



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

SEPTEMBER 26, 2007

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FREE

## GCWCC Kickoff - Pulling In The Cash



Cpl Rob Snow digs deep as the anchor for his team at the GCWCC Kickoff on 14 Sept.

By Avery Wolaniuk

“Pull! Pull! Pull!” chanted team members, spectators, and 12 little fans from the MFRC daycare as they cheered on the nine teams going up against the Herc C 130 on the tarmac on Friday, 14 Sept.

For the second year in a row, the Herc Pull got the wheels rolling on this year’s Government of Canada Workplace Charitable Campaign (GCWCC). Off to a brisk start, campaign early-birds have already raised more than \$4 000, and one unit has met their goal of 100% canvassed. “It is already starting off with a great bang,” said campaign co-chair Sherry Liley.

With the BBQ and viewing area set up on the tarmac between the Fire Hall and 16 Hangar, spectators had a great view of the over-sized tug-of-war — 82 000 lbs of inertia versus 20 or so bodies straining to move the huge plane 50 feet.

Emcee and 402’s Honourary Colonel-designate John Sauder (better known as one of the CTV Weather Specialists) introduced the afternoon’s speakers, including this year’s 17 Wing

campaign co-chairs, Sherry Liley (returning for her second year in the position) and Capt John Schwindt. Health Partners spokesperson from the Heart and Stroke Foundation, Suzanne Poth, and United Way Agency speaker from Macdonald Youth Services, Cynthia Brobot, told the gathered crowd about the real difference every donation makes.

This year’s 17 Wing goal is set at \$115,000, slightly more than a 5% increase over last year’s total raised. “It’s a little bit of a jump up,” said Col Scott Howden, WComd. “I know we can get there.” He then announced the results of the final heat, with CE hauling in first place with a final pull time of 19.42, less than two seconds ahead of the second-place 402 Squadron.

To make a donation to the campaign, contact your unit/branch canvasser or stop by one of the upcoming fundraising events. This year’s campaign wraps up on 9 Nov. “Please come out and participate. Get to know your canvasser or rep and ask questions,” said Mrs. Liley. “We want you to see and believe and know that what you do makes a difference.”



Col Scott Howden, WComd, addresses the crowd gathered at the GCWCC kick off barbecue.

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BGen Wilson gets a little help with his new rank from his wife, Nancy, and son, Sterling.

Photo by MCpl Tom Trainor, 17 Wing Imaging

# A New Brigadier-General

By Karen Christiuk

Brigadier-General Stephen (Steve) Wilson, Deputy Commander Force Employment and Canadian NORAD Region Headquarters (CANR), received his new rank from MGen Marcel Duval, Comd 1 Cdn Air Div, in a ceremony held in the atrium of 1 Cdn Air Div on 7 Sept 07.

To close the ceremony, BGen Wilson gave a short speech where he attributed his success to the support of his family and to "great mentors throughout my career."

BGen Wilson is the most senior United States Air Force (USAF) representative in Canada, and his position exists to advise the Commander on NORAD matters and to lead all Force Employment activities of 1 Cdn Air Div including the Combined Air Operations Centre (CAOC).

BGen Wilson received his commission from Texas A&M University in 1981. He has commanded at the squadron, group and wing levels including commanding the B-1 Division of the USAF Weapons School, the 608th Air Operations Group and the 14th Flying Training Wing. Additionally, BGen Wilson commanded the 28th Expeditionary Operations Group, comprised of B-1, B-2 and B-52 aircraft during Operation Enduring Freedom and twice served as CENTAF's Deputy Director, Combined Air and Space Operations Centre supporting Operations Iraqi Freedom, Enduring Freedom, and the Horn of Africa. Prior to assuming his present duties, General Wilson was the Deputy Director of Intelligence & Air, Space, and Information Operations for Flying Training, Headquarters Air Education and Training Command, Randolph Air Force Base, Texas.

# 435 Receives Top Search And Rescue Honours

By 17 Wing Public Affairs

**435** "Chinthe" Transport and Rescue Squadron, based in Winnipeg, has been awarded the Air Force Association of Canada's annual Mynarski Trophy as the most deserving search and rescue squadron in the Air Force.

The Mynarski Trophy is named for Winnipeg native Pilot Officer Andrew Charles Mynarski who was posthumously awarded the Victoria Cross during the Second World War after giving his life attempting to free the trapped rear air gunner in their burning Lancaster bomber.

The Mynarski Trophy will be presented to a squadron representative at an awards ceremony in Ottawa on Oct. 13.



"This is a tribute to the hard work and dedication demonstrated time and again by everyone at 435 Squadron," said 17 Wing Commander, Col Scott Howden. "And what is more appropriate than having the Mynarski Trophy back here in Andy Mynarski's home town?"

435 Squadron's search and rescue area of operations is larger than Western Europe, running from Northern Ontario to the Alberta/B.C. border and from the 49th parallel to

the geographic North Pole.

"Search and rescue is a big part of our job here and we hold stand-by for search and rescue missions 24 hours a day, 365 days a year," said 435 Squadron Commanding Officer LCol Sean Friday. "But that's not the only job we have: we also conduct air mobility missions and air-to-air refuelling of CF-18 Hornet fighter-bombers as well."

Recent memorable missions for 435 Squadron include evacuating 89 residents of fire-threatened Tadoule Lake in July and the multi-day rescue of an Inuit hunter who became stranded on sea ice in February. This year, 435 Squadron has conducted 48 search and rescue missions and rescued 20 people in addition to the 89 evacuated from Tadoule Lake.

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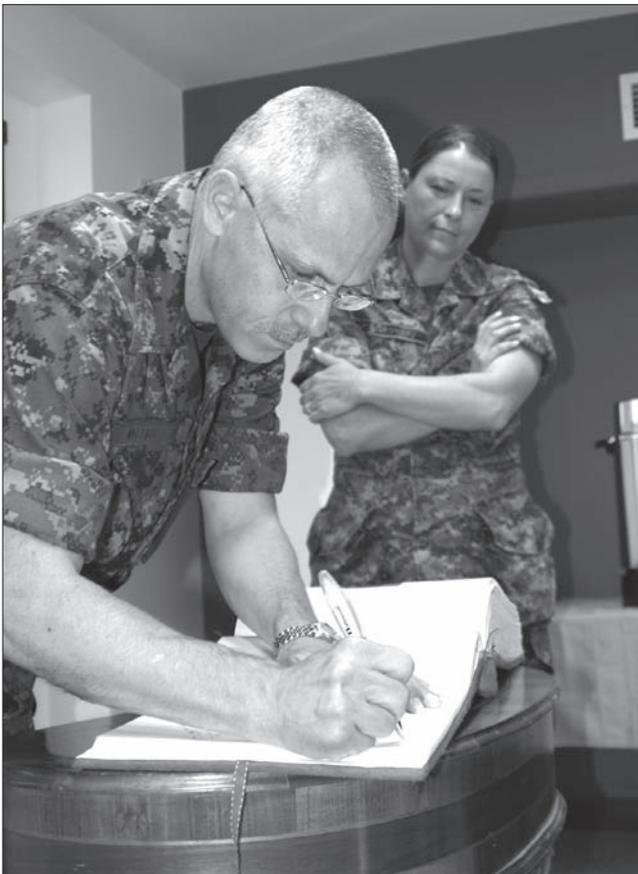
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CWO Glenn Wallace, WCWO, adds his words to the more than 30 000 others who have written to soldiers stationed in Afghanistan as MCpl Renay Groves looks on.



(from left) Col Howden, WComd, MCpl Renay Groves, and HCol (ret'd) Ben Van Ruiten at the signing on 11 Sept.

# Dear Soldiers. With Love, Canada

## Memory Book Signed In Winnipeg

By Avery Wolaniuk

It's a story of love and support, set at bases across the country. The authors are the 30 000 Canadians, including the Prime Minister, who have penned their thoughts, sketched pictures and included poems.

"It's a book hand-written by Canada," said MCpl Renay Groves, the heart and soul behind the idea, to the group gathered at the Winnipeg Military Family Resource Centre (MFRC) on Tuesday, 11 September. 'Notes From Home,' bound for Afghanistan at the end of September, is a collection of expressions of encouragement from Canadians to troops serving overseas.

After being approached regularly by individuals expressing their support for the military, MCpl Groves came up with the idea as a way for Canadians to write their personal notes of appreciation. The project started in her home 18 months ago and grew exponentially from there.

Prime Minister Steven Harper, Chief of Defence Staff

General Rick Hillier, and Senator Romeo Dallaire have signed the book, along with families of fallen soldiers, average Canadians and men and women in the CF. MCpl Groves, who is stationed at CFS Leitrim and training to deploy to Afghanistan with Task Force 1-08, will deliver the precious cargo to Afghanistan later in September.

The original plan was to mail the book through the MFRCs at different bases across the country. As the profile of the project raised, the book visited parliament and was filled with sentiments from so many that the plan changed. She has been accompanying the book since June, carting it from place to place in a metal carrying case covered with the crests of the bases and units that it has visited. Pages were mailed out to bases she wouldn't be able to visit, and those will be added to the book before it is delivered.

At the MFRC, Col Scott Howden, 17 WComd, CWO Glenn Wallace, WCWO, Don Brennan, Executive Director MFRC, and HCol (ret'd) Ben Van Ruiten, MFRC Honourary Chairperson, added their messages to the thousands already there. "We are constantly with you

in our thoughts, in our dreams, in our lives," wrote Col Howden.

The book moved over to be signed at 1 Cdn Air Div that afternoon. "It is a meaningful way of letting our fellow soldiers, sailors and airmen/airwomen serving abroad, know that we are thinking about them, and that we support their mission," said LCol Jean Mallais, HQ CO 1 Cdn Air Div.

Sandra Doody of the MFRC also took pages to Minto Armoury and Polo Park Shopping Centre on Saturday, 15 September to give more people the opportunity to sign. Premier Gary Doer added his words to a page later in the week.

That Tuesday morning, MFRC Executive Director Don Brennan finished his entry, laid down his pen and read his words that echo the sentiments of so many, "Thank you for all you've done. You are our heroes."

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### Rumour's Comedy Night

Come out for a lot of laughs and a lot of fun in support of 17 Wing GCWCC at Rumour's Comedy Club on Wednesday, October 17!

Tickets are just \$12 each, with half the proceeds from ticket sales going towards the GCWCC. Ticket purchase deadline is Wednesday, October 10.

For tickets, visit <http://17wing.winnipeg.mil.ca/wadmin/GCWCC/events.htm> to find out your unit or building OPI.

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# Helping Professionals Showcase At Family Fun Day

By Christa Zappitelli

This year's Family Fun Day/Wing Welcome Helping Professionals Showcase, chaired by Health Promotion, was a huge success. The "Total Wellness" theme was supported with the help and participation of numerous 17 Wing Health Providers. The 13 organizations, units, and groups that participated included the Military Police & Child Find, Dental Unit, Mental Health, Case Management, Wellington Massage College, Wing Addictions Counsellor, Health Promotion, 23 Health Services, United Way, Learning and Career Centre, Employee Assistance Program, United Way, Chaplains, and the Anxiety Disorder of Manitoba.

All who offered displays, booths, and information provided a wide assortment of events. These included a Fatal Vision Obstacle Course, organized by Health Promotion and supervised by volunteer MS Trish Cox, a Strengthening the Forces Unit Representative. Participants were challenged to weave in and out of pylons on tricycles, while simulating being impaired. Our goal to increase awareness and education on low-risk drinking guidelines was met and people had fun while learning! Health Promotion also offered program information, nutrition information on eating healthy and provided free healthy snacks.

Other activities included Child Find, free toothbrushes, floss and dental tips, Teddy Bear Clinic, ambulance tours, blood pressure clinic, free five minutes massages, and a variety of activities and giveaways from Mental Health and Case Management.

I would like to take this opportunity to thank the following



Volunteers at the Child Find offered their services free to visitors at Family Fun Day.

people/organizations. Without them this event would not have been the success it was.

Diane Brine, 17 Wing Publishing, Office, MFRC, Community Recreation, Helping Professionals Committee, Military Police, 23 Health Services, Dental, Case Management, Chaplains, WAC, Lori-Ann Mundt, Chris Merrithew, Maj Doug Mattila, MWO Adrienne Miller, MS Trish Cox, Sgt Troy Zorro, Penny Wawrzyniak, the set-up and take down volunteers, Voxair, Learning Career Centre, and the Health Promotion & Strengthening the Forces Reps

THANK YOU!

The feedback and response has been amazing. Everyone one who attended the event had a great time and received valuable information. We hope to see you all again next year!

## 17 Wing MSE OP Wins National Title

By Capt Tony Johnson, MSEO 17 Wing

TEME Squadron will soon be adding another piece of hardware to the trophy case in Building 129.

Transport flight's Corporal Mark Laviolette has been crowned the new national champion on the Heavy Logistic Vehicle Wheeled (HLVW) at the 2007 Canadian Forces Safe Drivers Competition (CFSDC). He dominated the event and triumphed over 12 other competitors from across Canada. He was one of only two Air Force competitors driving the military pattern vehicle, crediting this win partly to experience in field units such as 2 Service Battalion.

The next closest competitor's final score was almost 20% lower than his total. This win in turn helped Western region claim the title from Atlantic Canada as the 2007 aggregate score champions of the competition. TEME Squadron Corporals Al Anderson and Ed Tatchell competed in the Route Discipline event during the CFSDC, assisting with the collective victory.

The CFSDC, also known as the "Trucker's Rodeo" is an annual event that was held at 4 Wing Cold Lake this year. Civilian and military drivers from across the CF compete in several events including the HLVW, tractor-trailer, Route Discipline, bus and 5-ton, highlighting the skills and expertise of professional drivers. Each participant must compete



Cpl Laviolette after finishing his second grueling run of the day.

in and win local and regional championships prior to entry into the national event. Cpl Laviolette is waiting on a call from General Mills foods so that he can start up a contract for photo placement on Wheaties© cereal boxes. Congratulations, Cpl Laviolette!



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# HMCS CHIPPAWA And The National Band Of The Naval Reserve

By Lieutenant-Commander H.P. Heuthorst

HMCS CHIPPAWA is Winnipeg's Naval Reserve Division and is located at 1 Navy Way in the heart of downtown Winnipeg. HMCS CHIPPAWA is one of 24 Naval Reserve Divisions located throughout Canada that is mandated to raise public awareness for the Navy within their local communities and to attract, enrol and train personnel for the manning of combat and support elements to meet Canada's Naval defence objectives. CHIPPAWA personnel maintain proficiency through employment with Naval Intelligence Teams, Port Security Units, Port Inspection Dive Teams and Naval Coordination and Guidance to Shipping Units. In addition, the unit provides an annual training program that aids the development and training of personnel to man the Maritime Coastal Defence Vessels (MCDVs) that are located in Halifax, NS and Esquimalt, BC. The unit has a fully equipped Food Services section and large modern galley. Personnel from HMCS CHIPPAWA provide augmentation and staff support for the BMQ schools and occupation and Fleet Schools. HMCS CHIPPAWA is linked for training to numerous Fleet training centres through computer based training courses and distance learning packages. This effective use of modern technology ensures that Naval Reservists are able to training and develop within their chosen occupation within the professional standards of the host training centre.

This summer year HMCS CHIPPAWA also played host to the National Band of the Naval Reserve from the end of June through to the middle of August. This band has been drawn together every year since 1976 to perform at military ceremonies and public events to help raise the profile of the Canadian Navy in communities throughout Canada. This year at the direction of the Commander Naval Reserves the National Band was assigned to HMCS CHIPPAWA and carried out an intensive summer program of concerts and performances in the prairie region. Musicians for the National Band are drawn from Naval Reserve Divisions across Canada and the Band has played for Royalty, Heads of State, senior civic and military leaders and varied audiences throughout Canada and the United States. The National Band of the Naval Reserve provides its audiences the pleasure of hearing a military band proud of its tradition of Naval and musical excellence.

This performance season commenced for the National Band on Canada Day with a performance at the Lyric Theatre in Assiniboine Park and then a quick trip over to the CanWest Global Park to provide pre-game entertainment and to participate in the opening ceremonies for a military appreciation tribute. On July 6th the National Band was pleased to provide ceremonial support for the Change of Command Ceremonies for the Commander of 17 Wing Winnipeg. After a quick lunch the musicians boarded their bus and headed out to Regina, Sask to perform in conjunction with the Armed Forces Day hosted by the Commander of 15 Wing Moose Jaw. HMCS CHIPPAWA also sent the unit's Dive Support Vehicle (DSV) and members of the Port Inspection Dive Team (PIDT) to augment the Naval display at this event. Recruiters and a Rigid Hull Inflatable Boat (RHIB) were provided by HMCS QUEEN, which is located in Regina, to complete the Naval display. The Band played numerous concerts throughout the day for the event to the entertainment of



The 2007 National Band of the Naval Reserve.

young and old alike.

After returning to Winnipeg, the Band played local performances at Old Market Square and at The Forks. Next the Band enjoyed a particularly memorable visit to Peguis First Nation where they had been invited to play a concert for the Band Elders and community. The concert was performed in a beautiful open air setting at the location of the new community centre that was being built. CFRC Winnipeg sent along MWO Paul Lucas who brought out information on the Navy's Raven program and careers in the CF. The Raven program is designed to contribute to the development of Aboriginal youth by fostering self-confidence, self-discipline, physical fitness and teamwork skills. This outreach program was implemented in the summer of 2003 by the Commander of Maritime Forces Pacific and was designed to build bridges with Aboriginal communities and to make Aboriginal youth aware of potential military or civilian careers with the Department of National Defence. The program consists of two parts: a four day culture camp with the intent of sharing different cultures and facilitating the transition to military training; and a six week military recruit training program.

Next the Band travelled to Edmonton, Alta to perform at the opening parade for the Capital Exhibition as part of a joint CF contingent where thousands of Canadians lined the parade route. Then it was back to Winnipeg to visit the francophone community of St. Boniface to perform a noon hour concert as part of their annual summer concert series. The National Band was also a key performer at the Manitoba Rodeo in Morris, MB and participated in the opening parade and performed well received concerts throughout the day and evening. This event is considered to be the second largest rodeo in Canada and for many members of the Band it was their first visit to a large western rodeo. The Band visited Selkirk, MB for the Selkirk Rodeo and returned again later in the summer to perform in conjunction with the community's 125th Rededication program.

The National Band made numerous visits to Manitoban communities to join those communities in public celebrations such as civic anniversaries, opening events and parades. They performed in Austin, MB at the Manitoba Thresherman's Reunion and in Winnipeg Beach for Boardwalk Days. They also travelled to the francophone community of St. Pierre-Jolys for their annual Frog Follies event and to Kenora, Ont to perform an open air concert as part of their annual Harbourfest summer



Port Inspection Dive Team divers preparing for a dive during the unit's field exercise STONE VIKING in Gimli, MB.

concert series.

The next big event was the National Band's trip to Gimli, MB to participate in the opening parade of Islingadagurinn, the annual Icelandic Festival and international gathering of Icelandic families. This is Canada's second oldest ethnic cultural celebration having been established in 1890 and annually welcomes in excess of 100,000 tourists. Next the Band travelled to Brandon to perform an evening concert as part of their annual Concert in the Parks series and then visited Gladstone for the community's 125th Anniversary celebrations. Closing out the roster of away trips were visits to Manitou for the community's 110th Anniversary celebrations and to Stonewall for Quarry Days.

The National Band also played many concerts within the city Winnipeg at locations such as the Lyric Theatre in Assiniboine Park, Old Market Square, The Manitoba Legislature, Norwood Grove, The Forks, Deer Lodge Hospital and St. Norbert market. The National Band closed its season with a Sunset Ceremony for the local community in Bonnycastle Park located on Assiniboine Avenue across from HMCS CHIPPAWA. In all the National Band of the Naval Reserve performed at 11 major local events and visited 12 different Manitoban communities, Moose Jaw, Sask, Edmonton, Alta, and Kenora, Ont in only 54 short days from coming together from their units across Canada before leaving for the Ontario leg of this year's tour. The Band and their parade equipment boarded a CC130 Hercules on August 20th and travelled to Borden, Ont for the final phase of their summer. They performed at two graduation parades for new recruit serials and conducted two evening performances at the Canadian National Exhibition in Toronto before heading back to their home units across Canada.

Throughout their many travels and performances this summer this talented group of young sailors proudly represented the Navy and Canadian Forces in communities throughout Western Canada and Ontario, many of which had never met or seen a group of Canadian Forces members before. They were able to meet with large numbers of Canadians to share information about careers in the Canadian Forces and certainly met their mandate to connect with Canadians and help them to better understand our lives, our careers and our achievements. These young men and women stood "ready, aye ready" and were welcomed visitors to Western Canada, Ontario and Winnipeg.

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# Gone Phishing *Avoid becoming the catch of the day*

By Diane Matt, 17Wing ISSO

In this computer age that we are in, cyber criminals are now using keyboards and mice to perpetrate their crimes, and you may not even be aware that you are a victim of it! My name is Diane Matt, the 17 Wing ISSO located at WTISS in Bldg 136. From a IS Security perspective, it is my responsibility to ensure the integrity and availability of 17 Wing computer networks remain at the highest level.

One of key components to keeping computers safe is user awareness. Below is some information from DIM Secure that explains how to identify, how to prevent and what to do (and NOT to do) when you have been targeted in a phishing attack. If you have any IS Security questions, please contact me at ext 2151 or visit this DIM Secure website for additional information.

[http://img.mil.ca/natsvcs/imit\\_security/t\\_a/bulletins/bulletin\\_e.asp](http://img.mil.ca/natsvcs/imit_security/t_a/bulletins/bulletin_e.asp)

## **"Phishing" is on the rise.....Don't take the bait**

It may sound like sport. But "phishing" is an e-mail scam run by cyber criminals posing as banks or other businesses. The aim: to trick you into revealing personal and financial information at fake Web sites.

### **What is "phishing"?**

Phishing is the act of sending an authentic-looking but fake e-mail to a user, in which the sender claims to be a legitimate bank, financial institution, or recognized business. The sender's aim is to trick the user into disclosing private information that will be used for identity theft. (Identity theft involves stealing, hijacking, or misrepresenting the identity of another person, and then using the stolen identity to

purchase items, open new bank accounts, and apply for loans or credit cards.)

A phishing e-mail contains a link that directs the user to visit a Web site where the user is asked to update personal information, such as passwords and credit card, social security, and bank account numbers that the legitimate organization already has. The website appears identical to the legitimate one, but is a well-crafted fake and set up only to steal the user's information. Variations will open the legitimate business or bank website, and then open a small parasitic "logon and password" pop-up window over top to steal credentials.

Some phishing e-mails even contain an inline form that a user is supposed to fill out and then submit to update their account. Hitting the "Submit" button will connect to an Internet form site where the criminal has set up an account and the information is then e-mailed to them.

### **How can I identify a phishing e-mail?**

Phishing e-mails often claim that suspicious activity has been detected within the user's account and the user must update it immediately or risk having the account disabled.

- Most legitimate business institutions will not send out requests for personal information of this nature via e-mail. Be suspicious of any requests received.
- The e-mail may have a sense of urgency, insisting that you act immediately to prevent financial loss or account termination.
- The e-mail may contain grammar, spelling, or formatting errors.
- The link in the e-mail may be similar to but not exactly the same as the legitimate site (e.g., <http://www.update-royalbank.ca> instead of <http://www.royalbank.ca>).
- The link may direct you to an IP address instead of a name (e.g.,

<http://132.246.162.100/update.html>).

- The link may look legitimate but have special HTML code or Java script to hide where a user will actually be taken when the link is clicked.
- The whole e-mail may actually be an image with a link hidden behind that is different than the one in the picture.

### **Is it safe to visit a phishing site but not supply any information?**

Maybe not! These criminal sites often contain malicious code that can install keyloggers and remote-control software or even modify security settings on your computer to a lower level. Your personal information can then be stolen the next time you enter it into your computer, even at a legitimate site.

### **How can I protect myself from phishing?**

- Question any e-mail that looks suspicious.
- Do not follow links in unexpected e-mails.
- If you're unsure, enter the URL into the browser bar manually.
- Before entering any personal information on a Web site, ensure it's a secure Web site with "https://" ahead of the URL (instead of "http://"), and the small lock icon is visible in the bottom status bar.
- Install an anti-virus software package and ensure it updates itself frequently.
- Ensure your computer's operating system and software is patched against any security vulnerabilities.

### **I just entered my banking information into what may be a phishing site. What should I do now?**

- Thieves generally use your stolen creden-

tial within hours of receiving them, so contact your bank immediately. Your bank will tell you how to proceed.

- If you entered information that could be used to apply for credit in your name, call the credit bureau and ask it to place an advisory on your record.
- Scan your computer for key loggers, Trojans, and other malware.

### **Are there other ways to protect myself from identity theft?**

- Regularly check your bank and credit card statements to ensure all purchases are legitimate.
- Regularly check the balances of all your online accounts.
- When using credit and debit cards, watch carefully to ensure they are not being "skimmed" - i.e., put through an illegal card reader to record the information on the magnetic strip.
- Cover up when entering debit card Personal Identification Numbers (PINs).
- Never write down your PIN - memorize it. It's your electronic signature.
- Never disclose your PIN to ANYONE.
- Avoid using obvious numbers like your birth date, phone number, or address for a PIN.
- Shred any credit and debit card slips that have account information on them before throwing them into the trash.
- Shred any credit/loan/car rental applications before throwing them in the trash or recycle bin. This includes the junk mail personalized applications that your bank sends you.

## New PA At Com Rec

To all fanatical VOXAIR readers:

My name is Daniel Gerson and I am the new Program Assistant here at building 90 — also known as "The greatest place on earth besides 7/11 and Fun Mountain." I recently finished my degree in Human Ecology at the University of Manitoba, where I majored in Family Social Sciences with an emphasis on Aging populations and Community Development.

I have spent many years working in youth drop-in centres, and I hope to implement many new programs and activities for our youth program. Right now, I'm working on initiating a Claymation and Mad Science program as an option for our world-famous birthday bashes. The youths would have a chance to make their own clay animation video, which they would be able to watch at the Base theatre. The mad science program will allow the children to learn basic science principles while participating in fun activities, like creating homemade silly putty. If you would like to learn anything else about me, or



if you want to learn how to make your own silly putty, I encourage you to visit me (my desk is right beside the always helpful Ann Gibson).

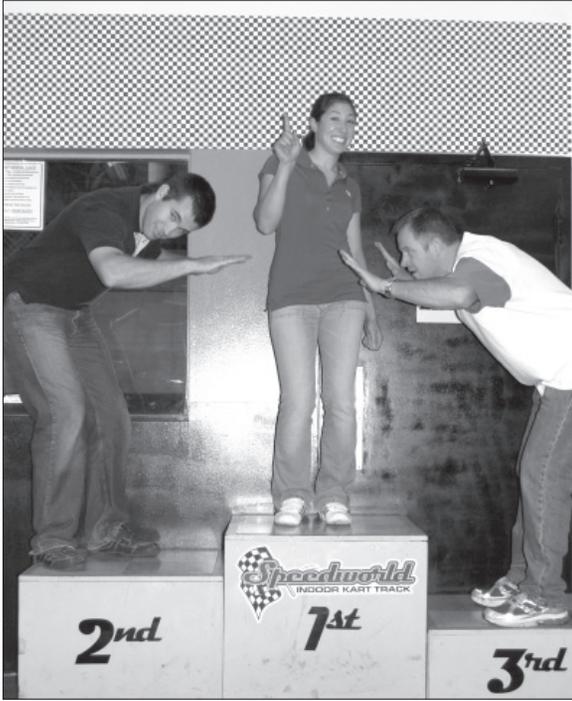
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# Off To The Races



2nd place holder 2Lt Derek Prescott, and 3rd place Maj Andy Cleveland bow to the superior driving skills of 1st place winner 2Lt Jen Finateri.

By 2Lt Travis Smyth

The members of Dir Plans within 1 Cdn Air Div recently took refuge from the confines of their cubicles, and ventured over to SpeedWorld Indoor Kart Track to burn off some steam, and not to mention maybe a little bit of rubber!

As the saying goes, 'hard work and no play makes for a dull Johnny.' The members of Dir Plans certainly needed a break, and with one particular female 2Lt taunting everyone in the shop about her 'superior racing skills,' the entire cell was ready to put her to the test.

When we arrived at SpeedWorld, we were immediately put through a short 'driving school' video that highlighted the rules of kart racing. When that was over, the 12 of us were off to the racetrack!

Let me tell you, there were a lot of reputations on the line. The "who's who" in the office has been established, but you can be anyone out on the racetrack! Seasoned pilots were humbled. Senior officers were baffled. 2Lt Brigade showed most that they were a force to be reckoned with! All in all, 2Lt Jen Finateri separated herself from the pack, finishing her three races with the best average time, subsequently earning herself the title of "Official Dir Plans Speed Demon." 2Lt Derek Prescott and Maj Andy Cleveland came in 2nd and 3rd place, respectively. This lowly author settled for 6th place.



The 402 Sqn handy man (and woman) team at one of the Habitat for Humanity build sites.

Photo by Capt Dave Murell

# 402 "City Of Winnipeg" Squadron Again Supports Habitat For Humanity

By 2Lt Jasmine Ramratan

For the 10th year running, 402 Sqn gathered a group of 11 personnel to participate in the Habitat for Humanity home blitz build 2007 during the week of 23 to 27 July. This year our contribution took a slightly different form than in the past; our skills were put to work on three separate sites over the week, as opposed to just one. The first work site was on Atlantic Drive, North Main St., at the Cycle of Hope sponsored home that was being built for a large family, and in urgent need of completion. The second work site was on Maralbo Drive, St. Vital area, at another home requiring some finishing touches. The third and final house brought the 402 crew together with the Blitz Builders at Ferry Road, St. James.

The 402 Sqn skills are always in high demand within the Habitat for Humanity organization, as the squadron has many participants who have much building experience and expertise. This year, 402 Sqn was very lucky to be able to participate, considering the high tasking volume in the squadron. While staffing obstacles may seem difficult to overcome, the volunteer coordinator, WO Rick Hanes, and the generous support of both the squadron's Deputy Commanding Officer – Maj Dave Bekolay, and Commanding Officer – LCol Rick Witherden, made the 402 Squadron contribution possible.

The sponsors for the Atlantic build site was The Cycle of Hope, within which 402 Squadron has also been a long time supporter. MCpl Rob Vipond has been riding and training with the Cycle of Hope to raise money for Habitat houses for four years. Yearly, the Cycle of Hope raises upwards of \$100,000 to build a home for a family. Each rider was required to individually raise \$2,500 in order to participate in the 1400 km cycle.

This year the route took the riders from Yellowstone National Park in Wyoming, through Montana and North Dakota and back up to Winnipeg. The cyclists departed on June 30th for their 14 day ride, arriving back in Winnipeg on July 14th – just in time for the home dedication for the family. This is a tremendous feat, which takes months of planning, training and pledging in order to meet the cycle objectives, as well as the fundraising objectives.

The first three build days took place at the Cycle of Hope home, where our squadron was tasked with putting up the siding on the home, as the family was scheduled to move in at the beginning of August. Our group completed this job in nearly record time, despite the scorching heat.

Thursday, our group was working in St. Vital at two

homes sponsored by the Kinsmen Club of Winnipeg, The Paul and Don Johnson Families and Rentcash Inc., and James Richardson & Sons, Ltd. respectively. This site also required 402 Sqn's siding expertise. This day was also our opportunity to show the CO, LCol Witherden, and Squadron Chief Warrant Officer Dion our skills when they visited us at the work site.

On our last build day, at one of the Ferry Road homes sponsored by Great West Life / Manitoba Aerospace Industries, we took to the roof to put up the sheathing on the rafters, and nearly completed the shingling. The Habitat coordinators gave 402 Squadron participants a special thank-you during the lunch hour, promoting the fact that this was the 10th year of involvement from the squadron. 402 Sqn began its participation with Habitat in 1998 after the Manitoba floods.

A quick note about Habitat for Humanity as an organization: Habitat is a non-profit charity organization with the mission of building safe, decent and affordable housing for working low-income families. The cost of building materials are funded through donations from various organizations within the city of Winnipeg. Each home costs approximately \$75,000 (not including land) plus the generous support of volunteer builders, under the watchful eye of professional building supervisors. Habitat homeowners contribute 500 hours of sweat equity to the build, before purchasing the home from the Habitat organization through a non-profit, no down payment and 0% interest mortgage. This process enables families to live and grow in a safe environment, and break the cycle of poverty. (Info about Habitat for Humanity obtained from the site: <http://www.habitat.mb.ca/about.html>)

Participants :

- Master Warrant Officer Wohlgemuth
- Warrant Officer Rick Hanes
- Capt Kevin Miller
- 2nd Lieut Jasmine Ramratan
- Sgt Fred Coad (1 Canadian Air Division/  
CANR Headquarters)
- Master Cpl Don Cormier
- Cpl Shane Favel
- Cpl George Arnt
- Cpl Ryan Cameron
- Cpl Mike Azpiroz (17 Wing)
- Pte Brian Hines
- Officer Cadet Ian Moore

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# Family Fun

By Avery Wolaniuk

This year's Family Fun Day, held Saturday, 8 Sept, had it all. At the New Comer's breakfast, hosted at the Officers' Mess, Col Scott Howden, WComd, LCol Leo Brodeur, WAdminO, and CWO Glenn Wallace, WCWO, served up Eggs Benedict, pancakes, potatoes, bacon and more, greeting newcomers to the Wing. The SISIP-sponsored breakfast fed 75 — families coming out to meet others and connect with the Winnipeg Military Family Resource Centre (MFRC), the day's organizers.

After breakfast, nine teams took off in the Amazing Race '07. With faces painted for combat, the 40 participants ran the course on and around the fitness trail behind Building 90. There were compasses, airplanes, an island to escape from and the infamous ice cream challenge to overcome.

With the Gelinas family bringing home the title, the participants moved on to join the crowd, numbering 650 by the end of the day, on the parking lot side of Building 90. Some headed for the ponies, walking the little ones on the path. Others ran for the giant slide, the bouncy house, and the inflatable obstacle course. In one tent, kids walked in and li-



(from left) LCol Leo Brodeur, WAdminO, Col Scott Howden, WComd, and CWO Glenn Wallace, WCWO, whipped out their spatulas and serving spoons, dishing up plates for all at the New Comer's Breakfast on 8 Sept.



Emily (13) gets tattooed at the air brush tent.



Ben (2) hangs out with Sparky.



Teams really dug into this challenge on the Amazing Race course, spooning away half a litre each of Heavenly Hash or Cookies and Cream.



Lori-Ann Mundt, Community Recreation Director (left), and Bri Fay, Aquatics Supervisor, helped visitors register for swimming lessons.

# All Day Long

ons, Spiderman and rainbows walked out. The Firefighter's Burn Fund Safety House gave tours, teaching about evacuation plans and the safest ways to exit a room on fire. At the ambulance, you could take your heart beat home after being hooked up to a monitor and having it printed off. There was a petting zoo, a place to get your picture made into post cards, and a free lunch, catered by Danny's Whole Hog.

This year's change of location from behind Building 90 to the parking lot side, prompted by construction near the old site, allowed the event more visibility and a cozier feel, said organizer Diane Brine of the MFRC. Gathered under one tent were the Helping Professionals, with displays from the Wing Health Providers and local organizations. Right next door to them were the Wing clubs, with information and registration forms available.

That evening, there was a dance in the basement of the Combined Mess, and a youth event at the theatre where Guitar Hero, tattoos (of the temporary variety), and an obstacle course bouncer ended off a huge day of fun.

"A big thank you to the committee and to everybody who volunteered their time that day, because without them it wouldn't have been a success at all," said Diane Brine.



Team Gelinas crosses the finish line first and wins the Amazing Race!

Everybody took their turn through the obstacle course during the Amazing Race.



Juggling instructor Myron Pauls shows off his moves with a quad of clubs. For a list of 17 Wing clubs, visit 17 Wing Winnipeg's home page under "Services."



First-time offender Gage (4) checks out the view from the back of a police car.



Jenna (3) visits Pte Tom Krzenimski at his ambulance, getting a print out of her heart beat and prescription of jelly beans to go.



After a long biking leg, Capt Joel Templeman (left) and Capt Chris Fenlon-MacDonald, stop at the second transition area to look at the maps for the bush running phase, eight hours into the 12 hour race.

## Leading By Example

By Capt Joel Templeman

The wakeup call came very early for Team SwampDonkeyAR.com. The Prairie Pitch Adventure Race held this year in Duke Lake, Saskatchewan started at 0400 hrs on Saturday September 8. The finish line was 12 hours away and a long list of activities would have to be endured before they could rest. The race started and ended at Living Waters Camp. Along the way, 62 control markers ranging from five to 20 points were stashed away in fields, on fences and tucked behind buildings. The goal was to find as many markers as possible without going over the time allotted for each stage. The stages included mountain biking, canoeing, orienteering, bush navigation and special tasks. The teams had support crews that could provide assistance in transition areas along the race course. The support crews were also responsible for moving the teams equipment and supplies to the next transition area and ensure that bikes and equipment were ready and in the best working order.

Team SwampDonkeyAR.com and the Purple Ninjas, two teams that entered this year's race were made up of Cadet Instructor Cadre (CIC) Officers from 17 Wing. Team SwampDonkeyAR.com consisted of Captain Chris Fenlon-Macdonald from the RCSU (Pra) Cadet Detachment Winnipeg, Captain Joel Templeman from the RCSU (Pra) Headquarters and Ely-

sia Shone. Second Lieutenant Darryl Laliberte from the Army Cadet Expedition Centre Winnipeg was their support crew. Team Purple Ninjas was made up of Captain Erin McKinlay and Lieutenant Mark MacPherson from the RCSU (Pra) Headquarters and Mike MacPherson. Officer Cadet Michael Hince from 199 Royal Canadian Air Cadet Squadron supported them. Team SwampDonkeyAR.com would like to thank the Wilderness Supply Company on Ferry Road for their support and assistance.

One of the three aims of the Canadian Cadet Movement is Physical Fitness. All of the officers that competed in the race this weekend strongly believe in leading by example. They encourage everyone, especially the cadets that they lead, to find activities that challenge them mentally and physically. It is a great rush to complete such a grueling activity — something to be proud of just for getting to the end. Many of the skills used in the competition such as ground navigation and orienteering are taught in the Cadet Program.

Anyone interested in volunteering with a local Cadet Corps or Squadron should check out the website: [www.cadets.ca](http://www.cadets.ca) for more information. Anyone interested in Adventure Racing should try out the Swamp Donkey Adventure Race in Falcon Lake, MB. Check out [www.SwampDonkeyAR.com](http://www.SwampDonkeyAR.com) for details.

## Cooking Up A Little Culture



Florence Bambenek (left) and Laura MacKay are creating a culturally-diverse cookbook with submissions from the staff at 1 Canadian Air Division Headquarters.

By Karen Christiuk

1 Canadian Air Division/Canadian NORAD Region Headquarters is creating a cookbook to celebrate the diversity of its workforce.

"I've asked all of the military and civilian employees in our organization to provide us with one or two of their treasured recipes in order to create a '1 Canadian Air Division Headquarters Culturally Diverse Cookbook,'" says Florence Bambenek, Civilian Human Resources Administrative Support. "Recipes can be treasured family heirlooms that are often passed down from generation to generation; however, people rarely get the opportunity to share their recipes with others."

In addition to recipes, Bambenek is also hoping that some contributors will also want to include photos of their finished products, or traditional expressions that might go along with the meals.

"We hope to create a cookbook that will be both interesting and meaningful," says Bambenek.

Anyone who wishes to contribute a recipe may contact Florence Bambenek (5251; [Bambenek.F@forces.gc.ca](mailto:Bambenek.F@forces.gc.ca)) or Laura MacKay (4187; [MacKay.L2@forces.gc.ca](mailto:MacKay.L2@forces.gc.ca)). The deadline for recipe submissions is October 31. This project was made possible thanks to the support of the Employment Equity Awareness Fund.



## ON THE Wing THIS WEEK

The MFRC Daycare fan squad came out to cheer the teams on at the GCWCC Herc Pull.

Photo by Avery Wolanuk

### 17 Wing Winnipeg Intersection Ice Hockey Time Keepers Needed

The 17 Wing Intersection Hockey League needs time keepers for this season.

Games are held between 1050-1300 hrs, Mon thru Fri. If you are interested or would like more information please contact Colin Bialkoski, Sports Coordinator at local 5511.

# Prairie Region Soccer Championships

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17 Wing Winnipeg hosted the 2007 Prairie Region Soccer Championships from 24-26 August. Four teams from the region participated in the tournament, including CFB Edmonton, 4 Wing Cold Lake, 15 Wing Moose Jaw, and 17 Wing Winnipeg. A number of close and very competitive games took place through the round robin, resulting in a three-way tie for second heading into the playoffs. In the semi-finals, Edmonton defeated Cold Lake in extra time, while 17 Wing lost to the eventual Prairie Region Champions from Moose Jaw, 1-0. Congratulations to the 17 Wing team for a great tournament and for their support of the CF Sports program.

### "Word Up" at Star Books Book Fairs

The Government of Canada Workplace Charitable Campaign (GCWCC) committee is organizing three more book fairs on the Wing this fall. The first will be held in Mynarski Hall at 1 Canadian Air Division on October 3, from 0900 - 1600 hrs.

The fairs will feature a wide variety of books for sale, with all proceeds going towards the 17 Wing GCWCC. With the Christmas season just around the corner, it's a great place to pick up this year's gifts.

Two other book fairs will be held November 7 in 17 Wing Headquarters, and the other on November 21 at 1 Canadian Air Division.

For more information, please visit the GCWCC website at <http://17wing.winnipeg.mil.ca/wad-min/GCWCC/index.htm>, or contact Capt Rhonda Stevens at 5552.

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## Senate Committee Visits Winnipeg



Senator Colin Kenny, Chair of the Senator Committee on National Security and Defense (SCONSAD), signs the 17 Wing guest book. MGen (Ret.) Keith McDonald, Senator Rod Zimmer (MB), Col Scott Howden, WComd, Senator Tommy Banks (AB) and Senator Joseph Day (NB), witness the signing.

Members of the Senate Committee on National Security and Defence (SCONSAD) visited 1 Cdn Air Div/CANR HQ and 17 Wing Winnipeg 12-13 Sept on a fact-finding mission, wrapping up their week-long visit to several Canadian Forces bases in Western Canada.

The aim of the SCONSAD visit was to provide Senators with a better understanding of 15 Wing's NATO Flying Training in Canada Program, 431 (Air Demonstration)

Squadron Operations, 1 Cdn Air Div/CANR and 17 Wing.

Committee members who visited included the Honourable Senators: Colin Kenny, Chair (Ontario), Tommy Banks (Alberta), Rod A.A. Zimmer (Manitoba) and Joseph A. Day (New Brunswick).

The Committee was created in May 2001, with a mandate to study matters relating to national defence and security. For more information please see [www.sen-sec.ca](http://www.sen-sec.ca)

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# The Last Hurrah

## Wartime Association Saying Final Farewells Next Summer

By Karen Christiuk

They're having a party, all members of the Wartime Pilots' and Observers' Association are invited.

"Our group will hold our final function at 1 Canadian Air Division/Canadian NORAD Region Headquarters (1 Cdn Air Div/CANR HQ) on June 6, 2008," explains group secretary Dusty Titheridge, who is a member of the organizing committee. "We're calling it 'The Last Hurrah!'"

Titheridge says that the Association has played a special role in Canadian military history.

"The Wartime Pilots' and Observers' Association was organized in 1919 in Winnipeg by a few Pilots and Observers who had flown in the Royal Flying Corps during the First

World War. Its declared purpose was to foster a spirit of good fellowship, mutual help, and to sustain the close ties formed during active service. Later, when the Second World War broke out, some volunteered again, but most stayed in their civilian jobs," he said. "As a way of aiding the war effort, members of the Wartime Pilots' and Observer's Association put on their berets and armbands, met the new Cadets (many of whom came from other Commonwealth countries) at the two train stations in Winnipeg, and handed out cigarettes and candies to them."

The main reason for the groups' dissolution is because its members are getting older.

"In order to be a member of the Wartime Pilots' and Observers' Association, you must have earned your air crew badge in wartime, usually as a Pilot, Navigator, Bomb Aimer, Wireless Air Gunner, Air Gunner or Engineer, so most of us are now in our mid 80s to late 90s. During the heyday of our Association, we had approximately 1700 members, and now we are down to 375. Although most of our members reside in Manitoba, we are hoping that our members who live in other provinces and countries will be able to attend

this special final event."

The group has had numerous great memories throughout the years.

"From 1970 to 1992, we held six successful reunions. In recent years, we've also sent out a newsletter to members, and regularly give out trophies to outstanding candidates from the Canadian Forces Air Navigation School (CFANS) which also includes the Airborne Electronic Sensor Operator students, and to graduating pilots from 3 Canadian Forces Flying Training School (Southport, Manitoba)."

The event on June 6 will have a strong mix of tradition and celebration.

"In addition to a luncheon and reception, we're hoping to have an Air Command Band and a Colour Guard to witness the laying up of our colours in a special cabinet in the 17 Wing Officers' Mess."

For more information about "The Last Hurrah!" members can contact Dusty Titheridge at (204) 837-2779 or dusty0@mts.net. They can also contact group president James McCombe at (204) 896-1010, or vice-president John Enns at (204) 256-8366.

# Sparky's Corner

## Carbon Monoxide

Carbon Monoxide, also known as the "Silent Killer," is responsible for approximately 300 deaths in North America per year. With winter coming, this becomes a concern for all with regards to the operation of the gas furnace, oil heaters, etc. Here are some precautions you can take to decrease your chances of exposure in your home.

### Carbon Monoxide Hazards

Protect yourself from the hazards of carbon monoxide (CO)

Carbon Monoxide (CO) is a clear, odorless gas that is poisonous to humans and pets.

Defective furnaces, fireplace flues, and oil heaters have long been the primary cause of accidental CO poisoning.

There are no perceptible symptoms if an individual's CO levels are less than 10 percent. Most people are unaware that they are being exposed.

### Here is what to look for:

At 10 percent levels, symptoms may mimic the flu or a cold. These may include

- Headache
- Fatigue
- Mild confusion
- Irregular breathing and heartbeat
- Nausea
- Coughing

Take note especially if everyone in the home is experiencing at least some of the symptoms, and pay particular attention if pets exhibit symptoms since animals cannot get the flu.

At levels greater than 20 percent, a person can lose consciousness, go into a coma, or die.

### If CO poisoning is suspected:

- Evacuate.
- Get everyone into the fresh air immediately.
- Call 9-1-1 from another location.
- Report it to the fire department, even if everyone is feeling better.

Common sources of carbon monoxide poisoning include:

- Furnaces
- Gas appliances including, stoves, clothes dryers and water heaters
- Automobiles. In many states it is required

by code to prevent CO from the exhaust from entering living spaces. This is done by lowering the garage floor below the main floor of the house and placing vent holes at the bottom of the exterior garage walls.

### How to Prevent Carbon Monoxide Poisoning

Have your furnace and gas appliances inspected and maintained by a qualified contractor once a year. This should be done before the start of the heating months.

In addition to professional annual check-ups, periodically check your furnace. Look for these things:

- Flames should be mostly blue and steady.
- Look for discoloration or soot buildup around the burner access door and vents. This could signal a problem.
- Check the venting system. Soft, rusted or broken vent piping can release combustion products indoors.
- Examine the furnace or boiler. See that it's free of dust, rust or any other signs of corrosion.
- Check air filters regularly. Clean or replace them as needed.
- Make sure furnace panels and grill are in place and the fan compartment door is closed when the furnace is on. Leaving these doors open could cause CO to build up in living areas.

### Install Carbon Monoxide alarms

It is a good idea to install a CO alarm on each level of your home, and in or near each sleeping area.

Try to keep the detectors at least 20 feet from any fuel burning appliances and at least 10 feet from high humidity locations like bathrooms and kitchens. If an alarm sounds, call a professional to check your gas burning appliances.

### Testing your Carbon Monoxide detector/ alarm

One can determine if a CO detector/alarm is working by using special CO alarm testing devices. These devices simulate CO using a small pellet in a package. When the pellet is moistened, it releases a non-toxic gas. After a few minutes, if the alarm is properly working, the alarm should sound. For more information about these testing devices, check with your local hardware store.

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Previous Military Pilot training is a requirement. Experience at the squadron operations desk level, providing assistance to aircrew, preparations of flight schedules, ground school and FTD schedules an asset. Experience with a scheduling tool and familiarity with aircraft maintenance an asset.

### Ground School/FTD (Flight Training Device) Instructors – Moose Jaw, Saskatchewan

You will be responsible for providing ground school and FTD instruction to Canadian Forces and foreign student pilots in the operation of the Hawker Beechcraft Harvard II and BAE Hawk 115 aircraft for the NFTC (NATO Flying Training in Canada) Program.

You will have formal training in instructional techniques and military flight training. A military pilot background with operational experience is desirable. FTD instructors are to have fixed wing flight instruction and simulator experience. Fast jet experience, and experience in developing and delivering pilot training is also desirable.

Applications for these positions will be accepted on an on-going basis and applicants must be eligible for Canadian Government Security clearance.

Interested candidates should submit a cover letter and résumé to:

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- ✓ Prevention & Intervention Services
- ✓ Family Separation & Reunion
- ✓ Child & Youth Development
- ✓ Parenting Support

**MFRC Monthly Community Coffee Break**

Join us at 102 Comet St. on Thursday October 4 from 1000 – 1100 for our next Community Coffee Break. This month's theme is 'HOCKEY' so come dressed in your team's jersey.

**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**

**Rock N' Read**

Rock n' Read is an interactive 90 minute program where children and their parents/caregivers enjoy a variety of new songs, rhymes, finger-plays and book sharing. We'll explore ways to engage your child in reading. Children will have the opportunity to play and create, as parents learn the art of making a homemade book. This FREE program is an ideal way to spend quality time with your children, meet other families and develop a passion for learning! Thursdays 1330-1500. Oct 4 - Nov 8. For more info call Shannon 833-2500 (2491)

**"NOTES FROM HOME"**

I had the honour of meeting MCpl Renay Groves on September 11th when she visited the MFRC with her "Notes From Home" book. For those of you who don't know what this book is about, MCpl Groves started this project largely in part due to Canadians stopping to say "Thank You" to her and other service personnel whenever they were seen in public. She said, "I wanted to give Canadians a place where they could hand-write their show of support for what we do everyday." She has travelled from one coast to another since May, and so far, over 30,000 Canadians have written words of thanks in the book. She started off in Ottawa where she is from, and took the book to the Parliament Building to have it signed by the Prime Minister and local members of Parliament. This undertaking also has the complete support from Chief of Defence Staff Gen Hillier. Following her cross-Country tour, of which Manitoba is the last, she will accompany the book over to Afghanistan, where it will reside at Canada House. Eventually, this not-so-little book will start the long trek back to Canada and will reside in "The Canadian War Museum" forever more. I took the book and set-up in front of Sears at the Polo Park Mall and had a great response from our wonderful "Winnipeggers". On behalf of MCpl. Groves, thank to all who took the time to send messages of thanks to our Troops. – Sandra Doody



**Volunteering: Make a Connection, Make a Difference**

On Friday, October 19, 2007, the Volunteer Services Program of the Winnipeg Military Family Resource Centre, in conjunction with Volunteer Manitoba will offer a presentation that will show you:

- The Benefits of Volunteering
- Where Youth and Adults can Find Volunteering Opportunities
- How to Decide what Type of Volunteer Opportunity best fits your life and interests

Please join us at the Training and Education Centre (TEC) Bldg 135 at 1100 hrs for this special presentation.

For questions and pre-registration, please contact the Winnipeg MFRC Coordinator of Volunteers at 833-2500 extension 4519.

**Israel Trip for Teens**

A cultural exchange trip to Israel this coming Summer. Interested youth between the ages of 16 – 23 of CF members (serving or retired) are asked to contact Diane by email at brine.d@forces.gc.ca

**CASUAL CARE**

This program gives parents an opportunity to have their 18 month-6 year old children cared for in a stimulating and caring environment by trained staff. You must book ahead (max 1 week). Space is available on a first come first serve basis. Call 833-2500 ext 2491 to book

Westwin Children's Centre:  
Tuesday 1:00-3:30pm  
Thursday 9:30-noon  
Cost: \$8/child \$12/family

For information/registration contact Shannon 833-2500 ext. 2491

**Upcoming Events at the MFRC**

October						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Little Pals Playgroup 1330 – 1500 ext. 2491	<b>2</b> Creative Tots 0930 – 1100 ext 2491 Casual Care 1300 – 1530 ext 2491	<b>3</b>	<b>4</b> Coffee Break 1000 – 1100 ext 4500 Rock n' Read 1330 – 1530 ext 2491 Casual Care 0930 – 1200 ext 2491 Mother Goose 0930 – 1100 ext 2491	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> Thanksgiving Day	<b>9</b> Creative Tots 0930 – 1100 ext 2491 Casual Care 1300 – 1530 ext 2491	<b>10</b>	<b>11</b> Rock n' Read 1330 – 1530 ext 2491 Casual Care 0930 – 1200 ext 2491 Mother Goose 0930 – 1100 ext 2491	<b>12</b>	<b>13</b> Francophone Ladies Group Meeting at Bird's Hill Prov. Park ext 4515
<b>14</b>	<b>15</b> Little Pals Playgroup 1330 – 1500 ext. 2491	<b>16</b> Creative Tots 0930 – 1100 ext 2491 Casual Care 1300 – 1530 ext 2491	<b>17</b>	<b>18</b> Rock n' Read 1330 – 1530 ext 2491 Casual Care 0930 – 1200 ext 2491 Mother Goose 0930 – 1100 ext 2491	<b>19</b> Volunteer Presentation – 1000 hrs. Bldg 135. Call ext 4519 to RSVP.	<b>20</b>
<b>21</b>	<b>22</b> Little Pals Playgroup 1330 – 1500 ext. 2491	<b>23</b> Creative Tots 0930 – 1100 ext 2491 Casual Care 1300 – 1530 ext 2491	<b>24</b>	<b>25</b> Rock n' Read 1330 – 1530 ext 2491 Casual Care 0930 – 1200 ext 2491 Mother Goose 0930 – 1100 ext 2491	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> Little Pals Playgroup 1330 – 1500 ext. 2491	<b>30</b> Hallowe'en Party Creative Tots 0930 – 1100 ext. 2491 Casual Care 1300-1530 ext 2491	<b>31</b>			

2007

## Together in Church



### CATHOLIC

#### Chaplains

**Chaplain Lisa Pacarynuk**  
Roman Catholic  
Office 83-2500 ext 5417

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

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

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

**Religious Education**  
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 Grant Schapansky**  
(Pentecostal)  
Office 833-2500 ext 5349

**Padre David Stewart**  
(Presbyterian)  
Office 833-2500 ext 5785

**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.

# Padre's Corner

By Padre Heather Smith

The Government of Canada Workplace Charitable Campaign is officially underway at 17 Wing. The Kick-off included the Herc pull and BBQ. I attended, not to help pull a Herc, but to mingle and enjoy the good company and good food. As I watched the competition, I was reminded of a lesson I had learned long ago, but as is the case with many other things, had forgotten along the way. For those of you that missed the Herc pull, I'll provide an unbiased commentary of the events of which I write.

One of the teams (no names mentioned but the chaplains were on said team) was trying to pull the Herc. As is the custom, there was a warm up with members of the PSP staff. The PSP staff did an awesome job and the team was ready for their event...jackets off, gloves on - ready to pull.... Unfortunately, they were short a few members but they persevered - undaunted by the task that lie ahead. The team took their places and pulled....Nothing.... Nada.... Zilch... Zero.... The Herc did not budge. The nose bounced up and down, but the aircraft did not move forward. Not to be defeated, the team stopped, surveyed the situation - ensured the brake was not on and tried again.

Same result. Nothing...Nada....Zilch.... Zero.... No ground gained.... Again, not to be defeated, the team stopped (perhaps a few prayers were offered by the God Squad and some words of encouragement from the team leader) got some new members and tried again. This time the result was

different, the Herc moved... The crowd went wild!!!!

Many of us have heard the story of the Little Engine that could... the Engine that refused to quit and was able to make it up the steep mountain track. Or perhaps it was the saying - "If at first you don't succeed, try, try again." Both good lessons - are they missing a key component. Chances are, if we do the same thing over and over again - the results will be the same. It almost sounds like the beginning of a good joke - what do you call a person who does the same thing over and over again and expects different results? Fortunately for the team at the Herc Pull, they were comprised of wise individuals who were able to assess the situation and make necessary changes and then try again.

Isn't that also true with our life experiences - when we are overwhelmed at work or at home, when things just aren't going as well as we would like or had hoped. Perhaps instead of doing the "same old same old" and expecting different results, it would be wise to stop and assess the situation and look at how we need to proceed. Perhaps, we need to make no changes and it's as simple as ensuring we're following the plan correctly. Sometimes we may need to make revisions to the original plan - maybe the plan was flawed in the first place and a new plan is in order. Sometimes we may need to recognize we can't do it alone and we need support - perhaps from family, friends, colleagues or professionals. Perhaps the key to success is knowing when perseverance will suffice and when its time to stop- and do something different.

## Clergy *Happiest, most satisfied North American workers !!!!*

By Padre Lance Magdziak ( R.C.)

As I enjoy a beautiful Labour Day weekend and a hot sun in my backyard I recall a story about a man who died, and went to live in a marvellous city. He even had a servant to take care of his every need. The man found all this entirely to his liking - for a time. Eventually, he grew restless, so he asked the servant to leave him alone, so that he could care of himself; he also asked the servant to get him some work to do. The servant replied that he could not do this: the man was not to take care of himself, and he was to do no work. At this, the man got upset. If this was the way things were in this place, he'd sooner be in hell. To which the servant replied, "that's where you are"... Work is an important part of our life. True, there are times when it seems only a necessary evil, something we have to do in order to make possible a "real" life after work. But most of the time we experience a deep need to work. This raises the questions, how important is work in human life? What are our attitudes towards work? Is there a place for human dignity

at my workplace? Can work bring healing, a new spirit and new values to our relationships?

Food for our thoughts: A survey by the University of Chicago found clergy as the top job for satisfaction among North American workers; 87 percent of clergy reported being very satisfied. Firefighters ( 80 percent ) and physical therapists ( 78 percent ) were also the most satisfied in their profession.

"The most satisfying jobs are mostly professions, especially those involving caring for, teaching and protecting others and creative pursuits," said Tom W. Smith, director of the General Social Survey at the National Opinion Research Center at the University of Chicago, in the report. "The least satisfying dozen jobs are mostly low-skill. Manual and service occupations, especially involving customer service and food -beverage preparation and serving," noted Smith.

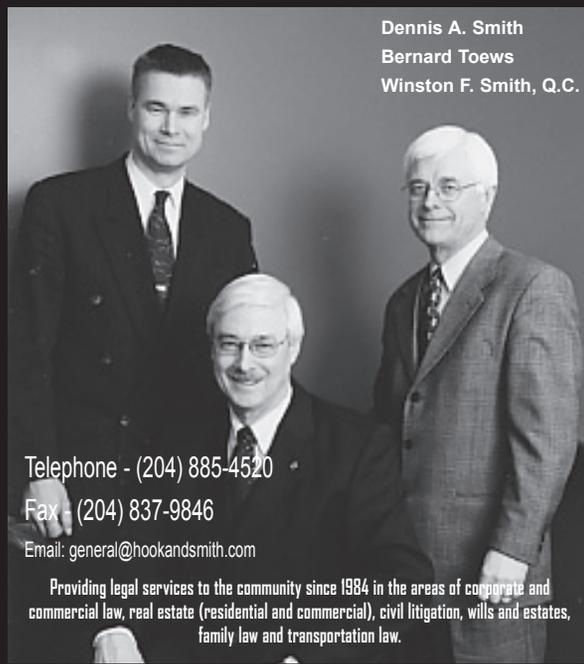
I hope as a chaplain-clergyman-pastor- padre, by some perceived as the most under-appreciated and on-demand person, can be seen as the happiest and most satisfied in my job. You can get to know me and I will share my happiness with you.

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### Correction Notice:

Reflections From a Ruck March," printed in Issue 16, was authored by Padre Grant Schpansky, not Padre Lance Magdziak as listed. We apologize for the mistake.

### Manitoba Military Aviation Museum

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# TAROSCOPES

BY  
NANCY

**Aries (March 21 - April 19):** Someone's expectations or needs may make you feel caught in a position you didn't think possible. Take care in responding. Your immediate reaction could be based on a past situation. If you automatically lash out, your words or actions can hurt deeply and do lasting damage.

**Taurus (April 20 - May 20):** It's hard to maintain peace of mind or make a move if you are trying too hard to see what the right answer or action is. Trying to do what you think everyone else will deem right also leads to a sense of ineffectiveness and of being misunderstood and isolated when all is said and done.

**Gemini (May 21 - June 21):** You may feel forced to deliver a message that you fear will change a relationship forever. Is it worth it? Is this really your dilemma to deal with? If your actions are the result of gossip it's a risk all around. Consider your course carefully. Ultimately, "this too shall pass."

**Cancer (June 22 - July 22):** There are exciting, enjoyable times ahead. So much is going your way and there are so many options available. Try not to feel pressured to make the right choices or to do it all as you are inclined to push yourself right now. If you do, it will catch up with you. Pace yourself.

**Leo (July 23 - August 22):** Caught up in your own pursuits you may not notice the needs of others around you. They deserve your attention and respect. Your pride may also make you want to avoid acknowledging promises not kept but the time to own up to your responsibilities is fast approaching.

**Virgo (August 23 - September 22):** A release from limitations may make you go overboard but don't be blind to the eventual outcomes or cost of current excesses. Include long range commitments and skill training to balance bursts of energy that fuel impulsiveness. Enjoy today but also prepare for the future.

**Libra (September 23 - October 23):** Trying to see all points of view is useful but it can leave you feeling stuck. Sometimes the ideal isn't possible. It's time to move on something. Be disciplined. Drive yourself to complete tasks and make choices. After a few tries at this, feelings of uncertainty will lift.

**Scorpio (October 24 - November 21):** You need to accept that you can't make everything happen on your timeline. You'll feel less pressure and more success when you let others take the lead sometimes. Relax. Schedules that work with your life and fit for others too are best. Get real about limitations.

**Sagittarius (November 22 - December 21):** If you can't resolve something on your own, seek advice. Then take some time to consider any new insights. Communication is important. A social facade can be reassuring but hard to maintain and it can create barriers. Consciously cultivate honest connections.

**Capricorn (December 22 - January 19):** Someone's mind is made up. It will be a waste of time to simply try to get them to change. There is history you should be aware of. Try talking to them from an emotional perspective. Most importantly search for the source of a situation but don't get drawn into blame games.

**Aquarius (January 20 - February 18):** Your physical presence is strong. You have impact. Others are drawn to you, eager to please you and be seen with you. There is a quiet strength in knowing your worth. This is not conceit. A raise is possible or an invitation to be part of a dynamic partnership.

**Pisces (February 19 - March 20):** In the past it seemed the more you cared the more you worried. It's time to change that habit. You can sense when all is well - accept that you do know. And when it's not - find solutions that work for you. Be open to someone's proposal on how to resolve a financial dilemma.

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