



## A CHANGE AT THE TOP

On 26 June, 2009, Col Yvan Boilard (left) assumed command of 17 Wing from Col Scott Howden (right) in a Change of Command ceremony at the Stevenson Park Parade Square. Also pictured is LGen Marcel Duval, who presided over the parade as Reviewing Officer. In addition to having a new Wing Commander, 17 Wing welcomes a new Wing Chief Warrant Officer, with CWO SA Blair stepping into the role vacated by WCWO Wallace's retirement. Read all about the changes in our next issue.

IN THIS ISSUE:

"HOWDEN HALL" TO BE OPENED AT MFRC

PAGE 02

WING COMMANDER'S CHALLENGE

PAGE 04

BETTER CARE FOR INJURED SOLDIERS

PAGE 08

ANNUAL SPORTS AWARDS

PAGE 10

BIG BIKE A SUCCESS

PAGE 12

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# MAKING WISHES COME TRUE

## 17 WING WINNIPEG MEMBER ATTEMPTS TO RETAKE A RECORD

**2Lt Gregory Kuhn**  
WING PUBLIC AFFAIRS

17 WING WINNIPEG, Man – On July 7th, 17 Wing Winnipeg's own Second Lieutenant Jim Wilson will attempt to make two wishes come true: the first, to complete 200 consecutive parachute jumps in a 24-hour period and the second, to raise money for The Children's Wish Foundation.

After previously completing 150 jumps in a 24-hour period, 2Lt Wilson knows that while this challenge is going to be very difficult, it is nothing compared to what many children live through each and every day here in Manitoba.

"These children have been through so much at the beginning of their lives," said 2Lt Wilson. "They deserve every opportunity that

they can get."

From the granting of the very first wish 25 years ago, the Children's Wish Foundation has remained dedicated to one goal – providing children living with high-risk, life-threatening illnesses the opportunity to realize their most heartfelt wish.

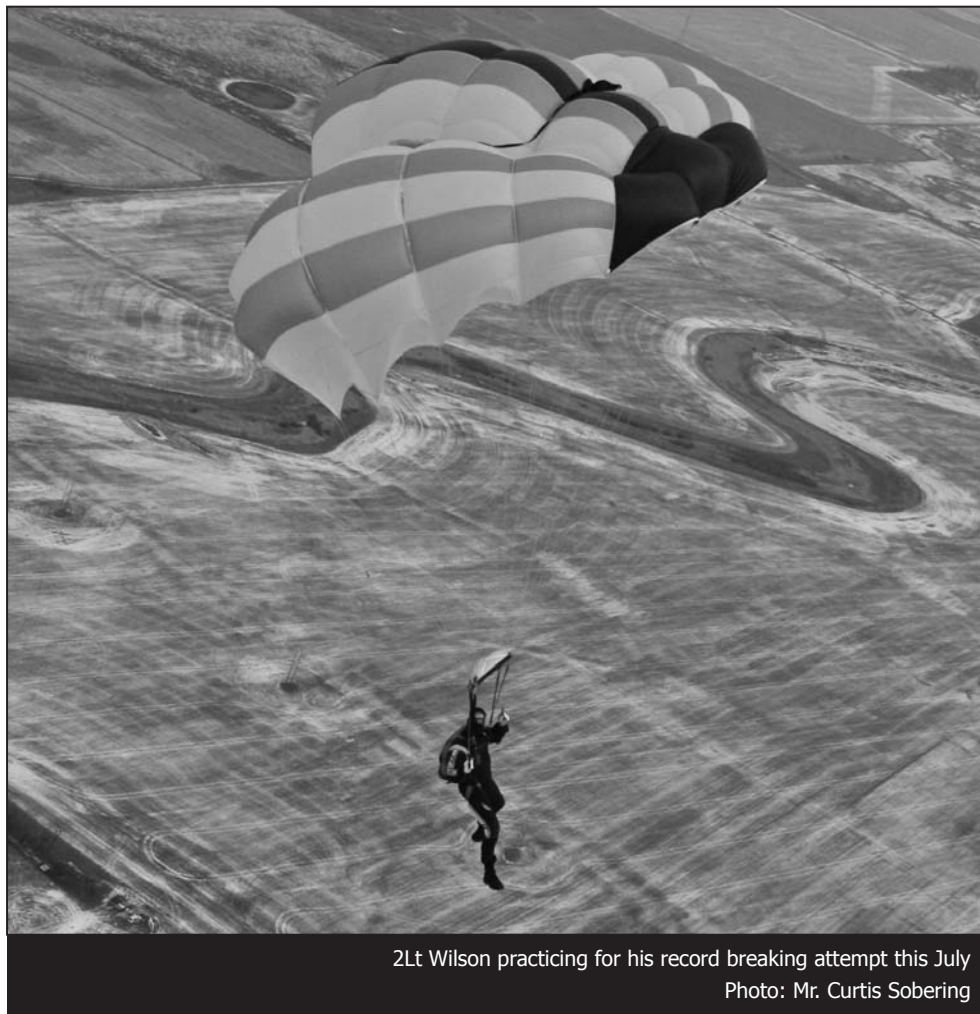
"2Lt Wilson's unique undertaking is not only extraordinary in terms of being a daring venture, but also because there is a clear link between the bravery that Jim will demonstrate and the bravery that Wish children show daily as they strive to overcome their illnesses," said Maria Toscano, Director of Children's Wish Manitoba/Nunavut.

For those children facing an uncertain future, wishes are gifts that are dedicated to family focus with the goal of providing a positive

opportunity to form happy childhood memories and a chance to celebrate life.

This record breaking event will take place at the Edmonton Sky Dive Centre, located 45 minutes northwest of Edmonton near the town of Westlock, with local celebrity, Mindy the Skydiving Dog, joining in on some of the jumps. If successful, 2Lt Wilson will retake the Canadian record for most jumps using a square parachute in a 24-hour period.

For more information on the Children's Wish Foundation or the Jump 'In for Wishes event please visit [http://www.childrenswish.ca/index\\_2007.php/en/chapter/page/loc/MB/sec/about](http://www.childrenswish.ca/index_2007.php/en/chapter/page/loc/MB/sec/about)



2Lt Wilson practicing for his record breaking attempt this July  
Photo: Mr. Curtis Sobering

# WING'S NO.1 MAPLE LEAF'S FAN HONoured

## MILITARY FAMILY RESOURCE CENTRE HONOURS DEPARTING COMMANDER

**2Lt Gregory Kuhn**  
WING PUBLIC AFFAIRS

17 WING WINNIPEG, Man – Not since the heady days when the Toronto Maple Leafs last won the Stanley Cup in 1967 has an honour of such magnitude been

bestowed upon an individual who wears a blue uniform.

At the Community Coffee Break held Thursday, June 4th at the Winnipeg Military Family Resource Centre (MFRC), MFRC Executive Director Mr. Don Brennan announced that the

upcoming extension to the centre's multipurpose room will be named Howden Hall, in honour of departing 17 Wing Commander (WComd) Colonel (Col) Scott Howden.

"During his tenure as 17 WComd, Col Howden

was an exceptionally strong supporter of the MFRC and military families. He continually went out of his way to support that cause," said Mr. Brennan. "His legacy will now live on through Howden Hall."

In appreciation of the outstanding support that the staff and volunteers of the Winnipeg MFRC have given to 17 Wing and the Winnipeg military community, Col Howden presented Mr. Brennan with a 17 Wing Commander's Commenda-

tion which he graciously accepted on their behalf.

"The Winnipeg MFRC is the heartbeat behind the uniform which allows the members of the Canadian Forces to focus on the tasks at hand with the utmost confidence that the situation at home is well cared for," said Col Howden. "Never, in the history of 17 Wing, has one small group of such devoted and caring people given so much to so many."

The mission of the Winnipeg MFRC is to enrich the

quality of life for those who share in the unique military lifestyle by providing specialized programs and services to promote health, education and social well-being.

For more information on the Winnipeg Military Family Resource Centre (WMFRC) and its programs, please visit: <http://www.mfrc.mb.ca/>

For more information about 17 Wing, please visit: <http://www.airforce.forces.gc.ca/17wing>

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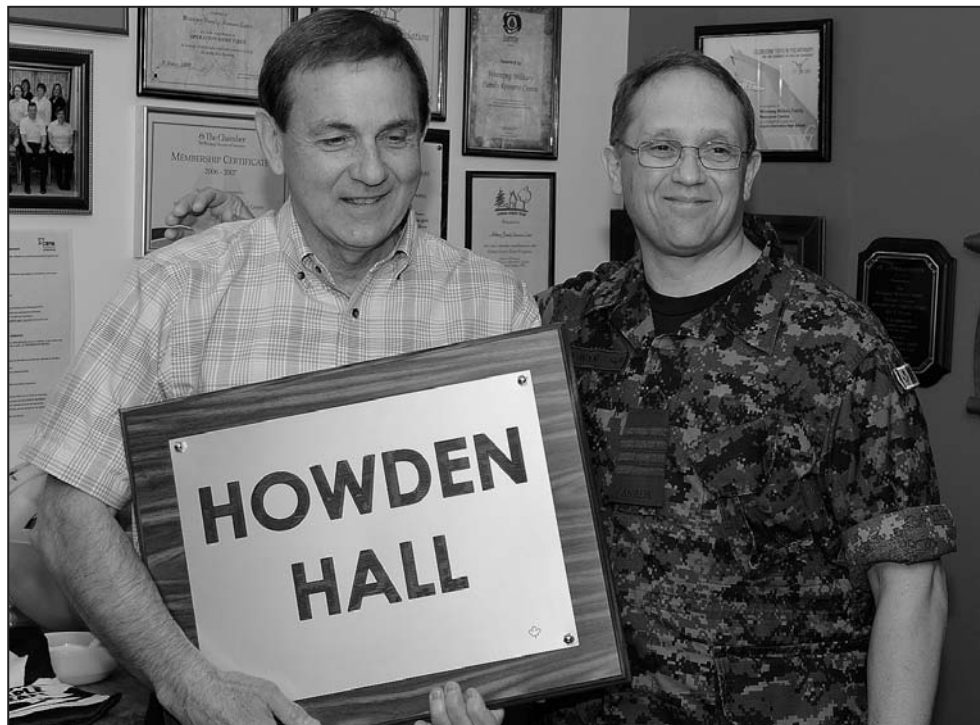
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Mr. Brennan presents Col Howden with a plaque that will hang over the future extension at the Winnipeg MFRC.  
Photo: Pte. P Figiel



WCWO Wallace accepts the Bison Award from Mrs. Thuen.  
Photo by: Pte P Figiel

# THE NEWEST BISON!

## WINNIPEG MILITARY FAMILY RESOURCE CENTRE BESTOWS PRESTIGIOUS AWARD UPON RETIRING WING CHIEF WARRANT OFFICER

**2Lt Gregory Kuhn**  
WING PUBLIC AFFAIRS

17 WING WINNIPEG, Man – At the Winnipeg Military Family Resource Centres (MFRC) Community Coffee Break held June 4th, WM-FRC Volunteer Coordinator Barbara Thuen presented the prestigious Bison Award to retiring 17 Wing Chief Warrant Officer (WCWO) Glenn Wallace.

“WCWO Wallace has been a tireless supporter of the MFRC and our programs,” said Mrs. Thuen in presenting this award to WCWO Wallace. “We have been extremely lucky to have WCWO Wallace’s support and encouragement during his tenure at 17 Wing, and we will miss him when he leaves.”

In accepting this award, WCWO Wallace talked about the recent Mission Support Flight (MSF) deployment and all the hard work that the Winnipeg MFRC has been doing to support both those deploying and the local families that remain behind.

“I talked to a Flight Surgeon deployed on the MSF who had retired in the 1990s and recently re-enrolled into the Canadian Forces; he commented on the extensive effort put forward by the Winnipeg MFRC and our improved benefits, noting what a huge difference this has made for those in uniform,” said WCWO Wallace.

The Order of the Bison is an award presented to an individual or group that has shown outstanding support to the MFRC Team through the performance of their duties in the most exemplary manner, going above and beyond all expectations.

For more information on the Winnipeg MFRC and its programs, please visit <http://www.mfrc.mb.ca>

For more information about 17 Wing, please visit: <http://www.airforce.forces.gc.ca/17wing>

# FIRST VISIT TO 1 CANADIAN AIR DIVISION

**Karen Christiuk**

Vice-Admiral Bruce Donaldson, who was appointed Commander of Canada Command on May 13, paid his first official visit to 1 Canadian Air Division/Canadian NORAD Region Headquarters (1 Cdn Air Div/CANR) on June 18.

Upon his arrival at the Headquarters, Vice-Admiral Donaldson inspected a Guard of Honour, signed the official 1 Cdn Air Div/CANR guest book, and spent the rest of the day meeting with Major-General Marcel Duval, Commander of 1 Cdn Air Div/CANR, and other senior Air Force personnel.

Prior to his appointment as Commander of Canada Command, Vice-Admiral Donaldson served as Director of Staff for the Strategic Joint Staff at National Defence Headquarters in Ottawa. For more information about Vice-Admiral Bruce Donaldson please see: [www.canadacom.forces.gc.ca/site/com-com-eng.asp](http://www.canadacom.forces.gc.ca/site/com-com-eng.asp)



Vice Admiral Bruce Donaldson, Commander of Canada Command, signs the guestbook during his visit to 1 Canadian Air Division on 18 June 2009.  
Photo by Cpl Levarre McDonald



Vice Admiral Bruce Donaldson, Commander of Canada Command, reviews the troops during his visit to 1 Canadian Air Division on 18 June 2009.  
Photo by Cpl Levarre McDonald

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The runners set off on their leg of the Wing Commander's Challenge. They ran for five kilometers, while everyone cycling and rollerblading went for ten kilometers.

## RUN, CYCLE OR ROLLERBLADE FOR THE WING COMMANDER'S CHALLENGE

**John Towns**  
VOXAIR STAFF

On June 10, about 600 members of the 17 Wing Community lined up at the starting gate for the Wing Commander's Challenge run, cycle and rollerblade.

The event, which featured two courses – a five kilometer run or walk, and a ten kilometer cycle or rollerblade – is designed to get people active after long days of sitting behind a computer, according to James Follette, fitness coordinator for 17 Wing Fitness and Recreation, who organized the event.

"The idea is to get people out and active," he said. "In this day and age we have so many people at their desks, and the operational tempo is so high, that we just want to give people a chance to relieve some stress and have a fun day, get out there and get some exercise."

The challenge began at

8:00 am outside Building 21, with a group warm-up and a few remarks from Wing Commander Col Scott Howden, who assured the crowd that like any good commander, he would be "at the back of the group, making sure everyone gets across the finish line safely." Members of the Air Command Band was also on hand to supply music for the participants both before the event, and later during the actual run at designated points along the course.

2Lt Paul Kelly of 402 Squadron participated in the challenge, and said that he would like to see more events like it in the future.

"Being part of the military, it's important to keep physically fit and active, obviously," he said. "This is a fun way to do it – it's fun to get everybody together. These kind of Wing-wide events are a good way to meet more people from other squadrons and units."

BELOW: Wing Commander Col Howden addresses the Challenge's participants before the kick off.



ABOVE: Col Howden sets off on his five kilometer circuit of the base.



The participants in the Wing Commander's Challenge warm up before the event.

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# COMPUTER BASICS AT THE LCC

## A REMINDER NOT TO STOP JUST BECAUSE IT'S SUMMER

**Primrose Knazan**

The Learning and Career Centre (LCC) wants to remind everyone that just because we've finally reached summer, learning doesn't have to stop. The summer downtime can be the best time to brush up on skills or learn something new.

This summer, the LCC will offer three new computer courses geared towards the computer novice, an introduction to Word, Excel or PowerPoint. As part of the new Computer Basics series, these courses teach basic computer skills for beginners with little or no experience using computers. Participants will receive a general overview to learn

the actions that many of us take for granted.

Introduction to Word (July 15) will teach participants how to manipulate and format text, how to store and print documents, as well as creating a standard letter.

Point (July 29) will teach participants how to add text and pictures to slides, navigate the PowerPoint window, apply a design template, arrange slide content by using layouts, print handouts and notes, and how to prepare to

possess basic knowledge and moderate computer usage.

The LCC also offers an Introduction to Computers course for the very beginner who has almost no exposure to computers and wishes to

leave pass program, also known as leave self-service.

In September, the LCC will offer five 30 minute sessions during lunch hour on Keyboarding Skills (for those born prior to 1980, 'keyboarding' is also known as typing). These sessions will teach proper hand and finger placement, testing for speed and accuracy, and give tips on how to type more efficiently. Keyboarding beginners that use the 'hunt and peck' or the index finger method of typing would greatly benefit from these sessions.

If you do not have a lot of computer experience and are feeling pressured by society to get with the (Microsoft) program, the Computer Basics courses are for you!

*To register or get more information about the Computer Basics courses or the Keyboarding Skills workshop, please contact the Learning and Career Centre at local 4636, e-mail [LCCshare@forces.gc.ca](mailto:LCCshare@forces.gc.ca) or visit our website at <http://hr.ottawa-hull.mil.ca/lcc-cac/>*

THIS SUMMER, THE LCC WILL OFFER THREE NEW COMPUTER COURSES GEARED TOWARDS THE COMPUTER NOVICE, AN INTRODUCTION TO WORD, EXCEL OR POWERPOINT.

Introduction to Excel (July 22) will teach participants to define a spreadsheet, describe appropriate uses, identify the parts of the Excel window, as well as create and modify a simple budgeting spreadsheet with basic formulas.

Introduction to Power-

give a show. The Computer Basics courses do just that – they teach 'just the basics'. These courses are ideal for anyone who is new to using a computer and may feel uncomfortable taking a Level 1 course, which are usually geared towards users who

become familiar with terminology, equipment and applications. Starting from turning on the CPU, participants receive a general overview of computer software, learning fundamental knowledge about hardware, input and output devices, data storage and computer operating systems. In fact, the instructor literally opens up a computer and points out the various interior parts, dispelling some of the mysteries of the machine. Participants also gain experience performing Internet searches and downloading pictures from a digital camera. Finally, participants will be guided through the online civilian



THE BOUNDARY WATERS TREATY OF 1909

By Alf Brooks

"At the turn of the twentieth century, disputes over the uses and apportionment of the waterways that flow along or cross the Canada/U.S. border resulted in the Boundary Waters Treaty. The Treaty provides the general principles for Canada and the United States to follow in using the waters they share. Signed on January 11, 1909, the treaty established the International Joint Commission (IJC), the first permanent Canadian-American body, charged with settling and preventing disputes over boundary waters by fixing and applying rules over their usage."

The above paragraph is quoted from the information released by Canada Post on the issue on June 12 of a stamp commemorating the 100<sup>th</sup> anniversary of the Treaty.

Question: If this mechanism exists, why not solve the issue of draining Devil's Lake into the Red River?

THE VOXAIR 2009 publishing schedule	
Publishing date	Deadline
January 28	January 16
February 11	January 30
February 25	February 13
March 11	February 27
March 25	March 13
April 08	March 27
April 22	April 10
May 6	April 24
May 20	May 8
June 3	May 22
June 17	June 5
July 1	June 19
July 22	July 10
August 26	August 14
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

KEYBOARDING SKILLS:  
SEPTEMBER 14, 15, 16, 17, 21

COMPUTER BASICS  
COURSE SCHEDULE:

- July 15  
Introduction to Word
- July 22  
Introduction to Excel
- July 29  
Introduction to PowerPoint
- Sept 9  
Introduction to Computers

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THE DEADLINE FOR THE NEXT ISSUE OF VOXAIR IS JULY 10, 2009.

# “KWAT-C.” WHAT DOES THAT MEAN?...

## FIND OUT THE SCOOP ON THE LATEST BUZZ WORD

**Capt Raymond Grenkow**

A new buzz-word can be heard in Southport (just south of Portage la Prairie, Manitoba) where the CF trains its

goal of producing pilots for the Air Force.

Established in 2005 as the Southport relationship with Bombardier Aerospace drew to a close, CWATC is the overarching union of 3 Canadian Forces Flying Train-

Project Management Team, Allied Wings, and Southport Aerospace Corporation. The Air Force has entered into a 22 year, \$1.8 billion contract with Allied Wings' parent company, Kelowna Flightcraft, to provide almost all

consists of 27 hours on one of the 13 Bell 206 Jet Rangers prior to completing 61 hours on one of the nine Bell 412CF Outlaw helicopters. The ME student completes 60 hours in the seven Beech Raytheon King Air C-90B aircraft.

about 480 aircraft movements a day, which encompasses approximately 18,000 flying hours a year. Putting all this hardware in the air has its own airspace limitations; however, the tower controllers at Southport do an exceptional job

AIS, and the coordinated efforts of both the crash fire rescue services and air traffic control. A Flight Surgeon and Nurse are on site daily providing care to those who require medical services...and don't forget the tireless work of the kitchen and house keeping staffs, which is essential for the students' health and well-being. Interestingly, the administrative work load supporting both civilian and military personnel is shared between Allied Wings and the 3 CFPTS' OR, ensuring the students can focus on their task of learning to fly while 3 CFPTS' lone Supply Technician holds the daunting task of providing all uniform and flying-related articles to all military personnel, as well as to foreign national students. Last but not least, there are the hard working instructors who spend many hours learning the new material quickly so they can provide their students with the unprecedented standard of instruction the school has become recognized for.

This year's annual student course load is 305 pilots on the Primary, Basic, and Advanced courses. Additionally, CWATC will have a hand in training the new Air Vehicle Officer starting this Sep and it will become home to 100 students from the Royal Saudi Air Force between 2010 and 2015! A total of 101 (41 multi-engine and 60 rotary-wing), newly winged graduates are expected to complete their training this year, representing close to 80% of the total CF pilot production.

Together, Allied Wings and 3 CFPTS bring all of their knowledge and skills into synchronous harmony under one common umbrella to form CWATC. Together, they are working today to prepare for tomorrow's needs.



3 Canadian Forces Flying Training School and Allied Wings personnel gather for morning brief. Submitted by Capt Raymond Grenkow

pilot cadre. “CWATC” is the Canada Wings Aviation Training Centre - it is the harmonization of the military with civilian agencies, working in unison towards the common

ing School, 1 Cdn Air Div Air Force Training and the Training Standards Evaluation Team, the Contracted Flying Training and Support

aspects of flying training from ab initio to a rotary wing and multi-engine wings standard.

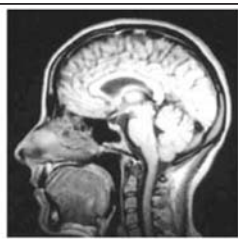
Student pilots commence their flying careers flying the 11 Grob 120A aircraft on Primary Flying Training (PFT). After about 30 hours, they graduate to the Basic Flying Training course either on the Harvard II aircraft, at 2 CFPTS in Moose Jaw, or they remain flying the Grob at CWATC for an additional 100 hours. On completion of Basic Flying Training, the student attends Advanced Flying Training and is selected to enter either the Rotary Wing (RW) or Multi-Engine (ME) streams. The RW stream is two-tiered and

CWATC utilizes the most advanced flying training instructional techniques available to industry. Each student is issued an individual laptop computer to access the interactive computer based training lessons, computer aided instruction lessons, reference material, ground school schedules, and flying schedules. Furthermore, all ground school instruction and flying training device instruction, such as on the desktop trainers, desktop simulators, cockpit procedures trainers, and full motion/full visual level D simulators, are provided by Allied Wings staff.

Southport airport has

of keeping everyone in their place and providing the instructors with the best traffic separation and information flow that is required for an operation of this size.

46 military and civilian staff within 3 CFPTS provide administration and wings standard instruction to the students while approximately 180 civilian staff from Allied Wings provide the necessary instruction and support for the flying training to occur. This support comes in many forms, beginning with the outstanding efforts of the aircraft maintenance sections, the dedicated patience of the flight dispatch personnel and



**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 Biodiagnostics 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.

**Your role:** participate in a psychological and trauma-experiences assessment (Session 1), receive training to control your emotional reactions (Session 2), and take part in a Magnetic Resonance Imaging (MRI) brain imaging experiment of emotional picture evaluations (Session 3).

**Benefits:** You will help us understand emotional processing in the brain and receive a research stipend for each session.

*If interested, please call the study coordinator at 204-975-7728*

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# BROOKESIDE CEMETARY

## ONE OF THE MOST SIGNIFICANT MILITARY INTERNMENT SITES

**John Towns**  
VOXAIR STAFF

On January 17, 1915, when 20-year-old Private Arthur Wilde was laid to rest on a plot of land in the back section of Winnipeg's Brookside Cemetery, it was impossible to predict that around him, over the next 94 years, thousands of his comrades-in-arms would join him, eventually creating one of the most significant military internment sites in Canada – Brookside Cemetery's Field of Honour.

The striking sight of thou-

sands of identical white grave markers in hundreds of rows is one that is most commonly associated with military cemeteries in Europe rather than Winnipeg, but that's a perception that Jane Saxby, Administrator of the City of Winnipeg Cemeteries Branch would like to change.

"To me, it's so important that members of the military really recognize that this is here, and there are a lot of really important pieces of history here," she said. "It's their Field of Honour as much – even more so – than it is ours. The history that's here is

something amazing."

The Field had rather humble beginnings, as a small, teardrop shaped plot that was commissioned by an organization called the Imperial Order Daughters of the Empire who wanted to recognize the service of wounded men who had returned from the First World War and subsequently succumbed to their injuries.

"As the veterans were dying, the IODE realized that they weren't really receiving any posthumous recognition for the service they'd given," said Saxby. "So they came to the City of Winnipeg, and

asked for a section of land at Brookside Cemetery to begin the Field of Honour."

From there, the Field grew to feature over 11 000 internments, making it the largest Field of Honour in Canada, and the home to one of only 14 monuments featuring a "Cross of Sacrifice." The Field is also home of the only Commonwealth War Graves Commission Stone of Remembrance in Canada, a site that is frequently used as a setting for ceremonies commemorating fallen veterans.

The Field of Honour is currently in the early stages of

a total refurbishment, a process which Saxby estimates will take almost ten years to complete, as it is heavily reliant on weather and other factors.

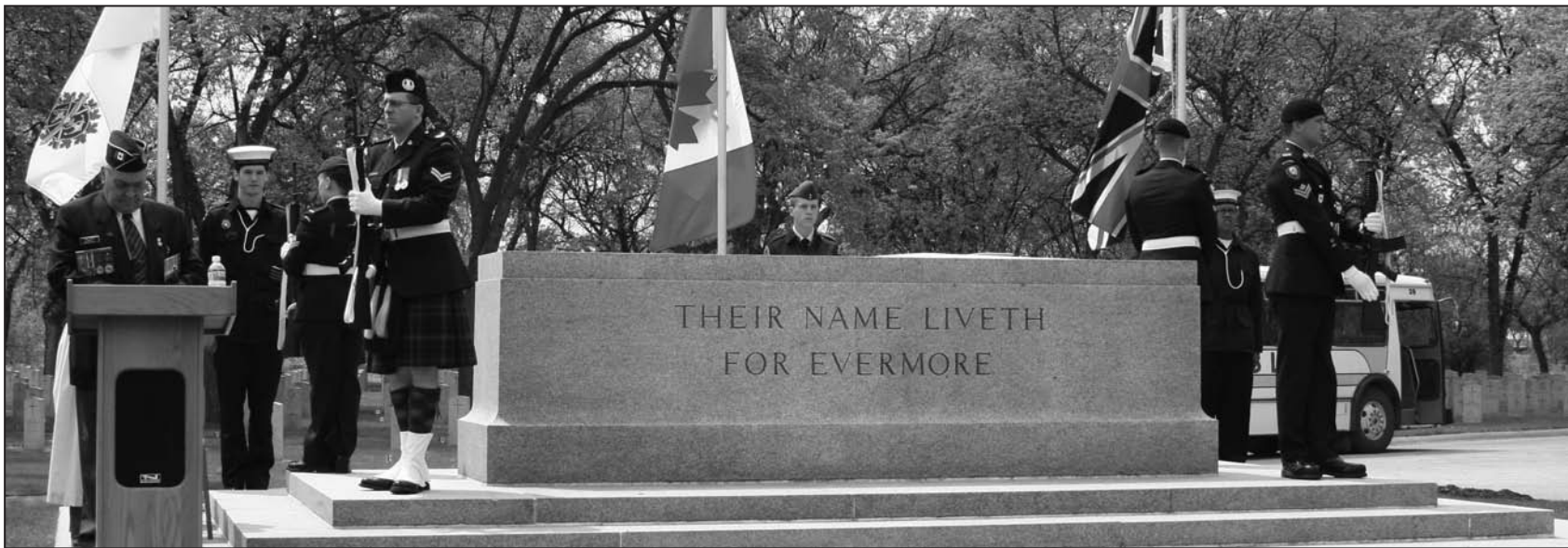
"We obviously can't do it in the winter, and it has to be reasonably dry during the summer for us to really make any headway with it," she said.

The refurbishment is being done in sections, and includes the total reconstruction of the support beams holding the grave markers in place.

"You can see how a lot of the grave stones are lean-

ing, and not sitting upright," said Saxby. "That's because a lot of the beams that hold up the stones are cracked or damaged, and so we're going through and replacing them all."

The process involves meticulously cataloguing every gravestone in each row, then using a jackhammer to break up the old beam and remove the pieces. Then a new section of beam is brought in, and the stones are placed into it using fiberglass pins, which will make it easier to replace a stone should it get knocked over.




The Field of Honour at Brookside Cemetery is home to the only Commonwealth War Graves Commission Stone of Remembrance in Canada. It is seen here during a service held in late May in honour of the 65th Anniversary of D-Day.

Photo by John Towns



## VOLUNTEER AWARDS

On Friday, June 19, 17 Wing held its annual Volunteer Appreciation Event. Several volunteers from around the Wing received awards, including Johnathon Cormier (front left), Manon Deschamps (centre), and Alexander Comeau (front right). Pictured with the award winners are John Clarey, and Wing Commander Col Scott Howden.



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# JOINT PERSONNEL SUPPORT UNIT LAUNCHES A NEW CONCEPT WITHIN THE CANADIAN FORCES

**John Towns**  
VOXAIR STAFF

On Friday, June 12, the official ribbon cutting was held for the new Joint Personnel Support Unit (JPSU), an organization responsible for the welfare of injured soldiers which will be based at 17 Wing.

The JPSU is a new concept within the Canadian Forces, which will provide injured and ill CF personnel and their families with what is essentially one-stop administrative support for any kind of treatment they may need.

The idea, according to Maj Neil Cameron, who has been appointed OC of the JPSU Prairie Region, is to introduce a uniform standard of care for CF Personnel, and to reduce the potential for gaps, overlaps and confusion between different organizations handling the treatment of injured or ill soldiers.

“Essentially what it’s designed to do is to provide a consistent level of care and support to injured and ill soldiers and their families across the country,” he said. “So this one here at 17 Wing will be the headquarters for the Joint Personnel Support Unit Prairie Region, and also the Integrated Personnel Support Centre Winnipeg.”

The JPSU will be the central unit in charge of the Integrated Personnel Support Centres, which will be located in most active bases across the country. JPSU Prairie Region’s area of responsibility will encompass all the IPSCs in Saskatchewan and Manitoba, as well as some in Northwestern Ontario.

The JPSU’s services are open to any member of the Canadian Forces, regardless of element or even if they are retired.

“Any soldier, in uniform or retired, can come in for our assistance,” said Maj

Cameron. “If a retired CF member now has an issue that was related to their service, we’d be more than happy to help them out, or if we can’t, we’ll be able to point them in the right direction.”

Maj Cameron says that when the JPSU is fully stood up and able to take over administrative duties from 17 Wing in late August or early September, it will be a huge stride for-

ward in terms of the ability the CF will have to look after injured and sick personnel.

“Not only is it going to be military personnel here, but we’ll be based with all

our partner organizations, so we’re going to be able to provide virtually any type of administrative support that an injured or ill soldier or their family could require,”

he said. “This is leaps and bound ahead of where we were even five years ago.”



Photo By John Towns  
Frank Emond (left), Col Scott Howden, Maj Neil Cameron, and WCWO Wallace (right) prepare to cut the ribbon on the wing of the lower floor of Building 63 where the JPSU will be based.

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**SPORTS TRIVIA**  
movie themed

20 QUESTIONS AND ANSWERS TO SPORT RELATED TRIVIA  
By Bill Sheridan

**QUESTIONS**

1. What song is played every time Ricky Vaughn comes into a game?
2. Who was the sportswriter for the Charlestown Chiefs, who wrote the story about moving to Florida?
3. What was Burt Reynolds characters name in original film titled The Longest Yard?
4. What were the two characters names in White Men Cant Jump?
5. What does the voice say in Field of Dreams?

6. In 8 Seconds, what does the 8 signify?
7. In Happy Gilmore, who does Happy fight with during the Pro-Am tournament?
8. In Caddyshack, what is the prize for the best caddy?
9. In the Abbott and Costello's, Who's on First? Comedy sketch, who is in the battery?
10. What was the type of dive that Rodney Dangerfield's character completed in Back to School?
11. What sport is the movie Kansas City Bomber about?
12. With which sport does Forrest Gump win a scholarship?
13. Who was Daniel Eugene Ruettiger?
14. Who is Ernie Pantusso?
15. What sports star died of embryonal cell carcinoma?
16. Who was Jerry McGuire's sole client?
17. What movie became known as 'Top Gun in Race Cars'?
18. What sport was portrayed in Kingpin?
19. In Tin Cup what is Roy McAvoy's score on the 18th hole?
20. Who is Gordon Bombay?

**ANSWERS**

1. Wild Thing, from the film *er; Today*
2. Dickie Dunn
3. Paul Crewe
4. Billy Hoyle (Woody Harrelson) and Sidney Deane (Wesley Snipes)
5. a) If you build it, he will come, b) Ease His Pain, & c) Song
6. How long a rider must stay on to get a score
7. Bob Barker
8. Scholarship with a win in the Caddy Tournament
9. Pitcher, Tomorrow & Catch-Mighty Ducks
10. Triple Lindy
11. Roller Derby
12. Football
13. His story was told in the movie Rudy.
14. Coach on Cheers portrayed by Nicholas Colasanto
15. Brian Piccolo, in Brian's
16. Rod Tidwell
17. Days of Thunder
18. Bowling
19. 12
20. Emilio Estevez's role in the

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**HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE**

# SPORTS AWARD CEREMONY 2008-2009

17 WING SALUTES TOP ATHLETES, COACHES, OFFICIALS AND TEAMS

Submitted by  
Fitness and Sports

On Friday 22 May 09, 17 Wing Winnipeg paid trib-

ute to those individuals who, through their tireless efforts, were instrumental in the overall success of the Wing Sports Program this year. These individuals have shown a cer-

tain level of enthusiasm and dedication to their sport. The awards presented were given to those members whose performance both on and off the playing surfaces typifies the

qualities of professionalism and sportsmanship. Whether it be through individual achievements or a concentrated team effort each recipient clearly displayed outstanding talents

in each of their respective fields.

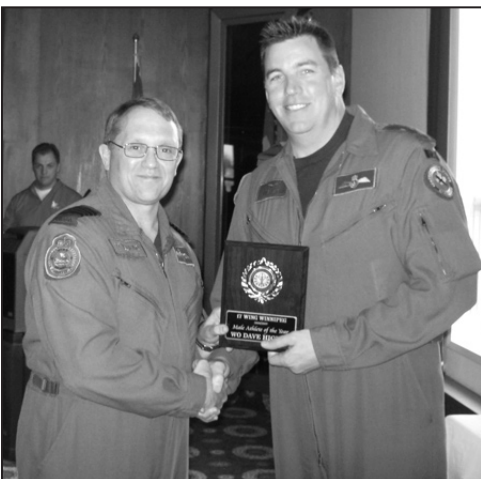
Congratulations to all award winners. We hope that you will continue to strive for personal excellence within

yourselves. As well, we look forward to your continued involvement within the sports program here at 17 Wing.

## 17 WING WINNIPEG 2008/09 SPORTS AWARD NOMINATIONS

Submitted by  
Fitness and Sports

**Male Athlete of the Year:**  
**WO Dave Hight**



This versatile athlete displayed his talents on the green and on the ice this past season. He led the base golf team as team captain and helped the team place third overall at the Prairie Region Golf Championships in Shilo. Through the winter his focus shifts to the ice where he was a member of the 2008 CFANS Hockey team – I/S “A” Division Champions. This winter he was a member of the base Old-timer’s Hockey team that placed first during an exciting overtime finish in front of a hometown crowd at the Prairie Regional Tournament. The team faced some tough competition at the Nationals in Borden and lost out in the semi-finals. Dave’s commitment to sport makes him an excellent competitor and an asset to both of these teams and the 17 Wing Sports program.

**Female Athlete of the Year:**  
**Sgt Stacey Kohanski**



Sgt. Stacey Kohanski is an overall outstanding member of both the CF and Civilian sporting community. Sgt. Kohanski started her military career in Oct. 1996 in Thunder Bay,

ON and has been active in a wide variety of sports ever since. Stacey was busy in 2008 with many sports teams. She had the opportunity to be a part of the 17 Wing Men’s Ball Hockey Team, Women’s Volleyball Team, Women’s Softball Team, Intersection Hockey, Civilian Men’s Hockey, Civilian Women’s Hockey as well as the Manitoba Women’s Roller Hockey Team. Sgt. Kohanski is recognized as a true team player and dedicated athlete. In March 08, Stacey was a member of the 17 wing Women’s Volleyball Team that travelled to Moose Jaw, SK to compete in the CF Women’s Volleyball Regional Championships. The team came in 2nd out of 5 teams. She also competed in the CF Women’s Hockey National Championships in Borden, ON in March 08. Stacey led that team as Captain and the team placed 2nd. She was chosen for the All-star Team after that event. In Aug 08 Stacey competed in the Women’s Softball Regional held at 17 Wing Winnipeg. The team finished 1st and this enabled the team to travel to Borden in Sept 08 for the CF Women’s Softball National Championships. The team finished 4th and once again chosen for the All-star Team as a back catcher. Sgt. Kohanski’s passion for sports is not limited to the CF, as she extends this drive and commitment into civilian sports. In April 08, Stacey tried out for the MB Provincial Women’s Hockey Team. She also made the Manitoba Provincial Women’s Roller Hockey Team in Aug 08. Sgt. Stacey Kohanski’s enthusiasm and dedication to all her teams is undeniable. She provides leadership and guidance to her teammates and thrives off the energy of being a part of these sports teams.

**Coach of the Year:**  
**Sgt Cindy Kennedy**



Sgt Cindy Kennedy led the 17 Wing Women’s Slo-pitch team to a successful 2008 season. Cindy helped create a cohesive team out of a group of women coming together for the first time. Her players see her as an inspiring

leader, a role model and a friend. She is well respected for her commitment to excellence and her ability to teach, guide and lead in times of struggle. This was demonstrated as she was able to steady the nerves and regain the focus of the team after they gave up the first game of the Prairie Regional Tournament. The team went on to overcome all other obstacles they faced in the tournament. Cindy is an athlete herself, and her traits as an athlete come through in her vision, dedication and true sportsmanship. Congratulations to the 2008 Coach of the Year, Cindy Kennedy.

**Official of the Year:**  
**Capt Christian Palavicino**



Capt Christian Palavicino is an outstanding member of the Canadian and International Official community as well as a proud member of the CF. Over the course of his career, Christian has had the opportunity to travel all over the world officiating various soccer competitions. In 2008, Christian was selected to be the referee in the Men’s Regional Soccer Championships in Cold Lake, AB. After officiating this event, Capt. Palavicino was selected to referee the Men’s National Soccer Championships in Borden, ON. Capt. Palavicino’s dedication and passion to both officiating and the sport of soccer make him a well-liked and sought after individual in the soccer community. Capt. Palavicino is a true example of the class and commitment that make up a member of the CF and he takes great pride in officiating for these soccer events.

**Team of the Year:**  
**17 Wing WPG Women’s Slo-pitch Team**



This team grew tremendously through the 2008 season. Starting out as a group of individuals looking to enjoy the sport and have a good time, the 17 Wing Women’s Slo-pitch team came together and accomplished some big things. After losing the first game at the Prairie Regional’s the team battled back and never lost a game in the remainder of the tournament. They were challenged in the final game as they were behind for the first three innings, but strong bats and a strong infield kept Cold Lake at bay and the team advanced to the National Championships.

During the National tournament the games against the Pacific and Quebec regions were extremely close and both went into extra innings. Unfortunately both of those games ended with a loss for Winnipeg. Against Ontario Winnipeg lost their lead and ended up with their third loss of the tournament. Their win against Atlantic gave the team the confidence boost they needed to get their bats going in the playoffs. The 17 Wing Winnipeg Women’s Slo-pitch team only gave up 14 runs the entire National Tournament. According to Coach Cindy Kennedy “Even though it was their first trip to Nationals, they were named the dark horse of the tournament and the defensive team to beat”. The team ended up losing to the tough Ontario team in the semi-finals, but came away with many lessons learned and a lot of camaraderie gained. The Women’s team is looking forward to building on these experiences during the 2009 season. Congratulations!

**THE NEXT VOXAIR COMES  
OUT JULY 22, 2009.**

# A MOMENTS DECISION, A LIFE SAVED

**Yvonne DeCaire**  
WING PUBLIC AFFAIRS

17 Wing Winnipeg, Man. - "During this challenging mission I was faced with the most difficult decision of my career," said Sergeant (Sgt) David Cooper, 435 Squadron Search and Rescue (SAR) technician team leader. "Should I deploy our SAR technician team and risk our lives or not jump and risk the life of an ill-equipped stranded hunter?"

In a ceremony held at Rideau Hall in Ottawa today, June 19, 2009, Sgt. Cooper and his team member Sgt. Dwayne Guay (who was a Master Corporal at the time) were presented with the Star of Courage by Her Excellency the Right Honourable Michaëlle Jean, Governor General of Canada for their actions which saved the life of Mr. Bill Wolki in the arctic on February 16, 2007.

The arctic can be a very inhospitable place and on that particular mission it was at its worst. It was night, in a remote arctic location, with 45-50 kilometre winds, an extreme wind-chill of -50 to -60 Celsius, with large pockets of open water and a small pocket of ice to land on.

Sgt Cooper was faced with making many decisions that weighed heavily upon him

during the mission.

"I was thinking of my team member Dwayne Guay and his family and this weighed heavily on my mind," said Cooper. "If one of us landed in the water there would be no safety boat and no means of rescue for some time. The consequences would most likely be fatal."

Despite the risks to themselves, both Sgt.'s Cooper and Guay parachuted onto the ice and ended up spending over 18 hours in a tent with Mr. Wolki, uncertain of how or when they would be recovered.

"Sean Morris, a SAR pilot I knew in Gander was flying the aircraft that came to retrieve us. I was happy to hear his voice on the radio. I dropped a red flare and then you could hear the Cormorant overhead. It was such a great sound," said Sgt. Cooper.

Now two-years after that epic mission, Sgt Cooper can reflect upon what he and his team member did that night in the arctic. "In my opinion, the success of the mission can be attributed to a culmination of efforts. The teamwork and professionalism of all involved resulted in saving this man's life. The Ranger ground party narrowed our search area, the Twin Otter from 440 Squadron in Yellowknife located the missing hunter and the Cor-

morant Helicopter from Comox flew for over 11 hours to recover us from the ice floe the next night."

When asked how he feels about his medal Sgt. Cooper relates, "I initially thought it would be a commendation, I never thought it would be the Star of Courage. I think it's a very positive thing. I know there are other guys who have done some amazing things and have gone unrecognized, it's just good to see that our efforts and sacrifices are not unnoticed."



Sgt. Cooper and Sgt. Guay training in the North.  
Photo Credit: Cf Photo

## FROM GOOSE BAY TO COMOX AIR FORCE BASE FEELS THE BLUES

**Lt Noel Paine**  
CANADA COMMAND

Ottawa - Although a chilly prairie wind turned a few fingers and noses Air Force blue, Canadian Forces runners from Goose Bay, Newfoundland and Labrador, to Comox, British Columbia assembled with hundreds of other Canadians outside the gates of 17 Wing Winnipeg for the start of the inaugural Canadian Air Force Run on Sunday, May 31.

With a resounding roar of its jet engine as it passed overhead signalling the start

of the historic run, a Canadian Forces (CF) Snowbird's Tutor jet provided runners a fleeting, blurred, red and white image as they surged across the start line.

The Snowbird, red and white like the Canadian flag, could not however outshine the obvious glow of blue Air Force pride that beamed brightly on the faces of organizers and hundreds of volunteer's who had toiled long hours over many months to make the Run a reality.

Being an Air Force run it was quite appropriate that most CF runners flew the

distance from their home units to attend this historic running event.

Despite long hours of flying, 17 Wing had 'The Blues' as all three race distances were swept by Air Force runners, including an impressive half-marathon finish by 2nd Lieutenant Jorge Parra-Martinez from 19 Wing Comox who completed the distance in a time of 1 hour 19 minutes. Equally impressive was Major Brendan Cook of 14 Wing Greenwood who completed the 10km event in 38 minutes 52 seconds.

"It was an amazing experience to feel the camaraderie and Air Force pride as well as see a little good ole sweat on the forehead of our Air Force members," said Lieutenant-General Angus Watt, the Chief of the Air Staff, who not only handed out medals to the top finish-

ers at the conclusion of the historic run but also ran the 10km race.

The goal of the Air Force and race director Capt Justin Boileau is to not only keep 'The Blues' coming back year after year but to increase the number of Army, Navy and civilian participants and families as well.

"In addition to promoting physical fitness," said Capt Boileau, "it is a great form for us to raise awareness and funds for the Military Families Fund and Soldier On program."

*For the final results from the competitive runs held in Winnipeg, please visit: [www.airforcerun.ca](http://www.airforcerun.ca)*

*For information about Canada's Air Force, visit: [http://www.airforce.forces.gc.ca/site/index\\_e.asp](http://www.airforce.forces.gc.ca/site/index_e.asp)*

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# HONOURS AND AWARDS

At the recent WComd Honours and Awards Ceremony, Col Howden presented the following awards to 17 Wing Members:



Corporal Adam Pirie receives a Wing Commander's Commendation.



The Air Cadet Winch Glider Team receives a Wing Commander's Commendation.



Warrant Officer Reg Smith receives a Wing Commander's Coin.



Captain Christian Palavicino receives the Canadian Forces Decoration.



Mrs. Karen Packer receives a Wing Commander's Commendation.



Corporal Wendy Eaton receives the Canadian Forces Decoration.



Sergeant Brian Doll receives the Canadian Forces Decoration First Clasp.



Sergeant Jeffory Grogan receives a Wing Commander's Commendation.



Corporal Troy Porteous receives the Canadian Forces Decoration.



Mrs. Beverly Kulbacki receives a Wing Commander's Coin.



Sergeant Kevin Beattie receives the General Service Star.



The Snow and Ice Removal Team receives a Wing Commander's Commendation.



Corporal Yves Lacasse receives a Wing Commander's Coin.



Corporal Michael Pottie receives the Canadian Forces Decoration Second Clasp.



Warrant Officer Guy Lyrette receives a Wing Commander's Coin.



Master Warrant Officer Yves Cinq-Mars receives his promotion to Chief Warrant Officer.



Corporal Yves Lacasse accepts the Canadian Forces Decoration First Clasp (posthumously) for his father Warrant Officer Lacasse.



Lieutenant Thesa Wheaton receives her Commissioning Scroll.



Corporal Colin Hall receives the Canadian Forces Decoration.



Lieutenant Colonel Paul Dittman receives the Canadian Forces Decoration First Clasp.



Sergeant Jeffory Grogan receives the Canadian Forces Decoration Second Clasp.



Corporal Mary-Ann Knight receives the Canadian Forces Decoration First Clasp.



Sergeant Ian Macdonald receives the Canadian Forces Decoration Second Clasp.



Sergeant Christian Ritchot receives a Wing Commander's Coin.



Ms Adrienne Popke receives a Wing Commander's Commendation.



Corporal James Reid receives the Canadian Forces Decoration.



Master Corporal Christopher Allwood receives the Canadian Forces Decoration.



Corporal Mario LaRose receives the General Service Star.



Officer Cadet Podolas receives the Canadian Forces Decoration.



Corporal William Brown receives the Special Service Decoration.

## NEW ARRIVALS

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**BIG BIKE  
FOR STROKE**



Invest in Heart and Stroke Awareness & Research

Submitted by  
Christa Zappitelli

The Heart & Stroke Big Bike pedaled through Winnipeg again this year and the 17 Wing 'WINGIN'IT' team was there to participate. On the 17th of June, 27 participants from 17 Wing piled on to the 30-person bike and pedaled to raise money for a good cause. Team "WINGIN'IT" raised \$2,344.00 for the Heart and Stroke Foundation. Everyone who participated did an exceptional job fundraising this year and we have raised the bar even higher for the 2010 Big Bike!

Participants in this year's event included:

Adrienne Miller, Sgt Sue Lenihan, Monique Danylchuk, Cpl Jason Lobo, Cpl Carey Nunnenmacher, Jackie Lent, Andrea Desilets, Lisa Hilton, Shauna Eggertson, Rick Harris, Maj Trenna Reeve, Capt Arek Siwoski, Leanne Beatty, Danielle Laroche, Sgt Tracy Gauthier, Cpl Karen MacKenzie, Sgt Marla Buchanan, Capt Heather Smith, Bob Murphy, Kenneth MacRae, Mike Burt, Cynthia Burt, Angela Temple, Sarah Hamp, Tanya Goldstein, and Cpl Kathy

Pratte, Penny Wawrzyniak, and Christa Zappitelli.

After donning red Support Our Troop t-shirts and decorating the Big Bike in Yellow Ribbons the 27 riders, escorted by Winnipeg City Police officers, pedaled the 4 km route through downtown Winnipeg, beginning and ending at the Manitoba Legislative building. As we pedaled through downtown, Canadian Air Force promotional material, frisbees/yoyos/hats/keychains, was tossed to the on-looking supporters.

After collecting their prizes, participants enjoyed refreshments, provided by Heart & Stroke and their sponsors, before heading back to 17 Wing.

The Health Promotion team would like to take this opportunity to thank the Strengthening the Forces Unit Reps for their ongoing support and participation in this event. We would also like to thank everyone who sponsored a rider, the MFRC for the yellow ribbon, WCE for providing transportation, and for the 1 Canadian Division for the free giveaways.

We hope to see you out next year! Put Your Heart Into It!

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## NEWCOMER EVENTS

Join us for summer in the city and explore your new surroundings.

The welcome program is here to help you get to know the city of Winnipeg better, and connect you with other families who are new to the area.

Registration is required for all newcomer events.

## PICNIC IN THE PARK

Join us at the picnic shelter near the duck pond for a picnic lunch. Bring your picnic lunch, and a blanket... we'll talk about the park, the surrounding area, and other activities that are available for families.

After lunch, we'll head to the zoo for an afternoon with the animals. Be sure to wear comfortable shoes!

Date: July 16, 2009. Rain date: July 24

Time: 11:30 a.m. to 3 p.m. (or as much time is needed)

Cost: free

Register by July 13, 2009

## NEWCOMER NETWORK

If you are new to the city and would like to have a volunteer answer some of your questions, let us know, and we can register you with the Newcomer Network. Our volunteers would be happy to assist you in getting to know your new city, and help you navigate your way around. Call the MFRC, 833-2500 ext 4500 for more information or to register.

## DONATION

The employees of Bombardier Transportation Thunder Bay presented a cheque to the Thunder Bay Military Family Resource Centre staff on June 17, 2009. Employees raised money by wearing



red each Friday in support of the Thunder Bay MFRC's Red T-shirt Campaign.

## SUMMERTIME THURSDAYS

The MFRC is the place to be on Thursdays all summer long! Our regular Community Coffee Breaks will continue throughout the summer. The first Thursday of the month is the time to come over to the MFRC at 10 AM for a wonderful opportunity to take a break and meet other members of our community: families, military members, and civilian friends. There's always something good to eat, maybe a special acknowledgement, and a door prize or two that you have a chance of winning. Our next Coffee Break will be on July 2, 2009, 10:00 to 11:00 AM at the MFRC, 102 Comet. We hope to see you there!

All other Thursdays during the summer, you are invited to take part in our MFRC Summer BBQs. We offer hamburgers, hot dogs and smokies, at competitive prices. It's a great way to get out of the house or office and enjoy the sunshine! The BBQs will run until August 27, so mark your calendars!

## SISIP / 17 WING VOLUNTEER APPRECIATION

A record number of volunteers were present on Friday June 19, 2009 to celebrate the annual SISIP 17 Wing Volunteer Appreciation, held at the Winnipeg

Goldeyes CanWest Global Park. Canadians have a rich history of volunteering and community involvement, and volunteers are on the front lines of all of our community services. Here at 17 Wing Winnipeg, the volunteers are outstanding! This event is a celebration of all that the volunteers do in our community, and one way of saying thank you.

Volunteers were nominated by their peers for selfless dedication in helping others. More than 215 certificates of appreciation were given out to volunteers and six individuals were given special recognition. The following received Volunteer of the Year awards: Alexander Comeau, Male Youth; Stephanie Cowan, Female Youth; Johnathan Cormier, Male Teen; Guylaine Chaine, Female Teen; Manon Deschamps, Female Adult; Troy Zorro, Male Adult.

In addition, the Ladouceur Family was named Volunteer Family of the Year, and the Fall Fair Committee 2008 was given the Builder Award.

After the award presentations and a delicious BBQ dinner, volunteers were treated to an exciting Winnipeg Goldeyes Baseball game. It was an evening enjoyed by all!

The volunteers honoured at this event are all compassionate, supportive individuals who have chosen to make a difference in our community. Congratulations to all!

## EMERGENCY CHILD CARE SERVICES

**Goal:** To support the ability of CF members to be available for duty of their child care plan fails. If your family care plan fails and you require emergency child care please call 833-2500 ext 4512.

Do you need assistance developing a Family Care plan? Please call 833-2500 ext 4500.

## EMERGENCY RESPITE CHILD CARE SERVICES

**Eligibility:** Families of deployed members;

**What:** Up to 72 hours of child care

**Where:** In your home;

**When:** Day or Evening;

**Cost:** No cost to the family;

The goal of this service to support the well being of families of deployed CF member and relieve some of the stressors related to childcare.

## KIDS AND JOURNALING

Journaling is a great way to help kids sort out all of the feelings they have when someone they love deploys. The benefits of journaling are numerous. Not only do journals give children a place to write down and consider their thoughts and feelings but journals are private, they do not judge or criticize, they don't talk back or tease, they keep a record of events and progress, and they can be used anytime of the day or night. Here are some tips for parents to help their kids get started with a journal:

### Young children

- Get a book with blank pages or simply staple blank paper together.

- Buy special crayons or markers just for the journal.

- Decorate the cover (have your child help).

- Have your child draw pictures and tell you about them. Write down their words.

### School-age children

- Pick up a private journal for your child from the MFRC.

- Buy special pencils or pens for writing and decorating.

- Encourage your child to write in the journal daily or when they have strong feelings, both happy and sad.

- Respect your child's privacy and read the journal only with their permission (if you are uncomfortable with this let them know you

will be reading it).

- Include a scrap-booking element in their journal using pictures and stickers.

- Encourage your child to write down any questions they have. Make sure you help them find the answers.

- Encourage your teen to include art such as drawings, poetry or songs.

- Include a scrap-booking element in the journal.

- Remind them that spelling, punctuation and grammar does not matter.

## SUMMERTIME ADVICE

**S-** Spend time with those that matter most;

**U-** Use your imagination;

**M-** Make the most out of rainy days;

**M-** Move around in the outdoors;

**E-** Enjoy life;

**R-** Rest, and relax;

**T-** Talk to someone you miss;

**I-** Ice cream;

**M-** MFRC of course;

**E-** Every day is a new day.

- Give them focused categories or questions to write about, such as "What makes you sad?" "When do you feel proud?" "What is your favorite outside activity?"

### Teens

- Pick up a private journal for your child from the MFRC.

- Encourage your teen to write in the journal daily or when they have strong feelings, both happy and sad.

- Respect your teen's privacy and read the journal only with their permission.

- Encourage them to keep a record of daily events, accomplishments and celebrations in their journal.

- Give them focus only if they ask for it. Teens should be able to journal creatively following the flow of their thinking.

## MFRC VOLUNTEERS

Volunteers are the heart of the Winnipeg Military Family Resource Centre. Your dedication, commitment and ongoing support enable us to continue offering services that our community needs. We strive to provide a positive and supportive atmosphere where volunteers can actively contribute, grow and be part of the team. THANK YOU to all volunteers for all that you do!

If you are interested in becoming a volunteer, call Barbara, the Coordinator of Volunteers, at 833-2500 local 4519 for more information.

# WE NEVER STOP LEARNING AND GROWING

## THE DIFFERENCE FAITH CAN MAKE IN OUR JOURNEY THROUGH LIFE

**Padre Gordon Mintz**  
HANGAR LINE CHAPLAIN

If something is not growing or changing it is by definition dead from a biological point of view. The only thing that is constant is change. I suggest to you that our spiritual lives are not that different. We must always be able to ask and think about "the big questions of life" and use our faith and reason to get a sense of where we are and where we want to go on our spiritual journey.

In this series of articles we have looked at the journey of life that we all share and explored its spiritual dimensions. Previously in this space we have looked at the aspects of prayer and worship. In this article we will look at study and learning and we will conclude with community and fellowship in the next edition of Voxair.

Since this article is in the Canada Day edition of the newspaper it is only fitting that we begin with a fact that I am sure we can all agree on. Canada is the greatest country in the world! I have seen many parts of this great country and the more I learn of Canada the more convinced I am that there is nowhere else I would rather live. Although I admit that in our Winnipeg-style January I did think that Hawaii was looking rather nice. Seriously, the more I learn about Canada the more I ap-

preciate it.

Faith is not all that different. No matter where you are on your faith journey the more you ask questions, study and learn the more you will appreciate the gift of spirituality within you and the more you can develop that profound resource that is included as standard equipment in what it is to be human. Faith is sometimes an aspect of life that people choose to ignore because it does not fall in the realm of what we can know with our

about that or if you want to study it further there is an interesting book entitled "I do not Have Enough Faith to be an Atheist" (Turek and Geisler, Crossway Books, 2004) that might be a good place to start.

I know the difference faith has made in my life and it continues to grow the more I study, ask and enquire of others about the things of faith. This will come as no surprise to us in the military as we are familiar with this process of continuous pro-

by "doing". By active engagement in, and enquiry with your faith group, we are students of the spiritual and are continually growing whether we are aware of it or not. Ask your friends what they think of such matters. As a padre I am privileged to have had many discussions with the men and women who work on the hangar line and elsewhere on the Wing about matters of faith and the questions we share as humans. I am always learning from those whom I serve.

We as humans develop from one generation to another very rapidly because each generation begins with the sum of the total knowledge of all that has gone on before. Therefore computers, space travel,

transportation, military technologies have all advanced rather rapidly. These things are all fantastic uses of knowledge, but the deepest knowledge is called wisdom and wisdom is often knowledge of a spiritual nature. Wisdom follows the same principle of development as other knowledge which is through continuously trying, studying, asking and enquiring and is not in conflict with science if it is true spiritual wisdom and not just opinion. "Happy is the person who finds wisdom and gains understanding." (Proverbs 3:13) My hope is that none of us would short change our lives by not seeking wisdom and spiritual growth. It is there for the asking so let us ask:

*Gracious and Holy God of the universe, you are majestic and the source of all wisdom. Grant to us a greater understanding of the wisdom you offer. We confess that we often try to learn only by distance education as we are hesitant to draw near to you and enter into your classroom where we can grow in true wisdom and understanding. Help us to use greater wisdom to bring about justice and peace and demonstrate your love in our world. We pray in your Holy name. Amen.*

fessional development and training. We are a professional organisation that commits significant resources to studying ways to improve with proven positive results. This principle is also true in our spiritual lives and is supported by the scriptures in many places as we find passages like, "Those who search for me will surely find me" (Proverbs 8:17), and also "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you." (Matthew 7:7, Luke 11:9).

If we are honest, we have to admit that sometimes we do not ask questions because we do not really want to know the answers. We tell ourselves that we have enough on our plates and do not want something else to deal with. The problem is, whether we try to ignore it or not, the fact remains that we are still a person who is mind, body and soul, and the soul, or the spirit, has a big part to play even over the mind and body. Therefore we are better off to be intentional about nourishing the soul in ways that our faith is fed and give ourselves the opportunity to become better developed and trained as a maturing person. This can only have a positive effect on our lives.

As with many things in life, faith is often best learned

## "HAPPY IS THE PERSON WHO FINDS WISDOM AND GAINS UNDERSTANDING."

- (PROVERBS 3:13)

senses. Faith can not be empirically proven and it would be self-defeating if it could. Faith is not constrained by those things that we can see, measure, touch, feel, taste and smell. However, the fruits of faith and the effects of it are easily seen in a multitude of lives of people we cross paths with everyday as well as generations that have gone on before us. Their testimony is overwhelming and powerful. The evidence for faith is great. It is not within the scope of this article to outline that evidence but if you are interested I or any of the chaplains would be happy to talk to you more

## 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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**2001 Starcraft Tent Trailer**, good condition, 8 ft box, furnace, 3-way fridge, in/out stove, sink, mattresses, moveable table, spare tire. Add room with privacy flaps but needs new battery. Sleeps six, towed by car or truck. \$6000 OBO. Ph. 831-7072 after 1400h.

**32" Sony TV - \$250**, 7 cu ft Freezer - \$150. Single Bed & matching Dresser - \$125, 3 Seat Couch - \$75. Ph. 832-4792. (10)

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

**Personal Watercraft Trailer**, Yacht Club 2007 - like new, aluminum wheels. \$800 OBO. Ph. 254-2075 or nurseself@yahoo.com.

**2 Walden Spirit Kayaks**, 2-seater, adjustable 1-seater. Stable in water, great for family. \$700 each. Ph. 254-2075 or nurseself@yahoo.com.

**Beautiful one bedroom apartment**, sublet 4 months left on lease. Completely renovated with HWF's on Portage Ave. Ph. 837-6517 or 218-7417.

**Punching bag**, 70 lbs, \$80 - special price for whole package. Ph. Dany 219-6242

**Beer kit**, makes your own. Comes with 56 empty bottles. \$40. Ph. Dany 219-6242

**2 Halogen lights**, (6ft and 1ft approx.) black, \$30 for both. Ph. Dany 219-6242

**Raleigh bicycle**, frame 20 inch, 18 speed, like new, pd \$200+tax, \$60. Ph. Dany 219-6242.

**Kick boxing equipment**, (leather headgear, gloves, shin and foot pads) \$80. Ph. Dany 219-6242.

**Yamaha Clavinova CLP240 Electric Piano** (touch sensitive, transposition, voice selection), 3 yrs old, excellent condition, includes bench, \$2400. Ph. 889-5330

**Alesis DM5 Electronic Drum Kit** with Behringer ultrabass BT108 Amplifier, 1 yr old, excellent condition, \$450. Ph. 889-5330.

2 Jonas Brothers tickets, MTS Centre on Sun, Jul 5, 7 pm, Section 306, row 5 seats 6 & 7. \$219 Ph. 897-7645.

## Wanted

**Fence wanted**. I am looking to purchase/obtain one at a good price. Would prefer one that is not over five feet tall. Phone 832-4117 after 6 pm. (10)

## Lost

Desperately seeking a ladies amber necklace accidentally left in the Building 90 women's change room in the month of May. Please return to the front desk at B 90 if you took it by mistake as it has great sentimental value.

**Looking for a new piano teacher?** I am looking for new beginner level students! Ph. 889-5330 ask for Katrina

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**MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm**

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# TAROSCOPES

BY NANCY

## ARIES

(MARCH 21 - APRIL 19):

Acknowledge your fears or they will show up as lessons. This is one of them. Something you said has taken off in all directions, showing you how little control you have. Yet only you can deal with the fallout. Don't procrastinate. Take the necessary action before time runs out.

## TAURUS

(APRIL 20 - MAY 20):

Calm down so you don't overlook small details that mean a lot. Pretending there are no problems to avoid dealing with them or thinking a quick-fix will do when major change is required, will backfire. Instead of starting new projects, finish what you start even if it's slow going.

## GEMINI

(MAY 21 - JUNE 21):

Pressure that results from sudden changes can make you want to flee but there is an opportunity here for happiness through new connections, growth and development. Make the extra effort to move out of your comfort zone now and you'll find what you've been looking for.

## CANCER

(JUNE 22 - JULY 22):

Understanding someone else's nature is difficult if you have radically different mindsets. Like the changing of the seasons, you have no control over other adults' choices. Let go and allow things to unfold as they will. You are not responsible for resolving or fixing everything.

## LEO

(JULY 23 - AUGUST 22):

Carefully assess where you are headed. Going with the flow won't work right now. You're strong and smart but can get carried away when you are riding a high tide of success or drowning in feelings of failure. You are a natural at something so focus on that area. Use what you know.

## VIRGO

(AUGUST 23 - SEPTEMBER 22):

Your wants may exceed your funds. The antidote for emotional spending is to cultivate a sense of wealth. You are rich if you have strong emotional connections with family and friends. Don't suppress your feelings; listen to what they are trying to teach you.

## LIBRA

(SEPTEMBER 23 - OCTOBER 23):

Your inner strength and ability to be self-sufficient yet part of a team are skills to use when dealing with the power games being played. Someone wants to save you from being involved but without the facts you may be left open for attack. Use your gut knowing to get through this.

## SCORPIO

(OCTOBER 24 - NOVEMBER 21):

You'll find it is a slow process working through challenges. The lack of quick progress can be daunting, but you can learn how to deal with some of your worst fears. The best way to get through this tough time is by being honest with yourself and others. Maintain boundaries.

## SAGITTARIUS

(NOVEMBER 22 - DECEMBER 21):

You may feel you don't have the energy to defend yourself and so you want to avoid confrontations but this could be costly. Put new commitments on the backburner while you deal with an old issue. To be effective, move past your anger; use your logic. Be detached.

## CAPRICORN

(DECEMBER 22 - JANUARY 19):

Your good intentions and efforts seem futile at this time. Though you can see clearly what is happening, there is very little you can do about it. Your hands are tied as you have no authority in this situation. Step back. In time, the truth will be revealed.

## AQUARIUS

(JANUARY 20 - FEBRUARY 18):

If you don't feel blessed, it's time to tackle your inner dragon that feeds on the fear of scarcity. Review your belief about competition - is it healthy or harmful. Put self-doubt in its place by listing what you do well. Be curious instead of defensive and you'll learn more.

## PISCES

(FEBRUARY 19 - MARCH 20):

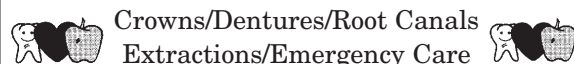
Learn from the past and make adjustments to ensure things improve for you in future. Good memories can show you a starting point but don't get stuck in the past. Find the glorious parts of yourself. Connecting with interesting people can open your mind to vibrant new options.

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