



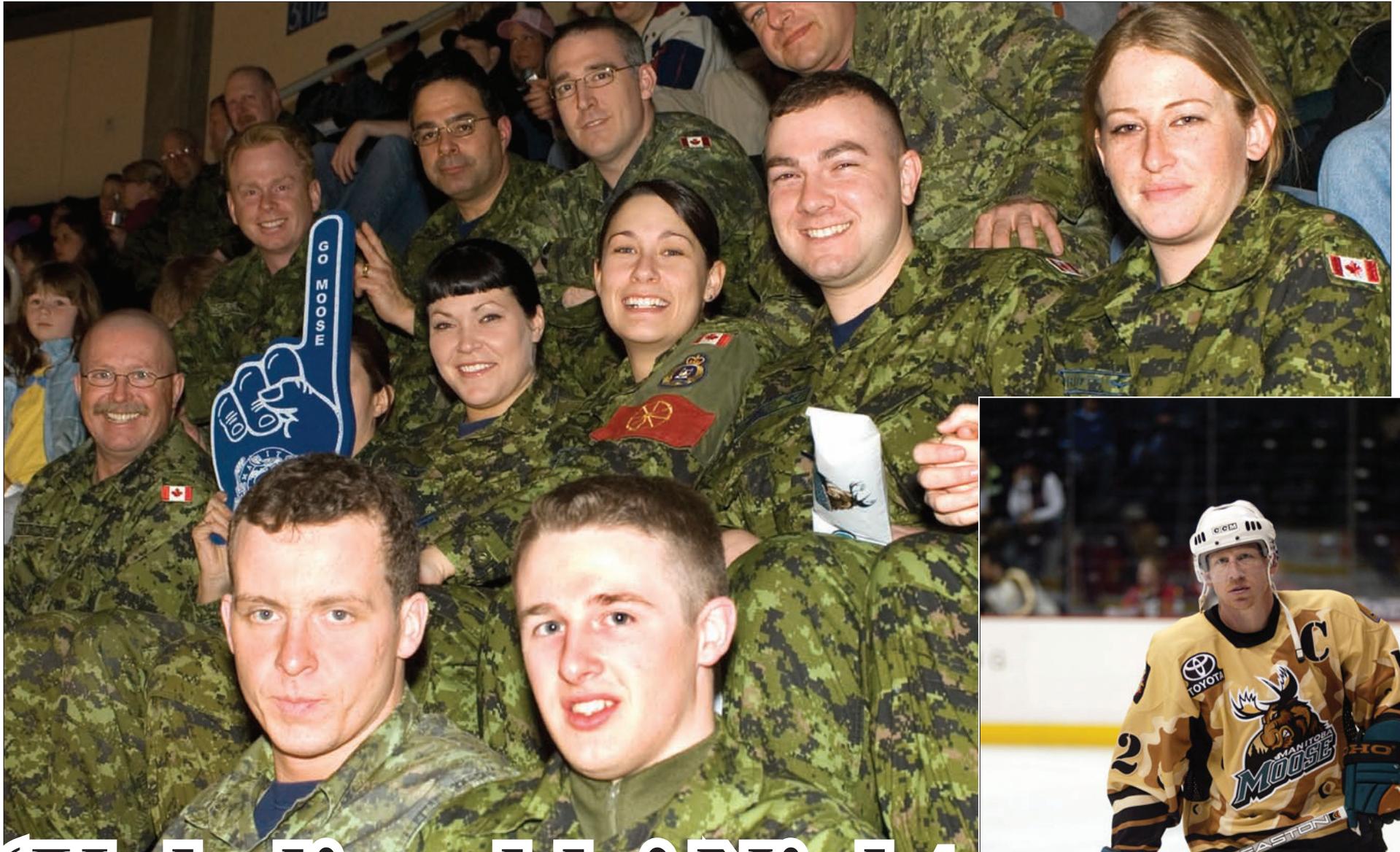
# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

APRIL 12, 2006

VOLUME 54, ISSUE 7

FREE



## 'Unbelievable' Night With The Moose

By Avery Wolaniuk

The CF brought a little "awe-factor" to the Moose game on Saturday, 25 March, jump-starting the night with 10 members in different uniforms dropping from the rafters and rappelling to the ice.

The crowd roared as the ropes hit the ground and four SARtechs, three members from the RCMP emergency response unit, and one each from CFSSAT, HMCS Chippewa and 13 Military Police (MP) Platoon ripped down to ice level.

Over the noise of the fans, the announcer provided background to each unit and what they did.

"It's a huge rush," said Cpl Jamie Anderson, the MP rappeller and one of the Section Commanders of 13 MP Platoon. "It definitely gets the heart pumping."

And it got the crowd going.

"Number one, it knocked the crowd off their bums and start the cheering right off the bat. That's a hard thing to

(Above) Members of the newly-formed Mission Support Squadron (MSS) enjoy the game together on Military Appreciation Night at the Manitoba Moose. (Inset) Manitoba Moose players donned a special military-inspired jersey for the pre-game warm up.

do for a sporting event, to get the fans into a game even before it starts," says Jeff Mager, director of ticket sales for the Moose. "And two, I think it spooked the other team. I don't think they were prepared to see guys in full military gear drop from the ceiling with weapons." Maybe it worked;

Continued on page 10

### In This Issue:

Chaplaincy: Then, Now And Later .....pg.3

Celebrating Life At 435 Sqn .....pg.4

NAOSH Week 2006: Review. Refresh. Revitalize. ....pg.8

The Mission Support Squadron Family: Delta Flight .....pg.13

Intersection Hockey Championship Hits The MTS Centre .....pg.16

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# Statement By The Minister Of National Defence On The Death Of Private Robert Costall

Submitted by: Guy Paquette

OTTAWA – (March 29, 2006) Gordon O'Connor, Minister of National Defence, issued the following statement this morning:

"We mourn today the death of Private Robert Costall who fell while defending his comrades when insurgents attacked them last night northwest of Kandahar in Afghanistan. There is no greater loss to a family and friends than that of a loved one. And there is no greater loss to the Canadian Forces family than that of one of its own. My heartfelt thoughts and sympathies are with his family today and we hope for a speedy recovery of those injured.

I join with Canadians who stand proudly with our men and women of the Canadian Forces as they steadfastly continue this mission to protect Canada and Canadians from the global threats of terrorism and help bring stability and security to the people of Afghanistan. There are risks involved in this operation, but our members are among the best trained, and most experienced soldiers in the world. They are fully prepared for the mission in Afghanistan.

Private Costall will not be forgotten."



Private Robert Costall of the 1st Battalion, Princess Patricia's Canadian Light Infantry.

# Déclaration Du Ministre De La Défense Nationale Au Sujet Du Décès Du Soldat Robert Costall

Submitted by: Guy Paquette

OTTAWA – (le 29 mars 2006) Ce matin, Gordon O'Connor, ministre de la Défense nationale, a fait la déclaration suivante :

« Nous pleurons aujourd'hui la mort du Soldat Robert Costall, tombé en défendant ses camarades lors d'une attaque d'insurgés survenue la nuit dernière au nord-ouest de Kandahar, en Afghanistan. Il n'y a pas de perte plus grave pour la famille et les amis que celle d'un être cher. Et il n'y a pas de perte plus grave pour la famille des Forces canadiennes que celle d'un des leurs. J'adresse mes pensées et mes condoléances les plus sincères aux membres de la famille du Soldat Costall. Nous souhaitons tous, par ailleurs,

un prompt rétablissement à ceux blessés pendant l'attaque.

Je me rallie à tous les Canadiens fièrement solidaires des hommes et des femmes des Forces canadiennes qui poursuivent, avec une foi inébranlable, une mission destinée à protéger le Canada et les Canadiens de la menace terroriste planétaire, ainsi qu'à sécuriser et à stabiliser l'Afghanistan pour le mieux-être du peuple afghan. Cette opération comporte des risques, mais les membres des Forces canadiennes comptent parmi les soldats les mieux entraînés et les plus expérimentés au monde. Ils sont parfaitement préparés pour s'acquitter de leur mission en Afghanistan.

Le Soldat Costall sera toujours dans nos pensées. »

# Ex Strong Gunner II

By Cpl Bill Gomm

The 38 Canadian Brigade Groups (CBG) Artillery Tactical Group (ATG) deployed to Canadian Forces Base Shilo for Exercise Strong Gunner II. They fired from a static location using high explosive, smoke and illumination rounds through the day and night from March 24 to 26.

Winnipeg - C3 105mm Howitzer firing an illumination round during a night shoot. Taken with Nikon D1X at 45 sec, f2.8 at ISO 400 on tripod.



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# Chaplaincy: Then, Now And Later

By Padre Bruce Mackenzie, Wing Chaplain



Capt Bob Brinn (left), LCdr Bruce MacKenzie, Carol Cochrane, Capt Lance Magdziak and Capt Paul Southen are available to all members of the 17 Wing family. Missing from photo is hospital chaplain Capt Grant Schapansky, who works closely with the team.

The branch manual every padre receives upon entry to the CF holds this tidbit of wisdom that all good men and women in the chaplaincy already know; “the most successful chaplains were the ones who were closest to the men.”

This is one of the guiding tenets of the CF chaplaincy. A padre would call it “place of duty, ministry of presence.” That ministry of presence is what allows chaplains the relationship to speak in to a member’s life when they come for counseling. “First and foremost, a chaplain’s job is to be a pastor. It doesn’t matter if you’re Jewish, Islamic, Native spiritual, Christian or Buddhist — the spiritual dimension of an individual is going to reach out and ask for help when certain issues or crises arise,” says Capt Bob Brinn, who has been a military chaplain for almost 20 years.

Padre Brinn is part of the 17 Wing team of chaplains that includes LCdr Bruce Mackenzie, Capt Paul Southen, Capt Lance Magdziak, and administrative assistant Ms. Carol Cochrane. The team also works closely with Capt Grant Schapansky, the hospital chaplain. Between them, they are responsible for providing spiritual, religious, moral and ethical guidance to all members of the 17 Wing family, irrespective of religious belief.

They provide this care to 17 Wing personnel wherever they may be — a padre attached to a unit goes where the unit goes. “You’re out in the field, you’re with them day in and day out,” says Padre Brinn. Chaplains don’t carry weapons; they are the only fully non-combatative uniformed members of the CF. But they are there to provide spiritual support and first aid wherever they can.

“Wherever they can” means that when personnel are deployed, padres are deployed with them. When the almost 100 personnel assigned to the newly-formed Mission Support Squadron (MSS) head overseas to Camp Mirage this summer, a 17 Wing padre will go along. “If we’re out in the field and somebody’s injured, we’re there, (a) to give spiritual comfort and care, and if they’re seriously injured and dying, (b) we help them to do that with the sense that God, as they encounter and understand God, is with them and cares for them. And that means a heck of a lot to somebody who is upfront with the bullets whizzing by,” Padre Brinn says.

When they are working closer to home, chaplains maintain contact with the troops through everyday measures like walking

through units regularly, chatting with personnel, going to coffee breaks, and simply by being present. They conduct one-on-one interviews with people who approach them needing advice or counseling. They have a wealth of knowledge and resources at their disposal to help, and rules about confidentiality that protect the privacy of those that seek them out.

As the CF grows and evolves, so do the organizations within it. The chaplaincy is no exception. With the nation-wide push for recruiting and the efforts to diversify the forces, the span and work

of the chaplains also grows and evolves. The vast majority of padres nation-wide are Christian clerics, either Roman Catholic or Protestant. But that doesn’t mean that spiritual services are restricted to the Christian faith.

“The institutionalized chaplaincy has changed character significantly. We have the responsibility to connect service members up with religious leaders of their faith backgrounds and to advise commanding officers on appropriate responses,” the padre says, adding that they will find leaders in other faith groups as required by the personnel present on the base in order to ensure that everyone receives the fullest ministry. “My pastoral response may be ‘we need to get you a Buddhist monk,’ or it may be let’s sit down and talk about it.” Native spiritual leaders are sometimes called in to perform a smudge or a sweat. These changes are not unique to the military ministry; chaplains who work in hospitals and prisons are also facing the new territories.

As the CF grows and diversifies, recruiting efforts are being made to meet the expanding and changing needs internally. Currently there is one Islamic Imam in the chaplaincy (now stationed in Alberta) and they hope to soon have a Jewish rabbi serving the Reserves.

The transforming needs affect not only the personnel structure, but the actual physical space used by the chaplains, as well. There has been a progressive change the last couple decades as bases move from two chapels — one Roman Catholic and one Protestant — at every site to one single building for both groups. That has meant growing pains for everyone, as groups learned to share the facilities, and as some congregations had to face the closing of their place of worship and new integrated surroundings. Originally in Winnipeg, two sites (north and south) meant four chapels, one of each at each location. With the closing of the Kapyong Barracks and the amalgamation of Protestant and Catholic, four chapels were rolled up into one, now known as 17 Wing Community Chapel on Silver Ave.

The worship spaces are not equipped for the new dimensions of the chaplaincy that come with a diversified force. “Most were built in the 1950s and 60s and are no longer adequate chaplain ministry in this day and age, and are no longer adequate to the chaplaincy because of the interfaith quality of the chaplaincy now,” says Padre Brinn.

Certain changes are coming.

“I think we’re going to see an increasing interfaith chaplaincy in Canada, and we’re going to see some wing and base chapels are going to look significantly different. They’re going to be more multi-use, multi-rolled, structures,” padre Brinn says. “The thinking has already begun and the vision has already begun about how to do that appropriately.”

## Easter Message

By Padre Bruce Mackenzie, Wing Chaplain

When I think back to my childhood I have great memories about Easter. The Easter Bunny always left me a nice chocolate rabbit and often a new pair of rubber boots. My sister and I would discuss which part of the rabbit we were going to bite first. I would wait for her to go first then follow her lead because she was older and much wiser about these important things in life. We always ate the ears first. Then I would try out those new boots to see if they actually could keep the water out all the way to the top. You know the rest of the story — I can still hear Mom yelling at me.

Easter also makes me think of spring. The season shifts and new growth begins to appear. Life is renewing itself and with that comes a sense of joy, hope, beauty, and new beginnings. We come out of the darkness and into the light. It feels good. It gives us that warm fuzzy feeling as we begin to anticipate the coming of summer.

It is very important for us to embrace these Easter sentiments and bask in the sunshine. But there is much more to it than this. This season offers us a huge challenge by reminding us that we are in relationship and community with each other. The spirit in which we choose to communicate will have a great bearing on the betterment of our society.

With the risk of sounding preachy (occupational hazard), to the Christian this season is all about the crucifixion and resurrection of Jesus. Jesus represents God, and God is Love. Hence, Love was rejected and nailed to a cross. Fortunately for us, Love cannot be killed — it was resurrected. Here lies our challenge.

This Love that cannot be put to death is forever an option for us. It is a Spirit in which we can communicate with each other. Or not. In our relationships within our families, our communities, our country and our world we can choose to have the Spirit of Love guide our interactions. We can also choose to use the spirit of hate, or the spirit of selfishness, or greed, or jealousy, or pride, or prejudice, etc. Each time we choose to communicate in a spirit other than Love, we reject Love and “nail it to a cross.” If we choose Love, it is once again “resurrected” and we begin to experience life renewing itself in all its joy, hope and beauty.

I would like to express my sincere wishes to all of 17 Wing and their families that you have a blessed and joyful Easter. And may you experience “Love resurrected” now and in all the days that follow. Oh yes, always bite the bunny’s ears first.

Peace be with you.

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# Celebrating Life At 435 Sqn

By Avery Wolaniuk / Photos by Cpl Marcie Lane

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Search and Rescue Technician MCpl Dwayne Guay and Sgt Luc Levesque from 435 Transport and Rescue Squadron pose with the survivors of an October 2004 crash in Sheppard's Bay, Nunavut that claimed the life of one civilian pilot. Members of 435 Squadron and employees of Nasittuq and Canadian Helicopters gathered together at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.

With a lot of good humour and a jovial atmosphere, 435 Squadron celebrated promotions, retirements, and an act of courage on 21 March 06 at the Airman's Pub.

After receiving his certificate of service, one retiree had heartfelt words for the crowd. "This is definitely more than just a job. It's definitely more than just a paycheck. The military is a way of life. Good luck to you all," said Cpl Denis Lemoine, retiring after almost 25 years of service.

For Squadron CWO Mike Webb, days like these are important for esprit de corps and squadron morale. "Given the high ops tempo, we don't have the opportunity to get together as often as we should," he said. "You've got to have fun. We try to make it as informal and comfortable as possible, because it's an operational squadron. Some of these guys just got off an airplane — they really don't have time to go home and get into their best 'bib and tucker' to go to a medals presentation, so this way we sort of accomplish everything. We get maximum participation, and we still get to accomplish the 'grip and grin'."

Members of 504 Air Cadet Squadron Edmonton came out to celebrate with the squadron. Special thanks to WComd Col Ken O'Brien for coming out, to everyone who stopped by, and to Squadron Association who provided the great food.

After the presentations were done, a gentleman from Ottawa took the stage and talked about a day that many in the crowd will never forget. Mr. Ivan Wawryk is president of Nasittuq, an organization that operates and maintains the North Warning System for the DND.

On 30 October 2004, a helicopter carrying five people crashed when taking off from a North Warning System Station near Shepherd Bay, Nunavut. One of the pilots didn't survive the crash of the Bell 212 from Canadian Helicopters, the company transporting the crew. The other pilot and the three contractors from Nasittuq onboard walked in the frigid wind back to the station to call for help, and 435 Squadron was called in.

The part that sticks out to Sgt Luc Levesque, one of two SARTECHS who was involved, was the inclement weather.

Reports at the time of the incident indicate temperatures of about -30C, -35C with the wind chill. Sgt Levesque says he remembers thinking, "We've got to get in there fast, otherwise we're not going to be able to get in." The other man in orange to answer the call, MCpl Dwayne Guay, says he was nervous about not being able to see the ground in the dark arctic night when they parachuted in. They were on the ground 36 hours with the victims, and continued to visit them in hospital once everyone had been transported to Winnipeg.

Three of the four survivors, pilot Jake Kaufman, and contractors Kerry Bennett, Kevin McManus, Mr. Wawryk, and several per-

sonnel from Canadian Helicopters traveled to Winnipeg to honour 435 Sqn for the work they did. Eugene Anderson, the other survivor from Nasittuq, is still recovering from the crash and was unable to attend.

Mr. Wawryk told the crowd that had filled the Airman's pub to standing room only that they were here for an important reason. "Our mission is simple — to give a formal thank you to the squadron, and second, to bring together the rescued and the rescuers so that they get a chance to share a few stories," he said, presenting a picture in remembrance of the act to the Commanding Officer of 435 Sqn, LCol Dan Chicoyne.

"It closes the circle, as they say, and we don't often get the chance to do that," Mr. Simon Morton, the vice president of Canadian Helicopters told the group. "The arctic is a lonely place. It's very reassuring to know that squadrons like your own have the skill set and the capability to come and rescue us in our time of need."

The two SARTECHS involved in the mission displayed the humbleness and grace that characterizes their profession. "It's not really a presentation for myself. I really see it is a recognition for all search and rescue and the squadron and what we are doing," said Sgt Levesque.

"Nothing was expected. It's our job to do that. It's nice to see that others were recognized in the squadron," added MCpl Guay.

But for the men they met on that cold Arctic night, their actions were more than ordinary.

"To us it's very important to acknowledge and recognize the contribution that people in the search and rescue business make, not only in this case of this rescue for us, but the other rescue missions that they undertake year-round. They're always on stand by, always ready to go at a moment's notice, as they were in this case," said Mr. Wawryk. "To jump into the arctic night as Sgt Levesque and MCpl Guay did was an act of true heroism. To have our guys survive the accident and do as well as they have is a testament to their courage and their skill."

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President of Nasittuq, Ivan Wawryk poses with Search and Rescue Technicians Sgt Luc Levesque (Left) and MCpl Dwayne Guay (Right) and Capt Cronin, one of the Doctors who aided in an October 2004 crash in Sheppard's Bay, Nunavut at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.



The following pose for a Group Photo (Left to Right in back row) Lindsay Clements from Nasittuq, Kevin McManus a survivor of the October 2004 crash, Search and Rescue Technician Sgt Luc Levesque, Commanding Officer of 435 Squadron LCol Dan Chicoyne, Search and Rescue Technician MCpl Dwayne Guay, Simon Morton from Canadian Helicopters, Survivor Kerry Bennett, Mark Olson from Canadian Helicopters. (Front Row sitting) Wife Brenda and Jake Kaufman a Pilot from Canadian Helicopters, the Prsident of Nasittuq Ivan Wawryk and Ken Leslie from Nasittuq. All pose in the main lobby of the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.



The President of Nasittuq Ivan Wawryk presents an Appreciation Plaque to LCol Dan Chicoyne, the Commanding Officer of 435 Transport and Rescue Squadron at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.



435 Transport and Rescue Squadron member MCpl Laplante receives a promotion to Sgt from LCol Dan Chicoyne, the Commanding Officer of 435 Transport and Rescue Squadron at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.



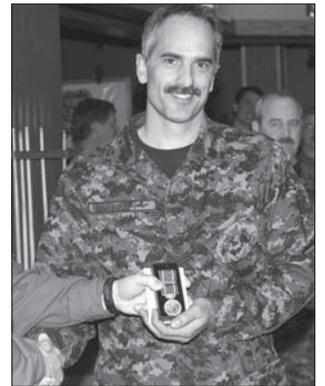
435 Transport and Rescue Squadron member Maj Clarke receives a 2000 Hour Flight Award from LCol Dan Chicoyne, the Commanding Officer of 435 Transport and Rescue Squadron at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.



Vice President of Marketing for Canadian Helicopters, Simon Morton presents an Appreciation Plaque to LCol Dan Chicoyne, the Commanding Officer of 435 Transport and Rescue Squadron at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.



435 Transport and Rescue Squadron member Cpl Putz receives the General Service Medal from LCol Dan Chicoyne, the Commanding Officer of 435 Transport and Rescue Squadron at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.



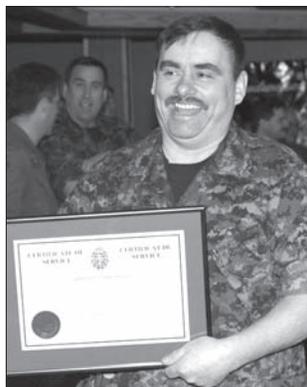
435 Transport and Rescue Squadron member Sgt Millaire receives the General Service Medal from LCol Dan Chicoyne, the Commanding Officer of 435 Transport and Rescue Squadron at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.



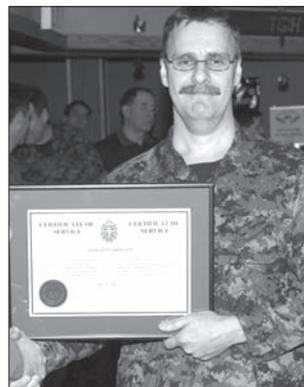
435 Transport and Rescue Squadron member Sgt Luc Levesque receives a Canadian Forces Decoration 1 from LCol Dan Chicoyne, the Commanding Officer of 435 Transport and Rescue Squadron at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.



435 Transport and Rescue Squadron member MCpl Dolhan receives a Canadian Forces Decoration 1 from LCol Dan Chicoyne, the Commanding Officer of 435 Transport and Rescue Squadron at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.



435 Transport and Rescue Squadron member Cpl Newcombe, CD receives a Retirement Certificate from LCol Dan Chicoyne, the Commanding Officer of 435 Transport and Rescue Squadron at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.



435 Transport and Rescue Squadron member Cpl Lemoine, CD receives a Retirement Certificate from LCol Dan Chicoyne, the Commanding Officer of 435 Transport and Rescue Squadron at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.



435 Transport and Rescue Squadron member Cpl Leckie receives a Canadian Forces Decoration 1 from LCol Dan Chicoyne, the Commanding Officer of 435 Transport and Rescue Squadron at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.



435 Transport and Rescue Squadron member Sgt Spinks receives a Canadian Forces Decoration 1 from LCol Dan Chicoyne, the Commanding Officer of 435 Transport and Rescue Squadron at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.



435 Transport and Rescue Squadron member Sgt Frederick's spouse Mrs. Suzanne receives an Airforce Command Appreciation Certificate from LCol Dan Chicoyne, the Commanding Officer of 435 Transport and Rescue Squadron at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.



435 Transport and Rescue Squadron member Sgt Frederick, CD receives a Retirement Certificate from LCol Dan Chicoyne, the Commanding Officer of 435 Transport and Rescue Squadron at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.



435 Transport and Rescue Squadron member WO St Croix receives a Canadian Decoration 1 from LCol Dan Chicoyne, the Commanding Officer of 435 Transport and Rescue Squadron at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.



435 Transport and Rescue Squadron member FLT LT Cronin from the New Zealand Airforce receives a Squadron Group Photograph from LCol Dan Chicoyne, the Commanding Officer of 435 Transport and Rescue Squadron at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.



435 Transport and Rescue Squadron member Cpl Gorman, CD receives a Retirement Certificate from LCol Dan Chicoyne, the Commanding Officer of 435 Transport and Rescue Squadron at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.



435 Transport and Rescue Squadron member Sgt Kerkhof, CD receives a Retirement Certificate from LCol Dan Chicoyne, the Commanding Officer of 435 Transport and Rescue Squadron at the Airmen's Pub, Junior Ranks Mess 17 Wing, Winnipeg, Manitoba.

# Winnipeg And Region Dispute Resolution Centre

By MWO Lloyd Harris

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- rapidly – in weeks and sometimes in days;
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Training is also provided in a wide range and variety. The great thing about these courses is that the price is free to the unit and individual. This training is open to all military and civilian employees. For more information about these courses, contact us here at DRC local 4372. You can also read about ADR in DAOD 5046-0 or you can check out the national website at [www.forces.gc.ca/hr/adr-marc](http://www.forces.gc.ca/hr/adr-marc).

Our offices are located in Bldg 33, Westwin Community Center (the first left door as you enter the building, right beside Veterans Canada office). Our contact number is (204) 833-2500 ext 4372.

# 38 Brigade Move



38 Brigade packed their boxes at the south site on Kenaston Ave., loaded up the trucks, and unpacked them at their new home on the north side in building 86. Officially they are the last unit to leave the Kapyong Barracks, following the cadets who migrated over a couple months ago.

The move was a long time in coming. "Back in May 01, the Vice Chief of Defence Staff directed that CFB Winnipeg, with the pending move of the PPCLI, would consolidate the orphaned units on the south side," said MWO Richard Couzens, G4 Maintenance. That meant base maintenance, transport, supply, 38 Brigade and the Winnipeg Detachment of the Regional Cadet Support Unit (Prairie) on the south site would all be packing up for the move across the river.

Smith Carter Architects & Engineers Inc, came up with an option analysis to move the units into their new homes with as little fuss possible. "The concept was to make as little renovations changes as possible within the retrofit plan, which we did for the most part," said MWO Couzens. "Overall the move went very smoothly. I've heard no complaints."

Though originally 38 Brigade was to have moved in 2004 with the other sections, both they and the cadets were bumped from the initial consolidation plans when it was decided that they would be moving into existing buildings — the cadets into building 52, and the brigade into the old Wing Headquarters in building 86. The move was postponed until the new Wing Headquarters was completed and settled into, and CE could retrofit building 86.

"Only areas that needed to be changed to hold the new occupants were retrofitted. The rest were painted, and there was some new flooring. All areas of the building were dressed up," MWO Couzens said.

At the south site, 38 Brigade was housed in a converted warehouse, with partitioned walls and open-area concept offices. The new building means shared or individual (and sometimes bigger) offices for everyone.

And though the move hasn't altered the day-to-day operations at the brigade headquarters, it has made some things a little easier. "It's a walk across the parking lot instead of a 20 minute drive," said MWO Couzens. "It's improved the working relationship of the brigade headquarters and the Wing organizations, some of which are dealt with on a daily basis."

# Operation Danaca Comes To A Close

CEFCOM/COMFEC NR: 06.004 - March 24, 2006

OTTAWA—The Canadian Forces (CF) closed out Operation DANACA – Canada's contribution to the United Nations Disengagement Observer Force (UNDOF) since 1974 – and transferred Canadian responsibilities to India during a ceremony held in the Golan Heights earlier today.

The CF contribution comprised the majority of the UNDOF 2nd Line Logistics Battalion providing general logistics support to the mission, as well as vehicle maintenance, military police and communications specialists for the force.

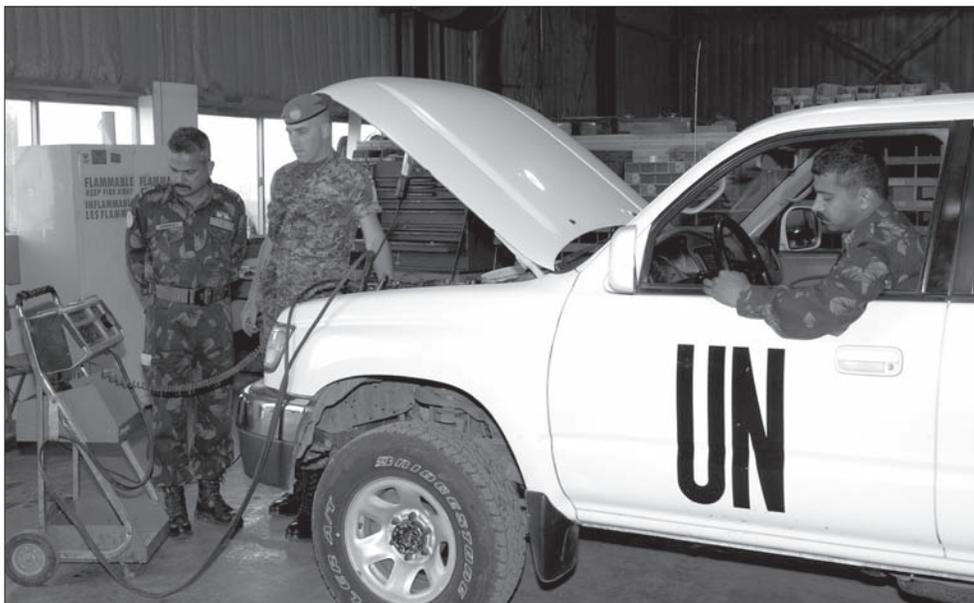
"Canadians can take pride in the key supporting role Canadian Forces personnel have played in the success of this mission over more than three decades," said Major-General Michel Gauthier, Commander of Canadian Expeditionary

Force Command. "But given the high demand for personnel with specialized skill sets, and given the relative stability in the Golan Heights region, the decision to close out DANACA enables us to redirect these critical enablers to CF operations where the need is greater," he added.

The Canadian Forces will decrease the number of Canadian Forces personnel serving with the United Nations Disengagement Observer Force (UNDOF) in the Golan Heights from 191 to four. In July 2006, the four CF personnel will be reduced to two.

"It's truly been an honour to lead the troops on this mission over the past nine months, but equally an honour to serve as last Commanding Officer for this mission," said Lieutenant-Colonel Sylvain Mongeon, the outgoing Canadian Task Force Commander for Operation DANACA. "I would like to pay tribute to the 12,000 soldiers, sailors and air personnel who served proudly in the Golan Heights over the past 32 years," he added.

Canada is fully committed to peace and stability in the Middle East and will continue to support three existing CF missions in the Middle East: Operations CALUMET, JADE and PROTEUS (more details about these operations are provided on the Current Operations web site). Canada also remains a strong supporter of the Middle East Peace Process.



Master Corporal (MCpl) Chris Mousseau (Centre) shows to two members of the Indian Army, Subedar Ravindran Gopalakrishnan (Left) and Lance Naik Biju Thankkappan Pillai (inside vehicle) how to operate an Automotive Voltmeter Reader (AVR).

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# Archives Contain Links To Our Past

By Corporal Bill Gomm

Hidden away at one end of HMinto Armoury is The Royal Winnipeg Rifles (R Wpg Rif) Archives. Operated by civilian and military volunteers it contains military memorabilia from past wars where the R Wpg Rif and other Winnipeg Regiments fought.

The Archive works in conjunction with the R Wpg Rif Museum, on the second floor of the Armoury, The museum contains items of interest dat-

ing back to the Louis Riel Rebellion.

“Since the 60th Anniversary of D Day and Year of the Veteran a lot of people have been coming out of the woodwork to do research on what happened to Grandpa during the war,” said David Wawryk.

Volunteers such as Warrant Officer Lee Wood help put together mobile displays for schools and other events like the “Memory Project” when it recently visited Win-

nipeg.

Within the museum is a reconstructed dugout from World War 1, designed in part by a veteran of WW1.

“Living close to the Air Force when I was growing up got me interested in the military,” said Mr Wawryk who works in the R Wpg Rif archives.

The museum is open to the public Tuesday 1600hrs-2200hrs or on special request.



Photo by Cpl Bill Gomm

Warrant Officer Lee Wood works on a mobile display in The Royal Winnipeg Rifles Archives. The mobile displays are used for special events when it's too difficult to take larger displays.

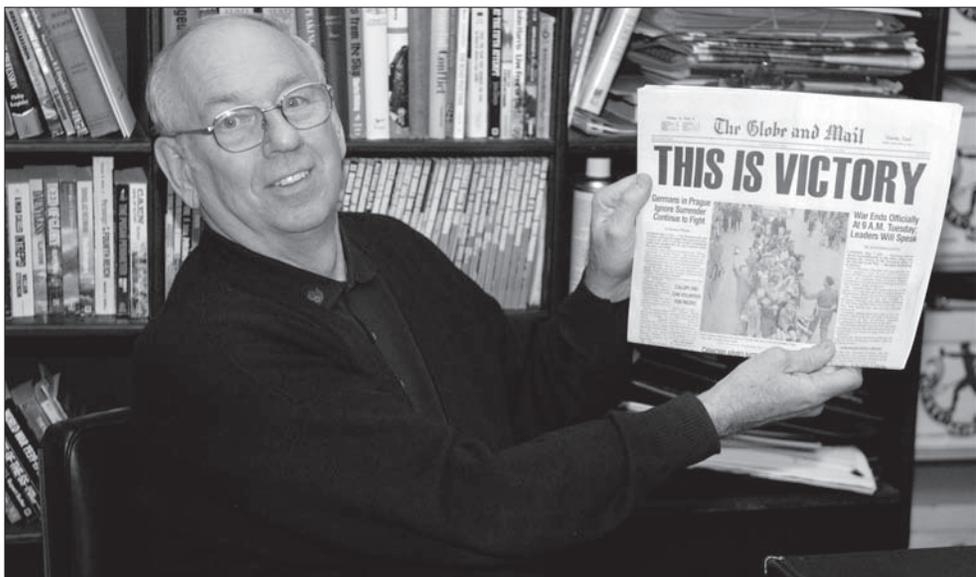


Photo by Cpl Bill Gomm

David Wawryk shows off a Globe and Mail from 1945. Mr Wawryk is an archivist at The Royal Winnipeg Rifles Archive.



Photo by Cpl Bill Gomm

Warrant Officer Lee Wood polishes a bayonet from a First World War German KR98 Mauser in The Royal Winnipeg Rifles Archive.

This reconstructed dugout from World War 1 on display in The Royal Winnipeg Rifles museum was partially designed by a veteran from WW 1.

## LCol Duggan Retirement



Photo by Cpl Bern LeBlanc

LCol Dan Duggan receives the Prime Minister's letter of retirement from Col Ken O'Brien Commanding Officer of 17 Wing HQ.



Photo by Cpl Bern LeBlanc

LCol Dan Duggan receives his retirement certificate from Col Ken O'Brien Commanding Officer of 17 Wing HQ.



Photo by Cpl Bill Gomm

# NAOSH Week 2006: Review. Refresh. Revitalize.



North American Occupational  
Safety and Health Week

By WO Pat Kieffert, A/WGSO

Of interest, the Safety Management Course will be held during the North American Occupational Safety and Health (NAOSH) Week. NAOSH Week, which runs from 30 April 30 to 6 May 06, is an annual initiative led by the Canadian Society of Safety Engineering (CSSE) in partnership with the Canadian Centre for Occupational Health and Safety (CCOHS) and Human Resources and Skills Development Canada (HRSDC), in concert with North American partners in Mexico and the United States.

“The Theme for NAOSH Week 2006 – Review. Refresh. Revitalize – provides a framework in which to focus the planning of events and activities for NAOSH Week. This theme promotes the ever-present need for ongoing development and encouragement of safety and health practices, processes and procedures at home, at work and in the community.”

Colonel Ken O’Brien, 17 Wing Commander, has endorsed this event, thus promoting the Formation’s Occupational Health and Safety (OHS) Culture throughout the organization and ensuring a well-oriented workforce. Under this concept, Col O’Brien extends 17 Wing’s invitation to the community and to the Canadian Forces (CF) Military and Department of National Defence (DND) Civilian personnel of 17 Wing and the 1 Canadian Air Division to attend the 17 Wing Safety Exhibition. This special event will be held on 3 May 2006 at the Sports and Recreation Complex, Building 90, Whytewold Road, from 1000hrs to 1500hrs.

Public Announcements have been made in Winnipeg’s television medias and the Voxair newspaper, and the city’s prints and radio medias have been notified of the event.

To date, over 30 Exhibitors from all levels of Govern-

ment Agencies, Training and Educational Establishments, Safety Professionals and Consultants, Safety Equipment and Clothing Professionals will display at the 17 Wing Safety Exhibition. As Exhibitors and visitors, it is an excellent opportunity to display our involvement within the Health, Safety and Environment fields and to promote this special week and event.

Of Note: There is no entrance fee, and the Winnipeg Fire Paramedics Services (WFPS) will have their “Burning House” display on site for the kids.

For additional information, please contact Mr. Chuck Haarsma, 17 Wing General Safety Officer (WGSO) at (204) 833-2500 ext 5950 (Haarsma.AC@forces.gc.ca), Warrant Officer Pat Kieffert, A/WGSO at ext 4149 (Kieffert.PP@forces.gc.ca) or the WGS Office Administration Assistant, Ms. Julianna Fillion at ext 5913 (Fillion.J2.@forces.gc.ca).

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Every Sat 2 - 4 pm

## Safety Management Course

By WO Pat Kieffert, A/WGSO

In partnership with the Director of General Safety (D Safe G), the Wing General Safety Office will host a Safety Management Course (SMC) from 2-4 May 2006.

The SMC is a three-day course designed to train selected personnel to manage the General Safety Program at their level of responsibility, and to familiarize Managers, Supervisors, Workplace Health and Safety Committee (WHSC) and Union Memberships with their various safety responsibilities and functions in support of the workplace General Safety Program.

The Safety Management Course topics include:

- Safety Policy and Program;
- Duties and Responsibilities;
- Safety Council and Workplace Health and Safety Committees;
- Inspections and Surveys;
- Hazardous Occurrence Investigation and Reporting;

- Safety Program Development and Evaluation Technique (SPDET); and
- Return to Work (RTW) Program.

The SMC will be conducted at the Canadian Forces School of Survival and Aeromedical Training (CFSSAT), Building 75, Classroom 2, from 0745hrs to 1600hrs daily.

Particulars (SN/PRI, Rank, Name, Local and Location) of selected personnel are to be forwarded by E-Mail to Ms. Julianna Fillion, Administrative Assistant, Wing General Safety Office at: Fillion.J2@forces.gc.ca. Questions and/or queries concerning SMC are to be directed to Warrant Officer Pat Kieffert, A/WGSO, Ext 4149 or at Kieffert.PP@forces.gc.ca.



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### Correction:

In our revision process, we inadvertently missed the following in the article On the Long Road to Recovery that appeared in Issue 6.

MWO Jose Dulude and his wife Manon wish to extend warm thanks to the following people who have been enormous help and support to them: the W/Log, under LCol Gauthier, Capt Coulombe and MWO Nowe, the entire Food Service Family for their cards, Michelle Stephenson, Sgt Amyot, and Dr Scott Young. Our sincere apologies to MWO & Mrs Dulude.



Oops: In fact, the photo about is Capt Jim Mahon (left) and Padre Lance Magdziak at a recent WComd's coffee hosted by the staff at Building 90, and not Maj Ken Mahon. Sorry for the mix-up!

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# Moose Continued from page 1

the Moose got three quick goals in the first period and won the game 4-1.

March 25 was the first Military Appreciation Night at a Manitoba Moose hockey game. The organization has an ongoing relationship with the messes on the base, and honoured the PPCLI when they moved to Shilo, but this is the first official partnering.

For the Moose, the entire evening was a success. “Unbelievable. From start to finish, it was something that was special for us,” says Mr. Mager, who worked with the military to make the night happen. “We’ve always done something with the military; this was by far the biggest and best. In a credit to Maj Dave, he really stepped up. He was able to pull in a lot of other resources we’ve always wanted to do. He had the plan and capabilities to pull it off.”

“Maj Dave” is Maj Dave Proteau, Commanding Officer at the Canadian Forces School of Survival and Aeromedical Training. He is also vice-president of the Wing Officers Mess, which is how he got involved in the event. Originally, March 25 was to be a TGIF at the Officer’s Mess, with the mess purchasing 150 tickets available to members at a reduced price. When Maj Proteau, a man who thinks big, found out it was also the night the Moose were hosting the Legionnaires, he thought — let’s make it bigger. Let’s have everybody. Hence, Military Appreciation Night was born.

In the month they had to plan, the event just kept growing. “It was a lot of coordinating, but it was made easier than with other organizations because the military comes equipped. They deploy to other nations, so I would hope deploying to a Moose game would be easy for them,” says Mr. Mager.

A lot of people worked behind the scenes to make the night happen. Wing Fund purchased 1418 tickets (separate from those purchased by the mess) at a reduced cost. Tickets were handed out to interested military and civilian employees in all units that contribute to the Wing Fund. The Air Command Band was called in to play at a reception for the Legionnaires before the game, and to open the night on the ice. Flanked by two flag parties, one from the Legion and one from the Sgt Tommy Prince Cadet Corps, the band accompanied Sgt Bob Van denBroek for both national anthems.

And then CF Recruiting Centre Winnipeg got involved,

helping to coordinate all the elements. “It was the perfect opportunity to link in with Op CONNECTION for visibility, having an attendance upwards of 13 000,” says Maj Proteau. “It gave us the perfect opportunity to showcase what the military is. They’re members of the community — they have families.”

Op CONNECTION is the national recruiting push made priority by CDS Gen R.J. Hillier. “Our primary objective at these events is to connect with Canadians and raise the profile of the CF,” says demonstrator Cpl Jamie Anderson, who is also the 13 MP PL MP Recruiting NCO and was the OPI of the event at CFRC Winnipeg along with Capt Chuck Cadick. In order to do that, there were information booths, military members simply present in uniform, and a weapons display staffed by HMCS Chippewa.

“There was a line up for that,” says Mr. Mager of the Moose. “That’s not something the regular Canadian gets to do up close and personal. It’s a thrill to see it and I think it was an eye-opener for a lot of people to see it and feel how light it is, and to just live that moment for a couple of seconds.”

Maj Proteau said attendance was initially a bit of a worry. “The only thing I was concerned about in the beginning was that if we handed out free tickets, that people would take the tickets and then not show up,” he says. He figured 80% attendance would be a success, a number that was easily met and exceeded. Of the 1418 handed out, the consensus is about 90% of the ticket-holders filled their seat that night. Those who received free tickets were required to attend in uniform, and those who had purchased from the mess had the choice. “It was great to see. Even in the concession lines, there would be three or four members deep wearing their cad pats,” says

Cpl Anderson.

Staff from the CFRC were there to answer questions from the public. Cpl Anderson says a lot of people want to know how they can join, and if they are eligible. “We didn’t have a traditional recruiting booth, per se. It was more of an information and outreach,” he says. At the recruiting centre, they saw the impact of the night immediately.

“[Monday] was a busy day, a very busy day. And we have had a spike in our online applications, even in the last two days we’ve noticed. Normally we average around 40 eApplications over a weekend, and we’re at 80 this weekend.”

By his and all other accounts, the evening was a huge success. “It was a really good partnership. It benefited us by giving us a larger crowd,” says Mr. Mager. “We helped expose the military in a positive light to 13 000 people that they might not otherwise have the opportunity to do. We often hear in the press the negative side to the military; we don’t hear the positives. And there are numerous stories of positive things the military can do. So for them to come and display what they can do, I think our fans were surprised.”

It’s a partnership both sides are eager to continue. Maj Proteau is already thinking about how to top this one. “The bigger we can make it, the better it’s going to be,” he says with a grin.



Photo by Cpl Marcie Lane

▲ Sgt Bob Van denBroek singing the national anthem to open the game against the Milwaukee Admirals.



◀ Demonstrators from 17 Wing warmed up the crowd by dropping from the rafters of the MTS Centre at the start of the game.



◀ SARtechs rappelled in as the announcer told the fans about the capabilities and responsibilities of 435 Squadron.



Photo by Cpl Marcie Lane

▶ Cpl Adam Letellier and his wife Kim made the evening a family night out with their twins Taylor (left) and Tyson.



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**Getting Posted or Just Moving?**

# Afghanistan Roto 1 – From An Engineer’s Point Of View

By Major S.K. Beal



*Maj Stew Beal was the 17 Wing CEO. He is currently serving in Afghanistan as the Task Force Engineer. He will be providing Voxair readers with insight into his deployment.*

We are now one-third the way through the tour, and I believe we have experienced most of what Afghanistan has to offer. We as a nation and an armed force have taken our bumps and bruises; of most vivid memory was the period I now refer to as “Black Friday.” This was a very trying period for all of us deployed and I am sure the same was true for those of you in Canada who was watching the events unfold as well. During this 30-hour period, we experienced a vehicle accident that claimed the lives of two soldiers (MCpl Wilson and Cpl Davis) and injured others, an attack by a suicide Vehicle-Borne Improvised Explosive Device (VBIED) on a convoy that injured another soldier, a vehicle caught fire resulting in the injury of yet another soldier and a young officer was attacked with an axe resulting in a serious head wound. Needless to say, spirits were at an all-time low.

While these events unfolded, I was out on a patrol with the battle group doing a recce of a potential Forward Operating Base (FOB). When we started getting news of the events that were taking place, all I could think about was that my spouse was aware I was “outside the wire.” She had no idea where. What was running through her mind? (“Is he OK? Was he involved in one of the incidents?”) Upon return to the base, I immediately phoned home to reassure my family that I was all right. I am guessing most of us on the recce did the same thing.

During the patrol, I had the opportunity to see a lot of the sights of Kandahar and surrounding areas. The most vivid memory will forever be that of the children and their empty eyes. Whenever we stopped, children would come out of nowhere and beg for candy, pencils and water. Many of the soldiers gave the children whatever they had, including their own food. This was a very moving sight to witness, the generosity of the soldier. I believe it is true that our soldiers are our best ambassadors.

As for the scenery, Kandahar was very similar to the sights you see in a UNICEF commercial. There were shops everywhere, selling everything from vegetables to motor oil. The meat shops had animals quartered and hanging on display, often covered with flies. I am confident it was the dirtiest place I have ever been. However, once we got out of the city and into the county, the scenery was spectacular. Unfortunately, the closer you got to some of these sights, the quicker you realized that things are pretty barren in Afghanistan. The area outside of the city reminded me of the most barren areas of Utah, only worse. The areas we recced for a potential FOB were so barren, it was like being on the moon but with oxygen.

We experienced another sand storm yesterday; this was like no other that we have had to date. The sky turned a light brown as the storm was upon us in a blink of an eye. The duration of the storm was about one hour and it tore into all the temporary structures at the base. The storm ended as quickly as it started and the sun came out as if nothing had happened. Our engineers’ workload just increased. Like we needed more work!

We had some surprise visitors: the Prime Minister, the Minister of National Defence, and the Chief of Defence Staff. Even though they were only here for a short period of time, both the PM and CDS addressed the troops and their speeches were very good and really hit home. The PM indicated that he was very supportive of the Canadian effort in Afghanistan and he wanted to continue being a leader on the world stage. The CDS voiced that he was very proud of the job we were doing and he would continue to drum up



Soldier in Afghanistan with some of the local children.

support for Canadian soldiers abroad. Both men were very dynamic speakers and truly understood the audiences they were addressing.

During the speeches I noticed a familiar face, it was that of Chris Ouellet, a Dorchester, N.B. native, who I went to high school with. Chris, a Major in the Canadian Forces, is presently employed as the aide-de-camp to the Minister of National Defence, a very busy job. We got the opportunity to chat for a few minutes and I got the opportunity to talk with the MND prior to them being whisked away. You never really realize how small a world we live in until you are in the middle of nowhere and you continue to run into friends from your hometown.

I had the opportunity to visit Dubai for a meeting with Public Works and Government Service of Canada (PW-GSC). It was nice to get away for a few days and relax. For the first little while, we all kept checking our hips for our weapons, it took a little getting used to walking around without a weapon. The city of Dubai was very impressive; it is one of the most progressive Muslim cities in the Middle East. The Sheik is attempting to develop a tourist industry in order to replace the revenue generated by oil once it is depleted. We were told that 40% of the world’s construction cranes are present in the city. I believe it. Everywhere you look there are new high rises going up. It is hard to believe there is a requirement for all this construction but apparently there is.

After a couple days of rest, it was back to reality and life at Kandahar. One of the things that many of us are still trying to get used to is the constant presence of the media. At any one time, we have 15-25 reporters in camp. They are always looking for a story; this is one of the most difficult things the soldiers must deal with. One always has to be aware of whom they are talking to and what they are talking about. On the other side of the coin, it does make you realize that what we are doing here is important or the media would not be here.

The other morning we were out for our PT (physical training), which consisted of a road run. Typically we run around the perimeter road of the airfield. However, this morning the Warrant Officer decided to take another route. We ended up running by the sewage treatment facility and the odor was incredible. Two of the troops actually became physically ill.

Both are single and have not developed the fine art of breathing through their mouth while changing a messy diaper. I guess they will learn this soon enough. I did.

I was required to perform an engineering inspection of the camp in Kandahar city. The camp is somewhat at the other end of the spectrum in comparison to the Kandahar Airfield (KAF), with respect to size. The camp is constructed within the confines of an old fruit factory and is home to a Canadian force as well as representative from the Afghanistan National Army (ANA). I spent three days going over all their facilities, reviewing the engineering manning levels and looking at fire fighting issues. The nice thing about the camp is that it is small and not beside a runway. I had my first night sleep without being awakened by a jet taking off or a helicopter spooling up.

In order to return to KAF, I jumped in with a Bravo Company patrol that was sweeping through a couple villages on its way to KAF. As an Airfield Engineer, out patrolling with the army was a new experience that I appreciated but will not run out to do again in the near future. We ended up in some areas that I would have rather stayed away from. Throughout the patrol, the soldiers were alert but at ease and carried out their tasks in a professional manner. I, on the other hand was very nervous and was praying we were not going to make contact with the enemy. I am guessing I was the only one in the patrol with this thought. Fortunately for me, we arrived at KAF without incident. However, as a soldier, one always wonders how they would respond under fire. Guess I will continue to ponder the question.

Back at KAF, we finished a busy week; there were 4 ramp ceremonies to honour fallen soldiers of Canada (1), United States (2), and Great Britain (1). In addition, we also had a couple early morning wake up calls from the enemy. At approximately 0300 hrs, we were rudely awakened with the explosion of rockets landing around the camp. Fortunately, their aim was somewhat less than acceptable, depending which side you were on, and all the rockets landed in unoccupied areas causing no casualties or damage. We can only pray their aim does not improve! No need to ponder the question in the last paragraph anymore! I was very nervous! This really drives the point home that this is no normal mission.

Until next edition.

# Exercise Thinking Bison

By Cpl Bill Gomm

**38** Canadian Brigade Group held Exercise THINKING BISON 06 (Ex TB 06) which was a computer-assisted exercise (CAX) utilizing the Joint Conflict and Tactical Simulation (JCATS) from March 17 to 19 at Minto Armoury.

National Guard soldiers from Minnesota and personnel from Land Force Western Area provided the computer simulations and set up for the JCATS.



(L-R) Sergeant James Richards and Sgt Jon Barth look at air photos of areas of interest. Sgt Richards and Sgt Barth are both from The Saskatchewan Dragoons.



Master Corporal Nathan Carrigan points out the route that his patrol will take, as Gerry Vida plots the information into the computer. MCpl Carrigan is with The Queen's Own Cameron Highlanders of Canada.



Private Priska Zinn plots contact information on the map. Pte Zinn is with 5 Platoon, 6 Intelligence Company.



Warrant Officer Roger Eppert works on the map in the Artillery Fire Control Center. WO Eppert is with 26 Field Artillery Regiment.

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# The Mission Support Squadron Family: Delta Flight

By Pte (T) James Tucker and Cpl Bryce Hooper

With support from 17 Wing Winnipeg and various other Wings across Canada, the 17 Mission Support Squadron (17 MSS) is shaping up to be the first of many successful new support squadrons to form. Heading off to Exercise Maple Flag at CFB Cold Lake in the coming month, and followed by a six-month deployment overseas, 17 MSS will be a strong family with deep roots in Winnipeg.

"I've never seen so many people so ready and willing to go overseas on a deployment," says Maj Tony Dunkerley of Supply/Food Services. "I support the MSS wholeheartedly."

Having four different flights (Alpha – Delta) within the MSS allows for ease in training and makes the process more organized. Each flight was formed and organized many days before the first day of MSS training (01 Mar 06), and, for the most part, have remained intact. DELTA Flight, which consists of 12 supply techs, eight cooks, two traffic techs, and one transport operator, all came together so quickly,

having just recently completed the weapons training, which included the C6 (General Purpose Machine Gun), C9 (Light Machine Gun), the C7 (Light assault Rifle) and foreign weapons. During the foreign weapons phase of training, more than half of DELTA flight had never before come in contact with an AK-47 assault rifle, and each person was trained in the safe handling, assembly, and field strip of the weapon. Very useful training, knowing that there are scores of these weapons floating around in the world. Other training included CRBN (Chemical Radiological Biological and Nuclear), formally known as NBCD, First Aid, Land Navigation/Compass and Communications training.

These hard working troops then relaxed and enjoyed the March break, and prepared for a busy week for the Peace Support Operations training. The PSO training is intended to teach deployed military personnel about such things as cultural awareness, negotiation techniques, foreign weapons,



Mission Support Squadron Training Flight Delta gather together for the first time on 1 Mar 06. They are one of four flights preparing to deploy as the newly-formed MSS.

etc. Each phase of the training can be either a refresher, or for some it may be a new experience altogether.

Physical training is very much a part of the training and development of the MSS. Circuit training, sports, and rucksack marches are just a few of the things that "D" Flight has become accustomed to. Starting off with a 3 km march, and eventually conquering the 13 km rucksack march, "D" Flight is marching to the beat of the Army fitness manual. That's just one step the Air Force and the MSS have been pushing.

For all the positive feed-

back the Wing is getting for the standing up of the MSS, there are some concerns from various sections around the Wing. For the sections that have lost some, if not most, of their workforce, it is somewhat of a strain. In supply, many of the

qualified and experienced personnel have been re-allocated, so in turn there were civilians hired to replace these people. However, lack of experience of the CFSS (Canadian Forces Supply System) is an issue because the new employees have to be trained, which also takes time. The same goes for Wing Foods squadron, who have lost eight people from the section. TEME squadron, Transport flight has given 14 personnel to the MSS, and are still expected to offer the same support to the Wing with much less staff to carry out the tasks at hand.

"Even with the squadron being short-handed, the personnel that we have are working twice as hard and putting out 110% to not only

re-group, but carry out the task at hand," says WO Ian Smith of TEME squadron. To add to the positive atmosphere surrounding the MSS, Lt Todd Batt added, "The MSS will truly be an effective tool for the Air Force, in time, once the Logistic glitches and "new" squadron wrinkles get ironed out." He also adds that, "This will be a positive step forward for the future deployments of the Air Force side of things."

With such huge support from all across the Wing, and with such dedicated personnel, the Mission Support Squadron will rise to become the new face of the Air Force Deployment stage and conquer any task, deployment or mission the future will throw at it.

## Stamps Not Always Only Paper

By Alf Brooks

In the past years postal authorities have issued stamps made of or containing material other than the usual paper. We have seen stamps made of wood or containing fragments of wood, stamps woven in fabric, stamps made of metal,



plastic stamps. "which marks an exciting first in philately – the world's first stamp to contain actual traces of a meteorite."

The meteorite was found two years ago in Morocco. 600,000 stamps will be produced for the issue, with each stamp containing around 0.03 grams of genuine meteorite dust.

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# The Demise Of Hudson 768

## Part 2 Of 7 - The Detachment

By HCol Wishart



*In a series of articles, HCol Wishart tells the story of his early days in the Air Force. We left off with then-Sgt Wishart departing Dartmouth, N.S. as navigator on a flight to Torbay, Newfoundland.*

I was not impressed with my first sighting of RCAF Station Torbay.

The frame of one hanger had been erected and one runway had been completed. There were hundreds of construction people and construction huts. Three huts had been turned over to the Air Force for barracks, and there was one for ablutions. From memory, NCO Aircrew had one hut; five double-decker bunks along each side plus a pot bellied stove in the middle. Ground crew occupied the other two huts while the officers "roughed" it in the Newfoundland Hotel in St. John's. We ate with the construction crew (the meals

were terrific).

The aircraft, five in total, were parked next to the radio shack, which also doubled as an Operations Room and Flying Control. Construction had not started on the Control Tower. Nose hangers had been built and the engines were kept warm with canvas coverings and flare pots. The ground crews worked exceedingly hard and under very adverse conditions to keep the line serviceable. The following day, I recall that I was busy most of the time with a hammer and a jam pail full of nails, but I can't recall what I was helping to build. Perhaps another nose hanger?

On the 24th I flew with the S/L on an anti-submarine patrol. The next day, Saturday, the duty truck took a group of us into St. John's. The Blue Puttee restaurant was our rendezvous point, and we were cautioned that the last truck ran back to the base at 0030 hrs. Anyone missing the truck could stay overnight at the Knights of Columbus hostel, 25 cents

per night sharing a double-decker. The hostel held a dance each Friday and Saturday. They had a good canteen and it was an Air Force favorite. The girls were friendly. Even the Navy treated us much better than they did in Halifax, where we were told at certain hostels that Air Force blue was not welcome. Being outnumbered about twenty to one, we never argued!

On Sunday the 26th we did odd jobs around the base and we were visited by a Salvation Army mobile canteen. I remember stocking up on Pepsi's, tins of sardines and chocolate bars: a week's supply. Would my stay be that long? A later visit to the radio shack showed that I was on patrol with the F/L Pilcher in Hudson 768 the next morning at 0830 hrs on an anti-submarine patrol. Two other aircraft were also slated for patrol and would depart Torbay at 30-minute intervals after our departure.

## 17 Wing Community Chapel Holy Week Observances

Distributed under authority of WAdmO and CO 1 Cdn Air Div HQ

Throughout Holy Week, special services will be held at the Chapel, 2235 Silver Avenue (off Whytefold), as follows:

### ROMAN CATHOLIC

Passion Sunday - 9 April 1100 hrs - Reconciliation Mass

Maundy Thursday - 13 April 1900 hrs - Feast of the Lord's Supper/Reposition and Adoration

Good Friday - 14 April 1500 hrs - (Mass will be followed by Poor Man's Supper in the Chapel Annex)

Holy Saturday - 15 April 1900 hrs - Catechumenate Retreat/Easter Vigil

Easter Sunday - 16 April 1100 hrs - (Mass will be followed by brunch in the Officers' Mess; pre-registration required by 9 April)

### PROTESTANT

Palm Sunday - 9 April 0900 hrs - Distribution of the Palms

Good Friday - 14 April 1000 hrs

Easter Sunday - 16 April 0800 hrs - Holy Communion

### ECUMENICAL OBSERVANCES

Holy Thursday - 13 April 1800 hrs - Passover Dinner and Liturgy in the Chapel Annex

Easter Sunday - 16 April 0930 hrs (approx) - Community breakfast in the Chapel Annex

## Wing Commander's Volleyball Tournament

**Fri 28 Apr 06**

**Bldg 90 Gymnasium**

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& pay N.L.T. 21 Apr 06**

**To register or for more info please  
contact Rick Phillips, at local 5871.**

### Planning Underway For Royal Regiment of Canadian Artillery (RCA) Reunion

The plans for the upcoming RCA Reunion to be held at CFB Shilo from 30 June until 3 July 2006 are well underway according to Capt Lonnie Goodfellow, chairperson of the organizing committee. Scheduled every 3 years, this will be 7th reunion of its kind to be held here. The first one was held back in 1988. It is expected that over 600 former and serving members of the Regiment, spouses and friends will come together for the event. Of these, many come from across Canada and around the US. The committee has been quick to emphasize that the reunion would welcome former members of non-artillery corps, branches or trades who have any kind of an affiliation with the Royal Regiment. Indeed, any person who considers him or herself a friend of Canada's oldest Regiment is welcome. The committee is planning a set of activities that have been popular in the past. These include a meet and greet, a dinner and dance, a barbecue and a golf tournament. The committee is also considering one or two new twists to make the weekend more varied and interesting.

Anyone who would like more information or tickets should write to:  
RCA Reunion, PO Box 214, CFB Shilo, MB, R0K 2A0.

Point of Contact for media inquiries: Rick Wilson, Reunion Information Person at 571 0133.

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To register, please contact Paulette Scott, at local 4636, or  
via e-mail at Scott.P@forces.gc.ca by Friday, 5 May 2006.

# Benefits Of Having Life Insurance After Your Release

By Ruvín Geller & Renée Trépanier

Once you leave the Canadian Forces (CF), the compulsory life insurance coverage (approximately two times your salary) you have under your CF benefits may end. This is why it is so important to ensure you have enough life insurance coverage after your release. When you leave the military, your lifestyle may change, but your family's financial needs may not. The amount of life insurance you should have is based on your dependants' needs. Life insurance is not for you...it is for your loved ones.

Some factors to take into consideration when you evaluate your life insurance needs are:

- How many dependants you have, their age and education needs
- The amount of money you owe (mortgage, loans, line of credits, etc.)
- The amount of savings

you have now and at retirement

- Properties you own
- Your projected date of retirement
- How much money you want to leave to your heirs (spouse, children, charity, etc.)

The purpose of life insurance is not to make your loved ones rich, but for them to go on with their lives, while maintaining their current standard of living. When you pass away, your family may need to replace your lost income for many years.

Typically, your life insurance premium is based on the amount of coverage, your age, gender, health, and your smoking status. Whether you buy new coverage or renew an existing term life policy, the older you are, the higher your premiums will be. Also, the older you are, the harder it is to get life insurance, as

the likelihood of medical problems increases as one gets older. By purchasing life insurance when you are young and healthy, as long as there is a need, you are assuring yourself coverage for when you get older.

It is important that you review your coverage and beneficiaries (the ones you leave the money to) with a licensed life insurance representative whenever a major event occurs that could affect your family's financial situation, such as releasing from the CF. Having a needs analysis done with a professional insurance representative will determine the amount and type of insurance you need.

Ruvín Geller & Renée Trépanier

SISIP Financial Services, Ottawa

This article is for general information purposes only and is the opinion of the authors.

# WTISS Transfusion

By Information Services Flight

In the very near future, WTISS will have temporary staff to backfill positions vacated by our departing MSS members. Now that sounds all too simple; hire a few IT support gurus and away we go. But, consider the following obstacles:

The Civilian hiring process. The staffing request. Creating a written and practical exam, with answers. Evaluate mounds of resumes. Administer the written exam. Grade the written. Now administer the practical exam. Grade the practical. Interview with candidates and ultimately select the "Best Fit" for the organization.

The bottom line — there's a great deal of effort involved in staffing temporary positions.

So what type of person are we looking for? Someone who has an understanding of the latest computer hardware. IT Support personnel must not only understand the range of individual parts that constitute a computer, but also the different technolo-

gies that define each component. As if there was not enough variety in hardware alone, knowledge of operating systems must be thrown into the mix. Traditionally, most personal computers have relied on Microsoft's Windows products. Now include the hundreds of applications supported on the Wing and in 1 Cdn Air Div. This amount of information can be daunting to new and old PC support personnel alike. It is an unavoidable fact that anyone involved in maintaining computer systems will always be required to learn something new.

The trick to understand is that while many computer problems may be fixed entirely from experience, some will be unique requiring a little detective work to repair. Today's hardware and software has become very complex, a firm understanding of the basics and learning how to apply them when troubleshooting is required for support personnel to be successful.

IT Support personnel must make the most of their time. This requires the complete and accurate resolution of problems in the shortest amount of time. Support personnel must have good listening skills, as well as the ability to gather additional information from end-users. The gathering of factual information is the first and most important step to resolving any computer problem. The IT specialist must never assume something is or is not the problem before the facts are discovered. These "soft" skills are difficult to learn and even more difficult to test on a Civilian Staffing Process.

If all goes as expected with our staffing process, new temporary IT Support personnel will be on the ground shortly. With more than a 50% turnover in staff we'll certainly have some growing pains, but rest assured, we'll be working hard to protect your data and network connectivity.

# From High School To The Reserves

By Corporal Bill Gomm

With recruiting offices in every Armoury, it's easy for potential recruits to come in during parade nights to check out the variety of jobs within the Reserves. Lavin Handford and her father Glen Handford journeyed to Minto Armoury to check out the Reserve Military Police on Tuesday, 7 February.

At 16 years-old and currently in Grade 10, Lavin is already looking forward to a job in the Reserves. With her father at her side, Lavin listened to Corporal William Sawchuk of 13 MP Platoon, 15 MP Company as he explained the training schedule and what would happen during each phase of her training.

"I'm very excited to train," said Lavin. "This is a good chance to learn and gain respect for those in the service."

Mr Handford asked Cpl Kate Spellen who was in the office what she thought of life in the reserves. Cpl Spellen went on to explain how much she enjoyed her time in her unit, The Royal Winnipeg Rifles and how the Reserves can partially pay for university.

"It could be a good opportunity for net working, life experience and life relations," said Glen Handford.



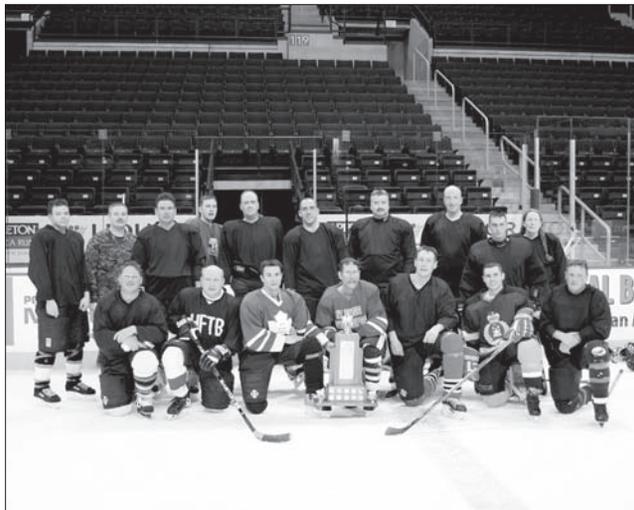
Lavin Handford is a possible recruit to the Reserve Military Police.



(R-L) Corporal William Sawchuk talks to Lavin Handford about the possibilities within the Reserve Military Police as Ms Handford's dad Glen Handford looks on.



The "Make B-Leafs" from 435 Sqn won the championship title that came down to a double-elimination, a sudden-death overtime, and a shoot-out, against the WCE Beavers to win the A-side Intersection Hockey Championship.



The team from WTN beat the guys from WEME 5-3 and were declared the B-side Intersection Hockey Champions.

# Intersection Hockey Championship Hits The MTS Centre

By MCpl Marty Lee

If you happened to stop at the MTS Centre on 23 March, you would have seen something noticeably different. The ice surface and arena were the same, but all of the Moose players were replaced by players from 17WG WPG. The Intersection Hockey program had gone big-time as members competed in their respective "A" and "B" Division finals to earn the right of I/S hockey champions for the season.

All members participating in this event were escorted by bus from the base right into the underground parking lot of the MTS Centre. WTN and WEME were the first teams to take the ice for the "B" Championship. The Wing Commander, Col O'Brien, and the Wing Chief, CWO Parent, were present to wish the teams good luck and to drop the puck for the ceremonial face-off. Pauline Sibouleau sang Oh Canada to kick-off this inaugural event at the MTS Centre.

Once the game got underway, it was immediately obvious that both teams were well matched, with play moving from end to end and both teams showing lots of hustle. WTN opened the game by scoring the all-important first goal. They continued to carry the momentum and built up a 3-0 lead. Both teams exchanged a pair of goals, with WTN still controlling a commanding 5-2 lead. WEME fought back with a late goal, but it was too late as WTN held on to win the "B" Division I/S Hockey Championship. Cpl Daniel Guillemette was presented an award for MVP of the game.

The ice was then cleared for the "A" Division Championship, which was sure to be a cliff-hanger, as the 435 Sqn Make B-Leafs had narrowly defeated the WCE Beavers in a previous game in the second round of the playoffs. For WCE to stay in the running, they had to come out of this game the winners. Their sense of urgency and their relentless pursuit paid off for the Beavers as they dominated the play throughout the course of the game finishing, with a convincing 5-1 final score over the Make B-Leafs. Cpl Tyson Morris was awarded MVP of the game. This forced a second game in the double elimination playoff, to be played at the Highlander Sportsplex.

The next day was a winner-take-all match and it was evident that the 435 Sqn Make B-Leafs had a new game

plan. From the opening face-off it was a fast-paced, hard-skating game. The Make B-Leafs applied the early pressure, but couldn't beat the Beavers goaltender, Lt Todd Batt. Despite having fewer scoring opportunities, the Beavers took advantage of each one and held an insurmountable 5-1 lead with 17 minutes left on the clock. The scene was quickly resembling the game from the day before.

Suddenly, the Make B-Leafs started attacking, making several desperate attempts to move within range of the Beavers. The Make B-Leafs scored their second goal of the game and the floodgates opened as they pelted the Beavers goalie with shots. With a minute and 30 seconds left on the clock, sniper Sgt Pierre Thibault drilled a shot past a fallen Lt Todd Batt, bringing the Make B-Leafs miraculously into a deadlocked tie with the Beavers.

Both teams went through the five-minute sudden-death overtime with neither team scoring a goal, which forced the crowd-pleasing shootout. Cpl Corey Pratte and Cpl Jeff Deis scored a goal each for the Make B-Leafs in the shootout, while the Beavers Cpl Tyson Morris was the only one that could solve the wall set up by the Make B-Leafs goalie, Cpl Mike Quirion. This allowed the Make B-Leafs to complete their "Miracle on Ice" and win the I/S "A" division hockey championships. Cpl Corey Pratte from the winning Make B-Leafs and Jon Sim from the runner-up WCE Beavers were presented with MVP awards. Honourable mention goes to Sgt Pierre Thibault who formed part of the French connection with the Make B-Leafs and had a stellar performance in the championship final after coming out of retirement.

The 17WG WPG Sports Coordinator Chris Merrithew would like to thank Sgt Mark Rootes and his referees for their help this season, as well as the Highlander and MTS Centre staff for all their support. He also wanted to thank all the volunteers who contributed their time to make the finals a success: scorekeeper Kelly Deschene, national anthem singer Pauline Sibouleau, announcer Andrew Patterson and timekeeper Sgt Devin Beaudry, who all donated their time for this special event. Special thanks to the WTN driver, Cpl Gauthier, who volunteered to drive the teams to and from the MTS Centre on his day off. Congratulations to all the champions and all the teams for a great season.

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Emergency Childcare: 935-7733  
MFRC Childcare Centre: 837-3653  
Youth Centre South: 488-8563  
Youth Centre North: 833-2500 Ext 4502

# Military Family Resource Centre

## On The Move....

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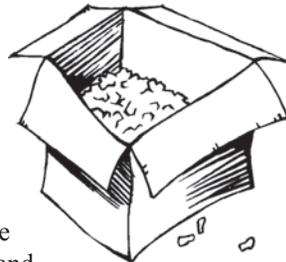
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- ✓ Check out the school systems at your new home....  
Links to other MFRCs on our web site
- ✓ Link up with employment counsellors before your move.....  
Call John at 4511
- ✓ Spruce up your resume and gather your reference letters...  
Attend "Resumes & Cover Letters that get results"  
19Apr06 Call John at 4511 (more on this page)



On-line: here are some great links to a smooth move...  
www.mfrc.mb.ca  
www.homedepotmoving.com  
www.movingto.com/  
www.upack.com/  
www.movingincanada.com  
www.mls.ca – for house hunters  
www.relocatecanada.com  
www.homefair.com

## Find ReLeaf

When time comes to begin packing for your new posting.....consider donating your houseplants or perennials to the MFRC. Your plants will be nurtured by caring volunteers and presented to Newcomers in the coming year.



## Posting ReLeaf Program- making roots in our community

## Deployment Respite Child Care

Deployment can put a lot of stress on parents staying at home. Deployment Respite Childcare (DRC) is designed for families experiencing separation due to duty requirements. It provides opportunities for your child to meet and play with others and a chance for you to take a break. Care is available for Ages 18months & up. Registration is required. Call 833-2500 ext 4508



March 4th, 11th, 18th & 25th  
1:30 pm – 4:30 pm  
April 1st, 8th, 15th, 22nd, & 29th  
1:30 pm – 4:30 pm  
May 6th, 13th, 20th, and 27th  
1:30 pm – 4:30 pm

## Family Separation & Reunion Services

Many families on the Wing are preparing to spend time apart. FS&R Services at the MFRC provide opportunities for families experiencing deployment to access resources, learn new skills and connect with others. Here are some upcoming events...

### Family Separation & Reunion Support Network

April 6th & May 4th 7:00 pm – 9:00 pm



Join this group of folks keeping the home fires burning. It is a great chance to get out of the house, meet new people, make new friends and learn some new skills. The setting is relaxed and fun. Join us, you don't have to feel alone!

### Fast Healthy Meals

April 18th 7:00 pm – 9:00 pm

Balancing work & family sometimes means a visit to the drive thru! Here are some ideas and recipes to make those fewer and far between. Learn how to make fast healthy meals for families on the go.



### How to talk to kids about conflict and war

April 27th 7:00 pm – 9:00 pm



It is hard to get away from seeing scenes of conflict everyday on the TV and media. Your kids are seeing it too! Be prepared to answer those difficult questions and deal with the unique challenges of being a military family in today's world. Discover great positive approaches to help children understand conflict and war.

### Read me a Bedtime Story

April 30th 1:30 pm – 4:30 pm



Bring along your child favorite book or read from the MFRC's collection. Record a DVD/CD reading a story to your child; it is a wonderful gift to keep you connected to your child. Better yet your story continues to be part of daily routines during your separation.

All workshops are held at the MFRC, 102 Comet Street. Registration is required for all workshops (if registration numbers are insufficient, the workshop will be cancelled). Childcare is available. Registration is required call 833-2500 ext 4507.

## Resumes and Cover Letters that get Results!



When: April 19th, 2006  
Time: 7:00p.m. - 9:00p.m.  
Where: MFRC -102 Comet Street  
Directly across from 17 Wing Whytewold Gate  
Cost: \$5.00

BRING YOUR RESUME FOR REVIEW!  
Call John @4511

## 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  
Saturday 1630 hrs

#### Religious Education

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

#### 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

**Padre Bruce MacKenzie**  
(United Church)  
Office 833-2500 ext 5417

**Padre Bob Brinn**  
(United Church)  
Office 833-2500 ext 5349

**Padre Paul Southen**  
(United Church)  
Office 833-2500 ext 4277

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

#### Sunday Services

(English Only) 0900 hrs

#### Sunday School

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

The 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.



## 17 Wing Recreational Library

Bldg 33

833-2500 ext 2490

New books March 2006

#### Fiction

- Thrill Me by Isabel Sharpe (Romance)
- White Death by Clive Cussler & Paul Kemprecos (A Kurt Austin Adventure)
- Fire Ice by Clive Cussler & Paul Kemprecos (A Kurt Austin Adventure)
- Toxin by Robin Cook (Medical Mystery)
- Abduction By Robin Cook "...a discovery that will change everything we know about life on Earth..."
- Flash Point by James W. Huston (Military, terrorists, resurrected eleventh century society of assassins)
- Crisis in Zefra – Directorate of Land Strategic Concepts by DND (Futuristic Canadian Military)
- Crise A Zefra – Direction des Concepts strategiques (Operations Terrestres) by DND

#### Non-Fiction

- Night Sky by Oceana (Pocket Guide)
- Trans Canada Trail Manitoba by Sue Lebrecht (Great reference for day trips and more with highlights and local interests)
- Painless Writing by Jeffrey Strausser (Good starter book to get back into the writing game whether for pleasure or business.)
- Canadian Writer's Handbook by Richard Davies & Glen Kirkland (Covers everything from essays to science projects)
- Street of Dreams – The Story of Broadway by Marjorie Gillies (A Historical look at an amazing street in Winnipeg)
- March of the Penguins by Luc Jacquet (A narrative and picturesque view of the Empire penguins)
- Earth – A new perspective: Astonishing and enlightening images of our planet by Nicolas Cheetham
- Bears on Broadway – A love Affair in Concrete by Tim Higgins (Bears and their artist represented here)
- Grill – Delicious recipes for your electric grill by Linda Doeser
- Cracking the GED 2006 Edition by Geoff Martz (techniques & explanations plus practice tests)
- The Sea Hunters II – More True Adventures with Famous Shipwrecks by Clive Cussler & Craig Dirgo

Drop by and Check us Out.



## 17 Wing Community Recreation Summer Sport Camps

Community Recreation is once again offering its popular summer sport camp program. This year's camps include basketball/volleyball, golf, ice hockey, synchronised swimming and dance, triathlon and many others.

The sport camp guide will be available April 18 from the front desk of Bldg 90, at the Recreational Library and on our web page. Registration for sport camps will begin Monday, May 1, 2006.

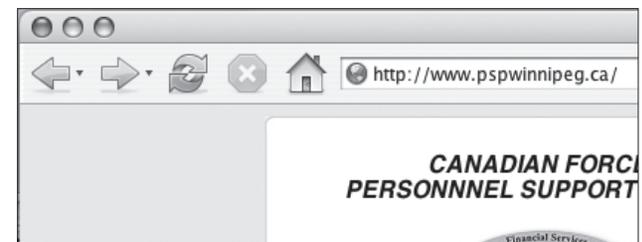
## Membership News

Monthly memberships are now available to our Associate members. The rates are \$40.00 for a single membership or \$52.00 for a family. Each applicant is still required to have a military sponsor. On a monthly membership this sponsor will be good for six months. For more information contact 833-2500 ext 5976.

## www.pspwinnipeg.ca

This web page is a great way to stay connected with what's happening within Personnel Support Programs at 17 Wing. The web site has been redesigned to ensure that you are able to receive the most up to date information possible.

By visiting this site you will find information on Community Recreation programs, fitness, job postings, Health Promotion, SISIP and the Winnipeg Military Community Council. Check it out today!

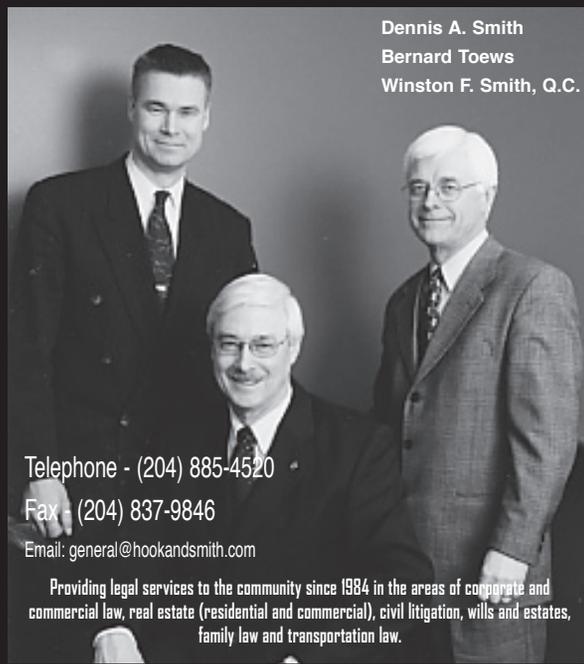


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**CRIBBAGE: Thursdays at 7:30 pm**  
**DANCING: Friday & Saturday evening 8:00-12:00 pm**  
**MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm**

---

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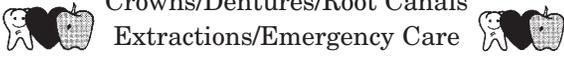
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# TAROSCOPES BY NANCY

**Aries (March 21 - April 19):** You're starting to feel more comfortable and more confident because an outstanding issue or unsettling situation has been resolved. Instability and the unexpected reactions of others affect you more than you realize. Connect with friends and accept offers to social events.

**Taurus (April 20 - May 20):** It might seem like being part of a group makes life easier but there are limitations too. You don't always feel free to speak your mind because you aren't sure of how others will respond. The greater the number of people the quieter you become. Schedule activities you can do alone.

**Gemini (May 21 - June 21):** If things are too comfortable or you get too complacent you can lack motivation. If you are bored, in a rut and envy other this is a signal to rekindle your passion and set new goals for yourself. Pay attention to the effect others words have on your decisions and attitude.

**Cancer (June 22 - July 22):** You'll be trying to determine the required corrective action to take. If you focus on the outcome you desire your expectations and assumptions will limit you. Step away from the situation so you can see it from a different perspective. The pieces will fall into place then.

**Leo (July 23 - August 22):** Listen to the advice of a woman who is concerned about you. She can see what is influencing you and the benefits of change more clearly than you can. She may seem painfully honest, revealing more than you'd like to face, but let her calm strength and foresight guide you.

**Virgo (August 23 - September 22):** Your actions result in progress and prosperity. Calculated risks pay off. Be careful not to get overly optimistic and expect instant success though for it results in disappointment and mood swings. Every thing takes effort but it is effort that strengthens and teaches.

**Libra (September 23 - October 23):** Be prepared to make some quick decisions. There are lots of upheavals and changes coming. You may feel a strong need to express your opinion when you don't see eye to eye with someone. If you plan to speak up, expect consequences; the fall out will be significant.

**Scorpio (October 24 - November 21):** When harsh words come your way, be patient especially if you are uncertain about how to respond. Consider your position, ask for advice and show diplomacy. Be especially careful not to blindly strike back. It could take a long time to repair the damage done.

**Sagittarius (November 22 - December 21):** It has taken a lot of work to gain your current position and so you may feel frustrated when others withdraw from you now that you want their company. Though others may not have been as driven as you, you need to show respect for their choices if you want to reconnect.

**Capricorn (December 22 - January 19):** If you're patient, you can work through the complexity of what appears to be an insurmountable problem. In fact the answer is quite easy to come to, it's just that you'll probably have to address old issues and confront those who aren't prepared to move on. Be assertive.

**Aquarius (January 20 - February 18):** Stop procrastinating. Finish what you start. Practice discipline. If you want more you must work to earn it. Believe in your ability to succeed. If you're making excuses like, why waste my time when this is probably a dead end, you're just avoiding risking a full commitment.

**Pisces (February 19 - March 20):** Emotional turmoil can seem overwhelming but you've survived worse. Face your fears. You are a mix of both emotional and intellectual and can handle anything that comes your way. When you let others see the real you, you find out if they can appreciate this rich mix.

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