



435 SQN RECEIVES UNIT COMMENDATION

While visiting the 17 Wing Winnipeg, the Chief of Defence Staff, General Walt Natynczyk presents Lieutenant Colonel Dave Kennedy, the Commanding Officer of 435 Squadron, with a Unit Commendation for 435 Squadron. Photo by: Cpl Colin Aitken. Read more on the CDS' visit on page 8

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ADVENTURE IN THE GREAT WHITE NORTH

WINNIPEG SQUADRON PARTICIPATES IN ARCTIC SEARCH AND RESCUE EXERCISE

Capt Jeff Noel
WING PUBLIC AFFAIRS OFFICER

If it could go wrong then it did go wrong! At least that was how it appeared to the over 80 Canadian Forces and Civil Air Search and Rescue Association (CASARA) participants in a massive Search and Rescue (SAR) training exercise held this past weekend in the Yellowknife area.

The exercise saw participants from throughout Western and Northern Canada involved in over thirty simulated SAR missions.

The missions, all held within a 100 km radius of Yellowknife, saw CASARA teams sent out to find "targets", yellow tarps on the ground and also permitted them to participate in a multi-aircraft search operation.

"Usually we have one aircraft in Yellowknife to exercise with," said Mr. David Taylor, CASARA zone commander for the Northwest Territories. "Today we have 14!"

Included in those aircraft was a CC-130 Hercules aircraft from 17 Wing Winnipeg's 435 'Chinthe' Transport and Rescue Squadron.

The 'Chinthe' crew provided CASARA members with an opportunity to

train aboard their aircraft as 'Spotters'. Spotters are persons employed aboard SAR aircraft whose job is to look for people, aircraft or marine vessels in distress.

"The Hercules is much larger than the smaller planes they (CASARA) are used to," says Capt Richard Kinner, a pilot with 435 Squadron and aircraft commander on this exercise.

"The spotters and the pilots are not right next to each other so communication becomes more difficult," he said.

Taylor said the training exercises mean things will go more smoothly should a similar situation arise in the future.

"If this ever happens in Yellowknife, we have people who have an idea of what we would need to do, so that it's not a total surprise," he said.

In addition to the training scenarios, the exercise also served as a chance for participants to exchange knowledge with each other.

"We're giving people an opportunity to fly with crews from other areas, and with that they learn techniques that other crews use. Everybody is learning something new from somebody else," said Taylor.



Canadian Forces CC-130 Hercules perform vital Rescue, Transport and Air-to-Air Refuelling Operations everyday.
Photo by: MCpl R. Mellin

BASE WELCOMES NEW OPERATIONS OFFICER



Colonel Yvan Boilard 17 Wing Commander presides over the 17 Wing Operations Change of Appointment Ceremony in the 17 Wing Warrant Officer and Sergeants Mess on 02 September 2009. At left is the in-coming Commanding Officer LCol David Reyenga and at right is the out-going Commanding Officer LCol Douglas Fairley. Photo by: Cpl Levarre McDonald

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FUN AND EXCITEMENT ON THE HIGH SEAS

1 CAN AIR DIV HQ MEMBERS TACKLE ADVENTURE TRAINING

Dider Belanger
SUBMISSION

Two-Six, HEAVE! A line of sailors strain their backs and legs in unison against mighty resistance in a perpetual cadence of focusing power to sheets combining efforts to control immense sails of a capricious sailboat. The Two-Six, Heave routine is long gone from today's modern battleships, but for 16 crew members from 1 Canadian Air Division HQ, it became very real, as they embarked on a 5-day adventure training journey onboard the HMCS Oriole, a Canadian Navy ship that still relies on that rhythm to power its winches today.

HMCS Oriole is the oldest commissioned ship - and only sailing vessel of the Canadian Navy. From the 11th to the 16th of May 2009, she welcomed onboard members of 1 Can Air Div HQ who worked under the watchful eyes of a regular crew of experienced seamen.

HMCS Oriole is a true classic. She was built as a private yacht in 1921 as ORIOLE IV, was afterwards acquired by the Toronto branch of the Navy League of Canada at the start of the Second World War and officially commissioned as HMCS Oriole in 1952. Since then, she has been providing sail training to officers and non-commissioned members of the Canadian Forces and been used as an ocean racer. Often seen as a good-will ambassador for the Canadian Forces, she is referred to as the "people's boat" in her home harbours of Esquimalt and Victoria, BC.

She has two masts (mainmast 104 feet and mizzenmast 70 feet), carries a total sail area of 15,700 sq feet and has a displacement of 92 tonnes.

After arriving onboard early the first morning (Monday), the 1 Can Air Div

HQ team was quickly issued with foul weather gear and introduced to the permanent crew. The team was comprised of: Maj Sophie Martel (Team Leader), Capt Jarrett Feist (Team 2 I/C), Maj Gerald Bohemier, Capt Darach McDonnell, MWO Claude Trepanier, Capt Annie Letendre, Capt James McCluskey, MCpl Eric Blouin, Maj Clint Mowbray, MWO Wayne Moran, MWO

(Buffer) to frighten the team and convince the team leader to stick inland on the West coast trail.

The team was swiftly exposed to sail training, learning the ropes and basis sail manoeuvres. The whole team initially participated in raising the main, mizzen and jumbo sails and was subsequently divided into two watches (port and starboard.)

interspersed with moments of sheer terror.

After covering over 100 nautical miles, HMCS Oriole arrived in Tofino on Tuesday around noon. The crew had to perform a cleaning stations drill (above and below decks.) Most participants subsequently left the ship and were happy to enjoy the rest of the day exploring the small village.

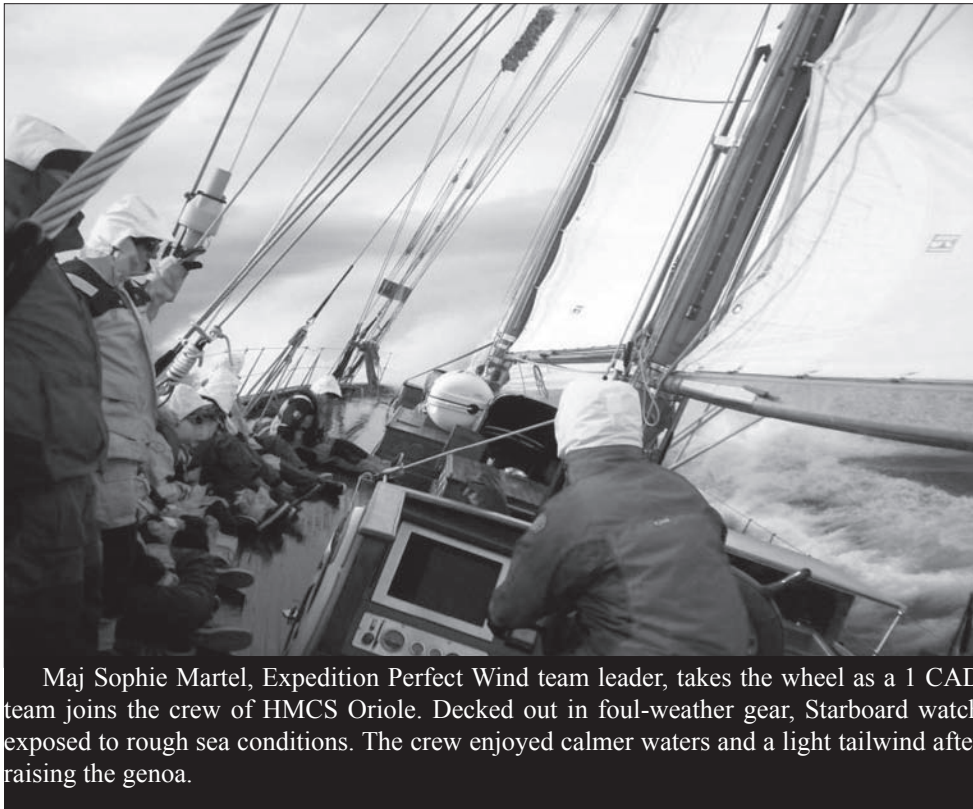
On the third day

as initiative and good cooperation with civilians and local rescue agencies. The man had to be carried for over two kilometres along a narrow boardwalk over a rough terrain which certainly adding excitement to the already overall exhilarating Adventure training. Following the medical evacuation, the crew was free for the rest of the day. Participants took the opportunity to return to the Hot Springs, to hike, to fish or simply rest.

The last two days, were highly similar to the first two. The ship left Hot Springs Cove in the morning of Thursday and sailed continuously back to Esquimalt's dockyard with a brief stop in the Pacific Rim Na-

tional Park. Once again the team was exposed to rough sea conditions. This time, motion sickness was amplified by the fact that we had to motor most of our way back, which added a rolling motion to the already existing pitching motion.

From start to finish, Expedition Perfect Wind challenged the crew's abilities, both as individuals and as members of a team. Whatever the situation - rough seas, bad weather, or an unexpected medical emergency - both individual effort and close teamwork was demanded from everyone involved. Every member returned to Esquimalt with a proud feeling of accomplishment.



Maj Sophie Martel, Expedition Perfect Wind team leader, takes the wheel as a 1 CAD team joins the crew of HMCS Oriole. Decked out in foul-weather gear, Starboard watch exposed to rough sea conditions. The crew enjoyed calmer waters and a light tailwind after raising the genoa.

Matt Scott, Maj Benoit Bisson, Capt Brian MacLean, 2Lt Didier Belanger, Lt Francois Parenteau and Capt Dianne Hanley. The regular crew consisted of the commanding officer, Lieutenant-Commander Erik James, the Coxswain, PO1 Kenneth McEvoy, the Chief Boatswain's Mate, Petty Officer 2nd Class John Kranz, the Ship's Engineer, Master Seaman Don Read and the Chief Cook, Cpl Perry.

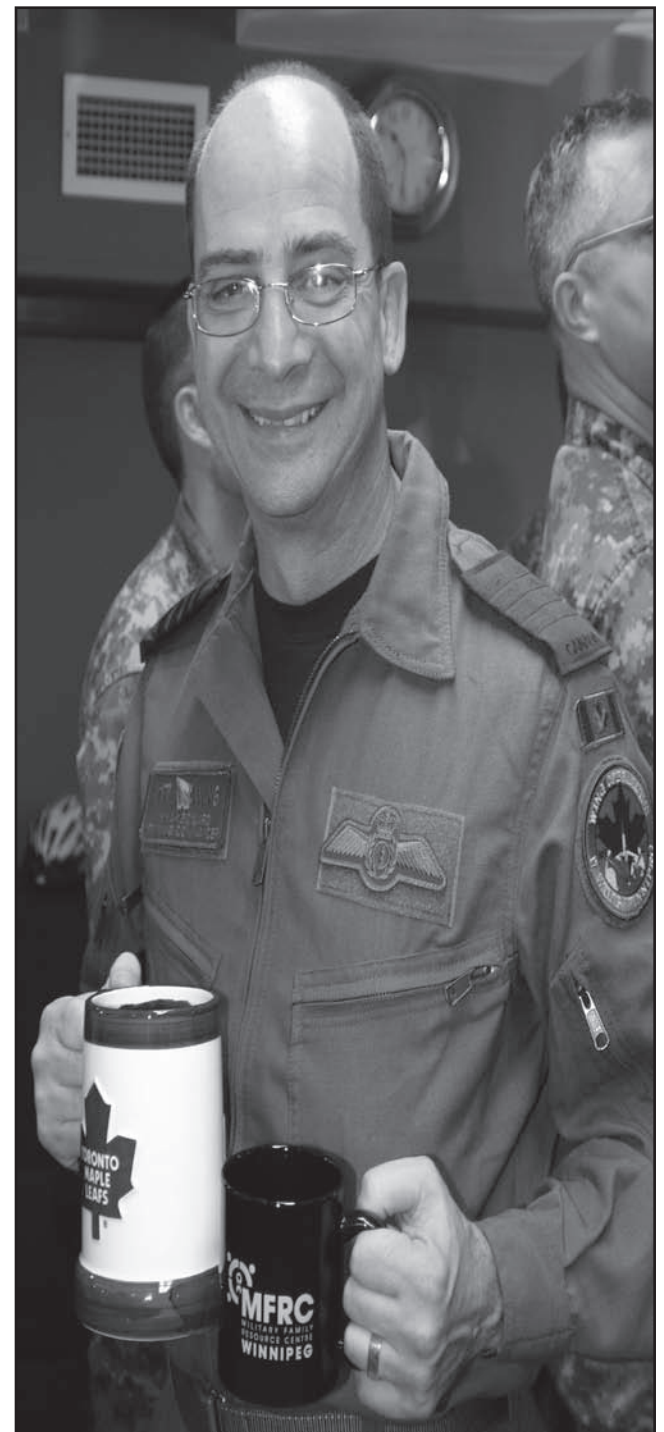
Following a safety briefing and the stowing of the gear, the ship motored out of CFB Esquimalt heading offshore to Tofino, BC despite of the great efforts of the Chief Boatswain's Mate

After exiting the Strait of Juan de Fuca, the participants were quickly exposed to rough environmental and physiological conditions including enormous waves - which resulted in sea sickness for most of the crew, - sleep deprivation (due to overnight sailing), near freezing point temperatures and rain. In the intervening time, en route to Tofino, the crew also had to become further familiarized and efficient with diverse sea drills but also had plenty of time to rest. The Coxswain, PO1 Kenneth McEvoy, summed up the first day elegantly:

- Life at sea is composed of long stretches of boredom

(Wednesday), the crew set sail for Hot Springs Cove (HSC.) The sail consisted of more routine exercise drills of raising and lowering sails and manning the tacking stations. It went really well overall, as the sea was steadier than the previous days and the destination was reached in the middle of the afternoon. The participants were then free to benefit from the Hot Springs. Unfortunately, at this point, the team had to perform an unexpected medical evacuation of a man who collapsed in the Hot Springs and then went under seizure. Every participant showed great team work and effort as well

HARD TO SWALLOW



17 Wing Commander Col Yvan Boillard poses with a Toronto Maple Leafs mug that was presented to him at the September MFRCC Coffee Break on behalf of former Wing Commander Col Scott Howden, an ardent Maple Leafs Fan. "I'll start drinking out of this when the Leafs next win the Stanley Cup," quipped Col Boillard. Photo by: John Towns

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THE SISIP FINANCIAL SERVICES EXPERIENCE...THROUGH THE YEARS

Marie Navarro

COMMUNICATIONS COORDINATOR, SISIP FS

It is 1984: "I was in the rehab centre thinking: where am I going to live now, what am I going to do for work? I have to get work; I can't just sit staring out the window for the rest of my life! Then a SISIP Financial Services (SISIP FS) Rehab Coordinator came to see me and we discussed what SISIP FS is all about."

At this point in his life, after a car accident left the former mili-

tary aircraft technician a quadriplegic, Lawrence Aucoin found the support he needed, thanks to the SISIPFS Long Term Disability (LTD) and Vocational Rehabilitation Program (VRP). "Being a quadriplegic, it is impossible to be in a community and support yourself without some kind of income and SISIP FS is always there." When he required a new vehicle, SISIP FS facilitated an interest-free loan and paid for the modifications to his new car.

"It is hard to believe how big a factor a motor vehicle can be in your life, the freedom to go where you want ...and these people kept me going!"

By 1994: "Even though I am totally independent [now] and live on my own in the community, when I need something, I call and they [SISIP FS] do everything in their power to help me. I had to rebuild my life and in order to rebuild your life, you need the tools; SISIP FS has been there to provide me with those tools."

It is 2007: a Private stares in dismay at his

first cell phone invoice: \$158,000 in extra charges for only one month's use; he had connected his cell phone to his computer, using it as a modem to access the internet, incurring extra costs beyond the \$10.00/ month plan. In his most desperate hour, he too turned to SISIP FS. His financial counsellor contacted the cell phone provider and was able to reduce the bill by 90% during a preliminary exchange. This still left the distraught Private with a \$15,800 debt, which he could reimburse over the course of 1 year, at a 26%

interest rate! The financial counsellor persevered and, pointing out that general policy requires the company to set up a credit limit for new clients – and that this had obviously been overlooked – made them agree to further reduce the balance to a mere \$2,000. Not content with this result, the financial counsellor reviewed the contract yet again with the company official, requesting they show where the contract stipulated that extra charges could be incurred. Unable to comply with her request, the agent agreed to write-off the balance completely and to send a written confirmation stating that the matter had been settled. Finally, the financial counsellor took the added precaution of setting up her client with a \$500 credit limit to

protect him in the future!

It is 2009: ...and so it has been, since 1969, for countless Canadian Forces (CF) members in their time of need: through LTD, VRP and many of life's financial pitfalls in between, SISIP FS professionals (insurance reps, financial counsellors and financial planners) have not hesitated to go that extra mile. Unwavering support, guidance, and a little extra, that is what we celebrate. In the words of SISIP FS President André Bouchard: "We look back on these 40 years – through the changes and enhancements to our programs, products and services – and celebrate our anniversary with pride as we look forward to 40 more years providing financial solutions and serving those who serve!"



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17^e ESCADRE

THE CALL OF THE WILD

CANADIAN RANGERS IN MANITOBA HELP FORCES IN THE NORTH

WO Wade Jones
Submission

The Canadian Rangers (CR) originate from the Pacific Coast Militia Rangers, a group created in 1942 to act as coastal watchers during World War II. The Canadian Ranger as we know them today was formally established as a Corps of the Reserve Militia by an Order-in-Council in 1947. There are currently approximately 4,000 Canadian Rangers who provide a military presence in those sparsely settled coastal and isolated areas of Canada that could not be conveniently or economically covered by other elements of the CF. They are an important reflection of Canada's identity, culture and heritage.

In 1998, the CR were re-organized into five Canadian Ranger Patrol Groups (CRPGs) reflecting the geographic makeup of Canada. They are organized as follows:

- 1 CRPG is located in the Yukon, the Northwest Territories, and Nunavut;
- 2 CRPG is located in Quebec;
- 3 CRPG is located in Ontario;
- 4 CRPG is located in British Columbia, Alberta, Saskatchewan and Manitoba; and
- 5 CRPG is located in Newfoundland and Labrador.

4 CRPG, with its HQ in Victoria, BC expanded the CR into Manitoba and

formed a Detachment HQ in Winnipeg, during the winter of 2001. At present, Manitoba has 170 CR in seven isolated communities; Churchill, Lac Brochet, Lynn Lake, Snow Lake, Gillam, Shamattawa, and St Theresa Point. These CR have a tremendous impact on the lives of people in their local communities. They are some of the most prominent members of their communities who have a positive influence on their peers and are often held up as role models for the youth in the community. Since 2003, the CR of Manitoba have acted as mentors and educators for more than 200 young people involved in the Junior Canadian Ranger (JCR) Programme. The JCR Programme is a youth programme focused on imparting life, traditional and Ranger skills to young Canadians between the ages of 12 to 18.

CR are men and women over 18 years of age who are Canadian citizens, live in the Patrol location, are in good health and willing to be members of the CF. Becoming a CR can be the fulfillment of a lifetime commitment, as exemplified by Ranger George Lundi of Churchill, who is currently in his 25th year of service to the CF as a Ranger.

The Canadian Ranger Patrols in Manitoba have been busy over the years. They have assisted: LFWA units during pre deployment training, 38 Brigades Arctic



Section Commander Jack Denedchezhe - Lac Brochet Patrol, Ranger Andree Couture and Wilford Fortin - Lynn Lake Patrol, Patrol Commander Camille Hamilton - Churchill Patrol.

Response training, Office of the Fire Commissioner (GSAR), RCMP (GSAR), and Western Canada Aviation Museum (aircraft recovery). The CR also frequently represents the only identifiable and formed group that is ready and able to aid their community in times of need.

This extraordinary dedication and co-operation of the CR resulted in the awarding of the 38 Brigade Commander Commendations for their outstanding commitment to Ex Northern Bison 08. CR are also often recognized individually, Ranger MCpl Jonas Denedchezhe of

the Lac Brochet Patrol was awarded the medal of Bravery for his selfless, heroic actions in saving lives during a house fire.

The CR uniform is based on the concept that the Rangers, being outdoors people, are well equipped and able to survive in their environment. Their uniform consists of the symbolic red Ranger sweatshirt, T-shirt, ball cap, CADPAT pants and boots. Personal equipment also includes a No. 4 Lee Enfield rifle and ammunition. Each patrol is also provided with wall tents, first aid kits, a Global Positioning System (GPS), compasses, a short wave radio and a satellite phone. CRs provide their own personal vehicle (trucks, snowmobiles, boats, ATV) and are eligible to receive compensation for its use.

All CR are considered trained upon enrollment however all CRPGs conduct additional military skills training, and annual collective training. CR are encouraged to participate in a seven day Development Phase 1 (DP1) qualification

course held either centrally or in the community. This training includes basic drill, rifle training, general military knowledge, navigation (map, compass, GPS), first aid, basic search and rescue, aiding in Domestic Operations, guiding and communications. CR also receive 12 days of patrol sustainment training each year which may involve advanced levels of first aid, flood and fire evacuation, search and rescue, disaster assistance, communications, marksmanship exercises, and setting up bivouac sites.

Without the assistance of the CRs in Manitoba, it would be difficult and perhaps even impossible for our military personnel to operate in those isolated regions of Manitoba. Their (CR) expertise in survival, travel and knowledge of their local geographical areas is second to none. More than just the "eyes and ears" of the community, the Canadian Rangers of Manitoba are vital members of the CF.

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40 YEARS OF SERVICE

MAJ IAN BURKE SET TO RETIRE AFTER 40 YEARS OF WEARING THE UNIFORM

John Towns
VOXAIR STAFF

In November of 1969, the Vietnam war was raging, the second manned mission to the moon was successfully completed, and Maj Ian Burke first donned the uniform of the Canadian Forces in Powell River, BC.

Forty years later, Maj Burke is set to retire October 1st and move back to Powell River after a career in the CF Reserves that has taken him across the country and overseas.

"I started with the Cadet Organization, and at those times it was called the CIL – Cadet Instructor List officer," recalls Maj Burke, who is currently serving as the 17 Wing Air Reserve Flight Commander. "I was a cadet to start with, and just felt like I wanted to continue on

with the local corps in Powell River."

In those days, Maj Burke wore a Navy uniform, working with Sea Cadets and at the Regional Cadet Headquarters in Victoria full time. It wasn't until 1988 when he was offered a job in Winnipeg that he transferred to the Air Reserve that he started wearing Air Force blue.

"They offered me a job, and since we were looking for the opportunity to move anyway, I started here in Winnipeg in January of 1988," he said. "Yes, I got an indoctrination to cold winters almost immediately."

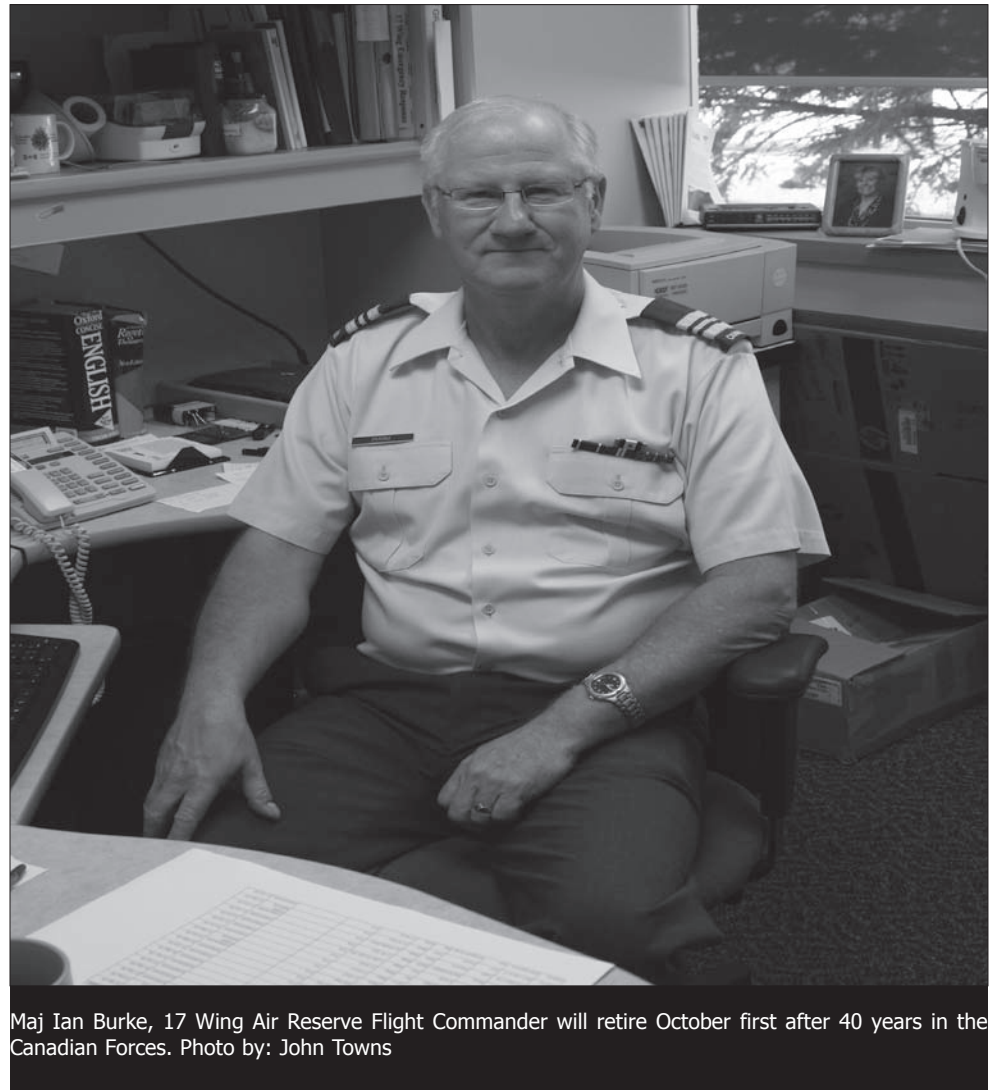
From there, Maj Burke worked in a number of positions with Air Reserve Group Headquarters, eventually stepping into his current role as 17 Wing Air Reserve Flight Commander in September 2007. In 2005,

he served overseas at Camp Mirage from June to December.

The main reason, according to Maj Burke, that he stayed in the CF for so long was the chances and opportunities that his work afforded him.

"The opportunities offered here are the main reason I've stuck with the forces for so long," he said. "There were a few times I looked to the Civilian world at employment, but the jobs here just kept getting better and more interesting. It's been an absolutely wonderful experience."

Upon his retirement, Maj Burke and his wife Rene plan to move back home to Powell River, where they first met.



Maj Ian Burke, 17 Wing Air Reserve Flight Commander will retire October first after 40 years in the Canadian Forces. Photo by: John Towns

E-LEARNING AS A LEARNING OPTION, ANYTIME AND ANYWHERE

**Leah Bannister and
Primrose Knazn**

The Learning and Career Centre offers a wide variety of in-class courses, covering subjects such as diversity, well-being, and career-related sessions (see our website for more details: <http://hr.ottawa-hull.mil.ca/courses-cours/>). However, if tight budgets or time constraints are an issue or if our course calendar does not serve your needs, e-learning can be another option for gaining knowledge or new skills.

E-learning is a term used to describe learning activities that can be accessed in a setting that is free from time and location constraints. E-learning can come in many forms, but usually refers to using your computer to access information, courses and tools to develop your skills and knowledge on all types of subjects. E-learning provides you with convenient and access to learning programs and professional development materials.

One of e-learning's greatest strengths is that it allows you to use the learning materials repeatedly over time, even after you first take a course or use a tool. This ability fits well in today's public service environment because we are required to learn new skills constantly, but there is rarely

enough time available after a training program to master a new skill or fully retain new knowledge. That's where e-learning can be truly beneficial: you can review the materials over the long term and refresh your knowledge and skills whenever (and wherever) you need.

One of the recent hot topics among the learning community has centered around the concept of learning styles, which is essentially finding out how individuals learn best. Many people have even conducted self-assessments to determine what their learning styles are. At first, e-learning was considered to be suitable for only certain types of learners and learning styles. These days, e-learning is so varied in its design and presentation that almost any type of learner (e.g., auditory, tactile, visual) can learn effectively through e-learning. For example, the Campusdirect course, the Foundations of Grammar, activates each learning style by integrating audio, visual, and tactile features, making an otherwise dry topic more attention-grabbing!

The internet offers an overwhelming number of e-learning choices for free or for cost. Fortunately DND employees have access to on-line courses through Campusdirect and DNDLearn where a wide

range of e-learning products are available at no cost to address your individual learning needs.

As the on-line campus of the Canada School of Public Service, Campusdirect offers free access to 350 English and French e-learning products that address common learning needs with a focus on civilian employees. Some courses include: Essentials of the Public Service Employment Act (PSEA), Dynamics of Leadership, Essentials of Financial Management, Leading a Team, Difficult People in the Workplace, and Occupational Health and Safety. Computer courses include: Word, Excel, Lotus Notes, and Front Page, to name a few. There is even a short course on Using a Digital Camera!

Please note, Campusdirect courses are only available through the Internet (not from DIN computers) or through GP Net (available at the Learning and Career Centre).

For more info on Campusdirect, visit their website at www.campusdirect.gc.ca and access the link on the left side. An on-line tutorial is available that shows you how to navigate through the site and access courses.

DNDLearn is an online learning system de-

signed to create a customizable online learning environment. Online courses give you the same opportunity to learn as on-site courses, except that they are much more flexible. You don't have to be in a certain place at a certain time in order to participate, and the material is printable for quick reference.

DNDLearn has courses for both civilian and military members. Canadian Forces 101 was created for employees that are new to DND. Courses that may be of interest to managers include Delegation of Authorities for Labour Relations, Managing Military Personnel, Managing Civilian Human Resources and Staffing for Managers. Courses that anyone might want to take include Learning Through Self-Study or Introduction to Defence Ethics.

DNDLearn can be accessed at work through the DIN or from anywhere through the Internet, including home. To obtain a DNDLearn account, you need to e-mail your full name, rank (if applicable), PRI or SN and e-mail address to HRCIVDNDLearnAccounts@forces.gc.ca. Your account will be created within 2-3 business days. Visit www.dndlearn.forces.gc.ca to learn more.

Before taking an

online course, you must have authorization from your supervisor to take the course during work hours. You should add online courses on your next learning plan to make this process easier. E-learning is a great option for managers because the only training costs involve the time required for employees to take the course.

Each course description gives an estimated amount of time required to take the online course. E-learning gives you the benefit of working at your own pace, therefore you can take a course within a short pe-

riod of time or over a course of days or weeks if necessary.

If you do not have access to a computer, or are unable to access Campusdirect or DNDLearn from your workstation, computers are available at the Learning and Career Centre. For more details, contact the Learning and Career Centre at locals 4208 or 4636.

When in-class learning isn't available, e-learning is a viable and convenient option. All you need is time, a computer and an internet connection and you can learn something new.

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17 WING LIBRARY AND COMPUTER ROOM AVAILABLE TO ALL

Tina Bailey
Com. Rec. Director

Ever walked into 642 Wihuri next to the Recreation Centre?

Well if you haven't then you might like to know what is in there.

We are very fortunate to have our own Library on base with a wide selection of books available.

The selection includes a wide range of fiction and non-fiction books for both adults and children. There is also a selection of French books available.

Not to mention the very popular range of up to date magazines too.

We are also in the process of changing the way the library looks so watch out for the changes!

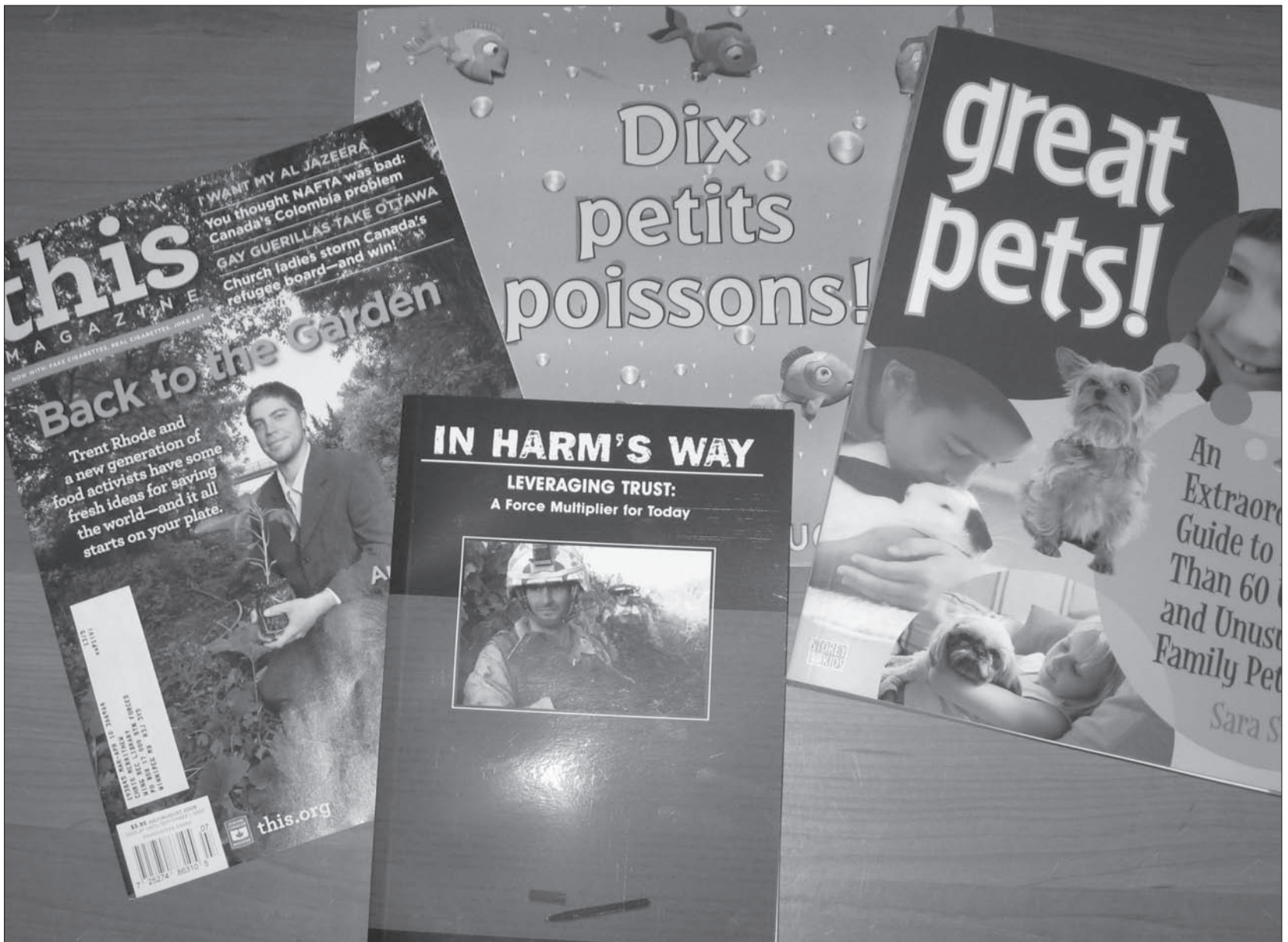
As well as the Library we also have a computer room available with 10 computers. You are able to access the internet, including Facebook and email. Or, if you are just looking for a quiet space to do some work please come along and make use of this great resource available to us.

We are also in the process of partnering with Winnipeg Libraries which will provide you with access to even more resources!

Look out for the new fall opening times.

All of this is Free!

For further enquiries please call extension 2490 or 5976



MATURE STUDENT DIPLOMA PROGRAM AT 17 WING

Lt Guy Janelle
Wing Ground Training Officer

One again, 17 Wing and the River East Transcona School Division are pleased to announce a partnership to offer the Mature Student Diploma at 17 Wing through the McLeod Adult Learning

Centre.

What does this mean? It means that anyone in the Defence Team, civilian or military, who does not have their Grade 12, now has the opportunity to achieve the requirements needed to complete it.

To achieve the Diploma, each candidate requires 8 credits - 4 credits at the Gr 12/S4 level (including Math and English) and 4 at any high school level. Prior Learning Assessments will be conducted to determine which credits you may already have. Courses taken through DND and other learning centres may be eligible for credit.

Prior Learning Assessment?

There are several ways to obtain credits towards a Mature Student Diploma.

1. Transfer credits from previous high school. This requires a review of your high school transcript to see if any credits can be transferred. Factors which may affect transferability include:

whether the course matches a course offered in the Province of Manitoba, the grade received on the course, and the length of time since the credit was obtained.

2. Take courses available through the Adult Learning Centre. Some courses will be offered at 17 Wing, usually one per term. The courses normally offered at 17 Wing will be Technical Communication (for the English credit) and Consumer Math (for the Math credit). Other courses may be taken directly at an Adult Learning Centre.

3. Request Prior Learning Assessment and Recognition (PLAR) for courses available in the Province of Manitoba. This is a complex process which involves presenting equivalent material/information from courses/qualifications you have obtained through the CF/DND or from other organizations. This will require detailed documentation, such as Occupational Specification (OS), Qualification Standards (QS), Training Plans (TP), and/or examples of materials

you have developed in the workplace. The first step in this process is to meet with the representative from the McLeod Adult Learning Centre to determine which credits may be suitable for PLAR. Then you must collect the required data which will allow the McLeod staff to evaluate whether the material you have completed is equivalent. This may require separate meetings with the Subject Matter Expert (SME) at the McLeod Centre who is completing the PLAR for that course. The WGrdTrg TDO is available for support in the collection of the required information. Also, a partial credit may be granted and you may be asked to complete supplementary assignments in order to receive a full credit.

4. Challenge a credit by taking an exam.

Consumer Math will be offered at the Training & Education Centre (bldg 135) every Tuesdays and Thursdays at 1430 from September 29th 2009 to February 11th 2010. If you would like to register or have more in-

formation on this program, you can contact Lt Janelle, WGrdTrg O, at 833-2500 ext 6297.

Also, you can get more information at the following link:

McLeod Adult Learning Centre http://www.retsd-conted.com/mcleod_learning.cfm

NOTES:

1. Once a PLAR has been completed for a CF/DND course, a record will be kept so that successive candidates who have completed the same course can be readily granted the same credit.

2. Credits can only be granted for the current high school courses in the Province of Manitoba. Candidates may have taken many courses in a particular subject area, but if only one credit is available in the high school Subject Table Handbook at a particular grade level, then only one credit can be granted.

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CHIEF OF THE DEFENCE STAFF, CANADIAN FORCES CHIEF VISIT 17 WING

Capt Jeff Noel
WING PUBLIC AFFAIRS OFFICER

17 WING WINNIPEG, Man. - General (Gen.) Walt Natynczyk, the Chief of the Defence Staff (CDS), and Canadian Forces (CF) Chief Warrant Officer Greg Lacroix visited 17 Wing -Team Winnipeg Aug. 31 to survey the various missions performed by the men and women based here, and to address some of those personnel face-to-face.

During his visit, Gen. Natynczyk met with personnel from 2 Canadian Air Division, 17 Wing, and 38 Canadian Brigade Group, received mission briefs about the Wing, 435 and 440 Squadron's, toured various facilities including 1 Canadian Forces Flying Training School and hosted a Junior Ranks Town Hall.

He told personnel in the Town Hall that they were "full participants in a new renaissance for the Air Force." "I just want you to know that not only do I personally appreciate all that you and your



2Lt Torgeir Føinum, an exchange student with the Norwegian Air Force here on a Basic Air Navigation Course, is greeted by the Chief of Defence Staff, General Walt Natynczyk. Photo by: Cpl Colin Aitken

families are doing to defend our nation but your fellow Canadians also appreciate it as well," said Gen. Natynczyk.

The CDS has just celebrated his first anniversary in command of the Canadian Forces in July, while Chief Warrant Officer Lacroix has served as Canadian Forces Chief since 30 July 2007.



Mrs Leslie Natynczyk and the Chief of Defence Staff, General Walt Natynczyk, are greeted by the 17 Wing Commander Colonel JPY Boillard and the Wing Chief Warrant Officer, CWO SA Blair. Photo by: Cpl Colin Aitken



The Chief of Defence Staff, General Walt Natynczyk and the Canadian Forces Chief Warrant Officer CWO Greg Lacroix drop in for a visit with the Basic Air Qualification Course 0901. Photo by: Cpl Colin Aitken

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17 WING PARTICIPATES IN 2ND ANNUAL TOONIE RUN

John Towns
THE VOXAIR

On Wednesday, August 26, members of 17 Wing gathered outside Building 90 to do a bit of exercise for a good cause.

The 2nd annual Toonie Walk and Run kicked off at 8am, with several hundred participants either running 5 kilometers or walking 3 kilometers after donating a toonie to the Government of Canada Workplace Charitable Campaign (GCWCC).

“It’s simply a toonie to participate, and we had units submitting money in advance, which is always a welcome effort as it’s always nice to be organized,” said Leah Bannister, civilian co-chair of the GCWCC, which raises funds for a number of registered charities from September to December of each year. “This is our first event of the year, but there are many forthcoming events, like the Herc pull, and the firefighter’s boot drive to name just a couple.”

Over \$630 was raised by collecting toonies from the more than 300 participants in the run.

“That’s a very big chunk of change for something as simple as everyone donating a toonie,” she said. “That kind of kicks off our theme that all it really takes is two



The Annual Government of Canada Workplace Charitable Campaign Toonie Walk and Run started at building 90 on 26 August 2009. In this photo participants warm up for the run. Photo by: Cpl Levarre McDonald

dollars a month, two dollars a paycheck, to help affect change in the lives of others.”

The next GCWCC event is the ever-popular Herc Pull, which will take place on September 16.

PULLING FOR A GOOD CAUSE

GCWCC KICKS OFF ANNUAL HERC PULL COMPETITION

Leah Bannister
GCWCC CIVILIAN CO-CHAIR

On Wednesday September 16th at 1200, the 17 Wing Government of Canada Workplace Charitable Campaign (GCWCC) will kick off with the annual Herc

Pull and Wing Fund BBQ, located at the Fire Hall next to hanger 16. All 17 Wing personnel are encouraged to attend for some good food and friendly competition.

Units are of course invited to enter teams in the Herc Pull competition, as the winning team will have

bragging rights for a whole year! It is recommended that teams have 15 people available to pull. Gloves will be provided, so just bring strong backs and spirits. Small units wanting to participate will be joined with other units to ensure sufficient numbers.

Units are also asked to forward the names of any members interested in representing all of 17 Wing at the City-Wide Airplane Pull hosted by the United Way on 18 September. This event represents an excellent opportunity for 17 Wing to demonstrate our spirit and commitment to the community, and of course we also want to win!

Please contact your unit representatives (posted online at <http://17wing.winnipeg.mil.ca/wadmin/gcwcc/unitreps.htm>) to register your team or forward the names of any City-Wide Airplane Pull volunteers.

GCWCC Kickoff Hercules Pull & Barbeque

Wednesday, Sept 16
The FUN begins at **12 p.m.** beside Hanger 16



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PHOENIX SOAR AT 2009 PRAIRIE REGION SOCCER CHAMPIONSHIPS

TEAM FINISHES SECOND IN A 2-1 LOSS IN FINALS AGAINST MOOSE JAW

Lt James Kim
WING CONSTRUCTION ENGINEERING

17 Wing Winnipeg hosted the 2009 Prairie Region Men's Soccer Championships from 14-16 Aug. The tournament featured 3 teams: Cold Lake, Moose Jaw and 17 Wing Winnipeg's Phoenix.

Col Boilard and CWO Blair, the new 17 Wing Commander and WCWO, opened the tournament on Friday morning and the first match was a compelling encounter between Cold Lake and Moose Jaw, which finished tied 2-2.

The second game of the day was between Moose Jaw and the host Winnipeg Phoenix. Early in the first half Moose Jaw were awarded a penalty and team captain 2Lt Karl Russell had his shot saved but was quickest to pounce on the rebound giving Moose Jaw a 1-0 win.

Due to heavy rain, the tournament had to be shortened and Saturday afternoon's match between Cold Lake and Winnipeg became the semi-final with Moose Jaw receiving a bye to the final. Suddenly, Winnipeg was facing a must-win game in just their second match together, but were boosted by the addition of striker, 2Lt Tor Hjartoy, an exchange officer from Norway. 2Lt Hjartoy tormented the Cold Lake defence set-

ting up an early goal by 2Lt DJ Verroen and scoring two of his own near the end of the half. Midfielders Maj Scott Frost and 2Lt Didier Belanger were also instrumental in Winnipeg's first half offensive outburst.

In the second half, Cold Lake came out with everything they had with an attack spearheaded by the dangerous Capt Renato Duarte. In the 52nd minute they were rewarded as Capt Duarte got behind the Winnipeg defence and calmly buried a shot from a very tight angle. Cold Lake kept pressing for another goal but the excellent play of centre backs Capt Chris Chapman and 2Lt Bryan Aubin as well as right back 2Lt Shane Boyce kept the score at 3-1 in favour of Winnipeg. 2Lt Hjartoy took man-of-the-match honours in a victory which was an excellent team effort by the entire Phoenix squad.

Sunday's final was a rematch between Moose Jaw and Winnipeg. In another tight defensive battle, Moose Jaw were able to withstand every Winnipeg attack through the play of man-of-the-match, right back Capt Tim Coffin and classy centre back Lt Evan Sudul. Early in the second half, Moose Jaw broke the deadlock but Winnipeg refused to back down and 2Lt Shane Boyce volleyed home a pass from Maj John Schwindt to tie the game up at 1-1. Moose



2Lt DJ Verroen of CFB Winnipeg makes an attacking run in the semi-final against CFB Cold Lake. Photo by: Cpl Levarre McDonald

Jaw began to take control of the match but the Winnipeg defence preserved the draw through the fantastic play of the back four, defensive midfielder Maj Blair Baker and goalkeeper Maj Andriy Szkwarek who made amazing save after save. The match went to extra time and it looked like it was destined for penalties until Moose Jaw was finally able to find a way through. The game ended 2-1 for Moose Jaw as

Winnipeg came up just a bit short despite having a fantastic tournament.

The 2009 Prairie Region Men's Soccer Championships as well as the Winnipeg team would not have been possible without the hard work of so many people at 17 Wing. The team would like to thank captains Maj Szkwarek and Sgt Reg Shave for all the work they put in and 17 Wing's Unit COs for allowing their members to

play. 17 Wing's PSP staff, led by Chris Merrithew, put in a tremendous amount of work to run the tournament and Rick Sadick and Wayne Good kept the pitch in good condition despite the heavy rain. A big thank you as well to the officials, which included military personnel (Capt Christian Palavacino, CWO Clarence Rose, CWO Ron Western and Sgt Ken Kovacs) as well as civilians provided by the Manitoba

Soccer Association (Bryan Mintenko, Ricardo Rodriguez and Peter Manastyrsky). Finally, the team would like to thank Cold Lake and Moose Jaw for their competitiveness and sportsmanship in a very hard-fought but fair tournament. Good luck at Nationals, Moose Jaw and watch out for the Winnipeg Phoenix next year!

SPORTS TRIVIA: BASEBALL EDITION

QUESTIONS

- Who was caught stealing the most bases?
- Who holds the record for the most grand slams?
- Who is the only player to steal at least 100 bases for three consecutive years?
- Who is the leader for both leagues in bases on balls by a hitter?
- Who pitched in the most games by a reliever?
- Who has struck out the most times in baseball?
- Who walked more players than any other pitcher?
- Who has the most doubles?
- Who was Commissioner of baseball for the longest period of time?
- Ted Cox hit this many times consecutively to begin his career?
- Who has the most plate appearances?
- What is an HBP in baseball stats?
- Who has the highest career slugging average?
- Who was the Georgia Peach?
- Who retired the most consecutive batters?
- The leader in intentional bases on balls is who?
- What was the highest number of innings played in a game?
- Who threw the first no-hitter for the Blue Jays?
- Ted Gray is the only AL pitcher to pitch for this many teams in the same season?
- Who stole home the most times?

ANSWERS

- Rickey Henderson
- Lou Gehrig
- Vince Coleman
- AL Babe Ruth, NL Barry Bonds
- Jesse Orosco
- Reggie Jackson
- Nolan Ryan
- Tris Speaker
- Kenesaw Mountain Landis
10. 6
- Pete Rose
- Hit By Pitch
- Babe Ruth
13. Babe Ruth
14. Ty Cobb
- Mark Buehrle
16. Barry Bonds
17. 26
19. Four (White Sox, Indians, Yankees and Orioles)
20. Ty Cobb

17 WING FIRE DEPARTMENT CPL SETS WORLD RECORD

TEAM BRINGS HOME SILVER MEDAL AT WORLD POLICE AND FIRE GAMES



Cpl Donald Bishop drags a rescue dummy with the assistance of Cpl Yves Lacasse as part of their training for the 17 Wing Fire Department Combat Challenge Team. Photo by: John Towns

John Towns
VOXAIR STAFF

From July 31 to August 9, over ten thousand firefighters, police and correctional officers descended on Vancouver to participate in the World Police and Fire Games, a semi-annual sports competition that is rivaled in size only by the Olympic Games.

The sheer scope of the World Police and Fire Games actually dwarfs the Olympic – 10, 700 athletes from 56 countries, competing in categories that vary from recreational categories like martial arts and swimming to professional ones, such as the Ultimate Firefighter competition, in which the 17 Wing Fire Department brought home a silver medal and a world record, becoming all at once the only Canadian team to win a medal and the only CF team to have ever participated in the

games.

“What we are is a Combat Challenge team – which is a firefighter competition, which involves four specific elements from our work,” said Cpl Yves Lacasse, 17 Wing Fire Department Combat Challenge team captain. “And so we participate in a lot of different events like [The Scott] FireFit [Championships], and we decided to go to Vancouver and try the Ultimate Firefighter in the world games.”

The Ultimate Firefighter competition is a series of four events based around the skills firefighters would have to use in the course of their work, says Cpl Yves Lacasse. All the events are done in full gear, meaning the athletes are wearing ev-

erything they would be when responding to a fire.

The four-member team each took one stage of the competition, each being allowed to choose the stage that they had the best time in. Cpl Lacasse, who set a new world record time in his event of 44 seconds, participated in stage three.

“What I had to do was run to what’s called a Keiser Machine, which is like a beam that weighs 225 pounds five feet down a slide for five feet with a sledgehammer,” he said. “Then run for 100 feet through six hydrants and drag a 175 pound rescue dummy for 100 feet.”

With all four stages, the 17 Wing team finished with a time of four minutes and 34 seconds, coming in just

between two of the teams from the Czech Republic.

“We actually had no idea where we were ranked. We were exhausted, so we were just heading out, and a guy I know came running up and said ‘Where are you guys going? You won the silver,’” said Cpl Lacasse. “It was a bit of a surprise.”

The team spends between 15 and 20 hours a week training for Combat Challenge.

“We’ll do cardio training in full gear with our face-mask and run on a treadmill for like 20 or 30 minutes,” he said. “We also do stairs – we started running the stairs at the Bomber stadium just for fun. We’ll do about 1500 stairs in a session for that.”



Cpls Bishop, Gillingham and Lacasse (L to R) pose with their silver medals from the World Police and Fire Games. Cpl Meakin, the fourth team member, is not pictured. Photo by: John Towns

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BASE WELCOMES NEW EMPLOYMENT AND EDUCATION COORDINATOR

My name is John Bailey I am the Employment and Education Coordinator taking over from John Chabih

who has moved on to pastures new.

I was born and raised in the UK and emigrated to

Canada with my family in June 2007. I have considerable experience working as a Community Development professional over the last 20 years. I am very familiar with the military life style having served with British forces and most recently overseeing the Army Welfare Service Community Support team for Scotland. I am looking forward to working within the MFRC and supporting families with their employment, education and training needs. If you need any assistance please contact me by calling 833-2500 ext 4511.



THANK YOU

A group of about 35 newcomers took a tour of the city and then headed to A Maze in Corn on Saturday, August 22. Even though the ground was wet, we had a great time. Thank you to SISIP for pro-

viding funding for the event, Cpl Rediker for transporting us, TEME for providing the bus, Angie and her staff at A Maze in Corn for making sure we had a great time, and to Al Estensen for his expert

barbecuing skills and Mona Currie for providing translation services, and our families for participating. You all helped make the event a success.



NEWCOMER EVENTS

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: Sunday, September 20, 11 a.m. Meet at the steps of the Legislative building, facing Broadway. **Deadline to register is Monday, September 14.** Event is free.

October- Manitoba Moose hockey game. Join us for opening weekend action at a Manitoba Moose hockey game at the MTS centre. We'll be meeting at the MTS centre at 6:30 p.m. for a pre-game meet with Mickey Moose and hot dogs (vegetarian option is available). Game time is 7:30 p.m. on Saturday, October 10. Cost is \$5 per person. **Deadline to register is Friday, September 25.** Cost \$5 per person.

MARK YOUR CALENDER

September 12--- 17 Wing Fall Fair hosted by Winnipeg MFRC and PSP. This free event will be full of fun activities for everyone! Food, entertainment, inflatable's, pony rides, registration fair, displays, amazing race, youth jam and more!



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SERVICES EN FRANÇAIS

GROUPE DE FEMMES FRANCOPHONES

La prochaine rencontre du Groupe des femmes francophones aura lieu mercredi le 30 septembre 2009 à 18h30 au restaurant Earls, situé au 191 Main St. Si vous souhaitez vous joindre à ce groupe dynamique contactez Candide Lefebvre au 833-2500 poste 4515 ou à Candide.Lefebvre@forces.gc.ca. Ce groupe permet aux nouveaux arrivants qui parlent français de créer des liens dans la communauté francophone. N'hésitez pas, venez discuter et rire avec nous!

SECOND LANGUAGE TRAINING

It is now time to register for our Second Language Training Program. The course duration is ten weeks and will consist of two three-hour classes per week.

The Fall session offers French Levels 1 and 4 as well as one English class. Courses will start the week of September 28th. Classes are held at 102 Comet St.

French Level 1: Monday & Wednesday, 6:30 to 9:30 pm

French Level 4: Monday & Wednesday, 6:30 to 9:30 pm

English: Tuesday & Thursday, 6:30 to 9:30 pm

Cost:

- \$50 for military spouses and family members (refundable if 85% of the course is completed)

- \$50 for military personnel (non-refundable)

- \$100 for NPF and public employees (non-refundable)

The SLT program can be subsidized up to a maximum of \$4.00/hr of the childcare cost upon presentation of a receipt from the caregiver.

To register or for more information please contact Candide at ext.4515 or at Candide.Lefebvre@forces.gc.ca

FORMATION EN LANGUE SECONDE

C'est le temps de vous inscrire à notre programme de formation en langues secondes, français ou anglais. Ce programme est d'une durée de 10 semaines à raison de deux classes de trois heures par semaine. La session d'automne offre des choix de cours de niveaux 1 et 4 en français et un cours d'anglais. Les cours débiteront dans la semaine du 28 septembre 2009 et auront lieu au 102 rue Comet.

Français niveau 1: les lundis et mercredis de 18h30 à 21h30

Français niveau 4: les lundis et mercredis de 18h30 à 21h30

Anglais: les mardis et jeudis de 18h30 à 21h30

Les frais sont:

- 50\$ pour les conjoints ou les dépendants de militaires (remboursable si 85% du cours est complété)

- 50\$ pour le personnel militaire (non-remboursable)

- 100\$ pour FNP et pour le public (non-remboursable)

Le programme de langues secondes peut payer jusqu'à 4\$/hr pour les frais de garde d'enfants sur présentation d'un reçu signé du service de garde.

Pour vous inscrire ou pour de plus amples informations concernant le programme, communiquez avec Candide au poste 4515 ou à Candide.Lefebvre@forces.gc.ca

CHARITY OF CHOICE

Did you know that you can donate to the WMFRC through the Government of Canada Workplace Charitable Campaign?

Donors can direct the funds to any registered charity in the country, to the United Way of Winnipeg, or to another charity of their choice. This year, the campaign will focus on raising funds for the Winnipeg Military Family Resource Centre (WMFRC).

«We wanted our 2009 campaign to not only renew our commitment to United Way and Health Partners, but reflect local charitable initiatives that engage and support our CF community,» commented 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 WMFRC is a provincially incorporated, not for profit registered charity, and provide services to families of Regular and Reserve Force members in Winnipeg, Southport, Thunder Bay and surrounding areas.

Information on the campaign, including events, updates, and fundraising totals, will be posted on the DIN at: <http://17wing.winnipeg.mil.ca/wadmin/gcwc/index.htm>. Ask your unit GCWCC Rep or canvasser about how you can donate to the MFRC. Our charitable number is 133105536RR0001

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. Everyone is 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.**

HOME-BASED BUSINESS OWNERS

The MFRC is starting a list of home-based businesses run by military families. If you would like to be added to this list, please stop by the MFRC, 102 Comet Street, and fill out the form. You can also email your name, company name (if applicable), address, phone number and list of services offered to wpgmfrc@autobahn.mb.ca. You will be listed for one year. We are also looking at having a list of individuals available for odd jobs, including snow removal, lawn care and other odd jobs. If you'd like to be listed on the odd jobs database, please send the information to the addresses above.

BECOME A FAN

The MFRC has a fan page on Facebook- become a fan, and be kept in the loop about the programs and services we offer. Search Winnipeg Military Family Resource Centre, and become a fan.

ALPHABET SOUP!

Tuesdays Oct 6 – Nov 4 1:30-3:00 This parent and child program focuses on nutrition and literacy. We'll explore healthy eating through song, story and fun. Parents will also get a chance to try out a different kid friendly recipe weekly. You must preregister for this program by Sept 30. For information /registration call Shannon 833-2500 (2491)

THAR SHE BLOWS

A'HOY ME 'HARTIES!

Come to our Pirate party at Creative Tots!
Thursday Sept 24 9:30-11:00
Westwin Children's Centre

Parents/caregivers and children 5 years and under are invited to join us for a morning of fun. We'll walk the plank, search for treasure and sing and play pirate games. See you there matey! AAArrrrgh!

MFRC SUMMER BBQS

We would like to send out a huge THANK YOU to everyone who supported the MFRC summer BBQs again this year! We hope you all had enjoyable lunches, and maybe even met a new friend or two. It goes without saying that this summertime tradition could not be accomplished without the wonderful work of the volunteers who came out every week. Way to go Wayne, Terry, Laura, Melanie, Meg, Mariana and Kara! Big thanks as well, to Christina, for all her organizing efforts! We look forward to next summer, wonderful weather, great volunteers and customers, and fun and fulfilling BBQs!!!

YELLOW RIBBON GALA 2010

The Yellow Ribbon Gala Committee hope that this year's annual event will be bigger and better than ever! We have added a few new twists to this fundraiser, and will need volunteers to help us make this Gala successful and fun for all who attend. If you are interested in volunteering at the Gala this February 20, 2010, please call the MFRC Coordinator of Volunteers, Barbara, at 833-2500 local 4519 or e-mail at Barbara.thuen@forces.gc.ca.

VOLUNTEERS AT THE MFRC

The HR Council for the Voluntary and Non-profit Sector has recently released its report in a Labour Force Study. In this report, they say that the quality of life and very survival of much of our civil society and social organizations in Canada depends on a strong volunteer sector. They note that volunteers help promote the health and well-being of others, strengthen the fabric of our society, and foster strong communities.

The volunteers at the Winnipeg Military Family Resource Centre do all of that, and much more. They are involved in every aspect of our events and programming. Many of our programs could not be offered without the help of volunteers.

With the beginning of September, as students head back to school and the realization dawns that vacations are over, many of us decide to start something new – take a class, try a new hobby, or become more involved in our community. The MFRC is a perfect place for you to do this, as a volunteer! Our volunteers will receive free training, team experience with other volunteers, an opportunity to develop interpersonal and communication skills, as well as having a lot of fun! For more information, or to volunteer, phone Barbara at 833-2500 local 4519 or e-mail Barbara.thuen@forces.gc.ca.

THE BATTLE OF BRITAIN

A SPIRITUAL REFLECTION

Padre Will Hubbard

As a remembrance, each year, the military recalls the sacrifice given by many during a battle to rule the skies. It took place throughout the Second World War, but took a high pitch in 1940. Britain and its allies defended themselves against a determined opponent in Germany.

As young Canadians, many of us are far removed to what occurred in the Battle. I can recall what was shared by my Grandmother when she was living in London in 1940. She shared her trepidation when German bombers destroyed its city blocks. She spoke of hardships. She and many of her friends and family had to head for cover in bomb shelters. She spoke of darkness and the almost continuous fear that she may not survive the next bomb.

This darkness of the bomb shelter and of the city was an ongoing reminiscence for my Grandmother. She spoke of it often. She would sit over her knitting and tell me of the challenges found in the dark, "You can stub your toe, bang your head, and

even worse." She said. The "worse" part of the stories never developed. It was if she wished to avoid the most traumatic parts of her story. Even so, she did return to telling us about how they had to "draw blinds tightly closed so that no light should escape" their apartment. She spoke of the "buzzing planes and sirens" that could come at

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BLED FROM BOMB UPON BOMB
SHATTERING THE LANDSCAPE'

any one time.

"She lived through it" she said, "and those young fellows that flew, they were brave." Each year she attended remembrance services and she remembered many friends who died in the Battle for her skies. From the glint of her eyes, while she worked and told stories, I believe she found meaning in their sacrifice. She could come outside of the dark. She could pursue her life, love her husband and build a family. In the end the meaning of her freedom came from a time of great

challenge, when the earth trembled from bomb upon bomb shattering the landscape, to the now, when my Grandmother could peacefully reflect upon life.

Victor Frankl, a psychologist, indicates that a spiritual life is one that is found in purpose and meaning. He further shares that "We can discover this meaning in life in three different ways: (1) by doing a deed; (2) by experiencing a value; and (3) by suffering." In application, my Grandmother suffered greatly through her experience of the Battle of Britain. The value for us might be that we can learn from these struggles to embrace and give thanks for the gifts

of our society. These gifts came from the sacrifice of others. Our responsibility may be to act, by deed, trying to safeguard those same values learned as a result of this sacrifice. As we continue to reflect on the gifts that we are offered, I might add that our Creator provides such a significant opportunity for our growth. Each day I am thankful to my Creator for the stories that my Grandmother has imparted. I leave you with a wish that you may have a chance to learn from those that have survived the Battle of Britain.

YOU'RE INVITED

There will be a service of welcome for those new to the base and/or new to the chapel communities of the Chapel of the Good Shepherd (P) and St. Marguerite Bourgeoys (RC). The Chapel of the Good Shepherd will be welcoming newcomers on Sunday the 20th at the 9am service followed by a reception with cake and tea and coffee followed by a potluck BBQ on Thu. 24 September beginning at 5pm. Hot dogs and hamburgers will be provided and salads and deserts will be pot-luck. St. Marguerite Bourgeoys will host a newcomers mass on Sunday the 27th of Sept. at 11am followed by a pot-luck luncheon. We very much look forward to meeting you and welcoming to our community

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Pre-marriage Course

From a unique military perspective

Anyone planning to be married in the near future is invited to attend a non-denominational Marriage Preparation Course.

November 6 1900-2100 hours
November 7 0900-1600 hours

At the 17 Wing Community Chapel
2235 Silver Avenue (off Whytewold/Wihuri)

For more information please contact:

Padre Magdziak 5272
or
Carol Cochrane 5087

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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COMMUNITY ANNOUNCEMENTS:

Curlers Wanted: CFB Winnipeg Senior Curling League, Assiniboine Memorial Curling Club. Tues 1130 - one draw
First Draw 13 Oct 09, Guaranteed 20 draws Team, individual, and spare entries are most welcome. Contact: Lynda Ann and Jim Smith 889-5838

Harvest Supper: St Charles Church, 320 St Charles Street
 Sunday, September 27 2009
 Time: 4:30 - 7:00PM
 Cost: Adults - \$12.00
 Children Ages 5-12 - \$6.00
 Children 4 and under - Free
 Tickets can be purchased at: St Charles Church (call 889-3248) or Fellowship Book centre - 3111 Portage Ave. For more info contact Lynda Ann Smith @ 889-5838

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TAROSCOPES

BY NANCY

Aries
 (March 21 - April 19):

Taking on a new challenge teaches you there are some things beyond your control. Deal with old debts that resurface. New costs are high. Before you react rashly, consider that in time things change. The price you have to pay could change more or another solution could present itself.

Taurus
 (April 20 - May 20):

If you cling to what you've accomplished so far, or what you want to see, you may miss what's happening now. Consider events and outcomes from other people's perspectives. Let go of assumptions regarding the image you project. Expectations need to be realistic.

Gemini
 (May 21 - June 21):

You're up to the tasks being sent your way. You've shown your worth and so you may be given additional duties and responsibilities. You are appreciated but this can mean you have less time for yourself. Physical activity keeps your mind alert and your body healthy.

Cancer
 (June 22 - July 22):

Patterns and cycles become obvious. You find yourself experiencing a sense of déjà vu. If you take the easy way out expect to revisit difficulties later. If you are disenchanted with those around you or the lack of excitement in your life take action. Pursue meaningful activities.

Leo
 (July 23 - August 22):

Many of your plans haven't worked out the way you'd hoped; you can't change or control all things. Don't worry so much about what others think or the impression you make. Work at boosting your own sense of self-worth. Strive to reach goals that are right for you.

Virgo
 (August 23 - September 22):

Your current situation may be overwhelming; however, initially you had choices and opted for what brought you to this place. The moral here is not that life is always a struggle but wise choices work best. Though, if it was what you truly wanted - perhaps it was worth it.

Libra
 (September 23 - October 23):

If you must make decisions, consult experts or dig up a few facts first. Checking records will be very valuable and gives peace of mind. The difference between your choices radically influences your future so opt for an outcome that ends in celebrations not difficulties.

Scorpio
 (October 24 - November 21):

You're shocked by events happening around you. Happily you are not powerless. Your words can bring dramatic results so pick them carefully. You succeed at reaching goals undertaken at this time however there is competition and hard work ahead. Pace yourself.

Sagittarius
 (November 22 - December 21):

Deep emotions are surfacing. Focus on healing old wounds. To make confident decisions don't focus only on using logic, listen to your heart and your body. Think about who and what you care about. How does it make you feel? Does your body relax or tense up?

Capricorn
 (December 22 - January 19):

Do what must be done with a sense of purpose. Appreciate a task well done. Do your best; you'll be rewarded for your efforts. Add personal touches when possible so that your special skills become obvious. When you're caught up in doing what you love, others notice you.

Aquarius
 (January 20 - February 18):

Expect wavering moods and shifting circumstances. One moment you're exhausted, the next you're exhilarated. You feel a sense of promise, then hopelessness. Try to relax. Ride the tides of change knowing that what comes along will soon be gone and more will follow.

Pisces
 (February 19 - March 20):

Even if you're not trying you may end up the centre of attention. Others are fascinated by what you are doing. Someone wants to understand you better. When you don't try to coax another's interest, it is there. Don't try and force an outcome - all will happen as it is meant to.



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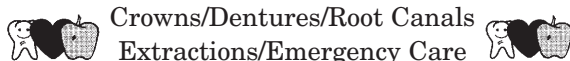
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