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PPCLI Memorial Baton Relay Passes Through Winnipeg



The running team including CWO Jim Seggie, with the baton containing the names of PPCLI members who have fallen in active service. Inset: (l to r) 17 Wing Commander Col Roy, WCWO Robertson, and BGen Frawley, Deputy 1 CAD Commander, salute during the baton ceremony. For more, see page 6. Photos: Martin Zeilig

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Toonie Walk/Run Gets Hearts Racing and Wallets Opening



A participant of the walk/run hands over his donation. Photo: Mike Sherby

By Martin Zeilig
Voxair Photojournalist

As his long furry tail wagged side-to-side and his pink tongue lolled out the side of his mouth, Ulysses, a lively seven-month-old German Shepard-Husky cross, seemed a bit bewildered by all the fuss at the 7th Annual 17 Wing Toonie Walk/Run on August 27.

"He's just happy to be outside," said Ulysses' owner, Second Lieutenant Steve Morris, as his dog gave a bark of greeting to another dog. They were just a couple of the almost 500 participants gathered in the parking lot of the Fitness and

km run or a three km walk. The event is the first fundraiser of the year for the Government of Canada Workplace Charitable Campaign (GCWCC) campaign, and this year helped raise almost \$700 for the campaign.

Wing Admin Officer Lieutenant-Colonel Danielle Clouter officially opened the run as the Acting Wing Commander.

"The Province's significant and on-going support means that every dollar you donate to the campaign is invested directly in the programs and services United Way supports through partnerships and collaborations across the city," she said. "No donated funds go toward fundraising and administrative costs."

"Last year's Toonie Walk/Run saw \$817 raised meaning just over 400 people participate," she added, pointing out that for this year's event there were over 400 people registered.

After their morning's exercise, the eager participants gathered behind Building 90 for refreshments provided by the 17 Wing PSP.

LCol Clouter expressed her thanks to GCWCC Co-Chairs Captain Phil Snow and Kathy Dmytrisin for their leadership, as well as thanking all the Unit Reps for their hard work during the upcoming campaign.

She also made sure to acknowledge the hard work of PSP Fitness Leader Dawn Redahl, coordinator of the PSP portion of the Toonie Walk/Run.

"I networked with everybody to make this event successful," said Redahl, who led a vigorous pre-race warm up routine from a table top. "The idea of this whole event is not just to talk-the-talk, but to walk-the-walk and stay healthy and fit, and help support the campaign."

Ulysses, 2Lt Morris, and the other participants did their part to help make it a successful and enjoyable morning by walking the walk.

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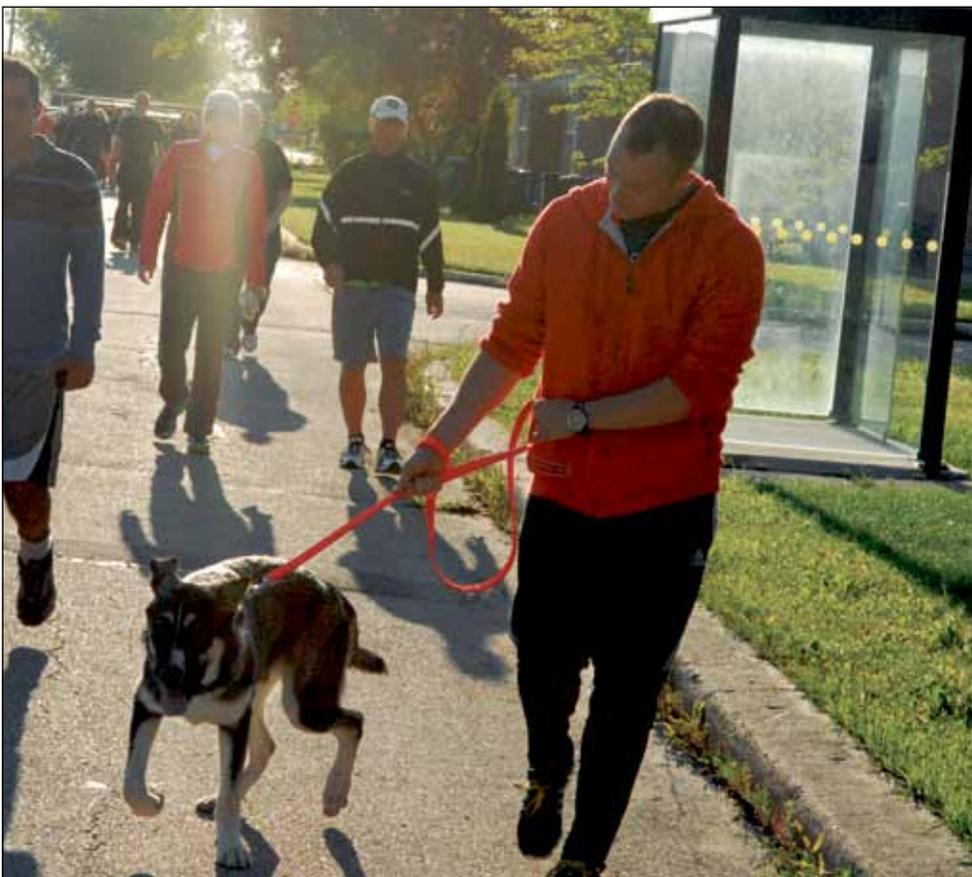
2) Help one person with vision loss increase their mobility and independence by providing a white cane.

3) Provide a child participating in a five-week summer learning camp with nutritious lunches that nourish their potential.

4) Help one neighbourhood resource centre empower community members and improve local services by facilitating a volunteer recruitment fair.

Recreation Centre on this energizing early morning.

"It's a good idea to be out here to raise money for a good cause," 2Lt Morris said. In the Toonie Walk/Run, participants donate \$2 to the GCWCC and do either a five



2Lt Steve Morris and Ulysses enjoying the Toonie Walk/Run. Photo: Martin Zeilig



The 3 km walkers go up the first hill at the sports fields of 17 Wing for the GCWCC Toonie Walk and Run on August 27th. Photo: Sgt Bill McLeod

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17 Wing Family Day Puts Families First

By Martin Zeilig
Voxair Photojournalist

A broad smile crossed the friendly face of Warrant Officer Tara-Lee Phillip as her seven year son, Gentry, had a spider painted on his arm.

No, this wasn't an early Halloween party. It was the 17 Wing Family Day TGIF held in the building 90 Fitness and Recreation Centre on August 29. The day featured activities for kids, a bbq lunch, and even a concert by the RCAF Band.

Though it had originally been planned as an outdoor event, the rainy day caused it to be moved inside. This did nothing to dampen the spirits of anyone of the 750-800 people in attendance, especially the squealing, delighted children as they jumped around in the bouncy castles and slides set up on the gym floor.

"I wanted the spider because they're cool. But, I don't really like them," said Gentry just moments after the large sparkle tattoo had been applied to his left arm by a young woman at the Glitterbug Family Entertainment table, where the face painting and balloon animals were receiving a steady flow of youngsters.

"Apart from the rain, this is an excellent way to get

together and spend quality time together with your family and with others," said WO Phillip.

Meanwhile in the adjoining theatre, the six piece RCAF Rock Band blew everyone away with their awesome performance of some standard rock and roll numbers. These guys are smoking hot! So, take a bow Sergeant Cindy Scott (lead singer), Sergeant Mike Hall (lead guitar and leader of the band), Warrant Officer Jeff Cooper (saxophone), Sergeant David Grenon (vocals), Sergeant Scott Foster (base), Sergeant Jim Johnston (drums), and Master Warrant Officer Heidi Twellmann (vocals).

In his concise opening remarks just prior to the band's first set, 17 Wing Commander, Colonel Joel Roy, says that he mandated a Family Day on base to help perpetuate the spirit of family that exists at 17 Wing.

"We're lucky enough on this wing to have a fabulous band and a backup plan because of the rain," he said.

Meanwhile, Family Day organizer Captain Paul Wood emphasized that he had a lot of help in planning the day.

In particular, he praised

the efforts of Wing Food Services, who provided scrumptious pulled pork sandwiches for adults and hot dogs for the kids with side dishes of baked beans and three different salads.

"We began planning in July," said Capt Wood. "Considering the rain, it's an excellent turnout considering it's a work day. I'm particularly pleased with the spouses and children who came out. The Wing Commander wanted to show appreciation to the families."

He also singled out the effort of Master Corporal Mary McGillivray, who works for Wing Supply.

"She helped out a lot with the setup of materials," Capt Wood acknowledged.

Wing Fund, 17 Wing Officers' Mess, the Warrant Officers' and Sergeants' Mess all made financial contributions in support of the Family Day TGIF/Band Concert.

"Despite the weather, this turned out to be a fantastic day, and I'm thrilled at all the people who turned up," Col Roy said of the event.



Corporal Eric Johnen of Wing Transportatoion, photographs his daughters Angelina (6) and Mia (4) at the 17 Wing Family Barbecue and RCAF Band concert on August 29th. Photo: Sgt Bill McLeod



Members of the Royal Canadian Air Force Band play music at the 17 Wing Family TGIF, despite the weather that forced it into the Base Gym. Photo: Sgt Bill McLeod

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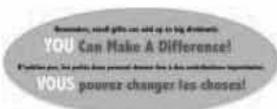


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HairForce: More Than Just a Barber Shop

By Martin Zeilig
Voxair Photojournalist

A first time visitor to the HairForce Barber Shop could be forgiven for thinking they'd stepped into a military museum, or even a second hand clothing store specializing in military garb.

The shop, which is secreted next to Baldwinson Agencies Ltd. in Building 90, is bursting with military memorabilia.

"We're a cornucopia of military artifacts," says co-owner Wally Choma, who, along with fellow barber and co-owner Terri Townsend, has two employees, Becky Larsen and Maria Carver.

Battle dress jackets and related accoutrements from various nations are suspended from the ceiling at one end of the narrow, 400-square foot establishment. Meanwhile, framed and autographed photos of current and past customers (mostly military members), various types of contemporary and historic aircraft photos, plastic models, posters, and related mementoes such as badges, patches, and insignia from around the world also decorate the shop.

Waiting customers can even sit in the rigid ejection seat from a Tudor Jet and glance overhead to see an air-to-ground CVR-7 missile attached to a ceiling beam.

"I like the ambience and the friendship," says regular customer Master Warrant Officer Randy Morningstar, who has been coming to the HairForce for a number of years now. "It's a nice place to come and relax and chat while you're getting a haircut."

Choma, a native of North End Winnipeg, started working at the HairForce as a barber in 1997. Then in 2002, when the former owner decided he wanted a career change, Choma and Townsend decided to purchase the business.

When they bought the shop, there were just a few pictures of U.S. Military aircraft on the walls.

"Once we turned those pictures around, we found photographs of Canadian Air Force planes that had been covered up," says Choma, who's been a barber since 1980.

Not long afterwards a U.S. Air Force Officer who'd been posted to 17 Wing donated his camouflage jacket to Townsend.

"So we hung it up," says Choma. "Then other people started bringing in their memorabilia too, and it never stopped."

Choma has also installed a library of several military themed books and photo albums near the entrance.

Becky Larsen, who's been barbering at the establishment for over seven years now, finds the friendly and informal environment appealing.

"The customers are incredible," she says during a break from cutting hair. "It's an honour to keep getting asked back. It's a good place to work, and everyone gets along in such a small place."

Choma agrees, saying that it's the customers who make the job great.

"The average citizen doesn't understand what these military members do, and what some of them go through," he says.

As an example, he points to two framed photos on the wall of PPCLI members and former HairForce customers, Master Corporal Tim Wilson and Corporal Paul Davis, both of whom perished in Afghanistan in 2006.

Nearby, a melancholy photo shows a table draped with the PPCLI's regimental colours, a large green wreath with a Canada ribbon stretched across, and MCpl Wilson's and Cpl Davis's rifles and helmets positioned on either side.

"Those two deaths made it very real to us," said Townsend, her voice breaking with emotion. "You never expect to be in a situation where you're affected that way."



Wally Choma (left) and Terri Townsend (right) of the HairForce Barber Shop in front of one of several walls covered in Air Force memorabilia. Photo: Martin Zeilig

402 Sqn Supports Winnipeg Harvest Initiative

By WO Barry Wright
402 Sqn UPAR

Well, it's that time of year again! Kids will be heading back to school and every year thousands of children return without the proper supplies required for learning. Winnipeg Harvest, with the support of Staples and the Winnipeg Goldeyes, has established the Tools for School program.

402 Sqn has a long history of supporting programs and raising funds for worthwhile causes including Habitat for Humanity, GCWCC, gift baskets for Deer Lodge Veterans at Christmas and most recently the Grizzly Challenge to benefit the Soldier on Program. The Tools for School program was identified by our own Heather Maschio as a worthwhile and important endeavor to support. With the help of Cpl George Gebauer and Sylvain Caron from the Aircraft Maintenance Records Section they were able to raise enough funds from Sqn members to fill 10 back packs with all the tools to learn.

When asked why she felt inclined to do this she replied, "I like the good feeling I get when I help someone out; plain and simple. In the past, I would take my young son out, and we would shop for school supplies to donate to whoever needed them. This was something we both enjoyed doing. When I heard that Winnipeg Harvest was collecting school supplies again this year, I jumped at the chance to help."

"In all the years I've been in 402 Sqn, I've seen our unit contribute to many worthwhile causes.

When I put the word out, I got the gratifying response that many "Grizzlies" would indeed contribute, so that we, as a unit, could buy more school supplies for Winnipeg Harvest.

That's how we managed to purchase 10 back packs and fill each of them."

Thanks to 402 Commanding Officer LCol Trevor Campbell and Sqn CWO Daniel McLeod for their support.



Heather Maschio and Cpl George Gebauer picking up school supplies from Staples for the Tools for School program. Photo: Jordan Machio

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PSP Recognizes Employees

On Thursday, August 28th, the staff of the CFMWS at 17 Wing celebrated the end of summer with a golf tournament and BBQ. After a rousing game of golf, PSP Manager Rik Harris presented a trio of employees with Recognition of Service Awards. Photos by Mike Sherby



Leona Bond (right), F&S Fitness Instructor, accepts her 5 year Recognition of Service Award from Rick Harris (left).



Kathy Dmytrisin (right), 17 Wing Health Promotion Director, accepts her 5 year Recognition of Service Award from Rick Harris (left).



Crissy Parsons (right), 17 Wing Health Promotion Administrative Assistant, accepts her 5 year Recognition of Service Award from Rick Harris (left).

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SECURITY GATE ENTRY

Baton Relay Marks 1PPCLI's 100th Anniversary

By Martin Zeilig
Voxair Photojournalist

For 17 Wing Base Commander Colonel Joel Roy, the Princess Patricia's Canadian Light Infantry Memorial Baton Relay, which was in Winnipeg on August 28 and 29, has a special significance, and one we must never forget.

"That they're taking this initiative to remember heroes who have given their lives is something for all Canadians to remember," said Col Roy, who, along with about 100 other people, was present at the Cenotaph on Memorial Boulevard for the PPCLI Memorial service on the sun dazzling afternoon of August 28. After the service a public reception was held on the South Plaza of the Legislative Building.

The relay marks the infantry division's 100th anniversary and is comprised of a team of soldiers running with a baton containing the names of 1,866 PPCLI members who have fallen in active service to Canada.

Chief Warrant Officer Jim Seggie of the Royal Winnipeg Rifles carried the baton to the Cenotaph accompanied by several other PPCLI runners, as well as a motorcycle escort provided by Veterans Affairs Canada.

"This was especially significant for CWO Seggie because his son, Michael, was killed in battle while serving with the PPCLI in Afghanistan in 2008," said 38 Signal Regiment Honorary Lieutenant-Colonel Barry Burns, who served as the afternoon's MC.

During the reception, Shelley Glover (MP St-Boniface), Minister of Canadian Heritage and Official Lan-

guages, announced that Canadian Heritage has made a \$175,000 investment to the PPCLI Foundation.

"The PPCLI is an important part of our history and the history of Manitoba in particular," she said, noting that the relay reflects the proud tradition of the PPCLI.

The relay team is running the symbolic route taken by "the Originals" as they marshaled for service in 1914 on the eve of the First World War. The Memorial Baton departed Edmonton on August 10 and is being relayed to Ottawa, where it will arrive on September 18.

Today, the Patricias, as they are affectionately known, are located throughout Canada and the world, said HLCol Burns.

The First and Third Battalions of the PPCLI are located in Edmonton with the Second Battalion at CFB Shilo.

"Hundreds of other Patricias are located across Canada and overseas in various appointments," said HLCol Burns, adding that the PPCLI was the first Canadian unit deployed to Afghanistan in 2002 and the last unit to leave, with members of the Second Battalion from Shilo being redeployed in March of that year to close out Canada's Mission in Afghanistan.

"The veteran component of the regiment is represented by 16 branches located across Canada, including a very active branch here in Winnipeg that has organized this ceremony and the activities of the MBR team which you will see as part of this service," HLCol Burns said.

The PPCLI also set up a colourful and detailed mobile museum display on the Legislature's west lawn, along

with displays of equipment, including a vintage Second World War Universal Carrier and a contemporary Lav 6 Armoured Personnel Carrier.



The baton is put on display after the relay stopped in Winnipeg for the day. Photo: Martin Zeilig

Padre Won: From the KAF to the 17 Wing Chapel



Padre Won talks to the Voxair about his path to chaplaincy. Photo: Martin Zeilig

By Martin Zeilig
Voxair Photojournalist

When he was growing up in Seoul, Captain In Seob "David" Won's father wanted him to become a civilian airplane pilot because "they made more money than a flight attendant," which was his father's long-time profession with Korean Air Lines.

But, Padre Won, a Presbyterian Pastor who's been at 17 Wing for a year now, had different ideas about his future career path – one which is more down-to-earth, yet uplifting on a spiritual plane.

"I decided to become a minister because I was so into religion," said Padre Won, 39. "I also had a lot of exposure to western culture because of my father, and I had some fantasy about studying abroad. It was everybody's dream to study abroad because normally it's better for their careers."

For Lieutenant-Commander (N) Padre Jack Barrett, head of 17 Wing Chaplaincy, Padre Won brings "the insight of working" in the South Korean Armed Forces (KAF) to his calling as a chaplain in Canada.

"This had paid great dividends in building relations

with the local Korean community," he says, adding that he wants people to call Padre Won by his Korean first name, In Seob, rather than his adopted English appellation.

"That outreach is a huge thing for us. Several times the Korean community has requested his services as a military chaplain. Padre Won brings a unique and valuable perspective to the chaplain's team, and provides us with a more robust understanding of the international community. Diversity in our workplace is a good thing, as the CAF strives to reflect the wider community."

After graduating with a Degree in History from Yonsei University in Seoul, Capt Padre Won applied to join the KAF.

"I thought that by joining the military and becoming an officer, I could make a good living and save enough money," he said. "Then, I could follow my dream of eventually becoming an ordained minister in the church."

Because he already had a degree in history, Padre Won was trained as a public affairs officer.

"I also was able to save some money. So, by the time I was released, I had enough savings to study abroad."

After his discharge, his desire to enter the ministry was brighter than ever, so he moved to Canada to follow his dream.

"I went to Toronto in 2001 because my father had a close friend there, and she invited me," said Padre Won.

At first he studied at an English as a Second Language school. Afterwards, when his fluency in the language had improved, he was accepted to Knox College where he studied Divinity.

But, first he returned to Korea to marry his long-time sweetheart.

"Then, we returned to Toronto where I was studying and at the same time working part time as a student minister at a local Korean church," said Padre Won, who, along with his wife Sosun Suh, has three children aged nine, seven, and five.

In 2012 Padre Won finally became a Canadian citizen and was seeking something new in his life.

"I wanted my own parish anywhere in Canada," Padre Won said. "So, I applied as a chaplain to the CAF and got accepted in 2013. I took it as a calling. Also, another reason I applied to the CAF was because of Canada's involvement in the Korean War. I wanted to give back to the Canadian government and the people."

Padre Won calls the Padre team at 17 Wing awesome and very supportive, especially to someone who is relatively new to the culture and military in Canada.

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MPs Hold Fundraiser to Support Blind Children

By Martin Zeilig
Voxair Photojournalist

Although the 2014 Military Police National Motorcycle Relay Ride stopped in Shilo instead of Winnipeg this year, it still garnered a generous amount of support at 17 Wing in the form of the MP's Pizza Fundraiser on August 27 at the Warrant Officers' and Sergeants' Mess.

And that's just the way it should be for such a worthy cause, says Corporal Josh Grant, the MP who organized the fundraiser. The ride is to raise funds for the Military Police Fund for Blind Children.

Some 40 people attended the noon hour event, paying a modest \$3.00 a slice for the yummy pizza and an additional loonie for a soft drink.

The relay ride, which began in Victoria on August 3rd, and ended in Gander on August 25, began in 2008.

"They start at either coast and include civilians, vets or active members of the CAF," said Cpl Grant, adding that participants don't have to be MP's or former MP's. The ride alternates between starting on either coast. Last year, for instance, it began on the East Coast.

"These riders volunteer their time to raise money for the Blind Fund," Cpl Grant said. "As the riders go coast-to-coast, then it will be the MP's of that particular base who will host an event to raise money for the fund, as well as get the riders the best deals on food and accommodation."

As eight riders were passing through Winnipeg on their way from Shilo, they were met by Cpl Grant and Sargeant Ernie Stark from 23 MP Flight, who escorted them in a safety vehicle to Kenora, Ontario on August 12.

"We were in the following vehicle," said Cpl Grant. "If there were any safety difficulties or other problems, we had a head set to communicate with the ride captain. One rider did hit a pothole and damaged his rim and wheel causing him to stay in Winnipeg an extra day. He met up with the other riders in Ottawa after he got his motorcycle repaired."

He also pointed out that riders don't have to do the whole relay.

"Different riders join whenever they want to do so," said Cpl Grant, as recorded country music blared from large speakers in the mess. In cooperation with the Manitoba Public Insurance and Brandon Police Service, members of Shilo's MP Detachment raised \$1600 for the relay ride. All the money raised at the Pizza Fundraiser will be sent to Ottawa via a cheque.

"It's always been a very worthwhile cause, and one which we need to remember to support," said Padre Daryl Levy, who stopped by the mess for a slice. "It's important to remember how essential your eyesight is, and to think of those who don't have it."

The History of the Military Police Fund for Blind Children

Colonel James Riley Stone, CM, DSO, MC, CD, was the founder of the Military Police Fund for Blind Children (MPFBC), which had its humble beginnings in 1957.

Col Stone was the Canadian Army Provost Marshal (Military Police), when his daughter Moira was afflicted with cancer of the eye, resulting in sudden blindness and subsequently death.

During his daughter's illness, Col Stone came into contact with organizations that were struggling to help blind children.

"He became aware that there were many other blind children less fortunate than his daughter who were unable, through lack of money, to enjoy some of the simpler things in life," according to material on the MPFBC website - www.mpfbc.com.

Their plight affected him tremendously and he was determined to help them in every way he could. He canvassed members of the Military Police, asking them to voluntarily contribute one or two dollars per year. Using their donations, he established a Fund to help blind children under the age of 13.

The fund is operated entirely by Military Police volunteers and has no paid employees.

"Every Canadian Forces establishment has a local representative, and there are regional representatives on the Board of Directors," said Lieutenant Colonel Sansterre, Deputy Commander of the CAF MP Police Group in Ottawa, and the MPFBC Chair.

All funds raised are used to benefit visually impaired children, and it remains unique as the only military charity in Canada.

Members of the Military Police, as well as other military and civilian community members, become personally involved in fund raising activities for the Blind Fund. They spend time with the blind children, visit them in their schools, and invite them to Canadian Forces bases to learn more about the Canadian Military.

"All Military Police and our partners are extremely proud of the Fund," said LCol Sansterre.



A pizza lunch is enjoyed in support of the MP National Motorcycle Relay. Photo: Martin Zeilig



Cpl Josh Grant helped organize the fundraiser. Photo: Martin Zeilig

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Canadian Air Task Force Completes Mission in Romania

By National Defence Public Affairs

The Royal Canadian Air Force (RCAF) completed their Air Task Force (ATF) training mission in Romania on Friday, August 22, 2014, and was honoured with a parade and flag-lowering ceremony at the Romanian Air Force 71st Air Base in Câmpia Turzii.

The ATF is the air component of Operation Reassurance; it deployed to Romania on April 29, 2014.

The RCAF's CF-18 aircraft will now relocate to Lithuania to augment the NATO Baltic Air Policing mission from September to December 2014. Canada remains committed to supporting Ukraine promoting security and stability in Central and Eastern Europe.

"In the shadow of Russia's aggressive actions in Central and Eastern Europe, it is important that we are able to maintain interoperability with our allies in the region," said Defence Minister Rob Nicholson. "Training with our NATO partners in Romania has ensured our men and women in uniform remain ready to meet changing international challenges, to contribute to international peace, stability and security, and to deploy military forces to support partners and allies around the world."

Operation Reassurance refers to the military activities undertaken by the Canadian Armed Forces to support NATO reassurance measures through the provision of military capabilities for training, exercises, demonstrations and assigned NATO tasks, such as the Baltic Air Policing mission, and to promote security and stability in Central and Eastern Europe.

The Canadian ATF currently consists of six CF-18

Hornet aircraft, a command and control element, a mission support element providing logistical support, and an operational support element providing operational support to air assets including force protection, intelligence, aerospace management and maintenance coordination. Approximately 200 airmen and airwomen from 17 Wing Winnipeg, Manitoba; 2 Wing and 3 Wing Bagotville, Quebec; 4 Wing Cold Lake, Alberta; 8 Wing Trenton, Ontario; 14 Wing Greenwood, Nova Scotia; and 22 Wing North Bay, Ontario, support these activities.

"It gives me a great sense of pride to see how far we have come in less than four months," said Lieutenant-Colonel David Pletz, the commander of the ATF. "We have had outstanding exchanges not just amongst our aircrews, but across all aspects of the Air Task Force – from firefighters to medical staff, air traffic controllers, military police, engineers, as well as our maintenance personnel –

all trades that are here supporting flying operations.

"This has been an excellent opportunity to develop our skills and enhance our ability to operate with our NATO allies while building cohesion within the alliance."



Members of the Canadian Air Task Force fold the Canadian flag at the closeout ceremony for the task force's mission in Romania on August 22, 2014, in Câmpia Turzii during Operation Reassurance. Photo: Corporal Jean Archambault

Lt(N) Helwer named RCN Female Athlete of the Year

By Martin Zeilig
Voxair Photojournalist

On August 15, 2014, Lieutenant(Navy) Chantel Helwer, Deck Officer at HMCS CHIPPAWA, received an email from her Commanding Officer saying that she'd been named the Royal Canadian Navy Female Athlete of 2013.

Lt(N) Helwer, 28, who's in her final year of Law School at the University of Manitoba, says she was shocked, but very pleased, to receive the news.

"I knew they'd nominated me, but there are a lot of really good athletes in the CAF," she says. "So, it was an honour to win this award."

When she's not busy with her day job, Lt(N) Helwer is a member of the Manitoba Provincial Fencing Team, the Canadian National Fencing Team and the Canadian Military Team.

Over the past year, she has finished 45th at the 2013 World University Championships in Kazan Russia, won a Silver medal in Vancouver at the Canadian University Championships, placed 85th at the World Championships in Budapest Hungary, did a personal best at the World Cup in Orleans, France with an 88th place finish, and finished 58th place in Division 1 at the North American Cup in Dallas Texas.

Needless to say, it's quite a year for Lt(N) Helwer.

"I also fenced in World Cups in England, Italy, and

the USA," says Lt(N) Helwer, who will be the only athlete from Winnipeg attending the CAF Sports awards ceremony in Ottawa this October, where she's also in the running for the overall CAF Female Athlete of the year award.

"Also, I was recently selected to be part of Team Canada for the 2014 Commonwealth Fencing Championships in Scotland this November, which I am very excited about."

The event is very competitive as it is only held every four years, and just four athletes per country are selected.

Lt(N) Helwer's goal for this season is to qualify for the 2015 World Championships in Russia, and next fall to compete at the 2015 World Military Games in Korea. She is also captain of the CAF women's sabre squad.

"Hopefully, I'll also qualify for the 2016 Olympics in Brazil," added, Lt(N) Helwer. It's a goal that is well within her grasp, as to date she has fenced in 13 countries, won 43 medals, and is the Manitoba provincial champion for 2014.

All that travelling can get costly, so Lt(N) Helwer had launched a fundraising campaign through the Make a Champ website to help cover the costs of her travel and competition. Anyone interested can make a donation at <http://makeachamp.com/chantelhelwer>

"I am currently estimating my competition budget

alone to cost \$40,000, plus the costs of equipment, training, all of the mandatory memberships, and coaching which can add up to another \$5,000-\$10,000," says Lt(N) Helwer.

"The goal with this campaign is to raise \$10,000 in six weeks to help cover the costs of flights, accommodations and entry fees for the first few events of the season, including the Commonwealth Championships."

You can follow Lt(N) Helwer's fencing exploits on her Facebook page at <https://www.facebook.com/CHelwerfencer>



Lt(N) Helwer (left) is hoping that her fencing skills help her qualify for the 2016 Olympic Team. Photo: Ryan Simon



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RCAF Members Contribute to Success at RIMPAC 2014

By Captain Jeff Noel

This year, Canada contributed 1,000 sailors, soldiers, airmen and airwomen to represent the Canadian Armed Forces at RIMPAC 2014. RIMPAC – Exercise Rim of the Pacific – is the world’s premier combined and joint maritime exercise; this year it took place around the Hawaiian Islands and in San Diego from June 26 to August 1, 2014.

RIMPAC has shown that bringing together aircraft and personnel from different wings and organizations under the direct leadership and operational control of an Air Task Force is a sound concept. This year’s Rim of the Pacific (RIMPAC), the 24th in the series that began in 1971 includes twenty-two nations, 49 surface ships, six submarines, more than 200 aircraft and 25,000 personnel.

Four Royal Canadian Air Force (RCAF) members who were part of the dedicated team of aerospace technicians, aircrew, and support personnel assigned to RCAF Air Task Force at RIMPAC 2014 shared their experiences. Their drive and determination assisted them during this challenging deployment, earning them great respect from their squadrons.

Corporal Julian Campos Marino

Corporal Julian Campos Marino, a health and fitness enthusiast originally from London, Ontario, is an airframe technician who is responsible for the maintenance of the CC-130 Hercules aviation systems, including the airframe. He is a member of 435 Transport and Rescue Squadron, located at 17 Wing Winnipeg, Manitoba. He was deployed with a detachment from the squadron to Hickam Field, Hawaii.

“I’ve travelled to multiple locations in Canada and the USA with the CC-130 Hercules but this time we are operating over 6,100 kilometres from our home base,” said Corporal Marino, “But that is all part of why we are here and we’re very proud that our aircraft hasn’t missed a mission because of a mechanical issue.”

Corporal Tyler Walker

Posted with 435 Transport and Rescue Squadron as an aviation systems technician, Corporal Walker is normally based at 17 Wing Winnipeg, Manitoba. The Princeton, Ontario, native was deployed with a detachment from the squadron to Hickam Field, Hawaii, where he was responsible for the maintenance and servicing of the CC-130 Hercules’ four T-56 engines and the aircraft’s auxiliary power unit.

“I’ve travelled all over North America, and even gone to Greenland with the CC-130 Hercules, but this kind of post makes things interesting,” he said. “It definitely

has been a challenge with the heat, working in the open with no shelter, and the intensity of operations making sure our CC-130 air-to-air tanker is serviceable for each and every mission.”

Master Corporal Jean-Nicholas Blais

Master Corporal Jean-Nicholas Blais, originally from Trois-Rivières, Saint-Mathieu-du-Parc in Quebec, is a specialist in maintaining electronic systems on board the RCAF’s frontline fighter, the CF-18 Hornet. He is posted to 409 Tactical Fighter Squadron at 4 Wing Cold Lake, Alberta.

“We are the high-readiness unit in Western Canada and have to be ready to deploy anywhere in the world on very short notice so this is a realistic mission for us,” says Master Corporal Blais.

“The liberation of Libya during Operation Mobile,” has been the most memorable experience of his career so far, he said. “It was a very long deployment but a great and satisfying experience to deploy and have the chance to use what we have trained for.”

Master Corporal Nicholas Charlton

Master Corporal Nicholas Charlton, native of Middleton, Nova Scotia, is also a specialist in maintaining electronic systems on board the CF-18. He is also from with 409 Tactical Fighter Squadron.

“When you’re operating this far from home base, if something goes wrong, we have to find a solution quick,” he said.

Master Corporal Charlton said he likes “seeing familiar faces, no matter where the military has taken me. Whether it is a friend from the past or just the smile you see on people’s faces when you are wearing the Canadian flag on your shoulder.”



Corporal Tyler Walker deployed to Hickam Field, Hawaii, during RIMPAC 2014. Photo: DND



MCpl Jean-Nicholas Blais completes after-flight checks on a CF-18 jet at Joint Base Pearl Harbor-Hickam, Hawaii during Exercise Rim of the Pacific on July 5, 2014. Photo: Sgt Matthew McGregor



Master Corporal Nick Charlton, an avionics systems technician, refuels a CF-18 Hornet at Joint Base Pearl Harbor-Hickam, Hawaii during Exercise RIMPAC on July 17, 2014. Photo: Sgt Matthew McGregor

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Sun Shines on Care & Share Golf Tournament

By Martin Zeilig
Voxair Photojournalist

Since Lieutenant (N) Padre Christopher Donnelly was too modest, or just too busy, to toot his own horn, it was left to Major Charleen MacCulloch to reveal Padre Donnelly's near hole-in-one at the Care & Share Golf Tournament on September 5.

Maj MacCulloch, Padre Donnelly and Lieutenant-Colonel Danielle Clouter were teammates in the 18-hole golf tournament.

They were among the close to 75 golfers – both military and civilian -- who took part in the event at the CFB Winnipeg Golf Course. The event helped raise about \$2,000 for the Care & Share Program, which is almost double the amount raised last year.

As 17 Wing's internal charity, the Care & Share Program runs throughout the year, says Lieutenant-Com-

mander (N) Padre Jack Barrett.

"Various events throughout the year provide the necessary funding required to assist our military and DND families," he said.

The charity's function is to uphold the dignity and well-being of military and civilian employees of the DND through the provision of emergency financial and commodity support in times of personal crisis.

"This year we tripled our attendance at the golf tourney, with nearly a full slate of players," says Padre Barrett, adding that several of the Wing's Honourary Colonels lent a hand with their corporate support and organizational insight.

"There's tremendous support throughout the Wing, including Wing Publishing, the CFB Winnipeg Golf Club, and a number of business have also sponsored different holes. The chaplains' team have done an excellent job coordinating the event. It's a fantastic day for golfing," he said.

Lieutenant (N) Padre Daryl Levy was the OPI for the tournament, with support from Padres Captain Padre In Seob "David" Won, Padre Donnelly and Captain Padre Roy Laudinorio.

"It's been a joy and everybody had been so supportive from around Winnipeg," said Padre Donnelly.

He and another volunteer were sorting some of the prizes, including prints of artwork by Leo Mol, coffee table books from Assiniboine Park Zoo, and leather golf bags from the Winnipeg Blue Bombers football club.

"This year, we've got 12 prizes to raffle, including a propane barbeque and a motorcycle jacket worth 350 dollars," said Padre Donnelly.

"The Care and Share is an important fund we use to support personnel at 17 Wing. We also want to thank

the many sponsors who have helped make the tournament a success."

As for that near hole-in-one:

It happened at the par three fourth hole.

"It was a beautiful shot with impressive loft, straight down the middle of the fairway," recounted Maj MacCulloch.

"It landed six inches from the hole. But, then it bounced a little further away and rolled back another few inches."

Padre Donnelly took his putt and nailed it right into the hole.

"We were cheering and took a photo," said Maj MacCulloch. "We did okay for amateurs. It was a fantastic tournament, a fun day for a great cause."



Golfers out on the green during the Care & Share Golf Tournament. Photo: Martin Zeilig



Lt(N) Padre Chris Donnelly's near hole-in-one at the Care & Share Golf Tournament. Photo: Supplied by Maj Charleen MacCulloch

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Helping Professionals' Showcase

By Diane Brine
Health Promotion Manager

September is a time for new beginnings. For some it is time to start a new year at school. For others it is getting to know a new community or job. There is a crispness and freshness in the air in September that fills me with anticipation. This is my favorite time of the year.

One of the events that I look forward to each September is the Helping Professionals Showcase. The event occurs within the 17 Wing Fall Fair that takes place on Saturday, September 13 from 10:30 to 14:00.

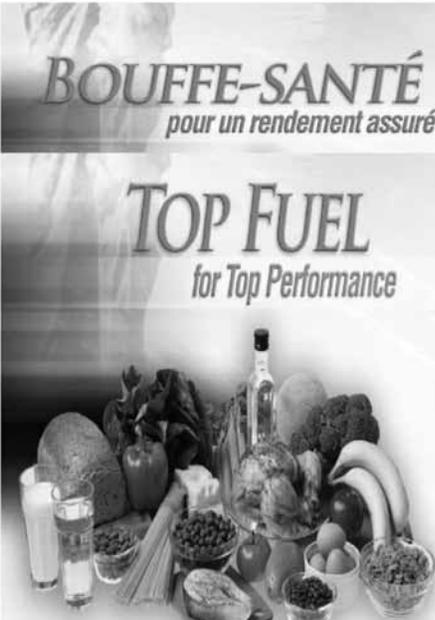
This is an opportunity for organizations within 17 Wing as well as those throughout the city of Winnipeg to set up booths to "showcase" the work they do and services provided. Each year a variety of organizations are invited to prepare interactive displays, some returning year after year and others joining us for the first time. It is a great way for families to discover services and programs that are available for everyone, young & old.

This year 23 CF Health Services will be bringing back their Teddy Bear clinic. Children are encouraged to bring their favourite stuffed animal for a check-up with the Medics. Health Partners are also returning with lots of information on the agencies under their umbrella. Other returning agencies include Women's Health Clinic, Joint Personal Support Services, Veterans Affairs, and SISIP.

We are excited to have the Society of Franco-Manitobans and the centre d'information 233-ALLO with us this year. This organization is a clearing house for all things Franco-Manitoban and is indispensable to the francophone community. Also new this year is the Green Action Centre. This organization is dedicated to encouraging all Manitobans and especially Winnipeggers to adopt greener living. This could be through choosing greener commuting options to using practical green solutions for cleaning.

Health Promotion, the sponsor of the Helping Professionals Showcase will have a display as well. Come visit the Health Promotion display and say 'Hello'. While there give the Blender Bike a try. This unique bike uses pedal power to operate a blender. After a spin on the bike, you will be able to enjoy a watermelon smoothie. It's a great way to quench your thirst!

Hoping to see you there!



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Upcoming MFRC Programs and Events

Got 'Squeaky' Cheese?

During the week of September 22, 2014 the MFRC is going to order and pick up fresh cheese curds from Bothwell Cheese. Orders must be placed and paid for by Friday, September 19 at the MFRC front desk. No orders will be accepted after this date.

1 lb = \$7.50

Cheese curds will be available for pick up on September 22 at the MFRC. An email will be sent to confirm the date and time.

SUNSET GOOSE FLIGHT

Wednesday, October 1 at 5:00 p.m.

\$5.00 per person. Children 3 and under are free.

Registration deadline: September 24, 2014

All newcomer military families are invited to join us at Fort Whyte to watch the arrival of the geese. During Fall migration, thousands of geese will be landing on the lakes. It is pretty exhilarating to hear and see this happen. Bring your camera and be prepared to be amazed. We'll have a presentation at 6:00 p.m. before watching the geese land for the night. A hot dog, drink and popcorn are included in the cost of admission.

Youth Drop-In Centre Hours of Operation:

North Side (6-12 year olds)

Monday/ Wednesday/ Friday: 5:00pm - 9:00pm

Tuesday/Thursday: CLOSED

South Side (6-12 year olds)

Monday-Friday: 4:00pm - 8:00pm

*Hours of Operation are subject to change based on usage and youth attendance.

*Youth Centres are closed on Holidays.

Both Youth Centres will open Monday, September 22, 2014 to regular hours! Hope to see you there!

For more detailed information of each Youth Centre and its activities, please see the attached Youth Centre calendars.

We do require all youth who are take part in the drop-in programs to hand in a completed membership package. Please see a member of staff for details.

All this information regarding Youth Centre activities and more great opportunities for youth is now available online. **Our Facebook page – WinnipegMFRCYouth** is dedicated to providing the most up to date information on activities, events and updates related to the MFRC Youth Centres. Be sure to "like" us and check back regularly!

Please note there is a drop in fee of \$0.50/day or \$10.00/monthly for non military family members.

To be added to the email distribution list for upcoming events and activities, please contact

Brynne Dalebozik, Youth Centre Assistant at 833-2500 Ext. 5391, brynne.dalebozik@forces.gc.ca or John Bailey, Employment, Education & Youth Coordinator at 833-2500 Ext. 4511, john.bailey@forces.gc.ca.

Take Back the Night is an international campaign to draw attention to the dangers women face on our communities' streets. Every year, groups gather to walk along chosen routes, often in areas where women do not feel comfortable to walk alone.

Winnipeg's 2014 Take Back the Night will be held on September 18th, in the early evening. More details will be shared as they become available. MFRC staff will be taking part in the walk, along with other concerned citizens and community agencies. This is a family event. Men are welcome to attend as allies.

For more information, please contact Kim at (204) 833-1500 ext 4512.

Childhood Anxiety Video Launch

Friday, September 26, 2014 at 7:30 pm

Manitoba Children's Museum

45 Forks Market Road

The Anxiety Disorders Association of Manitoba will be launching their new video "Childhood Anxiety: Overview and Practical Tips." The video is targeted towards children between the ages of five and twelve. Please come join us as we learn some useful strategies to deal with this issue. Space is limited. Please register directly with Anxiety Disorder Association of Manitoba at 204-925-0600 or email them at adam@adam.mb.ca

Want to chat with the MFRC social workers prior to or following this event? We will be available at 6:30 in the atrium of the Forks Market Food Court or see us following the event.

This event is for adults only and is not intended for children.

Dec. 06th Vigil Planning Committee

Dec 6 is the National Day of Remembrance and Action

CONCERT IN SUPPORT OF THE MILITARY FAMILY RESOURCE CENTRE
CONCERT À L'APPUI DU CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES

featuring / avec ...

Janelle Nadeau



This Manitoba-born farmer's daughter lives & works in Vancouver, but returns home in August for harvest season. Her charismatic persona & engaging music will capture the hearts of the audience.

Originnaire du Manitoba et fille d'agriculteur, Janelle vit à Vancouver, mais retourne à la maison au mois d'août pour la saison des récoltes. Sa personnalité charismatique et sa musique engageante sauront le cœur du public.

SUNDAY • DIMANCHE

OCT 5

1:30 PM • 13 H 30

Tickets **\$10** each
CHILDREN 12 & UNDER - FREE

Billets **10\$** chaque
12 ANS ET MOINS - GRATUIT

17 WING THEATRE - BLDG 90
THEATRE DE LA 17^e ESCADRE - BAT 90
680 CH. WIHURI RD.

Harpist & vocalist Janelle Nadeau will present an hour-long family-friendly concert featuring a variety of Celtic, Spanish & popular music as well as her own compositions.

Harpiste et chanteuse, Janelle Nadeau présentera un concert d'une heure pour le plaisir de toute la famille. Son spectacle met en vedette une sélection musicale de style celtique, espagnol et populaire, ainsi que ses propres compositions.

Meet & Greet, refreshments and CDs for sale after the show!

Après le spectacle, vous pourrez rencontrer l'artiste et vous procurer ses CD. Des rafraîchissements servent également en vente.

TICKETS
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BILLETS
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MFRC/ CRFM, rue 102 Comet St.
Bldg. 90 Front Desk • Réception bât. 90
Joe Black Coffee Bar, 2037 ave Portage Ave.
At the door • à la porte Ph: 204 833-2500 ext. 4500



on Violence against Women.

We are looking for community members to assist us in planning a vigil to mark the 25th anniversary of the Montreal Massacre, when a man with a gun walked into Ecole Polytechnique and shot or stabbed 27 people, mostly women. 14 women died that day.

We want to remember and honour these women, as well as all women affected by violence around the world.

For more information, please contact Kim Smyrski at 833-2500 ext 4512.



The MFRC Volunteers are dedicated and hard-working all year long, but especially during the summer. They assist with the MFRC BBQs, the Community Coffee Breaks, and are getting ready to play a big role in the Fall Fair. We like to say thank you to them with a celebration that we call the Ice Cream Sundae Social. This event is a fun time, where the only work the volunteers need to do is create their very own ice cream sundae...and then eat it! It was a great time for all who attended!

Through a very generous donation, the MFRC has an "almost new" women's bicycle to give away! (Thank you Alan!) To have a chance to receive this bike, all you need to do is attend a program at the MFRC in September and fill out a ballot. The draw will be made Oct 1 and the bicycle will be presented at the October 2 Community Coffee Break. Good Luck!

Grâce à un très généreux don, le CRFM a une bicyclette pour dame "presque neuve" à donner! (Merci Alan!) Vous n'avez qu'à participer à un programme du CRFM durant le mois de septembre et remplir un billet de tirage pour avoir la chance de gagner ce vélo. Le tirage aura lieu le 1er octobre et la bicyclette sera présentée le 2 octobre, lors de la pause-café communautaire.

Bonne chance tous!

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House for Rent

Small, two bedroom, 1 bath house for rent in St James. Close to the base, shopping, transit and all levels of school. Includes fridge, stove, microwave, washer, dryer and central air. Fully finished basement and fenced yard with parking. \$1150 plus utilities. Available immediately. Contact Maegan at 204-952-3136 or maegan@shaw.ca

Harvest Supper

St. Charles Catholic Church 320 St. Charles Street
Sunday, September 28, 2014

Time: 4:30 pm - 7:00 pm

Doors open at 3:30 pm

Adult - \$15.00

Children 5 - 12 - \$7.00

Children 4 and under - Free

Takeout available (with pre-purchased tickets)

For more information contact: Anna @ 204-895-2420
or Verna @ 204-837-8813

Tickets can be purchased at:

St. Charles Catholic Church 204-889-3248

1st Crestview Scout Group

Coed program

Ages 5-18

Beaver scouts - 5 to 7

Cub scouts - 8 to 9

Scouts - 10 to 12

Venturers - 13 to 17

We meet weekly Wednesday evenings at 6:30 pm
at Sansome school and the KW Community Center.
Both are on Sansome Avenue.

For questions or information check out www.Scouts.ca
or email Dean Parsons at Kirkfieldgc@gmail.ca

The Asante Children's Choir is coming on Wednesday **September 10th at 7 p.m.** to the Church of St. Stephen and St. Bede, 99 Turner Ave. The Choir, made up of children from East Africa, is dedicated to spreading love, hope and joy while raising awareness for the desperate plight of orphans and other vulnerable children. Their colourful clothing, pounding drums and sweet voices demonstrate their hopes and dreams for a brighter future. "Asante" is a Swahili word translated "thank you" in English. Their inspirational stories of resilience have instilled hope in the hearts of all those who have seen them perform. Admission to the concert is a FREE WILL OFFERING to help finance the children's tour. For more information, please check out the website www.asantecanada.ca.

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Early Bird starts at 7:00 pm
SENIOR'S BINGO: Thursdays at 1:30 pm
CRIBBAGE: Thursdays at 7:30 pm
DANCING: Friday & Saturday evening 8:00-12:00 pm
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

Taroscopes

BY
NANCY

Aries (March 21 - April 19): Be patient. Trust that the outcome of your efforts will be worth it. You can't always know how things will turn out but if you work to stay the course you have a greater likelihood of success. Establish routines. Use your time wisely. Face challenges head on. Deal with outstanding issues.

Taurus (April 20 - May 20): How you treat people and the image you project impacts on your relationships. Don't assume others only see what you want them to see. To some you are an open book. But still others may misinterpret your intentions. Work on improving your communication skills.

Gemini (May 21 - June 21): You're finally starting to see the point of what you've been going through. Make decisive changes. Take control of a situation that has held you back. Reorganize your life as your priorities and values shift. As you meet your goals, establish new ones so you're always challenged.

Cancer (June 22 - July 22): You're feeling very fortunate and proud of your accomplishments. You managed to work or weather through what you now realize was a very challenging period. Reward yourself. And if something is missing from your life picture, find a way to fill in the gap.

Leo (July 23 - August 22): You are feeling on top of the world. You're finally getting recognition for all that you've worked to achieve. Setting your sights high has paid off. You are reminded to make sure you follow rules and regulations though. Cutting corners will not serve you well in the long run.

Virgo (August 23 - September 22): Your own expectations and feelings may be so strong that you can't see what's really happening. There's more than one way to go about things. Harness your energy and make things happen instead of dreaming of how it will be. A dream is better if you work to make it real.

Libra (September 23 - October 23): Change the way you work so that you have time to relax and enjoy the fruits of your labor. Create a balanced routine to counteract current stressful situations and thoughts. Spend more time with people who share the same values as you. Engage in meaningful conversations.

Scorpio (October 24 - November 21): You can make a difference. Methodically do what needs to be done to effect change. You can navigate the quirky realities of life if you have confidence in your ability to do so. Once you've gotten the ball rolling, less effort is required as momentum kicks in.

Sagittarius (November 22 - December 21): If you're feeling hurt, try and stretch past your own perspective and perceptions. When plans aren't panning out - take note - life isn't a steady stream of successes. Many people face adversity. When you realize this your sense of isolation will disappear.

Capricorn (December 22 - January 19): If someone confronts you about your lifestyle it's because they care. Having a full calendar of events won't replace what you're missing. Go after what you really want. Share personal aspects about yourself, though daunting, it's not impossible in a meaningful relationship.

Aquarius (January 20 - February 18): You've been flexible and proactive about making a statement and now you can reap the rewards. There's a time to sow and a time to reap. In between there is a time of waiting. Accept that some things can't be rushed. Patience will pay off. Sit back and enjoy this hiatus.

Pisces (February 19 - March 20): It's time to stretch past your comfort zone. You can succeed at reaching a special wish even when it seems it's impossible. Be systematic but also creative in your approach. You will find a way to understand the intricacies of the system. Just keep putting one foot in front of the other.

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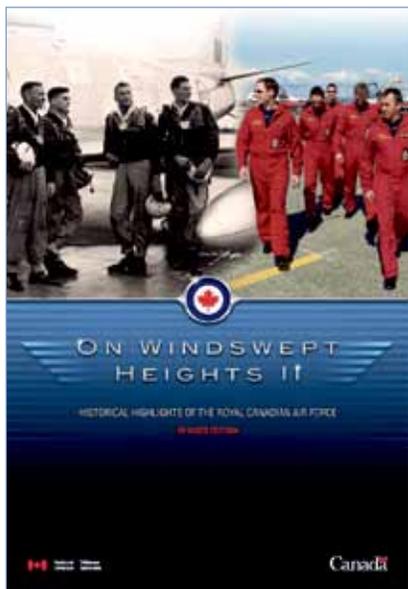
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Second Edition of RCAF History Book Now Available

By Lieutenant-General Yvan Blondin
Commander RCAF

It is my pleasure to announce the publication of the second edition of *On Windswept Heights II: Historical Highlights of the Royal Canadian Air Force*. This is a revised and expanded version of the edition published in 2009.



My intent is that as many air force personnel as possible will receive a personal copy of this book. Therefore, all wing chief warrant officers are ordering sufficient quantities for all RCAF personnel within their headquarters and subordinate units and organizations, including air reserve units. A limited number of copies are being distributed to air

cadet squadrons. The Canadian Forces Leadership and Recruit School and the Air Command Academy will also distribute copies to their students annually for approximately five years or until stocks are exhausted.

Other organizations that employ RCAF personnel are also welcome to order copies for those individuals.

Organizations should order the publication from the Canadian Forces Publication Depot via DRMIS through their supply organization, quoting their CFPD plate number, stock code 20-A01-1524 and publication (part) number AJS007033JD002.

On Windswept Heights II is not a comprehensive history book in the traditional sense, but a brief, lively taste of our history and heritage. I hope that this book will interest and intrigue you and inspire you to learn more about our proud RCAF history.

As we celebrate the 90th anniversary of the RCAF in 2014, this book will be relevant to all those who have chosen to wear the air force uniform to serve our country. No matter where you are serving at the moment, our common history and heritage is something that all of us in blue share.

An electronic version of the book will be made available in the near future on the RCAF website at www.rcaf-arc.forces.gc.ca.

Sic itur ad astra – such is the pathway to the stars.

Together in Church

CATHOLIC

CHAPLAINS

Padre Ray Laudenorio
Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre
Roman Catholic Office 833-2500 ext. 5956

Masses (English only)
Tues, Weds, Thurs 1210 hrs
Sunday 1100 hrs



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

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

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

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.

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

PROTESTANT

CHAPLAINS

Padre Jack Barrett (Wing Chaplain)
(Anglican) 833-2500 ext 5417

Padre Christopher Donnelly
(United Church) Office 833-2500 ext 4885

Padre Darryl Levy
(Baptist) Office 833-2500 ext 5785

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn. Office 306-492-2153 ext. 4299

Sunday Services (English Only) 0900 hrs

Sunday School is held during the service for children ages 3 to 12, except on the last Sunday of each month. Childcare is provided on an as-required basis for children under 3 years of age.

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

Baptisms: The Sacrament of Holy Baptism is available by contacting a Chaplain. Baptism Preparation is a requirement. Please contact the Chaplain before setting the date for the baptism or arranging family travel.

Protestant Chapel Guild meets the first Sunday of the month at 1900 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'.

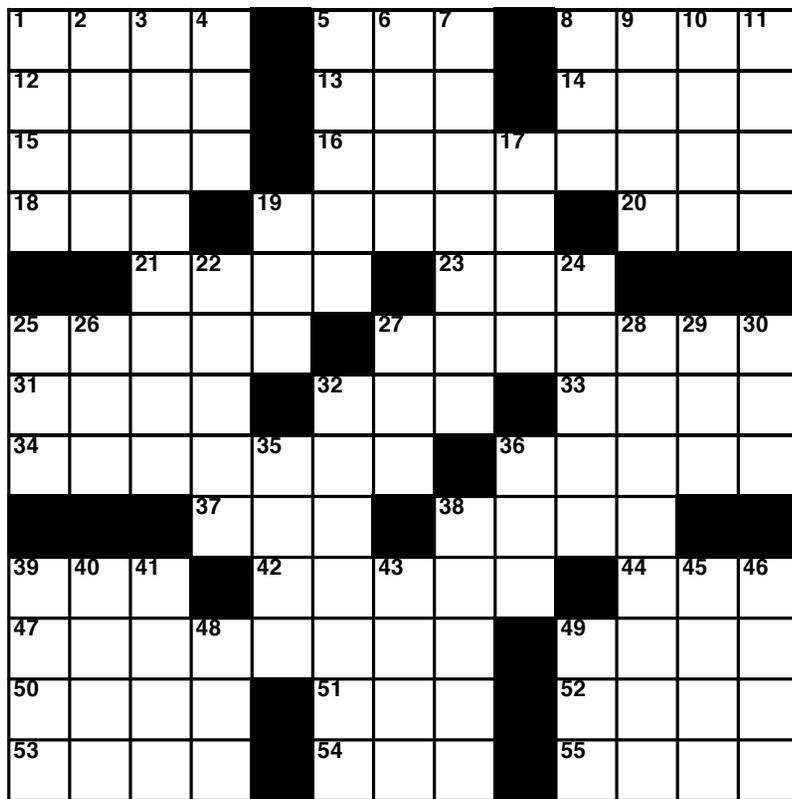
Canadiana Crossword

Read All About It!

By Bernice Rosella and James Kilner

ACROSS

- 1 Church part
- 5 Informed
- 8 Norse god
- 12 Muslim ruler
- 13 Unpolished yes
- 14 Unusual
- 15 Tatted
- 16 The Vancouver _____
- 18 Slalom
- 19 Recipient
- 20 Spur
- 21 Small coins, to Stephanie
- 23 Beak
- 25 Popular flu remedy
- 27 Finishing flourishes
- 31 Art _____
- 32 Annoy
- 33 Behind schedule
- 34 The Ottawa _____
- 36 Popular poplar
- 37 Hideaway
- 38 The Toronto _____
- 39 Sib
- 42 Eagle's nest
- 44 Sense of self
- 47 Quebec City _____
- 49 Soonest, acronymically
- 50 Cavalryman
- 51 Guff
- 52 Ireland or Iceland
- 53 C. Bronte creation
- 54 Pig pen
- 55 13-19



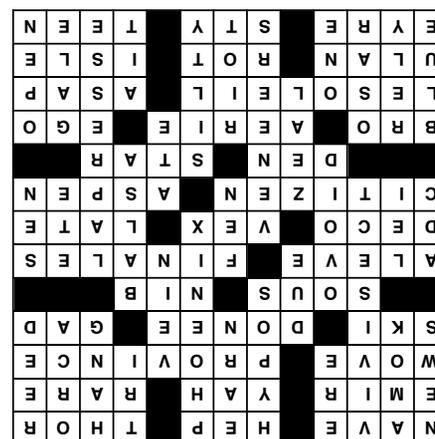
- 5 Syringes
- 6 Deserve
- 7 The Saskatoon Star
- 8 Motor or pod preceder
- 9 Suspend
- 10 Killer whale
- 11 Marsh plant
- 17 Ore deposit
- 19 Collectible
- 22 Elliptic
- 24 Model making material
- 25 General's asst.
- 26 Wailea wreath
- 27 Swamp

- 28 Montreal _____
- 29 Une saison
- 30 Ottawa NHL-er
- 32 Coatings
- 35 Ardour
- 36 Chowd down
- 38 Clogged with sand
- 39 Unhappy
- 40 Rest assured
- 41 Narrow ridges
- 43 Civil disorder
- 45 Wind storm
- 46 Candid
- 48 Sole
- 49 British islet

DOWN

- 1 The Halifax Daily _____
- 2 Out of control
- 3 Perform research surgery
- 4 Poet's before

Crossword Answers



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