



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

MAY 30, 2007

VOLUME 55, ISSUE 10

FREE

Op Nunalivut Patrols The North



CC 138 Twin Otter 802 parked on the sea ice during a Ranger re-supply mission.

By Cpl Chris Hardy

440 Squadron played a significant role in support of Op Nunalivut 2007, an enhanced integrated sovereignty operation conducted by the Rangers of 1 Canadian Ranger Patrol Group with participation from the Royal Canadian Mounted Police. The Rangers patrolled over eight thousand kilometres and spent 17 days on the land proudly flying both the Canadian and Ranger flags.

Operation Nunalivut was an ambitious undertaking by the Rangers. Determined to succeed, they travelled en masse by snowmobile and patrolled from Resolute Bay to Alert via Eureka before separating into three distinct patrols with two of them trekking north along the east and west coasts of Ellesmere Island. The third patrol traversed overland through Quttinirpaaq National Park.

Two CC-138 Twin Otter aircraft crewed by personnel from 440 Squadron, Yellowknife Northwest Territories provided airlift and reconnaissance during the Op. One aircraft was equipped with intermediate floatation wheels, the

middle of three tire sizes employed by the squadron, and was capable of performing austere and off-strip landings while the other aircraft deployed with a wheel-ski configuration for work on the Arctic sea ice. The wheeled aircraft transported the bulk of necessary supplies and focussed more on advancing Command Post personnel and mission equipment as the operation advanced. The "ski bird" flew the majority of flights pre-positioning fuel and food caches along the Ranger's planned route, as well as liaising with the different patrols on the ground and re-supplying them in transient. Both aircraft also conducted ice reconnaissance flights in advance of the patrols to aid in guiding the soldiers with the best routes through the treacherous sea ice while maintaining a constant medical evacuation posture.

440 Squadron flew over 150 hours, transporting more than 31,700 pounds of cargo consisting of several snowmobiles, fuel, food, personnel and mission equipment. Operating out of Resolute Bay, Eureka and Alert with little support in -40° temperatures, bone chilling wind and snow storms, each night the aircraft was put to bed, wrapped



Maj Frank Cannon and MCpl Craig Laraway of 440 (T) Sqn work to refuel Twin Otter 802.

up in wing skins and engine blankets with electric engine warmers plugged in. Mornings would find frozen aircrew preparing and barrel fuelling their planes in the frigid Arctic air.

The Canadian Ranger's professionalism, tenacity and dedication to exercising sovereignty of Canada's North ensured this operation was a huge success. A flag and a cairn were erected on Ward Hunt Island by 1 Canadian Ranger Patrol Group Commanding Officer, Major Chris Bergeron, in a small ceremony. 440 Squadron's Vampires are extremely proud to have shown their professionalism and teamwork in playing an instrumental role in the Canadian Ranger's accomplishment of Operation Nunalivut.

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School Of Meteorology Change Of Command



Incoming CO Maj Douglas Lawrie (left), LCol Sam Ness, WComd, and Outgoing CO Maj David Skinner at the School of Meteorology Change of Command on 10 May 07.

By Capt Dave Muralt, 17 Wing Public Affairs

Maj Douglas Lawrie assumed command of the Canadian Forces School of Meteorology during a ceremony in the Officers' Mess on 10 May 07, replacing Maj David J. Skinner.

Maj Skinner is retiring from the Air Force.

Maj Lawrie served two tours as a navigator aboard CH-124 Sea King helicopters, flying from both Shearwater, N.S. and the Victoria International Airport in B.C. As well, Maj Lawrie has extensive experience as a navigation instructor at the Canadian Forces Air Navigation School here on the CT-142 Dash-8 navi-

gation trainer, flown by 402 "City of Winnipeg" Squadron.

LCol Sam Ness, WComd, congratulated Maj Lawrie on his new responsibilities and thanked Maj Skinner for his service to Canada.

"Maj Lawrie is taking a significant step in his career," said LCol Ness. "Just as Maj Skinner has done, he will have both a new command and the opportunity to influence the future of the Meteorological Technician trade."

The Canadian Forces School of Meteorology (CFS) Met is the central meteorological training facility for Canadian Forces Meteorological Technicians, providing basic and advanced courses in meteorology and oceanography.

LCol Ferron Assumes Command Of 17 Wing Schools

By Capt Dave Muralt, 17 Wing Public Affairs

LCol Marc Ferron assumed Command of the Canadian Forces Air Navigation School (CFANS) and the Canadian Forces School of Aerospace Studies (CFSAS) during a parade here on 7 May, replacing LCol C.G. "Sam" Ness.

LCol Ness assumed command of CFANS and CFSAS in June 2005 and has also commanded 17 Wing since December 2006.

LCol Ferron joined the Air Force as an air navigator in 1988, serving on the CP-140 Aurora maritime patrol aircraft as a Navigator/Communicator, Tactical Navigator and Crew Commander and in a number of staff positions.

17 Wing commander LCol Ness welcomed LCol Ferron to Winnipeg, noting that "with extensive experience as both a navigator and a leader in the Air Force — the Air Navigation School and School of Aerospace Studies will be well led under his command."

The Canadian Forces Air Navigation School (CFANS) is the basic aircrew training facility for all air navigators and airborne electronic sensor operators. CFANS also trains air navigators from Singapore, New Zealand, South Korea, Norway, Germany, Australia and the United Arab Emirates as part of the Canadian Aerospace Training Plan.

The Canadian Forces School of Aerospace Studies (CFSAS) was established in 1987 to meet the professional development needs of the Air Force, and now offers advanced education and training to some 800 officers and non-commissioned members annually. CFSAS provides education in both aerospace technology and Air Force officer professional development. The school has developed, and continues to perfect, the Aerospace Systems Course, Basic and Advanced Electronic Warfare Courses, the Space Applications and Space Operations Courses.



Reviewing Officer BGen Eldren Thuen and outgoing Commander LCol Sam Ness receive the salute from incoming Commander LCol Marc Ferron.

WOSM Mixed Mess Dinner - Spousal Appreciation / Retirement Dinner

The Warrant Officers and Sergeants Mess will host a Mixed Mess dinner to recognize the outstanding support our spouses throughout the year and to our retiring members. This function will be held at the Combine Mess on 6 June 07, with cocktails in the WOSM lower lounge 1900hrs for 1930hrs. Cost for members will be \$20 and \$25 for non-members and guests. Dress is appropriate civilian attire, military members is DEU No. 2 Mess Standard or DEU No. 2B Mess Service. This will be a wonderful and entertaining evening with atmosphere and your dining entertainment provided by the Air Command Band 11-piece ensemble. A photographer will be on the premises at 1800hrs for photos.

All inquiries and any allergies for attendees are to be directed to Mess Manager office loc 5245.

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MARK WAHLBERG SHOOTER

FROM THE DIRECTOR OF 'TRAINING DAY'

(18A)

VOXAIR

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Battle Of Atlantic Sunday

By LCDR Paul Stiff

On Sunday, 6 May 2007, HMCS CHIPPWA, along with naval ships and units across Canada, commemorated the Battle of the Atlantic, the longest battle of the Second World War. Battle of the Atlantic Sunday is observed in Canada to pay tribute to the over 2,000 naval casualties and 24 warships lost between 1939 and 1945 when the Royal Canadian Navy and the Canadian merchant fleet made nearly 26,000 safe crossings and carried over 181 million tons of supplies to Great Britain. It is generally accepted among military historians that victory in Europe would not have been possible without first achieving victory in the Atlantic. It was not only naval personnel remembered but the Canadian Merchant Navy, whose casualties numbered 1700 and 70 ships lost, and the RCAF who lost approximately 350 aircraft and more than 900 aircrew also.

This year, in keeping with the practice established by the Battle of the Atlantic committee, special tribute was paid to the crew of the tribal class destroyer HMCS ATHABASKAN. Built in England for Canada and commissioned into the RCN in 1943, ATHABASKAN was based in Plymouth, England and participated in anti-submarine operations in the Bay of Biscay, convoy duty on the infamous Murmansk run, and anti-torpedo boat operations in the English Channel.

On the night of the 29 April 1944, HMCS ATHABASKAN and her sister ship HAIDA were engaged in a fierce surface action in the English Channel against two German

Elbing Class destroyers. Struck by a torpedo, ATHABASKAN sunk with the loss of 128 officers and men. Forty-four crewmembers were rescued by HAIDA and a further 83 were taken prisoner. HAIDA continued the engagement, destroying one enemy ship and driving the other off before returning to rescue survivors.

In Winnipeg, this year's commemoration started with an ecumenical service at HMCS CHIPPWA led by Lt(N) Glen Krentz, CHIPWA's chaplain, and was followed by a parade through the city and a wreath laying ceremony at the Memorial Street cenotaph. Following the wreath laying the parade, commanded by Lieutenant-Commander Heather Heuthorst, CO of HMCS CHIPPWA, and comprised of marching contingents from CHIPPWA, the Esquimalt-based HMCS WINNIPEG, local veterans groups and cadets marched past the provincial legislature with His Honour the Lieutenant-Governor John Harvard reviewing. Representatives from the Winnipeg military community, notably Brigadier-General Neumann, 1 Canadian Air Division, attended and laid wreaths as did his honour the Lieutenant-Governor and representatives from the various levels of government, including the honourable Anita Neville, MP for Winnipeg South Central, and Counsellor.

Of the 128 killed in action in the loss of HMCS ATHABASKAN, six were Manitobans, and the families of these



The Honourable John Harvard (right), Lieutenant Governor of Manitoba, lays a wreath at the Battle of Atlantic Ceremony on 6 May.

were invited to attend the ceremony at HMCS CHIPPWA. The six Manitobans were Stoker Petty Officer Edgar Bieber, Paymaster Lieutenant Thomas L. Brandson, Stoker 2 Donald O. Lucas, Able Seaman John L. McBride, and Chief Petty Officer Charles E. Sweet. Andrew and David Bieber attended to remember their cousin Edgar. Ernie Takalo, one of the survivors of the sinking, came from Rainy River to commemorate all his lost shipmates. Ron Lucas, aged 83, travelled from Edmonton for the ceremony to remember his twin brother Donald who was killed in the ATHABASKAN sinking at the age of 19. Sixty-three years after the tragedy, Ron and an older brother Geoffrey were finally able to attend a ceremony to honour their brother's sacrifice for his country.



The parade honouring those lost in the Battle of Atlantic marched past Lieutenant Governor John Harvard on the steps of the Legislative Building.

BGen William Neumann (left) lays a wreath at the Cenotaph on Memorial Blvd.



Photo by Cpl Tom Trainor

435 Squadron Flight Engineer Flies His 10,000th Hour



Air Force flight engineer Warrant Officer Colin MacDonald of 435 "Chinthe" Transport and Rescue Squadron, based here, climbs out of a tub he was dunked in by fellow flight engineers to celebrate his 10,000th flying hour after returning to Winnipeg from a training flight on 17 May 07.

1 Canadian Air Division/Canadian NORAD Region commander MGen Charlie Bouchard was on hand to help 435 Squadron mark the occasion, congratulating WO MacDonald on reaching his 10,000th hour during a 35-year Air Force career.

10,000 flying hours is the equivalent to spending each hour of a 40-hour work week in the air for 250 weeks, or five full working years in flight.

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Through The Halls Of History

Fort Garry Horse Museum

By Avery Wolaniuk

On a wall of a museum in Winnipeg's North End hangs a powerful picture from 92 years ago. Men in business suits and straw hats are falling in line with soldiers marching near Portage and Main. It was taken in August of 1914 while mobilization was occurring, men literally turning in their tracks to join up to fight a war and protect their country.

That spirit of volunteerism, of the citizen-soldier, underscores the history of the Fort Garry Horse regiment. The rooms upstairs in the old caretaker's quarters of the McGregor Armoury turned museum archive that history, ensuring that the actions of their members won't ever be forgotten. Their history boasts a Commanding Officer who rubbed shoulders with Winston Churchill and the King, a Victoria Cross winner, and — most famously — Winnie the Bear.

The story of a bear named Winnipeg starts with Doctor Harry Colebourn, who joined the 18th Mounted Rifles in 1911, and a year later was seconded to the 34th Regiment of Cavalry (which later became the 34th Fort Garry Horse) as one of the original officers of the newly formed unit. As a trained officer, he immediately volunteered to serve when WWI broke out two years later. On his way to Valcartier for training, when he was transferred to the Canadian Army Veterinary Corps, he purchased a small black female bear cub from a hunter who had killed the mother. That bear became a pet to the men at Second Canadian Infantry Brigade Headquarters (of which the 6th Battalion, formed from the 34th FGH was a part), and, after being moved to the London Zoo for safe-keeping when the brigade headed to the battle field in France, became a dear friend of Christopher Robin Milne, whose father, A.A. Milne, published the children's classic *Winnie-The-Pooh*. Maj Colebourn maintained his military relationship with the Fort Garry Horse as their veterinary officer until his retirement on 15 April 1929.

A chronological tour of the museum can be done individually (in English or French) or with CWO Gord Crossley, former RSM - FGH, as guide. The mounted regiment was formed on 15 April 1912 and saw first their first action in WWI, supporting infantry lines through countless battles. The mounted regiment became an armoured regiment in 1940, when it was determined that cavalry would not be effective in the new war. Displays include flak jackets and old equipment visitors can try on for size to feel the burden a soldier carried everyday. Their uniform displays include an army pilot's flight suit, a rare treasure from a time before unification of the three environments when Army took trained reconnaissance officers and taught them how to fly and recognize enemy positions from the air.

The tour explains the special role the FGH played on D-Day, having trained on top-secret floating Sherman tanks that were able to land on the beaches and support infantry soldiers, helping ensure that victory. Displays track the participation of members in Korea, Bosnia, helping fight the floods of 1950 and 1997. The FGH also has members training with 38 Brigades' TF 1-08 deploying to Afghanistan next year.

Then there is the central display of the Unknown Soldier. In 1977, a French police officer found the remains of what was later determined to be one of 11 men from FGH



Military enthusiasts and former FGH personnel Director Gord Crossley (right) and Chairman Larry Lajeunesse have spent the last 15 years updating the museum and its archives.

who went missing in a battle on 1 April 1918. Twenty-three years later, the same officer returned to the scene with better equipment and located a watch of one of the 11 men. "It would be nice if it was the same person, but because of the time lapse between when he first found the skeleton in the woods and when he found the watch, he can't say if it's that man or the man next to him," explains CWO Crossley. The display includes weathered artifacts found with the skeletal remains, like the metal pieces of a gas mask, a tooth brush, buttons and bullets, and examples of the same items in good condition to demonstrate what they would have looked like whole.

Downstairs on the parade square there are other artifacts — a 1955 motorcycle in good condition, the Memorial Wall with a two beautiful stained glass windows and the Roll of Honour, naming all members of the regiment who gave their lives serving with the regiment, and a Doodlebug, or Goliath. The bug is a WWII German mini tank that was operated by remote control and driven into enemy territory. When next to its target, the operator pressed a switch and the little vehicle exploded. It's one of only a handful left in the world.

The museum office upstairs contains extensive archives, documenting the roster of the regiment and much more. "The archives have moved from a bunch of stuff in boxes to a really accessible series of files and records," said CWO Crossley. Volunteers have transcribed handwritten descriptions of battles, lists of nominal roles, war diaries and other records to computer for easier reading and quick searching. Call the museum at 586-6298 for more information or to book a tour outside of their weekly hours, open to the public weekly on Monday nights from 7:30 pm-10:00 pm.



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On 17 May, Health Promotion and volunteers of the Strengthening the Forces team participated in the "STOP AND THINK BEFORE YOU DRINK" awareness campaign. The goal of this campaign was to increase awareness of responsible drinking and the Low Risk Drinking Guidelines (LRDG). The LRDG are: No more than 2 standard drinks on any one day. Women: up to 9 standard drinks a week Men: up to 14 standard drinks a week

The beverage insulators that were given out had the LRDG recommendations printed on them, along with a booklet that contained the consequences of drinking and driving from MPI, and messages from MADD. In order to encourage people to "STOP AND THINK BEFORE THEY DRINK" the campaign took place before the May long weekend, which is known for having the most fatal car accidents related to drinking and driving and the most DUI offences.

Health Promotion would like to thank everyone for their patience at the gates and also the volunteers who helped make this campaign a success: Cpl Jason Chapdelaine, Maj Doug Mattila, MWO Adrienne Miller, MCpl Gaston Fontaine, Melisa Chudobiak, Rick Harris, and Capt Dale Troia.

(above L-R) Maj Doug Mattila, MWO Adrienne Miller and MCpl Gaston Fontaine volunteered at the Air Force Way gate.

Annual Safety Exhibition



Wing General Safety hosted their second annual Safety Exhibition on 9 May 07. The event, held in the Fitness and Sports Centre, drew about 1000 visitors, doubling last year's attendance. "The event went very well," said 17 Wing GSO Chuck Haarsma. "We had more people than last year, we had a steady flow of guests visiting the exhibition, and we had very positive comments from guests as well as the exhibitors."

Forty exhibits, with 90 exhibitors, brought in a wealth of Health and Safety information from government agencies like Manitoba Hydro, and Worker's Compensation Board of Manitoba. Other displays included SAFE Workers of Tomorrow, the Canadian Forces Recruiting Centre, Manitoba Public Insurance and Human Resources & Social Development Canada (Labour). From 17 Wing there were displays by Health Promotion, Radiation Safety, the Military Family Resource Centre and the Fire Department. The Directorate of General Safety, NDHQ, also participated with representation from Ms. Hilary May of Ottawa. The day included a barbecue and entertainment from the Air Command Band. Many of the exhibitors offered door prizes and various promotional items. The diverse exhibitor representation allowed visitors a chance to exercise their Right To Know and Right To Participate in this yearly event.

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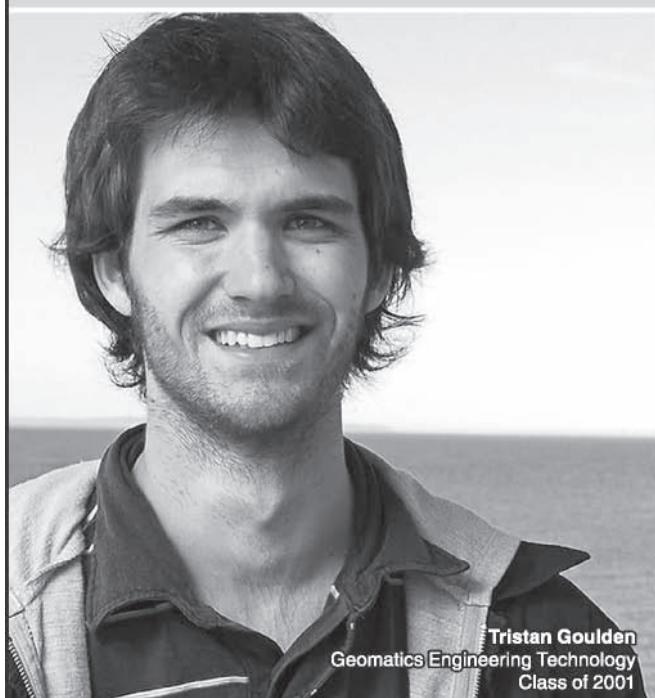
Founded by veteran Don Leonardo and Jane Myden, the mission of VETERANSOFCANADA.CA is to raise awareness, promote patriotism and encourage a commitment to support our heroes by forming partnerships with the business community nationwide.

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Behind the success of the online benefit program and to reach the business community nationwide, VETERANSOFCANADA.CA has established a Hero Workforce comprised of retiring and medically released heroes and reservists. Each Business Partnership provides a donation to the local MFRC and contributes to the establishment of the Foundation for Canadian Heroes.

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Tristan completed his Geomatics Engineering Technology Diploma at the Centre of Geographic Sciences (COGS) at NSCC's Annapolis Valley Campus. Since NSCC credits are recognized at many colleges and universities across Canada, he was then able to complete his five year Geomatics Engineering degree in just four years at the University of New Brunswick.

Tristan's work has taken him to the Mediterranean, Texas, and Georgia. He currently works at the NSCC's Applied Geomatics Research Group.

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Sea King Pilot Wins Handyman Superstar Challenge

By Holly Bridges, Chief of the Air Staff Public Affairs

Captain Kevin Howe can finally talk about the secret he's been keeping since last September. The CH-124 Sea King pilot from 423 Maritime Helicopter Squadron at 12 Wing Shearwater has won the Handyman Superstar Challenge on HGTV!

"It's been nine months of agony," jokes Capt Howe from his home in Musquodoboit Harbour, Nova Scotia. "Even my mother called me from Ontario to tease me about not telling her."

With his wife, their two young sons and friends gathered around the television, Capt Howe watched as the final episode unfolded and his victory was secured before millions of Canadian viewers.

For the final challenge, the three remaining contestants were given twelve hours to design an outdoor living space and then build it in six hours with the help of a professional contractor, carpenter and labourer.

And how appropriate was this – Capt Howe chose to build a helicopter-shaped play structure that impressed the judges to no end. "He's good," said the normally gruff and tough-as-nails judge Mike Holmes, star of Holmes on Homes as he inspected the structure for safety and stability.

What finally pushed the judges to pick Capt Howe over his other two competitors was his charismatic personality, his obvious leadership abilities in directing people (which Capt Howe credits to his military training and experience in the cockpit), and his passion for designing and building. "If I was flipping channels and Kevin was on, I would stay and



watch," said judge Shasta Lutz.

It was a tough decision for the judges, though – they deliberated for hours after the final challenge ended, at one point wanting to choose all three because of their excellent work. In the end, though, they could only pick one, and Capt Howe had the entire package they were looking for.

"It was a fast and furious pace and I enjoyed every minute of it," says Capt Howe. "My final two competitors were extremely talented and I consider them friends. Their design and building skills were second to none." Capt Howe beat out 11 other competitors to capture the title.

So what happens now for Capt Howe, Canada's newest reality TV star? The winner of the Handyman Superstar Challenge gets to host his own TV show, after all.

All I know is I'll be going up to Toronto at some point to talk to the network about what the show will be. Nothing has been decided just yet."

We'll continue to follow Capt Howe's journey from pilot to TV star as details become available.

Congratulations Capt Howe for a job well done!



17 Wing members training for the Four Days Marches Nijmegen in July are up to 30 kms a day, four days a week. (above) On 8 May, WComd LCol Sam Ness and WCWO Glenn Wallace laced up and joined the team on an early morning 15 km trek.



Keeping it clean - volunteers from the Wing spent the morning on 11 May tidying up the grounds of 17 Wing. (above) LCol Sam Ness, WComd, and CWO Glenn Wallace, WCWO, led the troops hard at work.

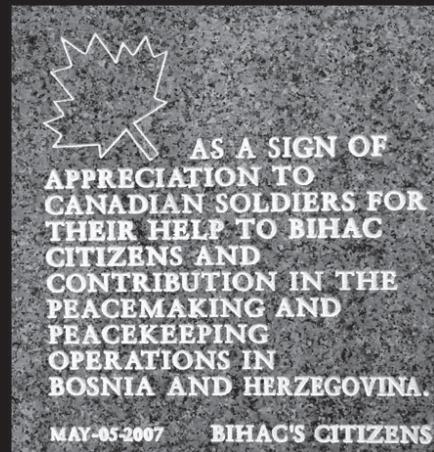
Bosnian Park Dedicated To Canadian Forces

CEFCOM

In recognition of the significant contribution the Canadian Forces (CF) have made to help bring peace and security in the Bihać region of Bosnia-Herzegovina, the Mayor of Bihać, Mr. Hamdija Lipovaca, announced the dedication of a local park, Canadian Memorial Park, during a ceremony held in Bihać on 6 May 07.

With this dedication, Canadian Memorial Park will serve as a permanent reminder of the sacrifices made by members of the CF, especially those who were wounded or killed while serving as part of peace-support operations in Bosnia-Herzegovina. Since 1992, more than 40,000 CF members have served in the Balkan region, of which 23 Canadians lost their lives in the service of peace.

"The men and women of the Canadian Forces have left a very positive impression of Canada upon the people of Bihać," said Mayor Lipovaca. "It is fitting then that this park dedication serve as a lasting memory of Canada's devotion to helping the people of Bihać return to a peaceful way of life,"



he added.

"Our soldiers, sailors and Air Force personnel have formed deep-rooted bonds of friendship with the people of Bihać they have had the privilege of meeting and working with over the past decade and a half," said Major-General Stuart Beare, who at-

tended the ceremony as the senior Canadian military representative. "We in the Canadian Forces, as well as all Canadians, share a great sense of pride knowing vital infrastructure has been re-built and there is now burgeoning prosperity evident with busy shops, crowded cafes and bustling streets,"

he added.

Canadian Memorial Park is located along the Una River, which runs through the town of Bihać. This specific site was chosen for its peaceful setting and popularity as a destination for both the local population and tourists.

Soldier On Fundraiser

By Avery Wolaniuk

Members of 435 Sqn are inviting the military community to come race with them on 17 June in the 29th Annual Manitoba Marathon on Father's day. The runners are using the event to fundraise for the Soldier On Program, with participants collecting pledges for their efforts.

The Soldier On Program, an initiative of the Canadian Paralympic Committee (CPC), is designed to aid the recovery and rehabilitation of CF members. "The Soldier On Program is not a charity but an investment, and everyone wearing a military uniform should consider it as such," says Sgt Harrison. "The program is designed to aid military members who have become paralyzed or have received an amputation (regardless of the cause) to recover and enhance their life through sport. All members of the CF have the potential to benefit from the program."

The event, says Sgt Harrison, is not just for dedicated athletes. "Anyone looking to have a good time and test their limits should participate," he says. "There are different events to enter, so really there is something for everyone." Groups can sign up for the relay event (five members each run a 9km leg), and individuals can sign up for the half or full, or to be connected with a relay team with spots to fill. "The

full and half marathons will be run in a group; however, if one wanted to support the cause and run for a personal best, that is certainly encouraged," adds the Sgt.

Participants run for their own reasons, says Sgt Harrison. "Firstly to put our support behind the Soldier On Program, as well as fostering some camaraderie and esprit de corps. Lastly, we [at 435] wanted to put it all together with an opportunity for anyone looking to challenge themselves, conquer an obstacle and achieve a personal goal."

435 Sqn has its own internal race challenge on the go between ground crew and aircrew, and they would love for another unit to try and outdo their efforts. For those interested in donating without running, visit www.paralympic.ca, click on Foundation, follow the links and designate "Soldier On" on the donation page.

Contact Sgt Harrison at harrison.se2@forces.gc.ca by 8 June for more information or for a pledge sheet. There is no minimum or maximum requirement for pledges. Anyone who is already registered to run on their own but would like to collect pledges for Soldier On, or would like to run the half or full marathon with the group should also contact the Sgt. Information and registration fees can be found, and registration completed online until 12 June, at manitobamarathon.mb.ca.



Contact Sgt Shawn Harrison for more information on running one of the events in the Manitoba Marathon in support of the Soldier On Program.

Photo By Avery Wolaniuk



17 Wing Community Church Invites Children To Avalanche Ranch *A Wild Ride Through God's World*

"This year our church is a stampede of excitement as we visit Avalanche Ranch," says Padre Magdziak. "Our Avalanche Ranch program will provide fun, memorable Bible-learning activities for kids ages four to 12. Each day, kids will sing catchy songs, play teamwork-building games, nibble Chuck Wagon Chow, take on a Daily Challenge to let God's love grow into their homes, experience electrifying Bible adventures, collect Bible memory Buddies to remind them of God's Word, and create Crafts they will take home and play with all summer long."

VBS is open to both parish communities and all dependent children between the ages of four and 12 years. The program will be held in the 17 Wing Community Chapel (2235 Silver Ave, off Whytewold/Wihurri). Mosey on down!

DATES: 16 - 20 JULY

TIMES: 9:00 AM – 12:30 (EACH DAY) 8:30 am on Monday 16 July

COST: Before 30 June:

\$7 PER CHILD To a maximum of
\$18 PER FAMILY

After 30 June:

\$10 PER CHILD to a maximum of
\$20 per FAMILY.

Payable to "17 Wing Roman Catholic Community"
(Fee is for refreshments; the VBS is free.)

For more information please call Michelle Wohlgemuth at 831 0113, or call 833-2500 extension 5087 (Carol Cochrane), 4274 (Andrea Muralt), or 5272 (Padre Lance Magdziak).

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Soldiers train at CFB Shilo during Ex Patricia Warrior, preparing for deployment to Afghanistan next February.

Battle Group Gets Battle Ready

By Layne Thiessen, Shilo Stag

The ground shook and the hills trembled as thick black smoke darkened the sky. Deafening thunder echoed over the countryside as mortars exploded and constant, heavy machine gun fire was directed towards an imaginary but hostile and formidable enemy. Over 400 members of the TF 1-08 Battle Group are preparing for their deployment to Afghanistan next February in Ex PATRICIA WARRIOR.

Once formed, the Task Force will have a troop strength of approximately 1,100 members, including 400 reservists. It will be made up of members from 2 PPCLI and 1 RCHA as well as rifle companies, platoons, and squadrons from Edmonton, Valcartier, and Goose Bay. The exercise, which runs from May 7 to 31, focuses on low-level collective training where soldiers will be learning how to work together when operating LAV IIIs as well as using different communication and weapons systems, all skills that will be required in combat in Afghanistan.

"At this initial stage of collective training we are trying to master the basics of soldier skills at the section and platoon level which will allow us to go over and accomplish the specific tasks that we will be required to do as a battle group," says 2 PPCLI DCO Maj Stephen Joudrey.

Soldiers in LAV III exercises will focus on zeroing in on targets as well as static shooting where a group of LAV IIIs engage vehicle targets at varying distances. Soldiers will also practice firing C7 rifles as well as C6 heavy machine guns and anti-tank weapons. Pte Andrew Gushue, a member of 2 PPCLI who will be leaving with the Task Force in his first overseas tour in February is confident that the battle group and its individual members will be well prepared.

"It's always good to get familiarized

with the ground fighting and using the weapons systems. We'll be proficient and ready for our tour overseas."

Aiding in the training of the soldiers are 70 recent returnees from Shilo's A Coy who served on TF 3-06 in Afghanistan.

"Having had a number of soldiers, officers, and NCOs in this battalion that have been there and have come back allows us to use their skills and expertise to build as close to realistic ranges as we can. Our drills change as a result of combat," says Maj Joudrey.

Soldiers in the TF 1-08 Battle Group will be in a new position as they will be in a combat command role when they arrive in Afghanistan and will be maintaining a command headquarters. Maj Joudrey, however, is confident that the training the soldiers receive will more than adequately prepare them for any new challenges they may face.

"We haven't sent over headquarters before and this will be the first time that this unit will be commanding a battle group. We have command control responsibility and it's an added training and operational task, but it's what we join and train for, and we're looking forward to it."

Joudrey says that the mission of the battle group in Afghanistan will be of significant importance and could include a variety of tasks.

"We could run into any number of tasks including humanitarian aid and supporting humanitarian efforts, as well as combat related tasks."

After finishing the first stage of collective training at the end of May, the second stage will take place at CFB Wainwright where the troops will engage in validation and theatre training. The battle group will return to Shilo in the fall where soldiers will undergo cultural awareness training while reviewing the skills they have learned throughout the training process.

Statement By The Minister Of National Defence On The Death Of Cpl Benoit Chevalier

National Defence

OTTAWA, May 6, 2007 — The Honourable Gordon O'Connor, Minister of National Defence, issued the following statement today on the death of Corporal Benoit Chevalier:

"We deeply mourn today's loss of a dedicated Canadian Forces member who died in an aircraft accident in the Sinai in Egypt. Corporal Benoit Chevalier, an Aerospace Control Operator from 3 Wing Bagotville (Quebec), was part of a team of six air traffic controllers deployed to provide flight services for the Multinational Forces and Observers in the Sinai.

A highly regarded and important member of the Canadian Forces personnel assigned to this operation, Corporal Chevalier



Corporal Benoit Chevalier

was fulfilling a key role in the Canadian contingent. His comrades will forever remember him as an extremely thoughtful and professional airman.

My heartfelt sympathies and thoughts are with the family and friends of Corporal Chevalier, who should be extremely proud of this member's honourable

service to his country. I would also like to extend my deepest condolences to the families and friends of the other personnel who died in this accident.

We will mourn the memory of this brave Canadian, who echoes our values as a nation helping to spread security and stability across the globe. I am deeply honoured by the commitment and professionalism that Corporal Chevalier demonstrated."

| Defense Aboriginal Advisory Group | Groupe consultatif des Autochtones de la Défense (GCAD) |
|---|---|
| MEETINGS HELD: 2nd Thursday of each Month 1200hrs | Rencontre chaque deuxième Jeudi du mois A 1200 hrs |
| LOCATION: Training & Education Centre Room: 200 | Au Centre d'éducation et d'entraînement Salle 200 |
| New Members are asked to call to confirm date and room: Sgt Devin Beaudry: local: 2409 Natalie Gasc: 984-3222 | Ci vous êtes un nouveau membre intéressé S'il vous plaît contacter pour confirmer la prochaine rencontre: Natalie Gasc: 984-3222 Sgt. Devin Beaudry: 833-2500 extn. 2409 |

Aerospace Power Review 2007
ALERT TO AFGHANISTAN
Projecting Canadian Aerospace Power in EXTREME ENVIRONMENTS

| CFSAS Theatre, Bldg. 84, 17 Wing | |
|--|--|
| TUESDAY, June 19th | |
| 0815 Registration / Coffee & Donuts | 0800 Admin / Intro Guest – APR Co-ord |
| 0840 Opening Remarks / Welcome – APR Co-ord | 0805 Guest Speaker |
| 0850 Opening Remarks / Intro CAS – Comdt CFSAS | 0900 High Arctic Communications Using Molniya Orbita – Capt Kerber |
| 0900 Keynote Speaker - LGen Lucas, CAS | 1010 Airborne Network Using Common Data Link For Canadian ISR – Capt Watts |
| 1000 Strategic Lift Hybrid Airships – Capt Bylsma | 1110 Millimetre Wave Enhanced Vision Imaging For Use In Helicopter Operations FltLt Wilson |
| 1100 Swarming UAV Technologies – Capt Diakow | |
| LUNCH | |
| 1300 Fuel Cell Applications For Tactical Uninhabited Aerial Vehicles – Capt McCorquodale | |
| 1400 Battery Performance and Safety in Aerospace Applications - SQNLDR Hutchison | 1310 THz Systems for Detection of Concealed Explosives and IEDs - Capt Ireland |
| 1500 Application of Smart Structures in Aerospace – Capt Dufault | 1410 Intro Closing Speaker – APR Co-ord |
| 1555 Closing Admin Remarks | 1415 Closing Remarks |
| 1600 Meet & Greet at 17 Wing Officers' Mess | 1445 Closing Admin – APR Co-ord |
| | 1900 ASC Graduation Dinner – 17 Wing Officers' Mess (by invitation) |
| | 1930 |



The crew of HMCS Winnipeg presents \$1000 to Founder and Partnerships Co-ordinator of Winnipeg Harvest, Lee Newton. The personal donations from the sailors will help move \$20,000 worth of groceries to Manitobans in need.



HMCS Winnipeg crew, with XO LCdr Derek Moss (left), help out at Harvest packing meals that will be distributed throughout the city.

HMCS Winnipeg Sails Through Town

By Avery Wolaniuk

HMCS Winnipeg was in town in early May with a crew of more than 30 for the annual visit to their namesake city. The group stopped by their key charities, local schools, veterans, cadet corps, and made official visits throughout Winnipeg. "We try to focus on a couple of particular charities that enjoy seeing us each year, and we really enjoy coming in and helping them out," said the ship's Executive Officer (XO), LCdr

Derek Moss. "We figured with more people we could really spread ourselves out and cover more areas."

One of the ways the crew helps their city is with donations collected throughout the year and presented during the visit. Money raised through fun events while at sea was donated to Winnipeg Harvest and the Children's Burn Fund, the ship's key charities. Those donations are hugely appreciated by the staff who receive them. The \$1000 donated to Winnipeg Harvest will move \$20,000

worth of food to families in need throughout the province; 39 000 Manitobans access the food bank every month, half of them children. At the hospital, the money goes towards the extras, like TVs and movies, that make a child's stay at CK3 easier but aren't met through the hospital's budget.

Among the crew visiting were four homeowners, who had a chance to visit with parents while here. "They've been able to see their families, who have met their shipmates, and it gives them a little bit of a better idea as

to what their sons and daughters on the ship and what kind of great people they are working with," the LCdr said.

Overall, the XO said, the visit was outstanding. "It's my first time staying in Winnipeg for any length of time and I see why the plates say 'Friendly Manitoba.' We've been treated like royalty since we've been here," said LCdr Moss. "We've got out and met people, garnered some awareness for the Navy and the Canadian Forces, and connected with our namesake city."

10th Annual Rotary Career Symposium



Kate Weber with Cpl Dale Keizer at the 2007 Rotary Career Fair. Kate is looking forward to a career within the Air Reserves.



Sarah Makhour – Fort Richmond Collegiate with 2Lt David Hoang CFANS during the 2007 Rotary Career Fair.



Pte Duane Marais, C Coy, 2 Bn PPCLI, CFB Shilo with Kristin Primmer from the Fort Richmond Collegiate, Luzminda Delarosa, Regina Munsayac and Criseta Manimtim of Winnipeg in a LAV III.



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Every one of us in uniform is a CF recruiter. If you are willing to talk to strangers about what you do for a living you just got nominated to take part in Operation (Op) Connection.

Op Connection engages the entire chain of command in an aggressive and comprehensive recruitment strategy aimed at revitalizing the CF's recruiting culture. This CF-wide initiative is designed to attract and enroll quality recruits in adequate numbers to meet the CF's intake requirements.

With the average student attendance of 5,000 per day, the 10th Annual Rotary Career Symposium at the Winnipeg Convention Centre on 11-12 April provided an excellent opportunity to connect with Canadians. Every high school in Manitoba was invited to bring their senior one through four students to explore the opportunities presented. Information about the symposium was also posted at the universities and colleges to attract an even higher attendance from those individuals already involved in post-secondary pursuits and those looking at entering the work force in a full or part-time capacity.

CFS Dedicated Service Awards



**Maj Jeff Butterworth of Central Flying School is presented his CD1 by
LCol Kaskins, Comdt CFS.**



Maj Mike Wolter of Central Flying School is presented his CD1 by LCol Kaskins, Comdt CFS.



Capt Rob Chapman of Central Flying School is presented his CD2 by LCol Kaskins, Comdt CFS.



Capt Scott Anningson of Central Flying School is presented his CD by LCol Haskins, Comdt CFS.



WO Phil Corneau from 1 Cdn Air Div HQ AF Trg receives a Wing Commander's Commendation from LCol Sam Ness, WComd, on 15 May 07, in recognition of his outstanding dedication to his position as the 17 Wing Flag Party Commander. Since joining the Flag Party in February 2005, this WO rehearsed, trained, and was the Flag Party Commander on numerous occasions, including many CFANS Grad Parades and Change of Command parades. He also took the responsibility of training several outside organizations as to the proper drill and protocol for events, most recently the Moose Game on 10 March 2007. Through his tireless efforts and exceptional dedication, the image of the Cdn Forces in general and 17 Wing in particular has shone even brighter in the eyes of the general public.

A flyer for a Blood Donor Clinic. The background is red. At the top left, the text "BLOOD DONOR CLINIC" is in large white capital letters. Below it, "CFB 17 Wing", "Building 21 - Gymnasium", and "Wednesday, June 20" are listed. Underneath those, "11:30 am - 3:30 pm" and "Please eat before donating." are listed. At the bottom, "Bring ID bearing full name & signature or photo." is written. On the right side, there is an oval logo for Canadian Blood Services with a maple leaf and the slogan "it's in you to give".

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Battle Of Vimy Ridge

On 9 April 07, the restored twin limestone towers commemorating the Battle of Vimy Ridge and the men who sacrificed their lives there were unveiled and rededicated. LCol Ed Haskins, CFS Cmdt, was in the crowd with his family that day. He travelled to Arras, France with the medals of four personnel from CFS. These are some of his observations from the trip.



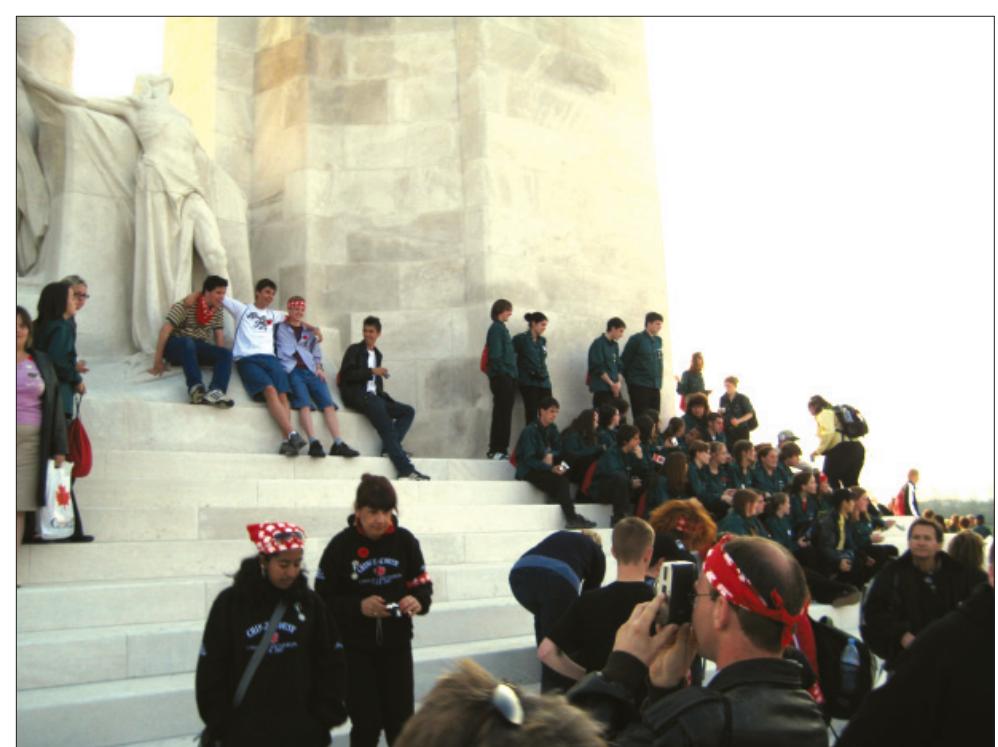
The Canadian Corps has once again occupied Vimy Ridge. The bands are central to the picture on the stairs, and the four "guards" are representative of the four Canadian Divisions in the Corps, with two soldiers from each of the regiments present that day in the guard.



Taken early in the morning of the Sunday rehearsal with brilliant full on sun, this classic Vimy perspective, taken from the front of the monument, on the German side, looking up past "The Tomb" to Mother Canada weeping and the two pillars of Canada and France



After the ceremony — crowds swarmed up the steps on both sides, and around and up the roads on either side. Clearly, the ones visible weren't looking at the art, they were just enjoying being there, and the view, and standing on their monument. On closer observation, one could see that everywhere, the crowds behind the first wall, up on the second tier, someone was touching a name. Many were taking rubbings. All were in awe of the spectacle of the 11,285 names. When you look at this, you can imagine what it would look like to see the Ghosts of Vimy looking out from "their" memorial that afternoon.



It'd be easy to see the wrong things in this picture. When I took this, it wasn't because I saw high school brats high-fiving and a school class sitting together. Instead, after a day of walking among the Ghosts of Vimy, I saw a formed unit sitting on the Ridge, and young soldiers - a band of brothers - together, not knowing what tomorrow would bring, but not caring, because this day, at this instant, they had each other and they had the moment. We've all been part of a band of brothers like that at some point in our careers, this one was just 90 years waiting to be seen.

1 Cdn Air Div Commander's Commendations



WO Lacasse receives a 1 Canadian Air Division Commander's Commendation from MGen Bouchard.



MCpl Dumonceaux receives a 1 Cdn Air Div Commander's Commendation from MGen Bouchard.



Cpl Prudencio receives a 1 Canadian Air Division Commander's Commendation from MGen Bouchard.

Get Going, Get Fit

Spring is here and it's time to get active. What should you do and where should you go? First of all, you need to start by checking out 17 Wing's Fitness & Recreation Facility and all of the programs and classes that are offered by the 17 Wing Community Recreation Association.

Bldg 90 Fitness & Recreation Centre is located at 680 Wihuri Rd. It has a high quality cardio/weight room with treadmills, EFX machines, lifecycles, rowing machines, steppers, free weights and stack weights. It has four squash courts, a sauna, a great gym floor suitable for all sports and a multi-purpose room with dividers capable of hosting a variety of activities. If you enjoy being outside and you'd like to add variety to your training regime, then you might want to try out our new 10 station-running trail as well. Bldg 21 is another Fitness facility for Military personnel and civilian employees working at 1 Cdn Air Div HQ. It also offers cardio equipment and a full-size weight room. Civilian employees do require a Community Recreation Association membership to use this facility.

Our Pool Facility consists of a 25-yard pool, a leisure pool for children and a jacuzzi. We have military morning swims, noon hour swims and casual timings in the evenings and

weekends to help meet the needs of all of our members. We also have swimming lessons for all ages including semi-private and private lessons.

We offer a variety of fitness classes during the day and evenings and if you enjoy group fitness classes then you might want to try them out — yoga, sculpt & tone, kickboxing, pilates, aquafit, spin and circuit training but if you prefer to work out on your own we do have personal fitness trainers that can assist you with a personalized fitness program.

Maybe you'd be interested in getting involved with one of our clubs — Badminton, Ceramics, Gardening, Juggling, Judo, GoJu Karate, Shotokan Karate, Scuba, Strategy Gaming, Swimming, Toastmasters or Wood-hobby. Or, your children might be interested in participating in the numerous activities we have throughout the year including some fun summer camps and the Youth Advisory Council. And if you are looking for something to do with the entire family you can join us at the Air Command Band Holiday Concert or our Family Fun Day, which is coming up in September.

As you can see, we have a lot going on at the Fitness and Recreation Centre and with the increased demand on fitness and the use

of our facilities we have made some adjustments to the membership prices.

Application forms for membership cards are available at Bldg 90. You will require a recent photo for each person joining (no larger than 3cm x 3cm).

A large number of Regular Force personnel pay their WMCA Recreation Membership by pay allotment. To assist these members, the Community Recreation Director will liaise with the 17 Wing Orderly Room so that the pay allotments will automatically reflect the increases effective 1 July 07.

People need to be physically active to be healthy. Our modern lifestyle, with all the conveniences we have become used to, has made us sedentary.

Physical activity & Recreation is an investment in your health. Make it something you want to do, not something you have to do. Take care of your body. It's the only place you have to live.

If you have any questions regarding the programs offered by the Community Recreation Association drop in and see us at Bldg 90 Fitness & Recreation Centre or call us at 833-2500 extensions 5976, 2057 or 2059. You can also visit us online at pspwinnipeg.ca



Effective 1 July 07, the rates will be:

Regular / Reserve (Class B & C)

Single - N/A / Family - \$72

Ordinary (Retired Military w pension,

DND employees, Class A Reservist)

Single - \$92 / Family - \$119

Associate (with Reg / Res / Ordinary sponsor)

1 Year Single - \$384 / Family - \$540

6 Months Single - \$219 / Family - \$299

1 Month Single - \$42 / Family - \$55

Fees for Club Only

Mil Dependant & Ordinary Single - \$25 / Family - \$38

Associate Single - \$53 / Family - \$80
(These prices include GST)

Drop-In Fees

Children 14 yrs & under \$2.00

Students 15-17 yrs \$3.00

(proof of age required)

Adult \$7.00

Family \$10.00

CWL Finds Spiritual Renewal At 40th Annual Convention

By Michelle Gagné

The 40th Annual Convention of the Military Ordinariate Provincial Council of the Catholic Women's League (CWL) of Canada was held 4-6 May, 2007 at 17 Wing Winnipeg. The purpose of this convention was not only to conduct business, but also to provide a means of networking for women from Councils across the country.

The theme of this year's convention was Love One Another, a theme that was adopted by the National CWL for the period 2006-2008. As Lise Medford, CWL's Military Ordinariate President wrote in her letter, "without God's love, we would have no purpose or hope." To further promote this theme, attendees spent time reflecting on what this theme meant to them and how they could accomplish it with the help of an abundance of songs and readings.

Guests at this year's convention included the National CWL President, Lorette Noble who shared her wisdom with members, and guest speaker, Carol Hartman. Carol gave an informational presentation at the banquet regarding the Eternal Word Television Network (EWTN), a Global Catholic Network that focuses on family and religious programming. The network first aired in 1981 and provides inspiring talk shows, entertaining programs for children, teaching series, coverage of Church events and documentaries.

The convention was an opportunity to see old friends and make new ones. Although it was the first convention for the newly elected Administrative Committee, a lot was accomplished. Presidents from councils across Canada participated along with members who brought years of experience to the convention. There were also first-time attendees, some of whom were able to attend thanks to the Mickey Scott Fund, a unique program established within the Military Ordinariate. President Lise Medford and Past President Gabriele Kalincak provided a workshop on World Union of Catholic Women's Organizations (WUCWO) a world-wide federation holding membership in the conference of International Catholic Organizations (ICO) and having consultative status with agencies of the United Nations. Their presentation included the history and work accomplished by this organization.

The Mickey Scott Fund was established in 1996 by Terri



Father Alain Guevremont, outgoing Spiritual Advisor, receives a presentation from Gabriele Kalincak, Military Ordinariate CWL Past President and Lise Medford, Military Ordinariate CWL President.

Scott in memory of her husband who was very supportive of her work within the CWL. The fund assisted in the costs associated with the convention for two of our newer members who had not yet had the opportunity to attend a Convention. As a result of this funding, they can learn more about the CWL and have the opportunity to network with like-minded women. This year's enthusiastic recipients were Carol Hartman from Shilo and Kara Hodge from Edmonton.

In addition, Father Tim Nelligan was welcomed as the Military Ordinariate CWL's new Spiritual Advisor, replacing Fr Alain Guevremont, who will be dearly missed.

As always, the ladies of the CWL and their Spiritual Advisors from the Chaplain team walked away spiritually renewed and enthusiastic to return to their respective Councils with new ideas or confirmation that they were on the right path.

The CWL was organized nationally on June 17, 1920 and granted federal incorporation on December 12, 1923. The League is officially recognized by the Canadian Conference of Catholic Bishops (CCCB) as a lay association of women and is affiliated with the WUCWO. The CWL has over 9,700 members from across Canada while the Military Ordinariate has 314 of those members within their organization. Anyone wishing to join this great team of volunteers is encouraged to contact the Council at their local Roman Catholic Chapel.

Managing Your Computers Power Usage

The US Environmental Protection Agency (EPA) has estimated that providing computers with "sleep mode" reduces their energy use by 60 to 70 percent –and ultimately could save enough electricity each year to power Vermont, New Hampshire and Maine, cut electric bills by \$2 billion, and reduce carbon dioxide emissions by the equivalent of 5 million cars.

Similarly, most monitors have built-in power management systems that allow them to automatically go off when not in use. A monitor's power management system is NOT the same as "Screen Saver" programs, which were designed to "save" the phosphorescent coating on the inside of the CRT screen, thus giving it a longer life. That, however, is the only thing they save. Instead of saving energy, screen savers that display moving images actually cause your monitor to consume almost as much electricity as during active use. Even a blank screen saver only reduces monitor energy consumption by a few percent.

Follow these simple steps to enable computer and monitor power management features for Windows 95. Windows 98 and 2000 have similar enabling instructions. If you are running on a different operating system visit <http://wings.buffalo.edu/ubgreen> for enabling instructions.

1. Click "Start" at the bottom left side of your screen.
2. Go to "Settings" and Click on "Control Panel."
3. Open "Display" and Click on "Screen Saver."
4. Click on "Power" and select the "Hibernate" Tab. Enable "Hibernate" and click "OK".
5. Now you should be back at the original "Screen Saver" window within "Display Properties". Click on "Power" and select a time for which to set your system to hibernate (choose a medium duration, e.g. 30 minutes). Click "OK".
6. Now you should be back at the original "Screen Saver" window within "Display Properties". Click on "Power" and select a time for which to turn off your monitor (choose a short duration, e.g. 10 minutes). Click "OK".
7. Click "OK" within your "Screen Saver" window.
8. Applause!

When your computer goes into sleep mode/hibernation, in order to "wake it up" you will need to simply press the power button. When your monitor turns off, it is easy to wake it up. Just move the mouse. For either computer hibernation or your monitor's built-in power management system to work, your monitor must go blank.

Smart Energy Use in Manitoba

The Un-Realized Link to Helping Address Climate Change

By Mark Dettman, 17 Wing Environment

Tuesday, June 5, is World Environment Day while the week of June 3-9 is Canadian Environment Week.

Originally established in 1972 by the United Nations General Assembly, World Environment Day is commemorated each year on 5 June. The Canadian response to the actions taken by the United Nations was to create Canadian Environment Week via an act of parliament. Canadian Environment Week occurs every year during the week that includes June 5.

Last year, 17 Wing Environment not only highlighted the department's commitment to environmentally sustainable defence activities, but provided an introduction to the duties and responsibilities of 17 Wing Environment & Hazmat. In support of International Polar Year, the theme for World Environment Day 2007 focuses on the effects that climate change is having on polar ecosystems and communities, and the ensuing consequences around the world. Therefore, for Canadian Environment Week 2007, 17 Wing Environment & Hazmat would like to highlight the department's initiatives related to climate change as well as identify the often ignored or unrealized link between 17 Wing's day-to-day operations and impacts related to climate change.

In the 4th iteration of the Department of National Defence's Sustainable Development Strategy (SDS) "Environmentally Sustainable Defence Activities, 2006", the issue of climate change is addressed via several initiatives such as the development and management of urban forests on DND property (carbon sequestration), expansion of the Green Building process (energy efficiency and reduction in greenhouse gas emissions) and the acquisition/use of green vehicles (reduction of greenhouse gas emissions). As per the departmental SDS, 17

Wing, like other Department of National Defence installations, already has or is incorporating measures to meet these initiatives. However, an often ignored or unrealized link between 17 Wing's day-to-day operations and climate change, that can be addressed without cost through the help of 17 Wing personnel, is that of wasted energy and the greenhouse gases emissions associated with the wasted energy.

Although 17 Wing has undergone and made changes recommended by energy efficiency studies, the typical fluorescent light

(2 fluorescent bulbs per light) on the Wing uses approximately 0.25 KWh of electricity over an 8-hour day. The average personal computer and its monitor at the Wing uses between 0.76-2.38 KWh of electricity over an 8-hour day. Although that doesn't seem like very much energy, when you factor in all of the office lights as well as the estimated 1500 personal computers and their monitors on the Wing and combine that with the requirements for outdoor lighting at night, for heating/cooling and for items of operational necessity, the daily and annual energy consumption of the Wing is immense (14,585,422 KWh or 14,586 MWh for 2006). However, if we consider that simple changes in the collective behaviour of Wing personnel such as turning the lights in an office off when no-one is present (even for a short time) or incorporating a "sleeping" monitor or "stand-by" choices for your computer system (which only uses 0-0.015 watts and 0.001-0.006 KW respectively) can save significant amounts of energy, then why aren't such actions done by everyone at the Wing? With this in mind and with some foresight, the link between electrical energy

conservation in Manitoba, whether at the Wing or at home, and the ability of those actions to play a role in effectively combating climate change can be explained.

Manitoba Hydro, the province's electrical utilities provider, generates its electricity via several forms with the predominant form being through hydro generating facilities on our northern and eastern rivers. The cost that is paid by Manitobans for this clean electricity varies. However, when compared to other provinces or states, the cost we as Manitobans pay is extremely low, which in

turn, has influenced our behaviour with regards to how we manage our daily electricity use. As part of its business, Manitoba Hydro is involved in agreements to sell excess electricity outside of Manitoba's borders to both public and private utility companies in Ontario and the United States. Although nuclear energy accounts for over

50% of Ontario's electricity generation mix, 23% of their electricity comes from carbon emitting sources. Xcel Energy, the private energy company in Minnesota and the largest company in the region to which Manitoba Hydro exports energy, supplies electricity to 8 mid-western states. Xcel Energy has 86% of their electrical generation mix originating from carbon emitting sources that contribute to climate change. It has been calculated that between 1300-2100 pounds of CO₂ (dependent upon source) are released for every megawatt of electricity produced through the burning of fossil fuels. During calendar year 2006, Manitoba Hydro exported 12,312,270 MWh of electricity to the United States alone. From using only the relationship that exists between Manitoba Hydro and Xcel Energy, the 12,312,270

MWh exported by Manitoba Hydro to Xcel energy prevented a maximum of 11,727,980 metric tonnes of CO₂ from being emitted to the atmosphere during 2006.

Therefore, because of the above-mentioned relationships, Manitobans and 17 Wing personnel have the ability to have a greater impact on climate change and reduce greenhouse gas emissions than they might think. Making small adjustments to behaviour at work (or at home) will not only help 17 Wing reduce its electricity budget but the excess electricity that is saved allows Manitoba Hydro to export increased amounts of cleaner electricity to other locations in Ontario and the United States and prevent the emittance of greenhouse gases.

In order to play a part, simple and inexpensive adjustments that can be made at work (or at home) may include;

- adjusting your computer to automatically turn off the monitor or go into power save mode after short periods of inactivity (see instructions on separate page).
- turn off your computer when finished for the day.
- using natural light from windows to light your work area in the summer (where available).
- turning off the lights in you work area or office when leaving for longer than a few minutes.
- during periods of high temperature, keep windows closed if using air conditioning.
- during periods of high temperature, use blinds/curtains to reflect heat if using air conditioning.
- install a programmable thermostat to better control household heating/cooling
- install compact fluorescent bulbs where you can (at home).

"The ultimate test of man's conscience may be his willingness to sacrifice something today for future generations whose words of thanks will not be heard."

— Gaylord Nelson
former governor of Wisconsin,
co-founder of Earth Day

Not Just Talk

Examples of DND's Commitment to Addressing Climate Change

By Christopher Aguirre, A4 AE Env 3-1

As briefly mentioned in the previous article, the Department of National Defence (DND) is committed to addressing climate change via several initiatives. Those initiatives will be met by developing and implementing a "Made-in-Canada" approach to reducing greenhouse gas (GHG) emissions, which will ensure a cleaner, healthier environment for all Canadians. DND is dedicated to developing solutions that are clean, renewable and environmen-

tally friendly. Therefore, 1 Cdn Air Div., A4 AE Env and Hazmat would like to highlight three examples that demonstrate the Air Force's determination in tackling climate change through the implementation of innovative management practices, new technologies and pollution prevention solutions.

Wind Energy

DND has installed and is currently operating a single 60 kW wind turbine generator at 8 Wing/CFB Trenton. The turbine is located at Point Petre, Ontario, on the site of a high frequency transmission antenna farm. The project was a joint effort bringing together National Resources Canada, the Canadian Wildlife Service and Vergnet Canada Inc.

The Point Petre Wind Turbine Project aims to provide a clean and renewable energy source for the electrical load at Point Petre. It has been estimated the project will help to displace approximately 123 tonnes of CO₂ per year. In addition, the project will determine the feasibility of using wind turbines at remote facilities, such as the Canadian Forces Station (CFS) Alert and CFS Eureka in the high Arctic. The potential for installing wind turbines at these remote facilities will replace the current practice of burning diesel fuels, currently required to generate electricity. In essence, this green technology would help to reduce GHG emissions while effectively saving thousands of dollars in transportation of fuel to these areas.

Currently, Canadian Forces Detachment Dundurn (CFD Dundurn), located in Saskatchewan, is in the early stages of initiating a project that would install 2-4 turbines that would each have the capability of producing 72 MWh/year of elec-

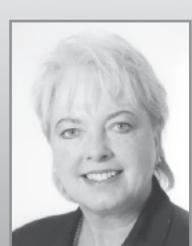
tricity. Within Saskatchewan, the majority of power is generated through the use of fossil fuels. The Dundurn project, which is made feasible due to the relatively high cost of electricity in Saskatchewan, would provide approximately 10% of CFD Dundurn's annual power requirement. The project has the potential to not only save the department money on its utilities over the long-term, but has the potential to displace a maximum of between 137 and 274 metric tonnes of CO₂ per year.

Bio-Diesel Pilot Program

Another green innovation in place within DND is the Biodiesel Project at 4 Wing Cold Lake. In 2005, 4 Wing was the first Canadian military establishment to take advantage of this new technology with the introduction of a biodiesel refuelling program for its vehicular fleet. This program uses a 2% blend of canola-based biodiesel in 64 of its 282 ground vehicles.

Environmentally-friendly biodiesel is a fuel produced from renewable biological resources such as vegetable oils, animal fats and recycled cooking oil. Biodiesel is non-toxic and biodegradable and produces fewer unburned hydrocarbons, carbon monoxide and other greenhouse gases. With the prairies being capable of providing a reliable supply of canola, biodiesel supports local economies and allows local producers to be part of the solution.

4 Wing plans to increase the concentration of biodiesel to 20% and extend the program to include non-deployable vehicles in the near future. If trials continue to be a success, biodiesel can be on track to appear on bases across the country.



"In memory of those who fought at Vimy Ridge 90 years ago"

Bonnie Korzeniowski
MLA for St. James
2175 Portage Ave.
889-8073 • bonniek@mts.net



Recently promoted WO Maggie Iow, Supply Flight, is presented with a CO's Commendation from LCol Wayne Gauthier for displaying exemplary energy, diligence, and dedication while acting as the WSup & Fd Svcs Sqn SWO during the last 17 MSS deployment.



MCpl Katherine Caines, Supply Flight, receives a CO's Commendation from LCol Gauthier, LogO. MCpl Caines exhibited outstanding determination and proficiency when she initiated and completed several significant projects within Supply Flight.



Cpl Kendra Pennell, Supply Flight, receives a CO's Commendation from LCol Wayne Gauthier, WLogO, for consistently providing outstanding support to hundreds of CF personnel posted to various out-of-country NORAD units.



Cpl Elizabeth Balleny, Supply Flight, receives a CO's Commendation from LCol Wayne Gauthier, WLogO, for who exercising leadership and taking decisive action recently when assisting an injured co-worker.



Pte Hugue Iaroque, Foods Services Flight, receives his promotion from LCol Wayne Gauthier, WLogO.



Cpl Bernadette Swanson, Supply Flight, receives her promotion from LCol Wayne Gauthier, WLogO.



Lt Rod Chongva, Supply Flight, receives his promotion from LCol Wayne Gauthier, WLogO.

MND On The Death Of Cpl Matthew McCully

OTTAWA - The Honourable Gordon O'Connor, Minister of National Defence, issued the following statement on 25 May 07 on the death of Corporal Matthew McCully:

"It is with great sadness that I learned today of the death of Corporal Matthew McCully.

On behalf of all our brave men and women in uniform I extend my deepest sympathies to the family and friends of Corporal McCully. Our thoughts and prayers are with them in their time of grief. Our thoughts are also with those who were injured in the accident. We wish them a prompt recovery.

Corporal McCully was killed while conducting a joint Afghan-Canadian foot patrol - part of an initiative that enables the Afghanistan National Army to help secure peace and stability in Afghanistan and extend the legitimate authority of the Government of Afghanistan.

Through the dedication and bravery of soldiers like Corporal McCully, Canada is helping Afghans, and working with Afghans, to build a better and brighter future for Afghanistan while ensuring that Afghanistan never again becomes a base for terrorism.



Cpl Matthew McCully

The sacrifice Corporal McCully made in honour of Canada and the Canadian people will not be forgotten."

Corporal Matthew McCully was a Signals Operator, based at 2 Canadian Mechanized Brigade Group Headquarters and Signals Squadron, Petawawa, Ontario.

MND On The Death Of Capt Shawn McCaughey

National Defence

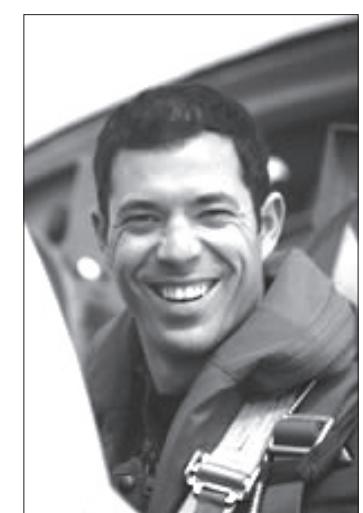
The Honourable Gordon O'Connor, Minister of National Defence, issued the following statement on 19 May 07 on the death of Captain Shawn McCaughey:

"On behalf of the Defence family and our dedicated men and women in uniform, I extend my heartfelt sympathies to the family, friends, team members, and comrades of Captain Shawn McCaughey.

This dedicated pilot and professional officer served as an ambassador of Canada by showcasing his skills and representing the best that the Canadian Forces has to offer.

Captain McCaughey accumulated over 1,400 hours of military flying time before joining the 2007 Snowbirds team. Indeed he exemplified the professionalism, excellence and dedication embodied not only by our renowned Snowbirds team but also by all serving members.

Canadians stand united in pride behind our



Capt Shawn McCaughey

Canadian Forces, and are forever grateful for their contributions and sacrifices."

Captain Shawn McCaughey, 30, from Candiac, Quebec, was in his second year with the Snowbirds and flew the No. 2 jet in the Inner Right Wing position.

Teaming Up For Ex BISON WARRIOR

By Cpl Bill Gomm

DUNDURN, SK – Approximately 400 soldiers from 38 Canadian Brigade Group (38 CBG) and 34th Infantry Division of the Minnesota National Guard took part in Exercise BISON WARRIOR at Canadian Forces (CF) Detachment Dundurn, SK 25-30 April.

For the soldiers of Charlie Troop 2-194 Armoured Reconnaissance Squadron the ranges were the highlight of the exercise.

During the firing of the personal weapons test three (PWT 3) soldiers have to run from one firing point to the next, firing from different positions, something the National Guard soldiers had never done before.

Through the week of training Canadian and US soldiers took part in a variety of ranges or stands. This included pairs, section, and platoon level dry and live ranges within a contemporary operating environment context, Fighting in Built up Area (FIBUA), Improvised Explosive Device, convoy escort, pistol and shot gun ranges.

"It was pretty good, I'm infantry, they're

armoured," said Master Warrant Officer Robert Morris, as a composite section of Fort Garry Horse (FGH) and Saskatchewan Dragoons (Sask D) took part in a dry section attack.

"They're well motivated, [have] good drive and it showed with the troops actions during the attack."

The goal of Exercise BISON WARRIOR was to challenge the soldiers, junior leaders and platoon/troop commanders in select tasks linked to the contemporary operating environment.

Though the training was mainly for the infantry and armoured reconnaissance units with in 38 CBG members of the Combat Service Support Tactical Group (CSS TG) were able to take part in the training.

"My first time for FIBUA," said 2Lt Vitaliy Churirov.

"I'm looking forward to it," said Corporal Andrew Wigg as he attached a Multiple Integrated Laser Equipment System to his C7 rifle (MILES). "It's a new experience."

For the infantry, the Platoon Live fire range was the culmination of the week's



Photo by Cpl Bill Gomm

events. For the armoured reconnaissance soldiers of the FGH and the Sask D, Ex BISON WARRIOR was a lead-in to mounted live GWagon training during Ex RAPID CANNON.

Soldiers from 2nd Squad, 2nd Platoon, Charlie Troop, 2-194 Armoured Reconnaissance Squadron dash across open ground to secure the next house during the assault on enemy forces at the Fighting In Built Up Area range (FIBUA)

JEWISH NATIONAL FUND TO PAY TRIBUTE TO CANADIAN FORCES AT 2007 NEGEV GALA

While honouring Mr. Frieman for his military service, business excellence and community support, the JNF will also be saluting the Canadian Armed Forces serving in Afghanistan and their families at this year's Gala on Tuesday, June 12th, 8:00 PM at the Centennial Concert Hall.

Leading Negev Gala 2007 are Co-Chairs, Lieutenant General, Ray Crabbe and Lieutenant General, Alan MacKenzie, who had distinguished Canadian military careers and now live in Winnipeg.

Funds raised from the Negev Gala 2007 will be used to underwrite expenses to send youth from Canadian Military families to Israel, where they will experience environmental and ecological projects developed by the JNF. They will plant the first trees at a proposed Canadian Military Park, see science and technology at work in Israel's universities and colleges, meet with Israeli families, and experience Israeli life and culture. This exchange of ideas with new friends will strengthen the bonds between Canada and Israel and the positive long-term impact of the tour will be immeasurable. The JNF is working in conjunction with the Winnipeg Military Family Resource Centre and their national network in this endeavour.

Tickets to the Negev Gala are available free for military members and their families. For more information please contact Catherine Chatterley at 833-2500 ext 4506.

For more information on the Jewish National Fund and the Negev Gala please visit www.jnf-canada.org/



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1 Wing's Online Memoirs Site Takes Flight

KINGSTON, ONT., - Calling all past and present 10 Tactical Air Group (10 TAG), 1 Wing, and army aviation personnel. If you're one that likes to trap co-workers at the water cooler with your latest wild, behind-the-stick adventures; or if you've ever started a sentence with "Back in my day..."; or if you just want to ensure your place in history, do we have a forum for you!

Colonel Mike Dabros, 1 Wing Commander has commissioned a new project designed to capture the "human" side of the tactical military helicopter community called Tac Hel Memories Project. Its purpose is not only to share one's tales, but ensure the various voices of 10 TAG/1 Wing are heard and duly noted for future

generations to enjoy.

The Tac Hel Memories Project is looking for stories about personal experiences on past missions, exercises or on various characters you have worked with in the 10 TAG/1 Wing family. The story can evoke emotion whether, humorous or poignant – this is the assembly of what you wish to have recorded and remembered. Submissions aren't restricted to just stories – photographs, documentation and articles from other sources are welcomed.

Submissions can be made via mail: Tac Hel Memories Project, 1 Wing Headquarters, CFB Kingston, PO Box 17000, STN Forces, Kingston, ON K7K 7B4 or online at www.tachelmemories.ca.

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Sparky's Corner

Backyard Barbecues

Backyard barbecuing is one Winnipeg's many rites as we approach and enjoy the summer season. Summertime is spent in the sunny weather at home, while camping and at the cottage, and grilling food is a pleasurable part of that summer experience.

Before you step out on your back patio or your cottage deck to begin, there are a few steps you must take to ensure that your propane or natural gas barbecue is in safe, good working order.

Follow these safety tips as you inspect your barbecue:

- Dirt and debris can build up inside the grill over the winter months. Carefully clean out any particles, dust, and cobwebs that may have built up over the winter. Newer barbecues have spider guards to prevent them from entering the burner and burner tubes, however if yours does not, use a pipe cleaner or wire to ensure that spider webs have not built up inside. Remove lava rocks and grates for a thorough cleaning with soap and warm water.
- Clean your burner ports to ensure they are free of dirt and rust.
- Make sure that the barbecue hose is in good condition, and is free of cracks. Propane or Natural Gas leaking from a cracked hose may send out a stream that if ignited can produce huge flames.
- Check to ensure that all connections are tight and that there are no leaks. Do not use a match/lighter to check for leaks. You can brush a mixture of soap and water onto the connections and hoses (a 50/50 mix) and any rising bubbles will indicate a leak. Repair your barbecue so that there are no more bubbles.
- Rusty, damaged propane tanks should be replaced by 10 years of age or less.
- If you have uncertainty about the condition of any barbecue part you should replace it with a new component. Parts are available at most hardware stores and building supply centres.
- Call a certified fuel appliance repairperson if you do not feel comfortable completing safety checks yourself.

How do I properly light my barbecue

When your barbecue is safe and ready to be used, begin by opening the lid. Always have the lid in the open position when lighting the grill.

Next turn on the gas by open the Natural Gas Valve or Propane Cylinder Valve. After this step has been completed, turn on the barbecue at the grill controls.

Finally, light the barbecue by depressing the igniter button.

If your barbecue does not have an igniter button, insert a long match or barbecue lighter into the side burner hole. Have the match lit before you turn on the grill controls.

If the burner does not ignite, keep the lid open, turn off the

gas and wait five minutes before trying once again.

How to shut off your barbecue

First shut off your Natural Gas or Propane Cylinder valve so that any remaining gas in the hoseline burns off. Then turn off your burner controls so that no gas remains trapped within the hose. Allow your barbecue some significant 'cooling off' time prior to covering it.

Your propane cylinder

Propane is an economical and portable fuel that provides heat, cooks food, and generates light. It is used as a gas, but stored as a liquid in cylinders that can vary in size. The most common, the 'backyard barbecue size' is the 20-pound cylinder. When it is properly filled, 80% of the tank will contain liquid propane leaving the remaining 20% above the liquid to contain the propane vapour.

In Canada propane cylinders must be inspected and requalified, or replaced every 10 years. You can view the date that your cylinder was last qualified on the collar of the cylinder. It is also possible that a cylinder less than 10 years old may need replacing. A rusty and damaged cylinder could mean that you're ready for a new one. When you make your purchase, make sure to turn your old cylinder in so that it can be purged and recycled or disposed of.

New propane cylinders must be purged to release all of the air and moisture within before it is filled with propane. In Canada, only a properly trained and certified attendant is permitted to fill a tank. An attendant is not permitted to fill an outdated cylinder, or fill any cylinder tank beyond 80% of its capacity.

How to change my BBQ cylinder

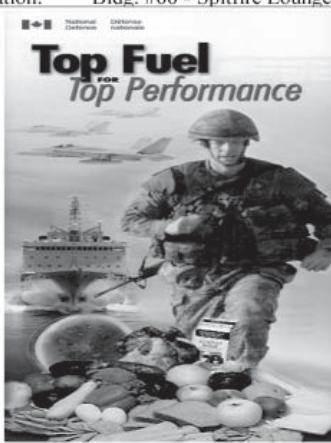
- Make sure that you take your time while replacing your empty cylinder. Ensure that the special plug provided is threaded onto the outlet of the service valve when you disconnect the hose.
- Carry the empty cylinder in the upright position with the safety valve on top.
- Transport the empty upright cylinder on the floor of the passenger compartment in your vehicle. Secure it so that it cannot topple over while you are driving. Keep the windows open. (Note: Never leave a propane cylinder inside a parked vehicle with the windows sealed - as heat builds up, it could potentially cause an explosion). Refrain from smoking in your vehicle at this time.
- Secure the new cylinder in place on the BBQ before you reconnect it. After reconnecting it, check for leakage using the soap and water solution.
- Older style propane cylinders are required to be tightened with a wrench. Turning in a counter clockwise direction can tighten their left-hand threads. Newer style propane cylinder fittings do not require a wrench and tighten in a clockwise direction.
- If your barbecue connection has an "O" ring, make sure you check it for fractures and cracks every time you replace your cylinder.
- Never smoke while handling a propane cylinder.

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Date: 12, 13, 14, 19 & 21 June
Time: 1130 – 1400 hrs. (Bring your lunch.)
Location: Bldg. #66 - Spitfire Lounge



For additional information and to register contact:
Health Promotion @ local 4150 or 4160

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Fax: 204-984-6451
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510 Main Street
Winnipeg, Manitoba R3B 1B9
Tel: 204-986-5920
Fax: 204-986-7359
Email: gnordman@winnipeg.ca

- Do not store extra propane cylinders beneath your barbecue or inside any structure as excess heat could cause the cylinder to release overpressure and propane along with it.

Tips for charcoal grilling

- Ensure that your charcoal briquette barbecue is well ventilated as poisonous gases like carbon monoxide are released from the briquettes.
- Do not use gasoline to prompt your charcoal briquettes to ignite quickly, instead use a proper charcoal lighting fluid. Allow the fluid to settle for a few minutes so that the explosive vapours have a chance to dissipate.
- Stand back from the grill a safe distance while lighting the briquettes. Make sure you did not spill any lighting fluid onto your clothing or the area around the actual grill. Prior to igniting the briquettes, ensure that the can of fluid has been placed at a safe distance from the BBQ.
- If the briquettes begin to die out, refrain from spraying the lighting fluid onto the hot coals, which could result in a very dangerous and explosive situation.
- When you are done grilling, make sure that your hot coals are fully extinguished before you dispose of them. Hot coals are very dangerous and can easily start a garbage can fire.

Enjoy your summer barbecue but remember...

- Keep children and pets far away from a hot grill, and never leave them unsupervised in the area of an ignited barbecue.
- Never use wood, charcoal briquettes, barbecue starter fluid or gasoline in conjunction with your propane or natural gas barbecue. Doing so is likely to result in a highly flammable and volatile situation that may cause extensive damage to your property, personal injury or loss of life.
- Barbecue in an open outdoor space due to ventilation and safety reasons. Keep the barbecue at least 3 metres from windows and doors.
- Keep the barbecue away from wooden fences, wooden walls, combustible overhead roofs, and trees with low branches.
- Don't allow an accumulation of grease to occur by keeping your grill and burners clean - this will help to minimize the chances that you will have a serious grease fire.
- Never fight a grease fire with water - this will only cause the flames to flare up. Keep loose clothing away from a hot barbecue - roll up your sleeves or cook in a short sleeved shirt. If your clothing catches on fire, quickly Stop, Drop and Roll.
- Use long handled tongs and brushes while grilling that put an extra bit of distance between you and the flames.
- Wear oven mitts and a heavy apron to protect yourself from fire while grilling.
- If you do burn yourself, run the affected area under cool water for five minutes. If your burn is serious (charring, blistering) seek medical attention right away.

STRENGTHENING THE FORCES
ÉNERGISER LES FORCES

BIG BIKE FOR STROKE



Finding answers. For life.



BIG BIKE

FOR STROKE

Invest in Heart and Stroke Awareness & Research

The Big Bike for Stroke is an exciting annual fundraising event held across Canada. The Big Bike will be rolling into Winnipeg on June 20 at the Manitoba Legislature Building. 17 Wing will be participating Wednesday, June 20th @ 2:00 pm. Participants will need to fundraise before getting on the bike to pedal. The ride should prove to be exciting . . . riding around the Manitoba Legislature Building. There will be free refreshment to follow after your pedal. Teamwork, fitness, fun, and fundraising that is what this event is about. For the past four years 17 Wing has participated in the event, raising our highest amount last year of \$2,316.55. The Big Bike spans eight feet across and is thirty feet long with seating for 29 riders and one driver. Each ride takes approximately 20 minutes to complete. Lets get a team together for a really great cause and show our community that we support a worthy cause. If you are interested in participating in this event and need a pledge sheet or if you have any questions contact YOUR STRENGTHENING THE FORCES REP or the Health Promotion Team, Christa and Penny @ local 4160 or 4150.

Seats on the Big Bike will be on a first come first served basis.

Deadline to register is June 13 @ 1600 hrs.

We would like to make this year's event bigger and better then ever!

PUT YOUR HEART INTO IT!!



WWW.MFRC.MB.CA



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R3J 3Y5

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Fax: (204) 489-8587

Website: www.mfrc.mb.ca
Email: wpgmfrc@autobahn.mb.ca

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 Family Resource Centre

What's New At The MRFC

JEWISH NATIONAL FUND TO PAY TRIBUTE TO CANADIAN FORCES AT 2007 NEGEV GALA

"Tickets to attend are available at no charge for interested CF members and their families (age 16+)"

While honouring Mr. Arnold Frieman for his military service, business excellence and community support, the JNF will also be saluting the Canadian Armed Forces serving in Afghanistan and their families at this year's Gala Concert on Tuesday, June 12th, 8:00 PM at the Centennial Concert Hall.



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CF Youth will plant the first trees at a proposed Canadian Military Park, see science and technology at work in Israel's universities and colleges, meet with Israeli families, and experience Israeli life and culture. This exchange of ideas with new friends will strengthen the bonds between Canada and Israel and the positive long-term impact of the tour will be immeasurable. The JNF is working in conjunction with the Winnipeg Military Family Resource Centre and their national network in this endeavour.

A limited number of tickets to the Negev Gala are available free for military members and their families (aged 16 – adult).

For more information please contact Catherine Chatterley at 833-4500 ext 4506.

For more information about the Jewish National Fund and the Negev Gala please visit www.jnf-canada.org/



BBQ Thursdays At The MFRC

Every Thursday through the summer -Weather permitting
1130hrs – 1300hrs

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| HAMBURGER & DRINK | \$4 |
| SMOKIE & DRINK | \$4 |
| HOT DOG or VEGGIE DOG & DRINK | \$2 |



All proceeds support MFRC programs

CHILDREN'S PROGRAMS

Creative Tot Stop (parent and child playgroup)

Parents, join your children for a morning of friendly company, crafts, songs, stories and FUN. We meet every Tuesday morning 9:30 -11:00am in the Westwin Community Centre. The program is free of charge thanks to the St. James Parent-Child Coalition. Special events coming soon:

May 29: TECH FREE TUESDAY: In an effort to get away from our TV's, computers and video games, join us for a morning of fun and activity. We'll make kites and then head outside to GET MOVING!

June 5: TEDDY BEAR'S PICNIC: Bring your favorite bear to join in the fun! Games, crafts, stories and of course...a picnic!

Call for more info Shannon 833-2500 (ext.2491)

EMPLOYMENT OPPORTUNITY

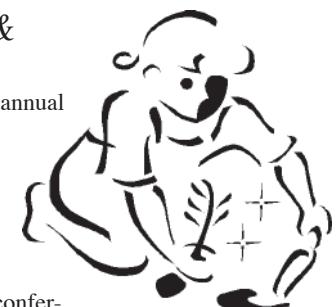
Part Time ECE II position available at Westwin Children's Centre for Sept'07. Please drop off resume to MFRC at 102 Comet Street no later than June 4, attention: Shannon Peake

PARENTING NEWS

Families Growing & Learning

WMFRC presents it's first annual Parenting Conference

Saturday June 16th
17 Wing Training and Education Centre Bldg. 135



The WMFRC is pleased to be hosting its first parenting conference. This event will consist of a full day of activities including: Continental breakfast meet and greet, Guest speaker, A choice of 9 workshops, Lunch & Displays from local community resources & supports, Prizes and Free Childcare.

For more information or to pick up a registration form please call or stop by the MFRC, 102 Comet Street or 833-2500 extension 4512.



Goodbye Louise!

Sadly we must bid farewell to Louise Cameron, our wonderful Volunteer/French Language Services/Second Language Training Coordinator. As you can see by her title, Louise leaves BIG shoes to fill. The staff and volunteers of the MFRC want to wish Louise, David and their two sons all the best at their new posting in Ottawa. We will miss you!!

Acts Of Kindness For Military Families Experiencing A Deployment

The Winnipeg Evangelical Free Church is participating in a multi-church event called Love Winnipeg. It's designed to help focus all churches that participate to try to impact the city in a blitz of acts of random kindness between 27 May and 10 June.

If you are a military family in Winnipeg who has a loved one deployed and could use some help, i.e. minor home repairs, painting, fence repairs, etc. Members of the Winnipeg Evangelical Free Church want to help. To learn more about Love Winnipeg visit: <http://www.lovewinnipeg.com/>

If you would like to receive an act of kindness then call:

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Chairman, Outreach Committee
Winnipeg Evangelical Free Church
489-4591

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Chaplains

Padre Lance Magdziak
Roman Catholic
Office 833-2500 ext 5272

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

Masses
(English only)
Sunday 1100 hrs

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

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

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

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

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

Protestant

Chaplains

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

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

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

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-needed 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.

The Glory Of God

By Padre Bob Brinn

Just before he ended his earthly ministry, Jesus prayed to his Father. In praying Jesus said that, "The glory you have given me I have given them . . ." The 'them' is his disciples. Now is the time when Jesus at last gives us the glory.

Glory was what we expected of him. And glory is what we got from him, but not the sort of glory we expected.

She had laboured in the back woods of Minnesota for 30 years, working her craft as a poet. Finally, 30 years into her labours, she began to get recognition. A book of her poems had become a bestseller in the poetry world. In June, her college summoned her for an honorary degree. And this once quiet, unknown English major at the college, at last stood on the stage, receiving a standing ovation from the assemblage. She wept with tears of joy to finally have her work validated in this way. She was in glory.

Throughout the Gospel of John, Jesus speaks of glory. Right at the beginning of the Gospel of John, Jesus and his disciples go to a wedding (John 2). You know the story. The wine gives out. The mother of Jesus comes to him saying, "They have no wine." Jesus tells the servants to fill the water jars up to the brim with water. And wonder of wonders, the water is turned to wine. There was an overflowing of graciousness, a miraculous abundance.

And right there, in Cana of Galilee, John says that Jesus' disciples see Jesus' glory.

It usually takes a moment like that for us to see glory. We plod along in our accustomed ruts, victims of the ordinary and the everyday. And then there comes, in some shining moment, an outbreak of glory. The ordinary veil of the everyday is pulled back, light shines, everything is transformed into golden hues, and we see glory.

Here deep in the Gospel of John as Jesus prays, we overhear Jesus talking to God about the glory that has been given to him. He is one with the Father; therefore, he shares in the Father's resplendent glory.

Furthermore, Jesus not only speaks of the Father having given him glory, but also of Jesus giving glory to his followers. For this rag-tag group of sometimes faithful, often faithless followers to be told that they are to share in his resplendence, this is, well, glorious.

We are moving with Jesus toward the cross. In other words, Jesus has a very peculiar definition of glory.

I know a man, a banker, a wonderfully pious, deeply Christian person. In the loan department of his bank, he became aware of a systematic, though completely quiet and unstated practice of denying loans to persons in ethnic minorities. Of course, there are federal laws against such discrimination. But he became convinced that, through subtle pressures, and a corporate culture of non-compliance, his bank was violating the spirit, if not the letter of the law.

Through prayer, he decided to complain about this practice to bank management. He came up with the figures, documented his case. He was not making a big deal out of it, not trying to start trouble; nevertheless, he wanted the management to change their practices.

Exactly one month after he initiated his process, he was fired. The bank said that they were going through some reorganization. But he knows why he was fired.

He was out of work for over seven months. When he finally got a job, it was much less of a job than he had at the previous bank. People in our congregation said that he had had a period of bad luck. Many told him, during his time of unemployment, "I know this is a hard time for you."

Jesus might have said, "This is your hour to share in my glory."

Christians believe that Jesus, as the embodiment of God's love, was never a more glorious and self-evident sign of God's resplendent love than when he was hoisted up on a cross. This was his hour of glory. And in this lesson, Jesus promises us a share in some of that resplendence.

Have you had a glorious moment recently? A time where you were tried and tested in service? Perhaps you have been on service in Afghanistan or another theatre where you witnessed or experienced something traumatic or were called upon to serve in ways which had great cost or suffering. That is suffering service like Jesus gives on the cross. Glory!!

I write this as my last offering to the VOXAIR and as a chaplain to the CF. I reflect on my times of "glory" and anticipate times, which are yet to come and I ask myself "Am I prepared to share in the glory of a crucified God?"

Salute To Our Warriors

By Ronald William Phillips

To those who toil
grassy slopes afield,
moist with the sweat
and blood of friend
and foe alike.

Those who face raging
raging gales and
violent seas, as they
guard their shores
against invader's grasp.

And those who fly
with a falcon's
spirit, to protect
their domain against
intruder's challenge.

All who would stand firm,
unwavering as if one
against the whims of fate
which ebb and flow
against their line.

Fleeting faces who would
walk tall in a world of
danger, protecting
the freedom of those
within and without.

Whose deeds of bravery
and compassion counter
those of the aggressor's
purpose and brutality,
against the defenceless.

Whose uniform is a badge
of patriotism, proudly worn
in service to their country
and in their sacrifice of
duty, hardship and life.

And whether at home or
abroad, in good times or
bad, whose character is a
proud reflection of the
country they serve.

Guide us by your
show of courage,
so we will not
hesitate if freedom
is challenged.

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BY
NANCY

Aries (March 21 - April 19): You've made some great choices that brought you closer to all that is right for you so don't dwell on regrets. Learn the lessons and then let things go. Let others know you are wiser and on your way and that you wish them well in finding as much joy as possible in their own journey.

Taurus (April 20 - May 20): After gathering information, reviewing the situation and contemplating the consequences it's time to act in accordance with what you've learned about yourself and others. It requires courage to rise above a deeper issue revealed but it's also very healing. Make the extra effort.

Gemini (May 21 - June 21): Be diplomatic. Your words have power. The impressions you give are very important and can strongly affect others. Be sure your thinking isn't clouded by an allegiance to someone who no longer values or includes you. Ask yourself, "Who truly fosters growth in me?"

Cancer (June 22 - July 22): If your image is intact but you feel a bit hollow inside it's time to do more of what excites you (even if it won't win you points in public). Find new friends, travel or volunteer to work in an area that interests you. You are doing better than you realize. Don't judge yourself so harshly.

Leo (July 23 - August 22): Your optimism returns when you see the obvious. Don't try to manipulate reality to suit yourself, instead find the potential in opportunities available. Your past progress can reveal patterns that help you determine how to continue. Accept the messages you receive and move on.

Virgo (August 23 - September 22): Dissatisfied, you're forced to make decisions you might otherwise put off. Look at the big picture and the probable challenges. Use foresight to help minimize the struggle. You'll have the time and energy needed when you delete a major commitment from your schedule.

Libra (September 23 – October 23): Stay open-minded and you'll gain information that helps you make sense of what's coming. Ask questions when it's safe. Present a façade when you have to. It may seem fake, but compromising helps when working with others, and you can still maintain your core beliefs.

Scorpio (October 24 - November 21): Before rushing headlong into something, ask yourself what signals you're responding to. Are your perceptions accurate or could they be influenced by previous experiences. Consider your deeper emotions before proceeding. Be honest with yourself about how you really do feel.

Sagittarius (November 22 - December 21): Listen to your heart and your inner wisdom a bit more when trying to make decisions especially when it seems like you're in a no-win situation. Don't assume the obvious or that all is settled. Hone your ability to discern undercurrents and adapt to change.

Capricorn (December 22 - January 19): You're not pleased with what has been happening around you. The way in which others are acting is starting to make you wish you never went down this road, but you feel honor bound to complete what you started before you move on. Thankfully, this is just a phase.

Aquarius (January 20 - February 18): You feel stronger and more able to stand on your own two feet, so now's the time to free yourself from limitations. Enthusiastic action and a well thought out plan will ensure you gain what you desire most. Be honest with yourself and others about what that is.

Pisces (February 19 - March 20): Changing how you think brings peace of mind. Trust that things will go your way even though you've been experiencing a bit of a dry spell. Don't search for undercurrents just enjoy each day. Be aware of non-verbal communication and signs. Someone cares more than you know.

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