



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

August 18, 2010

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FREE

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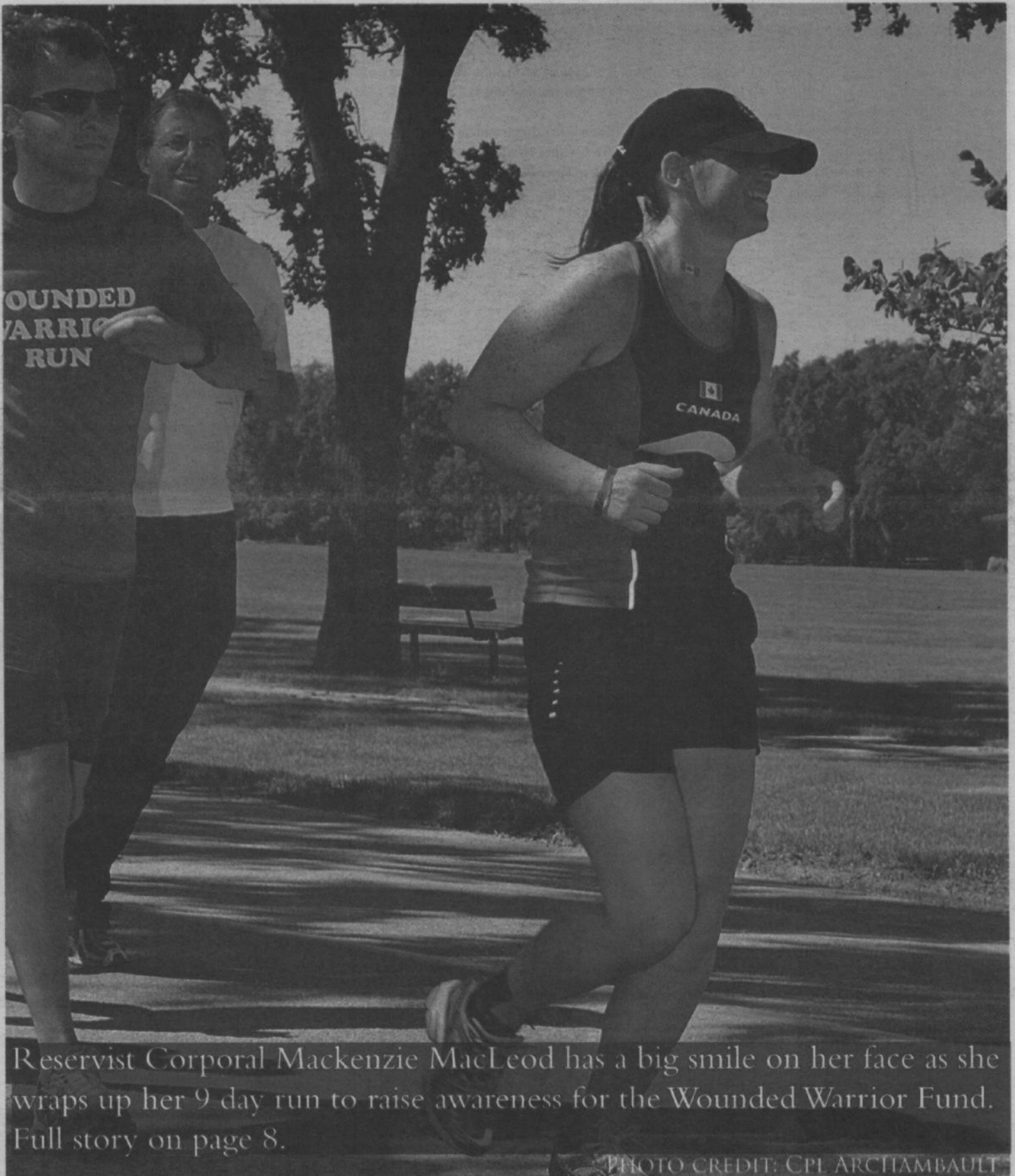
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Marathon Woman



Reservist Corporal Mackenzie MacLeod has a big smile on her face as she wraps up her 9 day run to raise awareness for the Wounded Warrior Fund. Full story on page 8.

PHOTO CREDIT: CPL ARCTIAMBAULT

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History Made With History Book

Lt Donna Riguidel

ASSISTANT WING PUBLIC AFFAIRS OFFICER

The image of a Highland warrior screaming through heather-covered moors brandishing a weapon is one popular in romantic legend. On Saturday, July 3rd, the Queen's Own Cameron Highlanders presented a more civilized image to their special honourees. The Colonel in Chief for the Winnipeg Regiment is none other than His Royal Highness, Prince Philip, in town for one day on a whirlwind Canadian tour with his wife, Her Majesty Queen Elizabeth II.

Dressed in full Highland regalia, both modern and replicated traditional, the twelve-man honour guard greeted the Royal Couple with a brilliant salute of sword, rifle and swirling plaid.

At the foot of the pedestrian bridge just before Her Majesty was going to unveil the cornerstone for the Museum of Human Rights, Prince Philip received the tribute, a specially designated copy of the new Cameron's history book.

"He (Prince Philip) is stopping by today so we can present him with the first official copy of the regimental history book," said Lieutenant Colonel Brett Takeuchi, Deputy Commanding Officer of the Winnipeg Infantry Tactical Group.

This is not the first time Prince Philip has graced the infantry regiment with a visit.

"He visited the lads in the field, during the '97 flood. He was here in 2004 or 2005. He actually added us to the official itinerary, he came to visit us in the Mess during one of his rest periods," said LCol Takeuchi.



Queen's Own Cameron Highlanders honor guard with the commander, Lieutenant Colonel (LCol) Brett Takeuchi present Winnipeg's Ladies from Hell books to his Royal Highness the Duke of Edinburgh, Prince Philip. Photo credit: Cpl Archambault

The book being presented to Prince Philip is just becoming available to the public now. "It's the history of the regiment, the first hundred years, it's entitled The Ladies from Hell," says Major Patrick Douglass.

"Ladies from Hell" was a nickname given to kilted regiments during the First World War, by the Germans that faced them in the trenches ((Die Damen aus der Hölle).

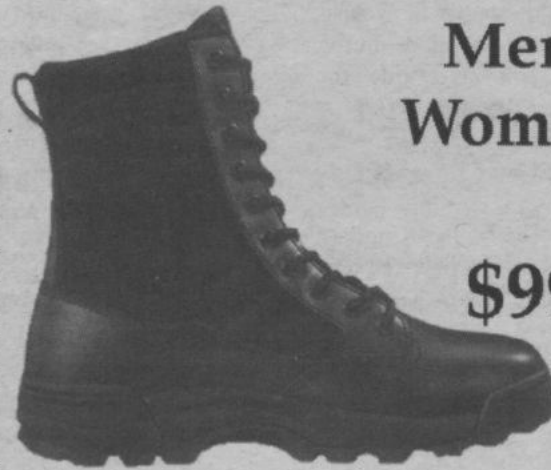
The Cameron's were raised in 1910. They fought in both the First and Second World Wars and have also served locally during the 1997 Flood and on deployments overseas including most recently to Afghanistan.

The Regiment celebrates its 100 Anniversary the weekend October 22 - 24, 2010.

To obtain a copy of the official history book, please contact the Queen's Own Cameron Highlanders at: <http://www.thequeensowncameronhighlandersofcanada.net/>

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Decorated Veteran Finally Recognized

Cpl Bill Gomm
38 CBG

"We are here in memoriam of Sgt Wilford Kirk," said Commander Frits Stam. "He died a year ago and we were not able to be present then. So therefore, a year after his passing we are here to honour him and to lay this wreath in his memory."

On July 29, the first anniversary of Sgt Kirk's death, Judie Dyck, Dutch Honourary Consul to Saskatchewan and Cdr Stam, Defence Attaché of the Kingdom of the Netherlands, paid tribute at his gravesite in the municipality of Langenburg, Saskatchewan.

"I probably shed more tears today than the day of his funeral," said Trevor Kirk, one of Sgt Kirk's sons. "For me it was very touching, well done – not everybody gets this kind of recognition."

As a member of The Queen's Own Cameron Highlanders of Canada, Sgt Kirk took part in the battle at Woensdrecht along the Scheldt Estuary in the Netherlands during World War II. On August 26, 1945 Sgt Kirk was awarded the Knight (4th class) of the Militaire Willems-Orde (MWO).

The MWO is one of the highest honours awarded in the Kingdom of the Netherlands and is presented for acts of excellent bravery on the battlefield.

Cdr Stam, incoming Defence Attaché of the Kingdom of the Netherlands and Lieutenant-Colonel Henri Schevers, outgoing Attaché, traveled to Langenburg to take part in the ceremony.

This was an exceptional tribute because representatives of the Kingdom of the Netherlands do not normally attend the funerals of World War II veterans. The Queen's Own Cameron Highlanders of Canada sent soldiers and a piper to take part in the ceremony.

LCol Schevers was fortunate enough to meet Sgt Kirk a couple of years ago while working as the Defence Attaché to the Netherlands in Canada.

"He made a big impression on me and I had promised myself that I would be there in case he would pass away. However, unfortunately, he passed away in the summer and it was not possible, but one year after his death, we were still

able to pay tribute, as the Netherlands should."

Sgt Kirk's sons never really knew how their father earned the MWO until a few months ago when they were shown a copy of the message describing what had happened. Brian Kirk read the message that recalled the event, what follows is an excerpt of the message:

"Sgt Kirk led his platoon forward under extremely heavy machine gun and rifle fire, to a position close to the enemy trenches.

The entire platoon was unable to move forward at once so Sgt Kirk made his way alone into the first enemy position and, covered by fire from his men, captured 17 prisoners. While doing so he was wounded but refused to be evacuated.

Having cleared this position and reorganized his men, he led them forward to a second attack on an enemy strong point and succeeded in killing seven and capturing 10 more of the enemy."

"It was overwhelming when I read the message," said Brian Kirk, one of Sgt Kirk's other sons. "It's still inconceivable to me what he did."

"I stood on the hill with him in 1995, so I have an idea of the ground that was being taken that particular day," said Brian. "It is a hill roughly about 100 feet high that overlooks the surrounding flood plain, which is as level as a kitchen floor. You don't have to be a military genius to know that somebody who was entrenched on that hill would have the upper hand in any battle."

"When I read what he had done, I'm overwhelmed," expressed Brian. "I have no idea how he did it. I cannot imagine going up alone taking 17 prisoners. What was going through his mind? Was he just robotic? Did he just act on instinct and training? Or was he thinking clearly? I can't, I can't imagine it."

With Sgt Kirk's passing last year and the passing of Lieutenant Colonel Charley Forbes in May of this year, there are no more Knights of the MWO in Canada.

Presently there are only nine Knights still alive in the world. For more information: Look up "Military William Order" on Wikipedia.



Commander Frits Stam, Defence Attaché of the Kingdom of the Netherlands and Judie Dyck, Dutch Honourary Consul to Saskatchewan lay a wreath at Sergeant Wilford Kirks grave. Photo Credit: Cpl Bill Gomm 38 CBG



Minister Thom Carnahan of the United Church reads out the prayers during the service. Photo Credit: Cpl Bill Gomm 38 CBG

Wing Logistics and Engineering COA Parade



Lieutenant Colonel (LCol) Watson (right) passing the branch CWO pace stick from Chief Warrant Officer (CWO) Chainé (left) to CWO Sampson (centre). Photo Credit: Cpl Archambault

The 17 Wing Logistics and Engineering Branch welcomed two new members in a Change of Appointment Parade on 27 July 2010.

Colonel (Col) Yvan Boilard supervised the ceremony that saw Outgoing 17 Wing Logistics & Engineering Officer Lieutenant Colonel (LCol) W.A. Watson pass the title to



Lieutenant Colonel (LCol) Penney (left) incoming Wing Logistic and Engineering (WLEO) Officer, 17 Wing Commander, Colonel (Col) Yvan Boilard (centre) and outgoing WLEO Officer LCol Watson (right) signing the change of appointment certificates. Photo Credit: Cpl Archambault

Lieutenant Colonel (LCol) A.C. Penney.

As well, Chief Warrant Officer (CWO) J.H. Sampson assumed the role of 17 Wing Logistics & Engineering Chief Warrant Officer from Chief Warrant Officer (CWO) J.J.P. Chainé.

MILITARY PERSONNEL Volunteers Needed for Research Study



University of Manitoba research group in collaboration with the Veterans Affairs of Canada Operational Stress Injury Clinic in Winnipeg, MB is seeking volunteers to participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

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Winnipeg Welcomes New Recruits

29 Manitobans begin journey towards a career in the Canadian Forces

MWO Paul Lucas

23 July 2010 marked the beginning of a new journey for 29 young Manitobans as they were officially sworn in to the Canadian Forces (CF) in front of over 100 friends and family. The enrolment ceremony, which was held at the Base Theatre, saw the enrolment of 14 Officers and 15 non-commissioned members to various callings in the CF.

Lieutenant-Colonel Luc Guillette, who acted as the Attestation Officer, remarked that this was one of his personal highlights since his return to Winnipeg and that this event would "Mark the beginning of a great journey" for these fine young men and women.

Capt Greg Johns, Commander of Canadian Forces Recruiting Detachment Winnipeg, stated that all those who were selected for enrolment were up against a very competitive national selection.

"With the CF limiting its intake for all Officer and NCM trades this year, the competition for one of these careers is at a point not seen in many years."

The Canadian Forces typically offers over 500 positions for subsidized education each year leading to a career in one of a hundred full time professions. For more information, visit www.forces.gc.ca.



The 29 new CF recruits stand for a photo following a swearing in ceremony. Photos credit: Cpl Michelle Pohl

17 Wing Squadron helps Coast Guard find missing boaters on Lake Winnipeg

Capt Jeff Noel
Wing Public Affairs Officer

Four boaters on Lake Winnipeg are safe thanks to the combined efforts of a CC-130 Hercules aircraft and crew from 435 'Chinthe' Transport and Rescue Squadron based at 17 Wing, Winnipeg, Man., the regional Canadian Coast Guard (CCG) and the Royal Canadian Mounted Police (RCMP) in Gimli, Man.

The four were aboard a small 12-foot sailing dinghy that had been blown roughly 10 kilometres offshore by strong winds on Thursday July 15, 2010, and were unable to get back to shore.

On arrival at the search area, 435 Squadron crew spotted the dinghy and relayed the position to nearby CCG vessels that, along with the RCMP, recovered the boaters shortly afterwards. All are reported in good condition.

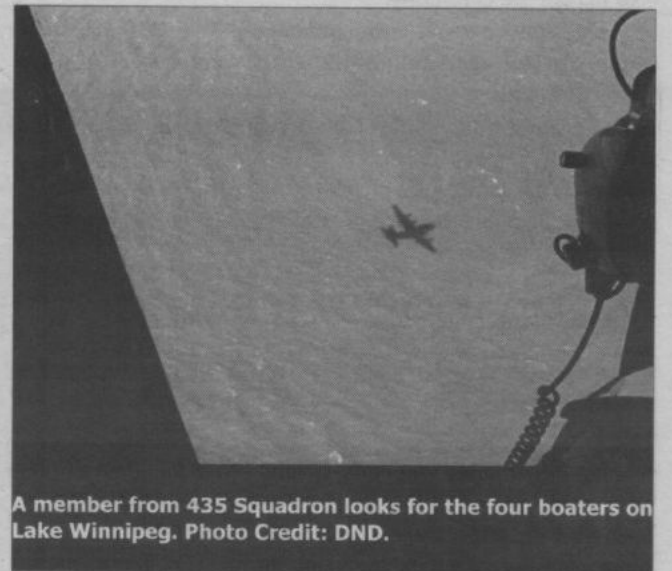
"Having both rescue aircraft and vessels on scene was definitely a major reason the boaters were assisted in a timely manner as the area we were tasked to search encompassed almost 100 square miles," said Captain Chris Jacobson, one of the pilots who flew the Hercules during the search and rescue (SAR) mission.

Commanding officer Brian Sparks with the CCG in Gimli indicated that all boaters aboard the stranded dinghy were wearing personal flotation devices, a crucial part of boating safety.

"Inland water SAR is generally the RCMP's responsibility," said Sergeant Wes Olsen with the East Interlake Detachment in Gimli. "But we have an excellent working relationship with the Coast Guard based here in Gimli and they provide an invaluable service to our detachment."

17 Wing's 435 Squadron provides primary SAR response for 8 Wing Trenton Search and Rescue Region (SRR). Extending from Quebec City to the British Columbia/Alberta border and from the North Pole to the Canada/United States border, the Trenton SRR is the largest of the three SRRs in Canada.

Responsibility for the "overall effective operation of the federal coordinated maritime and aeronautical SAR system" in Canada is assigned to the Commander of Canada Command. Responsibility for SAR operations is divided into three SRRs, named after their respective Joint Rescue Coordination Centres (JRCCs): JRCC Victoria, in British Columbia; JRCC Trenton, in Ontario; JRCC Halifax, in Nova Scotia.



A member from 435 Squadron looks for the four boaters on Lake Winnipeg. Photo Credit: DND.

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435 Squadron Captain honoured with CDS Commendation

Kristy Rydz
VOXAIR REPORTER

In recognition of his harrowing efforts to help save two lives, 17 Wing's own Captain (Capt) Kevin Judd of 435 Squadron has been awarded the Chief of Defence Staff (CDS) Commendation.

While participating in Exercise Maple Flag at CFB Cold Lake in May 2008, Capt Judd along with Captain (Capt) Greg Mendes and Second Lieutenant (2Lt) Andrew St. Laurent were driving on Highway 28 from Edmonton to Bonneville. Around 0100 AM, the men witnessed a mini van traveling in the opposite direction veer off the road and disappear into the ditch.

The three 435 Squadron members descended into the ditch on foot to offer assistance and they

discovered a man and woman injured in a swamp and a young girl still in the van.

While 2Lt St. Laurent called 911, Capt Mendes aided the injured woman who was struggling to breathe and had fractures to her right femur. With the help of Capt Mendes, Capt Judd pulled the fully submerged male from the swamp and administered first aid until the EMS team arrived.

In the recommendation statement it is concluded that not only did Capt Judd's participation in the rescue mission in the isolated area save the victims' lives but also "his quick thinking, decisive actions and willingness to act prevented their deaths."

This June, Capt Judd, Capt Mendes and 2Lt St. Laurent were all awarded the CDS Commendation for their exemplary conduct and presented with a scroll and insignia.



17 Wing Commander Col Boillard (right) presenting Capt Judd (left) with his CDS Commendation.

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Good Food in a Box

Kristy Rydz
VOXAIR REPORTER

For a small fee you can be treated to a box full of fresh fruit and healthy vegetables each and every month thanks to a new program from 17 Wing's Community Recreation Department.

The Good Food Box Program sees community members pay either \$15 for a small box or \$25 for a large box and in return fresh produce is purchased in bulk and divided up equally among participants for pick-up at Building 33.

For Jessica Ripley and her husband Lieutenant Alexander Ripley the benefits of the Good Food Boxes are many and diverse.

"[We] like to participate because it's a lot of food and it's fresher than we would usually buy at the store," she said. "It also gives us a variety...tomatoes, lettuce and carrots then there are things like beets and spaghetti squash."

Those unique items stand out for the Ripleys and are often a horizon-broadening experience.

"We may not know what to do with them but we can look up ideas or Community Recreation gives out recipes too," Ripley said. "We're a big fan of the spaghetti squash. We ate it a couple of different ways but we really liked it as a macaroni and cheese dish. You can use it as a pasta replacement."

The couple has also started making their own hummus with garlic the box provides, as well as freezing bananas to later thaw and eat with chocolate sauce as a dessert.

With over 56 participants, Community Recreation Director and program creator Tina Bailey totes the already successful initiative as both an economical opportunity as well as a chance to branch out in what you're putting on your table.

"We're not trying to meet someone's food bill for a

month. We're saying here's an opportunity to do something different," she said.

Kitchen staples like garlic, onions, apples and bananas always make their way into the box, but there is always an effort to include a few unique items like sweet potatoes, butternut squash and strawberries to add some variety to plates.

The program was designed as a combination of a food co-op that Bailey participated in while working in Edinburgh, Scotland and the West Broadway Development Corporation (WBDC)'s Good Food Club that operates on the premise of a similar idea.

Bailey, who now has the help of two YMCA interns to run the program, has witnessed the impact of similar projects and wants to help 17 Wing embrace healthy choices.

"I am a firm believer that everyone has the right to access fresh produce," Bailey noted. "It's great being able to tell someone to improve the way they eat but to actually show them how and give them the tools is even better."

For more information, please call local 5139.

The Good Food Box Fall Schedule

Order Deadline

October 22

November 19

December 10

Pick Up Date

October 27

November 24

December 15



Photo Credit: Kristy Rydz

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For complete job descriptions, terms of employment, and a summary of skills and experience necessary for consideration, please visit us online at: www.mdacorporation.com/careers.

Air Force Introduces New Defence Resource Management Information System

Holly Bridges

The Air Force went live with its first rollout of the new Defence Resource Management Information System (DRMIS) on August 9 at 402 "City of Winnipeg" Squadron at 17 Wing Winnipeg. The squadron was chosen to try the new system which, when fully operational across the entire Canadian Forces, will create a single window for inputting and accessing financial, material, workforce and equipment data.

For users such as Sergeant Ian MacDonald, a vehicle maintenance planner at 17 Wing Winnipeg, the switch to DRMIS means using one system and one system only to order parts, track delivery, liaise with maintainers and drivers and close the file.

"Once the initial rollout is completed DRMIS is going to be quite a time-saver because right now we frequently report things such as repair costs in more than one application. For example, we have our Vehicle Off the Road report on a spreadsheet, our work orders in PlannExpert and our parts costing in an Access database. All of this is redundant information entry. One of the greatest things I see about DRMIS is the one-time data entry that is shared between supply, maintenance, transport, operators and higher headquarters staff so everybody sees the same information at the

same time."

Warrant Officer Doug Carlyle, the DRMIS project coordinator at 402 Sqn, agrees. As a former tactical helicopter aviation technician working with the Army earlier in his career, he says it took him four to five months just to learn the language of his Army brethren. With DRMIS, says WO Carlyle, the Army, Navy and Air Force will all be "singing from the same song book."

"If we can speak the same language whether it's for a helicopter, a tank or a ship it shortcuts the conversations we have with our colleagues in the other environments, even including contractors" says WO Carlyle. "That will be a huge time and money saving thing for all of us."

WO Carlyle says just as vehicle maintainers can use DRMIS to manage their repairs, aircraft technicians will be able to order and track the spare parts they need through DRMIS as well. And, he says, commanders at higher levels can even support their mission planning using DRMIS.

"If commanders need to send eight airplanes, 30 people, four trucks, two sheep and a dog to somewhere they can type all of that data into DRMIS and it will auto-populate it for them and visually tell them exactly what is available and what they can have."

Lieutenant-Colonel Don Hamilton, the aircraft maintenance lead with 1 Canadian Air Division in Winnipeg and the officer in charge of the Air Force DRMIS operational

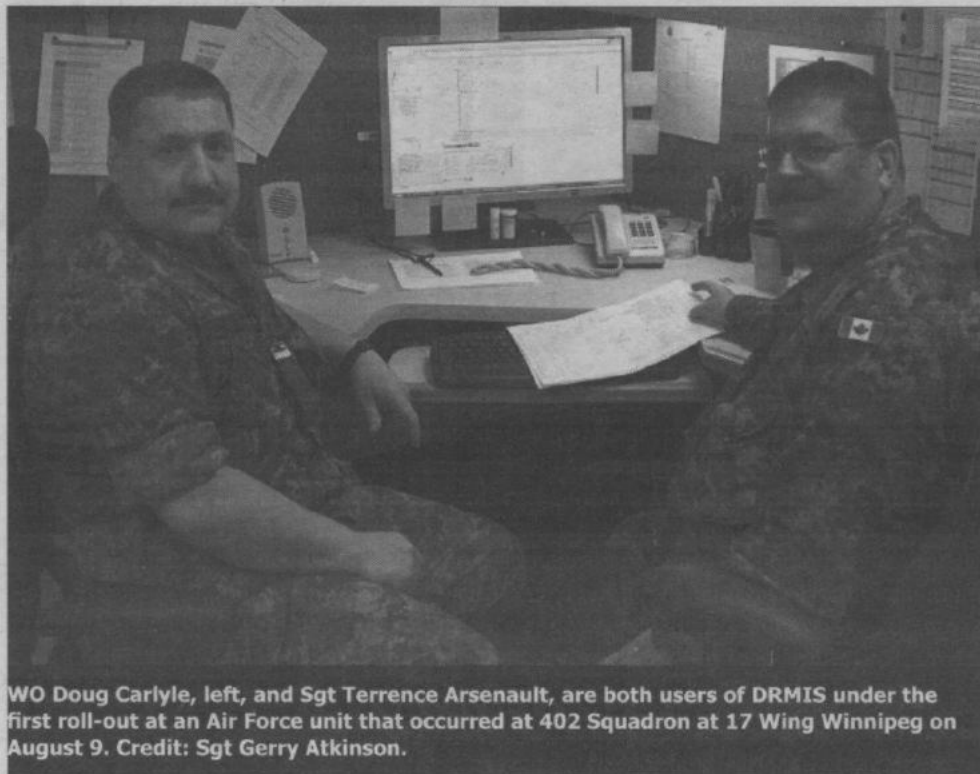
implementation, says although DRMIS will make life easier and less expensive for the Canadian Forces, he says there will be growing pains.

"There is a lot to the transition to DRMIS. If we were just changing the aerospace engineering and maintenance business that would be a big effort on its own, however we are also dealing with logistics functions and technicians who deal with radar and communication systems as well as land-based equipment so a lot of this goes beyond the normal bounds of any one community within the Air Force.

"Once we have gotten through the transition we will gain benefits and create new efficiencies because of that."

This past April, the Department of National Defence merged its Financial Management Accounting System (FMAS) and Materiel and Acquisition Support Information System (MASIS) to form DRMIS.

LCol Hamilton says Air Force personnel worked closely with the MASIS project management office to develop a solution that recognizes and fulfills the Air Force's requirements to maintain airworthy systems. He says the Air Force roll-out plan will be done by aircraft fleet and wing with the roll-out order planned to carefully manage risk and complexity of the communities that will transition to a new way of doing business.



WO Doug Carlyle, left, and Sgt Terrence Arsenault, are both users of DRMIS under the first roll-out at an Air Force unit that occurred at 402 Squadron at 17 Wing Winnipeg on August 9. Credit: Sgt Gerry Atkinson.

New 1Can Air Div Comptroller



LCol Danielle Clouter (right) receiving her promotion to LCol from 9 Wing Gander WComd LCol Chris Conway. Photo Credit: Sgt Harold Spurvey

LCol Clouter is being posted to Winnipeg this summer and will be taking over from LCol June Zuorro as the 1 Canadian Air Division Comptroller.

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Reservist Runs for Wounded Warriors

Kristy Rydz
VOXAIR REPORTER

For most 25 year-olds being a full-time student at the University of Winnipeg working toward a double major in criminal justice and sociology in addition to being an army reservist with the Fort Garry Horse armoured reconnaissance unit at McGregor Armoury would be more than enough to keep them fulfilled.

Corporal Mackenzie MacLeod however, felt the desire to give back to those deployed members of the Canadian Forces (CF).

The athlete active in multiple sports including bodybuilding, cycling, martial arts, swimming and diving ran from Dauphin, Manitoba into Assiniboine Park in Winnipeg over a 9 day period from July 1 to July 9 to raise money and awareness for the Wounded Warriors Project. The organization focuses on four main support streams including donating personal transportation devices to wounded service members, operational stress injury awareness, padre's contingency for first-line caregivers in the military hospital in Germany and individual support.

"I'm a full-time university student so I haven't had the time to deploy yet. So this was my way to contribute to the rehabilitation of our soldiers for both the visible and invisible injuries," Cpl MacLeod explained.

With her fiancé already serving three tours in Afghanistan, Cpl MacLeod is passionate about raising awareness and money for non-profit organizations that provide support for not only the soldiers but for family and friends of those serving overseas as well.

She originally had the idea to run from Winnipeg into the Duck Mountain Provincial Park near her hometown of Swan River, but once she pitched her fundraising run there was such interest, the decision was made to alter the route slightly. The goal was to go through towns like Ste Rose du Lac, McCreary, Neepawa, Minnedosa, Brandon, CFB Shilo, Gladstone, Portage La Prairie and Headingley as they are huge supporters of the CF.

For the seasoned athlete embarking on the run took three months of training with up to six hours of workout time per day.

"I knew it was going to be the biggest challenge I'd ever taken on," she said. "I expected it would be a challenge but it was way better."

The intensity of running nearly a marathon daily, for nine straight days sometimes became physically overwhelming for Cpl MacLeod.

"There were a couple of days where I had to put sandals on and air out my feet because they were like hamburger. So it has to be known that I did about 90 km on the bike," she said. "I essentially ran the equivalent of seven marathons in

nine days."

Though the official amount of money raised has yet to be tallied, Cpl MacLeod knows that she and her team raised over \$2,000 – just in roadside donations.

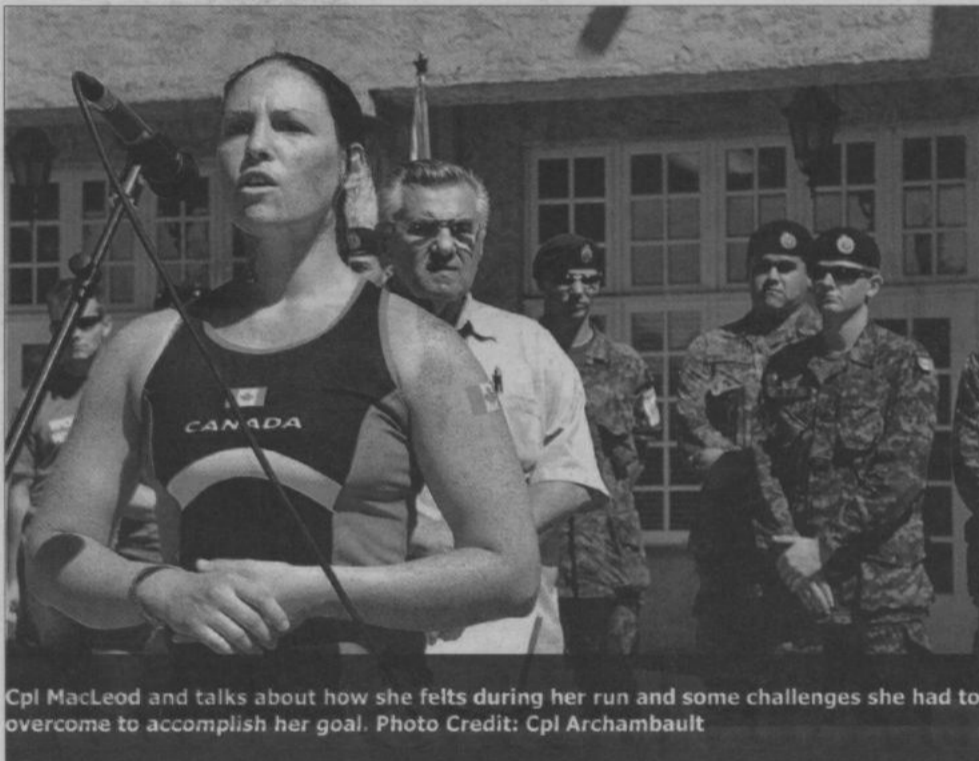
One of those donations came from an Albertan couple traveling through Manitoba and confirmed for the reservist that she had made the difference she was striving for.

The husband and wife duo driving in the other direction from Edmonton stopped Cpl MacLeod to give her some cash but also to tell her that they heard about her on the radio all the way in Alberta. Their appreciation of her efforts for strengthened soldier support meant the world to the 25 year-old.

"A lot of injuries go unpublicized. Not that they're hidden but they're just often not talked about so that was my goal... to raise awareness. And for me, I met my goal on day four," she said.

Heading straight to Wainwright, Alberta for work after her trek wrapped up, Cpl MacLeod is already planning to capitalize on all the interest her run generated by beginning to shape a similar relay event for next year.


"I'm still nursing my feet and just easing back into my physical training but I'm already playing with the brain child," she said. "If this is what we can achieve the first time, imagine what we can do the second time around."



Cpl MacLeod talks about how she felt during her run and some challenges she had to overcome to accomplish her goal. Photo Credit: Cpl Archambault



Member of the legislative Assembly and special Military Envoy, Bonnie Korzeniowsk presents a gift, an Inoukchouk, sign of the 2010 Vancouver Olympics to Cpl MacLeod. Photo Credit: Cpl Archambault



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Change of Command at CFSSAT



Incoming Commanding Officer, Major (Maj) Daniel Desrochers (left), Colonel (Col) Yvan Boilard (centre) and outgoing Major (Maj) Jean Bernier (right) signs the certificates to make the Canadian Force School of Surviving and Aeromedical Training (CFSSAT) change of Command official. Photo Credit: Cpl Archambault

On 05 Aug 2010 in the Officers Mess, 17 Wing, Winnipeg, Manitoba, Canadian Force School of Surviving and Aeromedical Training (CFSSAT) held a ceremony to change the Commanding Officer. Major (Maj) Jean Bernier passes the command to Maj Daniel Desrochers. Colonel (Col) Yvan Boilard supervised the ceremony.

Falcons Soar at PR Ball Hockey Tournament

Chris Merrithew
SPORTS COORDINATOR PSP

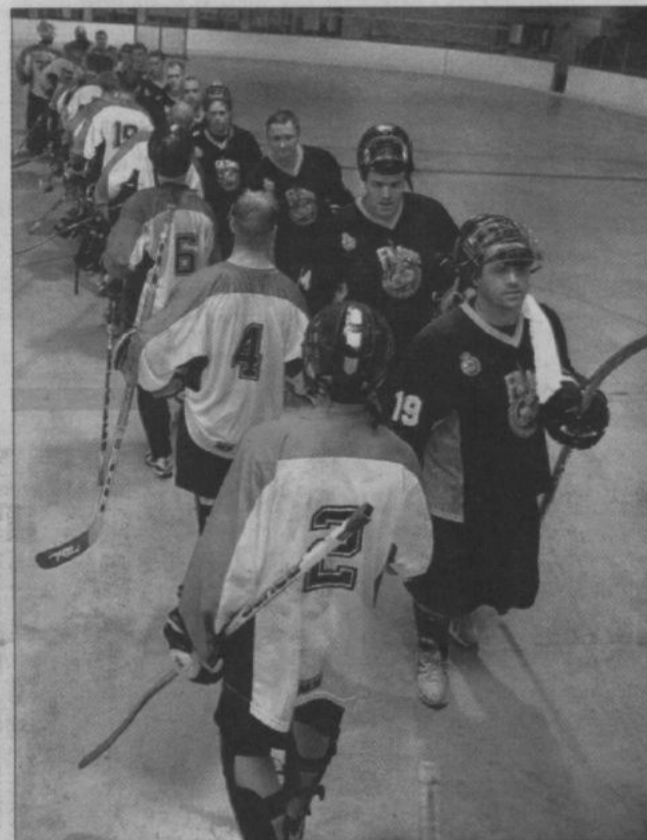
17 Wing Winnipeg hosted the Prairie Region Ball Hockey Championships at the Varsity View Arena from the 22-25 Jul 10. There were 4 teams registered for the PR Ball Hockey Championships: 4 Wing Cold Lake, 17 Wing Winnipeg, Edmonton Garrison and CFB Shilo. After round robin play was completed, Cold Lake finished in 1st place in the standings and they played the host Winnipeg team in the 1st semi-final. Edmonton finished in 2nd place and played Shilo in the other semi-final. There was a lot of hype for the Cold Lake vs Winnipeg semi-final as game time approached as the host team looked forward to defeating the defending Prairie Region Champions and advance to the Championship final.

The Winnipeg team was extremely focused and came out flying from the opening face off. They opened the scoring only 3 minutes into the game on a quick slapshot by Darren Burgess assisted by Kyle Roman and Dave Bergeron. The experienced Cold Lake team knew that they could not allow Winnipeg to take too big of an early lead and they quickly responded with 2 quick goals and they took a 2-1 lead as the buzzer sounded to end the period. Winnipeg regrouped between periods and they put early pressure on Cold Lake in the final period and it quickly paid off as Curtis Cusack used his speed to deke the fallen Cold Lake goaltender and tie the game at 2-2. The Cold Lake team replied with a goal of their own to take a 3-2 lead. Winnipeg was relentless in their pursuit of defeating the defending PR Champions as Fred Richer fired a bullet into the Cold Lake net on a smooth set-

up from Curtis Cusack and Dave Bergeron to tie the score at 3. Both teams pressed to score the winning goal but as the clock clicked down it looked like both teams would head into sudden death overtime. With only five minutes left in the game, Cold Lake took advantage of a Winnipeg turnover and shot it past the screened Winnipeg goaltender to allow Cold Lake to beat Winnipeg 4-3 and advance to the PR Ball Hockey Championships final. In the final, Cold Lake defeated Edmonton 5-0 to be crowned the 2010 PR Ball Hockey Champions. Congratulations to Sgt Ledgister and the 17 Wing Winnipeg Ball Hockey team on their outstanding efforts at the PR Ball Hockey Championships.



The 17 Wing Winnipeg Falcons PR Ball Hockey Team
Top Row: Maj Morency, Pte Richer, Cpl Bergeron, Cpl Quirion, 2Lt Pym, Pte Lamontagne, Cpl Vielfaure, Sgt Verret, Cpl Nymoen, Cpl Lambert, Sgt Ledgister (Coach)
Bottom Row: Matthew Morency, 2Lt Cusack, Cpl Gélinas, Cpl Bishop, MCpl Burgess, Sgt Bamford, Capt Flynn.
Photo Credit: Cpl Colin Aitken

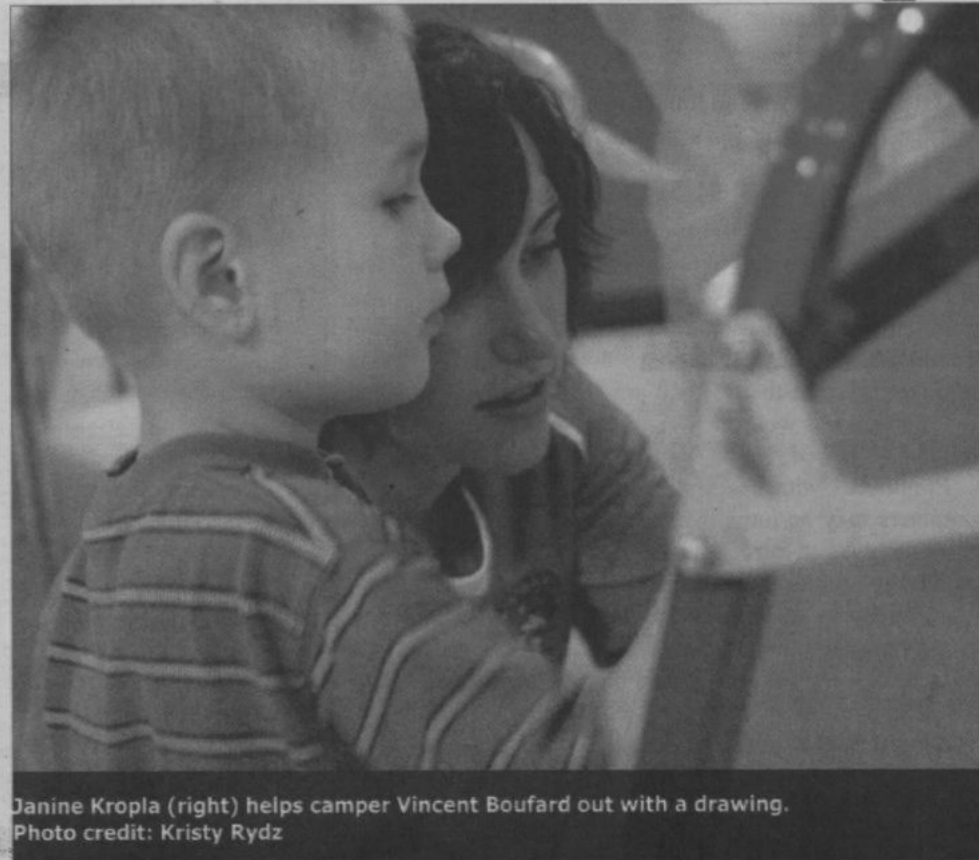


4 Wing Cold Lake (white) shakes hands with players from 17 Wing Winnipeg (Black) after the opening match. Photo Credit: Cpl Colin Aitken

MFR C Kidventures Summer Camp



The MFR C Kidventures campers celebrated Friday the 13th with a costume party: (left to right) Back row - Guylaine Chainé, Janine Kropla, Vincent Boilard, Tyler Mowat, Emery Chainé, Katie Strickland
Third Row - Devon Emms, Sean York, Sara Hulkowich, Kelvin Michaud, Stuart Witherden, Harris Witherden, Hannah Kollenbach,
2nd Row - Alex Winters, Megan Emms, Jennifer Stenina, Quinlin McLeod, Zach Kollenbach, Mercedes Klassen
Front Row - Aidan McLeod, Vivian Curtis, Jolie Klassen, Vincent Bouffard
Photo credit: Kirsty Ryzd



Janine Kropla (right) helps camper Vincent Bouffard out with a drawing. Photo credit: Kristy Ryzd

MP National Motorcycle Relay

Kristy Rydz
VOXAIR REPORTER

Start your engines – for the second straight year the Military Police National Motorcycle Relay will be revving and rolling through 17 Wing on 25 August 2010.

The cross-Canada relay set to raise money and support for the Military Police Fund for Blind Children and the Wounded Warriors departed on 17 August from 19 Wing in Comox, British Columbia and will wrap up in St. John's, Newfoundland on 10 September.

Along for the ride will be mascot and teddy bear Corporal (Cpl) Stone just back from campaigning, collecting donations and visiting wounded soldiers in hospital in Kandahar, Afghanistan.

During the group's stopover in Winnipeg on August 25th, there will be a barbeque and auction in support of the riders (including two 17 Wing members) and their cause in the Jimmy Holland Room in the Senior NCO's mess at 1600 hrs. It is an all ranks function, and all are welcome.

Prizes up for grabs include two wildlife paintings donated by Cabela's, a Harley Davidson jacket, Manitoba Moose merchandise and a team autographed Winnipeg Goldeyes jersey.

The event that raised \$23,000 in its 17-day trek last year will stay overnight in Shilo on 24 August before arriving in Winnipeg.

More information on the ride can be found on the relay's website: www.mpnmrr.ca and for further details on the Winnipeg event, please contact Cpl Hare at 6683.



MP National Motorcycle Relay mascot, Cpl Stone (middle), receiving the Campaign star for being in Theatre for over 30 days. Photo courtesy MPNMRR

Changing schools? Dependent Education Management can help

It's posting season once again, and for Canadian Forces (CF) families moving with children, changing schools can bring many uncertainties.

Will the new school teach in the children's first language? Will the children be behind in their new classes and need tutoring? Will special education classes be available? Will high school students meet all the requirements for college or university?

Dependent Education Management (DEM) can help families find the answers. DEM manages the education, compensation and benefits programs for CF personnel's dependent children.

"Overall, I think the vast majority of families handle the transition extremely well," says Don Ferguson, Director of DEM. "We are here to answer questions and provide assistance to make sure everything goes as smoothly as possible.

"We're always looking out for military children, to make sure they don't slip through the cracks."

DEM provides information and assistance on changing schools within Canada and abroad. From moving tips and general advice to detailed checklists of necessary school documents, DEM strives to help parents stay on top of the education transition process.

For families moving out of country, DEM performs a mandatory screening process as well as further information on international schools. For families moving within Canada, DEM can help families apply for education allowances and benefits, give comprehensive information on schools in every province and territory, and provide screening information for special education options in isolated and semi-isolated postings.

With the right information and preparation, Mr. Ferguson

says families rarely encounter unsolvable problems. Though the first big move can be especially stressful for families, once over that initial hurdle it gets easier. Time and time again, Mr. Ferguson sees what a positive experience moving can be for families with children. He firmly believes that challenging children by placing them in unfamiliar situations leads to great personal growth.

"It's important that families celebrate the positive. Change brings new experiences, new learning and new challenges to master," he says. "Schools play an important role in helping students, especially new students, build resilience.

For more information about DEM visit www.cmp-cpm.forces.gc.ca/dem-epcg/ or email dependenteducationmanagement@forces.gc.ca.

A Course, Of Course!

Primrose Knazan
LEARNING ASSISTANT

After a hot but wet summer, the Learning and Career Centre is returning to a full schedule with a variety of courses to suit your learning needs. Whether you are new to DND, want to learn a new skill, or are preparing for the next step in your career, the LCC will have something for you!

If you are a new civilian to 17 Wing, the next Orientation for New Employees will be held in September. Please note: this mandatory course is different from the Canada School of Public Service's Orientation to the Public Service. Any employee hired in the last two years who has not attended the Orientation is welcome to register for the upcoming session.

Employees who have had little or no experience with computers may be interested in the Computer Basic series which includes an introduction to computers and the Microsoft Office programs Word, Excel and PowerPoint. These courses are intended for computer novices and are considered a 'Level 0' course that would precede the Level 1 courses offered by Wing Ground Training.

Diversity and Employment Equity and Harassment Prevention and Resolution are policy-based courses; however group activities and poignant discussions keep these courses fun and lively. Although these courses are not mandatory, all employees should be aware of these important tenets to

DND and the Public Service.

Civilian employees and their Training Coordinators will continue to receive reminder e-mails of upcoming courses that have been indicated on their Personal Learning Plans. If you want a head start on your PLP or want to know more about Civilian Personnel Performance and Review (CPPR), briefings for employees and managers are scheduled throughout the year.

If you want to further your career, Career Pathways includes a variety of courses such as Career Planning, Skills Assessment, Resume Writing, Portfolios, and Interviews. You can also make an appointment with a Learning Advisor for guidance and assistance.

Employees who work with the public or who want to build on their communication skills may want to consider Customer Service, Assertive Communication, or Defusing Hostility. Other courses that may help you become a more productive and more satisfied employee include Stress Management, Time Management, You and Change and Balancing Work and Personal Life.

Scheduled throughout the fall, the Leadership for Supervisors series of courses include Communication for Leadership, Building Excellent in Teams and Understanding My Leadership Style. These courses give supervisors and managers the tools to become great leaders by learning to communicate effectively, work as a team and discover their own style of leading.

All employees currently in a leadership position, regardless of level, or employees aspiring towards a supervisor or management position should check out the Defence Leadership Curriculum (DLC), located at http://hr.ottawa-hull.mil.ca/hrciv/dglpd/dodlri/leadership/en/home_e.asp. The DLC lists mandatory and optional courses and learning activities for each level of employee, from support staff, a supervisor, a manager or even an executive.

Whether you are retiring in the next year or twenty years down the road, now is the time to prepare. For employees under the age of 45, the LCC is offering the course Future Planning Under 45. Employees over the age of 45 can attend the Retirement Planning Seminar.

If you don't see a course that interest you or if you are not able to attend LCC courses, many e-Learning options are also available through DNDLearn and CampusDirect. Employees who do not have access to a computer are invited to take online courses on our workstations at the Training and Education building, where the LCC is located.

If you are not sure which courses suit your specific learning needs, the Learning Assistants and Learning Advisors can provide suggestions. Contact us or drop in anytime!

To register or get more information about LCC courses, please contact local 4636, e-mail LCCshare@forces.gc.ca or visit our website at <http://hr.ottawa-hull.mil.ca/lcc-cac/>

Masters Track and Field Championships

Capt Serge Faucher
ACTING SAMEO 402 SQN

The 2010 Canadian Masters Track & Field Championships were held in the Toronto Track & Field Centre at York University, July 17-18. Competing in the 45-49 age group, it was my first participation in this event, which proved to be a wonderful experience - thanks to the support of 402 Squadron. While in Toronto, I was also honoured to meet a Canadian legend; Mr. Ed Whitlock, who owns several age-group Canadian records from 800 meters to the marathon. On Sunday morning he ran the 5000 meters in 21:24.9 minutes at age 79 - a truly sensational feat.

On a personal note, I did not fare so well in my first event racing under the blistering afternoon sun. My efforts led to a pedestrian 5:19.35 minutes in the 1500 meter race (5th place) - a whole 25 seconds slower than predicted! The next day,

under more favourable conditions, I would redeem myself in the 800 meter race with a 2:24.47 minute (1st place); a season's best.

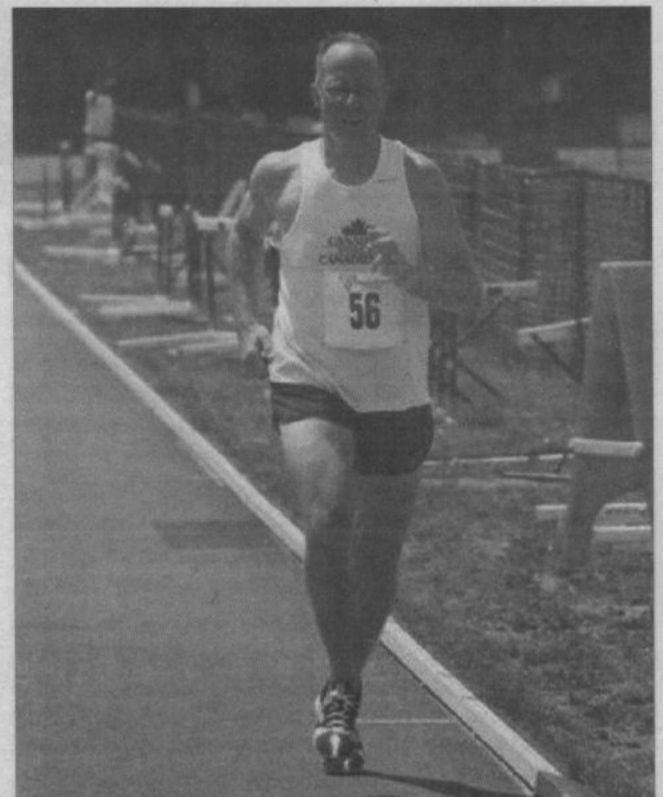
Whether your incentive is winning your age group, or earning a whole new set of PBs, running not only allows you to age gracefully, it enables you to redefine aging. While your friends dread the big 4-0, you can say 'bring it on!'

Still, if you want to stay healthy, you do need to realize that you aren't the young colt you once were. In essence, watch your mileage, cross-train, strength train, stretch regularly, and take those very important rest days. This is the ticket to be in the position to surpass runners half your age.

"You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement."

- Steve Préfontaine

In closing, I'd like to give a well-deserved "thanks" to Captain Noel Payne for reviving my interest in Track & Field after a twelve year absence. I can now turn my attention to the World's Masters Track & Field Championship to be held in Sacramento, California in 2011.



1500 meter race on Saturday. High winds and a humidex of 36; not conducive to fast times on the track.

Stanley Cup mania hits Winnipeg

Capt Jeff Noel
Wing Public Affairs Officer

Police estimate that more than 15,000 fanatical hockey fans watched on July 11 as the Pipes and Drums of the Air Command Band led a parade that took Jonathan Toews, the Stanley Cup and the Conn Smythe Trophy through Mr. Toews' old neighbourhood in St. Vital, Winnipeg, Man.

Jonathan Toews is captain of the Chicago Blackhawks, which won the Stanley Cup earlier this year. He also won the Conn Smythe Trophy as the playoffs' most valuable player and was a member of Canada's Olympic gold medal hockey team in February.

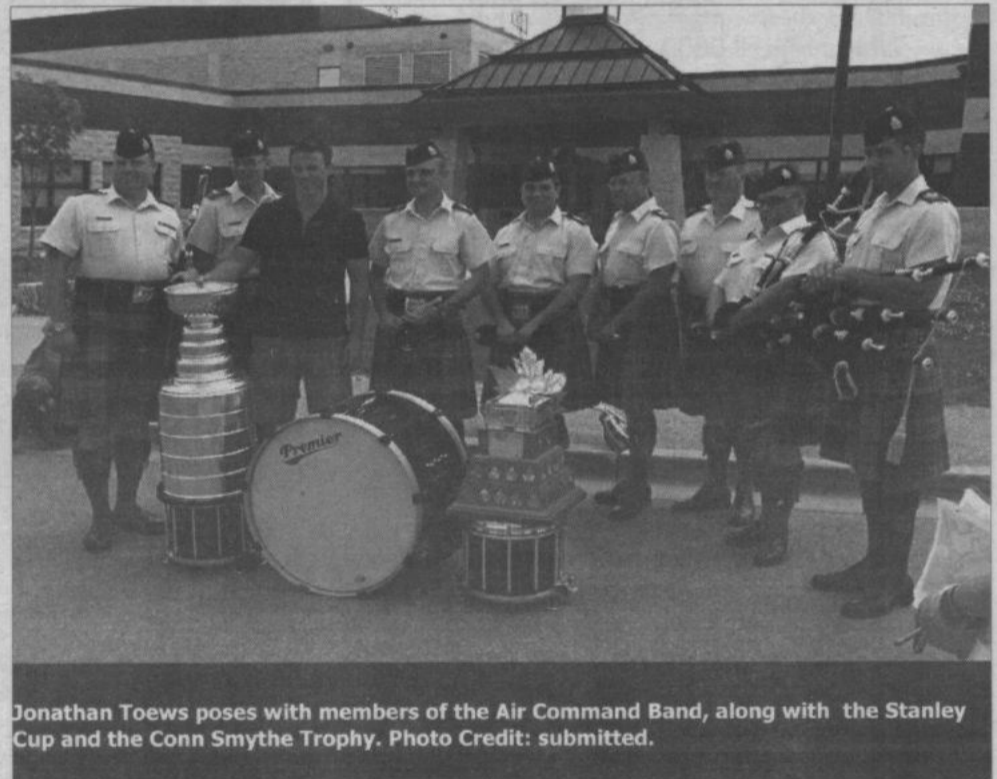
"It was an honour to represent the military at the Stanley Cup parade," said pipe

major Warrant Officer Seann Alderman, of the Pipes and Drums' appearance in the parade that transported the Winnipeg native to the community centre where he first played hockey as a kid.

"Being the coach of the Band hockey team I even tried to recruit [Mr. Toews] and he replied 'sounds promising talk to my agent'," said WO Alderman with a grin.

The appearance by Mr. Toews at the community centre was just one of a series of ceremonies held throughout the day to honour him as he brought hockey's Holy Grail, the playoffs' MVP trophy and his Olympic gold medal home for all to see.

Stanley Cup tradition permits every player on the winning team to have the Cup for a day but as team captain, Mr. Toews gets to possess the Cup for two days.



Jonathan Toews poses with members of the Air Command Band, along with the Stanley Cup and the Conn Smythe Trophy. Photo Credit: submitted.

CFSAS' Man of Steel

Maj Chuck Halikas
D/CMDR CFSAS

On June 26, 2010 LCol Luc Guillette Commandant of the Canadian Forces School of Aerospace Studies competed in the Ford IRONMAN race in Coeur d'Alene, Idaho. An IRONMAN is a triathlon competition taken to the extreme. The athletes compete in a 2.4 mile swim followed by 112 miles of cycling and finish with a full 26.2 mile marathon. This specific event hosted 2710 competitors and LCol Guillette finished the race in 10 hours 21 minutes which placed him 116th overall and was the 11th Canadian to cross the finish line. He came out of the water 7th in his age group, the cycling portion had him 27th and on the run he picked up six spots to finish 21st in his age group. It must be noted that there were 47 professional IRONMAN "triathletes" competing of which, only 24 finished ahead of him. LCol Guillette ran his first IRONMAN triathlon in 2001 and has now completed 8 of these gruelling races qualifying and competing twice at the world famous IRONMAN race in Hawaii. Although his position as Commandant of the School of Aerospace Studies is very time consuming, he still puts in countless training hours evenings and weekends to prepare for such a demanding competition.

Congratulations on an amazing performance!

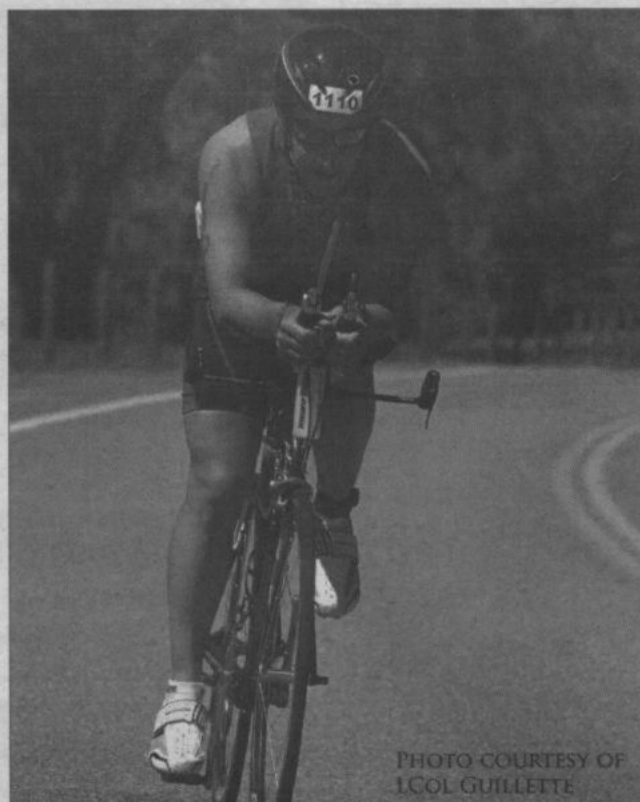


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DATE: 23 & 24 August 2010
TIME: 0800 – 1600 hrs.
LOCATION: Bldg. #135, Room #132
REGISTRATION DEADLINE: 19 August 2010
 For additional info and to register contact
 Health Promotion – local 4150/4995/4160

Health Promotion will be facilitating a two-day Applied Suicide Intervention Skills Training (ASIST) workshop 23 & 24 August 2010.

The workshop will provide participants with the necessary attitudes, knowledge and skills to recognize persons at risk of suicide and to undertake appropriate management or referral. Studies tell us that in any given two-week period, one in twenty people, or five percent of the population, are thinking about suicide.

Suicide and non-fatal suicidal behaviours, ranging from gestures to suicide attempts are far more common than most people think. Almost everyone will come into contact with suicidal behaviours in some significant way during their life. Many people have been trained to administer first aid to people having a heart attack, but very few know "emergency first aid" for preventing suicide.

The workshop will deal directly with attitudes about

suicide prevention. Participants will learn how to recognize persons who might be at risk. The major indicators of the possibility of suicide are sudden changes in behaviour or personality; feelings of desperation, helplessness, hopelessness, aloneness, loss and depression; a previous suicide attempt; and, most importantly, suicide statements expressing a desire or intention to die. One of the most important first aid skills to have is to ask directly about the suicide intentions of someone you are worried about. Skill development exercises and community networking activities will take up the entire second day of the workshop.

To register, or for more information, please contact Health Promotion at local 4150. Persons struggling with thoughts of suicide are encouraged to contact 911, Medical Reception local 5595, Mental Health local 5086 or other health care providers.

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Top Fuel for Top Performance

Date:
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Time:
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Location:
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 Room #115

For additional information and to register please contact:

Health Promotion @ local 4150

REGISTRATION DEADLINE:
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To Register call 833-2500 ext 2057 or 5139

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For more information, or to register, contact Health Promotion at local 4150.

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 Promotion de la santé dans les Forces canadiennes



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Changes coming to the MFRC's newsletter

The Winnipeg MFRC is changing the way we send out our newsletter. To be more environmentally friendly and to give our clients more information about our programs and services, starting in September, we are moving to a monthly electronic version of the newsletter. If you'd like to receive the monthly newsletter, please email us at wpgmfrc@autobahn.mb.ca. If you currently receive the quarterly newsletter by email, you will automatically receive the monthly one as well.

Children's Gear Sale

Do you have any baby or children's items that you no longer need or are you looking for some gently used kids' clothes or toys?

The Winnipeg MFRC will be holding its Children's gear sale on Saturday, September 18 from 10 a.m. to 1 p.m. at Building 90, 680 Wihuri Road. Rent a table for only \$15.

Admission is FREE!!

Come to our Children's Gear Sale to find some bargains!!

Call the MFRC at 833-2500 ext 4500 to register a table or for more information.

Deployment programs

Pamper Yourself

Make an appointment now for the chance to pamper yourself. On Sunday, September 19 from 11 a.m. to 4 p.m., the MFRC is being turned into a spa. Choose between a mini facial or a massage. Each will last for approximately 30 minutes. Before and after your appointment you will have the opportunity to sit and chat with other family members and enjoy some delicious snacks. In order to ensure that as many people as possible are able to take advantage of this offer, please only request an appointment for one service. To register, please contact Dana Glover at dana.glover@forces.gc.ca. The deadline to register is September 15.

Stress Free Child Care

Becoming a single parent while your partner is away can be stressful. Besides carrying the workload of two people doing chores around the home you are now expected to be both mom and dad. In order to help you find time to take care of yourself, the deployment program is implementing a new stress free child care policy. A monthly, monetary amount has been allocated per family who currently has a member away from home. This money can be used towards casual child care, camp programs or to pay a care giver in your own home. If you are interested in this program please let me know and I can give you more information. This program will be implemented starting in September. Until then there is one more date set at the Childcare Centre. It is August 29. If you are interested in these please register through the front desk at the MFRC.

Did you know?

...that if you are the partner, parent or sibling of a regular force member who has recently returned from a deployment you are entitled to receive services for up to one year from the date of their return? If you are reserve force family member that number is extended to up to two years.

...that the MFRC considers any separation of thirty days or more to be a deployment. That means that any time the member is away from home on TD, course, or tasking for thirty days or more families are entitled to receive our services.

Family Handbooks

A shipment of Family Handbooks recently arrived at the MFRC. If you did not receive one before your loved one left on their deployment please let me know so that we can make arrangements to ensure that you receive a copy. The Family Handbook contains valuable information on a variety of topics including; benefits and allowances; resources, communication and health and well being.

Contacting deployed family members via snail mail.

The most convenient, efficient and economical way to mail a letter or parcel to CF personnel deployed on operations overseas is to drop off your parcel at the MFRC. We will ensure they reach your loved one free of charge through the Canadian Forces Postal Service (CFPS). At the MFRC, we have a complete packing station with everything you will need to put a parcel together. Our supplies include; boxes, packing tape, mailing labels to the different theatres and kraft paper.

Parcels are shipped every Wednesday from 17 Wing. With that in mind we recommend that you drop off your parcels with us before 1:00pm on Tuesday afternoons. This will ensure that they leave Winnipeg as soon as possible.

For further information on how to label your care packages or what to include or omit in the packages please refer to your 'Family Handbook' or online at https://www.cfpsa.com/en/psp/DMFS/pdfs/Family%20Handbook%20English_March26.pdf

Pique-nique pour la communauté francophone

Samedi le 21 août 2010
(en cas de pluie, l'activité aura lieu le lendemain)
11h00

Parc Assiniboine, près de la mare aux canards (surveillez l'affiche du CRFM)

Le Pique-nique permet aux nouveaux arrivants francophones de s'intégrer dans le milieu en rencontrant des gens, et, pour les autres, bien c'est l'occasion de socialiser et de connaître de nouvelles familles!! Spectacle de magie avec Mago le Magicien et autres petites surprises pour petits et grands. Apportez votre dîner et venez vous amuser!

Get Connected!

The Winnipeg MFRC is on Facebook. Become a fan today! Search Winnipeg Military Family Resource Centre.



Winnipeg MFRC Learning and Career Fair

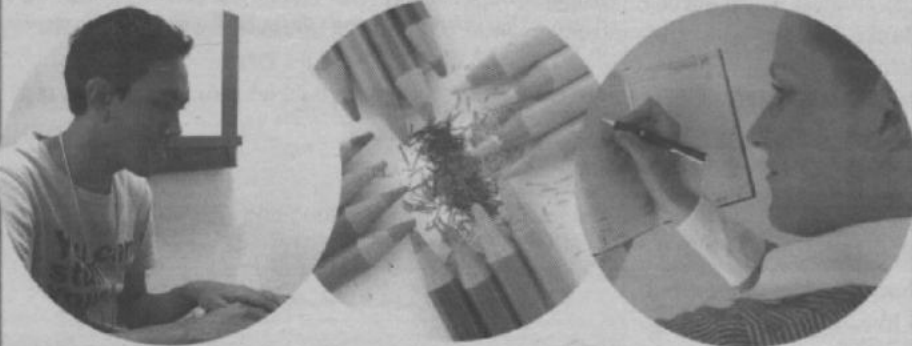
Thursday, September 9

10 am to 3:30 pm

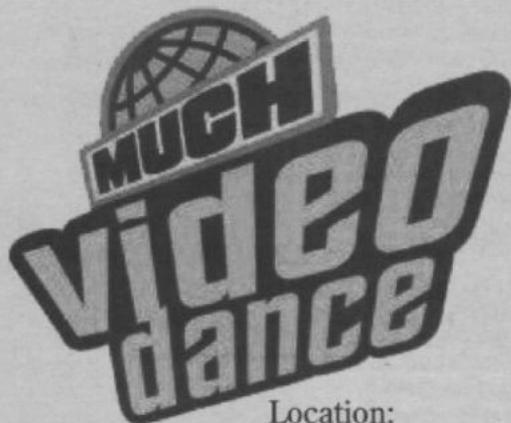
17 Wing Fitness & Recreation Centre

This free event is open to all members of the defence team and their families.

For more information, contact
John Bailey at 833-2500 ext 4511 or
john.bailey@forces.gc.ca



The WMFRC would like to thank 17 Wing Winnipeg and PSP for their support of this event.



Location:
Building 90 gym

Much Video Dance is coming to 17 Wing

Saturday, September 11, 2010

3:00 - 6:00 pm

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Chaplain's Corner

Life in the Jungle

We are living in quite the financial jungle these days. A surprising number of people firmly believe that by getting an extra job and earning a little bit more money, then they can buy that extra gadget, toy, or vacation, and life would be fine and they would feel better. As we have struggled through this past recession, many people's savings have evaporated. They simply do not have the money or available credit card room to buy these things. Many have also realized that after buying that new 60" flat screen TV, or that new computer or that new cell phone, things didn't magically become better, and that the person wasn't any cooler or more popular with their friends. So many people are practically programmed to fix this disappointment by shopping even more.

Yet we are not alone in this thinking. People are trying to figure out why certain companies with huge profits are being hammered on the stock market. The consensus seems to be that the fat cats on Wall Street are not happy with companies who increase profits by cutting expenses. They want companies with greater revenue. Unless your company is selling more and more, Wall Street will hammer you into the ground. In other words, it does not matter that the economy was crippled with a massive overload of debt, and many are losing their homes and jobs by too much debt, we are expected to spend even more.

Just before you think that I mistakenly wrote this article for a finance newsletter instead of the Chaplains' corner, let me flash my union card. Throughout the bible, there are 500 verses that deal with prayer, less than 500 verses that deal with faith, yet over 2000 that deal with wealth and money. In the complex world of finance, wouldn't it be refreshing to have some clarity? It all has to do with perspective ... one that challenges us at a level deeper than we think.

We are living in a society that values individualism. We champion our rights and freedoms. We give trophies to the most valuable player or the three stars of a sports game, and pay little attention to the best team player. We applaud those who are self-sufficient, the mavericks and the self-starters. We even try to copy them, with TV shows and magazines showing off huge mansions and idolizing the lifestyle of the rich and famous. Just look in our own neighbourhoods and see folks admiring a neighbour's new SUV, or their new landscaping, or the new designer jeans. When one family installs some new gold-plated solar lights that will project 3-D images of your favourite television star onto the sidewalk, kill all the mosquitoes, and cook your food, while playing the latest MTV hits, you can bet that others will soon follow suit.

Throughout all of this individualism, whatever happened to the idea of family, or neighbour, or community? We see a gazillion books on building individual wealth, and we see a gazillion people out there chasing individual well-being and success, yet when do we deal with family wealth, or community success or neighbourhood well-being? Rarely.

Recently, many churches heard the parable of the rich farmer. In a nutshell, a farmer had a bumper crop of grain or

wheat. He decided to tear down his smaller barns and build larger ones that could store his excess crops. So far, so good (at least according to Wall Street). Unfortunately, the farmer's life was being asked for that very night. God ends up calling this farmer a fool ... not because he set some wheat aside for the future or because his farm was so efficient that his crops were huge. He is a fool because he believed that his wealth could guarantee or secure his future.

As a chaplain, I have been with many people on their deathbeds. Never have I come across one worried about their bank account balance. They are worried about their loved ones. Unlike the farmer, these people came to realize that money will buy a bed but not sleep, books but not brains, a house but not a home, medicine but not health, amusement but not happiness. The Prodigal Son found out that he had a busy social life and plenty of fame when he was spending his inheritance, but when the money ran out, so did his fame and social life. Had the farmer (or the Prodigal son) used his wealth to build up his family and to help his neighbours, then when the money starts to run out, he would have been rich in his relationships. How about us? We have just come through a recession and many analysts fear that we are heading into another. Many people think that their money is running out. How do we use our wealth and resources? Are we spending our lives trying to be the richest person in the cemetery? Are we trying to purchase happiness? To what extent does money affect the way we live and see others? Are we living within our means or beyond them? Difficult questions.

In 1928, many of the world's most successful financiers met in Chicago, including the president of the largest utility company, the greatest wheat speculator, the president of the New York Stock Exchange, a member of the President's Cabinet, a top investment analyst in Wall Street, the president of the Bank of International Settlements, and the head of the world's greatest monopoly. For years, newspapers and magazines had been printing their success stories and encouraging the youth to follow their examples. Twenty-five years later, this is what had happened to these men:

The president of the largest independent steel company, Charles Schwab, lived on borrowed money the last five years of his life and died broke. The greatest wheat speculator, Arthur Cutten, died abroad, broke. The president of the New York Stock Exchange, Richard Whitney, served a prison term. The member of the President's Cabinet, Albert Fall, was pardoned from prison so he could die at home. A top investment analyst in Wall Street, Jesse Livermore, the president of the Bank of International Settlements, Leon Fraser, and the head of the world's greatest monopoly, Ivar Drueger, all committed suicide.

All of these folks had learned how to make money, but not one of them had learned how to live. Can we?

Take care and God bless.

-Padre Mark Mawson

In Memoriam



Sapper Brian Collier was killed after an improvised explosive device detonated during a foot patrol in the Panjwa'i District, about 15 kilometres southwest of Kandahar City, at approximately 9:00 a.m. Kandahar time on 20 July 2010.

Sapper Collier was from 1 Combat Engineer Regiment, based in Edmonton, Alberta. He was serving with 1st Battalion, The Royal Canadian Regiment Battle Group.

We are all thinking of the family and friends of our Canadian fallen comrade during this sad time. We will not forget Sapper Collier's sacrifice as we continue to bring security and hope to the people of Kandahar Province.

Together in Church

CATHOLIC

CHAPLAINS

Padre Mark Mawson
Roman Catholic Office 833-2500 ext 5956

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

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

Padre Bob Granholm
(Mennonite Brethren) Office 833-2500 ext 4277

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

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'.

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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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 4. Inglis Washer and dryer set (2 1/2 years old) - \$300
 5. Window air conditioner - \$70
 6. Framed poster sized picture (seascape) - \$20
 7. Framed picture (Mama bear with cubs in the wild) - \$300
 8. Wooden shelf (kind of a pine stain and a towel bar) - \$20
 9. Hall mirror and table - \$60
 10. Upright Eureka vacuum (4 yrs old) - \$40
 11. Ironing board and iron - \$15 for set
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The Deadline for the next issue is August 25

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Taroscopes

BY NANCY

Aries (March 21 - April 19)

If you feel pressured by too many tasks, it may be because you've taken on more than you realized. Step back and ask yourself - what is most important to me? Now do what you want to do most or what is urgently needed. If you try to do everything very little will be done well.

Taurus (April 20 - May 20)

Though you want to be objective, emotions may be surfacing which cloud the issue. You're entering a time when your reactions will be stronger than usual. And you're not totally sure what you're dealing with anyway. Keep reminding yourself to stay calm until you have all the facts.

Gemini (May 21 - June 2)

You may long to take it easy but you're encouraged to push yourself to complete work. This will encourage others to send more work your way in the future. Update your resume. Network. Stockpile experiences that make you promotable. Show others what you can do.

Cancer (June 22 - July 22)

Observe what others are doing. What traditions do they follow or adhere to. If you want to offer assistance, make it relevant to their reality. Consider what traditions and beliefs you've followed automatically. It may be time to reconsider and break free from a few assumptions.

Leo (July 23 - August 22)

You want to be in control but that's not always possible. In the real world there are so many situations where you don't get the luxury of calling all the shots. This is also a time in which you're reminded to treat others fairly. You are not an island. Your actions affect others.

Virgo (August 23 - September 22)

Is the glass half full or half empty? Your assumptions influence how you feel about what's happening in your life right now. So don't get caught up in illusions that reflect your wishes more than your reality. If you really want something - work to get it.

Libra (September 23 - October 23)

If you've been prone to giving in to excess, the time has come to deal with it. Someone may not come through for you at this time which leads you to question the relationship. This is not something you could have foreseen and avoided. Live and learn.

Scorpio (October 24 - November 21)

Just because you are upset doesn't mean you should slip into self-destructive habits. A bit of a break is one thing. But draw the line if your life is overly affected. Take responsibility. Accept the blame when you've made a mistake and the glory when you've earned it.

Sagittarius (November 22 - December 21)

You've got opportunities here to redeem yourself at work and in your personal relationships. Though if you've treated someone unfairly then you've got a lot of work to do to convince others of your sincerity now. You give, you will receive.

Capricorn (December 22 - January 19)

You're managing so much and may be faced with a situation that disconcerts or disturbs you. Be thorough and honest. Don't overlook important aspects when you're processing information. A goal you once set may no longer be in sync with your current reality.

Aquarius (January 20 - February 18)

Look at your life from your own place of awareness and through the lens of your own values. Show self-confidence in the face of criticism. Comments meant to undermine may be served up in the guise of concern. Don't allow others to be disrespectful. You deserve better.

Pisces (February 19 - March 20)

There are rewards for sticking to your chosen path. There are also many self-doubts and fears that can arise when that path isn't the same as the general crowd. You have more options than you realize. Don't let others define you. Allow your spirit to determine what's best for you.

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