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A F-86 Sabre aircraft flies in formation with the Canadian Forces Snowbirds air demonstration team over the Comox, BC. area April 20, 2009. Photo by Lieutenant-Commander Kent Penney

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# HEADING OVERSEAS

## 17 WING MISSION SUPPORT FLIGHT DEPLOYS OVERSEAS

**2 Lt Gregory Kuhn**  
WING PUBLIC AFFAIRS

17 WING WINNIPEG, Man – Forty-eight members of 17 Wing Winnipeg's Mission Support Flight (MSF) departed from Winnipeg on 1 June overseas in support of Canadian Forces operations.

Colonel Scott Howden, 17 Wing Base Commander, along with many other senior members of 17 Wing, was on hand to meet with

the families and the MSF prior to departure.

The MSF is one of six of its kind across Canada designed to pull together a full complement of trained personnel from across the wing. Those positions include a wide variety of occupations, everything from construction engineers to drivers, mechanics, supply technicians, cooks, resource management clerks and other specialized technical occupations.

17 Wing Mission Support Flight's role is to deliver integral support to deployed Air Force operations in the areas of engineering, information services, logistics, human resources, finances and communications.

For more information on the 17 Wing Mission Support Flight please visit <http://www.airforce.forces.gc.ca/17w-17e/index-eng.asp>



17 Wing members embarking the aircraft to deploy overseas.



Wing Commander Col Scott Howden will be leaving his current position on June 26th and heading down south to oversee Canadian Air Force personnel in the United States. Photo by Cpl L. McDonald.

## 17 WING CO BIDS FAREWELL COL SCOTT HOWDEN LEAVES HIS POST

**John Towns**  
VOXAIR STAFF

On June 26th, after two years and too many jokes at the expense of his beloved Toronto Maple Leafs to count, Col Scott Howden will be leaving his post as 17 Wing Commander, the job that he describes as “the best of my career.”

“I just did an Honours and Awards ceremony – my last one,” said Col Howden on June 2nd. “And every day as the 26th gets closer and closer, I say ‘well, that’s the last time I’ll be doing that.’ And that’s a real kick in the gut for me, because I love this Wing, I really do.”

Col Howden began his career right here on 17 Wing at the Canadian Forces Air Navigation School, where he received his wings as an Air Navigator in 1979. He then amassed over 5000 hours of flight time in an operational career devoted primarily to Long Range Patrol aircraft before making the transition to being a staff officer, where he has racked up well over 5000 hours of “desk” time in a number of roles.

After relinquishing command of 17 Wing, Col Howden will head to Washington DC as the Canadian Forces Air Attaché with the Canadian Defence Liaison Staff, a posting that will have him overseeing Canadian Air Force personnel who are posted in the United States for training and on exchanges.

17 Wing has seen a number of significant events

under Col Howden’s command, the most recent of which was the establishment of the Air Force Run, which took place on May 31st, and had over 1000 participants.

In keeping with a promise he made when he took command in July of 2007 to “turn this stout body into a svelte one,” Col Howden has spearheaded a number of fitness initiatives, including the Wing Commander’s Challenge – a challenge he extended to the command-

ing with them, seeing how they’re doing family-wise, operationally,” he said. “We’ve got a great group of people here. The commitment they make to being a military member serving on 17 Wing in Canada and abroad, and doing such a magnificent job is astounding. I’m going to miss the people incredibly.”

The caliber of the people working on the Wing is something that Col Howden wants to point out

“... EVERY DAY AS THE 26TH GETS CLOSER AND CLOSER, I SAY ‘WELL, THAT’S THE LAST TIME I’LL DO THAT.’ AND THAT’S A REAL KICK IN THE GUT FOR ME, BECAUSE I LOVE THIS WING, I REALLY DO.”

- COL SCOTT HOWDEN

ers of every wing to encourage members of their wings to live healthier and more active lifestyles.

Col Howden also points to the growth of the operational capacity of 440 Squadron, and the recent recognition of 435 Squadron with a CDS CF Unit Commendation as some of the highlights for him as Wing Commander. But perhaps the biggest highlight from his time on the Wing, says Col Howden, are the fantastic people he has had the great privilege to work with.

“I just love talking to people here and seeing what they’re all about, jok-

to his successor as well.

“Rely on your folks. If you think of your people as being thoroughbreds, don’t corral them,” he said. “Let them run free – loosen the reins if you need reins at all, no bits, and they’ll guide you right. We’ve got the best folks in the world working in the Canadian Forces and especially here at 17 Wing, so if you let them run free they won’t steer you wrong.”

When asked if he had any other advice for the incoming Wing Commander, Col Howden paused thoughtfully before replying, “Smile. Oh, and cheer for the Leafs.”

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# D-DAY'S 65TH ANNIVERSARY

## CELEBRATING THE BEGINNING OF THE END OF THE SECOND WORLD WAR

**John Towns**  
VOXAIR STAFF

D-Day – June 6, 1944 – is regarded as the beginning of the end of the Second World War. Along with troops from other Allied nations, 15,000 Canadians came ashore in Normandy, France, in an area that would become known as “Juno Beach.” They fought their way inland, suffering the highest casualties of any division in the British Army Group.

Sixty-five years later, on May 31, 2009, about

200 people gathered in the Field of Honour at Brookside Cemetery to pay tribute to the men lost fighting in one of the most horrific and costly operations in modern military history.

The Annual Veteran's Memorial Service has become a yearly fixture in the Field of Honour, taking place in late May every year for the past 13 years to pay tribute to the fallen veterans of the Canadian Forces, over 11,000 of which are interred in Winnipeg's Field of Honour – the largest one in

Canada. The event is spearheaded by the Joint Veterans Association, an umbrella group representing numerous veterans associations and legions in Manitoba.

“All of our veterans organizations are committed to propagating the memory of our fallen comrades,” said Armand Lavalee, chairman of the Joint Veterans Association. “So this service is just one way we do that, to honour our fallen veterans, and we really want to make people aware of what happened in the past, and to pay tribute to

all those who have served.”

The service featured a number of representatives from both the federal and provincial governments, the RCMP and Winnipeg Police Service, as well as 17 Wing and 38 Brigade laying wreaths at the Stone Of Remembrance, the only Commonwealth War Graves Commission erected Stone of Remembrance

in Canada.

Maj Mark Schneider, WCEO, was on hand to lay a wreath on behalf of 17 Wing.

“Having served myself on various peacekeeping missions, I understand the

remarks on behalf of the Federal Government.

“We must thank those who served and those who fell – we owe it not just to them but to ourselves to honour their sacrifices and contributions,” she said.



Maj Mark Schneider lays a wreath at the Stone Of Remembrance on behalf of 17 Wing.



Conservative Member of Parliament, Shelly Glover, addresses the crowd of 200 gathered in Brookside Cemetery's Field of Honour to pay tribute to the 65th Anniversary of D-Day.

importance of the sacrifice that many of our predecessors have made, and our successors continue to make in service to our country,” he said. “It was an honour to represent the Wing at this event.”

Member of Parliament for St. Boniface Shelly Glover was on hand to make

Glover also used the opportunity to announce that the Conservative Government is introducing legislation to reinstate benefits for the veterans of Allied nations who fought in the Second World War or Korea, who are now living in Canada. Those benefits were previously removed in 1995.

# SECURING THE WING

**Cpl Brenda Gullen**  
WING PHOTO JOURNALIST

17 WING WINNIPEG, Man. – Virtually everyone thinks Military Police (MP's) when it comes to security on the Wing. However, they are not alone in this task! Supporting the MP's are the Corps of Commissionaires who,

as integral members of the Wing Security Force, are responsible for access control security to the Wing and its many buildings and facilities.

“It is not an open Base and a lot of people think it is!” says Commissionaire (Cmre) Al Fullerton.

The duties performed by the Commissionaires,

although seemingly mundane to most, are important due to the fact that there is concern for not only the overall security of the Wing but also for the security of 1 Canadian Air Division/North American Aerospace Defence Command (NORAD) headquarters and the Winnipeg International Airport; which

is adjacent to 17 Wing.

“We are the MP's eyes and they rely on the Commissionaires a lot,” says Cmre Fullerton.

Chief Warrant Officer (CWO) Barrie Woods is responsible for 45 Commissionaires on the Wing, and that does not include escorts for people needing

temporary access to special areas.

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

For more information about the Corps of Commissionaires, please visit [www.commissionaires.mb.ca](http://www.commissionaires.mb.ca)

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## AIR FORCE RUN A HUGE SUCCESS

**Karen Christiuk**  
COMMUNICATIONS ADVISOR

More than 1,000 military and civilian runners, walkers and spectators braved the chilly morning weather and gathered at 17 Wing Winnipeg, Man., on May 31 to participate in the first annual Air Force Run.

"It's a wonderful start to a brand new Air Force tradition," said Lieutenant-General Angus Watt, Chief of the Air Staff, who ran the 10-kilometre race and presented gold medals to the race winners. "I hope in years to come that it will continue to grow as we celebrate our culture of fitness and provide support to the Military Families Fund and Soldier On."

Air Force Run participants had a choice between a five-kilometre family fun run, a five-kilometre race, a ten-kilometre race, and a half marathon. The event was held to encourage fitness among the Canadian Forces (CF) members, connect with the community, and support the Military Families Fund and Soldier On. The Military Families Fund provides financial support to military families during times of need and can be "distributed within hours" of a crisis, according

to Bert LeBlanc, who gave a presentation about the organization at the Air Force Run pasta dinner on Saturday night.

Similarly, Warrant Officer Andrew McLean gave a presentation at the dinner about Soldier On, an organization that helps ill and injured CF personnel and veterans "maintain an active lifestyle through recreation and sport."

Race day on Sunday morning featured three flypasts, two jumps above the crowd from search and rescue technicians, and the live music of the Air Command Band. Due to the uniqueness of the route, all race participants also had the opportunity to run across the 17 Wing tarmac alongside a Bell 412 helicopter a CC-130 Hercules, a CT-114 Tutor, a CP-140 Aurora, and a CT-142 Dash-8. Before the races began, Colonel Scott Howden, Commander of 17 Wing, also received a special Air Command Commendation and Insignia from LGen Watt for supporting the event and encouraging physical fitness at his Wing.

Geography and a desert deployment did not deter a group of more than 240 CF members and their multi-national allies in Afghani-

stan who also laced up their running shoes and held their own race in support of the Winnipeg event.

Capt Justin Boileau, who organized the Air Force Run with the assistance of Officer Cadet Jennifer Doornink, said he was particularly pleased by the strong participation of non-military members. "It emphasizes the fact that we are one team as Canadians and that we work together," he added. "In this case, our shared goal is maintaining a healthy lifestyle."

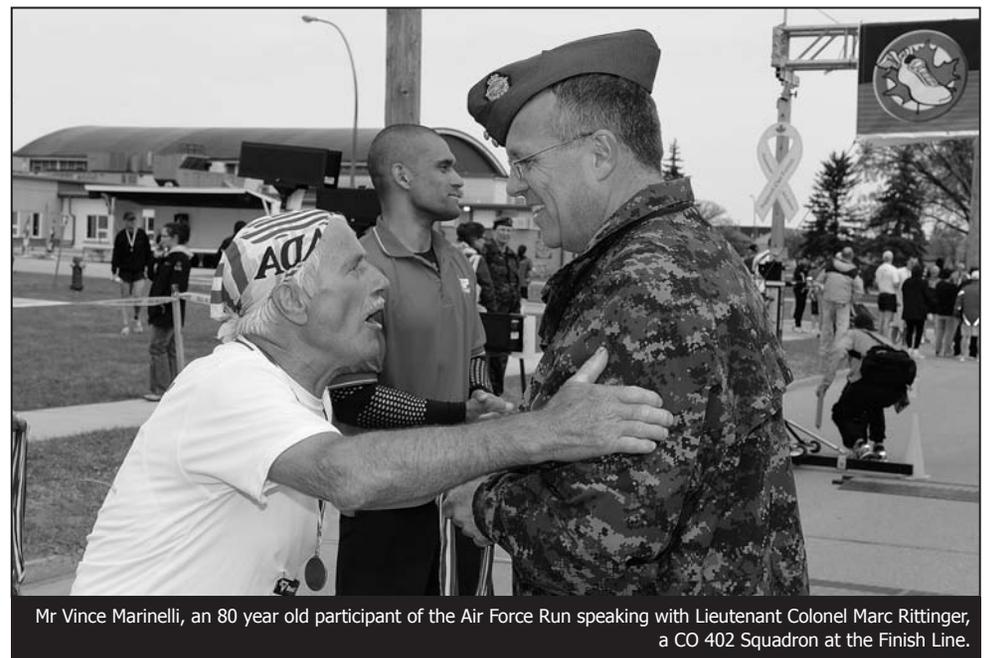
In addition to the hundreds of civilians who participated in the Run, the Air Force Run organizing committee received some help from the Personnel Support Programs (PSP) and the Manitoba Runners' Association, who promoted the Run to their members and made it one of their ASICS Grand Prix Series races.

Noel Paine of Ottawa won the five-kilometre race with a time of 18:27; Brendan Cook of Greenwood took the top honours in the 10-kilometre race with a time of 38:52, and Jorge Parra of Vancouver claimed first place in the half marathon with a time of 1:19:01.

To view the full race results, please see the Air Force Run website.



Lt Noel Paine of Canada Command in Ottawa finishes the 5 Kilometer Race at the inaugural Air Force Run May 31. Lt Paine finished the 5 km in just over eighteen minutes.



Mr Vince Marinelli, an 80 year old participant of the Air Force Run speaking with Lieutenant Colonel Marc Rittinger, a CO 402 Squadron at the Finish Line.

## SUCCESSFUL LAUNCH FOR AIR FORCE RUN

OVER 1,000 PARTICIPATE IN HISTORIC INAUGURAL AIR FORCE RUN AT HOME AND OVERSEAS.



The start of the Inaugural Air Force Run at 17 Wing Winnipeg. Photo by Cpl L McDonald

**Capt Jeff Noel**  
WING PUBLIC AFFAIRS OFFICER

17 WING WINNIPEG, Man. – As a CT-114 Tutor jet from the world-famous Snowbirds aerial demonstration team screamed overhead, Lieutenant General Angus Watt, Chief of the Air Staff, signalled the launch of the inaugural Canadian Air Force Run with the words "Ready, Set, Go!!!"

Hundreds of participants from across our nation joined members of the Canadian Forces as they ran, sprinted or walked their way through the streets surrounding the Wing.

"It was a fantastic experience," said Gayle Stevens of Winnipeg. "Being able to run past all the aircraft lined up on the ramp was awesome."

Participants in the historic Run had a choice of routes ranging from a 5km fun run/walk, to more challenging 5km and 10km runs, or for the long distance runners a gruelling 21.08km half-marathon.

Both the 10km and half-marathon have been officially recognized by the Manitoba Runners Association as one of their Grand Prix events for 2009.

In concert with the Inaugural Air Force Run held in Winnipeg, members of the Canadian Forces and their multi-national allies stationed at Kandahar Airfield, Afghanistan, had the opportunity to participate in the Air Force Run as well.

"I had 240 personnel run in the Air Force Run here, said Capt Stephanie Smith, a key organizer of the Afghanistan run. "It was a great success!"

Unlike the sunny prairie sky and unseasonably cool winds faced by participants in Winnipeg however, those deployed to Kandahar ran in temperatures hovering in the low 30 Celsius range with very little humidity.

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

# A LONG FORGOTTEN PIECE OF HISTORY

CFSAS MEMBER FINDS RARE PHOTO DEDICATED TO LIEUTENANT-GENERAL KENNETH E. LEWIS, CMM

**2Lt Gregory Kuhn**  
WING PUBLIC AFFAIRS

17 WING WINNIPEG, Man – Just like a scene from the Antiques Roadshow, Major Geoffrey Young (USAF) found a long forgotten piece of history in the bottom of a filing cabinet drawer while cleaning out his new office.

“I came across a white piece of photo paper and was about to throw it away, when I turned it over and noticed the familiar image of an American astronaut,” said Maj Young.

The photo was of Neil Armstrong, the first person to walk on the moon, and personally written across the bottom read, “To Ken Lewis, All Good Wishes, Neil Armstrong, Apollo 11.”

“I didn’t immediately recognize who Ken Lewis was at the time, but I mistakenly dismissed him as a former school instructor here at the Canadian Forces School of Aerospace Studies,” said Maj. Young.

The photo was framed, with the personalized greet-

ing covered up, and presented to the school on March 30th as a memento of the 40th anniversary year of Neil Armstrong’s achievement.

It wasn’t until the photo was the picture was then hung close to a cabinet dedicated to the namesake of the school’s library; one Lieutenant-General Lewis, that the connection was made.

Ken Lewis was in fact Lieutenant-General Kenneth Edward Lewis, CMM former Commander of Air Command during the early

1980’s.

“I have been in the process of trying to contact Lieutenant-General Lewis’s heirs, so that I can return this valuable artefact back to the rightful owner,” said Maj. Young.

Lieutenant-General Kenneth Lewis graduated from Royal Roads Military College as a Cadet Wing Commander, in 1949 and held many distinguished positions in the Canadian Forces before his retirement in 1983.



Photo presented to LGen Lewis by astronaut Neil Armstrong, with caption “To Ken Lewis, All Good Wishes, Neil Armstrong, Apollo 11.”  
Photo by Major Geoffrey Young (USAF)

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## A NEW HEADQUARTERS COMMANDING OFFICER

By Karen Christiuk

Major-General Marcel Duval, Commander of 1 Canadian Air Division/Canadian NORAD Region (1 Cdn Air Div/CANR), led the Headquarters staff in welcoming Lieutenant-Colonel Gord Danylchuk as the new Headquarters Commanding Officer (HQ CO) and said farewell to Lieutenant-Colonel Cam Stoltz in a formal Change of Command Ceremony held on June 8 in the Headquarters atrium.

“Thank you for the opportunity to serve all of you,” said LCol Stoltz. “I was blessed with a dedicated and talented staff at Headquarters Support Services...I’m proud of the work they’ve done for you and me.”

LCol Stoltz, who is moving on to a new position as Commanding Officer of the Canadian Forces Joint Signal Regiment (CFJSR) in Kingston, offered some words of advice to the in-

coming HQ CO.

“Expect the unexpected,” advised LCol Stoltz and, “Enjoy your time here. You have a great staff working for you. Congratulations and best of luck.”

MGen Duval thanked LCol Stoltz for the support he gave to him and to 1 Cdn Air Div/CANR over the past 18 months. He also welcomed LCol Danylchuk and noted, “Your leadership is proven...welcome aboard.”

LCol Gord Danylchuk ended the ceremonies with a short speech and said, “It is with honour and pride that I accept this position. I pledge to carry out my duties to the highest level. In order to accomplish our mission we need an excellent team, and I feel blessed that I have inherited such a team...I look forward to working with each and every one of you.”

LCol Gord Danylchuk previously held the position of Senior Staff Officer for Air Force Technical Training at 1 Cdn Air Div/CANR. He has had a long and var-

ied career with the Canadian Forces, and holds a Bachelor’s degree in Electrical Engineering from the Royal Military College of Canada and a Master’s degree in Electrical Engineering from Queen’s University.

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# PROVINCIAL SPECIAL ENVOY PRAISES SVC MEMBERS FOR CREEK CLEAN-UP

Submitted by Vicki McLennan  
BONNIE KORZENOWSKI, CONSTITUENCY OFFICE

The following are excerpts from a member statement made by Bonnie Korzeniowski, MLA St. James and Special Envoy for Military Affairs, that was read on May 28, 2009 in the Manitoba Legislative Assembly.

Mr. Speaker, I rise today to speak about a terrific display of community involvement that took place in St. James earlier this month.

The 2009 Creek Clean-Up took place on May 9th and brought together the constituents of St. James, Minto, Kirkfield Park and Wolseley for a community spring cleaning of Omands Creek, Sturgeon Creek and Truro Creek.

When our St. James crew met at Bruce Park we were greeted by a cold and dreary day, complete with morning snow flurries. However, just when we were contemplating rescheduling the event, ten soldiers sent by Lieutenant Colonel Brett Takeuchi from the Winnipeg Infantry Tactical Grouping, showed up to join our effort. These men and women drew the crowds and we were quickly joined by another twenty local resident volunteers.

We fired up the barbeque and had people come and go between sharing a hot dog

and drink, and cleaning up the creek until about four in the afternoon. I would like to send a special heartfelt thanks to Munther Zeid, owner of Food Fare from 2285 Portage Avenue, who donated everything for the barbeque, from hot dogs to burgers, condiments, drinks and supplies.

By the end of the day our community effort filled around 40 garbage bags cleaning the Truro Creek from the Airport to the Assiniboine River. A particular highlight was when our clean-up crew discovered a full length couch with cushions sitting water-logged in the creek. It took the united effort of several soldiers to drag it out and bring it to the collection area. Without their contribution, we might still have this dreadful piece of discarded furniture sitting in the creek today.

I ask the House to join me in thanking our many volunteers for their contribution towards this year's annual Creek Clean-Up, and congratulate them for a job well done. Due to the joined efforts of our friends and neighbours, and the men and women from the Winnipeg Infantry Tactical Grouping, we are able to improve the habitat of these beautiful areas and preserve our watershed green space. Thank you, Mr. Speaker.



Bonnie Korzeniowski with the soldiers near Truro Creek in Bruce Park.  
Submitted by Paul Pododworny

## MAKE YOUR WORK ENVIRONMENT MORE INVITING

EEC AND DAG REPRESENTATIVES GATHER FOR THE DIVERSITY AND EMPLOYMENT FOR MANAGERS AND SUPERVISORS COURSE

John Towns  
VOXAIR STAFF

On May 28, representatives from the Employment Equity Committee and Defence Advisory Groups gathered at the 17 Wing Learning and Career Centre to take a look at how to make their work environments more welcoming to people of varying cultural backgrounds as part of the Diversity and Employment Equity for Managers and Supervisors course.

"We're looking at how we can create inclusive work environments so that we can help support, promote and recruit people from the dif-

ferent employment equity groups into our organization," said Leah Bannister, Regional Learning Advisor for the LCC. "We basically want to make them feel comfortable working with and for us, and we're looking at how to do that."

The course is primarily geared toward looking at ways to promote workplace diversity by having more open communication between management and employees.

"Basically one of the more important things we've picked up that this really all boils down to a communication thing," said Brian Monteith, a representative from

the Union of National Defence Employees and Employment Equity Advisor. "People have to understand that it's a changing world, and people have to get used to the fact that there's going to be different ethnic groups working together. And that's really what we're all here for, to get along and work together and understand each other."

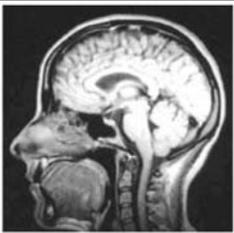
Participants in the course began the day with a role-playing game to highlight cross-cultural differences between different groups. The course participants were split into two groups and given very strict social codes that they had to ad-

here to, and were then told that the two groups had to engage in trade with one another, despite their differing social norms.

"The card game really brought up a lot of things we wouldn't expect, just about cultural norms and how to deal with them and understand them," said Marlene Hepner, one of the course's attendees and a member of the Employment Equity Committee. "It helped to explore the differences in social norms and to help you get really into the mindset of how not everyone does things the way you will."



Leah Bannister, Regional Learning Advisor for the LCC, explains some of the current diversity statistics in the Canadian Forces to the participants in the Diversity and Employment Equity for Managers and Supervisors course.



### Military personnel without PTSD

Healthy men with military  
trauma exposure wanted for  
a study

University of Manitoba research group, in collaboration with the Operational Stress Injury Clinic and the Institute of Biodiagnostics in Winnipeg, is seeking healthy volunteers with military service-related trauma exposure. Volunteers will participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

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

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

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

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# OUR MOTTO: MANY WAYS TO SERVE

CANADA COMPANY OFFERS SCHOLARSHIP FUND TO CANADIAN FORCE DEPENDANTS

## 2Lt Gregory Kuhn

WING PUBLIC AFFAIRS

17 WING WINNIPEG, Man – “I believe education is a fundamental right and I would like to know that the children of our fallen are afforded that opportunity,” said Sandra Doody, Deployment Co-ordinator, Winnipeg Military Family Resource Centre (MFRC).

On June 15, the Winnipeg MFRC raffled off a replica version of the infamous 18-wheeler Poppy Truck, with half the proceeds donated to the Canada Company.

The Canada Company's Scholarship Fund offers financial assistance for post-

secondary education to children of military parents who have died while on active military service in the Canadian Forces.

“These scholarships are in recognition of the selfless sacrifice that our brave military personnel make in the service of their country,” said Honourary Colonel of the Royal Canadian Regiment of Canada, Blake Goldring, who serves as the Chairman of Canada Company and CEO, AGF Management Limited.

The fund provides up to \$4,000 per year up to four years to support post-secondary education. As well, students who have been en-

rolled in full-time post-secondary studies after January 1, 2002 may be eligible to qualify for retroactive funding.

“In this tragedy there can be hope. Children in the Canadian Forces who have lost a parent should know that they are part of a bigger family of caring Canadian individuals and corporations that are looking out for our incredible sailors, soldiers, airmen and airwomen,” said Major-General Guy R. Thibault, Assistant Chief of the Land Staff.

Canada Company, created in 2006, brings community leaders from across Canada together to support

Canadian soldiers in the work that they do at home and abroad. The organization is an advocate for those Canadians, who serve or wish to serve, in the Canadian Forces – regular and reserve – and their families, ensuring that they receive the widest possible support, recognition and care possible.

For more information on the Scholarship Fund please visit [www.canadacompany.ca](http://www.canadacompany.ca)

For more information on the Winnipeg Military Family Resource Centre please visit <http://www.mfrc.mb.ca/>



A replica of the Poppy Truck being raffled off by the Winnipeg MFRC  
Photo: Submitted photo

# 405 SQN NAVIGATOR ACHIEVES CAREER MILESTONE

## LCol Jim Irvine

JOINT TASK FORCE AFGHANISTAN  
AIR WING

For Captain Rob Scholte, the 5,000-hour mark in the CP-140 Aurora was a personal achievement he was glad to reach. Flying hours have been cut back because of the Aurora modernization program, so he didn't think it would happen this soon. “I figured that I would reach 5,000 hours by the third quarter of 2009, but getting the opportunity to deploy in sup-

port of Op Athena boosted that time ahead quite a bit,” he said.

Capt Scholte joined the Canadian Forces in 1983 as a Weapons Technician (Air) under the Youth Training Employment Program. At the end of that initial one-year contract, he remustered to the Air Defence Technician trade, and completed two tours with NORAD (North American Air Defense Command) long-range radar sites, one on Canada's west coast,

and one on the east coast. In 1988, he remustered again to the Airborne Electronic Systems Operator (AESOp) trade, achieving his wings in late 1989. His first aircrew posting was to 407 Maritime Patrol Squadron at 19 Wing Comox. In 1997, he was posted to 405 Maritime Patrol Squadron at 14 Wing Greenwood.

In 2002, Capt Scholte was selected for training as a navigator through the Commissioning from the Ranks (CFR) Program. He

completed his occupational training in December 2004, and was posted back to 405 Squadron for Maritime Operational Aircrew Training as an acoustician. “I have been very fortunate since I decided to pursue the aircrew way of life in the Canadian Forces,” says Capt Scholte. “I have been to many places around the world that I never thought I would see. It's been a great experience.”

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Romp through the swamp ends at: Noon each day

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# ARTILLERY SOUNDS, SNOWBIRDS SOAR AT CANADIAN FORCES DAYS

## Capt Jeff Noel

WING PUBLIC AFFAIRS OFFICER

17 WING WINNIPEG, Man. – With temperatures hovering in the low-to-mid teens Saturday and Sunday, an estimated 12,000 spectators from far and near came to Canadian Forces (CF) Days at Southport Aerospace Centre June 6th and 7th to see displays of military hardware and witness the high-flying aerobatics of the world renowned Snowbirds Aerial Demonstration Team.

Line-ups of eager spectators waited patiently for the gates to open each day at 10 a.m. and filled their time with tours and demonstrations by the Army, Navy and Air Force prior to the 1 p.m. start of the aerial portion of the event.

"This is a wonderful opportunity for folks to meet members of their Canadian Forces and see some of the equipment we use," said 17 Wing Commander Col. Scott Howden. "We're extremely excited to show off what we do to the folks we work for: the Canadian public."

Each day started in the same spectacular fashion: following a tribute to commemorate the 65th Anniversary of D-Day, a member of the CF's SkyHawks Parachute Demonstration Team jumped with a giant Canadian Flag as the national anthem was played by the Air Command Band from 17 Wing.

This stirring opening was quickly followed by the 2009 Centennial of Flight 'Heritage Flypast'. Consisting of a vintage F-86 Canadair Sabre fighter jet painted in the colours of the 1950's era Golden Hawks aerobatics team, a CT-114 Tutor jet painted in the colours of the 1967 era Golden Centennaires aerobatics team, and the Air Forces'

CF-18 Demonstration Team Hornet fighter painted in special colours to commemorate our nations Centennial of Powered Flight, the Heritage Flight will appear across Canada throughout the year.

Following the Heritage Flight's dramatic flypast, the remaining twelve members of the SkyHawks thrilled the crowds with their seemingly 'death-defying' spirals and manoeuvres and clearly proved why they are highly sought-after to appear at events across our nation.

Southport-based Grob 120A's and a King Air aircraft then showed off their agility.

The diverse scope of operations conducted by the Canadian Forces was showcased to spectators when soldiers from several local Army Reserve Units such as the Fort Garry Horse, assisted by a pair of Bell 412 CF 'Outlaw' helicopters, conducted a mock, advance-to-contact/withdrawal under fire demonstration complete with artillery!

The Navy was well represented at this year's event both on the ground with a large contingent of personnel including Port Inspection divers and an extensive ground display that contained an inert torpedo and a rigid hull inflatable boat (RHIB). Aerially a ship-borne CH-124 Sea King maritime helicopter thrilled everyone with its agility.

The Air Forces' CF-18 Demonstration Team Hornets' spectacular display of power and agility served as the perfect lead-in to the graceful, almost serene finale performed by the famous red and white Tutor's of the Snowbirds.

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

For more information about the Canadian Air

Force's Snowbirds Aerial Demonstration Team., please visit: <http://www.snowbirds.forces.gc.ca/v2/index-eng.asp>

For more information about the Canadian Air Force's CF-18 Demonstration Team, please visit: <http://www.airforce.forces.gc.ca/v2/cf18/index-eng.asp>

For more information about the Canadian Force's SkyHawk's Parachute Team, please visit: <http://www.army.forces.gc.ca/skyhawks>

For more information about Canada's Centennial of Flight, please visit: [http://www.canadiancentennialofflight.ca/airforce/main\\_e.php](http://www.canadiancentennialofflight.ca/airforce/main_e.php)

RIGHT: Smoke jets from the muzzle and muzzle brake as soldiers from D Battery, 2nd Regiment, Royal Canadian Horse Artillery (2 RCHA) fire their M777 155 mm howitzer at the Canadian Forward Operating Base (FOB) at Sperwah Ghar, Afghanistan.  
Photo by MCpl Kevin Paul

BELOW: Naval Boarding Party Team (NBP), practice getting into and out of a Rigid Hull Inflatable Boat (RHIB) during fairly rough seas. Photo by MCpl Robin Muiridge



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# SPORTS TRIVIA

## Baseball themed

20 QUESTIONS AND ANSWERS TO SPORT RELATED TRIVIA

By Bill Sheridan

## QUESTIONS

1. What is Henry Chadwick credited with creating in baseball?
2. What was the first hit Pete Rose had in the major leagues?
3. In the early days of ball, what covered the Green Monster?
4. Which two Canadians have won the Cy Young award?
5. How many times was Billy Martin hired by the Yankees to manage?

6. What four players are in the 40/40 club, home runs and stolen bases?
7. Who won the most games for the Montreal Royals of the international League?
8. What manager has been named manager of the year a record eight times?
9. What was the Beadle Baseball Player?
10. What is the average life span of a major league baseball?
11. Who gave up Rick Mondays homer in the top of the ninth in Montreal?
12. Who did Nolan Ryan strike out for number 5000?
13. Why does Justin Morneau wear number 33 for the Twins?
14. What number did Reggie Jackson wear with the Yankees?
15. How many home runs does Barry Bonds have?
16. How many were on base when Joe Carter hit his series winning homer?
17. How many players were banned from baseball due to the Black Sox scandal?
18. What were the Yankees called before 1913?
19. How many wins did Babe Ruth have with Boston?
20. What year did the Blue Jays have their best regular season?

## ANSWERS

1. Scorekeeping(plays)
2. Triple after going
3. Advertisements un-
4. Eric Gagne and Fer-
5. Six times, but he
6. Canseco, Barry
7. Tommy Lasorda
8. Bobby Cox
9. The first baseball
10. Five to seven
11. Steve Rogers
12. Rickey Henderson
13. It was his idols
14. 44
15. 762
16. Two.
17. 9, 8 Sox players
18. 1903-1912 High-
19. 89 with Boston and
20. 1985 they were 99-

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## WTIS/CCSS FLIGHT'S DATA CENTRE PROJECT

MCpl Pat Barsy

There are many activities that go on unnoticed in the background to keep the telephones, computer networks and other critical communications systems up and available for operations on a Canadian Forces Wing. The Command and Control System Support flight (CCSS) is a small but key 17 Wing TISS flight, tasked to support the operational capabilities of 1 Canadian Air Division. Located in Building 25, CCSS is responsible to install, upgrade and maintain the classified networks and communications in support of the Air Operation Centre (AOC) and NORAD Command (CANR) locally, as well as other bases/units such as Yellowknife, Cold Lake, and Bagotville.

Just a few years ago the Data Centre had a small number of servers, switches

and less than 60 workstations located mainly in the AOC. As the years progressed the classified networks transformed from a small footprint to over 400 throughout building 25 and the Wing. This rapid expansion and the addition of new systems and technology has outpaced the building's infrastructure and placed massive stress on the ageing cooling units which support the Data Centre; two of the three units were running continuously to remove the heat generated by all the IT equipment. In the event of failure, emergency shutdown procedures had to be implemented within minutes so the equipment would not overheat and destroy itself.

New direction and the transformation of the Combined Air Operation Centre (CAOC) resulted in the need for even more equipment. CCSS flight engineered and requested a total refit of the Data Centre, complete with

new style equipment racks which would be key in the direct venting and removal of the heat generated by the additional equipment. This tremendous amount of behind the scenes work was accomplished from November 2008 through May 2009 and achieved with incredible co-operation from our WLE Branch brothers in WCE Electrical. As the old racks were removed so was the unused, abandoned wiring and power. WCE worked with enthusiasm to remove all of the old wiring and install new transformers and circuit panels to deliver redundant power to create a no fail system.

Through the outstanding co-operation of all key organizations the operational readiness of 1 Cdn Air Div with the capacity to take on new challenges for years to come has been assured.



Photo by MCpl Pat Barsy  
Newly installed Data Centre racks

## SPECIAL ADMISSION PROCESS ANNOUNCED FOR FORMER CF PERSONNEL AT UNIVERSITY OF WESTERN ONTARIO LAW SCHOOL

Submitted by  
Guy Paquette

LONDON (ON) – The Faculty of Law at the University of Western Ontario is pleased to announce a program to facilitate the admission into law school of Canadian Forces (CF) personnel released for medical reasons. Western Law will provide both a simplified application process and special consideration for admission.

“Canadians continue to be generous in their support of our men and women in uniform,” said the Honourable Peter Gordon MacKay, Minister of National Defence and Minister for the Atlantic Gateway. “Our ill and injured have made sacrifices for this nation, at home and overseas, and this program recognizes these sacrifices, and the commitment of our Canadian Forces members.”

Prospective candidates for the Western Law admissions program will ordinarily have had at least two years of university or the equivalent. They will also be required to successfully complete the Law School Admission Test (LSAT) together with an admission essay.

“We are delighted to offer this

opportunity to people who have served our country,” added Ian Holloway, Dean of Western Law. “Our experience with law students who have served in the Canadian Forces has been universally positive. Military applicants bring to the school not only intelligence and a sense of responsibility, but also a degree of determination and a commitment to teamwork that makes them ideal law students and ideal members of the legal profession.”

“The Canadian Forces are honoured to accept this generous opportunity that Western Law School is giving to servicemen and women,” said Major-General Walter Semaniw, the Chief of Military Personnel, in Ottawa. “I think the life experience, maturity and sense of responsibility that our members have gained would aid them well in the field of law. Western Law is to be commended for its support of the Canadian Forces. The school is setting an example for others to follow.”

StandardAero, a Dubai Aerospace Enterprise (DAE) company with \$1.4 billion in annual revenue, specializes in engine maintenance, repair, and overhaul and nose-to-tail services that include airframe, interior refurbishments, and paint for business and general aviation, air transport, and military aircraft. As part of the DAE Engineering division, we form a global services network of 12 primary facilities in the U.S., Canada, Europe, Singapore, and Australia as well as 14 regional service and support locations.

### Designer

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**Competition #998-09**

### Plating Technician (Chrome)

Your responsibilities will include inspecting incoming parts and reviewing process instructions, preparing and mixing plating solutions under guidance from the Chemical Process Technologist/Engineer, masking parts in preparation for the plating process, and operating furnaces and using acids to remove diffused coatings and/or operating and controlling electroplating equipment to coat metal and other parts. Able to read, understand, and interpret blueprints, you have a strong aptitude for math and chemistry and a working knowledge of precision measuring instruments.  
**Competition #092-09**

### Non-Destructive Test Inspector

You will process and inspect parts and components to determine the presence of discontinuities using the liquid penetrant method, ensure the functional and acceptable status of the non-destructive test equipment and determine the acceptance of parts and components for surface condition in preparation for the non-destructive test process. You will also inspect and interpret test results. Can/CGSB-48.9712 certified (Option B, Level 2 or 3), you are knowledgeable in and have an understanding of inherent and non-inherent discontinuities found in materials as well as the ability to attain the internal non-destructive test process approval.  
**Competition #184-09**

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### Electrician

Analytical and a strong decision-maker, you will lay out, assemble, install, test, troubleshoot, and maintain and repair electrical wiring, fixtures, control devices, and related equipment in buildings and other structures in accordance with applicable codes. A licensed electrical contractor, you have trade certification, completion of an electrician apprenticeship program or the equivalent, and thorough knowledge of national and local electrical codes. You also have the ability to read, understand, and interpret blueprints along with a high degree of mechanical aptitude. Our ideal candidate has an electronics background and PLC training.  
**Competition #147-09**

### QEC Structural Technician

Working in the AE2100 Quick Engine Change area of the Transport, Lift & Maritime Business Unit, you ideally have a high attention to detail when working with component fabrication and dealing with primary and secondary structures, the ability to interpret manuals and blueprint drawings, and computer proficiency. Familiarity with common structural fabrication tooling (Break, Shear, English Wheel, Roller, Shrinker/Stretch) and common fastener methods (Rivet Gun/Bucking Bar, Pneumatic Squeezer, Huck and Cherry Locks) is required and experience or familiarity with AE2100 or T56 engines would be an asset.  
**Competition #997-09**

### Painter/Drywaller

Utilizing your thorough knowledge of the application and use of painting materials, you will apply paint and other finishes to interior and exterior surfaces of buildings and other structures including preparing and cleaning surfaces, patching, repairing, painting, and installing drywall, hanging wall coverings, mixing paints, estimating labour and material requirements, and ordering and maintaining equipment and supplies.  
**Competition #146-09**

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# EXPLOSIVE SITUATION DEFUSED

## THE POTENTIAL FOR DISASTER ONLY A SPARK AWAY

**Capt Jeff Noel**  
WING PUBLIC AFFAIRS OFFICER

17 WING DUNDURN, Sask. – Natural gas, explosives, heavy construction equipment working nearby – the potential for disaster only a spark away! A sure fired plot for an episode of NCIS or CSI; perhaps even the opening sequence of another Die Hard movie? This was the reality that confronted Sergeant (Sgt) Barry Brosko, a Commissionaire (Cmse) in Dundurn, just over a month ago.

Shortly after 1 p.m. on the afternoon of 27 April, Sgt Brosko went to investigate the cause of a power failure at one of the ammunition magazines that is part of the Canadian Forces Ammunition Depot located at 17 Wing Detachment Dundurn.

Within moments of his arrival at the magazine, Sgt Brosko thought he smelt rotten eggs – that distinct odour emitted by natural gas when it escapes into the atmosphere. Seconds later he

saw a small plume of vapour rising from the ground only metres away from a large wheeled loader that a civilian contractor was using to fill trenches following recent repairs to the magazine.

Without hesitation he rushed to warn the equipment operator of the potential hazard and, when he was sure the vehicle was a safe distance away, initiated a full emergency response. Until emergency crews arrived, Sgt Brosko remained at the scene so as to safeguard personnel and property from a potentially disastrous event occurring.

“Commissionaire Brosko demonstrated outstanding judgement and exceptional professionalism in recognizing this potentially serious situation,” said Major Robert Barrett, Detachment Dundurn Commander. “As a result of his rapid response and decisive action injuries to personnel and damage to buildings were avoided.”



17 Wing Commander Col S. Howden presents Cmse Sgt Brosko with a Wing Commanders Coin in recognition of his actions. Photo by Cmse Doug Windrum



*Speak with your MP and City Councillors, enjoy a free hotdog and drink and tour the historic Grant's Old Mill at the third annual...*

# St. Charles - St. James Civic BBQ



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Member of Parliament  
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# REGIONAL SAREX A RESOUNDING SUCCESS

## 435 "CHINTHE" TRANSPORT & RESCUE SQUADRON RETURNS HOME

**2Lt Gregory Kuhn**  
WING PUBLIC AFFAIRS

17 WING WINNIPEG – Man. – Aircraft and personnel from 435 "Chinthe" Transport and Rescue (T&R) Squadron arrived home Monday morning following the successful completion of a six-day, multi-national Search and Rescue (SAR) exercise in Lethbridge, Alberta.

The multi-phase exercise provided scenarios for Search Masters and staff to hone their searching skills followed by a two-day "mock" rescue exercise between Canadian Forces (CF) Search and Rescue personnel and United States Air Force Reserve personnel.

"The exercise included parachuting into confined areas, casualty assessment,

mander

Search and Rescue teams were expected to narrow the crash site to within meters and then parachute from the CC-130 Hercules aircraft with approximately 200lbs of rescue and medical equipment.

"The final exercise provided a realistic scenario in which a plane carrying four people had crashed into the treacherous Rocky Mountain Ranges," said Maj Meikle.

In addition to the Winnipeg-based personnel, the SAR exercise included aircraft and members from Civilian Aeronautical Search and Rescue Association (CASARA), the United States Air Force Reserve (USAFR); including the 39th Rescue Squadron (RQS), the 920th Rescue Wing (RQW), augmented



Search and Rescue Technicians (SAR TECH) exit a 435 Sqn Henc during SAREX 2009.  
Photo by Mcpl. R. Mellin



A member gives AC305 a thumbs up on way to take off.  
Photo by Mcpl R. Mellin

stabilization, evacuation and simulated transfer of casualties to local EMS and hospital staff," said Major Tony Meikle, 435 Squadron SAREX Detachment Com-

by Para-rescue Jumpers (PJ's) from the 304th Rescue Squadron (RQS), with support provided by 18th Air Defence Regiment, Royal Canadian Artillery, a

local Army reserve unit.

435 Squadron provides primary SAR response for the Trenton Search and Rescue Region, the largest in Canada, extending from Quebec City to the British

Columbia/Alberta border, and from the North Pole to the Canada/United States border.

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## ANNUAL GENERAL MEETING

The MFRC wants to hear from you. Come out to the Annual General Meeting on Thursday, June 25, 2009 at 7 p.m. at the MFRC, 102 Comet Street. All family members of military personnel are invited to attend. This is your chance to have your voice heard, and let us know what we're doing right, and if there's any programs or services you'd like to see offered. Child care is available upon request.

### WAYS TO PASS A SUMMER DAY WITH YOUR CHILDREN:

-Get physical...ride a bike; take a walk play hopscotch; run through the sprinkler!

Create...turn your sidewalk/driveway into an art gallery using chalk;

-Explore the outdoors...dig in the mud; splash in a puddle; follow a bug; build a fort; watch the clouds float by; sleep in a tent; smell the flowers; collect stones; listen to the birds. Encourage your children to freely interact with nature. It is a valuable learning opportunity that is being lost.

-Come play...Drop into MFRC's Creative Tots Program Tuesdays 9:30-11:00 a.m.

-Borrow a literacy kit from us. We have kits filled with books, games and activity ideas that promote literacy and numeracy.

-Learn some sign language. Borrow our "Baby signs" learning kit.

Call 2491 for information

## SELF-CARE PRESENTATION

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

Wednesday July 29 at 6:30 pm  
MFRC 102 Comet St

## SEPARATION DURING DEPLOYMENT

Combat situation deployment can create an anxiety and fear that is far different from when a loved one is on a routine deployment. Spouses and families may find themselves feeling on edge. Some realities of deployment include less communication with your spouse, lack of information about duties and location, more media coverage regarding serious incidents, and increased fears about safety issues and dealing with the unknown.

Staying in touch by writing to one another every day is one way to ease the trauma of separation. Here are some writing tips and suggestions on what to write:

- It is very important that you put your thoughts and feelings down on paper on a daily basis. Don't wait until it's convenient for you or when you have the opportunity. You have to make time to do this. It will only take 5 or 10 minutes out of your day. This opportunity to touch base with one another daily is critical to keeping the two of you feeling intimate and close to one another.

- Spending this time documenting your days is giving a picture of yourself to your

beloved. It says your spouse is important to you. This writing time also brings your mate to the forefront of your mind, heart and life.

- Don't rely on email for your communication. Handwritten letters are more intimate. Another advantage of a handwritten note is that it can be tucked into a pocket and reread over and over again. Printing emails may not always be an option for your spouse.

- Don't be afraid to reveal who you are and share what you are dealing with emotionally. This helps keep the intimacy alive between you and your spouse.

- Don't hide difficult situations or problems from your mate. Although it may seem like protecting one another is a good thing, it really isn't. Let your spouse know if there are problems with the kids or your car, or if you are frustrated with dealing with issues as a solo parent. Just make sure that you let your partner know that you are handling the difficult issues.

Remember that it is healthy to share. It helps to put things into perspective, both for yourself and for your spouse. Dealing with unknowns creates more fear and anxiety.

## ATTENTION ALL VOLUNTEERS!

I am still in the process of updating all of the volunteer records and data. If you have volunteered with the MFRC in the past, and haven't heard from me by phone or e-mail in a while...maybe I don't have current contact information for you! If you are interested in volunteering and have never been in touch, then for sure I don't have your information!!! Please help me to update my files by sending me your information. I can be reached at 833-2500 local 4519 or at [Barbara.Thuen@forces.gc.ca](mailto:Barbara.Thuen@forces.gc.ca). We have some new and exciting plans for the Volunteer Program, and you don't want to miss out!

### HOWDEN HALL

At the MFRC Community Coffee Break on Thursday, June 4, MFRC Executive Director Don Brennan announced that the upcoming addition to the MFRC's multipurpose room will be named Howden Hall, in honour of Col Howden. During his tenure as WComd 17 Wing, Col Howden was an exceptionally strong supporter of the MFRC and military families. He continually went out of his way to support that cause. Col Howden's legacy will live on through Howden Hall. Thank

you to Col Howden and Sharon Howden for all of their support over the years.

### BISON AWARD

The Bison award is given to those who demonstrate a strong commitment to the military community. At the MFRC Community Coffee Break, the award was given to CWO Glenn Wallace for all of the assistance he's given the MFRC during his time as Wing CWO. Whenever the MFRC needed something, he went above and beyond the call to ensure that whatever was needed was available. Thank you so much for your support, CWO Wallace.

## MFRC SUMMER BBQS

Come out and have lunch with us! The BBQs will be held every Thursday, until the end of August (Aug 27) EXCEPT for the first Thursdays of the month – MFRC Coffee Break days. We offer a choice of hamburger, smokie, or hot dog, along with drinks and chips. Mark your calendars, and bring your appetites.

## ATTENTION NEWCOMERS!

If you are newly posted to Winnipeg, please stop by the MFRC for your welcome package. It is full of useful information.

## BEFORE DEPLOYMENT

Before your spouse leaves, there are several decisions you should make together, as well as some information that you should be sure to compile jointly. Consider buying a notebook to record information and some clearly labelled file folders to keep important papers. Gather the following information with your spouse if possible:

- Account numbers and contact information (billing addresses, phone numbers and customer representative names) for credit cards, mortgage loan or rent, bank accounts, loans (i.e. car or student), and safety deposit box

- Investment statements (i.e. stocks, bonds, mutual funds, or other investments)

- ATM pin numbers and passwords for accounts

- Policy numbers and contact information for insurance policies such as health, life, auto, disability, homeowners or renters' insurance

- Contact information for any professional help your family uses and or may need access to including lawyers, doctors, financial advisors or investment professionals, mechanics, repairmen

- Maintenance records for cars, major appliances, etc.

Also record your spouse's military information, including:

- Name of his/her unit

- Names and ranks of his/her chain of command

- A copy of his/her deployment message

Following is a list of documents that you should try to locate and keep in a safe, central location:

- Your spouse's military Service Number

- Your spouse's birth certificate

- Your marriage certificate

- Your spouse's social insurance number

- Power of attorney document

- Financial statements including checking, savings, CD, brokerage, retirement accounts, and credit card statements

- Copies of both your and your spouse's wills and living wills

- Instructions about guardianship arrangement for your children

- Car title and registration

There are a handful of important family decisions you and your spouse should discuss before deployment. Those decisions include:

- preparing a budget or reviewing your expected expenses and bill-paying habits;

- having wills made for both of you;

- what guardianship arrangements you want to make for your children in the event that something were to happen to both of you;

- making sure that you have adequate health/homeowners or rental/and life insurance;

- preparing a power of attorney document or living will;

- and figuring out how you'll keep in touch while your spouse is deployed.

## WHAT DO YOU WORSHIP?

FROM GOD TO MONEY TO FAMILY

### Padre Gordon Mintz

We all worship something or someone whether we know it or not. To worship is central to the human experience. Worship has many meanings and most involve adoration or holding something or someone in reverence.

We humans can worship the divine in whatever sense and expression we have of the God of the universe. We sometimes worship banal things like money and power. We can also worship simply human things like sex, family, home and sports. Usually our worship entails some combination of the above. Celebrities are worshipped, in a sense, which is why there is so much interest in them in the media. What we worship will shape our lives so it is important for each of us to ask ourselves the question: What do I worship?

The answer to that question will define our priorities in life. The Christian scriptures capture this wisdom as follows: "For

where your treasure is, there will your heart be also." (Matt 6:21, Luke 12:34).

It is important to differentiate our hobbies and things we like from what we wor-

ship. If we worship and make gods of the things we like (e.g. hobbies, money) we make it "all about us" and that leads to self-centredness as we align our priorities to please only ourselves. This is not to say that things that are fun and entertaining are not God-given joys, but they should not be

**WORSHIP  
IS OUR WAY  
OF REMINDING  
OURSELVES OF  
THIS REALITY. IT  
GIVES THE TRUE  
PERSPECTIVE THAT  
GOD IS GOD  
AND WE ARE  
NOT.**

excessive escapes or things that control us. The scriptures are clear that God intends us

**"FOR WHERE  
YOUR TREASURE IS,  
THERE WILL YOUR HEART  
BE ALSO."**

(MATT 6:21, LUKE 12:34).

to have "life and life abundantly" or "life in its fullness" (John 10.10).

We are meant to enjoy the beautiful things in life and know they are gifts from

## IN MEMORIAM

PRIVATE ALEXANDRE PÉLOQUIN



OTTAWA (June 8, 2009) -- A Canadian soldier was killed when an explosive device detonated during a foot patrol in the Panjwai District. The incident took place in an area south-west of Kandahar City at around 09:20 a.m., Kandahar time, June 8, 2009.

Killed in action was Private Alexandre Péloquin from the 3e Bataillon, Royal 22e Régiment based at Canadian Forces Base Valcartier near Quebec City. He was serving as a member of

the 2e Bataillon, Royal 22e Régiment Battle Group.

The soldier was evacuated by helicopter to the Multi-National Medical Facility at the Kandahar Airfield. The next-of-kin have been notified.

Our thoughts and prayers are with the family and friends of our fallen comrade during this very difficult time.

While our ultimate goal remains to leave Afghanistan to Afghans, in a country that is better governed, more peaceful, and more secure; let's not consider the tragic death of our soldiers as a failure of our mission as this is precisely what our enemy is counting on. Our collective efforts here are making a noticeable difference in helping Afghans reclaim their lives from oppression and despicable living conditions.

God. Recognising the Divine is central to worship and often the beautiful things in life point us to God if we let them.

range I am drawn to worship the God of creation whose artistry is so profoundly and beautifully expressed.

While this sounds all very lofty it is also very practical. We profit from things that remind us of eternal realities. Of course we worship in church and intentionally think of God in that setting. But God's presence

To use a military example, we all know from our basic training that in navigation we must establish where true north is so we can correctly orient ourselves in order to meet our objectives. In this sense, worshipping God reorients us to what matters most and gives true direction to our lives. It gives our lives peace and comfort in what can be a difficult journey in life.

All the major faiths recognise that this earthly home is only our home on the way to our true and eternal home where all things are made right and no tear is shed. Worship is our way of reminding ourselves of this reality. It gives the true perspective that God is God and we are not. This is very healthy. This is the fruit of worship. It reminds us that the good things of this earth are only a foreshadowing of the magnificence of heaven. Every time I see a mountain

is always with us no matter what or where and invites us to worship and have a holy perspective on our earthly lives. For example, having a padre in the midst of battle reminds us that we fight for a greater good and a better day and things of eternal value. We in the military give our lives for a greater good. We are part of something bigger than ourselves. This is also true of our spiritual lives. The heart of worship is recognising that reality and allowing it to nourish our souls with the immeasurable love of God while we are on this mission called life. May each of our lives be blessed with a fresh sense of God's love for us and the direction it gives us as we enter more fully into the worship of God.

## Together in Church

### CATHOLIC

#### CHAPLAINS

**Padre Lance Magdziak**  
Roman Catholic Office 833-2500 ext 5272

**Administrative Assistant**  
Carol Cochrane Office 833-2500 ext. 5087

**Masses (English only)**  
Sunday 1100 hrs

**Religious Education** classes are available to all students from Preschool to Grade 6. Please call the office for information.

**Confessions** The sacrament of reconciliation is offered 20 minutes before mass and by appointment. Contact the chaplain's office.

**Baptisms** We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

**Marriages** Six months' notice is required for marriages, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required.

**Catholic Women's League** meets in the Chapel Annex the third Monday of each month at 1830hrs.

### PROTESTANT

#### CHAPLAINS

**Chaplain Bonnie Mason**  
(Presbyterian) Office 833-2500 ext 5417

**Padre Bob Granholm**  
(Mennonite Brethren) Office 833-2500 ext 4885

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

**Padre Ken MacRae**  
(Presbyterian) Office 833-2500 ext 5057

**Padre Gord Mintz**  
(Anglican) Office 833-2500 ext 5785

**Padre David Stewart**  
(Presbyterian) Office 833-2500 ext 4277

**Padre Curtis Duclos (Baptist)**  
Det Dundurn Office (306) 492-2135 ext 4299

**Administrative Assistant**  
Carol Cochrane Office 833-2500 ext. 5087

**Sunday Services (English Only)** 0900 hrs

**Sunday School** is held during the service for children ages 3 to 12, except on the last Sunday of each month. Childcare is provided on an as-required basis for children under 3 years of age.

**Marriages** Contact the chaplain at least six months in advance. A marriage preparation course is a requirement.

**Baptisms** The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

**Protestant Chapel Guild** meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

#### FOOD BANK

The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

#### EMERGENCY CHAPLAIN

After normal working hours, the Emergency Chaplain can be reached through WOps Duty Centre, 833-2700.

#### OTHER PHONE NUMBERS:

For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click on 'Services'.

#### INTERFAITH PRAYER ROOM

Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.

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**18 inch English Saddle**, 2 saddle pads, bridle, halters, grooming kit, and more. All in very good condition. Selling as a pkg. Just add the horse! Asking \$400. Ph. 488.8041.

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

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

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

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

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

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

**PS2 system**, mint condition. Complete with 4 games, 2 wireless controllers, guitars and cables. \$50 OBO. Ph. Paul at 6202 or 793-0873 after 1800h.

## Wanted

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

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# TAROSCOPES

BY NANCY

## ARIES

(MARCH 21 - APRIL 19):

Some of the things you set in motion took a different direction than you expected. Perhaps your intentions were good or maybe you just wanted to avoid conflict. If you haven't been honest with others expect fireworks when your actions are discovered. Then deal with the fallout.

## TAURUS

(APRIL 20 - MAY 20):

Slow down but don't quit. Do things "by the book" even when tempted to rush and cut corners. Conversely, citing common sense can mask procrastinate and suggesting diligence may be avoidance. Becoming aware of your inner games, excuses and their reasons empowers you.

## GEMINI

(MAY 21 - JUNE 21):

You're seen as a real asset to any group. This doesn't mean you can afford to take your good reputation for granted though. Determine what you want and set your course. Be selective and realistic so you don't waste energy on pipe dreams. Be on the lookout for people who can help you.

## CANCER

(JUNE 22 - JULY 22):

It's a good time to plan a vacation or special event. Also if you're at the next step in a venture, evaluate it realistically. A good gage is to look at what you've invested so far. If you'd say, "I'd do it all again," it's worth further time and effort. Don't spend your nest egg.

## LEO

(JULY 23 - AUGUST 22):

This challenging time demands you use common sense. If you have mismanaged money it could come back to haunt you. Your creative problem solving skills aren't up to the reality you're facing now. There is no quick fix. Commit to a long term solution. Seek assistance.

## VIRGO

(AUGUST 23 - SEPTEMBER 22):

Take a first-hand interest in anything that could affect you to avoid unpleasant surprises. The next two weeks could be very emotionally exhausting as you manage, cope and plan for the future. However it's worth it to resolve outstanding issues. When you can, get extra rest.

## LIBRA

(SEPTEMBER 23 - OCTOBER 23):

You're blessed with good conversations with like-minded others at this time. You'll be able to comfortably discuss emotional issues, share feelings and thoughts. This is also a good time to be on the lookout for the job of your dreams. If you see an opening - go for it.

## SCORPIO

(OCTOBER 24 - NOVEMBER 21):

Your confidence is admirable but it can lead you into uncomfortable situations when you take a strong stand. Look for solutions instead of rehashing the past. Automatic apologies won't solve anything. Trust can be rebuilt even if you've been hurt but it takes time.

## SAGITTARIUS

(NOVEMBER 22 - DECEMBER 21):

You may be feeling ill-prepared for future challenges and changes. Best thing to do is to find out what you need to know and where you can get the information then settle into learning what's required. There are supportive people to talk to who are eager to help.

## CAPRICORN

(DECEMBER 22 - JANUARY 19):

Trust your intuition to guide you. There are some things that can't be explained with logic. A dream can come true if you work at it hard enough and long enough. Take time to seek out a stronger sense of what it is you're meant to be doing. Then take the first step.

## AQUARIUS

(JANUARY 20 - FEBRUARY 18):

When you assert yourself you get results. Though they may not always be what you expect. This is an auspicious time when you're lucky in love and life. This is partly because of you; like attracts like. Re-connecting with someone you've cared about for a long time.

## PISCES

(FEBRUARY 19 - MARCH 20):

Look at life-options you might have once considered impossible. Take charge and change your life. Yes, some things are not possible but there are things you can do. Promote yourself. Advertise your abilities. Strike out on new adventures. Nature sounds can help you to relax.

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