



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

## 2008 GCWCC kickoff



The annual Herc Pull, held outside of Hangar 16, helped kick off the 2008 GCWCC campaign. Sparky the Fire Dog helped the Construction Engineering team pull the plane across the line in 17.0 seconds. For more coverage of GCWCC kickoff events, see page 4.

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Bev/Elle Cooke

# RCSU (Pra) Change of Command

Submitted by RCSU (Pra)

The Regional Cadet Support Unit (Prairie) (RCSU (Pra)) Detachment Winnipeg held a change of command ceremony at the Officers' Mess at 17 Wing Winnipeg July 21, 2008.

LCdr Terry Hurley relinquished command of the Winnipeg Detachment to Maj Bruce Kiecker, having served as Detachment Commander for the past five years.

"I have been proud and honoured to have had this time as the Detachment Commander. I have had a great staff over these years and together, we have built a cohesive team," said LCdr Hurley.

LCdr Hurley will assume the duties of the Region Cadet Training Services Officer at RCSU (Pra) Headquarters (HQ).

Maj Kiecker served as the Region Cadet Training Services Officer at RCSU

(Pra) HQ since 2003 and is looking forward to a new set of challenges as the Detachment Commander.

"Over the last couple of months, many people have asked if I am happy to move to the Detachment. I can truly say yes. While I am leaving a great staff, friends and a few outstanding goals, I am coming to work with another great staff and to a position that can provide leadership and support to cadet corps staff enabling

them to focus on the delivery of the cadet program," said Ma. Kiecker during his address.

The presiding officer for the change of command ceremony was LCol Tom Szczerski, Deputy Commanding Officer, RCSU (Pra).

The RCSU (Pra) Detachment Winnipeg provides support for 60 Royal Canadian Sea, Army and Air Cadet Corps, Units and Squadrons in Manitoba and Northwest Ontario.



From left: Maj Bruce Kiecker, LCol Tom Szczerski and LCdr Terry Hurley sign the change of command certificates.

## Fire Prevention Week 2008

This year's Fire Prevention Week runs from 6 to 10 October. The theme for this year's event is Prevent Home Fires. 17 Wing Fire Department will be holding fire drills at various buildings throughout the base. All Wing personnel are advised to review their work place Fire Orders in order to ensure they are familiar with the procedures to follow in the event of a fire. For further information please contact the Fire Prevention Office at local 5510.



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**The deadline for the next  
Voxair is 26 September.**



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# Be a star in someone's life. Support GCWCC



2008 Campaign

Submitted by GCWCC Committee

The close of summer represents an important time for us here at 17 Wing — and for the communities in which we live.

The 2008 Government of Canada Workplace Charitable Campaign (GCWCC) kicked-off on September 12, as teams banded together to show that united we can accomplish great things, like moving a 90,000 lbs Hercules with our bare hands.

This was just one example of how unified determination can truly make a difference.

Maintaining this level of determination is essential to the overall success of the GCWCC, which depends on the support of each and every one of us.

The GCWCC is a consolidated charitable campaign that allows federal employees and retirees to build stronger, healthier communities by supporting United Way/Centraides and Healthpartners, as well as a number of other registered Canadian charities.

As federal employees, we are all about making a difference in our work and in our communities.

The GCWCC allows us to express these values. In fact, your generous support has helped to make the GCWCC the largest and most successful workplace charitable campaign in all of Canada — something in which we can all take pride.

Why should I give? The GCWCC is important to our community — and to each and every one of us.

Our gifts are put to work here in Winnipeg, where we live and work.

The individuals whose lives are changed by this support could be a colleague, neighbour, friend, even a family member.

With your support you're helping an isolated senior remain independent, you're providing funding for life-saving medical research or you're making sure a child receives a nourishing meal before school.

The campaign offers an opportunity to maximize the value of your gift by consolidating your charitable giving.

You can also choose the convenience and efficiency of giving through payroll deduction. And, since your donation appears on your T4, there's no need to keep track of a receipt.

Another benefit of our partnership with United Way/Centraide is their commitment to ensuring that more of your gift goes to where you feel it is needed most.

United Way/Centraide is proud to keep campaign fundraising and administrative fees at 15 per cent or lower — well below the national average of 26 per cent for other registered Canadian charities.

We can rest assured that our donations are reaching those who truly need it the most.

This year, the campaign runs from September 12 to October 24. During that time, a colleague will call on you to ask you to consider a contribution. We hope that you will choose to be a star in someone's life by pledging your support.

Thank you in advance for your involvement.

For more information on how to support the 17 Wing GCWCC, please visit the website at <http://17wing.winnipeg.mil.ca/wadmin/gcwcc/index.htm>

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# Royal Winnipeg Rifles celebrate 125 years of service

By Cpl Bill Gomm  
38 CBG Public Affairs

The Royal Winnipeg Rifles (R Wpg Rif) celebrated their 125th anniversary during a gala weekend 5 to 7 September.

Veterans, serving soldiers and regimental family attended the event. This included a meet and greet on Friday evening, a pancake breakfast, Freedom of the City parade, band concert and gala dinner on Saturday and a church parade and luncheon on Sunday.

“On Friday night I ran into a fellow who I was a cadet with in Dundurn in 1958,” said Chief Warrant Officer (retired) Gerry Woodman who was part of the organizing committee. “I hadn’t seen him since then.”

“I look around here, see all the old guys, then again I’m looking at my generation its just amazing, people you haven’t seen in 25, 30 years now they’re here at the reunion. We will probably never have another one like this again.”

During the Freedom of the City parade the Regiment, led by skirmishers and the R Wpg Rif band, marched along Portage Avenue to City Hall where Lieutenant Colonel Tim McManus asked and received the honour of Freedom of the City.

Approximately 400 peo-

ple attended the dinner that evening.

When asked how the anniversary went; Lieutenant Colonel Tim McManus, Commanding Officer of the R Wpg Rif, had this to say;

“Very well, I’m very pleased with the performance of all the soldiers and with all the activities that went on and my staff, who did an awesome, awesome job.”

The following day the Regiment arrived at their regimental church, St John’s Cathedral for the church parade.

“We’re delighted to have members of The Royal Winnipeg Rifles,” said The Very Rev Osborne.

“It’s a joy to be a part of these celebrations, 125 years of active service on behalf of this country. It’s a service that stretches back to the early days of our country.

“Your Regiment has an illustrious history; it forged the foundation of our history in Western Canada and Canadian History. You’ve seen service in many places stretching back to the North West rebellion, Batoche and Fish Creek.”

For the soldiers who took part in the anniversary, its time to go back to training, preparing for Exercise WESTERN DEFENDER in May and training for Task Force 3-09.



Cpl Joseph Dyck a Skirmisher with The Royal Winnipeg Rifles at the Resting Arms Reverse position during the ceremony for fallen soldiers at St John’s Cathedral.



Escorted by LCol (retired) Norm Donogh, Grant Nordman, City Councilor, St Charles Ward, inspects the Old Guard during the Freedom of the City parade.



LCol Tim McManus leads The Royal Winnipeg Rifles in the march past of the Old Guard.



The Royal Winnipeg Rifles Band, followed by the Regiment, march along Portage Ave toward City Hall.



Members of the congregation stand for the procession at the beginning of the church service.



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## A clean shave

By Beverlee Cooke and  
Karen Christiuk

September 12 was a busy day full of activities for 17 Wing. The Division Head Shave took place at the Division Atrium the morning of the Herc pull.

Capt Allan Rau had his head shaved by Col Raymond Baker in the atrium of 1 Canadian Air Division/Canadian NORAD Region Headquarters to raise funds for the Terry Fox Foundation in response to a challenge made by the Canadian Association of Fire Chiefs. "Sacrificing our locks is the least we can do," said Capt Rau.

After having his head shaved, in a last minute surprise, CWO Pierre Blackburn came forward with a \$200 donation that was collected from National Defense Headquarters in Ottawa to shave off Capt Rau's legendary moustache. CWO Blackburn happily obliged, and an unrecognizable soldier emerged after a second clean shave.



Sgt Pat Bidochka shaves CWO Alexander Houston's moustache during the Wing head shave.



CWO Allan Rau prepares to have head shaved by Col Raymond Baker.

CWO Pierre Blackburn, LCol Mark Larsen and Sgt Dwayne McDonald also joined the party and had their heads shaved as part of the Air 1 Cdn Air Div HQ fundraiser that raised over \$2,700 for the Terry Fox Foundation, which goes towards cancer research.

As part of the official GCWCC official kick-off and Herc pull 17 Wing held its own Terry Fox Head shave. Brave participants had their heads shaved, beards and mustaches in support of the Terry Fox Head Shave event, which took place along side the Herc Pull to raise more funds. \$3,372 was raised at the 17 Wing Head Shave. With two events happening in the same day \$6,000 is the approximate total raised that will be going towards cancer research.

Both events were a success and everyone was a good sport in changing their style for charity.

## Test The Nation: Canada, Eh?

By Cpl Sally-Ann Cole  
CF H SVCS Gp

Pte Katrine Lake recently traveled to Toronto for a very unique tasking. The RMS Clerk, with Canadian Forces Health Services Group HQ in Ottawa, was one of 36 Canadian Forces members to be featured on CBC's hit television show Test the Nation: Canada Eh? which aired on Sunday, September 7 on CBC.

Test the Nation is a live, interactive IQ test where teams, representing different occupations and areas of interest, participate in a real-time test while the audience at home can participate online.

The CF team was comprised of personnel from across the country representing the Navy, Army and Air Force.

Both officers and NCMs were represented with ranks from 2Lt to Maj and Pte to MWO.

For many personnel, it was a chance to catch up with those they have not seen in awhile and provide a chance for CF personnel to discuss their accomplishments, deployments and trade specifics with each others and the general public.

"When I applied, I thought that it would be something fun to do. I had no idea that I would be selected" said Pte Lake.

"It was an honour to represent the CF on a national television show and I would do it again in a heartbeat."

Test the Nation: Canada



The CF team for Test the Nation.

Eh? consisted of six teams and included a CF team which was captained by Ed Robertson of The Barenaked Ladies, and the weathercasters who were captained by Quebecoise chanteuse and television and radio host, Mitsou.

Alberta-born television actress, Keri Matchett, currently seen on ER, led the team of American-Canadians.

The Tour Guides were led by Emanuel Sandu, who is a three time Canadian National Champion figure skater.

Alberta-born actor and musician Tommy Chong, part of the Cheech and Chong comedy duo, led the team Reach for the Toppers and Jully Black, a Jamaican-Canadian singer/songwriter whose hit Seven Day Fool

has soared on the Canadian music charts, led the New Canadians.

A Projects Coordinator at 17 Wing Winnipeg, and one of the CF team members, Cpl Maria Toone said "participating on Test the Nation was an amazing experience."

While waiting for the taping to begin, a CBC staff member encouraged the teams to practice their individual cheers.

A friendly team rivalry ensued. The American-Canadians team began an American chant.

The CF team followed suit by standing and singing the national anthem.

"It was amazing because everyone stopped what they were doing, including the CBC Staff, and starting singing our anthem" said

Cpl Toone. "There was a big cheer afterwards and it was such an incredible feeling."

All participants were sworn to secrecy not to reveal the winners or any specific questions or answers after the taping on 30 Mar 08, but according to producers, the show had the most exciting results in Test the Nation history.

Test the Nation was first created in the Netherlands and has since been produced in more than 40 countries. CBC's first test, Test the Nation: IQ aired in March 2007 and was watched by 1.5 million viewers and more than 200,000 online participants. More recently, on January 20, 2008 Test the Nation: Trivia aired and was followed up in June with Test the Nation: Sports.

## 17 WING FIRE DEPARTMENT BOOT DRIVE

On Tuesday, October 7,  
Be a star someone's life!



Firefighters will be collecting donations for Muscular Dystrophy through the Government of Canada Workplace Charitable Campaign at all 17 Wing entrances on October 7.

Thank you in advance for your support!

<http://17wing.winnipeg.mil.ca/wadmin/gcwcc>

## Pulling for GCWCC 2008

By Beverlee Cooke  
Voxair staff

On 12 September strength and mental determination was displayed at this year's Herc pull. 17 Wing Government of Canada Workplace Charitable Campaign had their annual Herc pull and Wing Fund BBQ at the Fire Hall Tarmac.

The teams that pulled the Herc are physically fit. "The Herc they pulled weighed a total of 90,000 pounds, this number includes the weight of the fuel which is approx. 7000 pounds," said 2Lt Jordan Woodman, GCWCC Communications Officer. A total distance of 50 feet was pulled. "It was awesome, it was like leading a whole platoon of troops, very hard,"

said Lt Jeremy Ciesinski, 17 Wing TEME Sqn, who participated in the Herc pull.

Altogether nine teams participated in the pull and each team had twenty to twenty five people on a team. 402 Sqn team had an amazing pull of 13.1 seconds, earning them first place.

Second place winners were 435 Sqn pulling the Herc in 13.8 seconds. and

the MSS came in third with a time of 14.1 seconds.

Congratulations to 402 Sqn, which will be representing 17 Wing at the Aircraft Pull during the official Winnipeg-wide United Way Campaign kick off on 19 September. Look for upcoming Wing GCWCC events in the Voxair or at the GCWCC site: <http://17Wing.winnipeg.mil.ca/wadmin/gcwcc>.



17 Wing members pull the Herc across the finish line.

# SCAN seminar coming soon

## WPSO Corner

By Lt Helen MacDonald

“Change should be a friend. It should happen by plan, not by accident”, (Philip Crosby, 1926-2001).

Most of us would never think of just piling our spouse and family into the car and heading out on a road trip without planning where we are going or how to get there.

Sure, we all like to think we are wild, adventurous free-spirits willing to go wherever life takes us. But, then reality sets in, usually after hearing, “He’s looking at me,” or “When are we going to get there?” for the gazillionth time.

Random road trips do not make much sense and neither does spending 10, 15, 20 or more years in a career only to head into retirement without preparation.

Like many things in life, your retirement can only benefit from preparation.

To assist you in this planning, the 17 Wing Personnel Selection Office (PSO) will be hosting the fall session of the Second Career Assistance Network (SCAN)

on October 22 and 23 from 0800-1600 hrs in the Wing Theatre, Building 90.

Spouses are welcome to accompany military members provided space is available.

Prior registration is required.

The SCAN seminar is designed to provide CF members with a broad overview of the services available and to increase awareness of various aspects of retirement.

Ideally, every member should attend a SCAN seminar at least twice during their career, the first time at about 15 years service and then again during the last year or two prior to retirement/release from the Canadian Forces.

The fall session of SCAN will feature such varied topics as Developing a Portfolio, Job Placement Program and Education Reimbursement, all designed to assist in the search for employment in the civilian world.

There will be information on Reserve employment, Veteran’s Affairs Canada (VAC), wills and estates and SISIP retirement planning, insurance and rehabilitation services.

Of importance to every

CF member when planning for retirement/release are administration, compensation and benefits.

Other topics include transitional effects of retirement on the family and relocation benefits available.

If you have questions or concerns or just want to gather information about the programs, benefits and services available to you as you come to the end of your CF career, then SCAN is the place for you.

“It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change”, (Charles Darwin, 1809-1882).

Planning for what may be one of the biggest changes in your life just makes sense.

Register today for the SCAN seminar, October 22 & 23 from 0800-1600 hrs in the Wing Theatre, Building 90.

A link to the registration form is located on the 17 Wing PSO website at: <http://17wing.winnipeg.mil.ca/WAdmin/PSO/scan.htm>.

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Majal Karim Molkov Photographer - JTF-Asif

### Helping make a difference

Walking through the ceiling halls of the Kandahar City Court house, the Specialist Engineer Team discusses matters on renovations to the buildings while the Force Protection Company secures the area. All soldiers are from the Kandahar Provincial Reconstruction Team, Camp Nathan Smith, Kandahar City, Afghanistan.



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# B Squadron beautifies forward operating base location

By Sgt Mark Bell  
B Squadron, LdSH(RC), 2 PPCLI BG

The B Squadron common area behind the bunker was a little small for the number of people that hang out during their down time. And so, WO Iain (Green Thumb) Fox and myself decided to carve some of the mountain away.

With pick and shovel we started our project, and as people noticed our project, we began receiving some strange looks and, of course, many suggestions to bring in a backhoe.

It was a manual labour project and some of the members of the Squadron did jump in and help.

Cpl Jeremy (The Shovel)

Charlton generously volunteered to fill 100 sand bags with the spoil from the mountain wall.

As the project progressed, we found ourselves with a large pile of sand bags we had no use for.

We decided to start a sand bag wall to enclose the now larger common area and to offer a little protection from the incessant rocket attacks on our Forward Operating Base.

But the sand bag wall was kind of ugly so WO Fox decided we needed to build a fountain.

The fountain project soon turned into a fountain/garden combo.

We struck a deal with one of our local kitchen workers

to get us some very expensive grass seed (\$50 US).

I guess in a country of sand and rock, grass seed must be hard to come by.

Our Afghan friend was worried about our ability to grow grass in this harsh environment, so he brought us a sieve and showed us how to prepare the ground and plant the seed.

Now, we just had to wait and water it, hoping it would grow.

Small trees and flowers were quickly added to the space.

A pump was installed and a portable shower was donated by the weapon technicians to keep water flowing down the fountain.

The fountain needed a plaque and Fuchko's Fountain was dedicated.

MCpl Mike (The Artist) Koestlmaier went to work carving the sign with his Swiss army knife.

Not stopping there, he made plaques for the 3 Troop and Maintenance bunkers.

Hayakaze and Hornburg plaques were put above their



The completed Fuchko's Fountain project in B Squadron's expanded common area behind the troops' shacks at a Panjwayii forward operating base.

doors.

Trooper Hayakaze was killed near Mushan and was a member of 3 Troop, C Squadron.

Corporal Hornburg was killed on the Arghandab River and was a member of Maintenance Troop, C Squadron.

Cpl Fuchko was badly injured near Lakokhel and was a member of 1 Troop, B Squadron.

With the dedications complete, all we had to do was wait for the grass to grow.

After a month of waiting, the grass was ready for its

first mow. A pair of scissors and a lot of patience later, the garden was ready for us to sit back and enjoy.

B Squadron and soon A Squadron, now have a spot of green to relax near and enjoy in the otherwise brown environment of our forward operating base.

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## SCAN Seminar

The Wing Personnel Selection Office will be hosting a Second Career Assistance Network (SCAN) seminar. The objective of this seminar is to provide both military personnel and their spouses with up to date information pertaining to the benefits and services available to retiring members. The seminar will address aspects of transition to a second career outside of the CF.

**DATE:** 22-23 Oct 08

**TIME:** 0800-1600

**LOCATION:** Wing Theatre (Bldg 90)

**DRESS:** Appropriate civilian attire

**WHO:** Military members and their spouses

Details for registration and the seminar agenda can be found on the WPSO website at: <http://17wing.winnipeg.mil.ca/WAdmin/PSO/scan.htm>

## Séminaire du SPSC

Le Bureau de sélection du personnel de l'Escadre (BSP Ere) tiendra un séminaire du Service de préparation à une seconde carrière (SPSC). Ce séminaire vise à informer les militaires et leurs conjoints des avantages et des services offerts aux militaires qui prennent leur retraite des FC. On y abordera également les aspects liés à la transition vers une deuxième carrière à l'extérieur des FC.

**DATE :** les 22 et 23 octobre 2008

**HEURE :** de 8 h à 16 h

**LIEU :** Amphithéâtre de l'escadre (bâtiment 90)

**TENUE :** Tenue civile appropriée

**PUBLIC CIBLE :** Militaires et leurs conjoints

Pour en savoir davantage sur les inscriptions et le programme du séminaire, visiter le site Web du BSP Ere à <http://17wing.winnipeg.mil.ca/WAdmin/PSO/scan.htm>.

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# Sgt Dottie, 17 Wing fire house dog, at your service

By Beverlee Cooke  
Voxair staff

Dottie the Dalmatian is not an antique, nor is she a part of the Disney movie, but she continues to keep the tradition alive at 17 Wing Fire Hall.

According to Sgt Dennis Matthews, 17 Wing fire fighter, she's the only Dalmatian fire hall mascot in the Air Force right now, and probably the only one in Canada.

"I'm going to say that with uncertainty because there could be other halls that have them, but as far as we know she's the only one left even in Canada, the only fire hall that still has a Dalmatian as a mascot," said Sgt Matthews.

17 Wing is grateful to have Dottie on board as a member of 17 Wing Fire Hall. She has been here since 1999.

"Dottie holds the rank of Sgt. When Dottie first arrived here she was given the rank of MCpl and was promoted to Sgt a couple of years ago," said Sgt Matthews.

According to Sgt Matthews two members of the fire hall found a clipping in the newspaper in regards to giving a Dalmatian away for free.

So some of the members asked the fire chief and he said sure go ahead; although he thought they were joking, they brought her in the next day. Dottie was three years old then.

Dottie is about 12 years old, and in spite of that she's doing very well, she's spry and everything.

"She does have a little bit of a hip problem and it's because of her age and she's a little overweight," said Sgt Matthews.

They think she has a little arthritis, so she's on medication for it. But she is pretty spry otherwise; she goes up and down the hallways and she likes to go for her walks over to CE.

She knows where to go in CE because everyone has cookies for her so she makes her rounds through all the offices to get her cookies."

Dottie has kept this custom alive. According to Sgt Matthews the tradition started way back.

As time progressed the dogs moved down and they had other roles. Throughout history they guarded

the royal mail, they helped during the First World War, they were messenger dogs, they've been used as hunting dogs, so Dalmatians have been used mightily throughout history.

Dalmatians are prestigious and regal.

"In the 19th century the aristocrats turned them into carriage dogs because they were such a unique looking dog and they did work well with the horses so they made them carriage dogs," said Sgt Matthews. "So if you were anybody that was important you had a Dalmatian with your carriage. They were there to protect the horses and carriages."

Dalmatians are unique breeds of dogs and they have been a great help in society.

"When the fire departments had the fire wagons

they just took that type of a dog because they were already used to running with horses and carriages," said Sgt Matthews. "That's how they became mascots of the fire department, they just ran along with the horses and protected the fire wagons and people when they were at the fires."

Dottie is smart and very alert. "She doesn't wander by any of the aircraft. She stays away from them.

If she goes out she stays in the field to wander around. She doesn't leave the fire hall," said Sgt Matthews.

"That's the type of dog they are. Once they become accustomed to something they don't wander too far from the area. They are very protective of the areas they are guarding. She's made this her home and so she

protects it as much as possible."

Everybody loves Dottie; she has a great spirit and is

very friendly.

According to Sgt Matthews 22 members at the fire hall split the cost to take care

of Dottie, although other people do give donations.

She's a big hit and everybody wants to see Dottie.



Sgt Dottie has been the 17 Wing fire house dog since 1999.

Beverlee Cooke



**On Tuesday, October 14, vote.**

**A federal general election is taking place on October 14, 2008.**

**To vote, you must:**

- be a Canadian citizen
- be at least 18 years old on election day
- prove your identity and address

**Voting in advance**

You can vote before election day. Locations of advance polling stations appear on the back of your voter information card.

You can also vote by mail or at your local Elections Canada office using the special ballot if you make the request by 6:00 p.m. on Tuesday, October 7. Download the *Application for Registration and Special Ballot* form at [www.elections.ca](http://www.elections.ca) by clicking on "I'm Mailing My Vote!" or call now.

Remember, you can only vote once. After you have registered to vote by special ballot, you cannot vote any other way in this election.

**New identification rules to vote**

When you vote, you must prove your identity and address.

For the list of acceptable pieces of identification authorized by the Chief Electoral Officer of Canada, please see the pamphlet that you will soon receive by mail from Elections Canada or visit [www.elections.ca](http://www.elections.ca) and click on "Voter Identification at the Polls".

**Vote. Shape your world.**

[www.elections.ca](http://www.elections.ca)

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1-800-463-6868**

toll-free in Canada and the United States, or 001-800-514-6868 toll-free in Mexico

**TTY 1-800-361-8935**

for people who are deaf or hard of hearing, toll-free in Canada and the United States, or 613-991-2082 from anywhere in the world



# Images from BOXTOP-2008



Gen Walt Natynczyk, right, joined BOXTOP as part of his Arctic tour. The CDS visited Iqualuit and Alert. He was also scheduled to visit Nanisivik, but the weather prevented landing.



A member of 413 Squadron was one of more than 200 CF members participating in BOXTOP. There were also 13 civilians involved in the operation.



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Crew 8 was cobbled together from different bases. The team included Capt Dan Clarke (426 Sqn), Capt Sebastian Lemire (424 Sqn), Capt Michel Besnard (8 Wg Ops), WO Marc Kovacic (436 Sqn) and MCpl Les Page (435 Sqn). Inset: Capt Dan Clarke gets coined by Gen Walt Natynczyk.



Refueling at Alert. The main component of BOXTOP 08 was located at Thule Air Base in Greenland, with a detachment located at CFS Alert. 1 Cdn Air Div Air Mobility resources (3 x CC130 Hercules) plus Civilian Charter Company (1 x L100 Hercules) flew approximately 470 flying hours to deliver 233 passengers, 738,000 lbs of freight and more than 1.3 million litres of fuel to Alert. The freight was shipped by sea to Thule, and then to be airlifted into Alert via C-130. This ensures that Alert has enough fuel and dry goods to survive through the winter. Above: One of the Hercules aircraft participating in the exercise flies over Ellsmere Island.

# 17 Wing Fall Fair– fun for the whole family



Cpl Colin Aitken

The Diamond Disc Dogs were on hand to show off their agility skills at the 17 Wing Fall Fair September 13.



Beverlee Cooke

Emily Mellin takes a ride down the slide 13.



Beverlee Cooke

People enjoy the free barbecue lunch provided by Danny's Whole Hog.



Beverlee Cooke

Larry and Connor Martin, along with Brent, Jeffery, Sabrina, and Allen McCauley were the first place winners in the Amazing Race.



Cpl Colin Aitken

Mariana Sobczak steers her tricycle through an obstacle course while wearing goggles which simulate being intoxicated.



Beverlee Cooke

Jenna Sweet knocks over a pylon during the Fire Fighters' Challenge.

## Return from Afghanistan



After a six month tour in Afghanistan, Corporal Gord May reunites with fiancée Maeghan Talpash and his mother Kathie. Cpl May is with The Fort Garry Horse. The first group of soldiers from the Second Battalion Princess Patricia's Canadian Light Infantry Battle Group returned home from Afghanistan. Landing first in Edmonton then flying to Winnipeg where 28 soldiers boarded buses to Shilo while the remaining soldiers took a bus to Minto Armoury to meet up with families and friends.



Sergeant Bruce Spracklin reunites with his family. Sgt Spracklin is with the Second Battalion Princess Patricia's Canadian Light Infantry.

## Kandahar sailors: staying Navy in the sand

Lt(N) Alain Blondin  
Lookout Newspaper

Beached sailors is one way to describe all the would-be-salty-dogs currently serving on OPERATION ATHENA.

There are approximately 60 members of Task Force Kandahar who normally wear the dark blues. Although many are in purple occupations, the majority still proudly identify themselves as sailors aboard HMCS (Her Majesty's Canadian Sandpit) Kandahar.

PO2 Clancy Keoughan, from the Military Police working at Kandahar Airfield (KAF) has this to say about now being in a purple trade: "Unlike many Navy MPs, I actually have sea time from my previous occupation. So when I got posted to the Army in 1993 and wanted to maintain my naval identity (everyone called me Corporal), I grew a beard and [ticked] off my Army warrant officer.

"Well, I never looked back about having a beard until I came over here. Since I arrived in Afghanistan there have been a couple of times I wished it was gone because of the heat and dust. But, alas, my beard and pusser attitude have remained and I am proud to say that I am

navy to this day."

Among those of the senior service doing their bit in Afghanistan are clearance divers, cooks, MARS officers, supply technicians, logistics officers, stewards, naval communicators, military police, RMS clerks, JAGs, physician assistants, a nurse, a doctor, a social worker, a chaplain, and a public affairs officer.

There are West Coast sailors, East Coast sailors and landlocked sailors. Two of us have served in submarines (V boats and O boats).

Collectively, we have sailed in more than 40 different ships and submarines, but the saltiest Canadian sailor in Kandahar Province is CPO2 Stephen Amos, a Naval Combat Information Operator who served in 13 different Canadian and U.S. ships from 1973 to 2007. CPO2 Amos currently works at the Operations Coordination Centre for the Province in Kandahar City.

Padre James Brown, the father of souls in KAF, has worked hard during his tour to convert his sun-baked army parish to more appropriate naval terminology.

"I am the Chaplain of the NSE (National Support Element), which I have always maintained, since our pre-deployment training in Wainwright, means Naval Support Element – given the large number of navy people in the NSE," he says. "I also likened the combat logistics patrols we do to the convoys out of Halifax in World War Two: the RG-31 armoured vehicles are the destroyers,

and the insurgents with the improvised explosive devices and ambushes are the U-boats. The vast desert is like the North Atlantic with safe harbour being any of the forward operating bases, while the supply trucks with the sea cans – of course – are the supply ships."

As for other ways of contributing to the cause, at least three Kandahar sailors have members of their progeny also serving in the Canadian Forces.

Cdr Bonita Thornton, Task Force Kandahar Legal Advisor, has a daughter who just finished her tour as a Communications Research Operator at the NSE. Padre Brown, our Roman Catholic Chaplain, has a son serving as a MARS officer on board HMCS Protecteur.

Finally, yours truly, a former MARS officer and submariner who has one son serving as a boatswain on board HMCS Calgary, and another son, an army communications technician, posted to 2 Electronic Warfare in Kingston and scheduled to deploy on Roto 8.

In spite of all the different backgrounds, every scallywag that has had the privilege of running aground in Kandahar agrees upon one thing. The mission here is very important and worth our personal and collective sacrifices to help Afghans find some stability and security.

However, when all is said and done, we must also admit that it's a powerfully dry place to be and can't wait to get back home for a real run ashore.

### Healthpartners Lunch & Learn

Monday, September 22nd 1200 hrs – 1300hrs  
TEC Building 135, Room 132  
[www.healthpartners.ca](http://www.healthpartners.ca)

When canvassed to make a contribution to the Government of Canada Workplace Charitable Campaign (GCWCC), you may have questions about Healthpartners. Come to this informative Lunch and Learn and understand why you should choose health.

Mothers, fathers, sons, daughters, spouses, friends and colleagues. Everyone is touched personally and directly by either their own health issues or those of their loved ones.

Healthpartners is a group of 16 of Canada's most trusted health charities offering employees and retirees the opportunity to invest in direct services; public education; health promotion; and research through our unique partnership.

Be a star in someone's life!

<http://17wing.winnipeg.mil.ca/wadmin/gcwcc/>



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# 17 Wing fire fighters to hold annual boot drive

Fire fighters have played an integral role in raising funds for Muscular Dystrophy Canada since 1954, when a group of parents with children affected by Duchenne Muscular Dystrophy, together with their friends, approached a fire department and requested assistance in raising funds.

Since that time, Muscular Dystrophy Canada has become a National Organization, supported by a network of more than 600 Fire Departments across Canada. Fire fighters are Muscular Dystrophy Canada's largest volunteer base, raising over \$2,000,000 annually.

Fire fighters also hold key positions on the Muscular Dystrophy Canada Board of Directors (i.e. Fire Fighter Relations Committee, President, etc.) and have been the backbone of the organization since its inception.

Fire fighters are local heroes, and they generate revenue and help raise awareness about the various disorders and the need for funding to support Muscular Dystrophy Canada's programs in their communities.

They are goodwill ambassadors who have made our organization their charity of choice. Through education, support, and media relations they generate awareness of muscular dystrophy like no one else can.

On Tuesday, October 7, 2008, firefighters from your own 17 Wing Fire Department will gladly continue this tradition. Please donate to fight this disease, simply by dropping any amount you can into the boots of our firefighters. Skip the morning coffee pick up this one time,

drink the coffee at work that you pitch in for anyway, and throw that extra change toward the boots.

We will be at every gate first thing in the morning with smiles all-around.

Fire fighters have and will continue to answer Muscular Dystrophy Canada's 911 call for assistance. Their support and commitment has made our team stronger and we know that they will be there until our fire has been extinguished. Thank you for being heroes to so many people both on and off the job and for caring enough to make a difference!



Fire fighters will be manning the gates on October 7 to help raise funds for Muscular Dystrophy.

## Promotions



Cpl IG MacRae, 17 Wing Supply Tech receives his promotion to MCpl from WLEO LCol WA Watson.



Pte RKJ Robertson of 17 Wing Air Mov Sec receives his promotion to Pte (T) from WSup Foods O Capt KR McCharles.



CWO Colin Stewart, right, receives his new rank from LCol Cameron Stoltz. CWO Stewart was appointed the new HQ CWO for 1 Cdn Air Div/CANR.



Lt Mark MacPherson receives his promotion to the rank of Capt from LCol M.R.A. Milligan, CO, Regional Cadet Support Unit (Pra) (RCSU (Pra)).



**Le mardi 14 octobre, on vote.**

**Une élection générale fédérale aura lieu le 14 octobre 2008.**

### Pour voter, vous devez :

- être citoyen canadien;
- être âgé d'au moins 18 ans le jour de l'élection;
- prouver votre identité et votre adresse.

### Pour voter par anticipation

Vous pouvez voter avant le jour de l'élection. Les adresses des bureaux de vote par anticipation sont inscrites au verso de la carte d'information de l'électeur.

Vous pouvez également voter par la poste ou à votre bureau local d'Élections Canada à l'aide du bulletin de vote spécial si vous en faites la demande au plus tard à 18 h le mardi 7 octobre. Téléchargez la *Demande d'inscription et de bulletin de vote spécial* en cliquant sur « Mon vote, je le poste! » à [www.elections.ca](http://www.elections.ca) ou téléphonez dès maintenant.

N'oubliez pas : vous ne pouvez voter qu'une seule fois. Si vous vous inscrivez au vote par bulletin spécial à cette élection, vous pourrez y voter uniquement de cette manière.

### Nouvelles mesures d'identification pour voter

Au moment de voter, vous devez prouver votre identité et votre adresse.

Pour connaître la liste des pièces d'identité acceptées par le directeur général des élections du Canada, consultez le dépliant que vous recevrez bientôt par la poste ou visitez le [www.elections.ca](http://www.elections.ca) et cliquez sur « Identification de l'électeur au bureau de scrutin ».

**Voter, c'est choisir son monde.**

[www.elections.ca](http://www.elections.ca)

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1-800-463-6868

sans frais au Canada et aux États-Unis, ou  
001-800-514-6868 sans frais au Mexique

ATS 1-800-361-8935

pour les personnes sourdes ou malentendantes,  
sans frais au Canada et aux États-Unis, ou  
613-991-2082 de partout au monde



# CDS takes in the Labour Day Classic in Regina

By Cpl Bill Gomm

“Premier, distinguished guests, ladies and gentlemen, rider fans, love the one you’re with,” said General Walt Natynczyk. “Out of Ottawa right now there is no local football club and it hurts.”

The Saskatchewan Roughriders Football Club hosted a Canadian Forces Appreciation game on August 31. General Walt Natynczyk, Chief of Defence Staff and members of 38 Brigade, HMCS QUEEN and 15 Wing

joined him for the game during the Labour Day Classic weekend.

A pre-game reception was held at the Royal United Services Institute/Regina Officer’s Mess (RUSI/ROM) which was hosted by Vaughn Schofield, the provincial chair of the Canadian Forces Liaison Council, during which the CDS addressed the assembled guests.

“This province General, has punched above its weight in Afghanistan,” said Brigadier General (retired) Cliff Walker, Chief Executive Of-

ficer of the Commissionaires, prior to introducing the CDS.

“Sir I would also invite you to visit the new War memorial at the entrance to the Legislative grounds, a memorial made possible by all three levels of government. In June 2007 Princess Anne, Colonel and Chief of The Royal Regina Rifles met with the five families of the young woman and the four young men whose names are immortalized in bronze. Unfortunately we have 5 more names of great young Saskatchewan people that now have to be added to

the memorial”

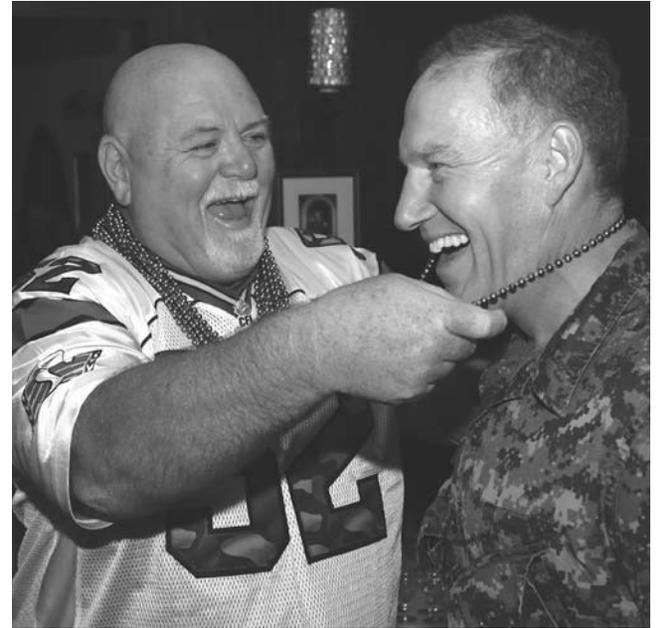
As both the CDS and Major General Dennis Tabbernor are considered Winnipeg Blue Bomber fans, a temporary truce was declared that allowed the members of the RUSI to welcome them with open arms.

“All bets are off after the first kick off,” said BGen (ret’d) Walker.

“I want to tell you how pleased I am to be your CDS,” said Gen Natynczyk. “I’m so absolutely humbled to see the leadership in this room all of them there to support our men and women every day.”

“I know you’re out here today to support the CF appreciation day in this incredibly historic game but at the same time I recognize you’re doing it every day from the premier of the province providing support to both the regular and reserve force personnel. This whole province on how you close ranks to support our soldiers who come home, our soldiers who are deploying and their families.”

“Whether they are deploying to Afghanistan or whether they are out a ship like the Ville de Quebec right now off the coast of Somalia, whether they be on a training mission or whether they would be



Jim Hopson, President and Chief Executive Officer of the Saskatchewan Roughriders presents a beaded necklace to General Walt Natynczyk, Chief of Defence Staff.

up in the north somewhere right now at about 40000 feet guarding our northern approaches. You’re supporting them and you do that each and every day.”

The CDS closed by thanking the Saskatchewan Roughriders and the Canadian Football league for their continuous support.

“The leadership from the CFL has been incredible and no where has it been so strong as right here in Regina. The rider pride I tell you is amazing because of a great leader

like Jim therefore I want to say on behalf of all the men and women in uniform thank you for what you do for us.”

After the reception the CDS walked to the stadium where he met with 20 soldiers from 38 Canadian Brigade Group, HMCS QUEEN and 15 Wing. These soldiers were chosen to receive free tickets for the game.

A Roughrider jersey was present to the CDS by Jim Hopson, CEO and President of the Riders at south end of the stadium prior to kick off.



Cheerleaders, Steve Mazurak, General Walt Natynczyk, Chief of Defence Staff, Jim Hopson, Roger Aldag, cheerleaders and 20 deserving soldiers salute, during the playing of O’ Canada as four Harvards from 15 Wing do a fly past over the stadium.

National Defence / Défense nationale

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## Gold medal par for the course

By Mary Ellen Green  
Lookout Newspaper

Maj Al Jensen knows every hill and valley of the Hylands Golf Club course in Ottawa like the back of his hand.

He was a former Hylands club member, five-time and reigning club champion and a former employee.

It was at the Canadian Forces golf club that he got his start to the game at age five, and it’s also where he struck gold at the 5th annual CISM World Military Golf Championships held Aug. 17-23.

“I think I had a bit of an advantage because I grew up on that course. I started working there when I was 11 in club storage, and my father was the head pro and worked there for 30 years,” he says.

In four rounds of CISM play, he scored 71, 73, 76, 71 respectively, leaving him with a score of three-over-par (291), two strokes behind the tournament leader, and locked in a four-way tie for second with three American golfers.

Maj Jensen was awarded the gold medal in the senior men’s (over 40) category. The three remaining players had to

go to score card retrogression to decide the silver and bronze medals in the men’s individual category.

“Nothing beats the feeling of standing on a podium hearing your national anthem play – it’s just like the Olympics,” Maj Jensen says.

Ireland’s Kieran Kennedy was the men’s individual winner, with a score 289.

The Canadian men’s CISM Golf team finished second overall, while the ladies team took third. Captain Chantale Belley took bronze in the ladies individual race, bringing the Canadian team’s medal total to four, their best ever showing at the World Military Golf Championship.

Maj Jensen played golf through high school and college, and has competed as a junior and amateur at the regional, provincial, and national levels. After joining the military in 1980, he played military golf, making the national team 11 times in 12 attempts spanning a 19-year period.

Since golf was elevated to World Championships status in 2003 he has travelled to Pakistan, Ireland, and South

Africa to play for the top spot.

This is the second time he has returned home with a gold medal, and Maj Jensen has decided it will be his last.

“We are athletes and we take our sport very seriously,” he said. “It is all our own time and money to compete in amateur golf tournaments and practice until the team selection program starts and the team is named.”

Over the next four years, he won’t have the time it takes to fully commit to training for competition due to professional and personal responsibilities.

Maj Jensen is due to take over as Commanding Officer of 11 Service Battalion next year, and until then, he is serving double duty as the Deputy Commanding Officer and Deputy Joint Engineer at Joint Task Force Pacific Headquarters.

“I couldn’t have written this finish any better. I wanted it to play out this way – in Canada, at my home course, in front of family and friends, with personal and team success. It’s going to be difficult to leave the program, but there

**DATE & TIME: 4 OCT – 0830 – 1600 HRS & 7, 14 OCT - 1800 – 2000 HRS**  
(PARTICIPANTS MUST ATTEND ALL THREE SESSIONS.)

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**Registration Deadline: 26 Sept 08**



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## 17 Wing Fall Fair thank you

A big thank you to all of the 17 Wing and 1 Canadian Air Division military and civilian personnel for your work on this year's event. Your efforts contributed to the success of this event and to the fun experienced by the participants.

A special thank you to all of the volunteers: the Fall Fair committee and most importantly the fantastic MFRC volunteers. You are what make this yearly event the success that it is. It could not be done without you. See you next year.

## Services en français

CPEF de l'école Roméo-Dallaire Programmation d'automne

### Jouer dans le gymnase en famille

Venez jouer en famille dans le gymnase de l'école Roméo-Dallaire. Le programme aura lieu tous les mercredis soirs à 19h00 et ce, à partir du 1er octobre 2008. Vous devez téléphoner au CPEF pour vous inscrire.

### Toi, Moi et la Mère l'Oie

Venez apprendre des chansons et des comptines françaises avec vos enfants. Le programme débutera mardi le 7 octobre 2008 au CPEF de l'école Roméo-Dallaire. L'atelier aura lieu tous les mardis matins de 10h00 à 11h00 pour une durée de 10 semaines. Une petite collation sera fournie pour vous et vos enfants. Inscrivez-vous dès maintenant.

À venir...

Le CPEF offrira d'autres programmes en français pour les familles francophones ou exogames.

Téléphonez au CPEF pour avoir plus d'informations sur les programmes suivants:

- Viens rencontrer d'autres bébés
- Le retour de la cigogne (Unique au Manitoba, pour les femmes enceintes qui ont déjà un ou plusieurs enfants)
- Mini-francophone
- Jouer en français
- Etc.

Centre de la petite enfance et de la famille (CPEF) de l'école Roméo-Dallaire- 831-1060

## Support the MFRC through GCWCC

Did you know the Winnipeg Military Family Resource Centre (WMFRC) is a Canada Revenue Agency (CRA) registered not-for-profit charity and is GCWCC contribution eligible?

If you would like to donate to the WMFRC, please select box "C" (Other Canadian Registered Charities) on the GCWCC Gift Form given to you by your Canvasser/Unit Rep.

The CRA BN/Registration number required for supporting the WMFRC is

Winnipeg Military Family Resource Centre  
133105536RR0001

We thank you for your support!

## Fall Newcomer Activities

A Maze in Corn

Saturday, September 27, 2008 - 1100 - 1400 hrs

Located just 10 minutes south of the Perimeter Highway on St Mary's Road A Maze in Corn is a great Fall, family activity. Work up a great appetite for lunch by trying to find your way through the corn maze, then join us for a wiener and marshmallow roast, followed by a visit to the petting zoo, hay bale mountain and last but not least a hay ride.

The cost per person is:

\$9.50 for anyone 13 years and older

\$7.50 for anyone 4-12 years old

3 and under are free

Lunch will be provided by the MFRC. Register and pay by September 19, 2008 at the MFRC. This event is rain or shine and is meant for families posted into Winnipeg within the past year.



## Supporting our troops

The staff of the X-Ray Dept at St Boniface Hospital celebrate every Friday by wearing red in support of two moms whose sons just returned from Afghanistan.

## Mom's Night Out

Do you need a night with some fun, food and friends?

Join us at the MFRC once a month for some chit chat with other mom's and NO KIDS!!! Each month we will have a different theme and activity. Come sit and relax for the evening. Registration is required. MFRC, 102 Comet St. 6:30-9:30pm

October 14- Asian theme potluck

November 12- Appetizers and games

December 9 - Holiday movie and snacks

## New and Expectant Parents' Group

If you are expecting a baby or have a new baby (under 18 months), join us on the second and fourth Wednesdays of each month. On the second Wednesday, a Public Health Nurse will be available to weigh your baby and answer any questions you may have.

Drop-in, meet new parents, share ideas and visit awhile.

MFRC, 102 Comet St. 10am - noon

## Definition of deployment

Throughout their careers Canadian Forces personnel are required to serve time away from their families for a variety of reasons for varying lengths of time. The Winnipeg MFRC recognizes a Deployment as "any separation faced by a military family due to operations and exercises both domestic and abroad, and for periods of temporary duty associated with military courses." This includes families experiencing Imposed Restriction.

### What can we do for you?

The Winnipeg MFRC recognizes the significant physical and emotional demands placed on military families as a result of short and long-term separations, and together with 17 Wing, 1 Canadian Air Division and national military authorities provide a number of services designed to assist those who are coping with separation for whatever reason. The Winnipeg MFRC will contact members and their families for a separation of at least 30 days or more to provide information on the services and activities we can provide. A family experiencing a shorter separation is always welcome to access activities while their loved one is gone.

### How does it happen?

The military member must fill out a Family Separation & Reunion Family Contact Form here at the MFRC. The family information is not shared with any outside agencies, but kept confidential within the MFRC. It is important to remember that a Contact Form is also required if the military member is going on a course for over 30 days and your family should be aware that there are services they can access during that timeframe.

## Yellow Ribbon Gala

This year's Yellow Ribbon Gala is being held on February 21, 2009 at the Delta Hotel. Tickets for this popular evening will go on sale November 3, 2008. Cost is \$85. A charitable tax receipt is issued for a portion of the ticket cost.



## Groupe des femmes francophones

Le groupe des femmes francophones est un groupe qui se rencontre une ou deux fois par mois pour discuter en français. Nous organisons des soupers, des activités, des ateliers et même des sessions d'informations sur différents sujets en français. Joignez-vous à nous, vous ne le regretterez pas.

Programmation automne 2008 :

27 septembre 2008 : Atelier de tricot, confection d'un joli petit foulard

13 octobre 2008 : Randonnée équestre

16 octobre 2008 : Soirée d'informations sur la prévention des infections

3 novembre 2008 : Atelier de méditation

15 novembre 2008 : Brunch et fabrication de cartes de Noël

4 décembre 2008 : Réveillon de Noël

Pour plus d'informations ou pour vous inscrire à l'une des activités mentionnées ci-dessus, contactez Candide Lefebvre au 833-2500 poste 4515.



## Where's Soldier Bear?

Like a newcomer posted into Winnipeg the MFRC's Soldier Bear is exploring 17 Wing. Starting in September we will be publishing photos of Soldier Bear at various locations around 17 Wing in the Vox Air. If you think you know where Soldier Bear had his picture taken stop by the MFRC to fill out a ballot. Soldier Bear will be pictured in the following editions of the Vox Air; September 24, October 8 & 22, November 5 & 19, December 3 & 17. Draws for your chance to win your very own Soldier Bear will be held on October 1, October 29, November 26 and December 23. A grand prize draw for the chance to win a \$100 gift certificate to the Keg will be held on December 23. Each person is eligible to enter twice a month and it is possible to win more than once.

## The law of the garbage truck

This story comes from Thomas McKee in the Volunteer Power News monthly newsletter.

Every once in a while, I get an unsolicited email from someone that is worth keeping or passing along.

One day I hopped in a taxi and we took off for the airport. As we were driving, a car jumped out of a parking space right in front of us. My taxi driver slammed on his breaks, skidded and missed the other car by just inches! The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. And I mean, he was friendly. So I asked, "Why did you just do that? This guy almost ruined your car and sent us to the hospital!"

This is when my taxi driver taught me what I now call, "The Law of the Garbage Truck."

He explained that many people are like garbage trucks. They run around full of garbage, full of frustration, anger, and disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally! Just smile, wave, wish them well and move on. Don't take their garbage and spread it to other people at work, home, or on the street. The bottom line is that successful people do not let garbage trucks take over their day. Life is 10 per cent what you make it and 90 per cent how you take it.

## In memoriam

### Sergeant Prescott Shipway



On September 7, 2008 Sgt Prescott Shipway was killed after his armoured vehicle struck an improvised explosive device during a security patrol in Panjwayii District at approximately 12:30 p.m., Kandahar time.

Sgt Prescott Shipway was an infantryman with the Second Battalion, Princess Patricia's Canadian Light Infantry based in Shilo,

Manitoba.

Our thoughts are with the family and friends of Sgt Shipway during this difficult time. We will be focusing our efforts on providing the best possible support to the family and colleagues of our brother-in-arms as we continue in our mission to bring security and stability to the people of Kandahar province.

### Major Luc Racine



Maj Luc Racine, a Canadian Forces member serving with the Military Training Assistance Programme (MTAP) training initiative in Bamako, Mali, lost his life in a non-combat-related incident on September 9.

Maj Racine, of the Royal 22e Régiment, Valcartier, Quebec, was a member of the Embassy of Canada in

Mali and senior staff member at the Bamako Peacekeeping School, a military training center designed to support peace operations and capacity building in Western Africa.

The thoughts and prayers of the Department of National Defence go out to the family and friends of Maj Racine.

## Together in Church

### Catholic

#### Chaplains

##### Padre Lance Magdziak

Roman Catholic Office 833-2500 ext 5272

##### Padre Joe Johns

Roman Catholic Office 833-2500 ext 5785

#### 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.

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

**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 Ken MacRae

(Presbyterian) Office 833-2500 ext 5349

##### Padre Gord Mintz

(Anglican) Office 833-2500 ext 5349

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

**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.

#### 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.

#### 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.

## Would you like to become Christian? Would you like to become Roman Catholic?



RCIA means Rite of Christian Initiation for Adults.

It is a special time for anyone willing to discover more about God, humanity, community, church – just to name a few topics.

RCIA can help you to make an important decision in your life or to bring back beautiful memories about your beliefs.

**For more information contact  
Padre Lance Magdziak  
833-2500 extension 5272**

## On your mark, get set.... GROW!

The GCWCC 30-day beard growing competition runs from  
**September 25 to October 24.**



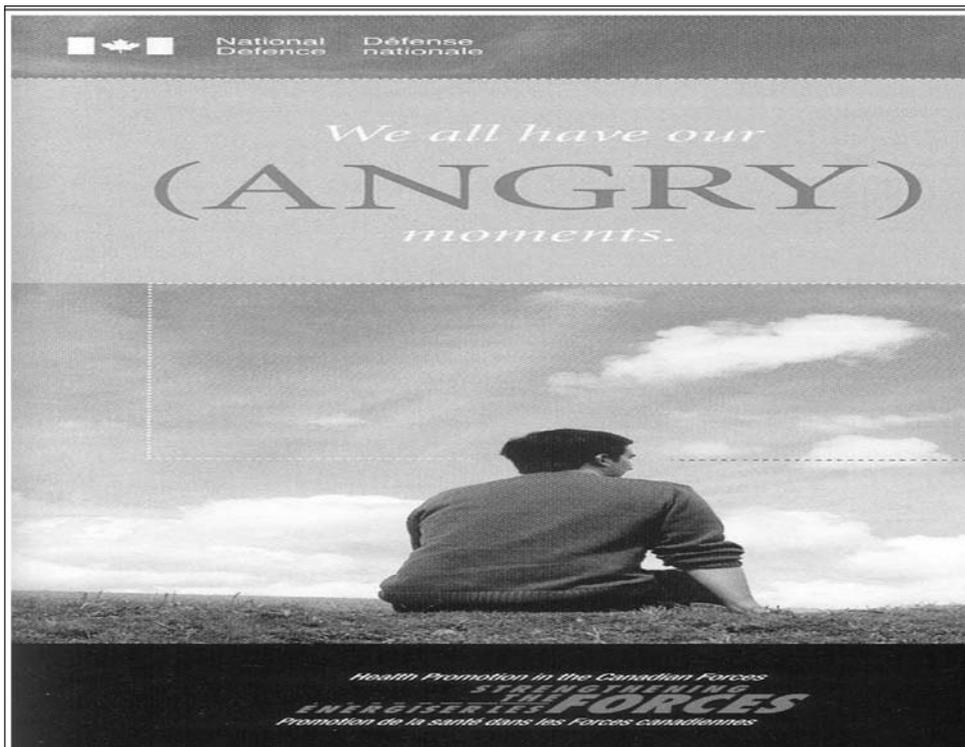
Register and pledge \$15 to your respective Unit/Sqn Snr Supr or delgate's office by **September 25.**

Competition categories:  
**Good** best/fullest beard  
**Bad** most futile attempt  
**Ugly** scraggiest

Each winner will receive their bearded picture (framed certificate) and bragging rights for this most worthy cause.

GCWCC - "Be a star in someone's life!"

<http://17wing.winnipeg.mil.ca/wadmin/gcwcc/>



## MANAGING ANGRY MOMENTS

**INFO SESSION: 10 OCTOBER 08**  
**SESSION #1 – 13 OCT**  
**TIME: 1330 – 1600 HOURS**  
**LOCATION: BLDG. #62**

**DEADLINE FOR REGISTRATION: 2 OCTOBER 08**  
**FOR ADDITIONAL INFORMATION AND TO REGISTER CONTACT HEALTH PROMOTON LOCAL 4150 OR 4160**

# Classifieds

## For sale

**Four winter tires 205/70/15.** Phone Tom 895-8191. (16)

**Posting Sale** two pairs of washers and dryers older set \$200, newer set \$400; one full size mattress \$100; one double bed \$100; one change table \$20; one three-piece sofa, loveseat, chair \$300; one dining rm set table and 6 chairs \$150. Phone 889-3960. (16)

**1 BR Apt for Rent-** \$617. Available 1 Nov 08. Corner of Ainslie St. and Ness Ave.- just minutes from 17 Wing. Security, non-smoking building with on-site laundry, hardwood floors. Parking available. Call Laura 452-1037. (16)

**For sale Schwinn treadmill.** Very good condition. Paid \$1420, asking \$500. Call 888-6931. (15)

**2-year-old 18-cubic foot white refrigerator/freezer** \$500/OBO, 2-year-old self-cleaning glass top white stove \$400/OBO, 6-year-old Maytag washer/dryer set \$400/OBO. Call extension 5270 or 275-5101

**GW white microwave with turntable** - 800W, \$25; Kenmore large capacity microwave, \$30; Hotpoint Diamond series FiltraPlus portable Dishwasher - black front with wood top, \$75; Whirlpool portable dishwasher - white front with wood top, \$75; Microwave cart with 2 shelves, 2 doors, wheels, \$40. Call 415-0360.

**Haier fridge,** approx 3 years old, good condition, \$325 obo; Kenmore stove, white, approx 3 years old, good condition, rarely used, \$225 obo or \$500 obo for both; brown corduroy 3 seat sofa, good condition, \$50 obo. Call Kane at 960-1808.

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# TAROSCOPES

BY NANCY

**Aries (March 21 - April 19):** You'd like immediate results when you start something because the sense of optimism gained helps maintain your momentum. Sharing ideas with others to build a mutual support system is great. Still, be sure to seek your own answers and focus on nurturing yourself as well.

**Taurus (April 20 - May 20):** You've settled nicely into your niche but still you want to show off more of your special abilities. This is all part of discovering how to live authentically. This exploration is not a lonely process though. Ask others for assistance and feedback on your journey of self-discovery.

**Gemini (May 21 - June 21):** Set your course based on what is best for you. Assess what is and isn't working, then make changes in your living situation. Avoid confrontations. It's best not to force issues just now. Though some won't understand your choices, you have key people on your side to support you.

**Cancer (June 22 - July 22):** Try and arrange some quiet time outdoors to reflect. If you need to talk, find a confidant who is totally committed to helping you to improve your wellness. Deal with things as they are not as you'd wish they were. Make a few small changes. You'll be inspired by the progress you make.

**Leo (July 23 - August 22):** Even if it isn't obvious, something is up. Use your gut to know who you can trust. Try to empathize with what others are experiencing. You may feel misunderstood but they may be feeling this way too. Don't internalize this or try to change to fit an acceptable image. Accept differences.

**Virgo (August 23 - September 22):** You're eager to develop a connection with a partner. And happily, someone is just as eager as you are to do so. Seek out people who accept you for the down-to-earth person you are. Avoid those who play games. A loyal friend wishes to confide in you. Listen up.

**Libra (September 23 - October 23):** You try to be there for others and give unconditionally. Still, the end result may not match your positive expectations. When this occurs, you need to reconsider what's happening. If image is more important than honesty, to the person involved, break the tie.

**Scorpio (October 24 - November 21):** Honor all of yourself: the sensible, disciplined side as well as the free spirited side. These different aspects of yourself in combination create your unique character. If someone only appreciates part of who you are then the relationship will be a rocky one.

**Sagittarius (November 22 - December 21):** You need to feel there is a reason for doing what you do. If someone with a different vision is in charge, all your hard work can seem futile or unappreciated. Combat these feelings by doing something you are excited about in your spare time. Setting a goal is good.

**Capricorn (December 22 - January 19):** You may be drawn into complex and confusing confrontations that conflict with your core beliefs. Sometimes in fitting in or being part of a group you are forced to either comply or take a stand. Consider what is in your best interest before acting or agreeing to anything.

**Aquarius (January 20 - February 18):** You are confident and determined to win. You want to see improvements in your lifestyle and family relations. You are tired of maintaining the status quo. Impose discipline to attain a special goal. Ask for assistance. You get more than you expected, and it's all good.

**Pisces (February 19 - March 20):** If you are overwhelmed, exhausted, confused, depressed or frustrated, take heart. Things will get better this Fall. Help is on the way, though it may appear in unexpected ways. Take care of yourself. Take it one day at a time. Trust that there is a reason for what you're experiencing.

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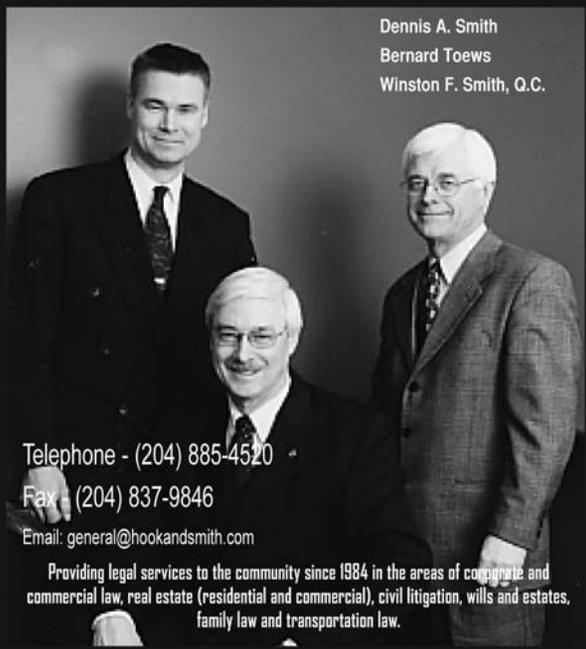
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