



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

JUNE 13, 2007

VOLUME 55, ISSUE 11

FREE



Volunteer of the Year award winners at the SISIP-sponsored luncheon on the flight deck of the Western Canada Aviation Museum on 27 May 07.

# 17 Wing Celebrates Its Volunteers

By Avery Wolaniuk

They run clubs, coach teams, help out at the chapel, at the MFRC, and in their neighbourhoods. They are the dedicated volunteers of the 17 Wing community, who donate their time to the Wing or to organizations in the city.

On 27 May 07, 175 people came out to the SISIP-sponsored Volunteer Appreciation. "Some people want it to happen, others wish it to happen, and others yet make it happen," said WComd LCol Sam Ness to the gathered crowd, "and that, ladies and gentleman, is what you do each and every day by volunteering to make 17 Wing a better place."

The annual event has been held at various locations since it began. This year, the catered lunch was served on the Flight Deck of the Western Canada Aviation Museum, with tours of the museum following. "We want to recognize our volunteers for the time that they give to us, and it's just a great way of saying thank you," said Louise Cameron, Volunteer Co-ordi-

nator at the MFRC. "We would not be able to provide as many services, we'd work longer hours, and we wouldn't be a community organization if we didn't have volunteers."

Volunteer of the Year awards were presented that afternoon to: The Brooks Family, Cpl George Stetina, Maj Paddy Douglas, Maj Dan Girard, Sandra Doody, Connor Dea, Heather Thompson, Brenton and Andrew Cameron, and Selena Gelin.

"It is the synergy that you bring by volunteering that makes 17 Wing truly a great place to work," LCol Ness said. "Without that enthusiasm, without your support and without your personal efforts each and every day, we wouldn't have anywhere near the variety of programs that we've got, that go directly towards helping ourselves in the military community we live in."

In attendance to honour the dedication of these volunteers were WComd LCol Sam Ness, WCWO Glenn Wallace, HCol Barry Rempel, and Mr Gord Moore, SISIP representative.

For Louise Cameron, the day marked her final day of official organizing. "This is my last event as the volunteer coordinator of the MFRC, and I would like to say thank you to all the volunteers who work for us, it's been a great honour to work with them."

### The Volunteers Of The Year:

#### The Brooks — Family

Rob is the Treasurer of the RC Chapel Council. Angela is the Religious Education Coordinator for the RC Chapel Council. Katrina is a Music Ministry Coordinator for the RC Chapel and Brittany is a member of the RC choir and assists with the Children's Liturgy.

As the RC Chapel Treasurer, Rob has made improvements to the financial accounting procedures, making them both more user friendly and accurate. Angela keeps on top of everything from budgeting sufficient funds to ensuring teachers have everything they need to keep .....Continued on page 2

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the parents informed of events and changes. Although only turning 16 in May 07, Katrina has been the RC Music Director for over a year. She helps choose the hymns for masses as well as plays the piano and organ for them, and plays at weddings and funerals. Brittany sings in the choir and is the assistant for the Children's Liturgy Program for children 4 – 6 years old.

**Cpl George Stetina — Builder Award**

Cpl Stetina organized a Silent Auction to ensure that Veterans in Deer Lodge Hospital would receive Christmas Hampers. Through his contact with the Volunteer Coordinator at Deer Lodge Hospital he identified there were 26 Veterans in Deer Lodge Hospital with no family, or sufficient funds for anything but the necessities. He then canvassed businesses in the community, and members of the Squadron for donations. Through his efforts, almost \$1700 was raised. A gift bag was given to each veteran with personal care items, shirts and ties, fleece blankets, goodies and clock radios in them.

Everyone who made a special request received what they asked for. There were veterans in Deer Lodge Hospital who were not able to make requests due to their health, so he made up gift bags to be used by the Ward continuing daily necessities. There was \$55.00 left over and this amount was donated to the Wing Care and Share Program. He ensured that everyone who donated a prize or money received a Thank You letter and a breakdown of how the money was spent. He has been organizing this event for years, and has raised awareness that there are still veterans who require our support as well as our gratitude. He should be recognized for his dedication to the veterans at Deer Lodge Hospital.

**Maj Paddy Douglass — Builder Award**

Maj Douglass has volunteered with the following functions over the last year: PMC of Officers' Mess, organized 17 Wing Community Development Day, security detail for MFRC Family Day Street Dance/Beer Tent, WComd's military representative to the Government Division of United Way Winnipeg, assisted in organizing the Saluting Military Families in Oct 2006 Blue Bombers football game, organized the New Year's Day Levee (even though he was no longer PMC at this point), co-organized Manitoba Moose Military Appreciation Night, co-organized the Women's World Hockey Championships Vimy Celebration on April 9, 2007. Maj Douglass freely gives up his time for the betterment of the Military Community. He continues to act as an Ambassador-at-Large for 17 Wing Winnipeg and is deserving of formal recognition for all of his efforts.

**Maj Dan Girard — Adult Male**

Maj Girard deserves recognition in the volunteer male category for his initiative, organization and dedication in providing the Third Annual Old Timer's Hockey Camp. He approached the Community Recreation department in 2004 with the idea of organizing an ice hockey camp as part of Community Recreation's summer sport camp program. As head coach of this camp for the past three years, he has volunteered over 300 hours of his personal time. He was responsible for organizing assistant coaches; lesson plans for instruction on and off the ice, coordinating meetings and supervision of the participants. Due to the time that he donated, the Community Recreation department was able to offer an ice hockey camp that was well organized, well taught, and well planned. His contributions over the past three years made this camp one of the most successful.

**Sandra Doody — Adult Female**

Sandra is a very dedicated volunteer always ready to help wherever she is needed. She has put in many countless hours as an administrative assistant for the Volunteers and French services programs at the MFRC. As well, she was on the organizational committee for the Women's Spa night, contributing with time, ideas and great organizational skills. She helped us fundraise at numerous events like the Grey Cup Gala and the



Male Youth of the Year recipients Brenton (left) and Andrew Cameron toured the museum with their dad, Maj David Cameron, after the presentation.

Moose Game.

She is a dedicated reliable volunteer at the MFRC Mother Goose program. Her friendly and warm manner made participants feel very welcome. She displayed a genuine interest in the parents and children attending. She is a great asset to our program. She has volunteered over 150 hours since September 06. Most of all, she believes in what she does and understands how important it is to contribute to your community. Sandra demonstrates strong leadership skills. Her interest in supporting military families is genuine. The MFRC wouldn't be the same without her.

**Conor Dea — Male Teen**

Connor is part of the RC Choir and a Peer Leader within the RC Youth Group. He not only sings in the choir, but also helps recruit other young people. He has also taken on a leadership roll within the youth group. He is always willing to help around the chapel for clean-ups, moving furniture and setting up for events. Last summer he assisted a class at Vacation Bible School and helped run the games.

**Heather Thompson — Female Teen**

Heather has offered support at events that are both high profile and extremely busy as well as assisted with general office duties to assist coordinators to focus on providing services to clients. She has withstood minus 40-degree weather to promote and sell Support Our Troops items at sporting events and manned concession stands at professional development evenings. At the MFRC Family Fun Day she assisted with face painting and playing games with the children. Heather demonstrates strong leadership skills and determination that is rare in today's youth. She takes on any task without question and has passion for doing the best job possible. She is a valuable volunteer and we are very lucky to have her. We hope she will continue to volunteer while she pursues her academics at the University of Manitoba.

**Brenton and Andrew Cameron — Male Youth**

These two brothers have to be nominated together because if one is there usually so is the other. They are Altar Servers for the RC Chapel Community. They are both very dedicated and take their responsibilities seriously and perform their duties without flaws. They were a mainstay of the Wednesday Masses and Stations of the Cross during Lent. They are also responsible for the delivery of flyers and the MFRC Community Connections on the North side through the PMQ's. They have volunteered to help with many special events for the MFRC, working anywhere help is needed. These boys deserve the award for their diligence and professionalism. They take their work very seriously – while Altar Serving, they are attentive, punctual and can always be counted on to help out even when not scheduled. Always polite and thinking of others, they are positive role models for other youth in the community.

**Selena Gelinas — Female Youth**

Selena has been an Altar Server for the RC Chapel Community for a couple of years. During this time she has shown continuous dedication to duties expected of her. This past year she has taken on more responsibility. She was also very much involved with decorating for Vacation Bible School.

**Per Ardua Ad Astra  
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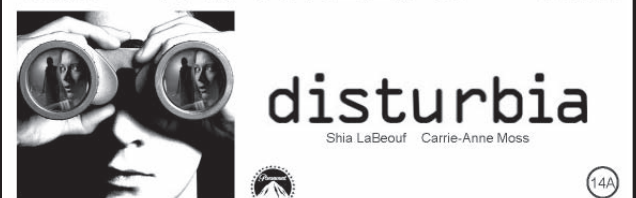


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# Commander's Commendation



By Capt Tim Dwyre

On 7 May 2007, three members of the 1 Canadian Air Division VIP Aircraft Security Detail (VIP AC Secur Detail) received the Commander's Commendation for their exceptional leadership, dedication, and technical expertise during the evacuation of Canadian refugees from Cyprus. WO Denis Lacasse, MCpl Real Dumonceaux, and Cpl Jorge Prudencio were providing integral Air Marshal security support to the Prime Minister of Canada during visits to the United Kingdom, Russia, and France. The mission aircraft was unexpectedly diverted to provide humanitarian airlift assistance to Canadians fleeing Lebanon. Without additional support, the Air Marshal team maintained a constant three-day security posture over the Prime Ministers' aircraft. Despite being awake for nearly 72 hours, the keen eyed Air Marshals seized several illegal and potential dangerous items, including butterfly knives, which had passed through the initial passenger search by local airport officials.

For over 30 years, the Military Police Branch has provided integral and close security support to Code 1 VIPs who fly on CF aircraft. In July 2004, the VIP AC Secur Detail was formed to provide a dedicated core of Air Marshals and other aircraft related security services. Although the organization is very small, the VIP AC Secur Detail has provided aircraft security support in 36 different countries and nearly 80 cities worldwide. Our team has protected many VIPs including Her Majesty Queen Elizabeth II and His Royal Highness, several members of the Royal family, two Governor Generals, two Prime Ministers and one foreign Head of State. Despite the high operations tempo, the VIP AC Secur Detail has overseen the creation of two comprehensive aircraft security courses and raised money for two charities: the Military Police Fund for Blind Children and the Christian Children's Fund Koins 4 Kids.

Shearwater, Nova Scotia — HAMPTON GRAY MEMORIAL SCHOOL is planning a Reunion for former students, teachers, and their parents on 6-7 Oct 07.

Pre-registration is required by 31 August 07.

For more information, please visit [www.hamptongray.ca](http://www.hamptongray.ca) or contact:

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2Lt Jon Scotton, Supply Flt, receives his commissioning scroll from LCol Wayne Gauthier, WLogO. 2Lt Scotton is currently attending his Log Officer Phase Three course in Borden. Upon successful completion he will become Lt Scotton, 19 Wing Comox Supply Officer. Good luck, Jon!



Pte(T)Aries Lazaro, Food Services Flt, receives his first hook from Major Tony Dunkerley, WSup&FdSvcsO. This was presented to him immediately after he successfully orchestrated a four-course meal for twelve people. The meal was not a prerequisite for his promotion but a requirement of QL4 training for all cooks. Pte Lazaro was responsible for the menu selection, ordering of all ingredients, cooking, and presentation of the meal. If the smiles and full bellies around the table after the meal are any indication, he carried this out magnificently. Well done.



WO Guy Rivet receives his CD1 for 22 years of dedicated service in the CF from WComd LCol Sam Ness on 10 May 07.

Photo by Cpl Bern LeBlanc

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Capt Mike Rozak, History and Heritage Officer, is coordinating on-going restorations this summer in the Garden of Memories and Air Force Heritage Park.

## Through The Halls Of History Manitoba Military Aviation Museum

By Avery Wolaniuk

After renovating, moving walls, installing cases and archiving items, the Manitoba Military Aviation Museum at 17 Wing Winnipeg has a new look and a lot to offer visitors. "We've expanded our galley space by a third," said History and Heritage Officer Capt Mike Rozak. "We now have 3000 square feet of exhibit space."

The space is put to use telling the stories of Manitobans who have served their country diligently. They're the everyday heroes, men in uniform who did their job exceptionally well and, through their excellence, were a credit to that uniform.

The Heritage office tells the story of the history of military aviation in Manitoba through the museum, the Garden of Memories and Air Force Heritage Park, located off Air Force Way north of Ness Ave. "We have people coming from all over the world to see the Garden. Some of them come to see the name of their father, grandfather or uncle in the stone," said Capt Rozak. "Some aviation enthusiasts come just to see the aircraft." Two groups from England have visited in the past year, touring the 14 planes and helicopters on display.

On one wall there is a display in the works on Hal Wishart, the recently retired Honourary Colonel of 3 CFFTS — whose story 'The Demise of Hudson 768' detailing the survival of a crash landing and several days in a blizzard in Newfoundland was printed in the VOXAIR last year — including the parka he wore during the storm and the pack he carried.

Across from Mr. Wishart's display is the story of Mr. Harry Smith, a recipient of the Distinguished Flying Cross and the Croix de Guerre. Shot down by a Japanese plane, he the first pilot to successfully crash-land a B24 Liberator in the jungles of Burma using a trick he had picked up watching float planes land on the Red River — a slight flare before touchdown, which allowed the plane to set down on top of the trees, instead of ripping right through them. Thanks to his efforts, all the crew who were alive upon landing were able to walk away from the crash

site and escape the Japanese pursuing them.

Down the hall and around the corner, the library is teeming with books — on the shelves, in boxes, lining the hallway and in piles, many waiting to be catalogued. With about 7,000 books, the museum is a working research library available to the public, with lending privileges extended to CF members and to members of the Manitoba Military Aviation Society, set up in support of the museum. For more information, please contact the museum.

The library is also being culled for replicated titles, many of which will be sent to 3 CFFTS Southport in time for the opening of their new building in September. The smaller collection is being created as a research tool for students at the flying school.

With the recent overhaul, the museum staff are also looking for help from the public. They are building a uniform display, specifically looking for pre-1950s dress uniforms, and flying gear from any decade. Also in demand are any uniforms or items relevant to a display on women in the military, any era.

Expansion at the museum will continue this summer, as new displays are put together. About a half dozen of the aircraft in the park will also be restored over the coming months, an ongoing project that started last year. Volunteers are currently restoring a Wind Tee from the old Carberry Air Field that will be added to the park, and later this year there are plans to mount a Tudor in Snowbirds colours on Ness Ave with the CF5 already on display there.

In order to accomplish all of this, the museum is always looking for volunteers, with lots of areas to help out in like restoration projects, the library, tours, and the gift shop, which sells mess kit accoutrements and various memorabilia items.

The museum is open Tuesdays to Fridays from 1:00 pm to 5:00 pm to visitors; for group tours, please contact Capt Rozak at 833-2500 ext 2112, or Anrea Zaslov at 4739. Air Force Heritage Park and the Garden of Memories, accessible off Air Force Way, north of Ness Ave, are open to the public from 7:00 am to 10:00 pm 365 days a year.

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# New Face At WCE



Photo by Avery Wolanuk

Lt Jami Suchan, newly arrived at WCE, is preparing to take over as Operations Officer this summer.

With posting season once again shaking things up around CFB Winnipeg, 17 Wing Construction Engineering (CE) would like to take this opportunity to introduce their newest addition.

Lt Jami Suchan arrived at the unit on 30 April and was quickly immersed into the world of CE. At the time of her arrival, 171 Airfield Engineering Flight (AEF) was preparing for a deployment for training purposes (DFTP) with the US Air National Guard (ANG) and 201st Red Horse Squadron to Fort Indian Town Gap, Pennsylvania. She was immediately slotted to go on the DFTP and given the position of 171 AEF Flight Commander. Conflicts with whether or not the exercise would occur at the end of May began to emerge as warning signs of flooding in BC made themselves apparent. Lt Suchan was assigned to the Mission Support Unit (MSU) to go to BC as a part of OP PONTOON providing disaster relief if and when required. Consequently the DFTP was put on hold for the time being. On top of her MSU and

AEF duties, Lt Suchan is learning the ropes of the Operations Officer position, as she will be taking over from Capt Dube following his posting to Goose Bay, NL this summer. As the Operations Officer, Lt Suchan will be in charge of the various shops, which compose, CE and which ensure the Operation and Maintenance of the base.

Lt Suchan graduated from the Royal Military College in 2006 following the completion of an Honours Baccalaureate in Chemical and Materials Engineering. Upon her commissioning she was posted to the CF School of Military Engineering at CFB Galetown where she completed her Phase three and four Airfield Engineer Training before being posted to Winnipeg. Lt Suchan was fortunate to complete her phase training at a time when the military is desperate for Airfield Engineers, she was given her posting preference to return to the harsh winter conditions and swarming mosquitoes she was accustomed to growing up in Saskatchewan.

# 402 Squadron Family Birthday

By Sgt Pat McNorgan

This fall, 402 "City of Winnipeg" Squadron will mark a significant milestone with its 75th anniversary. In celebration of the Winnipeg Bear's three-quarter century birthday, a reunion weekend will be held the 17-19 August 2007, here in Winnipeg, with former members and friends attending from all over the country.

As the big day approaches, 402's heritage appears to be doing quite well, thank you. Currently in the UK, a restoration of a Hawker Hurricane in the colours of FSgt Graham Robertson (the first member of 402 to claim an enemy aircraft in action during the Second World War) is nearing completion. From the images they have sent us, it looks like a very professional job. Just the type of work that would elicit the phrase: they got it right.

A few years ago, Bob May of Winnipeg purchased and restored a Mustang Mk IV in the 1950s 402 "City of Winnipeg" scheme. This magnificent fighter will be featured on the cover of the upcoming Squadron History book, which should be available just before the reunion.

Then there is Dr. Dennis Dionne of Windsor, Ontario, who owns a T-51. This is a three-quarters scale version of the Mustang; a fully operational, two seat, light aircraft. Dr. Dionne had been in touch with our Heritage Office regarding the markings of 402 Squadron. As with Mr. May, Dr. Dionne choose 402 markings to finish his aircraft with, and we suggested that he use the early Mustang scheme, since Mr. May had picked the later pattern. The good doctor was provided with the colours and some artwork to use on the T-51, and we were kept in the loop as the project came to fruition.

The chance to see the end results finally came on 28 April 2007 when Dr. Dionne and his pilot, LCol (ret'd) Holden flew the mini 'Stang home from Calgary. After re fuelling, the aircraft was taxied and man handled into 16 Hangar for the evening. With an image of "Minto" the bear, (402's mascot) underneath the cockpit, the T-51 seemed right at home in the welcoming arms of her adopted squadron. Dr. Dionne and LCol Holden took off in the T-51 to complete the final leg to Windsor the following morning.

Although all three of these paint schemes were chosen for no other reason than they were attractive, colourful, operational RCAF schemes, the Squadron does reap a fringe benefit. Wherever they show up, they are identified as being in the markings of 402 "City of Winnipeg" Squadron. All of this adds to the lustre of the Winnipeg Bears and, of course, that impending 75th anniversary. After all, we've been 'standing on guard' for 75 years. It's time to sit down with a have a cool one with the family.

For more information on the reunion and history book, please go to [www.402squadron.com](http://www.402squadron.com)

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# CF And Canadian Paralympic Committee Launch 'Soldier On' Program

National Defence

The Honourable Gordon O'Connor, Minister of National Defence, and Carla Qualtrough, President of the Canadian Paralympic Committee, announced on 26 May 07 the launch of the Soldier On program.

The Soldier On program is a joint initiative between the Canadian Paralympic Committee and the Department of National Defence (DND) to develop together a program that will enhance, through sport, the quality of life of current and former Canadian Forces (CF) members who became disabled while serving in the CF. The needs of the CF members will be determined using a consultative approach during the Summit and afterwards.

"This is a fantastic opportunity for these individuals to continue active and healthy lifestyles," said Minister O'Connor. "We feel that Soldier On will make an important difference in their lives and those of their families."

The announcement was made during the Paralympic Sport Summit at Carleton University. The Summit brings together CF members

with a physical disability and Paralympic athletes to share their experiences. CF personnel will meet national Paralympic team coaches and rehabilitation experts and be introduced to seven Paralympic sports during hands-on sessions.

"The dedication of our Paralympians, equaled by the dedication of our wounded soldiers, is a wonderful thing to behold — working together, to help those in uniform, is simply overwhelming in its inspiration for all of us," said General Rick Hillier, Chief of the Defence Staff.

The program will be integrated into the larger morale and welfare programs within the Personnel Support Programs Division of the Canadian Forces Personnel Support Agency.

"This will be an exciting chance for the soldiers to not only gain exposure to these sports, but also to experience first hand the benefits and possibilities of sport for persons with a disability," said Mrs. Qualtrough. "Sport at all levels, from recreational to high performance, can help people with a physical disability on many levels - from enhancing rehabilitation to increasing their quality of life."



The Honourable Gordon O'Connor, MND, drops the puck between MS Eric Payne and Team Canada's assistant captain Jean Labonte while Canadian Paralympic President Carla Qualtrough and Gen Rick Hillier, CDS, look on after the press conference launching the 'Soldier On' Program.

## 1 Cdn Air Div Hosts USAF Visitors

By Maj Kelly Smith

Major General Charles Bouchard, Comd, 1 Canadian Air Division recently had the pleasure of hosting Lt Gen Michael W. Peterson and Maj Gen William T. Lord from the Office of the Secretary of the Air Force, Pentagon, Washington, D.C. Lt Gen Peterson is Chief of Warfighting Integration and Chief Information Officer for the U. S. Air Force. Maj Gen Lord works under Lt Gen Peterson as Director, Cyberspace Transformation and Strategy, Office of Warfighting and Chief Information Officer.

This was the final stop on a swing through Canada beginning with a visit to the Chief of the Air Staff, Lt Gen J.S. Lucas, CMM, CD, and continuing with the Information Management Group [ADM (IM)], CFS Leitrim and 22Wg North Bay. As one might quickly deduce, the overall intent was to further harmonize efforts in the C4ISR arena in a bi-national and bi-lateral way to better work between coalition partners and also in the Four-Eyes community (Canada, U.S., U.K. and Australia).

The trip to Winnipeg started with reception of the visiting party aircraft on the evening of 9 May by MGen Bouchard and Brig Gen Quenneville from the 1 Cdn Air Div along with the wing commander, LCol Ness and WCWO Wallace. It didn't take long for the general officers to get down to business—they began by spending a few moments in the VIP lounge setting the stage for the next day's agenda. MGen Bouchard's comments afterwards were along the lines of, "I have a good feeling about this visit." And, as it turns out, he was correct.

With many of the strategic discussions out of the way from the visits earlier in the week to Ottawa and Leitrim discussions here at the 1 Cdn Air Div focused more on the operational level. Topics of interest that were specifically briefed or discussed were: C2 network overview; the US SIPRNET and releasability, status of the Canadian space cell at the division; tactical data links; and radio/radar coverage issues. These topics kept the same themes and messages that were given to the USAF NORAD/USNORTHCOM J8 (Requirements) last year.

On the flip side, Lt Gen Peterson gave a briefing as well. The major portion of his briefing was how important it is to focus on architecture for the network. He mentioned several vignettes and other interesting discoveries they had made,



(L-R) Maj Gen William Lord, MGen Charles Bouchard, Lt Gen Michael Peterson, Brig Gen Donald Quenneville at the signing of the Guest Book in the atrium of 1 Cdn Air Div.

with much of it to do with following industry trends to solve many of the systemic problems across the military. Some of these touched on using a baseline for individual PCs, working with Microsoft for a more useful and secure version of Vista and other software tools to help cut down on manpower required for routine computer maintenance. General Peterson mentioned that they were surprised at the amount of

money saved by many of their initiatives and would be happy to share their experiences in efforts to help out Canada in their efforts as well.

The day finished up with a dinner with the visiting party and select members of the Air Division where the conversation continued to center around the business at hand. At the end of the day the feeling from both sides was clear—we have a way forward and we are looking forward to working collectively on making that vision a reality. The evening concluded with MGen Bouchard presenting a plaque to Lt Gen Peterson and passing out coins to the rest of the party.

As we sent them on their way back to D.C. the next morning, they were all smiles. They had thoroughly enjoyed their trip through Canada and were eager to get started on all their action items on the trip home. Lt Gen Peterson mentioned that they are all looking forward to hosting a Canadian contingent sometime in the coming year and to return the hospitality. "This has been an extremely useful and productive visit. I look forward to exchanges like this in the future. And I have no doubt that this has stimulated both our organizations as we continue to deepen our relationships with Canada and further our combined efforts to win the war on terror."



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# A Cape Made Of CadPat

By Avery Wolaniuk

Picture yourself standing 17 floors above ground level downtown, looking down. And then voluntarily climbing over the edge to rappel down the side of the building. Anyone feel a little queasy?

While the thought makes Cpls Norine Vankoughnett and Tina Wilhelm of Wing Ops a little green, both of them are planning to make the trek down the side of the RBC Building at 220 Portage Ave on 16 August 07 to raise money in the Easter Seals fundraiser The Drop Zone.

Instead of capes, the Cpls will be rappelling the 17 stories in their uniforms. For Cpl Wilhelm, the thought of preparing to go over the edge of the building brings on a lot of emotions. "I feel exhilarated, excited, anxious and yes, even a little bit scared because I am taking myself outside of my personal comfort zone. It is not the height that scares me — I have no problem standing at the edge of a building and looking over the edge. Where the fear kicks in is the transition from the roof to the side of the building," she says.

They each need to raise \$1500 in order to "step off" the side of the building. Every donation, small or large, helps the cause. To donate, visit [www.thedropzone.ca](http://www.thedropzone.ca), follow the links through "sponsor a Superhero" and donate under one of the ladies' names. To help meet their fundraising goals, they are throwing a social on Friday, 29 June. Tickets are \$10 and available at WOps Tasking Cell, or by calling local 5043.

For Cpl Vankoughnett, the motivation to participate starts right at home. "Easter Seals is for adults and children with disabilities. My mother was in a wheelchair for



(L-R) Cpl Norine Vankoughnett and Cpl Tina Wilhelm are planning to step over the edge this August in support of Easter Seals.

all but about seven years of my life. She had both hips and knees replaced and her left hip replaced a second time over the course of 25 years. I remember trying to help her by pushing her wheelchair while she was doing things around the house; little did I know that I was actually making it more difficult for her and sometimes actually hurting her," she says. "But she never complained, well at least not till I was old enough to understand what I was doing! The other reason is that I am terrified of heights — what better way to overcome this fear?"

For both women, the chance to push their own limits and contribute to their community makes the fear worthwhile. All money raised stays in Manitoba, and the website states that this year's is to raise a million dollars for children and adults with disabilities.



MCpl Darrell Jason Priede

## MND On The Death Of MCpl Darrell Jason Priede

OTTAWA – The Honourable Gordon O'Connor, Minister of National Defence, issued the following statement on 31 May 07 on the death of Master Corporal Darrell Jason Priede:

"On behalf of the entire Defence community I extend my deepest sympathies to the family and friends of Master Corporal Darrell Jason Priede who died when a helicopter, in which he was a passenger, went down in Helmand Province in Afghanistan. I also extend my condolences to the families and friends of the six other coalition troops who died in this incident.

Master Corporal Priede was a valued member of the Army News Team from 3 Area Support Group, based at Canadian Forces Base Gagetown. He gave his life not only to protect Canadians and our national interests, but also to provide hope to Afghans for a better future.

Master Corporal Priede was part of an international coalition working to bring peace and security to this troubled country. Canadians are forever proud and grateful for his service and for the contributions of all our men and women in uniform."

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0840 Opening Remarks / Welcome – APR Co-ord	0805 Guest Speaker
0850 Opening Remarks / Intro CAS – Comdt CFSAS	0900 High Arctic Communications Using Molniya Orbits – Capt Kerber
0900 Keynote Speaker - LGen Lucas, CAS	1010 Airborne Network Using Common Data Link For Canadian ISR – Capt Watts
1000 Strategic Lift Hybrid Airships – Capt Bylsma	Millimetre Wave Enhanced Vision Imaging For Use In Helicopter Operations FltLt Wilson
1100 Swarming UAV Technologies – Capt Diakow	<b>LUNCH</b>
<b>LUNCH</b>	1310 THz Systems for Detection of Concealed Explosives and IEDs - Capt Ireland
1300 Fuel Cell Applications For Tactical Uninhabited Aerial Vehicles – Capt McCorquodale	1410 Intro Closing Speaker – APR Co-ord
1400 Battery Performance and Safety in Aerospace Applications - SQNLDR Hutchison	1415 Closing Remarks
1500 Application of Smart Structures in Aerospace – Capt Dufault	1445 Closing Admin – APR Co-ord
1555 Closing Admin Remarks	1900 ASC Graduation Dinner – 17 Wing Officers' Mess (by invitation)
1600 Meet & Greet at 17 Wing Officers' Mess	1930

# Wing ON THE THIS WEEK



## Game On

From 13 -17 May, 40 ball hockey players broke a world record in support of cancer research with the Face Off For a Cure. Playing for 100 hours straight (with a five minute break accumulated for every hour of play) they beat out the previous 30-hour Guinness World Record for longest street hockey tournament, set in Edmonton in 2004.

The tournament raised almost \$25,000 for the Canadian Cancer Society. Most of the players involved had lost someone close to them to cancer.

Event organizer and player Chris Watchorn said the support they received from the Canadian Forces Recruiting Centre was unbelievable. "There's a bunch of things we couldn't have done without them," he said. The CFRC helped arrange for sleeping tents for players when they were off the rink, signs, t-shirts, food and volunteering wherever necessary. "They really were involved in all aspects of the event, and we're really thankful for all the support."

For the CFRC, it's a great place to be involved at the community level and connect with university-aged individuals who are making decisions about what to do with their lives. "That's where we need to be," said Capt Cadick as he watched a player score a goal. Final score: 1383 to 1412.

## Wing Commander Golf Tournament

The first Wing Commander Golf Tournament of the year was hosted at Carman Golf Course on 9 May 07. The turn out was amazing - 80 golfers participated in the tournament, where they saw temperatures reach a scorching 32 degrees Celsius. The best golfers on base were at this tournament, all vying for the best overall low score. Lt Rob Young ended up shooting the lowest round with a blazing (77), winning the tournament by two strokes over Pte Steve Baziuk. Thanks to WComd LCol Ness and to all who participated and made this event such a success.

(left) WChief CWO Glenn Wallace, WComd LCol Sam Ness, Col Scott Howden, and Mr Ben Van Ruten head out to the greens.



(from left) Emilya Snow, 6, and Hallie Martin, 1, take a break on a waiting bench at the Volunteer Appreciation event held on 27 May at the Western Canada Aviation Museum.



Museum volunteers are hard at work in Building 32, restoring a Wind Tee from the old Carberry Airfield that will be placed in Air Force Heritage Park once its facelift is completed. The Wind Tee is one of several restoration projects lined up for the park this summer.

# Royal Military Institute Of Manitoba Awards

The Royal Military Institute of Manitoba handed out six awards at this year's awards dinner held Friday, May 4th at the Hotel Fort Garry. Civilian defence specialists Doctor Peter St John and Doctor Tom Marks were installed as Fellows of the Institute. Both have made significant contributions to the defence world over their extensive careers. The University of Manitoba was singled out this year for its

special efforts over the years to assist the military with programs offering upgrades and new degrees to serving and newly enlisted officers. University President Doctor Eموke Szathmary was on hand to accept the award. Former Chief Justice of the province of Manitoba, the Honourable Alfred Monnin was given the institute's Twice the Citizen award for his contribu-

tions as a Captain with the Royal Regiment of Canada during World War Two and his significant work as a lawyer, judge and citizen since the war. Premier Gary Doer was on hand to accept the Patriot Award on behalf of the province of Manitoba. Of particular importance in deciding to honour the province was its decision to support our reserve troops while deployed overseas in calling on employers to guarantee their jobs. And retired Lieutenant General

Ray Crabbe was given the Patriot Award for his outstanding career as a soldier rising to the position of Deputy Chief of the Defence Staff and for his continuing service as a civilian chairing a United Nations steering committee on rapid reaction force deployment as well as serving on the board of Commissionaires Canada and as President of the Royal Military Institute of Manitoba.



Honorary Colonel Bob Vandewater presents Fellow of the Institute scroll to Doctor Tom Marks.



Honorary Colonel Bob Vandewater presents Fellow of the Institute scroll to Doctor Peter St John.



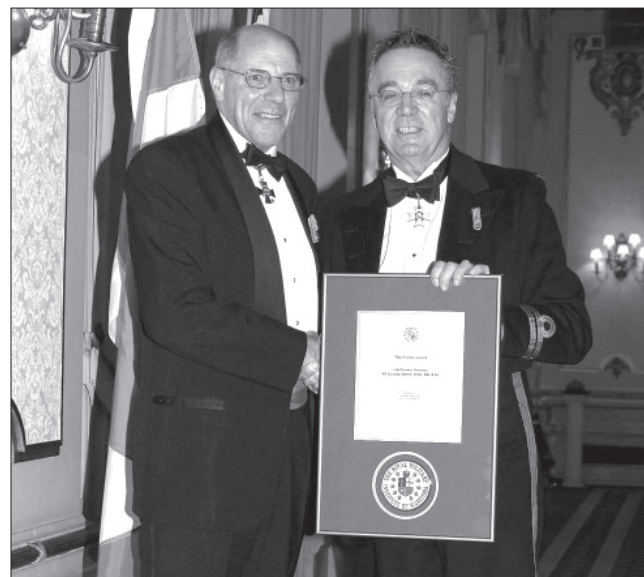
Doctor Eموke Szathmary accepts Special Service award from Brigadier General (Ret'd) John Law.



RMIM VP's Barry Burns and Allison Molgat present Twice the Citizen award to retired Chief Justice Alfred Monnin.



Colonel (Ret'd) Mike Zawislak presents Patriot award to Premier Gary Doer.



RMIM VP Barry Burns presents Patriot award to Lieutenant General (Ret'd) Ray Crabbe.

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**DAILY WEBSITE FOR CANADIAN HEROES**

Founded by veteran Don Leonardo and Jane Myden, the mission of VETERANSOFCANADA.CA is to raise awareness, promote patriotism and encourage a commitment to support our heroes by forming partnerships with the business community nationwide.

Lifetime membership provides a member-only online bilingual community where you create your profile, upload pictures, post BLOGS, find old friends and meet new ones. Online benefits include promotions and discounts, jobs postings and training programs listed by Business Partners. Members also have access to a network of organizations, associations and initiatives that support Canadian heroes. All this plus a membership card for a one-time fee of \$10.00 (+ GST) with an optional spouse card for \$5.00 (+ GST).

Behind the success of the online benefit program and to reach the business community nationwide, VETERANSOFCANADA.CA has established a Hero Workforce comprised of retiring and medically released heroes and reservists. Each Business Partnership provides a donation to the local MFRC and contributes to the establishment of the Foundation for Canadian Heroes.

For further information, visit [VETERANSOFCANADA.CA](http://VETERANSOFCANADA.CA)  
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# WCOMD HONOURS AND



Capt Martin Walsh receives the General Campaign Star from LCol Sam Ness, 17 Wing Commander.



WO R.E. Lawrence receives his Canadian Forces Decoration 2 Clasp (CD2) from LCol Sam Ness, 17 Wing Commander.



Sgt S.C. Nicholls receives her Canadian Forces Decoration first Clasp (CD1) from LCol Sam Ness, 17 Wing Commander.



Sgt M.H. Pilon receives the South-West Asia Service Medal from LCol Sam Ness, 17 Wing Commander.



Sgt M.H. Pilon receives the The General Campaign Star from LCol Sam Ness, 17 Wing Commander.



WO J.D. Roberge receives his Canadian Forces Decoration 2 Clasp (CD2) from LCol Sam Ness, 17 Wing Commander.



MCpl D.P. Dingman receives his Canadian Forces Decoration first Clasp (CD1) from LCol Sam Ness, 17 Wing Commander.



Sgt M.H. Pilon receives the Camp Mirage Commemorative Certificate and coin from LCol Sam Ness, 17 Wing Commander.



MWO J.M.G. Caouette receives his Canadian Forces Decoration 1 Clasp (CD1) from LCol Sam Ness, 17 Wing Commander.



Cpl G.E.J. Atkinson receives his Canadian Forces Decoration first Clasp (CD1) from LCol Sam Ness, 17 Wing Commander.



Capt J.G. Haugen receives his Canadian Forces Decoration 2 Clasp (CD2) from LCol Sam Ness, 17 Wing Commander.



Sgt J.J.M. Beriault receives his Canadian Forces Decoration 1 Clasp (CD1) from LCol Sam Ness, 17 Wing Commander.



MWO G.M. Kalagian receives his Canadian Forces Decoration 2 Clasp (CD2) from LCol Sam Ness, 17 Wing Commander.



Sgt J.K. Kerr receives his Canadian Forces Decoration first Clasp (CD1) from LCol Sam Ness, 17 Wing Commander.



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# AWARDS CEREMONY

Photos by Cpl Bern LeBlanc



LS W.C. Bell receives his Canadian Forces Decoration first Clasp (CD1) from LCol Sam Ness, 17 Wing Commander.



Cpl H.N. Compton receives his Canadian Forces Decoration (CD) from LCol Sam Ness, 17 Wing Commander.



Mr John Bessas receives the Wing Commanders Commendation on behalf of TEME from LCol Sam Ness, 17 Wing Commander.



MCpl J.W. Clark receives his Canadian Forces Decoration (CD) from LCol Sam Ness, 17 Wing Commander.



Cpl T.R. Sheppard receives his Canadian Forces Decoration (CD) from LCol Sam Ness, 17 Wing Commander.



Sgt R.E. Assels receives a retirement certificate of 28 years of service from LCol Sam Ness, 17 Wing Commander.

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Ms Beverly Knight receives the Public Long Service Award for 35 years of service from LCol Sam Ness, 17 Wing Commander.



LCol Sam Ness, 17 Wing Commander receives a Manitoba Moose Jersey presentation from Mr Jeff Mager the Moose Coordinator for the Manitoba Moose Military Appreciation Night.



Mr Dave Evitt receives the Wing Commanders Commendation on behalf of WTISS from LCol Sam Ness, 17 Wing Commander.



Mr. Jeff Mager the Moose Coordinator for the Manitoba Moose receives the Wing Commanders Appreciation certificate from LCol Sam Ness, 17 Wing Commander for his hard work for the Tribute to the Fallen Soldier.



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LCol Sam Ness, Wing Commander receives the Certificate of Aerobics Excellence, Red Seal from Mr. Rick Harris, PSP Manager.



# 95 Years Of Service

The Fort Garry Horse celebrated their 95th Anniversary as a Regiment in the Canadian Army on 12 May at 11:00 am at the Upper Fort Garry Gate across from the Hotel Fort Garry. The parade also served to formally recognize 16 reservists scheduled to deploy on Task Force 1-08.



Sergeant Cameron Bois, Master Warrant Officer Charles Moreau and Sgt Jeff Carswell march on The Fort Garry Horse Regimental Guidon onto the parade.



Colonel Kelly Woiden inspects the Old Guard during the parade.



The Old Guard march past the spectators who have lined the street.

STRENGTHENING  
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## How Can I Use A Pedometer To Help Me To Be Active?

A pedometer is a device that counts the number of steps you take when you walk or run. Some pedometers count only the number of steps you take. Others also estimate the total distance covered or calories burned. You can wear a pedometer all day, every day, or just when you're going out for a walk.



following:

- » Active adults take approximately 7,000 to 13,000 steps per day.
  - » Active older adults take approximately 6,000 to 8,500 steps per day.
  - » Inactive adults take approximately 3,500 to 5,000 steps per day.
  - » Children should take approximately 11,000 to 13,000 steps per day.
- Help you to set goals for being active. Increase your activity in manageable bites. If you normally take about 3,000 steps a day, then your initial goal might be to try to reach 6,000 steps a day. You can do this in three 10-minute bouts of brisk walking (about 1,000 to 1,300 steps at a time).
  - Measure your progress. Record the number of steps you take to track your progress, so that you know when it's time to set a new goal. For example, once you're consistently taking 6,000 steps a day, you could change your goal to 8,000 and then to 10,000 steps or more per day.

### How a pedometer works

Most pedometers have a small metal arm inside that moves each time you take a step. This movement is recorded as a step on the pedometer's display.

### What to look for in a pedometer

When you're buying a pedometer, look for one that:

- counts steps accurately (walk 20 steps with the pedometer on — the display should read 19, 20, or 21 if it is accurate)
- has a cover to protect the display
- includes a belt clip or strap so the pedometer doesn't fall off when you wear it
- uses an inexpensive battery (such as a watch battery).

Many drug stores and sports shops sell pedometers.

You can also borrow one from the HEALTH PROMOTION OFFICE, bldg 63, Rm 147/148.

### How to wear a pedometer

A pedometer must be upright to work properly. In other words, the pedometer should not be resting at an angle to your body.

Clip your pedometer to the waistband of your pants or skirt at the midpoint of your leg (lined up with your kneecap). If your waistband is loose, you can clip the pedometer to the inside of it for a snugger fit.

Depending on what you wear or your body shape, you may need to try other ways of wearing your pedometer. Test your pedometer to make sure it's counting your steps accurately.

### Let's get moving!

When it's worn properly, you can use a pedometer to:

- Get an idea of how active you are. Put on the pedometer when you get up in the morning, and take it off just before bedtime. Record the number of steps you take each day for three days (two workdays and one day you don't work). Add up the number of steps and divide by three to get the average. Compare your results to the

### What pedometers can't do

- Pedometers are most accurate in counting steps. They are less accurate for estimating distance travelled and calories burned.
- Pedometers record a step each time your hip moves up and down. This means the pedometer measures other things you do in addition to walking (e.g., bending to tie your shoes, riding in a car).
- Pedometers don't measure the frequency (how often), intensity (how hard) or duration (how long) you've been physically active. For example, a pedometer can't tell the difference between walking, running or climbing stairs.
- A pedometer can't measure your activity level when you swim, bike or do an exercise where you use just your arms. As a general rule:
  - » 10 minutes of moderate intensity activity = 1,000 steps
  - » 10 minutes of high intensity activity = 2,000 steps.
- Wheelchair users can attach an odometer from a bike shop to their chairs to track the distance they travel. (1 km = about 1,250 steps).

For more information on pedometer use or to sign one out contact HEALTH PROMOTION AT LOCAL 4150/4160.



Military members presented trophies to the top three finishers in the Late Model 25 lap feature (racers R-L) Kevin Sexton, Ricky Weiss, and Cody Skytland.

Photo by Tim Johnson, Motorsports Addiction

## Back At The Track

By Avery Wolaniuk

Flying dirt, exhaust fumes and the roar of engines filled the air at the second CF Appreciation at the Red River Co-op Speedway.

Last September's event was so popular, organizers knew immediately that they would try to offer it again. "We received numerous emails, everything from racers to spectators to sponsors all thinking it was great," said Guy Budel, Director of Race Operations.

"It was a really good exposure," said PO2 Joseph Gilchrist of the Canadian Forces Recruiting Centre. "We had really good success last year showcasing the Army, Air Force, and the Navy."

38 Brigade Commander Col Robert Poirier opened the evening with remarks to the crowd, outlining some of the military's role in the province. The Royal Winnipeg Rifle band performed both national anthems before the NLRA Late Model Special race night took off from the start line.

The partnership between the CFRC and the Speedway benefits both parties. For the Speedway, it's a chance to show their support to the men and women in uniform. "We're very honoured to be Canadians, to be patriotic, and it's opportunity to work with such an awesome organization as the CFRC. It's a real honour to align ourselves with such a major entity," said Mr. Budel.

For the recruiting centre, it's a venue that offers access to one of their prime demographics. Three thousand people take in a Thursday night race, with an average age of 25-54, and a 2:1 male to female ratio, according to the Speedway website. And, generally speaking, those sitting in the stands,



Red River Co-op Speedway Staff donned their own special uniforms in honour of Military Appreciation at the track.

Photo by Avery Wolaniuk

behind the wheel or in the pit are mechanically-minded, interested in the very things that are the nuts and bolts of many trades positions offered by the military. "We'd like to have a mechanic who's working on a race-car working on our trucks," said PO2 Gilchrist over the din of a heat of racers taking the corner in the last race before intermission.

New from last year, the CFRC is now working in conjunction with RCMP recruiters at events and in application procedures. For more information visit [www.recruiting.forces.gc.ca](http://www.recruiting.forces.gc.ca).

## PSO CORNER

By Michelle Arnaud

My name is Michelle Arnaud and I'm employed in Wing Ground Training as the Webmaster for the Wing Administration Branch website. Not only am I the Webmaster, I also administer the online Wing Calendar, the GCWCC website and most recently the nifty Pop Up Messaging System that appears at log in on your computer.

Originally, I was assigned to build a website for Ground Training, shortly after I was asked to build one for Personnel Selection Office, and one for the entire Administration Branch. I networked with many Admin Branch personnel, former Wing Admin O LCol Conway as one of them. These websites would benefit 17 Wing by allowing computer users to view the many services that each section/branch officers, reducing large number of inquires... an online FAQ-esque resource in sorts, however, in great detail.

In June 2006, LCol Conway had brought forward an idea of having an online Wing Calendar, listing the many events happening base wide, which would in turn bring out maximum participation. With much research and collaboration, the online Wing Calendar was officially launched September 2006. The calendar can be accessed from the Wing's Page

on the DIN (<http://17wing.winnipeg.mil.ca/wadmin/calendar/Calendar/calendar.asp>), with each month jam-packed with a plethora of events. Many have applauded the calendar as they enjoy the ability to view the various events around base without having to search high and low for the information. The various events are sorted by colour, allowing the ability to filter each event by category. From Wing Commander Coffee Breaks, Sporting, PSP, GCWCC and various meetings, the Wing Calendar has all of it listed!

The 17 Wing Pop Up Messaging system was created to replace Wpg/Base-All emails as many base members are not on these lists. The Pop Up Messaging system is on all DIN computers and is activated upon log in and is not user restricted. A pop up screen appears listing important messages, which can range from upcoming meetings, courses, sporting events, TIS info, Base alerts much more.

If you need an event posted on the Pop Up Messaging Log-In system, send your requests to [+PopUpMessaging@Wadmin@Winnipeg](mailto:+PopUpMessaging@Wadmin@Winnipeg) (please note that when requesting posted events they should be submitted in English and French). If you would like to share an upcoming event and wish to have it posted on our Wing Calendar, please email me at [Arnaud.M@forces.gc.ca](mailto:Arnaud.M@forces.gc.ca) with the details.



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# A Tour Of WTISS

By MWO Gerar Marcil-Dallaire

Good day everyone. I am down to my last few weeks in Winnipeg and I am going back to Ottawa after two years. Winnipeg was never our first choice and we told everyone that wanted to hear it, that we were only going to stay three years. It is not by choice I am leaving so early, as I have met an amazing team of professionals in WTISS. That is the real story.

I have been thinking about this article for a while and to be honest, it is quite difficult to provide an accurate representation of what WTISS is really about. For most of you, the first thing that comes to mind is Computers and Phones. WTISS is so much more than what meets the eye, let me just take you through WTISS for a quick tour.

The squadron is divided into three flights. The first flight is the Information Services Flight. They make sure your computers work and you have access to the information you need to do your job. This is an amazing Flight composed 50/50 civilian and military. Thanks to the exceptional leadership of Dave Evitt, this is a very well balanced Flight. I personally divide the Flight in two categories (what you see and what you don't). What is often misunderstood is how much work goes into making sure all of the 2600 DWAN and 250 GPNET computers work the way you want. Most of the time, it is a very thankless job. Imagine all the staff that make sure the servers with 8 Terabytes (soon 14 Terabytes (that is 14,000 Gigabytes)) of data fully mirrored, backed-up, etc are working properly and the infrastructure staff who make sure the switches and routers talk to each other. You will never see them but their amazing work in the background makes our computers "Tick." The second group (the one you see or hear) is the help desk and those supporting your computers at your desk. They perform miracles on a daily basis fixing problems or installing extremely complex software.

The second Flight is the Technical Main-

tenance Flight. They are responsible for all the telecommunication cables, antennas, telephones, PBX, telephone operators, radios and video equipments on the Wing. The Linemen work in this Flight. They are a very special group of people — they are Army. There is no such thing as Air Force Linemen (we are trying to convert them but it is work in progress). Most of their work is outside, rain or shine (or snow or -40C), in the mud or in filthy manholes, but they never complain (almost never). How much do you like your phones? Most people would answer that they would be better off without them (especially cell phones and Blackberrys). This is another area where so much work happens in the background to make the phone on your desk or Blackberry in your hand work. Their work often goes unnoticed unless something goes wrong. The variety and complexity of all the activities of the TM Flight is mind-boggling. Thanks to the sound leadership of Capt Lavoie and MWO Robertson, they make the Flight into a cohesive group.

The last Flight is the Command & Control Support Services Flight. They maintain the Message Centre and all Command & Control tools (weapon systems) at the 1 Cdn Air Div HQ/CANAR. While email has become the tool of choice for communication (with the telephone), there are still significant messages being distributed via the old ADDN. On average, the Winnipeg Message Centre processes 1200 messages each week. The Winnipeg Message Centre is one of the rare Message Centres that is still operated 24/7. After working hours, we guard for all of Western Canada with the exception of Esquimalt. When I arrived in Winnipeg two years ago, we had a handful of AFCCIS workstations at 17 Wing. Now there are approximately 165 AFCCIS workstations and the number keeps increasing as the tool reaches critical mass. The WLogO constantly reminds everyone that CE will get him into most trouble. However WTISS will put him on the hot seat the fastest. How long will it take for the Comd of 1 Cdn Air Div to



Call of Duty tournament hosted during WTIS Sticky Floor day.

call the WComd if he can't wage war in the AOC because of a Communication or Computer problem? There are a certain Capt Chiason and MWO Marcil-Dallaire that have been in the hot seat many times. Through ingenuity and hard work, they always pull it off. It is true that the Comd also has a secret weapon (known under the codename "Dude") within the ranks of WTISS, which is used regularly to get things done.

Of course, there are other smaller cells, which provide invaluable services for the Wing Comd, such as the ISSO and COMSEC Custodian. It is also important to mention the project section, under the leadership of Lt Legg. The project section is often your point of entry to WTISS as they coordinate the TSRs and make sure all three Flights work together. I am sure you are burning to ask how come it takes so long to complete a TSR? The answer is simple; we just have too much work. The annual number of TSRs increased from 1100 to 1550 in just two years (an increased of nearly 40%).

Once in a while, I look at how much is outstanding (# TSRs and Trouble Tickets) and wonder if we are ever going to clear the backlog. I wonder if the Squadron does a good job. In those moments, I have to remind my-

self of why we exist. Our primary function is to support the Operations and Training at 17 Wing. However, there are other reasons why we wear the uniform. As WTISO, I have to force generate a CIS Flight for the MSS. One just deployed successfully in 2006 and will be going again out the door in 2009. In order to achieve that goal, it is critical that we have an extensive PT program including the BFT. We also attend regular individual training (First Aid, Weapons, Gas Hut, etc). It is also important to mix military and civilian to ensure I have people trained in all aspects of running a Camp Infrastructure. Considering everything that is being asked of us and the success we have in supporting the Operations and meeting our MSS Commitments, I would say that we are doing quite well.

It has been an amazing two years as WTISO. I had everything anyone could ask. I had a great job, an excellent boss and most of all outstanding support from all of the personnel of WTISS. A special thank to CWO Dierickse and Craig Mensforth. CWO Dierickse maintained discipline and morale like a true SWO and complemented me so well. Craig Mensforth looked after the budget, business plan and ran the Squadron while I was away. I will miss you all. Thank you.

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Colonel Bob Poirier inspects the Basic Military Qualification (BMQ) course at Minto Armour 1 May. Col Poirier is the Commander of 38 Canadian Brigade Group. The Royal Winnipeg Rifles Band provided the music for the parade.

## All In The Family

By Officer Cadet Donna Riguidel

WINNIPEG, Mb – Basic training is not easy for anyone. Whether a recruit finds it physically, mentally or emotionally challenging, basic training is designed not only to train people on the basics, but force individuals to think and act as a team.

For one recruit – it was more than just challenging – it was a question of family pride.

Private Andrew McManus looks like any other seventeen year old on parade, a little gawky, baby-faced, and proud to be wearing the uniform. It's not hard to see why he seems so comfortable in and around CadPat.

He was practically raised in it.

"If he had any trouble, he sure didn't tell me." LCol McManus, Pte McManus's proud mother said. "All five of us are military, father, mother, sister, brother, even his cousin has enrolled in Comms."

With his sister as an instructor, the youngest McManus certainly had his work cut out for him.

But all of the recruits seemed proud to make it through this first step.

"The hardest part was staying awake during the power point." Pte. McManus said.

Private Leanne Henderson had her own battles.

"For me, it was hardest going home. I have kids, and it



Colonel Bob Poirier presents Private Jennifer Diane Kostyshyn with the "Most Improved" certificate upon graduating the Basic Military Qualification course. Col Poirier is the Commander of 38 Canadian Brigade Group and Pte Kostyshyn will be with 17 Field Ambulance.



Colonel Bob Poirier presents the "Top Candidate" certificate to Private Kristoffer Edward Quiring during the Basic Military Qualification course graduation parade. Col Poirier is the Commander of 38 Canadian Brigade Group.

was just chaos." Pte Henderson said.

Colonel Robert Poirier, the Commander of 38 Canadian Brigade Group addressed the eager group with encouragement and welcome.

"To be a good soldier is a hard and challenging profession... Be humble in knowing this is the first step." Col Poirier said.

After parade, the group gathered off the parade square to reminisce and laugh over shared memories.

"It was lots of fun." Pte McManus said.

## Honouring The Same Kind Of Courage

By Holly Bridges

It may have been 90 years since Billy Bishop first cemented his place in history as a Canadian icon, however, his legacy continues today in the hearts and minds of Air Force personnel and its extended family. Each year, the Air Force Association of Canada (AFAC) recognizes Billy Bishop by holding its "Dawn Patrol Breakfast" in Ottawa.

The breakfast is designed to bring air power decision makers, representatives of Canada's aerospace industry and parliamentarians together in an informal setting to allow them an opportunity to pay homage to past and present heroes and heroines of Canada's Air Force(s).

This year, AFAC decided to honour modern-day aviation heroes, search and rescue technicians Sergeant Steeve Bédard and Master Corporal Dan Villeneuve (recent Star of Courage and Medal of Bravery award recipients, respectively), as well as Sgt Duane Brazil, MCpl Kirk Noel and Corporal Trevor McDavid of 413 Search and Rescue Squadron who were killed during a training mission off the east coast in July 2006 aboard their CH-149 Cormorant.

"We know all about the heroes that have gone before us," says AFAC Executive Director Dean Black. "We treat those heroes as role models and icons to remind us of what each of us is capable of. So, when one of our generation comes along and demonstrates the same kind of courage, tenacity, leadership and bravery as did those from an earlier generation, we like to show her or him off to the survivors of the Air Force of yesterday to demonstrate that what they taught us does



Sgt Steve Bédard and MCpl Dan Villeneuve received the Star of Courage and Medal of Bravery respectively for their part in rescuing seal hunters near les Îles-de-la-Madeleine, Quebec in 2005

indeed resonate with today's Air Force generation. It is part of the human spirit to do as well if not better-to contribute to raising the bar-to doggedly pursue excellence.

"That is what the Dawn Patrol Breakfast is all about today. In recounting the epic story of Billy Bishop's fateful dawn patrol that won him the Victoria Cross, we remind those present just how high the bar was set, during the Great War. Then we unveil some heroes from today to show that the Air Force of yesterday taught the Air Force of today some good lessons."



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# Military Family Resource Centre



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Parents, join your children for a morning of friendly company, crafts, songs, stories and FUN. We meet every Tuesday morning 9:30 -11:00am in the Westwin Community Centre. The program is free of charge thanks to the St. James Parent-Child Coalition. Special events coming soon...

## BBQ Thursdays At The MFRC

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## PARENTING NEWS

### Families Growing & Learning

WMFRC presents it's first annual Parenting Conference

Saturday June 16th  
17 Wing Training and Education Centre Bldg. 135

The WMFRC is pleased to be hosting its first parenting conference. This event will consist of a full day of activities including: Continental breakfast meet and greet, Guest speaker, A choice of 9 workshops, Lunch & Displays from local community resources & supports, Prizes and Free Childcare.

For more information or to pick up a registration from please call or stop by the MFRC, 102 Comet Street or 833-2500 extension 4512.



## And Just Where Do You Think You're Going??????

Posting location info packages are available to sign out! Along with a wide variety of family transition and relocation resources the MFRC carries a POSTING INFORMATION PACKAGE for each CF base/wing destination. Packages include current newsletters, newspaper, real estate information, MFRC welcome package example, maps and more.  
Drop the MFRC 8:30-4:30 M-F



Join us the first Thursday of EVERY month for

## Community Coffee Break

102 Comet St., 10 to 11 am

Introduce yourselves to the MFRC and our wide variety of services while enjoying a cup of "JOE" Our friendly staff is always on hand to answer your questions about programs and services. Register for a workshop, pick up the latest newsletter or just relax and meet some new friends. Children are always welcome. Remember to register for the monthly door prize!

CF members, you are invited too! Bring your section to meet the MFRC staff and see what we are all about. A great professional development opportunity...networking and yummy snacks too! More info???, call Catherine at ext. 4506

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- Winnipeg info & Newcomer Section
- Posting information Packages
- Separation & Reunion Corner
- Parcel Packing Station.
- Toy Lending Library
- Community Access Computers
- General interest section
- Current Home & Family Magazines
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- ✓ Child & Youth Development
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### MFRC Monthly Community Coffee Break



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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



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Roman Catholic  
Office 833-2500 ext 5272

**Administrative Assistant**  
Carol Cochrane  
Office 833-2500 ext. 5087

**Masses**  
(English only)  
Sunday 1100 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 Southen**  
(United Church)  
Office 833-2500 ext 4277

**Padre David Stewart**  
(Presbyterian)  
Office 833-2500 ext 5785

**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.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.

# What Does Love Mean?

By Padre Paul Southen

They say June is the month for love, and for weddings. On the 11-12 May weekend, the annual Marriage Preparation Course was run at the 17 Wing Chapel for several couples who are getting married shortly. It was a good weekend, and, according to the feedback forms at least, the couples all enjoyed themselves and found the course helpful. It was a chance for them to reflect on many of the issues that "make or break" good marriages, and what it really means to say you will love another person, "for better or worse...as long as we both shall live".

St Paul wrote, "And now faith, hope and love abide, these three, but the greatest of these is love." (1 Corinthians 13: 13). Perhaps nothing else matters so much, but what does Love mean? A group of professional people posed this question to a group of four to eight year-olds, "What does love mean?" The answers they got were broader and deeper than anyone could have imagined. See what you think:

"When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love."

Rebecca - age 8

"When someone loves you, the way they say your name is different."

Billy - age 4

"Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other."

Karl - age 5

"Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs."

Chrissy - age 6

"Love is what makes you smile when you're tired."

Terri - age 4

"Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK."

Danny - age 7

"Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My Mommy and Daddy are like that. They look gross when they kiss"

Emily - age 8

"Love is what's in the room with you at Christmas if you stop opening presents and listen."

Bobby - age 7 (Wow!)

"If you want to learn to love better, you should start with a friend who you hate," (we need a few million more Nikka's on this planet).

Nikka - age 6

"Love is when you tell a guy you like his shirt, then he wears it everyday."

Noelle - age 7

"Love is like a little old woman and a little old man who are still friends even after they know each other so well."

Tommy - age 6

"Love is when Mommy gives Daddy the best piece of chicken."

Elaine - age 5

"Love is when Mommy sees Daddy smelly and sweaty and still says he is handsomer than Brad Pitt."

Chris - age 7

"Love is when your puppy licks your face even after you left him alone all day."

Mary Ann - age 4

"I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones."

Lauren - age 4

"When you love somebody, your eyelashes go up and down and little stars come out of you." (what an image)

Karen - age 7

"Love is when Mommy sees Daddy on the toilet and she doesn't think it's gross."

Mark - age 6

"You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget."

Jessica - age 8

And the final one -- Author and lecturer Leo Buscaglia once talked about a contest he was asked to judge. The purpose of the contest was to find the most caring child.

The winner was a four year old child whose next door neighbor was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there.

When his Mother asked what he had said to the neighbor, the little boy said, "Nothing, I just cried with him."

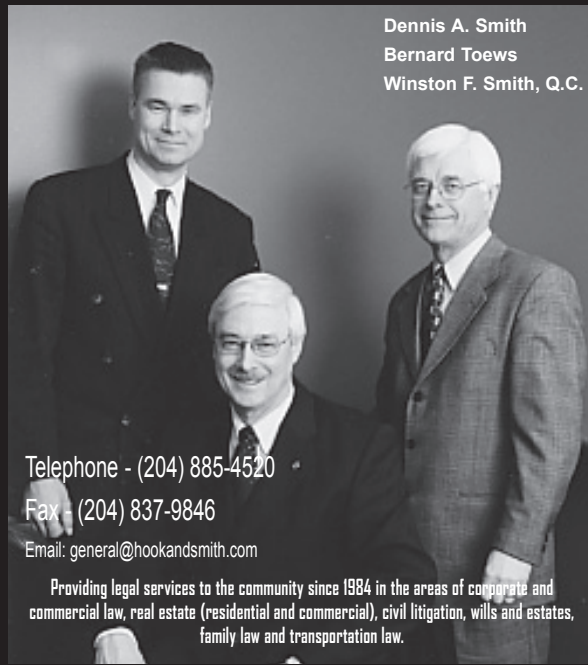
This will be my last column for the Voxair prior to my posting this summer, so let me close with this final commissioning to you on the above subject of love: from Paul to the Ephesians, "Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us..." (5:1-2) Wishing you each every happiness.

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# TAROSCOPES

BY  
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**Aries (March 21 - April 19):** Confident that you have reviewed a situation from all angles you are now impatient to make a move, but use caution. Slow down a bit. Overly impulsive action could result in your losing the ground you've gained. Events will occur that lead you to understand another's point of view.

**Taurus (April 20 - May 20):** Determine if you can afford what you want. Factor the extras in after the essentials. Do not give in to your whims without due consideration. Hidden fees have a huge impact on what you pay so double check the full costs of impulse spending, including any attached conditions.

**Gemini (May 21 - June 21):** You may be burning the candle at both ends as you try to get everything done and have fun as well. Realistically you only have so much energy so be careful how much you take on. Decide what must be done first then fill in the blanks. Leave lots of time for rest, this is an essential.

**Cancer (June 22 - July 22):** You discover that your efforts aren't getting the expected results when another's behavior seems unfeeling. This is important for now you'll know what to expect in future. Sheltering a person can be hurtful in the long run for though reality can be tough, it teaches responsibility.

**Leo (July 23 - August 22):** The more you strive at your work the more success you'll see. So persevere. There are changes afoot and you're in the right place at the right time with all the right entries on your resume. You saw it coming and made adjustments ahead of time; now just ride the wave.

**Virgo (August 23 - September 22):** Dealing with someone who always wants the final say forces you to consider "control issues." Resolve to meet your own needs. Take charge of decisions and take charge of your life, health and finances. Being informed is the foundation you need to build something better.

**Libra (September 23 - October 23):** Your moods swing in response to external events. The only way to change this is to appreciate that your actions are not always directly related to what transpires. Create small goals that are not overwhelming. Progress seen, will motivate you, and increase your confidence.

**Scorpio (October 24 - November 21):** Just when you thought there was no hope along comes a great opportunity. Keep your eyes open. Commit to trying harder; progress is ensured. To reap the greatest rewards keep an optimistic attitude. Reach out and help others. Share your successes not your defeats.

**Sagittarius (November 22 - December 21):** Listen carefully. Use logic and be conscious of the power of buried emotions. Signals are getting crossed. Review past experiences and interactions to understand how you got where you are now, then you'll see how to proceed. Do it your way. Follow your heart's desire.

**Capricorn (December 22 - January 19):** No matter how long you think on it you'll be missing something important. Contact someone who cares about you and ask for help. They can see the situation more clearly than you right now. You'll feel great relief when you settle an outstanding debt.

**Aquarius (January 20 - February 18):** A relationship intensifies and you find it is easier than you thought it would be to let yourself go when you are with someone special. You stop judging and justifying. Do what is right for you, right now. Enjoy this time of limitless possibilities.

**Pisces (February 19 - March 20):** Be patient. When you are being completely yourself you will feel much happier. Trials in life test you. Your ideals are challenged. Flaws are revealed in yourself and others but ultimately this brings humility and an appreciation and awareness of what you need and want in your life.

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