



SEEING A MIRAGE

French Air Force transits through 17 Wing Winnipeg



Some of the Mirage Fighter Jets that overnighted in Winnipeg.

CF Photo: Pte. P. Fige

By 2Lieut. Gregory Kuhn
Wing Public Affairs

17 WING WINNIPEG, Man. – Winnipeg played host Sunday and Monday to members of the French Air Force transiting through 17 Wing Winnipeg heading home from Exercise Red Flag at Eielson Air Force Base, Alaska.

Many people, outside enjoying the sunny weather, were lucky

enough to see the eight Mirage fighter jets and their KC-135 Stratotankers as they arrived Sunday evening and left Monday after a refuelling visit on their way home to France.

Red Flag is a two-week multinational advanced aerial combat training exercise in which up to 70 jet fighters “role play” through every conceivable combat threat within a confined area.

“We’re used to flying at higher altitudes in France with all the noise restriction requirements, but in Alaska, the altitudes are different and we can fly significantly lower – an enhancement to our training”, said Deputy Commander, Lieutenant Colonel Le Saint Jean-Patrice, a navigator with the French Air Force.

These exercises provide joint offensive counter-air, interdiction,

close air support and large force employment training in a simulated combat environment, involving Canada, France, Great Britain, the United States and many other NATO countries.

“The procedures, tactics and techniques here are similar to our’s in France,” said LtCol Jean-Patrice. “It’s interesting how our countries can come together and train without any major difficulty.”

Throughout the year, many different types of military aircraft from across Canada and around the world transit 17 Wing.

For more information on Exercise Red Flag visit <http://www.eielson.af.mil>

For more information on 17 Wing, please visit <http://www.air-force.forces.gc.ca/17w-17e/index-eng.asp>

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Part time medics full time medical professionals

By Corporal Bill Gomm

CFB SUFFIELD Alta – “I’m an Emergency Medical Technician (EMT) in North Battleford,” said Corporal Rachel Brower, a Medic with 16 Field Ambulance.

During Exercise WESTERN DEFENDER, the Task Force Pronghorn Role 1 Unit Medical Station (UMS) provided medical support to all the ranges, utilizing two person medic teams and Light Support Vehicle Wheeled (LSVW) ambulances.

Corporal Rachel Brower from 16 Field Ambulance and Private Kaitlyn Nelson from 15 Field Ambulance were sent to provide support to the level 3.5 enhanced platoon live fire range on May 5.

“I’ve done some range coverage, some UMS coverage, seen a few patients and sat on the range and watched the 84mm Carl Gustav fire two days ago,” said Cpl Brower.

“We see more small musculoskeletal injuries out here, rolled ankles and stuff like that. In North Battleford, there are a lot more medical emergencies such as cardiac.

Both medics are part time soldiers. Pte Nelson is a University student in Calgary.

“I’m doing my undergrad in Biological Sciences with the goal to go to Med School,” said Pte Nelson. “Eventually I want to go into Pediatric Oncology, working with kids who have cancer.”

“I really enjoy working with kids. I know kids with cancer have such a different outlook on life and these are the kids who need help.”

Cpl Brower is an EMT in North Battleford.

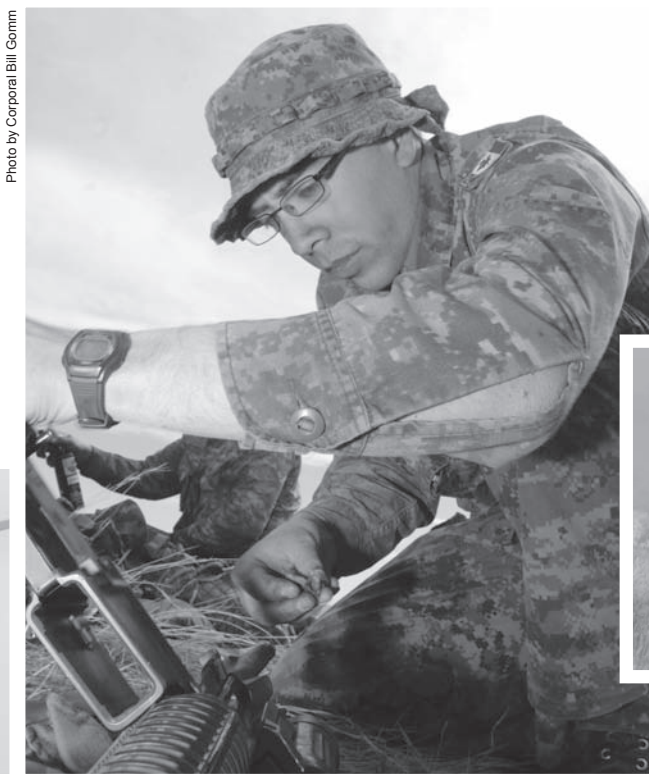
“I work for North Battleford Ambulance, said Cpl Brower.” I kind of do this all the time.”

“I really love being in the

reserves; it adds a lot of variation to my life. It provides other experiences that I can take to my civilian side that provides me with an edge in getting a job or education or just do cool things that other people don’t get to do. Like shooting machine guns, Carl Gustavs, that sort of thing and get paid to do it.



Cpl Rachel Brower sits in the Light Support Vehicle Wheeled (LSVW) Ambulance waiting for the level 3.5 Enhanced live fire range to start. Cpl Brower is with 16 Field Ambulance and Pte Nelson is with 15 Field Ambulance.



Cpl Sean Lee checks his rifle prior to going on the level 3.5 enhanced range. Cpl Lee is the number 1 on the Carl Gustav as part of the weapons detachment in 7 Platoon, Charlie Company. He is also a member of The Loyal Edmonton Regiment.

A CH 146 Griffon helicopter with side mounted C6 General Purpose Machine Guns flies over the training area.



A soldier from 7 Platoon, Charlie Company leaps over the edge of a grass fire so he can join the rest of his section on the other side during the level 3.5 live fire range.



VOXAIR

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Sailors Remember Battle of the Atlantic

Submitted by Lt (Navy) Simone Smith

WINNIPEG – On Sunday, Manitoba's Naval Veterans, Naval Reservists and the Naval community will come together to remember those who served in Canada's Navy and Merchant Navy during the Battle of the Atlantic from 1939 to 1945. A memorial service will be held in Her Majesty's Canadian Ship CHIPPAWA, Manitoba's Naval Reserve Division, 1 Navy Way, Winnipeg at 9:30 a.m.

During the 99th Anniversary of the Navy, we will commemorate the sailors who were lost at sea during the longest campaign of the Second World War. The Battle of the Atlantic lasted 2,075 days and pitted Allied

naval forces against German and Italian navies in the fight to keep the crucial Allied shipping lanes between North America and Europe open.

Immediately following the ceremony, the ship's company of CHIPPAWA, Naval veterans and members of Manitoba's Sea Cadet Corps, will march in a military parade to the Cenotaph at York Avenue and Memorial Boulevard. A wreath laying ceremony will take place at the Cenotaph. These ceremonies honour the more than 4300 sailors, airmen and Merchant mariners who lost their lives during the Battle of the Atlantic. The Lieutenant Governor of Manitoba, The Honourable John Harvard, P.C., O.M.,

and other dignitaries will attend both ceremonies.

The sacrifices we remember on Sunday bring into focus the importance of the work performed by the Canadian Navy and naval air forces during operations taking place around the world today.



17 Wing Road Closures

All 17 Wing personnel, especially occupants of buildings 52, 77, 100, 135 and 137 and anyone going to the Learning and Career Centre are advised of the following upcoming road and parking lot closures effective May 4, 2009, @ 0800 hrs.

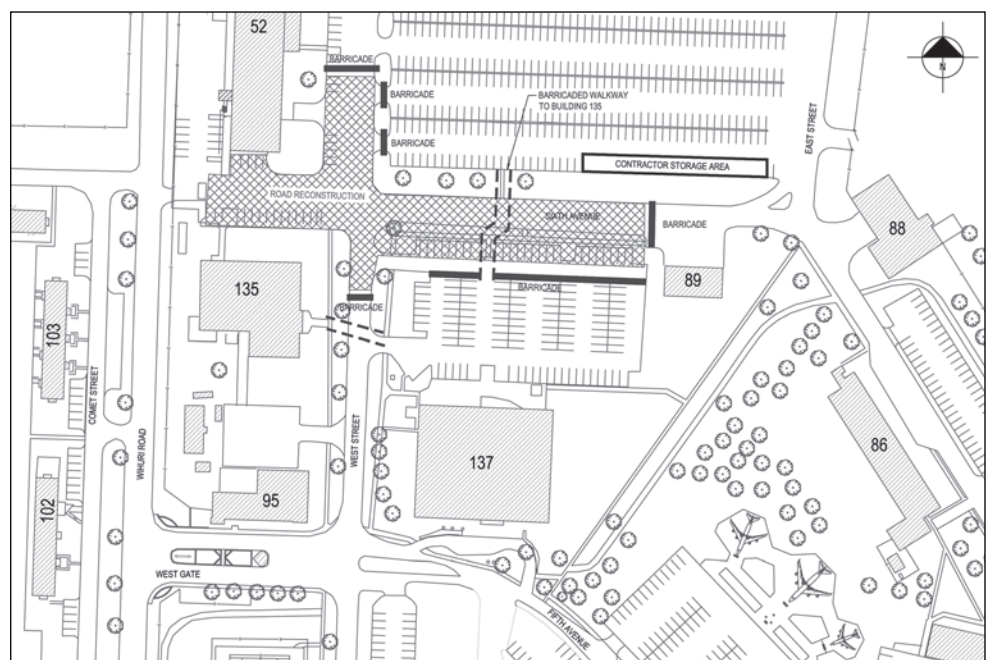
West Street will be closed between the North entrance to Building 137 parking lot and mid-way through the large parking lot South of Building 100. To access West Street North of the Building 137 entrance, please take Fifth Avenue East to East Street, turn left on East Street

and turn West directly South of Building 100. This will provide access to Building 52 & 77. Sixth Avenue will be closed between Building 89 and West Street. Please note that travel in the parking lot South of Building 100 is limited to a maximum speed of 20 Km/h.

The Northern most row of parking stalls in Building 137 parking lot will also be closed for sewer replacement. Access in and out of Building 137 parking will be through the parking lot entrance (Southerly most entrance).

Access to the large parking lot South of Building 100 will be from East Street only. NOTE: The East portion of the Southerly most row of parking in the large parking lot South of Building 100 is barricaded and is designated for a lay down area for Borland Construction only. No personnel from 17 Wing are permitted to park in the designated area.

The duration of the closure will be approximately 6 weeks. A further update will be sent out as construction progresses.



Fermeture des voies à la 17^e Escadre

Nous désirons aviser le personnel de la 17^e Escadre, particulièrement les occupants des bâtiments 52, 77, 100, 135 et 137 et toute personne devant se rendre au Centre d'apprentissage et de carrière, de la fermeture de parcs de stationnement et de voies à partir du 4 mai 2009 à 8 h.

La rue West sera fermée de l'entrée nord du parc de stationnement du bâtiment 137 jusqu'au milieu du grand parc de stationnement situé au sud du bâtiment 100. Pour accéder à la rue West, au nord de l'entrée du bâtiment 137, il faudra emprunter l'avenue Fifth Est jusqu'à la rue East, tourner

à gauche sur la rue East et tourner à l'ouest immédiatement au sud du bâtiment 100. Vous aurez ainsi accès aux bâtiments 52 et 77. L'avenue Sixth sera fermée entre le bâtiment 89 et la rue West. Veuillez prendre note que la vitesse limite dans le parc de stationnement situé au sud du bâtiment 100 est de 20 km/h.

Par ailleurs, la rangée de places de stationnement la plus au nord dans le parc de stationnement du bâtiment 137 sera fermée en vue du remplacement de conduites d'égout. Il faudra emprunter l'entrée du parc de stationnement du bâtiment 137 (entrée la plus au sud) pour

accéder et en sortir, car la sortie sera bloquée.

Le grand parc de stationnement situé au sud du bâtiment 100 ne sera accessible qu'à partir de la rue East. REMARQUE : La section est de la rangée la plus au sud de ce parc de stationnement sera barrée et servira de chantier à Borland Construction. Aucun membre du personnel de la 17^e Escadre n'est autorisé à garer un véhicule dans la zone désignée.

Les fermetures dureront environ 6 semaines. Nous vous tiendrons au courant au fur et à mesure de l'exécution des travaux.

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Canadian Special Operations Forces Command (CANSOFCOM) recruiters are coming to 17 Wing. On May 26 there will be a one-hour information session in the Training and Education Centre (Rm. 113) at 09:30. CANSOFCOM needs people with the drive, determination, smarts and resourcefulness to find a way to succeed.

Regular or Reserve Force, regardless of your element, CANSOFCOM employs most CF trades and occupations, and, if you are really up for a challenge, there are a few jobs unique to Canada's Special Operations Forces (SOF).

Don't pay attention to rumours - visit our recruiters and get the straight facts about SOF service, and learn more about employment opportunities at Joint Task Force Two (JTF 2) and the



Canadian Special Operations Regiment (CSOR). www.cansofcom.forces.gc.ca
 We will find a way. www.csor.forces.gc.ca
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TDO??... Never heard of that trade before!



THE VOXAIR 2009 publishing schedule	
Publishing date	Deadline
January 28	January 16
February 11	January 30
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March 11	February 27
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July 22	July 10
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September 9	August 28
September 23	September 11
October 7	September 25
October 21	October 9
November 4	October 23
November 18	November 6
December 2	November 20
December 16	December 4

Lt Guy Janelle
WGrdTrg O

While I was preparing for an upcoming program evaluation of the training provided on an Unmanned Aerial Vehicle in CFB Suffield, people at the Wing would often ask me the following questions:

A program evaluation? What do you do? TDO? Never heard of that trade before!

Then, it became obvious to me that Training Development Officers (TDO) are not very well known among the CF community. Well, ladies and gentlemen, I would like to take this opportunity in order to address this issue once and for all. I would like to remove the veil of mystery that surrounds the Training Development Officer (TDO) and give an

historical perspective to our purpose. So, what is the role of a TDO? As per CF Recruiting web site,

«a TDO's role is to act as a catalyst or 'change agent' in order to bring about improvements in individual and collective operational performance. TDOs promote, guide, coordinate and advise on the application of a systems approach to training and education. They analyze operational job performance requirements, identify needs, suggest solutions to performance problems and implement them »

In other words, TDOs are making every effort« to optimize the effectiveness of training with a minimum of expenditure of time, money and personnel ». This is done through TDO's constant involvement within the Canadian Forces Individual

Training & Education System (CFITES). Now, one might think that TDOs are only looking at the conduct or delivery of training. In fact, training itself encompasses other aspects that are often not seen by the actual users (or students) of the system. First, you have to define what the job is and analyze the proper performance level to attain before even thinking of training. Then, you can start designing training by putting in place an instructional strategy which is a combination of instructional methods (knowledge lesson, skill lesson, role-play...), media (books, tools...) and environment (field, simulators...). This is a critical step since you want to replicate the job condition in order to get the best training possible. After the analysis and the

design steps, you can develop the training materials and eventually deliver the instruction...but it doesn't stop there! You would also want to verify if the instructional objectives have been reached and, most importantly, if «the objectives themselves have satisfied the performance requirement for which the programme was initially produced ».

From a quality control perspective, it seems logical to follow the steps mentioned above. In fact during time of economic crisis, you certainly want to have the right people trained at the right time and cost. However, it wasn't always the case in the Canadian Forces. During the 1940s, a time where every effort was diverted to support the war, the instructional approach was allowing «the trainers

to devote virtually all their energy to ensuring the quality and comprehensiveness of training with very little concern for its cost ». It was during the 1960s that the CF realized the approach to training had become too expensive and wasteful. Later in the same decade, the CF implemented its own system approach to training, known back then as the Canadian Forces Individual Training System (CFITS). But as with every change in an organization, there was some resistance. Even still today, there is some that question the pertinence of CFITES, but this is a subject would be better discussed in another article....

1 Taken from the Canadian Forces Recruiting web site on May 6th 2009. (http://www.forces.ca/html/trainingdevelopmentofficer_reg_en.aspx)
2 Ibid
3 A-P9-050-000/PT-008, Canadian Forces Individual Training & Education System, Vol. 8, p.2.



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YOUR WEST WINNIPEG TEAM IS CHEERING YOU ON

2009 CF-18 Demo Jet painted in Centennial of Flight paint scheme

By Karen Christiuk and Stela Susic

The 2009 air show season kicked off on May 2 and the CF-18 demonstration jet is already dazzling audiences with its brand new design which commemorates the Canadian Centennial of Flight.

The paint job took 13 days to complete, thanks to a hard-working crew, a hearty supply of coffee and donuts, and some classic rock music.

"Sometimes we'd get out of the paint booth at 9:30 at night," said Cold Lake graphic designer Jim Belli-

veau who designed the paint scheme and worked with a crew to get it sanded and painted.

Mr. Belliveau said that getting the project completed in such a short period of time was the result of a large team of volunteers, primarily consisting of aircraft component and structures (ACS) technicians from 1 Air Maintenance Squadron at 4 Wing Cold Lake, Alberta.

"The amount of work involved in this undertaking was enormous," said Cpl Pascal Pidoux, one of the technicians. "It [involved] a graphic design artist coming

up with a design, the sanding of the plane, and the masking and painting of the specific design."

"This job was not done by a single person, but by a dedicated crew," he added. "I was happy to be part of that crew. We worked long hours, but seeing the expressions on people's faces at the unveiling of the aircraft was priceless."

"Everyone was 100 per cent focused and committed to this project," said Mr. Belliveau. "I saw people who took a lot of initiative and were often two or three steps ahead of me. They were doing things in about half or

a third of a time that I was expecting. They were an absolute joy to work with."

Mr. Belliveau, who has designed 24 paint schemes for demonstration jets since 1983, said that this year's design is his favourite. The Centennial of Flight logo (designed by Dave O'Malley of Ottawa) is on the tail of the aircraft, and the colours and designs were chosen for very specific reasons.

"The gold on the aircraft ties it in with the other Centennial of Flight aircrafts [the Hawk One F-86 Sabre and a Snowbirds CT-114 Tutor], and the dark blue ties it in with the aircraft

paint scheme designed in 1967 [Canada's Centennial year]," explained Mr. Belliveau. "The graphics on the wings are meant to symbolise the wings of a bird and the Aurora Borealis. The red and white lightning bolt has been featured on Canadian Forces aircraft since the 1950s, but we've given it a bit of a Hornet flair. We wanted to create a paint scheme that looks like it was designed specifically for the aircraft: forward looking rather than retro."

As an added detail, the names of 100 Canadians who have made significant contributions to Canada's aviation history are painted on the jet in a pale blue colour.

Chris Hadfield, a former Air Force pilot and now astronaut with the Canadian Space Agency, is one of those Canadians. "Canada has been a country explored, connected and enriched by aviation," he said. "The bold, original and persistent men and women of aerospace have lifted our nation in peace and in war, in commercial transportation and in atmospheric research. I was inspired to fly by many of

the names on the [aircraft]. To be included in their company is a tremendous honour."

The Canadian public will get a chance to see the demonstration jet design and all its details at different air shows and ceremonies across the country. The job of flying this particular bird belongs to Captain Tim Woods, who said that being part of Canada's celebration of the Centennial of Flight is a tremendous privilege and added, "I find it incredible how far we have come in just 100 years. I can't imagine what will happen in the next 100."



Photo by Mr. Jim Belliveau

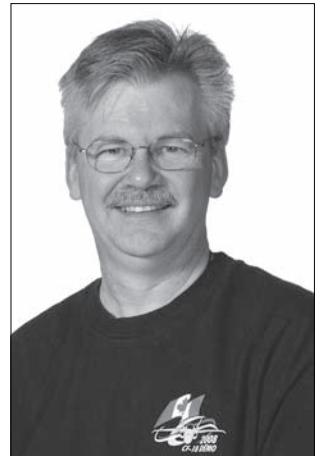


Photo by Mr. Jim Belliveau

The names of 100 Canadians who have contributed to Canada's aviation history are painted on the jet.

Cpl Jeff Brawn begins painting the first coat of the blue underside of the jet.

Photo by Cpl Pam Turney



Mr. Jim Belliveau



Military personnel without PTSD

Healthy men with military trauma exposure wanted for a study

University of Manitoba research group, in collaboration with the Operational Stress Injury Clinic and the Institute of Biondiagnostics in Winnipeg, is seeking healthy volunteers with military service-related trauma exposure. Volunteers will participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

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Honours and Awards

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On 28 April, 2009 LCol Michel Tremblay, the CAOC Deputy Director, presented Captain Pier-Augustin Chene and Cpl Linnette Sims with the first ever CAOC Quarterly Awards. The CAOC Quarterly Awards Program was created to recognize superior performance of all members working in the CAOC to include Officer and NCM alike. Capt Chene was presented with the Officer of the Quarter for the first quarter 2009. Cpl Sims was presented with the first CAOC NCM of the Quarter Award.



Cpl Sims' outstanding performance in the application and employment of the Theatre Battle Management Core Systems (TBMCS) has propelled her quickly to be identified as one of the CAOC's SMEs for Air Tasking Order (ATO) production. A key member of the ATO Production Cell, she constantly reviews and updates guiding documents and checklists governing Combat Plans. A true professional, she received an 88% upon completion of OPME Military Law, and was one of a select few Jr NCMs to complete the US Airspace Management Course receiving an outstanding final assessment. A role model for Jr NCMs, she coordinated the collection of winter clothing and food stuffs for the Christmas Cheer Board on behalf of the Air Division and the CAOC.



An outstanding example of hard work and dedication, Capt Chéné is being presented with the CAOC Officer of the Quarter (Jan-Mar) for his planning and organizational skills designing and executing the Air Force (AF) bed-down plan for Exercise Silver. He liaised with the Joint Task Force Games engineers, the RCMP and various civilian authorities of bed-down sites, then tasked AF Tactical units as necessary to ensure all requirements were met. His efforts were recognized by the Air Component Commander, Col Veenhof, and the CANR Liaison Officer, LCol Stroud, who applauded his noteworthy efforts in solving numerous issues that arose during the deployment. With exceptional dedication and professionalism as a Professional Engineer, he completed the Cold Regions Engineering Short Course focused on arctic engineering issues. Capt Chéné has become the focal point for Construction Engineering Force Employment in the CAOC.



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THANKS JOAN!

Photo by Karen Christiuik

On May 1, Joan Dale, A4 CE Administrative Coordinator for 1 Cdn Air Div/CANR, received a Headquarters Commanding Officer Certificate of Appreciation from Maj Melanie Stewart, HQ Admin Officer and Management Co-Chair of the Workplace Health and Safety Committee, for her long service to the 1 Cdn Air Div/CANR Workplace Health and Safety Committee. For nine years and six months (July 1999 to January 2009), Joan was a valued member of the committee and her sincere concern for the safety and the well-being of all personnel employed in the Headquarters has helped to create a work culture where occupational health and safety comes first.

Joan has worked for the Department of National Defence for nearly 27 years, and has spent the past 13 years at 1 Cdn Air Div/CANR.



Capt Joel Templeman receives the Canadian Forces Decoration, presented by Mr. Robert Marcotte - Chief IM/IT Services.

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17 Wing Safety Exhibition

By John Towns
Voxair staff

On May 6, workers from around 17 Wing had the chance to connect with the people who provide them with the safety products they use every day during the 17 Wing Safety Exhibition.

The Exhibition, which was held to help promote North American Occupational Health And Safety Week, featured about ten exhibitors and was held in the Wing Logistics Building.

"The reason why we actually decided on this building is because of the three sections that are working here," said Craig Oversby, Deputy Wing General Safety Officer. "With the EME, Supply and Transport, there's a different variety of types of work and a lot of them deal with these types of suppliers."

Oversby said that the goal of the Exhibition is to bring workers and suppliers of safety equipment and training together.

"It's pretty hard for the average worker to be in contact with the suppliers of these kinds of products and services regularly," he said. "So this is something where workers can find out about new kinds of safety equipment that's coming out, or what kinds of training would be available to them if they needed it. We have not just the people that would be purchasing these products, but the people that would actually be using them on a day to day basis coming

down to find out more."

That's just what Wayne Donnelly, President of fall-protection training company New Heights Industries was aiming to do with his booth at the Exhibition.

"We really want to create the awareness that there are resources like our company that provides technical training in how to properly work from heights, in confined spaces, on scaffolding and that type of thing," he said. "We want to let everyone here know that we're able to provide customized and specialized training to suit the needs of National Defence employees, who we've worked extensively with in the past."

In addition to Donnelly's exhibit, there were stations manned by everyone from the 17 Wing Fire Department to Non Slip Safety Solutions, which offers products with which to prevent slips and falls, the leading cause of workplace injury in North America.

"Basically we wanted to have companies that actually deal with people on the Wing, supplying them with safety equipment or instruction and courses on a regular basis," said Oversby. "We even brought in a chiropractor, because people often have questions about the proper kind of footwear to wear and how it affects their back. It's a whole variety of things - we try to capture everything."



Jo-Anne MacLennan of Edgewood Matting discusses hard-sided cases with Cpl Vincent Morenay of Wing Transport at the 17 Wing Safety Exhibition.

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The CF-18 Demonstration Jet



Photo by Corporal Kathryn Poudrier

The 2009 air show season kicked off on May 2 and the CF-18 demonstration jet is already dazzling audiences with its brand new design which commemorates the Canadian Centennial of Flight.



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Don't be Rude, Just Run!

Lt Donna Rigudel

17 WING WINNIPEG, Man. - Imagine running at a comfortable pace, along a nice sunny path with wind blowing against your back. You are gaining on the runner in front of you and just as you are about to pass, they spit.

During any race remember your manners. Seasoned racers are always happy to see new people trying out the sport, but this handy etiquette guide may help you from making a racing faux-pas.

1. Things like spitting or throwing your empty fluid containers in the middle of the road are no-nos. Those empty paper cups can be a hazard for the runners behind you, so at least get them off the road.

2. If you must clear your throat, spit or blow your nose ensure there is no one directly in your wake.

3. One of the most important aspects of rac-

ing is lining up at the start line. This may seem pretty basic, but people don't realize the problems they create by starting too close to the start line. Remember that if you are slower, people have to pass you during the race, and this can be extremely frustrating and cost them valuable time. If you are unsure of where you should be, ask those runners around you what pace they run and judge accordingly.

4. Also, consider if you are planning walk breaks - there is nothing more frustrating than being behind a group that stops running all at once ten minutes into the race.

5. Don't take up the whole road. It's great to run with a supportive group of friends, but don't run more than two abreast.

6. Use caution at water stations. Consider going to the cups at the far end of the table, rather than the closest. Before you stop, make sure there is no one immediately behind you.

7. Don't have your keys or loose change jingling in your pocket.

8. If you run with an IPOD or other personal music player, keep it low enough to hear those around you.

9. When passing wait until you are a stride or two ahead before stepping in front. Stay to the right when not passing. The proper way to pass is say "On your left..." loud enough to be heard prior to passing.

10. Give a thumbs-up or other acknowledgement to the spectators. Watching can be hard work!

11. Don't complain, groan or whine incessantly - running can be tough but no need to bring everyone down around you.

12. Don't stop when you cross the finish line - congratulations on a successful race, but remember the people coming in behind you, clear the way!

13. Most races are only successful because of vol-

unteers and the people who work to organize them. Remember to say 'Thank You' as you pass; they deserve at least that much.



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17 Wing Women's Volleyball Team ended the season with two medals

By Cpl Maria Toone

On the 25th of April 2009, the 17 Wing Women's Volleyball team travelled to 19 Wing Comox for the Volleyball Nationals. The first match was against CFB Borden where Winnipeg fought hard, and with each team winning a set it was Winnipeg that came out on top with a 15-9 win in the third set. With one win behind us it gave the ladies the momentum in our second match to beat Greenwood with a score of 25-17 and 25-18. With the first day over and 2-0 record, we were excited and proud of our achievements, but we all knew a lot of hard work was yet to come.

On day two Winnipeg lost to NDHQ 21-25, and 14-25. It was a hard match and we dug hard but were unsuccessful. Later that day Winnipeg came back with drive and by putting our previous match behind us beat Esquimalt 25-19, 25-19. Winnipeg successfully claimed second after the round robin, which meant

we would compete against Greenwood in the morning.

As we took the court in the final day we as a team felt confident and excited to make the semi-finals. In the first set we lost to Greenwood 21-25 which surprised everyone on the team as we knew we had the skills and drive to beat them. We had a team huddle, shook off our nerves and took the court for the second set. After going point for point we found our momentum and won the second and third matches with a score of 25-18, and 25-12. With one more set between us and the finals, some of the ladies were getting excited. We started off the fourth set going point for point, again trying to find our momentum but Greenwood dug deep as well and wouldn't allow us to take a big lead. In the end we were able to take the fourth set with a score of 25-22, and it was on to the finals against NDHQ, a team we all knew was going to be hard to beat.

As we watched the gym transform for the finals, we started our warm-up and stretches. For some it was

just another match and for others it was the first time at a Nationals and to make the final was a bit nerve-racking. As the gym started to fill up with spectators, both teams started their final 5 minute team warm up.

We took the court with the same drive and confidence we had all week but NDHQ played amazingly and took the first set with a score of 25-14. Not the way we had expected to start off the finals but they were an incredible team and hard to beat. We took the court for the second set and as we started to get a lead, NDHQ came back and so we went point for point, ending the match with a second loss, this time 26-24. It was a hard match. If we moved left they went right, if we moved right they went left. These ladies were tough and everyone was on their toes giving it 110%. NDHQ took the third set with a win of 25-16, ending our dreams of gold for 2009.

The Winnipeg ladies team had an amazing season with gold in the Regionals, second place in the Winni-

peg Women's League and second at the CF Nationals. As much as volleyball is a team sport, there is one very special person that all the team players would like to thank. Rick Philips was the coach for the Women's team and without him we would not have been able to accomplish what we did this year. He ran hard practices, teaching new skills to some and helping everyone improve their game throughout the season. He was a strong symbol for the team, giving us positive reinforcement when it was earned and never afraid to tell us when we were slacking off. I have never had to do some many jumping jacks but in the end it was all worth it. Thank you, Rick, for everything and we hope that next year will be just as successful, if not more so than this year.

For the ladies returning: I have a funny feeling we are all going to want that Gold medal.



Lt Julia Rantz



Top left to right: Lt Julia Rantz, Pte Kim Robichaud, 2Lt Karyne Lacelle, Cpl Maria Toone, Capt Natasha Lewis, Lt Thesa Wheaton

Bottom left to Right: Lt Melissa Calnan, OCdt Sparkes, Capt Hanley, Capt Kristin Elliot

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Arrival of Hawk One



LCol (ret.) Dan Dempsey in front of the Hawk One Sabre. LCol (ret.) Dempsey and a number of other pilots will be flying the Hawk One in air shows across Canada this summer, including a stop in Portage La Prairie in June.

By John Towns
Voxair staff

The Western Canada Aviation Museum threw open its hangar doors on May 7 to welcome the arrival of the Hawk One Sabre jet for one day only.

The Hawk One, which is owned and operated by aircraft restoration group Vintage Wings of Canada, has been restored and repainted in "Golden Hawk" colours as a tribute to the Golden Hawks aerobatic flight team, which was formed fifty years ago to commemorate the 50th anniversary of powered flight in Canada. WCAM Executive Director Shirley Render says that having the aircraft here is an excellent way to remind Canadians of our proud history in aviation.

"It's a gorgeous looking plane, and when our CF pilots were flying it, we were really sort of the top dogs in NATO," she said. "It represents all sorts of memories and really the Canadian tradition of excellence in flying. It's a great way to show Canadians that we have a lot to be proud of when we celebrate the 100th anniversary of flight in Canada."

The plane will continue to cross Canada all summer to participate in various air shows and exhibitions, often flying with the Snowbirds.

The Snowbirds' involvement isn't the only helping hand that the Canadian Forces has extended to the restoration of the aircraft, however, according to LCol (ret.) Dan Dempsey, a former Snowbird himself and currently one of the pilots of

the Hawk One.

"The Canadian Forces have been incredibly helpful with this – they helped us install a Tutor ejection seat in the aircraft, and they'll also be supplying us with six technicians that will be the principal technicians on the road this summer," said LCol (ret.) Dempsey.

The Hawk One is the only flying Sabre Jet remaining in Canada, and one of what LCol (ret.) Dempsey estimates to be one of less than a dozen remaining in the world. The particular plane that was bought and refurbished to become the Hawk One finished its military service in 1968, and was eventually sold to a collector in the United States, where it stayed until it was brought back to Canada in 2007 in preparation for the Centennial of Flight this year. The aircraft was also, unbeknownst

to team members when they purchased it, used as a training aircraft for the original Golden Hawks team.

"To have an aircraft that the actual Golden Hawk pilots flew is really fantastic," said LCol (ret.) Dempsey. "It's really something that's come full circle."

That's hardly the only element of this story that's come full circle, however – LCol (ret.) Dempsey himself was at the very first Golden Hawks performance on June 6, 1959.

"I was only six years old, and my dad was in the RCAF at the time, and I was just mesmerized. Even as a six-year-old kid, I was just awestruck," he recalled. "So from that time, when I was growing up, all I wanted to do was fly. And not only fly, but fly in the Air Force. And I actually dreamed of the Golden Hawks and the Red Knight and so on, and I hoped that maybe one day I'd get the chance to not only be an Air Force pilot but to be a pilot on whatever team there was."

LCol (ret.) Dempsey's wish came true – after he got his wings in 1975, he went on to join the Snowbirds for two tours in 1980 and 1981. He later commanded the team in the early 1990s.

"I remember thinking back all those years to when I first saw the Golden Hawks, when I heard about the Hawk One project, and I just knew I had to get involved. So I've been doing whatever I can to be a part of this, and it's been great."

COMKAF Training

By John Towns
Voxair staff

Preparing for the worst-case scenario is arguably the task of all armed forces across the world, which is why the 17 Wing Readiness Training Flight is currently busy training the personnel making up the next rotation to COMKAF Headquarters in Kandahar to ensure that if the worst happens while they're deployed, they'll have the skills to deal with it.

"The training is designed to prepare air force personnel for individual battle skills, so that they are prepared for pretty much whatever they may encounter," said WO Bill Rideout, Standards Warrant Officer with the 17 Wing Readiness Training Flight. "They're going into an airfield, so hopefully they don't ever have any direct encounters with the enemy. It's in the event that they might get overrun, if they're attacked, they'll be able to defend themselves."

There are 63 CF members on the Individual Battle Task Standards course from across Canada, ranging in rank from Private to Lieutenant Colonel, some of who will be deployed to Kabul or to Camp Mirage, but the bulk of which will be make up the next group headed to COMKAF HQ in August.

The training itself is basically a refresher on basic soldiering skills such as

combat first aid, weapon familiarization and communications and navigation; skills that aren't ones that a lot of headquarters personnel find themselves using on a regular basis.

"For me, my trade is not one that's often out in the field, so for me the sort of thing that we're covering on this course is stuff that I don't often deal with in terms of my day-to-day work," said Capt Jennifer Setter, who will be deploying in August as the Fiscal and Dispersing Officer for COMKAF.

Apart from the actual subject matter of the training, one of the major benefits to the course is that it brings together the members of the next deployment before they actually head overseas.

"Because this course is made up of people from everywhere across Canada, this way everyone is on the same page and has the same instruction and skill sets," said LS Rob Begg, who is based out of Esquimalt, BC. This marks LS Begg's fourth tour overseas, where he will be providing security for COMKAF HQ. "It's nice, because you get to meet the people you'll be deployed with beforehand, and you get to come together as a team better, rather than being trained individually and meeting just before going into theatre, which isn't ideal."



Bonnie Korzeniowski, MLA for St. James shakes hands with LCol (ret.) Dan Dempsey



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JULY 6 – 10 DISCOVER THE BASE

Ever wonder what's actually on the Base? This week we will be visiting different unity on base to see exactly what goes on behind the gates.

JULY 13 – 17 DISCOVER OUTER SPACE

A week filled with Spaceships, constellations, planets and the dreaded black hole! We'll learn about the different things that are in space and later this week we'll visit the Planetarium and the Manitoba Museum.

JULY 20 – 24 DISCOVER PERFORMING ARTS

If you love acting, plays, or enjoy drama class, this is the week for you! Make a movie this week and join us on our trip to the Fringe Festival for some local entertainment.

JULY 27 – 31 DISCOVER TIME TRAVEL

Join us for a week of time travel into the past and future. We'll travel different era's and see how different life was and could be. Later this week we'll head to Lower Fort Garry for games and prizes.

AUG 4 – 7 DISCOVER SCIENCE AND NATURE

Delve into the wonders of science and nature this week. From the 7 wonders of the world to learning about gravity at Fun Mountain, this week has it all.

AUG 10 -14 DISCOVER THE WORLD

Take a trip around the world to exotic places Australia, China, or Germany. Learn the customs and traditions of different cultures and experience the Chinese Market at the Children's Museum.

AUG 17 – 21 DISCOVER BEING ACTIVE

Each day we'll look at different ways of being active. We'll learn different sports, try yoga, and play lots of fun games that keep you active! During the week, we'll head to the Goldeyes game to cheer them on!

AUG 24 – 28 DISCOVER ANIMALS

Spend each day with a different animal friend and discover where the wild things live. Explore the Tropics with a snake or the ocean with a shark. This week we'll visit the Zoo to see all our animal friends in person.

Project New Hope – Military Family Retreats

Mission: To provide veterans and their families the education, training and skills necessary to manage their lives after operational missions. Project New Hope is utilizing the facilities at Camp Manitou to extend services to whole families who might be experiencing problems getting back into the "main stream" after deployment. It is 100% staffed by professional volunteers and the object is to be low key and offer assistance as requested by the families. All sessions are self-paced according to the individual family needs. The cost of the camp is free and all meals are provided. Youth activities and programs are available and counsellors are available 24/7. For further information please contact Carrie Nickerson at 204-481-1381 or email: pnhcanada@live.ca. The next session available is June 5 – 7, 2009.



ATTENTION All Scrapbookers & Cardmakers!!!

A special event has been set in motion and now all it requires is a committee of dedicated individuals to "hammer home" some details. The MFRC is hosting "Scrapnificent", a weekend of crops, challenges and activities.

During this event we are hoping to host a Vendor's Show and workshops. The date set for this event is September 25 & 26, 2009 and will be held at Building 90 (The Gym) on Whytefold Rd and our MFRC at 102 Comet St. We are hoping to have the following committees: Crop, Workshops, Vendor Show, Marketing & Registration, Food and Sponsorships.

If you are interested in helping put together a spectacular event, please contact **Sandra Doody at 833-2500 ext. 4507 or email: sandra.doody@forces.gc.ca**.

Surveys available

Tell us about your experiences with the Military Family Services Program. The 2009 Military Family Services Program participant survey will be conducted between May 20 and June 17. The survey is designed for users of the centre to provide information about the quality of service they receive from the MFRC. The survey information will provide valuable feedback to the Director Military Family Services and the Winnipeg MFRC. Please be sure to stop by the MFRC and fill out the survey. Participation is voluntary, valued and confidential

Mother's Day Makeover



This is the second year in a row that Connie Duggan from Waverly Hair Design, who has no connection to the military, has stepped up to offer makeovers for military moms/spouses who are spending time separated over Mother's Day from their loved ones. 19 ballots were received and when Connie heard, she decided to offer all nineteen ladies a makeover. Thank you Connie for all your efforts for our military families.



DONATION

Winnipeg MFRC Executive Director Don Brennan, right, accepts a donation from Howard Palmer, president of the International War Veterans' Association (IWVA); Bob Carrey, IWVA past president and Len Harpman, IWVA past president.

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All services are cost free for military family members.

Two New Resources

The Military Family Services Program has developed two new resources called: DEPLOYMENT HANDBOOK and REUNION HANDBOOK. If you would like to have one, please drop by the MFRC at 102 Comet St at your convenience.

Groupe des femmes francophones

Comme à chaque année, le Groupe des femmes francophones prendra relâche pour l'été. Notre dernière activité avant la saison estivale sera donc un BBQ & Pot Luck qui aura lieu samedi le 26 juin à 18h30 au CRFM de Winnipeg. Si vous désirez participer à cette activité, contactez Candide Lefebvre au **833-2500 poste 4515** ou à Candide.Lefebvre@forces.gc.ca.

Summer, a Time for Joy found at Vacation Bible School

By Padre Will Hubbard

Another summer will soon fall upon us. Children look forward to being out of school, and are excited about the adventures ahead. Parents are equally excited to find their children something wholesome to do.

The Base Chapels of The Good Shepherd and St. Marguerite Bourgeoys will be holding an annual Vacation Bible School. This event will be held over five days from July 6 to July 11 (9:00-12:00). In the past we have celebrated many great themes and this year our theme will be the Louisiana Bayou Swamp. We

invite children from ages 5 to 12 to enjoy five fun filled mornings. In the midst of our swamp the children will discover a burning bush, a king's palace, and the marshy zones of the red sea as we re-enact a modernized Exodus story.

The purpose of these Vacation Bible Schools is three-fold: to teach the children some of the old stories of the bible and their relevance for today; to provide them with time to have some organized fun; and to interact with others. They will have the advantage of sharing time with their age group to further help them to socialize in ways that are healthy. They will get to know other chil-

dren whose parents serve the military. We might add getting them out of the house as an added bonus!

They will share a morning snack and play a game or two. Therese Mcleod, the head of our chapel kitchen, shares that "our snacks are top notch". She has been providing oversight of these snacks for the past few years. Ken Mcleod, her husband, helps to coordinate the events and remarks, "the children have a great time with our elaborate sets. And this year will be no different. We might even have a healthy water fight." This suggestion seems appropriate given our theme of the Louisiana marsh. All in all

the children will have a good time.

Some of our other leaders will be a number of volunteers from the community. All volunteers will receive proper screening to ensure the children's safety. In addition, several of the 17 wing chaplains will be providing leadership. This will give the community a chance to know each Chaplain as they provide care to our military family.

For more information and registration please call Carol Cochrane at 833-2500 ext.5087. If you wish further information please contact either Padre Will Hubbard at ext. 5349 or Padre Lance Magdziak, at ext. 5272.

402 Sqn Habitat House Build

By Cpl Brenda Gullen
Wing Photo Journalist

17 WING WINNIPEG, MAN. – After 9 years of just fixing problem areas or helping out on a build, 402 "City of Winnipeg" Squadron fulfilled a dream, through Habitat for Humanity they got to build a home. A home for a man named 'Moses'.

"I am extremely proud of our members, and what they've accomplished in our local community," said Lt Col Rick Witherden, 402 Sqn's former Commanding Officer (CO). "I look forward to continuing this very worthy cause for many years to come."

Habitat for Humanity and 402 Sqn began their venture together in the aftermath of 1997's Flood of the Century, in 1998, with their completion of their first build in Ste. Agathe.

Moses' house was started in the squadron's tenth year with Habitat for Humanity, in July. To acknowledge the occasion the Honourable John Harvard, Lieutenant Governor of Manitoba, Manitoba's Special Envoy for Military Affairs and MLA Bonnie Korzeniowski, Steven Fletcher, MP and Wing Commander Col Scott Howden, came to the build site on the 17 July, as the roof was being put on.

The venture commenced in July and finished in January when Moses' house became a home. It felt like Christmas for Moses and his family when Manitoba's Housing's Roy Kirby presented them with keys to their new home.

This family has survived the hardships of losing a wife and mom, a move from Sudan to Canada and the loss of being a teacher to becoming a teacher's aide. Collectively their endeavour to build a better life became reality.

"It has been a very satisfying volunteer opportunity for many of our members to participate in the various building projects," said

Lt Col Marc Rittinger, 402 Sqn's new CO. "I fully intend to support maintaining this community connection during my time as Commanding Officer."

There to commemorate the day were 402 Sqn's new and former CO's and other members from 402. It was a day of speeches, gifts and blessings.

For more information on Habitat for Humanity, please visit <http://www.habitat.ca/>

For more information on 402 Squadron and 17 Wing Winnipeg, please <http://www.airforce.forces.gc.ca/17w-17e/index-eng.asp>.



Photo Credit: Cpl Brenda Gullen

402 Squadron received recognition for 10 years of volunteering with Habitat for Humanity from Lt Gov John Harvard. Also present were MLA Bonnie Korzeniowski, MP Stephen Fletcher and 17 Wing Commander Col Scott Howden.

LCol Witherden at house dedication ceremony with Moses and family.



Photo Credit: David Pletz

Together in Church

Catholic

Chaplains

Padre Lance Magdziak
Roman Catholic Office 833-2500 ext 5272

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

Masses (English only)
Sunday 1100 hrs

Religious Education classes are available to all students from Preschool to Grade 6. Please call the office for information.

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.

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.

Catholic Women's League meets in the Chapel Annex the third Monday of each month at 1830hrs.

Protestant

Chaplains

Chaplain Bonnie Mason
(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm
(Mennonite Brethren) Office 833-2500 ext 4885

Padre Will Hubbard
(Anglican) Office 833-2500 ext 5349

Padre Ken MacRae
(Presbyterian) Office 833-2500 ext 5057

Padre Gord Mintz
(Anglican) Office 833-2500 ext 5785

Padre David Stewart
(Presbyterian) Office 833-2500 ext 4277

Padre Curtis Duclos (Baptist)
Det Dundurn Office (306) 492-2135 ext 4299

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

Sunday Services (English Only) 0900 hrs

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

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 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.



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19 in. colour TV, \$75 OBO. Desk w/2 drawers, \$40 OBO. Ph. 885-2009.

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TAROSCOPES

BY NANCY

Aries (March 21 - April 19): If you think you need to change – get to it. Listening to your deepest desires may create anxiety if you've been drifting along. Take control; be radical if necessary. The unknown can be scary but so is doing nothing. You're challenged to be impartial. Honestly decide what works for you.

Taurus (April 20 - May 20): Show what you know. Don't hold back. You can be an effective leader. Even if it means putting in extra hours, it will be worth it. You'll be seen as one who is able to learn and then pass that along, teaching others. Keeping everyone informed is important at this time.

Gemini (May 21 - June 21): You'll see new patterns emerging. In response to this you change too. You're more decisive at this time; putting thought into action. People may have difficulty understanding the new you but that doesn't mean you have to explain yourself. Follow your heart; enjoy the adventure.

Cancer (June 22 - July 22): In order to really enjoy the social scene you need to take a break from it. Use this time for inner reflection and to re-energize. Insights and solutions come to you when you're not furiously busy. They effortlessly slip into your consciousness. Look for inspiration in everyday events.

Leo (July 23 - August 22): Use excess energy constructively. Stretch past "what if" thinking. Some of your assumed limitations were self-created. Shifting your perception influences your belief about the future. You may find you don't fit in with the crowd right now. But you're finding your groove again.

Virgo (August 23 - September 22): Your ability to accommodate and respond to others emotional needs is evident. But don't put your own needs, wishes and desire on hold in order to do this. You earn respect because you are down to earth. You don't need to prove anything. Play. Try a new creative pursuit.

Libra (September 23 - October 23): You're now seeing results from efforts to improve in some area of life. Others will acknowledge your expertise and could seek out your advice. Be diplomatic at this time. Significant facts will surface soon. Look at the bigger picture now. Options for the future increase.

Scorpio (October 24 - November 21): When you get the chance to rest, do so because you've now done the ground-work on a venture that will soon take off. Once you get going there will be no breaks. Make lists; organize yourself and your time before the "crunch" comes. Stay focused; your goal is in sight.

Sagittarius (November 22 - December 21): You'll find yourself in situations that force you to face your fears and to express yourself. Tell others where you stand; what you stand for. It's time to get clear about what is truly important to you and to revise your thoughts, actions and lifestyle to ensure this is a priority.

Capricorn (December 22 - January 19): The world and people are changing. Respond to this by making a few changes of your own. Repackage yourself or the product you promote. Use your imagination to highlight your strengths. Awareness and wisdom are required during an up-coming significant event.

Aquarius (January 20 - February 18): You may feel a need to cooperate or do things to minimize the sense of discord around you. Yet if people's beliefs make them volatile you can't do too much about that. Beware of power struggles and petty game playing. Keep a low profile and work to defuse situations.

Pisces (February 19 - March 20): You're open to exploring new ways to get things done. Use your imagination. Play with the idea of creating change in your life by changing your surroundings. You have a strong will when you want to use it. You can further your career by enhancing your skills or credentials.

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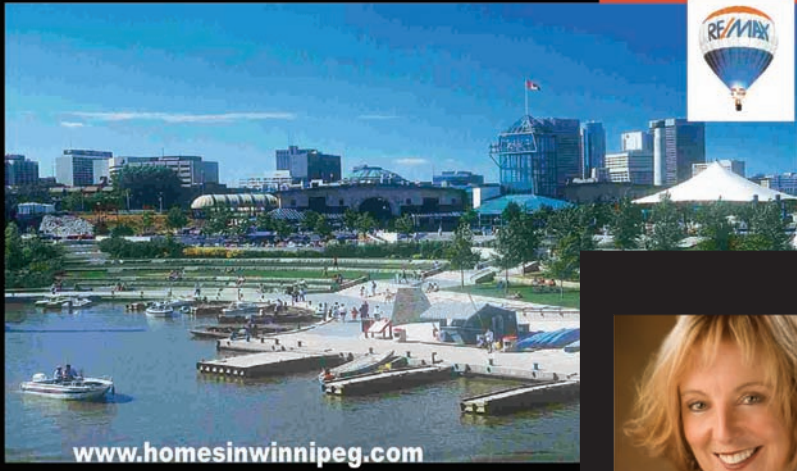
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