long as he's been walking, and Sgt Andrew McLean has demonstrated his skill and endurance, placing first in the Lost Souls Ultra 100-mile run in Alberta's coulees in September.

After returning to Winnipeg from a parachute mission in Northern Manitoba mid-September, McLean left for Alberta to compete in what he described as a challenging and "ever-changing" race.

The "very hilly...steep and muddy" 100-mile journey saw great weather for runners, McLean said. "The weather was excellent," 34-year-old McLean noted, who trains indoors and outdoors all-year round. However, things during the race didn't go as smoothly as he had hoped.

Performing well throughout the race, McLean made a wrong turn and ended up off course when it took him "about 20 to 30 minutes to get back on track." Thinking he'd lost and "that the second-place guy must have passed me," McLean was surprised to learn he was back in the race leading the pack.

Crossing the finish line

at about 3:23 a.m., with a time of 19 hours and 23 minutes McLean took first place among the 140 participants. "I thought I'd lost it. I thought 'Oh my God,'" McLean said of the race, being the first time in which he'd entered.

In May, McLean also participated at the Canadian 100km Champ, finishing in second place. After that, he travelled to Japan in June to compete at the World Cup 100km placing 49th.

Long-distance running comes to McLean as naturally as breathing, saying, "Running 100 kilometres is like running a mile." McLean said he runs an average of 100 kilometres a week and that after so many years of training he's become "spiritual in some ways" about running.

This year alone, McLean said he's already gone through 15 pairs of shoes through training and racing. "The integrity of the shoe - cushion and control" are important, he said. "Paying attention to the small things," contributes to the success of a runner.

The self-described "adventure seeker" McLean said, "I've been fit all my life," noting he is an



McLean at the Canadian 100km Championship in Toronto of May 2005

avid hockey player in a local men's league. In addition to a workout on the ice, the former first-place Ironman competitor (in 1993 and 1994) credits weight training and also his job with the military for keeping him in great shape. "It's a balancing act," he said.

Last month when the annual Terry Fox Run took place across the country, McLean said he was disappointed that he wasn't able to participate because of his busy schedule. However, he made a generous contribution to the charity event by handing over to organizers the \$300 prize he had won in Alberta for the Lost Souls Ultra 100-mile run.

Although McLean firmly states that he doesn't idolize anyone, he says the

Terry Fox story is "inspirational" and the quote "You put one foot in front of the other," has been motivating when realizing that a person can accomplish anything he or she wants to and overcome the odds. "I don't think that's true when people say they can't do something," McLean said. "I go through pain, but I don't suffer."

So what's next for McLean? He said his "plan" is to shave 10 to 15 minutes off his time of running 100 kilometres each year. Currently he runs it in 8 hours and 1 minute and hopes to bring that time down to 7 hours.

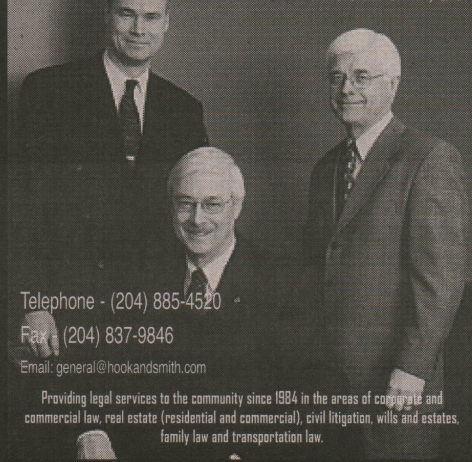
The Voxair congratulates Athlete of the Month Sgt Andrew McLean for his achievements and generous contributions.

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TAROSCOPES

BY NANCY

ARIES (March 21 - April 19): There is time now to enjoy a break from your busy schedule. Exploring patterns from the past eases future relations considerably when you discover a personal issue that has blocked your ability to understand the actions and motives of those close to you.

TAURUS (April 20 - May 20): You may hesitate to embrace new responsibilities because you are uncertain about what is expected of you and concerned about your ability to live up to those expectations. You will experience a deep joy in all that is happening once you are able to let go of your anxieties.

GEMINI (May 21 - June 21): Carefully check out your perceptions as they have a profound influence on your ability to appraise situations. Be honest with yourself and others about your current and future needs. What appears to be wasteful could be advantageous in the long term.

CANCER (June 22 - July 22): A lack of motivation is not the only thing that is sapping your energy. You may be operating in a mental or emotional fog because nothing interests you enough to pierce the apathy that results from boredom. Rekindle your passion by volunteering in an area of interest.

LEO (July 23 - August 22): You're back to feeling capable and able to succeed at whatever you set out to do. This return to your hallmark confidence is due to the end of a phase of emotional uncertainty. Your energy swings up. Immerse yourself, and take the lead in exciting new studies, projects and interests.

VIRGO (August 23 - September 22): Focus on taking care of yourself as this is a phase where you're prone to strong feelings of loss or defeat. Happily, new developments are sudden and require your full attention banishing these negative thoughts. Much of what you worried about works out for the best.

LIBRA (September 23 - October 23): Helping others is a decent and considerate thing to do but it can lead to a lot of headaches when those you are trying to lead won't follow. Remember it's up to them to decide if they will heed your suggestions and follow your good example.

SCORPIO (October 24 - November 21): You may not think you're getting anywhere but continue to persevere. When you least expect it you will find that everything comes together and that others notice that the many irons you've had in the fire are related and that your abilities are being honed with purpose.

SAGITARIUS (November 22 - December 21): Feeling confused because things you've acquired and the gains you've made, though considerable, are not enough to hold your interest. You need a new goal to ground yourself. Plan a trip or a spa retreat that promotes peace of mind as a means of increasing vitality.

CAPRICORN (December 22 - January 19): You're going through a questioning phase and need to know there is a point for doing what you do. Though it's tempting to hang onto what has defined you in the past, something new beckons. Go after it if it more closely matches what you really want from life.

AQUARIUS (January 20 - February 18): You are giving the impression of someone who is confident, intelligent and capable. Your ability to negotiate new deals and to recognize potential and promising investments is obvious. Others know this about you already, now it's time for you to believe it too.

PISCES (February 19 - March 20): You're naturally receptive to unspoken messages, but refrain from acting on them. Let others initiate activities and discussions. Your wishes are coming true. Don't stop short of your goal either because of a loss of faith or a belief that you've already arrived.

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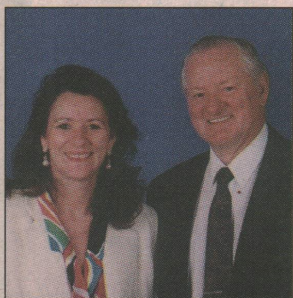
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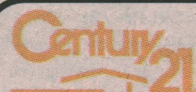
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