



NEW LT GOVERNOR SWORN IN

The Honourable Mr. Phillip S. Lee, along with Guard Commander Major Stephane Morency, inspects the Honour Guard. On Tuesday 4 August 2009 at the Manitoba Legislature Building in downtown Winnipeg, Mr. Phillip S. Lee was installed as the Lieutenant Governor of Manitoba. An Honour Guard of military members from the Winnipeg area greeted Mr. Lee and the Honourable John Harvard as they arrived and departed after the ceremonies. Photo by Cpl Colin Aitken. STORY ON PAGE 3

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17 WING PARTICIPATES IN NIJMEGEN MARCH

JOHN TOWNS
THE VOXAIR

Imagine walking around Winnipeg's Perimeter Highway with a minimum of 10 kilograms strapped to your back – not counting any water you might want to drink along the way. Now imagine that, after you've finished that walk, you walk most of the way around it again, and you've got a situation that's close to the Nijmegen March.

Over four days in late July, nine members of 17 Wing walked for about 170 kilometers through the Dutch countryside and cities as part of the historic march, walking an average of 44 kilometers each day.

The 17 Wing members, who trained three days a week since March for the event, were among 270 CF personnel from across Canada who participated in the march along with 7000 other military members from different countries, and 38 000 civilians who took part.

The experience was a once in a lifetime one for Capt Christian Palavicino, the team leader of the 17 Wing contingent.

"I would recommend it to anyone – it's a great experience," he said. "The fun and camaraderie

and team building that goes on is incredible. You hold on to each other to make those final kilometers count. Every day, somebody has a hard time – the march hits people differently at different stages, and to have those other people there to push you along and give you that extra boost is something that's incredible."

Capt Palavicino, who had never done the march before, viewed it as an opportunity to push himself, as well as a chance to travel to Europe. One of the highlights for him was being able to see Vimy Ridge on a day trip from Holland to France.

The time the team spent in Holland was full of a number of activities; leading up to the grueling four day march from July 21 to 24, the final day being one of the best experiences Capt Palavicino had during the event.

"Friday, the last day of the march, is the most exhilarating day," he recalled. "You're tired, but your adrenaline is pumping because you've made it past the first three days, and you've only got the one more to go.

"And just when you think you're down and out and your body is about to quit, you hit one of the towns



– I think it was the second last town before you get to Nijmegen – and the party in the streets is just incredible. They're all encouraging you, clapping, and they were especially excited to see us because we were Canadian, and they still love us there. It was amazing."

[Photos supplied by Capt Christian Palavicino]

THE VOXAIR IS HIRING! PRODUCTION ASSISTANT

The Voxair Newspaper is looking for someone with creativity and design experience to fulfill the role of Production Assistant on a Part-time basis (20 hrs per week).

The Production Assistant is responsible for designing and producing the Voxair newspaper; determining the layout of materials and photos assigned to a page; and ensuring articles and photos fit within the layout.

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WING PARTICIPATES IN VICE-REGAL HISTORY

An occasion filled with all the pomp and pageantry associated with the investiture of a new Queen's Representative for the Province



Major Stephane Morency, the Commander of the Honour Guard, delivers a Royal Salute to Mr. Phillip S. Lee, the newly installed Lieutenant Governor of Manitoba. Photo by Cpl Colin Aitken.

CAPT JEFF NOEL
WING PUBLIC AFFAIRS OFFICER

It was an occasion filled with all the pomp and pageantry associated with the investiture of a new Queen's Representative for the Province of Manitoba, and the men and women of the Wing were front and centre at the Provincial Legislature Tuesday afternoon as Vice-Regal history was made.

While hundreds of spectators celebrated the appointment amidst the reverberations of a 15-gun salute that set off nearby car alarms, His Excellency, the Honourable Phillip Lee was sworn-in as the province's 24th Lieutenant Governor (Lt-Gov).

Replacing the Honourable John Harvard, whose five-year term as the Queen's official representative in Manitoba has ended; Lt-Gov Lee - the first Queen's representative for Manitoba of Chinese ancestry - began

his time in the vice-regal post by inspecting a military guard of honour comprised of personnel from all three branches of the Canadian Forces, including over 100 personnel from 17 Wing.

Among his many duties as the Queen's representative, Lt-Gov Lee - who was born in Hong Kong in 1944 and moved to Winnipeg in 1962 to study chemistry at the University of Manitoba - is the guardian of responsible government in the province, making sure the democratic will of Manitobans is respected.

For more information about the duties and responsibilities of the Lieutenant Governor of Manitoba, please visit www.lg.gov.mb.ca

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



The Honourable Mr. Phillip S. Lee stands on the dias before the Honour Guard. Photo by Cpl Colin Aitken.

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NEW ROTP CANDIDATES SWORN IN

11 NEW PARTICIPANTS IN ROTP AND ALOY PROGRAMS BEGIN TRAINING

John Towns
THE VOXAIR

On July 22, the Canadian Forces welcomed a new group of recruits to the Regular Officer Training Plan (ROTP) and the Aboriginal Leadership Opportunity Year (ALOY) in an enrolment ceremony at HMCS Chippawa.

There were 11 enrollees in total, nine of which will be entering the CF as part of the ROTP, a program designed to subsidize the university education of Officer Cadets, either at the Royal Military College or another accredited university or college. The other two enrollees will be participating in the ALOY, a program offered by RMC that is designed to prepare candidates for further educational study.

Following their enrolment, most of the recruits

headed to Kingston, Ontario, to participate in what Capt David Ellis, Acting Commander of the Winnipeg Recruiting Detachment calls "an introductory recruit camp."

"That basically goes until the end of August, and after that, they'll either be going to the Royal Military College at Saint Jean, the Royal Military College of Canada at Kingston, or they'll be attending their civilian university."

The program participants then go through the year studying at university, and will spend the summers on course with the CF.

Duncan Morrison, one of the new enrollees, will be joining the Air Force as part of the Logistics Branch. His decision to join was based, he says, on his family's history with the Air Force.

"It kind of runs in the

family – my grandfather was in the Air Force, my dad is in the Air Force, my sister is in the Air Force, so I really wanted to keep that going," said OCdt Morrison shortly after being enrolled. "Also, it's a great opportunity, just the things that my dad and sister have gotten out of it have been amazing. I'm really looking forward to the next steps."

OCdt Morrison's father, Maj Dan Morrison, was on hand to watch his son be enrolled.

"I'm very proud," said the senior Morrison, who works at 1 Can Air Div HQ. "I couldn't ask for anything more. It's been a great life for me, and I'm glad that my son now has the same opportunities."



The newest group of recruits from Manitoba poses for their first picture of military life.
PHOTO BY JOHN TOWNS

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RISING STATE LEADERS VISIT THE HEADQUARTERS

Karen Christuk

COMMUNICATIONS ADVISOR 1 CANADIAN AIR DIVISION

Eight U.S. legislators visited 1 Canadian Air Division/Canadian NORAD Region Headquarters (1 Cdn Air Div/CANR) as part of the 2009 Rising State Leaders program on June 24 to learn more about Canada's role as a partner in the defence of North America.

The Rising State Leaders program is organized through the Embassy of Canada in Washington, D.C. and provides nominated state leaders with the opportunity to meet with their Canadian counterparts, business contacts, and cultural representatives over a 10-day period.

It also gives participants a deeper understanding of the relationship between Canada and the U.S.

During their visit to 1 Cdn Air Div/CANR, the legislators were given a formal presentation by Lieutenant-Colonel Michel Tremblay, Deputy Director of the Canadian Combined Aerospace Operations Centre (CAOC). LCol Tremblay spoke about Canada's contributions to NORAD and how Canada's Air Force often assists the U.S. during natural disasters and with overseas missions.

Lieutenant-General Marcel Duval, Commander of 1 Cdn Air Div/CANR at the time of the visit (he was appointed Deputy Commander of NORAD in Colorado

Springs on July 10), offered his own comments and personal perspective on the military relationship between the two countries, and was assisted by Lieutenant-Colonel Jessica Baker, U.S. Air Force Commander of Detachment 1, 1st Air Force.

After the presentation, all participants had the rare opportunity to visit the CAOC, which officially began operations on July 9. The CAOC is not normally open to outside visitors and serves as the operational-level focal point for planning, directing and coordinating all Canadian air operations. It is fully interoperable with other NORAD CAOCs, creating a commonality of shared doctrine, processes and pro-

cedures.

"The visit was very informative," said Representative Kim Koppelman, from North Dakota. "It gave our group a detailed understanding of the many-faceted mission NORAD carries out and the seamless cooperation between the military forces of Canada and the United States. Although we saw many beautiful and wonderful things, and met with high level leaders in national and provincial governments during our visit to Canada, our stop at 1 Canadian Air Division/Canadian NORAD Region Headquarters was perhaps the highlight of the trip for me."

Other members of the official delegation included:



On 24 June 2009, 1 Canadian Air Division (1 Cdn Air Div) hosts a visit of the United States Government Delegates. The American dignitaries along with Major General Marcel Duval, Commander 1 Cdn Air Div gather at Atrium for the signing of the Guest Book. CF Photo: Private Piotr Figiel

Senator Arthur Orr (Alabama), Senator Linda Evans Parlette (Washington), Representative Carol Pitts (South Dakota), Representative Larry Hall (North Caro-

lina), Representative Joni Jenkins (Kentucky), Assembly Member Marcus Conklin (Nevada), and Senator Jim Hammond (Idaho).

RESULTS: WORLD POLICE AND FIRE GAMES VANCOUVER 2009

Cpl Yves Lacasse

COMBAT CHALLENGE TEAM CAPTAIN

On July 31, a team of four of the members of the 17 Wing Fire Department headed to Vancouver to participate in the World Police and Fire Games 2009. They participated in two events:

Stair race was ascension of 32 stories, full gear on air. The majority of the guys gained almost 45 pounds with gear for this event. We were the heaviest team, all other teams were very competitive -- the European Teams trained in buildings more than 100 stories tall, and they were very strong! The top competitor of our team for this venue is Cpl Meakin; he ranked 10th

in his category.

Results

- Total competitors: 105
- Cpl Meakin #47 with a time of 4.05 minutes
- Cpl Gillingham #72 with a time of 4.59 minutes
- Cpl Bishop #94 with a time of 5.26 minutes
- Cpl Lacasse #102 with a time of 5.56 minutes

The best time registered for the stair race was an Australian firefighter who does weekly cardio training wearing full gear in a 100 story building in a time of 10 minutes. He won the stair race in Vancouver with a time of 3.07 minutes; this was a 32 story climb.

Ultimate Firefighter was a kind of Combat Challenge divided in 4 stages. The first day everyone has

to race all stages and establish their personal timing. The second day was a Team Event, each member chose their best stage and competed as a relay. The final timing gives the total time of each team.

Stage 1: Hoses Task: Pull 300 Lbs of hose on your shoulders (150 feet on each shoulder) on 180 feet. Proceed to 2 lengths of hose, roll them and carry them on 50 feet. **Stage 2: Tower:** Run 50 feet with an extension ladder (120Lbs), raise the ladder on a wall for 6 rungs, run up the tower (40 feet high) with a hose pack (50Lbs) on your shoulder. Place the hose pack in the box, hoist a donut roll to the top, and descend by touching all steps. Connect a nozzle

to an appliance, pick an axe in a block of wood and run 50 feet. **Stage 3:** Run 50 feet to the Keiser machine, hit a beam of 225 Lbs on 5 feet (simulate forcible entry) and run through 6 hydrants (100 feet). Carry a 175 Lbs rescue dummy on 100 feet. **Stage 4: Double tower:** Run 50 feet, carry a hose pack on your shoulder to the top of the tower and descend, grab a chain saw and run again on top of the tower. Descend by touching all steps and run 50 feet. **Total participants: 140 for the Ultimate Firefighter.**

- Individual Time
- Stage 1
 - Cpl Lacasse1.14
 - Cpl Gillingham.....1.15
 - Cpl Meakin.....1.18

- Cpl Bishop1.20
- Stage 2
- Cpl Bishop1.30
- Cpl Lacasse1.31
- Cpl Meakin.....1.32
- Cpl Gillingham.....2.11
- Stage 3
- Cpl Lacasse0.47
- Cpl Meakin.....0.48
- Cpl Bishop0.53
- Cpl Gillingham.....1.15
- Stage 4
- Cpl Meakin.....1.16
- Cpl Bishop1.20
- Cpl Lacasse1.26
- Cpl Gillingham1.26

- by the federation.
- Relay
- 1st Place Czech Republic
- 2nd Place Canada
- 3rd Place Czech Republic
- Stage 1 Cpl Gillingham with a time of 1.17 minutes
- Stage 2 Cpl Bishop with a time of 1.20 minutes
- Stage 3 Cpl Lacasse with a "NEW WORLD RECORD TIME" of 0.44 seconds
- Stage 4 Cpl Meakin with a time of 1.12 minutes
- At the end of the event, we were the only Canadian Team who participated, and the only Canadian Forces Team to have ever participated in the World Police

*Final ranking of Ultimate Firefighter to be confirmed

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Overall, men struggle with seeking help and supports, and often resort to coping methods that isolate them further. By learning about these challenges, we become able to work towards understanding them and developing healthier, proactive coping abilities, and happier lives.

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GETTING READY FOR THIS YEAR'S GCWCC CAMPAIGN

Leah Bannister

GCWCC CIVILIAN CO-CHAIR

September is a special month. The summer fades, the leaves change colour, and hundreds of 17 Wing personnel gather to watch teams pull a Hercules aircraft – using only a rope and willpower. But as the weather gets colder, September is also a time to think of those people in Winnipeg and the rest of the country who are struggling with some difficult times and may need some extra help this winter. It is for this reason that 17 Wing is once again participating in the Government of Canada Workplace Charitable Campaign (GCWCC) which will kick-off on Wednesday,

September 16 with a Hercules Pull and BBQ. For those of you who are new to Winnipeg, pulling a CC-130 loaded with 7,000lbs of fuel is our annual tradition. And so is fundraising.

While pulling an airplane provides an afternoon of entertainment, the campaign itself focuses on raising funds for charities across Canada. Donors can direct the funds to the United Way of Winnipeg, sixteen of Canada's leading health charities through Healthpartners, or to any registered charity of their choice. "All you need is a Canada Revenue Agency Registration Number," comments Capt Jameel Adam, GCWCC Military Co-Chair, "and you can direct your annual donation to

any registered charity in the country."

This year, the campaign will highlight local charitable initiatives including the Military Family Resource Centre (MFRC). "We wanted our 2009 campaign to not only renew our commitment to United Way and Healthpartners, but reflect local charitable initiatives that engage and support our CF community," added Leah Bannister, GCWCC Civilian Co-Chair. "The MFRC sets the gold standard of support offered to CF members and their families - people who already give so freely of themselves - and this is just a simple way to give back."

The GCWCC has a variety of fun fundraising activities planned for the upcoming

months. "In addition to our events on September 16, we will also be having a Wing Teme Breakfast, Fire Department Boot Drive, and representatives from a wide variety of charities will be speaking at these events," says Capt Adam. "Information about all our upcoming events will be in the Voxair and on our internal website (<http://17wing.winnipeg.mil.ca/WAdmin/GCWCC/index.htm>).

Last year, the GCWCC campaign raised over \$128,000 through individual donations, payroll deductions and proceeds from special events. "In the face of economic troubles, 17 Wing was extremely generous last year. We hope to find the same spirit again this year to

surpass last year's total" says Leah Bannister. Capt Adam added, "giving is easy. It's as simple as a few dollars a paycheck via payroll deduction. While the donor may not even notice that they are giving, the conditions in the communities around us are improving for those less fortunate."

Tone up for a Toonie in the GCWCC Toonie Walk and Run, 26 Aug 09 in the BLDG 90 PARKING LOT at 0800 hours. 3Km Course for Walk, 5Km Course for Run. \$2 participant fee, all proceeds to GCWCC! As a precursor to the 17 Wing GCWCC campaign and to continue to promote health and physical fitness at 17 Wing, the PSP team will be

hosting the 2nd Annual GCWCC Toonie Walk and Run on Wed, 26 Aug 09. The event will be held at Building 90 and the Bldg 90 sports fields commencing at 0745 hrs with warm-ups and the walk/run to start at 0800 hrs. The event is open to all units, all individuals and family members with the cost being a \$2.00 donation to the GCWCC campaign. The Dress for the event is appropriate sports gear or CADPAT and Units are encouraged to be creative. Participants are also encouraged to wear red as a show of support for those who are deployed. If you have questions please contact Teresa at local 4163 or register through your unit OPI. Thank you for your support!

UNIVERSITY TRAINING PLAN NON-COMMISSIONED MEMBERS (UTPNCM)

Lt Helen MacDonald

Do you like to learn? Does the thought of earning a university degree excite you? Do you have proven leadership ability? If the answer to these questions is yes,

then the University Training Plan Non-Commissioned Members, UTPNCM, just might be the path for you. The UTPNCM is an officer development program for NCMs who have reached the rank of Corporal or above, who wish to acquire a university degree by at-

tending Royal Military College (RMC) in Kingston or an accredited civilian university. A recent and important change to the program is that RMC is now the university of choice for the UTPNCM program and, as such, all applicants must be prepared to attend RMC

should they be offered subsidization at that institution. So, what does it take to apply? First, you must be of the rank of Corporal (substantive) or above by the closing date of competition. UTPNCM is announced annually by message, usually in the late Summer, early Fall timeframe. You must have successfully completed a minimum of two full-credit, or four half-credit, courses at the university level, or equivalent. Proof of unconditional acceptance at a Canadian university is required. In addition, you must be enrolled in an academic program that is relevant to your chosen officer MOSID. If you are unsure whether your academic stud-

ies are relevant to the Officer occupation you are interested in, call the WPSO office for advice. All academic training and obligatory service must be completed prior to the end of your IE contract, 25 years of service. Obligatory service is calculated on a two-for-one ratio. What this means is that you will owe two months of obligatory service for every one month of academic subsidization; with a minimum of 36 months obligatory service. Last, but certainly not least, you must meet the minimum officer cut-off score on the Canadian Forces Aptitude Test (CFAT) and the minimum medical category of your desired officer MOSID. In addition, certain

officer occupations have specific CFAT minimum cut-off scores that must be met in order to apply for that MOSID. Okay, you meet all the requirements to apply, so what documentation do you need? In order for a UTPNCM application to be processed through the WPSO office, you will require the following: CFAO 9-13 Annex A, Application, and Annex B, Statement of Understanding, your current/updated Pers File, UER and current MPRR, current/updated academic transcripts, a letter of eligibility/acceptance into a Canadian post-secondary institution and a completed PSO Referral Form. A complete list of the required documentation with links to some forms can be found on the WPSO website, under UTPNCM, located at <http://17wing.winnipeg.mil.ca/WAdmin/PSO/utpncm.htm>. This program is intended for those NCMs who have displayed personal qualities and job performance indicative of officer potential. The focus is on individuals with clearly demonstrated leadership qualities and the ability to complete a demanding program at the university level. If this is you, and you meet the eligibility criteria, you should consider applying UTPNCM when the competition is announced. For more information, visit the Personnel Selection website, located under Administration on the 17 Wing homepage.



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GETTING THE BASICS...ARMY STYLE

BMQ 0794 RECRUITS LOOKING FORWARD TO BEING FINISHED

Capt Jeff Noel

WING PUBLIC AFFAIRS OFFICER
WITH NOTES AND IMAGERY FROM 2LT JENNIFER DOORNINK

It is not every day that an Air Force Wing serves as the site of an Army Reserve Basic Military Qualification (BMQ) course or 'Boot Camp'; But for the recruits of BMQ 0794 this novel occurrence meant very little as their focus was solely on

finishing and moving on to the next phase of their Army careers.

"It's been exciting," says Private (Pte) Julie-Anne Johnston, a recruit from 16 Field Ambulance in Regina, Saskatchewan. "I think we've learned the most about teamwork, and working together," says the trooper who will return to her unit this fall to train as a Medical

Technician.

The gruelling course, which started on July 2nd and wraps up tomorrow, held most of its classes at the Minto Armouries; home to such historic Regiments as the Royal Winnipeg Rifles and The Queen's Own Cameron Highlanders of Canada.

"Soldiers on this course range from high school students to teachers, even a

Medical Doctor from Romania," says the Course Officer, Lieutenant (Lt) Sean Hennessey, a member of the Royal Winnipeg Rifles.

In their time on course in Winnipeg, the intrepid troopers received instruction on such diverse topics as Military law, Chemical-Biological-Radiological-Nuclear (CBRN) defence, First Aid and, of course, the proper

handling of the C7 Rifle.

"The Recruits are all serving members of Army Reserve Units from Saskatchewan, Manitoba, and North West Ontario that comprise 38 Canadian Brigade Group," says Master Corporal (MCpl) Vern Duchominsky, a Crew Commander with the Fort Garry Horse, another historic Winnipeg based Regiment and a member of the training

staff for this course."

17 Wing Winnipeg served as the support base for the recruit course, providing quarters, dining facilities and logistical support. "Wing Clothing provided great support, they are magnificent" said Lt Hennessey.

HORNET INSPIRES GRAPHIC ARTIST'S IMAGINATION TO SOAR

HUNDREDS OF THOUSANDS HAVE ENJOYED HIS THEMES AND DESIGNS FOR OVER A QUARTER-CENTURY

Lt Donna Riguidel

WING HERITAGE OFFICER

Most artists are somewhat particular in their use of medium and subject matter. Whether it is landscapes or sculpture, the true artistic beauty shines through regardless.

In the case of Jim Belliveau, the Graphic Designer at 410 Tactical Fighter Squadron at 4 Wing Cold Lake, Alberta, the first time he saw his subject matter (the CF-18 Hornet) was in the early eighties.

"It was at 4 Hangar, here at Cold Lake. The date? I believe it was Wednesday, February 8, tail number 904, a dual. It was all of 3 months old! It had that new jet smell. It was beautiful," said Belliveau.

In the ensuing years, Mr. Belliveau has also been the man responsible for the exciting paint schemes that have adorned CF-18 Hor-

nets at various air shows and gatherings around the world.

"The first one was the cougar head. I came up with the design and then the paint people didn't have the expertise so I had to come in and do it, paired up with Corporal Greg Brown, he was my crew chief," explains Belliveau.

Over the years, they have dabbled with a few different themes. In 1999, they celebrated the 75th anniversary of the RCAF with the first full body paint job. 2003 was the memorable tiger stripes, but this year was different.

"This year was a big one, we saw this one coming," said Belliveau. This year was the Centennial of Powered Flight in Canada and the team wanted to mark it in a special way.

They decided to return to the full body paint scheme, in a big way.

"I have more grey on my head than on the jet," said

Belliveau with a chuckle, referring to the lack of tactical color on the Centennial CF-18.

Brilliantly painted in blue, gold and white, the Centennial Hornet is a beautiful reminder of the importance of the anniversary.

"I've been working 'artistically' with Hornets for over a quarter-century, and it is a shape familiar and very much a part of my life. In the Century Hornet, I took cues from the Centenaire and Hawk for colour, the Centennial of Flight logo for a bit of theme, but what developed out of that was the stylised lightning bolt, the 'wings/Northern Lights' on the upper surfaces. I wanted to work with the lines of the jet," said Belliveau.

Even after all that effort, he is quick to point out the help he gets on each design.

"I don't work in a bubble; I get a fair bit of feedback from the guys and gals on the floor, pilots, air show fans. And I have an assortment of stalwart people whose opinions I take as gospel, some who may never know how much hangs on their input. And ACS Techs remain my biggest inspiration for what



The Tiger-stripe themed CF-18 from 1999.



The Century Hornet from the side.

I do," said Belliveau. One would think it would be difficult to pick a favourite after all the work put into each paint design. But Belliveau doesn't hesitate. His favourite? "This one. It's officially the

Century Hornet," he said.

Although his career has taken many twists and turns, he remains cheerful about the ways things turned out.

"Working as a team with ACS Techs, hearing jets every day, walking through a

hangar every morning full of grey jets, meeting hundreds of people at air shows who want to thank you for showing up; these are things that make it worth getting up every morning," says Belliveau.

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LANCASTER MAKES STOP IN WINNIPEG

FAMOUS BOMBER SHOWN AT WESTERN CANADIAN AVIATION MUSEUM

John Towns
THE VOXAIR

In early August, the Western Canada Aviation Museum had a very special visitor – one of only two Lancaster Bombers still flying made a stopover at the museum to the delight of aircraft enthusiasts and history buffs from around the city.

“To have it here is really amazing,” said Chris Madden, who came out to see the Lancaster on its brief stopover in the city. “It’s one of the most famous bombers of World War Two, and to see one of the only two in the world that are still able to fly is really something cool.”

This particular Lancaster, called the Mynarski Memorial Lancaster after Victoria Cross winner Andrew Mynarski who died from burns he sustained while trying to rescue a trapped crewmate, is owned and operated by the Canadian Warplane

Heritage Museum as part of a fleet of vintage aircraft that the museum has restored.

Over 7300 Lancaster Bombers were produced, and played an instrumental role in strategic bombing campaigns during the Second World War, gaining particular notoriety as the “Dam Buster” during attacks on Germany’s Ruhr Valley dams in 1943.

Executive Director of the Western Canada Aviation Museum, Shirley Render, said the public response was “excellent,” with thousands of people coming out to see the Lancaster over its two-day visit to the museum.

“We’ve had a huge, fantastic response,” she said. “We had 2500 people yesterday, and we’ll probably have as many today. This is something that actually has a huge Canadian connection – apart from the thousands of Canadians that served as air crews, there were thousands of Canadians that built

the Lancaster, either here in Canada or overseas. So this is really a part of Canadian history, and I think people are responding to that.”

Render said the experience was a unique one, because the general public was actually allowed to climb into the aircraft to get a better feel of the cramped conditions that the aircrew had to deal with.

“People can literally step right into history – it’s not something that you can do in every museum.”

Madden agreed that the opportunity to actually climb into the aircraft was something that was exceptional for him.

“Actually getting inside it was something I hadn’t expected to be able to do,” he said. “Just to see how cramped it was in there, particularly for someone like the tailgunner, was something I hadn’t really considered before.”



Members of the public had nearly unprecedented access to the Lancaster bomber when it visited the WCAM in early August. PHOTO BY JOHN TOWNS

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LANCASTER BOMBER WOWS CROWD

HISTORIC SECOND WORLD WAR BOMBER VISITS WINNIPEG



ABOVE: The Avro Lancaster after landing at 17 Wing Winnipeg. INSET: The Avro Lancaster on the ramp at 17 Wing Winnipeg. CF Photos: Cpl L. McDonald

Lt. Donna Riguidel
WING HERITAGE OFFICER

Designing a war plane can be a tricky business. It's said that British designers design their aircraft around the bombs and weapons, creating space for the human crew as an afterthought.

The Avro Lancaster (or Lanc) was one of the few that "got it right from the start," meaning that there were very few changes made from the initial prototype after test flights.

Seeing service for the first time in 1942, the Lancaster became the most famous and successful of the Second World War night bombers. Night bombers were planes primarily used for night raids. Although designed as a night bomber, it also became known as the "Dam Buster"

Almost half of the 7377 Lancs built were destroyed during the war, although the bomber pilot was considered one of the most dangerous professions. Less than 50%

of bomber pilots made it home.

This past Monday, August 3, 2009 the Mynarski Lanc (one of the last two flying) made a historic stop in Winnipeg at the Western Canada Aviation Museum, after stopping at 17 Wing Winnipeg for servicing.

The Lancaster is painted in the same color scheme as the plane flown by local hero, Andrew Mynarski.

Andrew Mynarski, a Winnipegger, was honoured posthumously with the Victoria Cross, tried desperately to free a trapped rear gunner, Pat Brophy, when the plane was shot down and was going down

in flames.

After numerous attempts to get the man loose, Mynarski reluctantly exited the Lanc through the rear hatch, after offering his crew member one last sign of encouragement and respect.

He stood smartly at attention and snapped a salute.

Ironically, Brophy survived the crash when he was thrown clear. Mynarski, flight suit ablaze when he parachuted out, succumbed to his burns.

The Lanc is an impressive aircraft, and it's easy to be awed by its history when you first view it.

Touring the Lancaster,

it was difficult to move around inside, the cramped space does not lend itself to easy movement, however one can imagine a practiced crew swinging through the hull, quickly and efficiently making their way from one end to the other.

Picturing the air filled with smoke and flames, Mynarski would have been buffeted from side to side in the falling aircraft as he fought his way to Brophy.

Heat from the mid-morning sun was already causing the air in the fuselage to become uncomfortably warm, a fire in that space would've been unbearable.

Many of us, not used to

the space, cracked our heads on low ceilings, and had to crawl our way over the wing spars. The plane, twisting and turning as it dove from the sky would've been like trying to stand on a bucking horse.

Mynarski did not hesitate; he risked everything to try and save his crew member, and died as a result.

This plane now flies in his honour.

The Lancaster attracted record crowds, with as many as 2500 people in the Museum building waiting up to four hours to take a look, or to get inside.

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WING MEMBER WINS NATIONAL SPORTS AWARD

MAJ DOUG CHESS AWARDED DEDICATION TO SPORTS AWARD

John Towns
THE VOXAIR

Recognition for your dedication to something is always nice, but it seems to carry a bit more weight when that recognition comes from your peers.

That was the situation for Maj Doug Chess when he was awarded a national Dedication to Sports Award earlier this year for his work officiating at the 2009 CF National Badminton and Squash Championships.

The Dedication to Sports Award is given out annually to an athlete, coach, trainer or official who exemplifies the qualities of a strong commitment to CF sports programs. The award is voted for by the athletes on a secret ballot, so no one really knows what the outcome will be.

“You work hard, hoping that your efforts are appreciated, but when you get recognized like that by the members of your own community, it’s quite an honour,” said Maj Chess, who has been playing squash for the better part of 20 years, and coaching and refereeing for the last eight. He originally decided to get into officiating squash to help his own game, but has been doing it more heavily in the last few years because an injury has kept him out of national competition.

“I started officiating about eight or ten years ago, mostly to just help develop my own game – the coaching clinics and refereeing clinics are designed to help you better understand the rules and requirements for the game,” he said. “And

that’s basically led to me refereeing at regionals, and the last two years at the national competition.”

And it was at the last of those national competitions in Kingston this year that the other players chose to recognize Maj Chess’ dedication to the sport. His initial reaction to the award, he says, was surprise.

“Initially, I was shocked. The award itself is something that the community gives to one of their own – it’s different from something you’ve worked for and you know in advance you’re going to get,” he said. “It has a little bit more of a sentimental attachment to it this way, because I know it was my peers who recognized my efforts.”



Maj Doug Chess poses with his Dedication to Sports Award. Maj Chess was awarded the honour while participating in the 2009 CF National Badminton and Squash Championships as an official. PHOTO BY JOHN TOWNS



TEAM WINNIPEG LADIES DEFEND PRAIRIE SOFTBALL CHAMPIONSHIP

2Lt Jennifer Doornink
WING PUBLIC AFFAIRS

“We have successfully defended our title again this year and we look forward to representing 17 Wing at this year’s Nationals,” said ladies’ slo-pitch coach Sergeant (Sgt) Cindy Kennedy following their successful defence of the Ladies Prairie Regional Championship this past week at Canadian Forces Base Shilo.

Despite the windy, dusty conditions that prevailed during the Canadian Forces Slo-pitch softball Regional Championship’s held there from 26-29 July, the members of Team Winnipeg’s ladies’ team did not disappoint their supporters.

During Regionals, Team Winnipeg played a “best 2 of 3” series against a determined team from 4 Wing Cold Lake. Despite the

struggle, Team Winnipeg’s enthusiasm, energy, and solidarity both on and off the field carried them to an 8-5 victory in game three and Prairie Gold.

“We have a great group of girls with a lot of talent, and I’m confident that we will be the team to beat,” said Sgt Kennedy of this year’s upcoming Nationals to be held in Borden, Ont., from 22-26 August.

The men’s team won 3 of 4 games during the round-robin advancing to the semi-finals against Shilo. Regrettably, the prospect of a Team Winnipeg sweep of the Regional’s was not to be, despite putting up a good fight, the men lost and watched as the host Shilo men’s team secured their berth at Nationals, winning the final game against 4 Wing Cold Lake.

A CLEAN SWEEP

17 WING WINS PRAIRIE REGION GOLF CHAMPIONSHIPS

Capt Kim Parker
EMBEDDED WITH 17 WING GOLF TEAM

From 19 to 22 July, CFB Shilo hosted the 2009 Prairie Region Golf championship at the CFB Shilo golf club. Following local playdowns, the 17 Wing team roster was made up of the following players: LCol Dave Mason, LCol Lesley Mahon, Capt Rang Phan, Capt Kim Parker, Sgt Jim Gauthier, and MCpl Dave Tower. A practice round along with a meet and greet on the 19th kindled the team’s focus on the eve of competition.

On the morning of 20 July, the CFB Shilo Base Commander, LCol Schneiderbanger, welcomed the participants and then launched the ceremonial opening drive down the middle of the first fairway, using a borrowed driver, while dressed in CADPAT and combat boots! The assembled were suitably impressed, offering a hearty round of applause. He bade the competitors good fortune, including an admon-

ishment to avoid looking for balls that went astray into the trees, poison ivy being ever-present and willing to dance with the unsuspecting golfer searching for his precious Titleist. And so it began. Strong winds and lightning fast greens greeted the players as they ventured forth.

Although the 17 Wing team lacked the matching team shirts and spiff attire of the other teams, notice was served in Round One as leads were established in the team and individual standings, spearheaded by MCpl Dave Tower’s impressive round of 73. Some ground was given up in the team standings after round two, leaving Winnipeg with a lead of a few strokes over Cold Lake. Similarly, Dave Tower and Lesley Mahon maintained leads in the men’s and women’s individual standings.

On the eve of the final round, 17 Wing team captain Rang Phan exhorted team members to give it their all in the final round. “Don’t be tentative on the greens - just jam it in there!” “Take

that driver out and bash it!” Stoked to focus on long, straight drives, and confident strokes on the greens, we headed out for the final round. We were greeted by another breezy summer day, with an afternoon thunderstorm briefly threatening play late in the round. As team members finished their rounds, mental abacuses clicked over and the anticipation mounted as to how the team standings were shaping up. With the final scores in, the results were cast. We had won the team championship! MCpl Tower won the men’s individual competition, and LCol Mahon won the women’s individual competition. MCpl Tower, LCol Mahon, and Captain Phan, by virtue of their placement in the individual standings, qualified for the team that will represent the Prairie Region at the CF National Golf Championships.

Following the awards ceremony, hosted by LCol Schneiderbanger, the various teams exchanged hale and farewells until next year, and with the expediency of

a well run military maneuver all were loaded and on the road back to their home units, to be greeted by a hearty rainfall from the thunderstorm that had threatened us earlier in the day.

Team Standings

| Team | Score |
|-------------------|-------|
| 17 Wing Winnipeg | 998 |
| 4 Wing Cold Lake | 1009 |
| CFB Shilo | 1051 |
| Edmonton Garrison | 1058 |
| CFB Wainwright | 1079 |
| 15 Wing Moose Jaw | 1086 |
| Det Dundurn | 1211 |
| CFB Suffield | 1216 |

Men’s Individual Standings

| Name | Score |
|------------|-------|
| Tower | 234 |
| Desjardins | 239 |
| Brooks | 242 |
| Lystiuk | 245 |
| Patterson | 246 |
| Phan | 252 |

Women’s Individual Standings

| Name | Score |
|-------------|-------|
| Mahon | 281 |
| Gaudet | 282 |
| St. Jacques | 308 |
| Woods | 338 |

IN MEMORIAM

CORPORAL BOBBITT & SAPPER ALLARD



OTTAWA — Two Canadian soldiers were killed and one injured when an improvised explosive device detonated near a patrol in the Zhari District. The incident occurred approximately 15 kilometres west of Kandahar City at around 3:20 p.m., Kandahar time, August 1, 2009.

Killed in action were Corporal Christian Bobbitt and Sapper Matthieu Allard. Both soldiers were from 5 Combat Engineer Regiment and were serving as members of the 2nd Battalion, Royal 22e Régiment Battle Group based in Valcartier, Quebec.

The injured member was evacuated by helicopter to the Role 3 Multi-National Medical Facility at the Kandahar Airfield and is in stable condition. The identity of the injured member will not be released.

Her Excellency the Right Honourable Michaëlle Jean, Governor General and Commander-in-Chief of Canada, issued the following statement upon being informed of the deaths:

“Words cannot express the pain and sadness we feel upon learning of the deaths of Corporal Christian

Bobbitt and Sapper Matthieu Allard, both from 5e Régiment du génie de combat serving as members of the 2nd Battalion, Royal 22e Régiment. They were killed on patrol when their vehicle hit an improvised explosive device in the Zhari district, 15 km outside Kandahar City. Another of their comrades was gravely wounded.

“The thoughts of my husband, Jean-Daniel Lafond, and I are with the parents, families, loved ones and friends of these soldiers. This is a devastating blow to all of them, who today are inconsolable. We hope they can take comfort knowing that they are not alone, and that Canadians everywhere are touched and saddened by their loss. Above all, with the greatest respect and consideration, we will never forget the heroic contributions of these brave soldiers.

“They gave the very best of themselves and their lives knowing that their efforts would help to improve the lives of thousands of women, men and children whose greatest desire is to live in a peaceful, safe country, where democracy and justice prevail.

“Their courage and self-sacrifice honour them.”

FOUNDATION IN MEMORY OF FALLEN SOLDIER SECURES MINE DETECTION DOG



ALAN PARKIN
CFP

On July 18, 2008 while on foot patrol in the Panjwahi District of Afghanistan, Cpl. James Hayward Arnal was killed by an improvised explosive device, thus becoming the 88th Canadian soldier killed in action during the current conflict. James had joined the Canadian Forces in 2004, and became a member of the 2PPCLI based in Shilo.

His convictions, many borne of or reinforced by a previous tour in Afghanistan, had led him to volunteer for a second tour there, and it was during this deployment that he died.

His death set in motion a determined effort on the part of his mother, Wendy Hayward, to preserve the memory of her son and of his sacrifice in a way that would reflect the values that

James himself cherished and exemplified during his life. The result of this effort was the creation of a charitable foundation called Carpe Diem 88, recognizing one of James's favorite mottos “Carpe Diem” (Latin for “seize the day”) and the fact that he was the 88th Canadian soldier killed. To say that her son's death has changed her life forever would be a gross understatement. Her courage, her devotion and her determination to ensure a legacy of his life are an inspiration and, although she would deny it, nothing short of heroic in their own right.

The mission statement of the foundation is: “To support individuals to do exceptional humanitarian work and to nurture ambitions and personal growth of these individuals by providing financial support to gain a unique life's experience. Together we share a passion

for preserving and enhancing human rights and freedom.”

Its vision statement refers inspiringly to its role in “encouraging Canada's youth and young adults to live life with a healthy balance of adventure and humanitarian focus.”

Wendy talks with passion about her son and the work of the foundation and notes proudly that the initial funding for the foundation came from James's own savings. In fact, so much of what she says about James illustrates what an amazingly full, unselfish and meaningful life he lived despite his mere twenty-five years at the time of his death. She often mentions how James was always bringing friends home to meet her, and touchingly notes that he is still introducing her to people.

Another motto, one that could equally depict the way he lived his life, appears on a small plaque in front of a tree planted in his memory in Winnipeg's Glen Lawn Cemetery, and says simply: “Live fully while you may and reckon not the cost.” In one of our early e-mail exchanges Wendy expresses her wish that I hug my own son for her and “tell him that James lived an incredible life, a best life!”

The pictures included in several collages of James's life which she has assembled show him from age two upward and many of them

show him holding his arms up over his head, a pose not without significance, as the figure in the Carpe Diem 88 logo, which Wendy herself designed incorporating the PPCLI colours, is of a stylized person holding arms in the air. This and a number of other interesting things that periodically recurred in James's life have figured in Wendy's memories and in much of the symbolism of the foundation. One such picture which appears, along with several others of James's life on the Carpe Diem 88 website (www.carpediem88.ca) under the Multimedia tab, shows him in such a pose.

Consistent with James's own life of “walking the walk”, and in keeping with the humanitarian goals expressed in its mission statement, the foundation is co-hosting with the Canadian Landmine Foundation (CLMF) a dinner designed to raise funds for the training of a mine detection dog (MDD). The dinner, to be held at the 17 Wing Officers' Mess on Saturday, September 26, is part of an effort to raise the \$20,000 required to train “A Dog Named Jimmy” to do the vitally important work of detecting mines in the many countries plagued with the danger of unexploded mines and other ordnance.

A beautiful poster depicting such a dog and created to advertise the dinner can be seen and printed

under the Multimedia tab on the Carpe Diem 88 website mentioned earlier. Anyone interested in learning about the training of these amazing animals under their Canine Demine project can visit the website of the Canadian Landmine Foundation at www.clearlandmines.com. This and much more information on the ongoing efforts to clear the world of the scourge of landmines can be found on the website.

In addition to raising funds through the dinner for the specific project of MDD training, Carpe Diem 88 will gratefully acknowledge donations to the foundations

to help fund the awards it plans to present to deserving Canadian youth. The inscription appearing on the beautiful stone bench in his memory near James's gravestone, “Ordinary People Doing Extraordinary Things”, is one that would appropriately express the underlying idea associated with these awards.

Tickets for the dinner, which are priced at \$60.00 and include a \$25.00 tax receipt, can be ordered by calling Wendy at 479-2892 or by visiting the Carpe Diem 88 website in order to contact, via e-mail, any of the Board of Directors listed

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PROMOTIONS AND AWARDS



CFSSAT Commanding Officer Major Jean Bernier (left) presents newly promoted MCpl Angela Ballard-Kettles with her new rank while Master Warrant Officer Bryan Pierce, CFSSAT SWO looks on.



On Monday, 17 August, 2Lt Jordan Woodman (right) received his promotion to Lieutenant from BGen Eldren Thuen, Acting Commander, 1 Canadian Air Division.



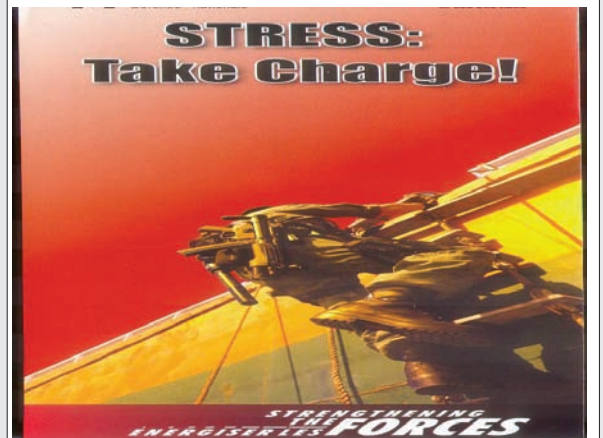
On August 11, 2009, Maj Ward (left) presented A/SLt Funk with his promotion to SLt.



WCompt Maj Carignan (left) presenting Sgt Driscoll to WO, effective 10 August 2009. WO Driscoll is the Fin Svcs Supervisor. PHOTO BY CPL MCDONALD

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17 Wing Fall Fair

This great event hosted by the MFRC and PSP has something for everyone!

Start the day by entering your team to compete in the Amazing Race! Follow the clues to be first to complete the race. Registration is at 9:30am.

Meet the new Wing Commander over coffee and a muffin 10-11 a.m.

Head to the registration table between 11 and 2 to learn of the day's events;

Face painting, pony rides, dog show; air command band; vintage cars and military vehicles; inflatables; food; air brush tattoos; child identification; helping professionals showcase; fire safety house; magic shows at 11:30 and 12:30; Registration fair; demonstrations; displays; yellow ribbon store

Youth Jam – 8 pm to midnight... games/food/prizes for teens. Don't miss the fun!

Volunteers Needed

We need volunteers to help with the Fall Fair. We are looking for about 30 - 40 volunteers for this day. Please contact Barbara Thuen at 833-2500 local 4519 if you are able to participate and where your interests are.

Nursery Schools

Will your child be 3 or 4 years old by Dec 31? Perhaps they would be interested in Nursery School! We offer both English and French Immersion classes. Both are taught by caring qualified teachers in well equipped licensed classrooms. The program is developmentally appropriate, fun and stimulating. Please call Shannon at 833-2500 (ext 2491).

| | |
|--------------------------------------|-------------------|
| Westwin Nursery School 684 Wihuri Rd | |
| English class | French Immersion: |
| Mon. Wed. Fri. | Mon. Wed. Fri. |
| 9:00-11:30 am | 1:00-3:30pm |
| \$75/month | \$75/month |

| | |
|---------------------------|--|
| MFRC South Nursery School | |
| 2300 Corydon Ave | |
| French Immersion: | |
| Tues. Thurs. | |
| 1:00-3:30pm | |
| \$60/month | |

Employment Opportunity

we are looking for a teaching assistant for the Westwin French Immersion Nursery School. If you relate well to young children and have a basic command of French and English language we may have the perfect opportunity for you! The position begins in September and is for Monday, Wednesday and Friday afternoons 1:00-3:30 pm. We close for school holidays and offer a fun, positive working environment. For details or to apply please contact Shannon Peake, Children's Program Coordinator at 833-2500 (2491) of email to peake.s@forces.gc.ca.

Self-Care Presentation Rescheduled

As a family member who has a loved one deployed, there may be some new stresses in your day to day routine that have materialized. Drop by the MFRC for a 20 minute presentation about Self-Care/Self-Relaxation and learn some different ways to relax and pamper yourselves. We will also showcase some techniques that evening. Child-care will be provided. Please register for this evening by calling 833-2500 Ext 4507 and at the same time register to request the childcare. The cut-off for registering is September 10th.

Wednesday September 17 @ 7 pm, MFRC 102 Comet St

A Deployment Outing

A Maze in Corn is Manitoba's Original Corn Maze! Every year there is a new unique design and each theme involves a scavenger hunt. It is an extra challenge to find all of the stations. Not to mention, each station has a different shaped punch. Therefore, there is no cheating!! Check out their website: www.cornmaze.ca.

Come out on Saturday October 3, 2009 and enjoy the fun of the maze and a BBQ following. When calling to register I require the following info: How many children: 4 - 12 years old and how many adults: 13 years old and up. Three years old and under are free. If you would like to reserve some tickets, please contact me. My contact information is listed below. Cut-off

date is September 24th for registering. Event will be cancelled if there is poor weather.

Newcomer events

Newcomer Network - If you're new to the city and would like to be paired up with a volunteer who has been here for a while and who can give you tips and ideas of things to do and help you settle into your new community, send me an email, and I can arrange to have one of our great volunteers contact you.

Meet me Monday - Newcomers! Come down to the MFRC, 102 Comet Street, every Monday from 10-11 a.m. for an informal get together. The coffee will be on and staff will be available to answer any questions you may have about the MFRC and your new community. We will also be planning fun activities- be sure to come by regularly- you never know what we have planned!

September- Secrets, Symbols & Sacrifices under the Golden Boy: Venture into the Manitoba Legislature to discover a replica of an ancient temple destroyed over 2000 years ago that includes the Ark of the Covenant. Uncover the Golden Boy's true identity. Discover a secret message hidden in the Great War mural and experience a unique auditory phenomenon in the Pool of the Black Star. Date: Saturday, September 19, 11 a.m. Meet at the steps of the Legislative building, facing Broadway. Deadline to register is Monday, September 14. Event is free.

Munch around Manitoba - Come join us the last Thursday of each month to sample some local cuisine. We'll be visiting a different restaurant each month to showcase all Winnipeg and surrounding areas have to offer. All military families are welcome. Participants pay for their own meal.

September 24- Gasthaus Gutenberger, 2583 Portage Avenue- 6 p.m.

Come experience authentic German cuisine in an inviting atmosphere. A buffet will be available, or you can order off the menu. Buffet price is \$20. Deadline to register is Friday, September 18.

Local Businesswoman Supports Military Families

By Sandra Doody

Family Separation and Reunion Coordinator

Simone I. Cohen, from Simone's Skincare Studio in Winnipeg contacted me three months ago because when she was doing some paperwork, she found the letter I sent to her asking for a donation for our annual Yellow Ribbon Gala.

She was so upset that she lost track of it, she contacted me immediately to ask what she could do to make up for it. I told her that we would be looking for support for our next Gala in February 2010 if she wanted to make a donation. She said no, she wanted to do something now! So we set up a draw for a Facial Makeover and she provided three prizes for the draw.

On July 27 I took the ballot forms to her studio and had Simone pull out the names of the three winners. Dawn Dierickse won first prize consisting of a series of three facials, one month apart; Stacy Huard-Beurny won second prize consisting of two facials, one month apart, and Diane Levasseur won third prize of a facial with a non-invasive facelift treatment. Simone wasn't finished giving though, she asked me how many women put in for the draw and offered a prize for all of them.

It is this type of giving spirit that forges new relationships within the civilian community, and I look forward to a continued partnership that I am sure will be a very rewarding experience for military families.



NIJMEGEN 2009

NIJMEEGSE VIERDAAGSE

Padre Lance

PADRE, 17 WING

Nijmegen is the oldest city in the Eastern part of Holland near the German border.

In 2005 it celebrated 2000 years of existence. The first Military Camp was built by Romans in the 1st century BC. The location had a great strategic value because of the surrounding hills and a good view over the Waal and Rhine river valleys.

Nijmegen is the warmest area of the Netherlands, especially during summer. During the 2006 European heat wave, Nijmegen temperature reached 38.7 C (101.7 F) a record high. The heat wave coincided with

that year's four day marches, which were cancelled after first day, when two people died of Hyperthermia-related causes.

It was in March 2009 that I decided to "...try to make the team from Winnipeg..."

I did not believe that I would be able to walk close to 700 km before and then 160 km at Nijmegen. The big vision in my mind was constant motto: "Keep trying, do not give up..."

Nine people from Winnipeg made a march this year - SUCCESSFULLY- as a greatest personal achievements as well as a team.

Today a few weeks after Nijmegen I wonder why we have marched? More

questions come to my mind -- Which day was the most challenging? Day one, two or maybe four?

Why close to 50 thousand people including 6 thousand military, marched with songs and smiles in hot and wet days? I was very happy to be responsible for some favourable weather. Many would simply say: "Padre do something. We need the best conditions"

I tried and can take credit for days like one and two, when we experienced nice weather. The rain was up to my Big Boss- You know who! Every morning I took a little time to prepare myself for a day. I "Talked" to God on behalf of my team-asking God's

Providence to help us. Many people cheered for us, which was a humbling, friendly experience. To smile, wave or offer a souvenir helped me feel a bond of friendship with perfect strangers and above all, proud to be Canadian and Military.

I personally believe that it was with the help of God that I was able finish four days of marches. I recommend to every Canadian service member that once in your life you should try to make the March. You can experience your strength and be a witness to a joyful, peaceful and military tradition of Nijmegen.

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 4277

Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

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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(Session #1 on 22 Sept 09 will cover program information and meds.)
REGISTRATION DEADLINE: 17 SEPT 09
FOR ADDITIONAL INFORMATION OR TO REGISTER CONTACT
HEALTH PROMOTION - LOCAL 4150/4160

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 3 piece Hard Top Samsonite Luggage with keys.....\$25

If you are interested in any of these items, please contact M. Rose of 6 Moccasin Bay at 204-889-4442.

Events

Expand Your Horizons - Join 170 St James Royal Canadian Air Cadet Squadron

Are you between the ages of 12 and 18? Would you enjoy participating in activities such as: Flying, gliding, shooting, sports, survival training, music, etc?

0If so, please join us Friday, September 11 at 6:30pm for free registration. We are located at Building 21 at 17 Wing (Air force Way and Ness Avenue). If unable to attend but still interested contact the squadron at 833-2500 extension 2469 or email us at co.170air@cadets.gc.ca. We look forward to seeing you there!

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.

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.

Place your **FREE** classified ad.
 Send us an email: voxair@mts.net

TAROSCOPES

BY NANCY

ARIES (MARCH 21 - APRIL 19): Something is brewing but it's hard to say what it is. You're in uncharted water. If you accept this and refrain from telling others what to do you'll be better off. After all you're not sure yourself. This is a time to wait and watch before taking action. The course will be clear soon.

TAURUS (APRIL 20 - MAY 20): Listen to your gut, unconscious desires are nudging you in the right direction. Tap into your inner resolve and you'll succeed. Yes synchronicity occurs. Appreciate this, as it is what puts you in the right place at the right time. But you must do the work after that.

GEMINI (MAY 21 - JUNE 21): Don't be surprised if there is increased interest in what you are doing and saying. New options become obvious at this time. Consider another way to reach a goal. "Connections" may come in handy or show you a better way. Keep an attitude of curiosity and open-mindedness.

CANCER (JUNE 22 - JULY 22): A simple idea generates all kinds of possibilities. Stay focused on a positive outcome. Take into consideration others, but don't neglect your own wishes. Do what makes you happy. When we feel grief at a loss it let's us know what we value. Take note of this for future reference.

LEO (JULY 23 - AUGUST 22): You'd like life to be easy, like a good day-dream, but you'd be wiser to prepare instead of pretending. Some of your illusions are about to dissolve like smoke after a fire. If you've been keeping secrets, the truth will become known to others now. You're learning limitations.

VIRGO (AUGUST 23 - SEPTEMBER 22): You're eager to be clear of outdated situations and obligations. An experienced person can give you sound advice because you may be strongly influenced by your emotions at this time. Decide what you want and assess how to get it - then use your determination to succeed.

LIBRA (SEPTEMBER 23 - OCTOBER 23): It would be so much easier if there was a recipe to follow in relationships. As you end this chapter in your life and embark on a new phase, be open to the wisdom of others who have experience but ultimately, listen to your heart. Trust yourself.

SCORPIO (OCTOBER 24 - NOVEMBER 21): If you have a strong sense that you need to prepare for something, do it. You may not be able to let sleeping dogs lie - which could bring on the challenges you've foreseen. Let your core beliefs guide you. Pass on what you know. Knowledge is a powerful tool.

SAGITTARIUS (NOVEMBER 22 - DECEMBER 21): This is a time of change, full of endings and new beginnings. Though you are basically optimistic you also have a sense something is missing. You feel you belong and yet are different. Find a place to call home and spend time with those you are at home with.

CAPRICORN (DECEMBER 22 - JANUARY 19): Find a way to put what you have learned to use. We learn, not so that we can repeat by rote, but to grasp the principles of learning. Teach others. Seek knowledge, but also seek new application for that knowledge. When others ask for advice choose your words wisely.

AQUARIUS (JANUARY 20 - FEBRUARY 18): You want to be free of restrictions to be your true self. To do this you must be with people who accept you as you really are. No need for masks or social conformity. Others act as a mirror sometimes. Depending on what you see make any adjustments you feel warranted.

PISCES (FEBRUARY 19 - MARCH 20): You may wish to be blissfully detached but reality keeps forcing you to deal with what is not working. Instead of getting mired down by this, seek answers inside yourself. Be creative. This is an opportunity to expand your awareness and improve yourself and your surroundings.

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