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A Season of Change for 17 Wing



There were many changes of command and appointment at 17 Wing this past month. On top incoming Wing Admin O LCol Spott (l) signs the Change of Appointment certificates with 17 Wing/AFTC Commander Col Frawley (centre), and outgoing Wing Admin O LCol Zuurro (right) (Photo: Cpl Dunbar). On the bottom, incoming Commandant LCol Baker (l) signs the CFSAS Change of Command Certificates with Col Frawley (c) and outgoing Commandant LCol Guillette (r) (photo: Cpl Figiel). See page 3 for more

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PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

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Rescue Airmen partner with Canadians for search-and-rescue training



A Canadian search-and-rescue technician does a static line jump from a Canadian C-130 aircraft during a search-and-rescue exercise in Yellowknife, NWT. Photo: Staff Sgt. Anna-Marie Wyant

by Staff Sgt. Anna-Marie Wyant, USAF, 920th Rescue Wing Public Affairs

Approximately 30 Airmen from the 920th Rescue Wing at Patrick Air Force Base, Fla., traveled to Canada July 15-22 to train alongside and strengthen partnerships with Royal Canadian Air Force search-and-rescue technicians, known as SAR techs, and their support personnel. The SAR techs from our nation's northern neighbor share the motto and other similarities with 920th RQW Airmen, but there are differences from which each side can learn.

"The purpose [of the training] was to work with our Canadian brethren, the SAR techs, see how they do business, show them how we do business, and just have a great exercise," said Master Sgt. Wes Hufnagel, pararescueman and Blue Team noncommissioned officer in charge for the 920th RQW's 308th Rescue Squadron.

The rescue Airmen participated in a SAREX, in Yellowknife, NWT, with personnel from 435 Squadron from Winnipeg, Manitoba, and 440 Squadron from Yellowknife. The 920th RQW and Canadian rescue personnel hold three SAREXs together each year: two in Canada and one in Key West, Fla.

LCol Desmond Brophy, 440 Squadron commanding officer, thanked the participants for their involvement in the SAR-

EX and commended them for their commitment to rescue and supporting each other.

"Two great countries that share an arctic coast, that share control of airspace and maritime domain access, worked hand in hand and lockstep, not only to ensure the security of our two great countries, but to look after the safety of their citizens," Brophy said. "By conducting this SAREX, we have demonstrated the commitment and the ability to do search and rescue in the North."

Sgt. Joel Manaigre, a SAR Tech with 435 Squadron, said though the SAR Tech domestic search and rescue mission differs from the pararescueman, or PJ, mission, which is predominantly combat search and rescue, they both have similar principles. He said he learns a lot from training with his American counterparts and has the highest respect for them.

"Information, especially medical, changes all the time," said Manaigre, who has participated in three SAREXs with the 920th RWQ. "I may see the PJs do something different or new, and I might like that and want to use it on my next mission. It's a great learning environment; we love training with the PJs."

The rescue Airmen also traveled to Comox, British Columbia, to practice free-fall and static-line jumps with 442 Transport and Rescue Squadron. Rescue Airmen from both sides of the longest un-

protected border in the world built and fostered positive working relationships with each other while sharing tactics, techniques and procedures.

Hufnagel said the PJs got great training from their jumps with 442 Squadron.

"One of the things that was good for us was the confined drop zones we jumped into. We don't normally do that on home station, so it was definitely good to get exposed to that," said Hufnagel, who has participated in five SAREXs.

The PJs also got to use new gear known as tree suits, which SAR Techs wear to protect themselves if they need to jump into an area with a high density of trees.

"I don't think any of these guys have ever done that, so it was definitely a good thing," Hufnagel said of trying out the

come to ours," Lee said. "We've lost some members over the years, which is quite unfortunate, but it's the nature of the job, and it's absolutely outstanding to see that [PJ] beret walk into a [SAR tech] funeral. "We might not even know the guy, but they know we're SAR techs, we know they're PJs, and it's just instant brotherhood."

Lee and Hufnagel agreed that regularly training together is a give-and-take, win-win situation for both sides, and they believe it is essential to build good camaraderie and strong partnerships for PJs and SAR techs of all experience levels.

Senior Airman Kristopher Tomes, the newest 308th RQS PJ to participate in this SAREX and training, said he learned a great deal from working with the SAR techs for the first time.



Airmen from the 920th Rescue Wing and Canadian forces from 440 Transport Squadron and 435 Transport and Rescue Squadron enjoy some friendly competition during a soccer game in Yellowknife, NWT, July 18, 2012, following a search-and-rescue exercise. Photo: Staff Sgt. Anna-Marie Wyant

bright orange tree suits.

Master Warrant Officer Gavin Lee, SAR tech leader with 442 Squadron, said whenever PJs and SAR techs train together, all personnel involved benefit.

"It's imperative in this day and age that we get together and learn each other's skills and find out some of the weaknesses in the systems where [PJs] can improve or we can improve," Lee said. "It's important for us to gather as much information as possible and train together so we're on the same page."

He said the partnership between PJs and SAR techs has been great in not only training and real world missions but also when either side gives the ultimate sacrifice, living up to and dying by their shared motto, "that others may live."

"We're there for moral support; we've been to the funerals for PJs, and they've

"Besides combat, the SAR techs do everything we do," Tomes said. "It's good to know there's other forces like us who cover various aspects of rescue from mountain to water and more. I learned they're a little different with certain procedures such as time calls before jumps, jumping styles, and certain equipment."

Tomes said he respects the SAR techs' experience and professionalism, and he looks forward to learning more and working with his Canadian counterparts again in the future.

"I'd trust the SAR techs with my life one hundred percent if anything were to happen," Tomes said. "It's a brotherhood, and it's good to train with each other so we're always learning."

The 920th RQW is Air Force Reserve Command's only combat search-and-rescue wing.

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Wing welcomes new WAdmin O LCol Spott

Sgt Bill McLeod
17 Wing Photojournalist

Lieutenant-Colonel (LCol) Aaron Spott assumed command as the 17 Wing Administration Officer from the outgoing W Admin O, LCol June Zuorro at a ceremony held at the 17 Wing Officer's Mess on August 15, 2012.

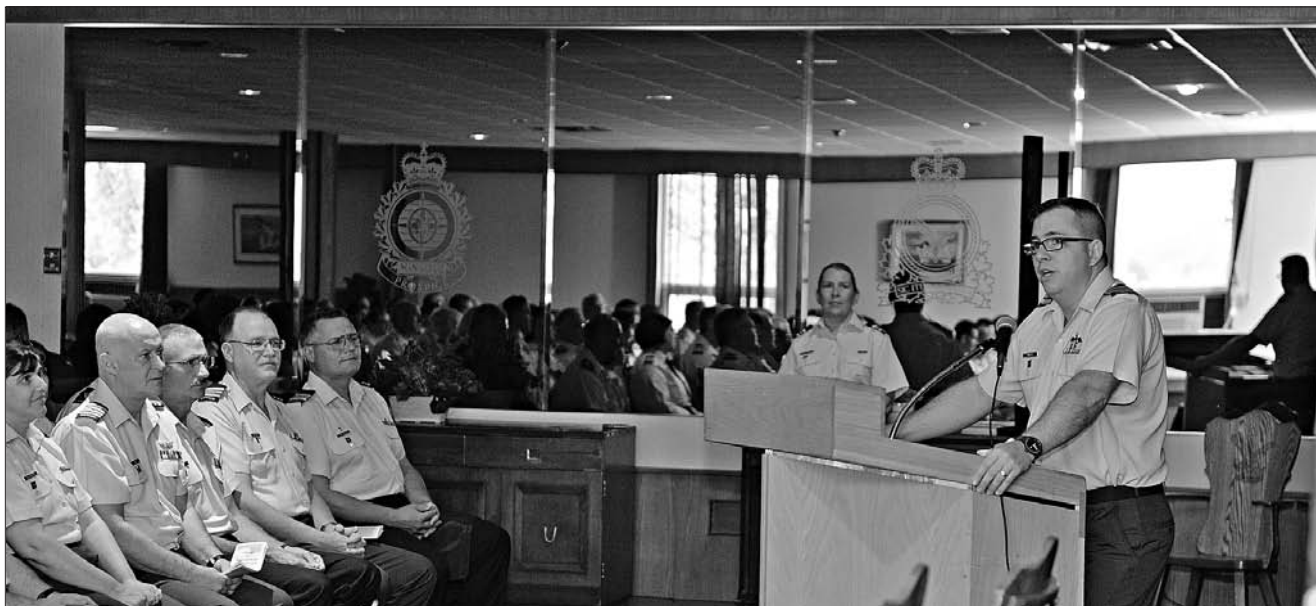
17 Wing/Air Force Training Centre Commander Colonel Blaise Frawley presided over the signing ceremony before the outgoing and incoming officers addressed the friends, family and military colleagues attending the Change of Command.

"A lot of folks in this room have heard me speak before and know that it's very clear that operations are my top priority," said Colonel Frawley, "but I've also made it very clear over and over again that without the support we receive from Wing Admin those operations are just not possible."

"I jotted down a list, probably not comprehensive, of all the things Wing Admin are responsible for. It took me the better part of a page but I'm going to go over them all because I think it's important," Col Frawley added. The list included: the orderly room; the air reserve flight; the personnel selection office; ground training; the language training centre; wing publishing; messing and accommodations; cleaning; university liaison and basic training list; residential housing; the personnel support programs; the military family resource centre; civilian human resources advisor; and a number of committees.

Colonel Frawley thanked LCol Zuorro for her leadership and her concern for the members and families on the Wing.

"My staff put Kleenex here because they've already heard me speak," said LCol Zuorro as she began her speech. She described some of the major events and issues supported by the branch.



Incoming LCol AT Spott addresses the audience of the Change of Appointment Ceremony for 17 Wing Admin O. Photo: Cpl Beverley Dunbar

"The reality is that the men and women of the Admin Branch have repeatedly stepped up to the challenge of supporting the personnel of 17 Wing and the AFTC (Air Force Training Centre) and performed beyond expectations," LCol Zuorro said.

LCol Zuorro is posted to Ottawa where she will be taking Language Training.

LCol Aaron Spott is coming from Canada Command where he was the J4 Plans/Movements but was previously posted to the Winnipeg area at 17 Wing and 1 Canadian Air Division from 1999 until 2007. He briefly thanked the senior staff present and his wife for once again uprooting to help him take on a new job.

LCol Spott talked about the three main things he had noticed about the branch in his short time on the Wing. The first was the impressive scope of responsibilities of the Branch, the second was the level of teamwork of the members, and the third was the level of dedication of the Branch.

"Branch staff are all critical mission enablers allowing the Wing to more effectively carry out its assigned mission by ensuring that the needs of our personnel are addressed in a comprehensive and professional manner," LCol Spott said.

"I eagerly look forward to witnessing what our team will accomplish in the coming years."

LCol Baker assumes command of CFSAS

Sgt Bill McLeod
17 Wing Photojournalist

LCol Bradley Baker assumed command of the Canadian School of Aerospace Studies (CFSAS) from LCol Luc Guillette at a ceremony held at the 17 Wing Officer's Mess on August 17, 2012.

After a short signing ceremony, the outgoing Commandant LCol Guillette addressed the attendees.

"CFSAS is an outstanding unit with outstanding people," said LCol Guillette. He thanked the 17 Wing staff for their continuing support and in particular all of the Commanding Officers of the Air Force Training Centre and 17 Wing for their camaraderie and advice.

LCol Guillette had a warning for the incoming commanding officer, LCol Baker, about being prepared. On the day that LCol Guillette's incoming Change of Command ceremony was held the earthquake in Haiti happened and all of the Commanding Officers were called to a meeting after midnight with the 17 Wing Commander to plan the relief effort.

During his command of CFSAS, LCol Guillette also assumed the duties of Chief of Staff of the Air Force Training Centre. He is deploying to Afghanistan to help train the Afghani air force.

Colonel Blaise Frawley, 17 Wing/Air

Force Training Centre Commander and presiding officer of the ceremony, then spoke to the assembled guests. He mentioned all of the courses that CFSAS runs and the new courses in development.

"Those things are only possible with two things; strong people and strong leadership," said Colonel Frawley, "and CFSAS has been blessed with both." Colonel Frawley talked about the strong leadership of LCol Guillette who had found the time to compete in three triathlons despite also being appointed the Chief of Staff of the Air Force Training Centre along with being the Commandant of CFSAS.

"As a native Winnipegger I can assure you whole heartedly that I am a Bomber and Jets fan," said LCol Bradley Baker as he took his turn to speak at the ceremony.

LCol Baker spoke about the importance of the education CFSAS provides and gave some historical context to the courses the school runs before moving to his personal history and roots in Winnipeg.

"Sixty years ago my father, also an air navigator, did the same course I did 30 years ago at CFANS. I think we even stayed in the same room and I think that room is still in existence," he said.

CFSAS trains and educates Royal



LCol Bradley Baker addresses the audience at the CFSAS Change of Command ceremony. Photo: Cpl Figiel

Canadian Air Force leaders in the study of aerospace warfare. The school established a partnership with the University of Manitoba in 2010 to provide an option

for Aerospace Systems Course students to complete a Masters in Public Administration or in Engineering.

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Airman's final flight at RIMPAC 2012

By Capt Laura Oberwarth
DPAOT

A CC-130 Hercules carrying a Canadian crew takes off to rendezvous with 16 American carrier-based F-18 Hornets as part of Exercise Rim of the Pacific (RIMPAC). Onboard is Master Warrant Officer George Lake, a traffic technician with 435 Transport and Rescue Squadron, 17 Wing Winnipeg, Man.

The busy, air-to-air refuelling flight over the sunny skies of the Hawaiian Islands is a long way from his home base. For the Halifax native, the flight on July 14 is like no other in his 27-year career, for it marks his final mission.

During the flight debrief, the crew takes time to acknowledge MWO Lake's professional life, ahead of his retirement from the Regular Force and last official day of work in September.

Worldwide deployments

MWO Lake began his career with 1 AMU (Air Mov Unit) Edmonton, 8 MAMS, deploying seven times on Operation Boxtop to resupply Canadian Forces Station Alert. He was subsequently posted to CFB Suffield's traffic section, where

he arranged approximately 350 moves for base personnel over five years.

The turning point in his career came in 1994, when he earned his loadmaster's qualification. This allowed him to specialize in air logistics and travel the world. Alternating between 435 Squadron and 1 Air Movements Squadron—both of 17 Wing—he deployed in support of missions to Bosnia, Croatia, Djibouti, Brazil, Honduras and Haiti.

The highlight of his flying time, however, was spent on "world trainers." These missions, which lasted anywhere from seven to 10 days, allowed crews to experience the various air traffic control systems, customs and immigration procedures around the world.



MWO George Lake maintains a close watch on aircraft air-to-air refuelling operations during Ex RIMPAC on July 14 off the coast of Hawaii. Credit: Capt Laura Oberwarth.

"The destinations and the experiences that I gained from the exposure to the other cultures and people were fantastic," he says. "It's probably something that most people wouldn't get to do in their lifetime."

Team asset, motivator and mentor

MWO Lake's extensive training and operational background made him an asset to his flight crews.

"He has a ton of experience," says Master Corporal Jon Moss, a junior CC-130 loadmaster, about his boss and mentor. "I've learned so much from him about our trade

skills. He's very professional and he's also really good for everyone's morale."

"MWO Lake is great at motivating people after difficult missions," says Ma-

yor Scott Frost, a pilot with 435 Squadron. Earlier this year, a fire ignited inside the cabin of a Hercules during landing and takeoff practice in Key West, Florida.

"MWO Lake was able to keep things in perspective and help everyone stay focused on what was important: that no one got hurt," adds Maj Frost. "He also played a huge role in helping investigators determine the cause of the fire."

Athletics and family

MWO Lake is known for his exceptional level of physical fitness. "MWO Lake competed in wing-wide hockey and softball teams every year of his career—religiously," says MCpl Moss. He earned a variety of CF fitness awards, such as 2010 male athlete of the year for 17 Wing, and several old-timer hockey championships.

He plans to devote many of his retirement hours to the sports he enjoys: lacrosse, soccer, baseball, ball hockey, biking, running, kayaking and weightlifting.

Choosing to stay and retire in Winnipeg, MWO Lake also intends to work part-time at 435 Squadron operations and spend more time with his wife Carla, their five daughters and two dogs.

RCAF squadrons keep the fuel flowing at RIMPAC

By LCdr Nathalie Garcia,
CANOSCOM PAO

Exercise Rim of the Pacific 2012 (Ex RIMPAC) launched one of the biggest maritime exercises this June in beautiful Honolulu, Hawaii.

Operating out of the historic Hickam Air Force Base—where the attack on Pearl Harbor made history more than 60 years ago—the Royal Canadian Air Force (RCAF) demonstrated its interoperability capability with the 22 allied nations participating in the exercise by providing air-to-air refuelling (AAR) support.

437 Transport Squadron

The first mission for 437 Transport Squadron, 8 Wing Trenton, Ont., took place on July 10. The squadron's CC-150 Polaris (Airbus) tanker successfully offloaded 61,300 lbs. (27,805 kg) of jet fuel to both Canadian and U.S. fighter jets. Each subsequent mission averaged approximately six hours and 35,000 lbs. (15,876 kg) of jet fuel. During the sorties, unexpected receivers known as "bootleggers" often approached the Polaris to refuel their jets.

"437 Squadron has thoroughly enjoyed the challenges of operating in this dynamic international environment," said Major Gavin Crouch, rotation 2 detachment commander. "We are further honing our air-to-air refuelling skills and building on the lessons learned during Op Mobile. The opportunity to work with a range of

receiver aircraft in a rapidly changing tactical environment has proved equally challenging and rewarding."

By the end of the exercise, the Polaris had successfully completed 21 sorties, flown 98.7 hours and offloaded more than 840,000 lbs. (381,018 kg) of fuel to CF-18 fighter jets, as well as the U.S. Navy's F/A-18C and F/A-18D Hornets, F/A-18E and F/A-18F Super Hornets and EA-6B Prowlers. In all, the squadron provided air-to-air refuelling to 167 receivers.

435 Transport and Rescue Squadron

435 Transport and Rescue Squadron, 17 Wing Winnipeg, Man., deployed with a CC-130T Hercules tanker. It continued its long history of punching above its weight, flying approximately 125 hours in support of Ex RIMPAC.

Under the leadership of Master Warrant Officer Paul Nolan and Warrant Officer Stephen Dockrell, the maintenance team experienced a 97 per cent mission success rate, completing 34 of 35 planned missions. The squadron provided 620,000 lbs. (approximately 350,000 litres) of fuel to RCAF CF-18 Hornets and EA-6B Prowlers, as well as U.S. Navy and United States Marine Corps F-18 Hornets and F-18E Super Hornets.

With an international air-to-air refuelling requirement serving as a reminder of last year's missions during Op Mobile, Ex RIMPAC 2012 presented 435 Transport and Rescue Squadron with an excellent



RCAF CC-130 Hercules air-to-air refueller crewmembers from 435 Squadron fly over the Pacific Ocean near Joint Base Pearl Harbor-Hickam in Honolulu, Hawaii, on July 25. Photo: MCpl Marc-André Gaudreault

opportunity to gain much needed force generation for both aircrews and technicians, and the opportunity for a number of less experienced squadron members to be exposed to higher intensity AAR missions.

The squadron also strengthened its ability to work with 437 Transport Squadron, providing support where needed for intra-theatre missions and the smooth

running of operations.

The participation of 435 Transport and Rescue Squadron and 437 Transport Squadron in Ex RIMPAC 2012, where allies operated in concert to ensure the safety of sea lanes and the security of the world's oceans, demonstrated the RCAF's ability to sustain the vital role of AAR at a distance and over an extended period.



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1 CFFTS Maintains high operational tempo



The August ASCO Course Graduates
From left to right: Back Row: Lieutenant (Lt) Colin Brewster, Lt Jeremy Simmonds, Lt Scott Harding, Captain (Capt) Maxime Senecal, Lt Corey McPhee, Lt Daryl Mason, Lt Jocelyn Gaudette, and Lt Jeremy Maltais.
Front Row: Capt Heinrich Schmoll, course director, HCol Jim Ludlow, 1 CFFTS HCol, BGen Gord Reid, the DComd Sp/ DG Air Res, LCol Douglas Grimshaw, 1 CFFTS Commander and Major (Maj) Krotney Nicholauson, A flight Commander. Photo: Cpl Jean Archambault

Capt David Lee 1 CFFTS

For the staff and students of 1 Canadian Forces Flying Training School (1CFFTS), a graduation parade is always a time to celebrate the achievement of 'wings' qualification and recognize the hard work that goes into training 'ab initio' aviators. The graduation of Air Combat Systems Officer (ACSO) course 1102 on Thursday 9 August was no different, as eight students were awarded their wings as families and friends looked on.

Still, for the instructional staff at 1CFFTS, having one less serial in-house will be a brief reprieve from the recently increased operational tempo associated with having five ACSO serials running simultaneously. Typically, 1CFFTS has four ACSO courses in house along with two Airborne Electronic Sensor Operator (AES Op) courses – one working in the classroom on its Qualification Level 3 (QL3) course, and the other flying and working toward QL5. Each ACSO course is typically loaded with eight students and the AES Op courses range from six to eight candidates.

Since late June, though, ACSO instructors have been making the adjustment to having five ACSO courses active at once. This higher tempo reflects the

school's desire to increase the annual number of qualified graduates. Added to that is the regular loss of instructors associated with the Annual Posting Season (APS). "The APS is challenging because you lose experienced people, but the school doesn't stop so it's been busy," says Major Marco Dallaire, the Operations and Technical Support Flight Commander at 1CFFTS.

Not surprisingly, balancing ground school requirements and a flying program for multiple serials requires a schedule that is both robust and flexible. Maj Dallaire oversees the school's Operations cell, which is responsible for making the weekly schedule for 1CFFTS. He says the school's increased operational tempo is based on follow-on operational requirements and when students are needed at Operational Training Units (OTUs) that they are posted to following initial training in Winnipeg.

"We prioritize different courses [for flying] based on when and where people are needed," says Maj Dallaire, adding that depending on the timing of OTU start dates, "The senior course isn't always automatically the first priority."

Nevertheless, Captain Heinrich Schmoll, an instructor at 1CFFTS and 1 1 0 2 's

Course Director, says that "[ACSO 1102] has been lucky in terms of scheduling, with very few delays." Capt Schmoll also proudly points to the quality of his course members as a factor in ensuring a smooth course flow: "They've been awesome students, and very strong in general."

In fact, ACSO 1102 is the first serial to graduate all eight of its original course members since what was then called Basic Air Navigator Course (BANC) 0606 did the same in March of 2008. Schmoll believes it's a testament to the commitment and perseverance of his students, as well as a sign of the dedication of the school's instructional cadre.

Lieutenant Colonel Doug Grimshaw, the school's Commandant, notes that the unit's aim is to match its production capability with the absorption capability of the various OTUs. "Right now attrition is outstripping production, so running an extra course helps address that gap," notes Grimshaw.

The ACSO syllabus has undergone some major changes over the past three years, echoing the occupation's name change from Air Navigator. According to LCol Grimshaw, one of the goals of the new syllabus is to shorten ACSO course length from approximately 12 months to nine. Decreasing the average course length allows the school to achieve "a bigger flow-through without an increase in resources," he notes. "We're trying to come up with a more efficient model, em-

brace some new technologies and really rethink what's out there for ACSOs."

Aside from shortening the ACSO course, other ways 1 CFFTS is attempting to optimize the course without compromising the training is for the school include greater use of computerized flight planning software, the implementation of a new tactical mission simulator, and introducing students to sensors such as electro-optical infrared (EOIR) that are employed operationally.

Another goal for LCol Grimshaw is to increase the percentage of students that successfully complete ACSO training once posted to the school. At present, ACSO courses typically have a 25% attrition rate, meaning that on average a course will have six graduates. LCol Grimshaw hopes that additional screening at CFB Trenton's Aircrew Selection Centre will reduce the attrition rate, and that additional education and information to help potential ACSO candidates decide whether or not they are suited for the occupation will help, too.

LCol Grimshaw recognizes that some unknowns remain with the new ACSO syllabus, but he believes it will be measured as successful when the quality of graduates is the same or better than it is now.

"That will be the indicator that we got it right," he says.



Brigadier General (BGen) Gord Reid, the Deputy Commander Support and Director General of Air Reserve (DComd Sp/ DG Air Res) salutes the March Past. Photo: Cpl Jean Archambault

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**Jason J. Johnston, Deputy PSP Manager
17 Wing Det Dundurn**

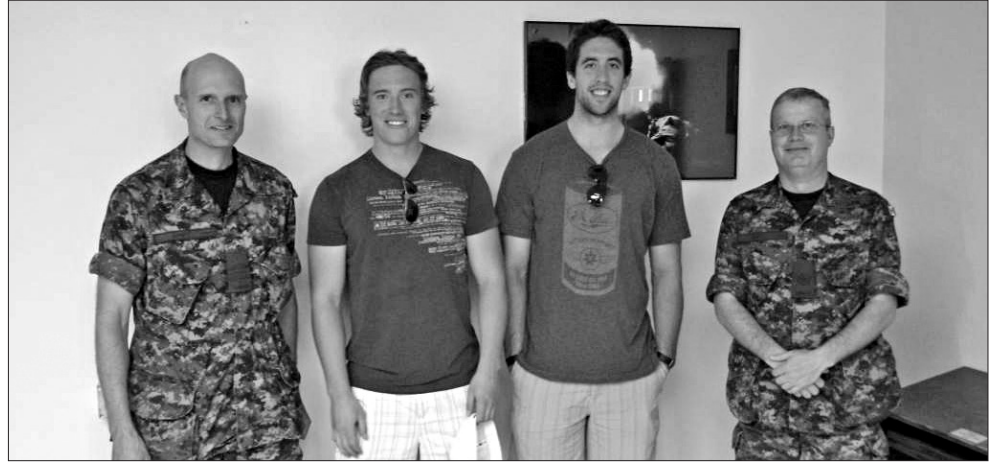
Canadian Forces Detachment Dundurn recently had the opportunity to host to some special guests. On Friday, July 20th NHL players Blair Jones of the Calgary Flames and Jared Cowan of the Ottawa Senators visited the detachment.

The pair toured the detachment during the day including a tour of the Canadian Forces Ammunition Depot. The players received a rare opportunity to be a part of Operation Rolling Thunder as each was given a chance to trigger the detonation of obsolete ordinance. As our NHL friends stated, "You don't get to do that every day."

Afterwards the players joined de-

tachment members at the Flightline All-Ranks Mess for a screening of the short film Ogilthorpe – His Life Story. The movie was filmed in the hockey rink at nearby Humboldt, SK in February 2012. It will be part of a documentary based on the life of Bill "Goldie" Goldthorpe who was the inspiration for the character Ogie Ogilthorpe in the 1977 movie Slap Shot.

Many anecdotal stories were shared regarding the short film by Producer Dave Ferguson and the ongoing development of the characters which revolve around Mr. Goldthorpe's life experiences in and around hockey rinks. It was a great experience to spend time with some proud Canadian NHLers and the interaction with soldiers was exciting to witness.



Members from Det Dundurn pose with the NHL Players who visited the base. Photo From L to R: Major D. Arndt - CO, Blair Jones - Calgary Flames, Jared Cowan - Ottawa Senators, MWO G. Nichol - DSM. Photo: Submitted

17 Wing PSP Presentations

If you have a promotion, recognition, or celebration photo you'd like to share with The Voxair, send us an email at voxair@mymts.net



17 Wing Gold Club Manager Darlyne Fathers (left) receives her PSP 10 year long service award from Rick Harris (right), 17 Wing PSP Manger.



Mrs Maureen Walls holds up her retirement certificate at a recent lunch. Walls managed the Voxair from October 1993 up until January of 2012. She continues to keep herself busy as the Voxair Ad Sales Coordinator. Photo: Michael Sherby

Volunteers Needed

Are you a female member of the Canadian Forces?

As part of a doctoral thesis, a researcher at the University of Manitoba is conducting a pilot study to try and understand the experiences of female members in the Canadian Forces and how they manage the challenges and stressors of military life in the context of preserving their well-being.

Who:

Active duty female members who:

- 1) have been on at least one deployment in support of the war in Afghanistan and
- 2) have not engaged in mental health services in the past year.

Why:

This pilot research may help future research questions and will hopefully also create new ways of promoting well-being in female service members pre-deployment.

Study findings will be disseminated in

a doctoral thesis and at outlets such as scientific conferences and publications in peer-reviewed scientific journals.

How:

The interview will be conducted via videoconferencing or face-to-face on-base if travel is feasible.

Interviews and the completion of a short self-report measure will last between one hour and 75 minutes.

Your interviews will be kept completely confidential.

You will have the option of receiving a summary of the study findings.

If you are interested in participating, please contact:

Principal Investigator: Natalie Mota, M.A., Ph.D. Candidate in Clinical Psychology, Department of Psychology, (204) 787-7719, ummotan@cc.umanitoba.ca

Research Supervisor : Dr. Maria Medved, Associate Professor, Department of Psychology, (204) 480-1465, medved@cc.umanitoba.ca



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Cadets get an inside look at 17 Wing

Lt(N)Lloyd
RGS Public Affairs Staff Cadet

Getting to crawl through a CC-130 Hercules, or visit a centuries worth of aircraft are just a few opportunities that exist for cadets in the Aviation Training Squadron at RGS Prairie. This summer week more than 180 cadets from Cobra, Dragon, and Endeavour flight spent the day in Winnipeg – taking in everything the cities aviation industry has to offer.

“It’s definitely an advantage being so close to Winnipeg,” said Major Colin Bruce-Smith, the officer commanding, for the aviation training squadron. “Gimli has a rich aviation history, but being as close as we are to the city allows us to provide a very comprehensive tour and learning environment for the cadets.”

The organized tours for the day allowed cadets to visit 17 Wing at Canadian Forces Base Winnipeg, Stevenson Aviation, and the Western Canada Aviation Museum.

“These tours are about enriching what we teach in the classroom, and the options available in Winnipeg let us give the cadets plenty of chances to see a variety

of aircraft,” said Major Bruce-Smith “It also gives them a chance to meet many different people from a variety of aviation backgrounds.”

While on tour at 17 Wing cadets met with members from the wing fire department and air crew from the 435 and 402 Squadrons. Attending an active air base gave the cadets a firsthand opportunity to learn how the Royal Canadian Air Force makes daily contributions to their community and throughout the country. Staff at both squadrons gave the cadets ample opportunity to explore their respective hangars and aircraft.

“Going in to the Hercules was especially cool,” said Cadet Liam Farrow, 16, from 66 Challenger Squadron in Thunder Bay, Ontario. “I’ve never visited a base before, and I have only ever seen these planes at air shows – I had never been in one until now.”

Throughout the day the group of 90 cadets also visited Stevenson Aviation and met with airplane mechanics, and had a chance to see a variety of other aircraft and learn more about aircraft engines. Aircraft engineers and instructors were



Cadets from the Aviation Training Squadron get a look at the Dash 8 plane as part of a tour of 17 Wing Winnipeg. Photo: Lt(N) Lloyd

on hand at Stevenson Aviation to give the cadets a hands-on experience with engine mechanics and to expose them to another side of aviation.

The tours also gave the cadets from Cobra, Dragon, and Endeavour flight to mix and mingle with one another.

“I liked how all the flights were mixed together,” said Cadet Breanna Seeley, 15, from 220 Red River Squadron, in Winni-

peg, MB. “I enjoy the places we visited, but I liked how the flights were mixed together. I got to meet new people who I may not have talked to yet.”

The tours capped off a very successful and busy three-weeks for the cadets at RGS. The cadets will now prepare for their graduation on July 27, and then head back to their home towns where they will enjoy the rest of their summer.

1 Can Air Div Pilot in Yellowknife for Operation NANOOK

By MCpl Roy MacLellan

YELLOWKNIFE, N.W.T. – Lieutenant Thomas J. Baker, a pilot with 1 Canadian Air Division, based out of Winnipeg, is currently in Yellowknife in support of Operation NANOOK for the month of August to co-ordinate the air assets of the Royal Canadian Air Force (RCAF) that are participating in the operation.

Born and raised in Calgary, Lt. Baker graduated from James Fowler High School before joining the Canadian Forces in 1996 and becoming a communications technician with 746 Communications Squadron, a Reserve unit in Calgary. After obtaining his degree in 2007, he completed an occupational transfer to become an officer, and commenced his pilot training. After extensive training in Portage la Prairie, Manitoba and Moose Jaw, Saskatchewan, he earned his wings and became a pilot in 2010.

“I have enjoyed the last year assisting in the planning of the Royal Canadian Air Force’s contribution to

Op NANOOK. It is rewarding to be a part of the execution and planning,” Lt. Baker states.

When Lt. Baker is not out flying or coordinating airplanes for the RCAF, he enjoys spending time with his two boys, and playing various sports.

Operation NANOOK 2012 is Canada’s premiere annual Northern sovereignty operation. The NANOOK series enable the Canadian Forces to demonstrate its ability to operate effectively in the challenging Arctic environment, enhancing the skills of soldiers, sailors, and airmen and airwomen. The Operation also strengthens Canadian Forces links with whole of government partners, enhances cooperation and increases Canadian Forces’ ability to respond to any emergency in the North.

Operation NANOOK 2012 runs from August 1 to 26, 2012, and is conducted in two distinct geographical locations: in the Western Arctic, in and around Inuvik, and Tsiigehtchic, Northwest Territories; and in the Eastern Arctic in Hudson Strait, Hudson Bay, and its littoral area including Churchill, Manitoba.



Lt Baker places an indicator on a map of northern Canada while working as an Air Component Co-ordination Element Liaison Officer at Joint Task Force (North) headquarters in Yellowknife. Photo: MCpl Roy MacLellan

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440 Sqn assists in successful search and rescue

By Captain Cynthia Kent, Public Affairs Team,
Western Portion Operation NANOOK 2012

Two CC-138 Twin Otter aircraft from 440 "Vampire" Transport Squadron in Yellowknife, N.W.T. assisted in the successful search for four hunters missing in the Arctic on August 17, 2012.

When the call came in to the Joint Rescue Coordination Centre in Trenton, Ont. that four hunters were a week overdue returning to Tuktoyaktuk, a remote community on the Arctic Ocean, several assets were dispatched, including a CC-130 Hercules from 435 Transport and Rescue Squadron, based in Winnipeg, and the two CC-138 Twin Otters.

The Twin Otters combed the coastline while the Hercules searched over water. It was the crew of the Hercules, which is dedicated to Arctic Search and Rescue, that found the missing hunters. They were approximately 300 nautical miles northwest of Tuktoyaktuk and had been

adrift in their boat for 4 days.

The Canadian Coast Guard Ship Eckaloo arrived to pick up the hunters, who were tired, but otherwise in good health, and brought them back to Tuktoyaktuk.

"What 435 Squadron brings is personnel experienced in Search and Rescue and equipment that is specifically designed for rescue of people in these seemingly hopeless situations," said Lieutenant-Colonel Desmond Brophy, Commanding Officer of 440 (Transport) Squadron, where the Twin Otters are based. "Our squadron was able to use our local knowledge of the area to help narrow down the search for them."

The 440 (Transport) Squadron Twin Otters even used their off-strip capability to land on an arctic sandbar to get key advice from a local aboriginal hunter that helped narrow the search.

Although the two CC-138 Twin Otters are usually based in Yellowknife, they were deployed in Inuvik for Operation NANOOK 2012. Each aircraft had two



CC-138 Twin Otter pilots Captain Bryan Sullivan and Lieutenant-Colonel Desmond Brophy speak with Candace Seddon (seated) and Frank Edwards (standing), volunteer spotters from the Civil Air Search and Rescue Association, prior to leaving Inuvik to help in the search for four missing hunters on August 17, 2012. Photo: Captain Cynthia Kent, Public Affairs Team, Western Portion Operation NANOOK 2012

local volunteer spotters from the Inuvik chapter of the Civil Air Search and Rescue Association on board.

Although they are primarily used for tactical transport, the Twin Otters, like all Canadian Forces aircraft, perform search and rescue as a secondary duty and are able to drop emergency supplies as needed. The squadron is typically called in to assist in search and rescue's once or twice a year.

Those involved in the search were relieved to have a happy ending.

"There were four people sitting in a swamped boat on the Arctic Ocean being blown out to sea who are now safe, warm and home with their families," said Lieutenant-Colonel Brophy. "That is a re-

sult of the combined work of 435 Squadron, 440 Squadron, the Canadian Coast Guard, the Royal Canadian Mounted Police and the Joint Rescue Coordination Centre."

In Canada, Search and Rescue (SAR) is a shared responsibility among federal, provincial/territorial and volunteer organizations, and there is an organizational distinction between the responsibility for ground SAR, and aeronautical and maritime SAR. Due to its vast size and range of environments, the country relies on a diverse group of government, military, volunteer, academic and industry partners to provide overall SAR services to the Canadian public.

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MONNAIE ROYALE CANADIENNE

Hiya! 17 Wing Karate Club Benefits the Body and the Mind

By: Alison Dickey
Voxair Photojournalist

17 Wing Winnipeg has been the home to the 17 Wing Shotokan Karate Club since 1998 and Sensei Jacqueline Ingrassi has been the head instructor since 2004. The club teaches Shotokan Karate, one of the most popular traditional styles of karate worldwide. Shotokan Karate is an excellent form of fitness. Karate is a whole body workout that develops coordination, strength, and flexibility. You are allowed to progress through the different levels at your own pace, as you learn self-defence and discipline.

"It teaches them how to learn and use their bodies, how to strengthen their bodies and we teach them to defend themselves. Shotokan is not about attacking; it's about defending yourself and getting a chance to get that one strike and escape. It builds confidence in them and their skills," explains Sensei Jacqueline Ingrassi.

As a smaller Karate school (dojo) students benefit from the attention of the sensei and other higher-ranking students.

"There aren't a lot of dojos you can go and have almost one on one instruction with a fourth degree black belt Sensei," says outgoing club president Capt Kent Molyneaux.

Having a civilian instructor enables

the club to maintain its ties with the local karate community and receive a consistent high level of instruction by a highly respected instructor.

The club also has the benefit of being associated with the International Shotokan Karate Federation. In the last year, the club has hosted several seminars, testing sessions as well as the Manitoba Provincial Tournament, exposing the members to the wider provincial Karate world. As a registered club of the International Shotokan Karate Federation (ISKF), the club follows their rules for training, competition and their testing standards. All ranks achieved while a member of the club are recognized internationally. ISKF is active in over 60 countries and six provinces.

Located in the 17 Wing Fitness and recreation Centre, building 90, classes run throughout the year on Mondays and Wednesdays 1900-2030 and Saturdays 1000 - 1200. The club is open to everyone 7 years and over, "Currently, we have a few children registered who are 7 years old but when they start that early, it is up to the Sensei's discretion based on whether or not they think they will be disciplined enough to stay focused during an hour and a half class," adds Molyneaux.

New students can join at anytime throughout the year. Drop in and try a class!



Outgoing club President, Capt Kent Molyneaux (right) practices his karate skills with fellow classmates at the 17 Wing Winnipeg Karate Club. Photo: Alison Dickey

Taking the Guess work out of recycling



While it is appreciated that you recycle in the workplace, it has been brought to our attention by the Wing's recycling contractor that many items currently being disposed of in the recycling bins, are not recyclable by current recycling facilities and thus should go into the garbage.

Please review the following materials to ensure that you are disposing them in an appropriate fashion.

Thank-you for assisting with 17 Wing's Recycling Program. Any questions can be directed to the 17 Wing Environment Office or the 17 Wing Sustainability Office.

CAN BE RECYCLED

plastic containers with a recycling triangle on the bottom, including all drink bottles and milk jugs
aluminum and tin drink/food cans

milk and juice cartons/boxes
newspapers, magazines, office paper, shredded paper and envelopes
glass jars and bottles
flattened cardboard, no more than 1 metre in any direction, e.g., cereal, tissue and packing boxes
flattened cardboard that is larger than 1 metre should be placed in the large 6 cubic yard collection bins placed at various locations around the Wing
CANNOT BE RECYCLED
paper coffee cups (including Tim Horton's, Starbucks, Aramark etc.)

books, bound documents and binders
plastic bags, plastic packaging and cellophane
household hazardous waste containers, such as an-

tifreeze, motor oil, windshield washer fluid, bleach, pesticide or herbicide. You can identify many hazardous waste products by the danger symbols (e.g., corrosive, explosive, poison and flammable)

aluminum foil
foam takeout food containers, including foam coffee cups
foam packaging
used paper towel and nose tissues
batteries of any kind

Please note that all of the recyclable items can be mixed within your personal office blue box and the large totes located throughout your building. The only exception to this are large pieces of cardboard which should be recycled in the large bins located in the parking lot of most 17 Wing buildings.

Thanks for your cooperation.
17 Wing Environment and Hazmat

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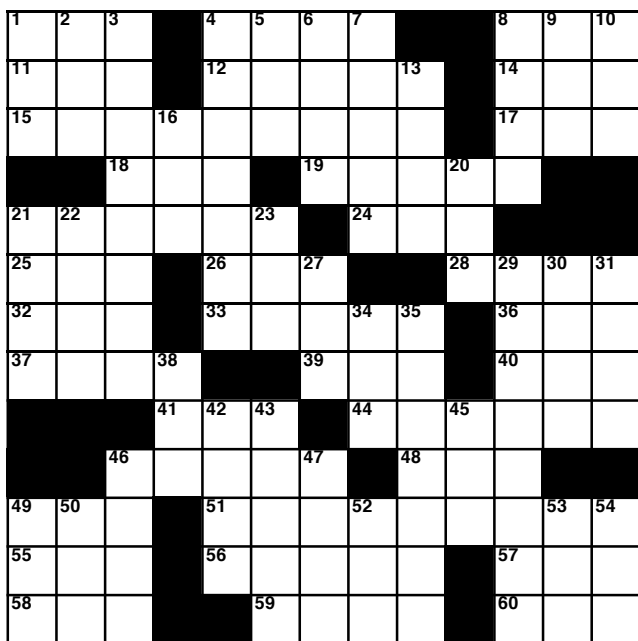
Sudoku & Canadiana Crossword

Canadiana Crossword

Mountie's Motto

By Bernice Rosella and James Kilner

- ACROSS**
- 1 Weaponize
 - 4 Body builder's concern
 - 8 Workout, in a way
 - 11 ___ Maria
 - 12 Song that's passe
 - 14 Opening
 - 15 Part one of RCMP motto, en francais
 - 17 Ironic
 - 18 No, nastily
 - 19 Concerning birth
 - 21 Lowest point
 - 24 Marry
 - 25 Letters denoting alias
 - 26 Falsehood
 - 28 Engrave
 - 32 Preface for pod or dent
 - 33 Laud
 - 36 Tint
 - 37 Suspend
 - 39 Hail, to Horatio
 - 40 Ocean raptor
 - 41 Popular insect repellent
 - 44 Workshops
 - 46 Layers
 - 48 Rural address
 - 49 Macaws
 - 51 Not obstructed
 - 55 Promise to pay
 - 56 Boredom
 - 57 The Sea to Sky e.g..
 - 58 Bagel buddy
 - 59 Canonical hour
 - 60 Golf course feature



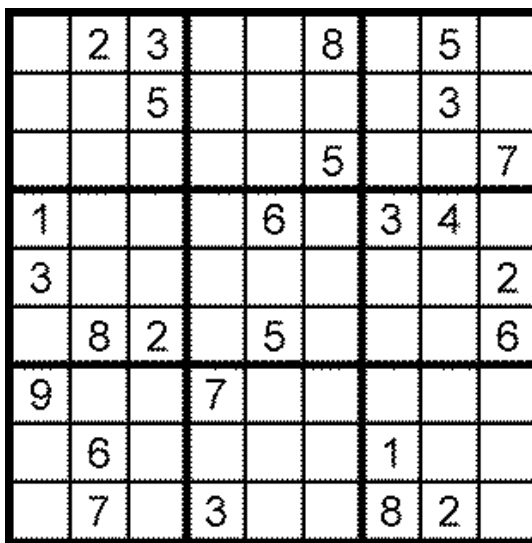
- 5 ___ Lilly
- 6 Alphabet sequence
- 7 Tendon
- 8 Dewlap
- 9 Pride of Parry Sound
- 10 Cheery
- 13 This, to Sevi
- 16 MacMaster or Portman, to friends
- 20 Fruity refresher
- 21 English resort town
- 22 Gumbo
- 23 Stir
- 27 Airport abbreviation
- 29 Part two of RCMP motto, in English
- 30 Heal
- 31 Buff Orpingtons or leghorns
- 34 Eggs
- 35 Part 2 of RCMP motto, en Francais
- 38 Stickum
- 42 Chimney part
- 43 Selanni and Kurri
- 45 Assn.
- 46 Pas preceder
- 47 Teen terrorizer
- 49 Be unwell
- 50 Aussie icon
- 52 Hand soap
- 53 Lamb's Maam
- 54 Colourant

- DOWN**
- 1 Banking acronym
 - 2 Coastal feature
 - 3 Part one of RCMP motto, in English
 - 4 Road hazard

My Sudoku

Rated: Advanced

Using the numbers from 1 to 9 please fill in the blank cells. Each number can be used only once in each row, column, and 3 X 3 block. Each puzzle is rated for degree of difficulty as :
Beginner * Advanced * Master



©My Sudoku #5 vol 1

Philatelist's Corner with Alf Brooks



The Olympic Games 2012, London

In January Royal Mail issued four definitive stamps to begin the philatelic celebration of the Olympic and Paralympic games. The stamps show a stylized "2012," "London," and the Olympic and Paralympic symbols. Two stamps are for first class letters in Great Britain, two for international letters.

Following these issues by the host nation many countries have issued stamps to commemorate the events of the Games.

Club de plongée sous-marine Goldeyes de la 17e Escadre



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Time: 18h30—22h00


Pour nous joindre par courriel :
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Vice-président : Jack.Williams@forces.gc.ca
HTTP://GOLDEYESSCUBACLUB.WEBS.COM

Personne ressource : Darren ou Jack

Instructeur-chef : Armando

Nombres de téléphone :
Darren 204-833-2500, ext 4011
Jack 204-833-2500, ext 6860
Armando 204-334-0505

17 Wing Winnipeg Goldeyes Scuba Diving



Basic Open Water Course starts, 17Sep 2012

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Cost : \$375 + GST military members
\$420 + GST associate members

Location: 17 Wing Community Centre and Base Pool 90

Date: 17 Sep 2012

Time: 1830-2200

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Vice President : Jack.Williams@forces.gc.ca
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Contact: Darren or Jack

Chief Instructor : Armando

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 MOT DE BIENVENUE DU COMMANDANT DE L'ESCADRE
 On servira du café, du thé et des délices
 CRFM De 10 h 30 à 11 h 30

FOIRE POUR L'INSCRIPTION AUX LOISIRS COMMUNAUTAIRES ET PRÉSENTATION COMMUNAUTAIRE
 Inscrivez vos enfants ou vous-mêmes à un club ou à un programme! Ou venez simplement voir ce qui vous est disponible! Rencontrez les clubs, le personnel et d'autres gestionnaires d'activités dans la communauté.
 Soyez actif durant l'automne avec les loisirs communautaires!
 De 11 h 00 à 15 h 00

SALON ANNUEL DES PROFESSIONNELS AIDANTS
 - Le saviez-vous? On atteint un style de vie plus actif une fois à la fois -
 Explorez les expositions interactives afin d'inspirer la pensée à diverses façons de prendre soin de vous-même spirituellement, émotionnellement, physiquement et mentalement.
 Collecte de nourriture non périssable à destination de Winnipeg Harvest

ACTIVITÉS POUR LA FAMILLE POUR TOUS LES ÂGES
 Pour les vieux gosses, ainsi que les petits!
 Les enfants ne sont pas obligatoires, il y aura aussi des activités pour adultes!
 Les jeux amusants, le tir à l'arc, les jeux gonflables, le défi des pompes, les promenades à dos de poney, les Diamond Disc Dogs, REPAS GRATUIT, la musique, un spectacle de magie, l'enfant-retour, et bien plus compte parmi les activités prévues!

Vélo Parc GRATUIT

17 Wing Men's Slo-Pitch team is heading to Nationals

The Voxair wishes good luck to the Prairie Region Men's Slo-Pitch championship team from 17 Wing Winnipeg. They'll be heading to Borden in September to participate in the National Men's Slo-Pitch Championships.



National Defence / Défense nationale
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The tools you need for a better lifestyle
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For more information, contact your local health promotion office.
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www.forces.gc.ca/health/engraph/services_e.asp / www.forces.gc.ca/health/trgraph/services_f.asp

Canada

Mental Fitness and Suicide Awareness
 HEALTHY REACTING INJURED ALL

It's one thing to look after your body. Just don't forget about your mind.

Mental Fitness & Suicide Awareness, Supervisor's Training

This course is course coded and designed to promote mental fitness and to lessen the incidence of mental health injuries including deliberate self-harm and suicide within the military community.

20 September 2012
0800 - 1600 hrs
Bldg 135 - Room 132

For additional information and to register contact:
 Health Promotion at local 4160

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
 Promotion de la santé dans les Forces canadiennes



www.mfrc.mb.ca

204.833.2500 ext. 4500



MFRC Summer Barbecues Continue!



Tim is running out to take in the MFRC Summer Barbecue! Wednesday August 29 from 1130 – 1300 will be your last chance to get some of the food the MFRC will be serving up. Come out for a tasty lunch break and visit with friends and coworkers. Hamburger and drink: \$4.00, Hot Dog and drink: \$2.00, Smokie and drink: \$3.00, Drink: \$1.00
Please note BBQ's are weather dependant and will not be held in inclement weather.

Drive to 5!

Help the Winnipeg MFRC with our DRIVE to 5! We are hoping to get 500 Facebook LIKES by October 4 - that's only 214 to go! Want to help other military families and increase awareness while bringing attention to our programs

and services? Invite your friends to LIKE us and share our page! If we reach 500 LIKES on or before October 4 all people who are a fan of our page will be entered to win a \$100 gift card of their choosing!
www.facebook.com/winnipegmfrc

YELLOW RIBBON STORE

- Enamel Pin \$3 or 3/\$8
- Magnet \$4
- Window decal \$4
- Sticker \$2
- (Zipper Pull) \$5
- Lawn sign \$5 or 2/\$8
- Brooch \$12
- Tumbler \$8

- T-shirt, adult, red \$15
- Polo shirt, red \$25
- Ball cap, gray camo \$15
- Ball cap, pink or green camo \$10
- Toque, black \$12
- Stop by the MFRC to pick up your yellow ribbon merchandise!

Volunteers Needed

Volunteering is a big part of Canadian life. Many Canadians are generous when it comes to helping others. Every year, 12.5 million volunteers give their time, energy and skills to make their communities better.

According to Volunteer Canada, much of what Canadians take for granted is delivered to us by volunteers. The work of volunteers is essential to our communities and to our social fabric.

Volunteering builds your community

Volunteering encourages interaction between people living in a community and strengthens community connections.

Boost your own health

Feeling connected to community can also play a key role in how healthy you feel.

Reduce your stress

Altruistic feelings reinforce the sense that one's life has a purpose. In turn, this enhances self-esteem, which then provides the motivation for a person to make better lifestyle choices.

Find new purpose

As we grow older, volunteering appears to give new meaning to life, reducing anxiety and depression and increasing life satisfaction.

Four Main Reasons to Volunteer

Make a contribution to society.

Share your skills.

Support a cause.

Do something meaningful with your friends and colleagues.

One of these reasons probably makes sense for you. You may already be working as a volunteer or are thinking about what you might want to do next. Whatever your reason, there are many different opportunities out there-and organizations that need your help.

Finding the right volunteer opportunity can be like finding the right job fit--and it can change, just like a job can.

If you would like to become a volunteer in the military community, why not look into the opportunities offered by the Winnipeg Military Family Resource Centre? Contact the Coordinator of Volunteers at 833-2500 local 4519 or barbara.thuen@forces.gc.ca for more information.

UPCOMING MFRC PROGRAMS

CORN MAZE AND BBQ

Saturday, September 15, 11 a.m.
A Maze in Corn, 1351 Provincial Road 200
www.cornmaze.ca
Register by September 7

Newcomers, Francophone families and deployed families are invited to join us for a day at the corn maze. A BBQ lunch will be provided for you, then you can explore the corn maze, petting zoo and hay rides. If there is inclement weather, please check our Facebook page at www.facebook.com/WinnipegMFRC for updates.

FRENCH COFFEE

Every Wednesday morning 10 to 11 a.m.

Join us every Wednesday morning for a coffee and a chat with members of the francophone community! Free child care is provided.

MOM'S NIGHT OUT

Tuesday August 28, 6:30 to 9:30 p.m.
Register by August 24

Come out to the last Mom's Night before the hectic life of school, and kids activities begin! Our theme is "Take care of You". We will be having some laughs by watching a movie, and doing some DIY pedicures. Please bring in an appetizer or a dessert to share with the group!

ARE YOU READY?

Wednesday August 29, 7 to 8:30 p.m.
\$5 per person, Register by August 27

Are you Ready for the craziness which is going back to school? Are you prepared for lunches, school activities and calendars? This program will give you some useful tools to help make the transition from summer to school easier. We will discuss easy lunch

ideas, calendar and organization aides and how to get thru the busy, busy months ahead. A Mom's Calendar will be provided to help you get started!!!

ICE CREAM SUNDAE SOCIAL

Thursday August 30, 7 to 9 p.m.
Register by August 24

A Hot Summer's Day and a big bowl of Ice Cream, decorated to your heart's content....

What could be better??? Calling all MFRC Volunteers to come out to the MFRC to celebrate the summer and say hello to September with an Ice Cream Sundae Social! Ice cream and all the toppings you could imagine will be provided for your creative pleasure. The only "rule" is that you get to eat your ice cream masterpiece! Join us for a fun and delicious evening!

435 Sqn locates missing hunters in Nunavut

Capt Jordan Woodman
17 Wing Public Affairs Officer

A Search and Rescue (SAR) crew from 435 Transport and Rescue (T&R) Squadron successfully located three overdue hunters on a remote island north of Arviat, Nunavut, on Tuesday, 24 July 2012.

The hunters had departed Arviat by boat on Friday, 20 July, and were

expected to return in two days. So when Tuesday arrived and they had still not returned, the SAR coordinator in Arviat alerted the Trenton Joint Rescue Coordination Center (JRCC) requesting assistance in locating the overdue hunters.

The CC-130 Hercules was three hours into a training mission in northern Ontario when the aircrew received the call at 11:22 a.m. (CDT) tasking them with the search mission. "Our SAR training mission quickly turned into a real search," said Captain Michael Leduchowski, the Aircraft Commander on board. "We train all the time and when the call comes to conduct a real search, the entire crew gets to put all that training into action."

After refueling at Red Lake, Ontario, they arrived on the scene in Arviat at 3:45 p.m. (CDT) and began searching the shoreline heading

north towards Bibby Island, after receiving information that two of the missing hunters had cabins on the remote island.

"The winds were very strong and it was clear to see that any boats on the water would have been in trouble. We were all hoping that they had made it to land," said Capt Jeff Hunter, the Air Combat Systems Of-

ficer on board. "We were able to alleviate the concerns of their friends and family and assure them that they were not in danger and would return home when it was safe to do so," said Capt Leduchowski.

For more information on 435 Squadron please visit:
<http://www.rcacf-arc.forces.gc.ca/17w-17e/sqns-escs/page-eng.asp?id=412>

For more information on Search and Rescue please visit:
<http://www.canadacom.forces.gc.ca/nr-sp/bg-do/12.004-src-rsc-eng.asp>

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For more information on Search and Rescue please visit:

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Capt Michael Leduchowski, a 435 Squadron pilot, flies a CC-130 Hercules during a Search and Rescue scenario. Photo credit: Cpl Jean Archambault

ficer on board.

Local SAR watercrafts were not able to assist in the search because the high winds made the waters in Hudson's Bay unsafe for boats. However, the sky was clear and the visibility was great for searching from the air. There was nobody at the first cabin, but when the Hercules arrived at the second cabin the three hunters were there. "After arriving on the scene, we located the missing hunters within an hour of searching," said Capt Hunter.

A radio was dropped from the Hercules to establish communication. Using the radio, the hunters

Veterans and CF members commemorate 70th anniversary of Dieppe raid

A 55-member Canadian Forces (CF) contingent and seven Dieppe veterans marked the 70th anniversary of the Dieppe raid—and an important chapter in Canadian military history—by travelling to the Town of Dieppe, France, August 18–20 for commemorative ceremonies.

In August 1942, with virtually all of continental Europe under German occupation, the Allied forces faced a well-entrenched enemy. Some method had to be found to create a foothold on the continent, and the raid on Dieppe offered invaluable lessons for the successful D-Day invasion on June 6, 1944, saving countless lives in that momentous offensive.

"Today we remember a dark but courageous chapter in Canadian military history," said Defence Minister Peter MacKay. "While the outcome of the Dieppe Raid was tragic for thousands of heroic Canadians, the lessons they learned played a

crucial role in the success of future military actions.

"Those who participated in the Dieppe Raid were among the more than one million brave Canadians who served during the Second World War, and whom we shall never forget."

While in France, members of the contingent supported various ceremonies and events, led by Veterans Affairs Canada (VAC) and the Town of Dieppe. Seven veterans of the Dieppe Raid participated in the commemorative ceremonies: Charles Russell Burrows, the Corps of Royal Canadian Engineers; Frederick Bernard Englebrecht, the Royal Hamilton Light Infantry; Raymond Andrew Gilbert, 14th Army Tank Regiment (The Calgary Regiment (Tank)); David Lloyd Hart, the Royal Canadian Corps of Signals; Arthur Edmondson Rossell, The Essex Scottish Regiment; Donatien

Vaillancourt, Les Fusiliers Mont-Royal; and Roman Roy Wozniak, 403 Fighter Squadron.

Governor General and Commander-in-Chief of Canada David Johnston, Veterans Affairs Minister Steven Blaney, Canadian ambassador to France Lawrence Cannon, Canadian cadets and scouts, French dignitaries—including the Mayor of Dieppe, Sebastien Jumel—and hundreds of spectators also attended the main commemorative ceremony on August 19.

A 30-person brass and reed band from Les Fusiliers Mont-Royal was also front and centre. The regiment participated in the Dieppe Raid and has the "Dieppe" battle honour as one of its many Second World War honours.

The Royal Canadian Air Force provided air transport for the contingent.

Together in Church

CATHOLIC

CHAPLAINS

Padre Mark Mawson (Wing Chaplain)

Roman Catholic Office 833-2500 ext 5417

Padre Ray Laudenerio

Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre

Roman Catholic Office 833-2500 ext. 5956

Ms Catherine Landry

W Chap Admin Assistant
Office: 833-2500 ext 5087

Masses (English only)

Tues, Weds, Thurs 1210 hrs

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 Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

Padre Frank Staples (UCC)

Det. Dundurn. Office 833-2500 ext. 4299

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'.



PERSONAL CLASSIFIEDS

VOLUNTEERS URGENTLY NEEDED

The Manitoba Soccer Association is pleased to announce the 2012 Senior Men's and Women's Soccer National Club Championships being played in Winnipeg on the dates of October 3-8, 2012.

Volunteers of ages 14 and up are required for shifts of two or more hours, no previous experience is required. Knowledge of the soccer game is not necessary. If you can help in any way, we can use your talent.

Games to be played at: Waverley Soccer Complex, Norm Konowalchuk Fields (Red River Community College), Grant Park, and University of Manitoba soccer complex.

CONTACT via email: 2012volunteers@manitobasoccer.ca or leave a message at: 204-619-6303.

Secretary Wanted!

Good organizational written & oral communication skills in a small office setting. Computer competence in Windows, Word & PPT. Reply with resume by Friday, August 10, by email to <stebede@mts.net>.

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99 Turner Avenue
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Wanted: Volunteers!

1 Canadian Air Division is looking for volunteers to work in the kitshop.
Flexible hours. 1 day a week between 10:00 hrs and 14:00 hrs
Please contact PO2 Jennifer Ross at 833-2500 ext 6512

Send us an e-mail today to place your FREE Classified ad at Voxair@mts.net

Taroscopes

BY NANCY

Aries (March 21 - April 19):

You feel there has got to be more to life than what you've got. Once you decide what you want, your energy increases. Believe you can get it and you will. There are lots of people who are "in your corner" but you must do the real work on your own. Know that you are worth it.

Taurus (April 20 - May 20):

Even though you'd like things to be easy you can't avoid dealing with the tough stuff. Be honest with yourself and others. Be responsible. Take action because conflicts left unresolved can grow until they frustrate you to the point where you say and do things you later regret.

Gemini (May 21 - June 21):

Play with an idea before you commit time and effort to making it happen. Fix something up so you can keep using it. Build on skills you already possess. Take pride in what you do well. Others want to help you succeed. Don't let your imagination turn mole hills into mountains.

Cancer (June 22 - July 22):

Wouldn't it be wonderful if we could control everything so that life was full of only what we wanted. You can't be everywhere fixing everything to match your ideals. If others don't meet your expectations or act as expected, don't try to change them to suit you. Respect differences.

Leo (July 23 - August 22):

On the surface it looks like all is well but inside you're not satisfied. If someone important has severed ties, you may have to accept this. If you want to bridge the gap, consider your own actions and theirs. Use this information to establish healthy relationships in future.

Virgo (August 23 - September 22):

Get organized. Systematically assess what you have and what you need so you're prepared when things get busy. Though you can manage, you're better able to cope if you've dealt with the non-essentials ahead of time. Staying calm is the key. Opt out of some things.

Libra (September 23 - October 23):

Look beneath the surface and you'll find that issues you thought you'd resolved are still festering. Face facts even if you'd prefer not to. You can manage to sort things out on your own. Trust yourself to make sound decisions after honestly assessing your options.

Scorpio (October 24 - November 21):

You'll feel confident and centered by taking care of your physical, mental and spiritual health through fitness, relaxation and spiritual practices. This investment pays off in the future. When you need to make decisions, opt for what is aligned with your deepest desires.

Sagittarius (November 22 - December 21):

Take a good look at what you've got - it's not half bad. Leaping from adventure to adventure as a means of avoiding deeper developments only works for so long. If you're keen to create dramas be aware that unexpected outcomes may not be to your liking.

Capricorn (December 22 - January 19):

Make a few changes to make your dreams a reality. Spend time with kindred spirits. You're not meant to make this whole journey alone. You enjoy life and are energized and excited about where you're going next. Put your heart and soul into all that you do right now.

Aquarius (January 20 - February 18):

You need to honor your own values and dreams. What would you do if your current situation ended? Consider how this would be a new beginning. There are wonderful possibilities ahead. Dare to go where you haven't gone before. Take initiative. Push your boundaries.

Pisces (February 19 - March 20):

You can deal with any challenge even the ones that come from within. Face things. Take action and you'll see progress. Look at a goal from a different perspective. Consider how things will look when you reach it and how you will feel. Use your feelings to motivate yourself.

FOR APPOINTMENTS CALL 775-8368

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