



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

June 25, 2008

VOLUME 56, ISSUE 12

FREE



Team Wingin' It participants raised more than \$2,000 for the Heart and Stroke Foundation. Peddling the Big Bike were Maj Doug Mattila, MWO Adrienne Miller, Cpl Tabatha Morris, Capt Forrest Murray, WO Deanna Murray, LCdr Johannes Sauerteig, LS Debbie Friesen, Cpl Jennifer Drummond, LCdr Heather Heuthorst, PO1 Heide Sorrell, Sgt Linda Jardine, Sgt Lynda Bartel, Gayle Zaporozan, Sgt Sue Lenihan, Lori-Ann Mundt, Ann Gibson, Daniel Gerson, Brianna Fay, Bob Murphy, LCol Leo Brodeur, Jennifer Botincan, Cpl Cathy Young, Cpl Raina Hooper, Cpl Kathy Pratte, 2Lt Karyne Lacelle, Penny Wawrzyniak, and Christa Zappitelli.

Team Wingin' It raises money for Heart and Stroke



The Heart & Stroke Big Bike pedaled through Winnipeg again this year and the 17 Wing Wingin' It team was there to participate.

On 18 June, 29 participants from 17

Wing piled on to the 30-person bike and pedaled to raise money for a good cause. Team Wingin' It raised \$2,421 for the Heart and Stroke Foundation.

Everyone who participated did an exceptional job fundraising this year, and we have raised the bar even higher for the 2009 Big Bike.

After donning red Support Our Troop t-shirts and decorating the Big Bike with yellow

ribbons, the 29 riders, escorted by Winnipeg City Police officers, pedaled the four kilometre route through downtown Winnipeg, beginning and ending at the Manitoba Legislative building.

After collecting their prizes, participants enjoyed refreshments, which were provided by Heart & Stroke and their sponsors, before heading back to 17 Wing.

The Health Promotion team would like

to thank the Strengthening the Forces unit representatives for their ongoing support and participation in this event.

We would also like to thank everyone who sponsored a rider, the MFRC for the yellow ribbon, WCE for providing transportation, and 1 Canadian Division for the free giveaways.

We hope to see you out next year. Put Your Heart Into It!

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WPOA holds final parade after 90 years of service

Submitted by 17 Wing Public Affairs

The Hon. John Harvard, Lt Gov of Manitoba, and Chief of the Air Staff, LGen Angus Watt, said farewell on June 6, 2008 to one of the longest-serving veteran's organizations in Canada, the Wartime Pilots and Observers Association (WPOA).

MGen Marcel Duval, Commander of 1 Canadian Air Division/Canadian NORAD Region, and Col Scott Howden, 17 Wing Winnipeg Commander also attended the ceremony.

"You leave behind an

incredible and powerful legacy that we will all remember" said LGen Watt. "You demonstrate pride and comradeship and help to illustrate the importance of the CF family."

A small group of pilots and observers who flew in the Royal Flying Corps during the Great War formed the Winnipeg-based association in 1919 to maintain their close ties, fostered during active service. They were later joined by aircrew who flew in the Commonwealth Air Forces during the Second World War.

"You are not just men-

tors and heroes but you are also friends, our friends," said Col Howden during his speech to the members of the WPOA.

Membership in the Association was limited to those who earned their aircrew badge in wartime, usually as a pilot, navigator, bomb aimer, wireless air gunner, air gunner or engineer.

At its peak, the association had more than 1,700 members worldwide. Currently, the WPOA has less than 330 members from Canada, the United States, the United Kingdom, Australia and New Zealand.



John Enns, Vice Wartime Pilots' and Observers' Association, formally transfers the Colours to the Air Force. LGen Watt receives the Colours on behalf of the Air Force.



WPOA wind-up ceremony was held June 6. This is the final parade for the members which are well into their eighties and nineties.



Lt Gov John Howard, left, shakes hands with WPOA member Bob Fox during an inspection at the final ceremony.

LGen Natynczyk named Chief of the Defence Staff

National Defence

The Honourable Peter Gordon MacKay, Minister of National Defence and Minister of the Atlantic Canada Opportunities Agency, welcomed the Prime Minister's announcement appointing LGen Walt Natynczyk as the new Chief of the Defence Staff (CDS). The appointment, which was made June 6, 2008, will be effective following the Change of Command ceremony which will take place in the coming weeks.

"I am very pleased that the command of the Canadian Forces is now being passed to the very capable hands of LGen Natynczyk, said Minister MacKay. "LGen Natynczyk assumes the position at a very important time for the Canadian Forces. His leadership and experience will be invaluable as we continue to move forward with the Canada First Defence Strategy and our mission in Afghanistan. I have complete confidence in his ability to build on the foundation laid by General

Rick Hillier."

LGen Natynczyk joined the Canadian Forces in August 1975. He attended Royal Roads Military College and Collège Militaire Royal in St Jean, graduating in 1979 with a degree in Business Administration. Upon completion of Canadian Forces Command and Staff College, he served on the Army Staff in St-Hubert, Québec. LGen Natynczyk assumed the responsibilities of the Vice Chief of the Defence Staff on 28 June 2006.

"I'm deeply honoured to

receive this appointment," said LGen Natynczyk. "It is truly a privilege to lead the men and women of the Canadian Forces who give so much to their country."

General Hillier, who announced his retirement on April 15 after three years of being CDS, expressed confidence in LGen Natynczyk's ability to lead the Canadian Forces. "I have never worked with a finer officer than LGen Natynczyk. He has all the skills, experience and values to command the Canadian Forces and will



LGen Walter Natynczyk is Canada's new Chief of the Defence Staff.

have my full support. I congratulate him on his appointment and will hand over to him with the full knowledge that he will continue to adapt, and improve our Forces to accomplish the tasks Canadians need us to perform."

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Red River College students take to the field in Dundurn

By Cpl Bill Gomm

Jolene Bergen, Heather Bell, Christine Mazur and Cody Pierson, all first year students from the Creative Communications Course at Red River College, acted as embedded media during Exercise PRAIRIE DEFENDER held at Canadian Forces Detachment Dundurn April 26 to May 2.

Exercise Prairie Defender involved approximately 600 soldiers and support personnel from 38 and 41 Canadian Brigade Groups. The exercise was a 24/7 training event that prepared troops for contemporary combat operations. Soldiers participating in the exercise came from Alberta, Saskatchewan, Manitoba and North-Western Ontario.

During the first three days of the exercise the students would witness live fire and in the following three days would be involved with training in a contemporary operating environment with the soldiers using Multiple Integrated Laser Engagement System (MILES).

For Bergen, a Mennonite prairie farm girl, it was a frightening start to the exercise. The first shots down range on the section live fire caused her to jump and hold onto a fellow student.

"I had a great time and I learned a lot both professionally and about the military," said Bergen.

Bell, who decided to get up early for a story on the cooks, was a surprise to see how well the troops were fed in the field.

"Really impressed by

the food, didn't realize there was so much variety and fresh food."

Later she would embed with one of the rifle company's during an evening attack.

"During the attack they would constantly keep me informed," said Bell.

"I learned quite a bit, a lot different than I thought it would be. Everyone no matter their rank or job has been very nice and open to us and understanding about the fact that we don't know anything about the military."

Cody Pierson spent time at the armoured range as well as being embedded into one of the rifle company's.

"The best part was getting in there with some real soldiers," said Pierson. "I mean just how competent Reservists are because I



Christine Mazur takes pictures from the passenger side of a G-Wagon during the armoured live fire battle run.

know a couple of guys in the regular force and everyone thinks they are the Army it's just one Army. Seeing the Reservists out there and how

they are really dedicated, committed and know how to get this stuff done. Seeing it first hand, I loved it."

"I still would not join the

army myself; I have deep respect for those who do, with intentions of making a difference in the lives of others," said Mazur.

Student learns about life in an Army field kitchen

By Heather Bell
RCC Creative Communications

I'm crouching in a corner, and people around me are holding large pot lids as shields. It's mid-afternoon on my third day as a civilian at Exercise PRAIRIE DEFENDER, and I'm being pelted with a barrage of grapes. A culinary comrade, Pte (Private) Adam Theal, soon hands me a weapon of my very own: a hollow tent pole, otherwise known as a grape launcher.

The conflict I've managed to land in the middle of is a (mostly) good-natured battle between the cooks and the general duties staff. So far, tagging along with the

kitchen staff has been the closest I've come to danger. Fortunately, I'm prepared to take a few welts for the team.

Eventually the hostilities end and work resumes, rather abruptly, when a senior officer walks through the neutral ground. That's right: work. Don't get the wrong impression - the life of an Army cook is rarely just fun and games.

My day - and every day for the cooks - begins at 03:45. Within 15 minutes, the staff of eight has assembled in the field kitchen (four connected trailers), and begins to prepare breakfast.

Pte Kevin Vam Rams-horst wastes no time getting

hundreds of sausages frying on a large grill.

With breakfast beginning at 05:30, the cooks must work efficiently to get everything ready for over 600 hungry reservists. The next hour and a half is a symphony of spitting bacon, bubbling beans, and crackling eggs.

Then the kitchen gets really busy: as soon as the entrance flap is lifted, people start filing in to get their plates filled.

Although there is the occasional grumble when somebody can't get a double portion, most diners are very appreciative of the food being provided to them early this morning. For the next two hours, the cooks stand over hot stoves, serving breakfast and replenishing

the stocks.

"I have enormous respect for our cooks," says LCol David Laderoute, the Deputy Exercise Director. When he joined the military in 1977, LCol Laderoute didn't initially recognize the impact of the cooks' work, but he's since grown to appreciate its importance. "They're a huge part of our morale."

When the first meal is done, preparation for the next begins. More people have shown up this week than were expected, which means that the carefully laid out meal plans have to be adjusted on the fly.

MS Steve Rosekat works through a few possibilities, trying to ensure that enough food is made for the troops, and that there is enough variety to keep everybody from



Pte Adam Theal cooks veal cutlets for the evening meal.

getting tired of one item. Eventually, he finds the perfect solution.

Today, a chili will be built-up from last night's left over spaghetti sauce, and served with hot dogs. The second option is Swiss steak, but as the lunch line starts to come through, it quickly becomes clear that chili dogs are today's favourite.

Cpl Paul Oake explains that the cooks try to make every possible accommodation that they can for people, to the extent that supplies and time allow.

It's apparent throughout the day that the cooks feel very connected to the rest of the camp. "The first few days I like to be on the line," says Cpl Oake as he serves potatoes, "and get to know everybody as they come through."

After lunch, the cooks find out that they will have to feed extra people at dinner, and extend meal time to 21:00. This not only means an even longer day than usual, but the kitchen staff will have to juggle tasks to fit in mandatory daily showers. Their health is important, as it directly affects everybody on the exercise; and trust me, it can get messy.

Cpl Just Sabater spends the entire afternoon over top of a hot grill, cooking hamburgers for dinner. The spitting grease creates a thick haze in his end of the kitchen, and coats the floor with a slippery slime.

It's easy to see why some people might not look forward to 17 hour work days filled with hot, hard, and often tedious work. However, this particular group seems to have no problem maintaining cheery demeanours, despite the extra challenges of being out in the field.

At Exercise PRAIRIE DEFENDER, the equipment is older, the staff has to do without some of their usual tools, and the shifts are longer. As well, because of the windy, outdoor environment, everything requires more cleaning and maintenance. But that hasn't seemed to get anybody here down.

"I love my job," says Cpl James Hasay, who enjoys being able to contribute to a positive camp morale. "We're here smiling at them, feeding them hot food."

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402 Squadron is important in the defence of Canada

Feature unit

By Sgt Patricia McNorgan
402 Sqn History and Heritage Officer

As a total force unit, 402 Squadron cooperates with a personnel strength hovering between 185 to 210. These men and women are comprised of Regular and Reserve Force, as well as civilians, working together in every aspect of the operation. With four CT model Dash 8 aircraft, and a mandated yearly flying rate (YFR) of 2875 hours, the squadron operates in support of Canadian Forces Air Navigation School (CFANS), training student Navigators and Airborne Electronic Sensor Operators. CT142 pilot conversion, proficiency and upgrade training also concurrently takes place.

The Squadron has assumed an important role in defence of Canadian operations. 1 Canadian Air Division/Canadian NORAD Region Headquarters identified Winnipeg as a Forward Operating Base for CF18 aircraft.

A Memorandum Of Understanding and follow-on Service Level Agreement between 4 Wing Cold Lake, and 17 Wing, specifies that 402 Squadron maintenance personnel provide servicing support to these Hornet fighters. Maintenance personnel are now trained, exercised and occasionally evaluated in this very important mission.

As the Dash 8 aircraft is flown on routine missions, the maintenance support to keep them flying has been a remarkable undertaking.

The Squadron Aircraft Maintenance Engineering Organization (SAMEO) is crucial to 402's mission success. The SAMEO Organization is continually evolving to achieve optimum efficiency in meeting the requirements of the Squadron in supporting the Air Force mission. Various internal

sections have been formed, realigned, amalgamated and even eliminated. Whether it be aircraft repair, inspection, modification or painting; whether it be logistical support or airworthiness issues; whether it be maintenance or personnel support to other Wing units including 435 Squadron, 440 Squadron Yellowknife, 3 Canadian Forces Flying Training School, Canadian Forces School of Survival and Aeromedical Training, Central Flying School, Wing Operations or 1 Canadian Air Division/Canadian NORAD Region Headquarters; whether it be infrastructure improvements; the SAMEO organization responds to all challenges in exemplary fashion.

The training of personnel logically falls within these mandates, and takes place in a variety of areas including Fall Protection, transportation of dangerous goods, Air Maintenance Policy (AMP) training, CT142 Maintenance Manager's course, CT142 Line Servicing course, CT142 Aviation Systems (AVN) On-Type Maintenance course, CT142 Avionic Sys-

tem (AVS) On-Type Maintenance course, Confined Spaces Entry course, de-icing/bucket training, Compliance Awareness training, Conflict Resolution, Workplace Hazardous Material Information System (WHMIS) training, WASF training, Mobile Support Equipment (MSE) Safety course,

Driver Instructor Examiner course, Flight Safety course and Human Performance in Military Aviation (HPMA) training and Squadron Indoctrination Course to name but a few.

The aircraft are aging gracefully, but at the same time are demanding increased support from the Maintainers. Notwithstanding the daily inspections, Squadron maintenance personnel are being kept busy with airframe and engine periodic and supplementary inspections, major component changes that include engines and landing gear assemblies, as well as constantly dealing with a host of minor snags that occur virtually on every flight.

The current approved Estimated Life Expectancy for the CT142 has been increased 10 years from the original life of 2011, to 2021. Commencing this year, the CT142 will undergo a half-life inspection of the aircraft, based on the Transport Canada Dash 8 half-life depot level inspection. This check is equivalent to the civilian "D" check that is mandated at the 40,000-flight hour mark. Although the CT142



Photos courtesy of DND

ing flight at 1000 feet above ground level, it was felt prudent to investigate whether there was any negative effect on the structural fatigue life of the aircraft. An initial report from Bombardier indicated that the fatigue damage per flight sustained under DND operation is approximately twice as high as the damage per flight during typical airline commuter operation. Thus the requirement for a 20-year mid-life inspection. The program will involve major downtime on each aircraft as they cycle through the inspection line, with consequential significant scheduling challenges for the flying operation.

In addition to a busy flying program, community involvement plays a pre-dominant role in Squadron activities. The Winnipeg community association is a source of great pride to the members of 402 Squadron, allowing them to come together in a team atmosphere and develop relationships within the local neighbourhoods. The Squadron places great emphasis on this involvement, and continues to promote activities that support national programs such

as Habitat for Humanity.

402's ten-year relationship with the Habitat organization has been recognized with the award of a project home this year. Located at 754 Minto Street, the house will be worked on between 12-19 July 2008, by twenty-four volunteers from both the Squadron, and other units at 17 Wing. The team, led in this worthy cause by 402's Commanding Officer, LCol Rick Witherden, will provide yet another affordable home for a local family.

The Squadron's local initiatives include the Christmas Fundraiser for Veterans at the Deer Lodge Care Facility on Portage Avenue. Instituted by Cpl George Stetina, the fundraiser spreads Christmas cheer for the veterans at Deer Lodge who do not have family in the immediate area. With generous donations from local business, a raffle is held each year. The proceeds from the raffle are then used to purchase gift bags filled with items such as clothes, razors, and other essential items identified by the veterans themselves.

The Pipe and Drum

Band is yet another way 402 Squadron fosters community relations. The Band, originally formed in 1954, and composed of twenty-one pipers and drummers, is a mix of reservists and civilian volunteers. Living up to their motto "Loud and Proud" Pipe Major MCpl Greg McTavish, and Drum Major Cliff Cooke, keep the musicians note perfect through practices Tuesday evenings and every second Sunday at building 90. Over its 50-year history, the band and its highland dancers, have won many honors and participated in numerous concerts and parades. In addition to local engagements, they have traveled throughout North America and Europe, proudly representing Canada, her Armed Forces, the City of Winnipeg, and 402 Squadron.

Perhaps the pinnacle of their many cherished honours was becoming the first band (other than the Pasadena College Band) to lead the Rose Bowl Parade in California. The Pipes and Drums continue to thrill audiences at military events, countless continental parades, and Mess dinners here at home.



402 Squadron Pipes and Drums.

tem (AVS) On-Type Maintenance course, Confined Spaces Entry course, de-icing/bucket training, Compliance Awareness training, Conflict Resolution, Workplace Hazardous Material Information System (WHMIS) training, WASF training, Mobile Support Equipment (MSE) Safety course,

is far from the 40,000 flight hours experienced by civilian operators, 402 Squadron operates the aircraft much more rigorously than civilian operators (on average 11500 flight hour per airframe).

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Thank you.

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Fort Garry Horse adapts to life in Afghanistan

By MCpl Greg Rutledge, TF 1-08
Fort Garry Horse Regiment Winnipeg

Our platoon arrived in Kandahar Airfield (KAF), and is beginning to settle into our new life. The first thing I noticed about Afghanistan is the cold. Although it's not quite as cold as back home, -5 here is nothing like -5 in Winnipeg, for some reason it seems much colder. Maybe it has to do with being in a desert, who knows. It certainly feels more like -10 to -15. Apparently this is the coldest winter here in over 25 years, just our luck I suppose. The trip here was quite long; we spent nearly 30 hours in the air over two days, traveling 10.5 hours into the future

— its 11:30 a.m. here, in Winnipeg it's 1 a.m.

Life here in KAF is not quite what any of us expected. The base is the size of a small city, with thousands of soldiers from more than 20 countries. It even has its own bus service. There are three mess halls on base, which are shared by all nations, so we get to see people from all around the world. There are some countries here whose flags I can't even recognize. We've been given the first few days to familiarize ourselves with the camp and all its amenities. There is a lot to do here, that's for sure. Canada has the best gym in KAF, so it is always busy. There is the board walk

which is not too far from our lines, and has several restaurants, shops, and of course, Tim Horton's. I've already had a few coffees. It's not quite the same as back home, but is still very good, especially on these cold Afghan mornings. I think it has to do with the milk they have out here. It's not quite the same as back home, we actually call it malk. It tastes kind of chalky and thick; I think it's not pasteurized. Duguay asked one of the workers in the mess hall, most of whom are Pakistani, if this milk comes from cows, and the only response he got was a shrug, so we avoid it most of the time. Other than that, the food is good in all three

mess halls, and when we get bored of that, we can always order from one of the restaurants.

The currency used here in KAF is American dollars, and for change they use what we call pogs. They're small cardboard coins, all the same size, with anywhere from 5 to 25 cents printed on them. KAF also uses small plastic coins for quarters too, which look like arcade tokens. I haven't had enough time to explore any of the shops yet, and apparently every Saturday there is a bazaar set up outside the camp where we can go shop. Another place where we can go hang out is Canada House. There are two of them, one in each Ca-

nadian area of KAF. Inside there is a barbershop, a little store, wireless Internet, pool tables, and big screen TVs with two Canadian sports channels. It's neat watching Hockey Night in Canada right after breakfast. I still have a lot more of KAF to see, but from what I've seen when we get time off, there will be lots for us to do.

It hasn't been all exploring though. We have had two days of processing our arrival... paperwork, paperwork, and more paperwork... and briefings. We are staying in transient quarters, so it's kind of annoying because we are literally living out of a suitcase, or kit bag for the military guys, but should be

able to move into our permanent quarters soon. At least the beds are comfortable, where we've spent a lot of time sleeping, trying to adjust for the time difference. So far we haven't seen any indoor plumbing, it's all port-a-pottys and shower trailers, so it gives us one more thing to look forward to when coming back home besides a cold glass of milk. Being out here these last few days has definitely reassured me that this is where I want to be, serving my country, and trying to bring stability and peace to a turbulent war torn country. I can't wait to charlie mike, continue mission for the civvies. Facta Non Verba!

Gen Hillier honorary national chair of Democracy 250

By Virginia Beaton
Trident staff

Gen Rick Hillier, outgoing Chief of the Defence Staff, has agreed to be the honorary national chair of Democracy 250. The announcement took place in the Red Room of Province House in Halifax on Tuesday, June 10.

"While General Hillier will soon be stepping down as Canada's Chief of the Defence Staff, I have no doubt that his services will be very much in demand," stated former Nova Scotia Premier Dr. John Hamm.

"My co-chair Russell

MacLellan and I are delighted he has agreed to be the national face of Democracy 250."

Democracy 250 is a project to celebrate the 250th anniversary of the birth of parliamentary democracy in Canada.

It was in October 1758 that 22 freely elected men met in Halifax to form the first representative government in what would later become Canada.

Dr. Hamm noted Gen Hillier's public profile and communication skills would heighten the awareness of the project.

Objectives for the year

include recognition of Nova Scotia for achieving this Canadian first; to recognize outstanding citizenship and to encourage greater voter participation, particularly among youth.

As well, according to Dr. Hamm, Gen Hillier can help with the last objective, "to acknowledge and thank our veterans and the men and women in our air, land and sea forces for upholding and defending democracy at home and abroad."

Gen Hillier said he was pleased to accept the title and honorary national chair. "We in the Canadian Forces throughout history in our

country, we wear our uniforms, we serve our country specifically so we can have this kind of democracy that is envied by most of the rest of the world and for most of the rest of the world, it's a fantasy they would like to copy."

Another reason for him to support the project is the interest Nova Scotia has always shown in the CF, Gen Hillier stated.

Finally, he emphasized, "I felt I needed to give something back to Nova Scotia. I've been here multiple times in the last two or three months and we've had a culmination of support

here in Nova Scotia for the Canadian Forces, for men in women in uniform who serve, for their families and for what we do, that is unprecedented across the country. In fact, I think you have set the standard here for how you can support people and their families who serve our country."

At a recent Red Rally that attracted 3500 people on May 23 in Bridgewater, Gen Hillier recalled, "The appreciation that was shown to our people in uniform, to their families, to some of our wounded soldiers that were there and to the families of, I believe, nine of our soldiers

we have lost in Afghanistan, was phenomenal."

He stated that visible public support for the CF "deserved some sort of return and therefore I want to put my shoulder behind parliamentary democracy's 250th anniversary and do what I can to articulate the values we live by, that we try to espouse every day."

Democracy 250 is a non-partisan body created in April 2007 with the unanimous consent of the provincial legislature. For more information about celebrations and events related to the project, go to www.democracy250.ca

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RCAC Stonybrook Sqn holds review

The RCAC #307 Stonybrook Squadron celebrated its achievements, experiences and, friendships at the annual Ceremonial Review held in June.

Cadets were honoured and we say goodbye to four graduating Air Cadets, Sgt Michael Delorme, F/Sgt Stephen Klassen, F/Sgt Tifanie Tomson, and Sgt Benjamin Woods.

Sgt Delorme said he learned "that it's not the person you see on the outside that counts, it's the hard work and determination they put into each and every task, that's what makes them unique. Keep at it if you're in it now, you can't go wrong with it. Cadets is the very best program you can ever experience."

F/Sgt Klassen said that being part of the Cadet organization has made an impact

on his life, and has helped him become a better person.

F/Sgt Tomson had advice for all cadets. "Always try to do your very best. By doing a good job you will have opportunity."

Sgt Wood said that being a cadet has "made me a better Canadian citizen. Give it your all, one hundred percent."

The 2008 Reviewing Officer Corey Wall, has a very special connection with the Air Cadets in Steinbach. With his generosity and passion about youth and their future, he gave the Air Cadets a base to call home when it began.

"Tonight this entire group is here to support you, encourage you, and to celebrate what you have made of this opportunity as an Air Cadet," said Wall.

"I used to say programs

like the Air Cadets are important because they invest in our future. These kids are not our future. They are already leaders. Today. They already contribute to this community."

Michael Zwaagstra, councillor for the City of Steinbach, brought greetings and congratulations to the Cadets, "We can be deeply grateful to organizations such as the Air Cadets," he stated.

"Your presence here today and the awards that have been received in recognition of your hard work is proof that our young people are capable of achieving great things."

Lynn Barkman, School Trustee for the Hanover School Division, said the Cadet program is an important part of the community.

Capt Frank Galway, Air

Cadet Officer from the Cadet Detachment in Winnipeg, and Ed DeCaux with the Manitoba Air Cadet League both know how kids can be inspired by this program. DeCaux added that "your squadron has been taken note of by all of the other squadrons in Manitoba."

Congratulations to all Air Cadets for a great year.

Thank you to Captain Setlack, officers, parents, volunteers and business community leaders for an exciting year. Cadets, have a great summer.

Several Cadets were honoured at the event with several awards being presented.

The Royal Canadian Air Cadet #307 Stonybrook Squadron meets every Thursday night at 6:15 p.m. from September to June at the Royal Canadian Legion-Steinbach Branch #190.

Honours and awards



Photo: Figiel

LCol Dave Kennedy, CO of 435 Sqn, presents Capt Denis Rochon with his new rank.



Photo: Figiel

CWO Charly Stewart presents 435 Sqn CO LCol Dave Kennedy with his new Sqn coin.



Photo: Figiel

Col Howden, Commander of 17 Wing, presents Cpl Tremblett of 435 Sqn with his commendation.



Photo: Figiel

LCol Dave Kennedy, CO of 435 Sqn, presents LT Baker with his new rank.



Photo: Donna Palczak

BGen Eldren Thuen, Deputy Commander Mission Support (1 Cdn Air Div/CANR), presents Maj John Schwindt, A3 MH Rdns 2 (1 Cdn Air Div/CANR) with his new rank.



LCol Brodeur and Maj Falardeau present 2Lt Ripley with his new rank.



LCol Brodeur presents 2Lt Broughton with his new rank.



LCol Brodeur and Maj Carignan present 2Lt Lacelle with her new rank.



LCol Brodeur presents 2Lt Wilson with his new rank.



Photo: Figiel

From left: LCol Dave Kennedy, Capt Dave Fouts, Maj Brent Day, CWO Charly Stewart and Lt Syl Bishop present a Private Member's Statement from Bonnie Korzeniowski recognizing 435 Squadron's roles and missions in the past and present.



Vacation Bible School

For children 4-12

When: July 14-18 from 9 a.m. to 12 p.m.
Cost: \$10 per child to a maximum of \$18 per family until June 30
 \$12 per child to a maximum of \$20 per family after June 30

A week of fun and learning through crafts, food, song and stories, of friendships cultivated in a supervised, non-denominational Christian environment. Stations will be conducted in the 17 Wing Community Chapel Annex (2235 Silver Avenue (west of Whytefold/Wihuri), to teach children five important Bible lessons, reflecting Jesus' miraculous power. Five delightful cartoon figures will lead them through each discovery, employing language and activities suited to their ages. Healthful snacks will be served each day, while Friday will feature a barbecue for the participants, their families and friends, when the children can show what they have learned. There'll be some neat doin's brewin' for this year's Power Lab theme.

Attendance is limited to 50.
Don't let your children miss out on this exciting opportunity.

For information or to register call 833-2500, extension 5087

United Nations patrols in Sudan can be a challenge

By Capt Stuart Gullen

It did not take me long to begin leading my own patrols. Although it is a lot of work, I find being a patrol leader interesting and rewarding. It starts with a FragO from G3, our operations officer. This was a census patrol. The last census was in 1993 and the information gathered is essential for the upcoming elections and the separation referendum in 2011. I find it amazing that villages without power and running water are aware of the census and actively participate. It is a monumental task, and the UN is committed to assist in any way it can.

My mission was to lead a census convoy to Warrap, a large village 101 km north-east. The six-vehicle convoy consisted of military observers, police advisers, Sudanese monitors, Kenyan security and translators. The patrol planning was very similar to what I have done in the past.

After receiving my orders to lead the census convoy, the first thing I did was find the village on the map.

Going to the map is not as simple as it sounds. The main maps for the area are 1977 Russian survey maps, and all the villages' names are in Cyrillic. I have an African name, in one of the local dialects, spelled in Russian and translated by UN mapping services into English. I have shown up at a village and my first question is to confirm the name. Luckily, Warrap is a large settlement and relatively easy to find.

Once I knew where I was going, I planned the route. Once I had my route, I liaised with the UN Mine Action Office (UNMAO) to ensure my route had been cleared, level of mine threat and if I had to contend with Unexploded Ordnance (UXOs).

I usually start my patrols early, since it is cooler and gives me extra time in case of difficulties.

I do not know exactly how many made the trip, but I did get a rough idea. I

brought out a fresh bag of cookies, walked down the length of the convoy and gave one to each person I met. I am probably the only person in this mission to tally his troops using cookies. On the other hand, everyone knew who the patrol leader was. I did the final high frequency radio check with the Indian radio room, reset my GPS, and gave the go-ahead sign to our Kenyan armed escorts and hit the trail.

I have a reputation as a good patrol leader. I can read a map and am adept with the GPS. I don't have the heart to tell them that I find the hardest part of the patrol is getting out of the city. Once you start leaving the main roads, you have to navigate through the suburbs. Mud or straw huts usually built by displaced persons, can spring up overnight with no discernible pattern.

We reached Warrap in less than four hours without incident and met with the Deputy Mayor and some of the census staff already in place. The facilitator had spent 15 years in the States, and the Sudanese beside me had lived in Calgary. We chatted about Chinooks, no PST and the Calgary Tower while sitting in the shade of a mango tree in the middle of rural Sudan.

After a short visit, it was time to head out.

At one of the smaller villages, I had my driver pull over to allow us to regroup. I chatted with some of the locals that gathered around when we pulled in.

The village elder grabbed me by the wrist and took me down the road to show me a stockpile of 120mm high explosive shells stacked under a tree. I wrote my UXO report, marked the area, took the GPS coordinates and a picture to help the disposal people correctly identify the munitions for removal and disposal.

After thanking the village elder, it was into the trucks to finish the trip back. We got back at suppertime,

which was a relief. Not only is it extremely challenging trying to drive these roads at night, but we are not allowed out after dark because of security issues. After dismissing the convoy, I completed my patrol leader's report for the morning brief.

IDP Escort Patrol

I have just completed another escort patrol. The International Organization of Migration sponsored a move of displaced persons through our area of responsibility. The Internally Displaced Persons (IDP), usually women, children and the elderly, are vulnerable and often subjected to ill treatment and illegal taxes. In this case, the convoy consisted of 700 people in 16 busses and 14 cargo trucks, not to mention the UN vehicles.

I received my orders and did my patrol planning. This was a much longer distance than our normal patrols and would entail a night in rural Sudan. I went to Information Services and got the four maps that I would need to reach Ajak Kwok, the rendezvous point for the IDP convoy. Luckily, the route we would take is in good shape since the Chinese engineers have graded a portion of the way. I cut and coloured the maps that I would need for the trip, assembled my map board and programmed my GPS. I gave the warning order to my team so that the vehicles and crew would be prepared for an extended patrol. Everything was going smoothly until I was notified that the patrol was moved up and would leave the next day.

Having a change in patrol time or date is not a new occurrence to an UNMO; however, it seems to be a big problem with the remainder of our Joint Monitoring Team. The two national monitors and the language assistant are extremely resistant to changes. As such, the national monitors refused to accompany the patrol. This left me in an awkward position. I am not supposed to

patrol without proper team, but the IDPs are not going to hang around the Sector border until I can complete a team. I decided that I would complete the mission without the Sudanese Armed Forces or Sudanese Peoples' Liberation Army representative.

The patrol was scheduled to leave at 0730 hrs to allow time to meet the convoy on the Sector border at 1500 hrs. Things started to fall apart. One of my UNMOs said he would not be coming because of a fire at his dwelling (do mud huts burn?). My second vehicle was unserviceable and no spare was available. My translator was nowhere to be found. At 0830 hrs, five UN vehicles raced out the front gate and headed north. I never did find my translator.

We made good time and reached the border at 1502 hrs. We were proud of our timeliness. We had four hours to sit at the border congratulate ourselves. It seems the IDP convoy had a bus driver arrested and was delayed.

The convoy lumbered into sight at 1900 hrs. I met with the IOM leader and sorted out what we were going to do. I don't have a lot of experience moving IDPs and had questions on SOPs, especially since I was now moving these people in the dark. I was given the old don't worry briefing. Well, I wasn't worried; I was terrified leading 37 vehicles after dark in Sudan without clear directions.

Things were going as smoothly as can be expected until 10 kms short of our destination. A large truck had broken down at a major road junction and blocked the way.

I couldn't take the convoy around the far side of the dead vehicle as it was against the edge of the embankment. The closer side was narrow and the shoulder would not take 30 heavy vehicles before it crumbled into loose sand and gravel. Since I could not go back, I had to find a way around. The hardest part was doing a foot patrol to scout



Capt Gullen has been leading patrols in Sudan.

a way around and keep the Sudanese bus drivers in line, literally. I found a way down the embankment, across a field and up the other side. We had the first four busses back up and guided them down the embankment.

It was dark, the route was treacherous and the drivers were nervous. A couple of the vehicles gave me a scare. The first vehicle proceeded down the steep slope at a 45 degree angle and halfway down, he panicked and hit the brakes. I watched in horror as the front right wheel dug into the soft soil and saw the vehicle weight begin to transfer to the downhill side. Through hand signals and waving lights I had him crank his wheels down the slope and let off the brakes. The drivers gained more confidence as each heavy vehicle successfully traversed the embankment. Unfortunately, each vehicle down the slope chewed up the soft soil so I had to guide each vehicle to a fresh spot. One truck actually coasted down the slope as I was guiding him! I guess he thought I could guide him and walk backwards across a field in the dark really quickly. As each vehicle crept down the slope onto the field, the Kenyans (our troop support) helped by walking the vehicles around obstacles in the field and back up to the

road into town. Once back on the road, the vehicles roared into town without a backward glance. It had taken over an hour to move around the obstacle and I was tired, dirty and had enough excitement for one night.

The IOM was back in command now that the situation was under control.

The second day was uneventful. The convoy was getting close to home and it was evident in their driving. At times I was not sure whether I was leading the convoy or just happened to be in front because we were faster. We were within 30 kms of the destination when one of the busses broke down.

I had the mechanic from the Kenyan wrecker take a look at the problem. He pronounced the bus dead and I moved the families from the bus to the Kenyan troop vehicle. It was a tight fit but I am sure it is better than walking. I left two IOM staff and their vehicle with the bus and resumed our journey.

We pulled into Wau in the late afternoon and saw the families safely to the shelter and into the hands of the waiting UN staff.

Although it was very frustrating and challenging, it was also extremely gratifying to be a part of something so rewarding.

To the men and women in our Canadian Forces: Thank you!




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Terry Hashimoto 470.6963



D Troop in Afghanistan - the first two months

By Lt Frank Helms,
Troop Commander, D Troop, B Battery, 2 PPCLI BG

DTroop arrived at Kandahar Air Field (KAF) in late February 2008. After a day and a half of travel to get here we were anxious to get to sleep but that would have to wait. By the time we cleared in, sorted out our military kit and found our living quarters, it was several hours later.

The following two days were spent in briefings on many of the things we had covered in Canada during training.

It was one last reminder before moving on that if we hit an improvised explosive device, it wouldn't be a puff of baby powder that blew up into the air like our work-up training back home. This was the real deal.

We departed KAF for what would be our home for the tour.

We flew to our Forward Operating Base (FOB) and the photos of the Afghan countryside we'd seen on pre-deployment training became very real to us.

Instead of enjoying the view of the villages and farmers' fields below, I began to study and understand the infantry's challenges of maneuverability across the complex terrain below me. Seeing pictures is one thing, but to finally see it with our own eyes is quite another.

We arrived at the FOB and began the Relief In Place (RiP) with elements from our predecessors from Valcartier, Quebec.

The lessons learned from 5 RALC were carefully listened to and we soaked up all the information we could.

When supptime arrived, our hosts BBQ'd some steaks, but they had run out of dinner plates. So, we had the entire Troop with cooked steaks in their hands, but no one really minded since we were happy to have fresh rations.

The following days were spent adjusting to FOB life and sorting through our assigned vehicles and equipment.

Our first operation had us supporting Reconnaissance Squadron and we were anxious to get outside the FOB.

The road move to our deployment area was 11 hours long, about 10 hours of which were cross-country.

The improvised explosive device threat was considered severe so our convoy moved slowly and deliberately. Once in our assigned deployment area, the remainder of the convoy carried on to the District Centre for the RiP.

The RiP took one night and the following day we were back with the convoy headed to our FOB. The move back took even more time as we set up a camp for the night three-quarters of the way back.

Once the task was completed, we did a tally and figured we had spent more time in our vehicles on the move than on the ground in the deployment area.

We returned to our FOB and awaited our next task, which was with a British unit.

D Troop was very excited for this operation as we were told if anyone was going to get the guns firing, it was our group.

Until this point, we had only fired Illumination rounds and we were waiting for the opportunity to send some High Explosive (HE) rounds down range. We were told to prepare for a two-week mission.

We attached ourselves to our host's convoy and moved out to a desert camp close to the district of interest. This location and one other area would be our new home for the following 29 days while the operation was conducted.

The desert leaguer had beautiful scenery. To the north was a vast mountain range and to the South, across the Arghandab River, we could see the Registan Desert.

The beauty was lost, however, once one of the many sand storms swept into us.

We were able to prepare for the sand storm as you could see the massive cloud of sand approaching from across the open plains.

Once the sand storm hit, our visibility dropped to about one metre. The wind tore down the tarps we had tied to the sides of our vehicles for our sleeping quarters.

Sand made its way into every pore of our bodies and sadly we only had one pack of Wet Ones with which to clean up with afterwards.

One night, while in the leaguer, we had three rockets impact outside of the position. We suffered no casualties from



D Troop, B Battery, 1 RCHA at its Kandahar Province Forward Operating Base.

the rockets as they impacted fairly far away from our positions.

We returned fire with Illumination rounds in order to see the launch points and fire back. None were found. With the insurgents not willing to stand and fight the British patrols, our firing of Illumination rounds was all we could do to participate.

We returned to the FOB the next day pretty eager to shower and have a fresh meal.

We were a little disappointed we hadn't fired HE shells. It would have been an ideal way to show our capabilities, but

we know it's a sign our presence is being felt throughout the region and having a positive affect.

As Khandahar Province continues to make progress in security and self-governance, the Battle Group will be less and less involved in kinetic activity and more involved in local reconstruction.

Not having fired an HE round for the first two months of our tour is a good sign our mission is succeeding. Mark my words though - when the day comes and we are called upon to fire HE, D Troop will be ready.

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Why we have no junior NCMs

Frequently misused terminology describing ranks and in the CF

WPSO Corner

By Capt PA Dawes
Wing Publishing Officer

At the Wing Publishing Office we frequently encounter manuscripts that include such common errors as "The unit had many new junior NCMs," and "WO Bloggins was the only senior NCO there." Can you spot the errors in these examples?

While the term non-commissioned member (NCM) has been in use since the 1980s, there is still widespread confusion as to the meaning and use of this and other even older terms that describe ranks and groups of ranks in the CF.

To assist those who are in doubt, and especially those who are not in doubt but are nonetheless mistaken, this diagram and list of basic definitions has been provided.

Non-commissioned members (NCMs) are all

members from Pte to CWO inclusive. Replaces the obsolete terms men and other ranks.

NCMs (Non-commissioned members) means all members from Pte to CWO inclusive. Replaces the obsolete terms men and other ranks.

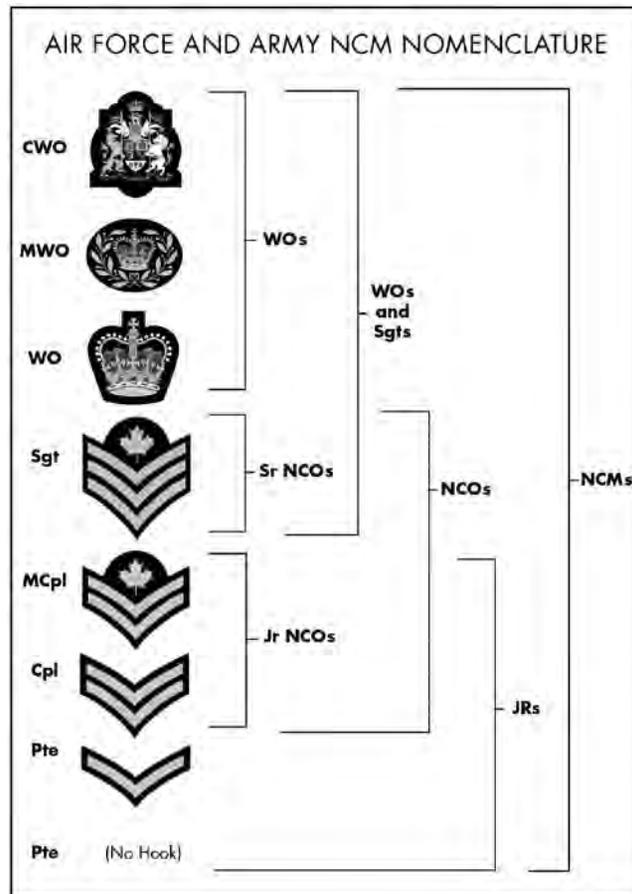
NCOs (Non-commissioned officers) means Cpl, MCpl and Sgt collectively. (See: National Defence Act.) So, WOs are not NCOs.

Jr NCOs (junior NCOs) means Cpls (MCpl, an appointment, is a type of Cpl so is included).

Sr NCOs (Senior NCOs) means Sgts only.

WOs (Warrant Officers) means two or more warrant officers or those of the ranks WO, MWO and CWO collectively. Thus, it is called the WO's and Sgts' Mess.

JRs (Junior Ranks) means members from recruit to MCpl inclusive. Hence, the Junior Ranks' Mess (a place usually louder and more fun than the WO's and Sgts' Mess). As you can see,



"The unit had many new junior NCMs," is an unfortunate hybrid of the terms junior NCO and NCM, and "WO Bloggins was the only senior NCO there," is a con-

tradiction.

Remember: do not add adjectives to the term NCM; it can only cause confusion. Use the correct term to ensure you are understood.

Green vehicle display included in Environment Week activities

By Mark Dettman
17 Wing Environment

On June 4, 2008, 17 Wing marked Canadian Environment Week and World Environment Day with a fuel efficient car display.

Several local dealers showed off their latest fuel efficient vehicles to 17 Wing personnel in a Green Vehicle Showcase as part of 17 Wing's 2008 Canadian Environment Week Activities.

The vehicles provided a glimpse of the direction which the automotive market is taking.

"The technology is going to move rapidly" said Greg Flom, General Manager at Birchwood Infiniti Nissan as more than 100 people visited

the event over its hour and a half duration.

While the continuing backdrop of record setting oil prices and its obvious impact on people's pocket books can be credited as the main reason that people were drawn to the event, increasing public awareness of the causes and impacts of anthropogenic climate change can not be ignored as a contributing factor.

Although the highlight of the event was being able to showcase the Altima Hybrid and the Yukon Hybrid, which were not only brand new to the Canadian market but brand new to Winnipeg, the participating dealerships also showcased a range of other vehicles that combined



Several people were on hand to view the new fuel efficient vehicles.

varying shapes, sizes and utilities with various technologies to achieve superior fuel efficiency.

Unfortunately, spring is not the optimum time to showcase a full range of the ever increasing types of fuel efficient automobiles because several dealerships, all of which showed great interest in the event, had not had

their efficient models delivered so early in the year. However, the event was a success thanks to all those at 17 Wing that helped make it happen, to those dealerships that participated and to those from 17 Wing that showed interest.

Thank you to all those who participated in the event.



Capt Dave Horvath (Pers Admin O RCSU(Pra) Detachment Winnipeg) receiving his certificate of completion of the OPME course from LCol Tom Szczerski (DCO RCSU(Pra)).

Postage stamps can be valuable

By Alf Brooks

Many philatelists collect only used stamps and covers, interested in the stories they tell; some of these items are quite valuable.

The stamp illustrated here originally sold for £5, a lot of money back in 1882. It has a clear cancel dated five days after first day of issue, the earliest recorded date for this stamp.

It was recently offered at auction with an estimated selling price of £15,000.



Environment Week bike workshop

On June 5, 17 Wing hosted a bike maintenance seminar as part of the Environment Week activities. Silas Chipelski, from a local bike shop, lead the seminar which approximately 25 people attended. Topics included maintaining and fixing typical problem areas on a bike. Chipelski also answered individual questions related to fixing breaks, derailleur and other more complex bike components before providing a free bike assessment and tune-up for those who stayed to the end.

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Pour vivre comme citoyens...en français

Pour une cinquième année consécutive, l'Institut du Nouveau Monde organise un événement francophone destiné aux jeunes de 15 à 35 ans où ceux-ci ont la chance de rencontrer des personnalités publiques réputées pour leur engagement citoyen. Francophones du monde entier sont invités dans la ville de Québec du 12 au 16 août pour vivre une expérience d'échanges incomparable à l'École d'été 2008 !

L'Institut du Nouveau Monde (INM) est à la recherche de participants âgés entre 18 et 35 ans provenant de provinces ou territoires du Canada à l'exception du Québec afin de participer à son École d'été 2008 qui se tiendra à Québec dans le cadre des Fêtes du 400ième anniversaire de la ville. Les frais de transport vers Québec seront payés pour les personnes sélectionnées. Ceux-ci participeront au Parcours citoyens Francophonie des Amériques en plus de prendre part à la programmation générale de l'École d'été de l'INM.

Activité officielle du 400e anniversaire de la ville de Québec aura lieu sur le site de l'Université Laval et à Espace 400e.

En avant-midi, les par-

ticipants assisteront à des conférences et des tables rondes traitant des enjeux forts de la société. La programmation offre un éventail de choix dans lequel se glisse des conférenciers et des panélistes de renom ; difficile parfois de faire son choix ! En après-midi, les participants suivent leur parcours citoyen; l'occasion de dialoguer (Parcours « Dialogues »), de développer un projet d'entrepreneuriat social (Parcours « À Go, on change le monde ! »), d'explorer l'art engagé (Parcours « Artistiques »), ou de mettre en place un programme OXFAM sur son campus (Parcours OXFAM) ! Pour les journalistes, caricaturistes et infographistes, un projet de salle de presse est aussi disponible.

Parmi les parcours « Dialogues », le Volet continental « Francophonie des Amériques » désire rapprocher les jeunes francophones autour des mêmes enjeux. Pendant quatre jours, les participants débattront de ce qui les unit sous le Francodôme, au Parc de l'Esplanade. Des francophones du Canada et des États-Unis sont attendus ! Les discussions promettent d'être riches et aboutiront vers de multiples actions présentées à tous les partici-

pants de l'École d'été lors de l'Assemblée citoyenne !

Rappelons que l'Institut du Nouveau Monde (INM) est un organisme sans but lucratif, non partisan, voué au renouvellement des idées et à l'animation des débats publics. Par ses actions, l'INM encourage la participation citoyenne ; elle a d'ailleurs organisé les forums nationaux de la Commission Bouchard et tient des Rendez-vous stratégiques pour identifier les orientations du Québec de demain.

Afin de nourrir l'intérêt des jeunes pour la chose publique, l'École d'été les encourage à débattre de sujets d'actualité. Elle éveille leur goût pour l'engagement social et les prépare à devenir des citoyens avertis, impliqués dans leurs communautés, dans la société.

De nombreuses conférences portant sur les grandes problématiques d'actualité seront au menu. Nous invitons à cet effet des conférenciers reconnus pour l'excellence de leurs réalisations, leur engagement à transférer le savoir et leur capacité à s'adresser à un public jeune.

Le Parcours francophonie des Amériques mettra en commun le travail de 150 jeunes francophones de par-

tout au Canada.

Les jeunes recevront une formation unique sur la francophonie dans les Amériques.

Ils seront par la suite invités à débattre sur ce qui unit les francophones des Amériques (le français, l'attrait d'union) afin de proposer des actions collectives (Oser proposer) ainsi que des actions personnelles ou communautaires (À go on change le monde francophone!).

Inscription :

Au plus tard le 30 juin 08. Retourner par courriel à pierre-luc.gravel@inm.qc.ca ou par télécopieur à Québec au 418-656-3328

S.v.p donner votre nom, adresse, téléphone, courriel, province ou territoire, et votre âge et répondez aux questions suivantes:

Êtes-vous recrutés par la Fédération de la jeunesse canadienne française? (oui/non)

Pourquoi voulez-vous participer à l'École d'Été de l'Institut du Nouveau monde?

Pourquoi voulez-vous participer au parcours Francophonie des Amériques?

Êtes-vous étudiant (e)? Si oui dans quelle institution?

Est-ce que vous vous

impliquez présentement de manière bénévole dans une organisation ou dans un projet citoyen?

Représentez-vous une organisation? Si oui, laquelle?

Consultez le site Internet de l'INM pour connaître la programmation au *www.inm.qc.ca et remplissez le

formulaire ci-joint pour envoyer à Pierre-Luc Gravel, à pierre-luc.gravel@inm.qc.ca. Pierre-Luc Gravel, Institut du Nouveau Monde, Pavillon Maurice-Pollack, bur. 2239, Université Laval, Québec, Qc, G1K 7P4. Tél: 418-656-2131 p. 7403. Fax: 418-656-3328. Cell: 418-571-5746. www.inm.qc.ca



NORAD 50th Anniversary Items

1 Canadian Air Division/Canadian NORAD Region Headquarters Kit Shop volunteer Mr. Jerry Gallipeau shows off some of the NORAD 50th anniversary commemorative items that are now available at the Kit Shop just in time for golf season. The Kit Shop is open in July and August every Tuesday, Wednesday and Thursday from 10:00 a.m. to 2:00 p.m. For more information please contact PO2 Donna Pelchat at 833-2500 x 6512.

Accelerate your learning curve with Canadian Forces 101

If you are new to DND and still can't tell DGLPD from LCDS, CANSOFCOM from CEFCOM, or a no-hook Pte from a LCol, then this is the course for you. Canadian Forces 101 for Civilians offers a detailed overview of the CF/DND and serves as an excellent orientation for those with little or no prior exposure. The purpose of this four-hour course is to provide employees with a basic knowledge of military culture and environment so that they are better equipped to support military operations. While this course is designed for civilians, military members are welcome to use the course as a refresher.

We work within a large and complex organization, so why not take a moment to learn about the difference between Protected A and Top Secret?

Test your knowledge by answering the questions below:

In what year did the three armed services (Royal Canadian Navy, Canadian Army and Royal Canadian Air Force) unite to become one single service: The Canadian Armed Forces?

- 1867
- 1945
- 1968
- 2000

Military members with lower ranks always initiate the recognition of the junior officers and up by paying them compliments. Which of the followings are compliments?

- Salute
- Firing of guns
- Present arms

- Eyes right/left
- All of the above

Which of the followings are NCM occupations:

- Pilot
- Signal Operator
- Social Work
- Medical Technician
- Pharmacy

A posting is:

- Publicity for new equipment
- A list of physical exercises
- The rotation of military members into new positions
- A military rank

CF 101 is available online at <http://hr.ottawa-hull.mil.ca/hrciv/dglpd> or email bannister.L@forces.gc.ca for a .pdf version. You can obtain a paper copy by visiting the Learning and Career Centre in building 135.

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Strength Club gears up to host competition

Cpl Robert J Snow
17 Wing Strength Club VP

Another fiscal year has come and gone, and with the 2008 posting season soon upon us, the 17 Wing Strength Club is busier than ever.

Last year, 17 Wing hosted the 2007 Western Canadian Powerlifting and Bench Press competition.

More than 30 of the strongest men and women from most of the western provinces and Newfound-

land tested their mettle and posted an unprecedented number of provincial and national records.

This summer, our entire executive will be posted but eager new executive stands by waiting to take up the weight and press on through the 2008 year and beyond.

The 17 Wing Strength Club hosted the 2008 Manitoba Open Powerlifting and Bench Press competition on June 2008 at the 17 Wing rec center multi purpose room.

We will also host our

own meet, the 17 Wing fourth annual Powerlifting and Bench Press competition, in late November at the 17 Wing theater.

If you, or someone you know, would be interested in joining the 17 Wing Strength Club, participating in or volunteering at a competition, or just want information please contact us. I can be reached by email, at either Snow Cpl RJ@435 Sqn@Winnipeg or at home; snow7764@mts.net, or just say hi at the gym.

17 Wing Golf Playdowns

July 2 and 4, 2008
Bel Acres Golf
and Country Club

\$77 for both days
Tee off starts at 0900 hrs

To register, contact the
Sports Coordinator at
833-2500 ext 5511

no later than 1600 hrs, June 26, 2008

17 Wing Comd Golf Tournament

Wednesday, July 2

Tee off 0900 hrs
Bel Acres G&CC
\$41 per person

Reserve your space by
1600 hrs June 26.

Contact Chris Merrithew
833-2500 ext 5511 or Merrithew.CGJ@forces.gc.ca



Community Recreation Karate Club wins medals at national competition

The 17 Wing Shotokan Karate Club was formed in 1998, and is currently led by Sensei Jacqueline Ingrassia.

Sensei Ingrassia is a third degree black belt, and has led the club for the last five years. We are an active club, with approximately 21 members.

The club meets Monday and Wednesday from 7 to 8:30 p.m., and Saturday from 10 a.m. to 12 p.m. in the Building 90 gym. Our classes run throughout the whole year.

Our club is open to everyone age seven and up. It is an excellent low-impact exercise that gradually increases flexibility while building muscle tone, and, you progress at your own pace.

The 17 Wing Shotokan Karate Club has been very

busy over the last month.

We have had testing and seminar, led by Sensei Yutaka Yaguchi, ninth degree black belt, in which many of our members successfully tested and advanced to their next belt levels.

The Manitoba branch of the International Shotokan Karate Federation held its provincial tournament on May 10.

Eleven members from 17 Wing participated, and received 21 medals for individual performances in Kata (formal choreographed movements), Kumite (sparring, both formal, and free sparring) and team Kata.

The Canadian national tournament was held on May 16 to 19 in Quebec City. Several members attended. The team came home with a silver medal

for Female Youth Kata, 15-17 years, and a bronze for Female Youth Team Kata, 15-17 years.

Some of the upcoming activities for the club are;

July 5, Grand Beach training and picnic. We get together with other Dojos at Grand Beach, do some training in the water, have a picnic and have some fun at the beach.

On August 21 to 23, 17 Wing will host a seminar and testing in the Bldg. 90 gym. All Shotokan karate members wishing to train with Master Yaguchi, or test to advance in belt level will be there.

Anyone interested in Karate is welcome to drop in to any of our classes on Monday, Wednesday, or Saturday and talk to any of our members about the club, or Karate.



The members of Shotokan Karate Club are always ready to welcome new members.

Fitness & Recreation Summer Hours

Effective 2 June - 2 September

Monday - Friday: 0600 - 2100 hrs
Saturday/Sunday/Holiday: 0900 - 1800 hrs

Fitness and Recreation Center, Building 90, 680 Wihuri Rd.
Gym Facility Monitors/ General Information: 833-2500 ext 5139
Office Hours: Monday to Friday 0730 - 1200 hrs and 1300 - 1600 hrs

Community Recreation Director, Lori-Ann Mundt, ext 2059
Community Recreation Assistant, Daniel Gerson, ext 2057
Community Recreation Administrative Assistant, Ann Gibson, ext 5976
Aquatic Supervisor, Bri Fay, ext 7013
Community Library, ext 2490



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Our Programs

- ✓ Volunteer Services
- ✓ Personal Development & Community Integration
 - Information and Referral Services
 - The Newcomer Program
 - Employment & Education Assistance
 - Services Francophones/Second Language Services
- ✓ Prevention & Intervention Services
- ✓ Family Separation & Reunion
- ✓ Child & Youth Development
- ✓ Parenting Support

MFRC Monthly Community
Coffee Break

**The 1st Thursday
of EVERY month
10-11 a.m.
102 Comet St.**

Resources

The MFRC has Internet-ready community computers, a fax machine, tape recorders, digital camera, and video camera available for use on site during normal working hours.

Other Numbers

MFRC: 833-2500 ext.4500
Emergency Childcare: 935-7733
MFRC Childcare Centre: 837-3653
Youth Centre South: 488-8563
Youth Centre North: 833-2500 Ext 4502

 CF Family Consumer
Info Line: 989-9019

Military Families: Strength Behind The Uniform

MFRC summer barbecues

It's that time again – the MFRC summer BBQs have resumed for yet another season. Every Thursday, except the first Thursday of the month, you can find us cooking up some good eats. Once again, we will have hamburgers, hot dogs and smokies, along with drinks and chips. This year, however, there is a change in location. The BBQs will take place on the MFRC back patio, located on the northwest corner of our building. If you can't see us, don't be shy, just come inside and ask for directions. See you there!

Deployment Coffee Break

The next Deployment Coffee Break is on Tuesday, July 8 at 6:30 p.m. at our Centre at 102 Comet St. There will be a PowerPoint presentation with some pictures that have received from Afghanistan. There are also some Izzy dolls I would like to give out to families of deployed military personnel to include in your care packages. These dolls have a legacy that we would like to see continue. Check out the web site: <http://www.isfeldbc.com/>. Information about the dolls will be included so your loved ones deployed so they understand why you are forwarding them.

Farewell to volunteers

Every year, it seems we have to say good-bye to so many friends who are posted out. It is with great sadness that we bid farewell to the many volunteers who are leaving us this summer. You have left your mark on our hearts, and you will be missed. We wish you luck in your new community, and hope that you continue your volunteer service. You already know the benefits that come with volunteering, and you have so much to share with others. If you ever need a letter of reference or confirmation of volunteer work, don't hesitate to contact the Winnipeg MFRC Volunteer Coordinator. Good bye volunteers.

Youth Drop-in Centres

The MFRC youth drop-in centres are closed. The Youth Drop-in Centre at 347 Doncaster Street will open this summer. The youth centre has lots of activities and games to keep you entertained throughout the summer. If you have not been yet, check us out. The youth centre will be open Monday to Friday from 1 to 5:30 p.m. starting in early July. Check our website or our Facebook page for information on dates and times.

Check out the following special events that we have planned for this summer:

Bombers football game July 11 @ 7:00 \$5.00

Let's cheer on the Winnipeg Blue Bombers as they take on the BC Lions. Classic football at its best. Sign up by July 4 to ensure a seat.

Afternoon at the Fringe July 22 @ 12:00

Have you ever been to the Fringe Festival? Spend the afternoon exploring this Winnipeg summer tradition. We will watch performances on the outdoor stage at Old Market Square. We will be taking city transit downtown for this event.

*** Registration is required for all youth special events***

Winnipeg MFRC program gets parents and children moving

The Get Moving program offers parents with young children a chance to meet and get a work out.

Finding the time and motivation to work out when you have young children can be difficult. This program is led by a mother and experienced fitness leader. Work outs can be modified to various fitness levels.

Most activities will take place outdoors, but if the weather is poor, the group will move into the rec centre. Bring your stroller/wagon and running shoes and get ready to have fun and Get Moving! The group meets in front of bldg 90. The free program runs on Mondays from July 7 to August 25 from 10 to 11 a.m. For information, call 833-2500 extension 2491.



Royal presentation

A lovely morning was spent at Manitoba's Legislature Building where family members of deployed military personnel had the opportunity to meet with HRH Prince Edward. On behalf of all the families in the Winnipeg area, Tracy Brustedt and her sons Aidan and Tanner presented two Soldier Bears to HRH for his two children.

Volunteer opportunities

On September 13, 2008, the MFRC will host the 17 Wing Fall Fair. It takes many volunteers to help this event succeed. If you are interested, there are many different areas where we could use your help.

The MFRC is continuing its tradition of summer BBQs on Thursdays in June, July and August. If you would like to help out for a few hours, meet some great people, and have some fun, give us a call.

The Yellow Ribbon merchandise store is an ongoing project of the MFRC. We are looking for volunteers to help at our sales table at various events throughout the summer. Contact us for more information.

Do you enjoy the sunshine and fresh air? We have several gardens and flowerbeds at the MFRC that are in dire need of volunteer love and care. Polish off your green thumbs, and take this chance to show off your creativity.

Please contact the MFRC Coordinator of Volunteers, Barbara, at 833-2500 local 4519 for more information or to sign up for any of the above activities, or to find out how you can become a volunteer.



In memoriam

Captain Richard (Steve) Leary



On June 3, 2008, Captain Richard (Steve) Leary of the 2nd Battalion, Princess Patricia Canadian Light Infantry, from Shilo, Manitoba was killed by direct fire when a joint Afghan-Canadian dismounted security patrol came under small arms fire from insurgents in the Panjwayi District.

During their patrol, the

soldiers encountered insurgents who attacked with small arms fire. Capt Leary was struck while the soldiers were returning fire and repositioning. Close air support was called in and the enemy was defeated.

Our thoughts and prayers are with Capt Leary's family and friends during this very difficult time.

Captain Jonathan Sutherland Snyder



On June 7, 2008, Captain Jonathan (Jon) Sutherland Snyder of the 1st Battalion, Princess Patricia's Canadian Light Infantry, based in Edmonton, Alberta was killed after falling into a well while conducting a security patrol in Zhari District.

Members of Captain Snyder's patrol tried to extract him from the well, but were unsuccessful. Medical,

engineering and search and rescue assets were rushed to the scene, and Capt Snyder was lifted out of the well.

He was evacuated by helicopter to the Multi-National Medical Unit at Kandahar Airfield, but was pronounced dead upon arrival.

Thoughts and prayers of the entire Canadian Task Force are with Capt Snyder's family and friends.

402 Sqn aircraft identification codes and symbols, 1950-1960

By Leo Frederick Pettipas
Associate Air Force Historian

Author's Note: In 2006 I had the pleasure of preparing a chapter for the 2007 volume 402 'City of Winnipeg' Squadron History, edited by Patrick McNorgan. One of the topics lightly touched upon was that of aircraft markings, and the present paper is a follow-on from my writing on the subject for the book.

The outward appearance of a military aircraft is manifested in the shapes and contours of its major structural components (fuselage, wings, tail assembly, engine cowlings, etc), and in the paint scheme and markings applied to it. The official markings are intended to facilitate national, unit, and individual aircraft identification and hence serve a visual communicative function, both in the air and on the ground. The markings typically include highly visible words, letters, abbreviations or numbers, or some combination thereof that may be variously applied to the fuselage, wings and tail fin(s). In addition, crests, logos, symbols and spelled-out squadron names have also been applied to indicate unit affiliation.

Aircraft markings are of considerable interest to historians and aeromodellers. Markings in airplane photos can often provide the historian with detailed information that isn't available in written documents. For the astute model-builder, knowing what markings to apply to his replica will ensure that it is historically accurate. So although markings may be considered by many to be of secondary importance in the overall scheme of things, to those flying the aircraft or working around them, and to individuals who write histories and build scale models, markings are of more than passing interest.

In this essay, I will summarize and illustrate the alphabetic and alpha-numeric marking codes, and other marking conventions, that appeared on 402 Squadron aircraft between 1950 and 1960. With an eye to the phasing of RCAF aircraft marking formats, historian Patrick Martin divides the 1947-1968 period into three eras. He designates these as the "VC Era" (1947-1951), the "AB+3 Era" (1951-1958) and the "RCAF+3 Era" (1958-1968): this organizational structure is the one I use here.

VC Era
Unit Code "AC" Phase 1

In May of 1947, a five-letter markings standard was promulgated in Air Force Routine Order 250 in keeping with the new International Civil Aviation Organization (ICAO) system of marking military and civilian aircraft. The first two letters of the string, VC, denoted the Royal Canadian Air Force. The third and fourth letters formed the call sign of the unit to which the aircraft belonged; 402 Squadron was allocated the letters AC. The fifth and final letter identified the particular machine within the unit's complement. Thus, the string VC AC U translated into "RCAF, No. 402 Squadron, aircraft U". By regulation, VC appeared on the underside of the right wing, the remaining three letters on the underside of the left. A variation on this presentation also appeared on the topsides of the wings: the two-letter unit code on the left wing, the single-letter individual aircraft identifier on the corresponding position on the right.

The full ICAO format remained in effect from 9 May 1947 until 19 November 1951, when it was formally rescinded. However, not all traces of it disappeared with its formal abolition in late 1951.

AB+3 Era

Unit Code "AC" Phase 2

The AB+3 Era officially came into effect on 19 February 1952. It featured the ongoing use of two-letter unit identification codes, but the national service VC code was dropped. The individual aircraft letter was also discontinued, it being replaced by the final three digits of the aircraft serial number. Thus, Harvard 3316, initially coded AC-D under the ICAO system, became AC-316 with the advent of the AB+3 format. New two-letter unit prefixes were intended for issue to all units, and this was presumably the case with 402 as well. If so, the Squadron nonetheless continued to display its original AC unit identifier on its aircraft for several more years.

Unit Code "SV" Phase

One matter that has dogged historians for some time is the AB+3 unit code SV. It has been thought that SV was a bona fide 402 Squadron identification code, but there is a growing conviction that this notion is erroneous. The question is, where or how did the idea originate in the first

place? The answer probably lies with the fact that in mid-1956, the role of the Squadron changed and its new mission called for the use of C-45 Expeditors. However, the transition necessitated borrowing aircraft pending the availability of the Squadron's own machines. A number came from the locally based No. 2 Air Observer School (2 AOS) whose unit code was SV. Thus, while 402 pilots were flying someone else's SV-marked Expeditors, they were at the same time also flying their own AC-marked Harvards. Since some if not most of the first C-45s to equip 402 Squadron bore the code SV, it has been assumed by some historians that SV was an official 402 Squadron code. But that arrangement was temporary only; the aircraft in question were on short-term loan, and SV was never in fact an official unit code of 402 Squadron.

Unit Code "MT" Phase

Another misconception has been that AC was the only official unit call sign worn by 402 Squadron aircraft throughout the entire AB+3 Era. Such, however, was not the case; the photographic record shows that 402 was allocated an altogether different code -- MT-- to replace AC. At the time MT began to appear on Squadron aircraft during the latter half of the 1950s, the C-45 was probably the only type in the 402 inventory. In any event, I'm quite sure that the Expeditor was the only aircraft type to carry the MT code.

I indicated above that the units throughout the Air Force were allotted new two-letter unit codes at the beginning of the AB+3 Era. It may be that MT was assigned to 402 at that time, but for some reason the Squadron chose not to put it to use right away and retained the familiar AC on its aircraft. This hypothesis is supported by the fact that MT doesn't seem to have been applied to any other unit's aircraft; rather, it appears to have remained the property of 402 on paper, and it wasn't until later on in the '50s decade that it was finally affixed to Squadron aircraft. It's unclear just when that actually began to happen, but it obviously had to be sometime before July 1958. This date marks the advent, on paper at least, of the RCAF+3 scheme; and it's unlikely that an old system of

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Roman Catholic Office 833-2500 ext 5417

Father Gracjan Burkiciak

Roman Catholic Office 833-2500 ext 5272

Administrative Assistant

Carol Cochrane Office 833-2500 ext. 5087

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Sunday 1100 hrs

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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.

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(Pentecostal) Office 833-2500 ext 4035

Padre Kenneth MacRae

(Presbyterian) Office 833-2500 ext 5349

Padre David Stewart

(Presbyterian) Office 833-2500 ext 5785

Padre Curtis Duclos (Baptist)

Det Dundurn Office (306) 492-2135 ext 4299

Administrative Assistant

Carol Cochrane Office 833-2500 ext. 5087

Sunday Services (English Only)

0900 hrs

Sunday School

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 counseling 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.



402 Squadron Con't

marking (AB+3) would continue to be applied after a new one (RCAF+3) was officially proclaimed.

At the same time, I should point out that RCAF aircraft already dressed in an old marking system or codes often continued to carry them well past their rescinded dates. For example, 402 Squadron Expeditors were still showing the MT code in mid-1959 – almost a year after the RCAF+3 Era officially began. This “time lag” often came about because the machines in question were not due for overhaul and re-finishing for some time in the future, and until that occasion arrived the old markings simply remained in place on the aircraft.

RCAF+3 Era

The most conspicuous change in the switch to the RCAF+3 system of marking was the replacement of the two-letter unit code (in the case of 402 Squadron, MT) with the abbreviation RCAF. In the case of the C-45s, the full string appeared on the undersides of the wings: RCAF beneath the right wing, the three-digit serial number abbreviation in the same position beneath the left. In some cases, the number was also applied to the nose.

On the Otters, which came on strength in May of 1960, the above-described wing markings arrangement was augmented by the last three digits of the serial number conspicuously arrayed on both sides of the rear fuselage aft of the roundels.

In the absence of distinctive squadron markings, it was no longer possible to identify the unit to which the aircraft belonged simply by looking at it, unless it also displayed a squadron-specific symbol such as a logo or crest. On the C-45s, the legend Royal Canadian Air Force appeared in a single line on both sides of the fuselage above the windows, and the command title was imprinted on each side of the centre fuselage below the windows, but these of course did not connote unit affiliation.

Crests and other markings

In addition to the regulation markings, 402 Squadron aircraft have also sported crests, symbols and script that contributed to their outward identity. In 1948, four Vampires participated in the Minnesota State Fair. To ensure that onlookers knew their place of origin, each of the aircraft had a large City of Winnipeg crest emblazoned on either side of the forward fuselage. In a somewhat similar vein, the legend City of Winnipeg Sqdn.

was inscribed on the engine cowlings of the Mustangs and noses of the T-33s. During the tenure of the MT code on the Expeditors, another innovation peculiar to the Squadron came into vogue: the legend 402 (T) SQN (AUX) appeared along the upper fuselage above the windows.

The central field of the 402 Squadron crest is occupied by a Totem Bear figure in the artistic style of the West Coast First Nations. Some if not all of the borrowed SV-marked Expeditors that came with the change of role in the mid-1950s had Totem Bear images applied to their doors. This move was presumably taken at that time to denote the Squadron's use of aircraft on loan, but the practice was continued even after 402 had received its own machines and marked them with their distinctive MT code.

Summary and Conclusions

The evolution of 402 Squadron markings, like that of all units in the RCAF, experienced both continuity and change during the 1950s and on into the early 1960s. The switch from the VC scheme to the AB+3 format witnessed the discontinuation of the VC Service code, retention of the AC unit code, and replacement of the individual aircraft letter with the last three digits of the serial number. At some point in the late 1950s, MT replaced the AC unit call sign on Squadron aircraft. The RCAF+3 system was defined by the discontinuation of the two-letter unit code idea altogether, its replacement by RCAF, and retention of the last-three-digit serial number abbreviation.

In recent years, aviation historians have commented on the challenges they have encountered in compiling complete and accurate lists of the RCAF wartime and postwar unit codes, and in tracking their use in the squadrons and other flying units. The full accounting of RCAF identification markings and their historical significance is a long-term work-in-progress, as can be seen from the numerous questions that still remain unanswered with respect to the single squadron (No. 402) that has been the focus of this essay. Fortunately, Associate Air Force Historian John Bradley is currently conducting an all-inclusive research project that addresses these sorts of problems.

Acknowledgements: The writing of this paper would not have been possible without the assistance of John Bradley, Norm Malayney, Pat Martin, and Jerry Vernon. For all errors of omission and commission, the responsibility is entirely mine.

TAROSCOPES

BY NANCY

Aries (March 21 - April 19): Let your imagination fly when first considering an idea. You can adjust it to fit reality later. As you deal with the snags that crop up, you can connect with others and promote your own expertise. Do additional research. There could be a larger market for what you have to offer.

Taurus (April 20 - May 20): You may feel driven to find another challenge but before you charge into something new, ask yourself how you are feeling. You may think that using your “intellect” is the way to make a decision but reaching a goal and discovering you aren't happy isn't what you want to experience.

Gemini (May 21 - June 21): Explore activities to discover what you enjoy and what excites you. Creating can be fun. Perfection is not the aim. Self-development leads to discoveries about yourself and assists you in relating to others. You will be able to use what you learn when dealing with challenging individuals.

Cancer (June 22 - July 22): Social events seem to require more and more planning. Though you enjoy getting together with lots of family and friends, there is a sense of melancholy. It becomes evident that some patterns and habits need changing. Set new precedents to ensure there is less work and more fun.

Leo (July 23 - August 22): There are choices to be made and word games being played. You want to take the lead and are a dynamic force, but don't spread yourself too thin. You won't come across as reliable if you can't keep your promises. Honestly admit your limitations and you'll make a good impression.

Virgo (August 23 - September 22): You've learned how to budget well, to save and invest wisely. Now find ways to give yourself an occasional treat so you don't feel deprived. A weekend at a spa or soaking in your tub with the phone off the hook may be all that's needed. Little breaks are worth it in the long run.

Libra (September 23 - October 23): Don't hold back from joining groups. A hard worker who is committed to the team will be welcomed. If you are trying too hard to find happiness it will elude you. Relax. Believing in a positive outcome is not a sign of foolishness. Hope and faith strengthen resolve.

Scorpio (October 24 - November 21): Through hard work and perseverance you make the seemingly impossible happen. And you make it look easy. Now, just because you can do it doesn't mean you must do everything for everyone. Learn when to say no. You've proven you can do it now delegate to others.

Sagittarius (November 22 - December 21): Though you were well-intentioned, your words took on a life of their own. The ramifications may leave you confused and feeling restricted by people's opinions. You don't like this trapped feeling. To maintain your personal integrity, keep clear of trouble makers in future.

Capricorn (December 22 - January 19): Consult experts to help you get a project off the ground but don't allow them to influence you so much that your original vision morphs beyond recognition. Creating something unique brings profound satisfaction and fulfillment. A “back to nature trip” can inspire you.

Aquarius (January 20 - February 18): Someone who is down to earth but who has high ideals enters your life. Reconsider any assumptions you have that keep you feeling isolated, lonely and hurt. Balance a desire for a sense of wonder, with practicality in relating to others. Someone's actions are very telling.

Pisces (February 19 - March 20): Make a summer plan to ensure you deal with a few key tasks. If you're not sure what these are, sit quietly, the answers will come to you. An opportunity to do something worthwhile presents itself. What you have to offer has value. You often inspire and help others indirectly.

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For sale due to posting: a dining room table with two leaves and six chairs (one is an armchair), good condition - \$250. A metal-framed futon, good condition - \$45. A 10-speed racing bike, good condition (needs air in the tires) - \$20. A 1997 BMW 540i V8 auto, dark green with beige leather (premium pkg), 79,500 miles - \$10,900. Call local 4209 or 282-1800.

1 - 19" Daytek monitors. \$30 obo. Call 833-2500 ext 5491 or 999-7730.

Computer systems - Athlon 64(2.4 GHz), 512 MB RAM, 200GB HD, 17" LCD Monitor; Sempron(2 GHz), 1GB RAM, 100 GB HD, 17" LCD Monitor; asking \$500 for each system. Phone 885-5330.

Coming events

The Full Gospel Business Men's Fellowship International - Winnipeg Chapter is holding a Breakfast meeting, 0900 Sat 05 Jul at the Best Western Charterhouse Hotel, corner of York and Hargrave. Everyone is welcome to hear Obineche Ukou share how God lifted him from orphaning by war to the testimony of the gospel. Cost is \$9 but seating is limited so call 2130 to reserve seating.

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