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Home To Assist Injured CAF Members Opens



(l to r) Maj Richard Desjardins, OC JPSU Det Wpg, Bonnie Korzeniowski, Manitoba Special Envoy for Military Affairs, and LCol Aaron Spott, acting 17 Wing Commander, cut the yellow ribbon of the Barrier Free Accommodation Housing, officially marking the house as ready for wounded CAF members. Photo: Cpl Jean Archambault, WG2013-0245-11

The exterior of the new Barrier Free Transitional Accommodations at 17 Wing Winnipeg, which opened June 12, 2013. The state of the art home will be able to accommodate injured CF Members and their families. For more information please see page 5. Photo: Sgt Bill McLeod

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PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

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Colonel Frawley Reflects on His Time as Commander



17 Wing/Air Force Training Centre Commander Colonel Blaise Frawley takes the controls of a 435 (Transport and Rescue) Squadron CC-130 Hercules during transit to an operational refuelling mission on 15 May. Photo: Sgt Bill McLeod

As I prepare for an overseas deployment, I can't help but reminisce about my time as commander of 17 Wing and AFTC. The last two years have literally flown by. Admittedly, I was a little apprehensive when in May of 2011 I was informed that I would take command of these two organizations. Having never been posted to 17 Wing, and coming from the fast-jet world, I was definitely outside of my comfort zone. It turns out that these have been the best two years of my career, due primarily to the quality of the people here in Winnipeg. As I pointed out early in my two-year command, "Operations and People" would be our focus; in both cases, this has been an incredibly successful two years.

There is no doubt that we have faced a number of challenges together; changes to both the IR and annuitant policies, reductions in Class B reservists and civilian personnel, budget reductions as a result of DRAP; the list goes on! All of these initiatives have impacted the entire Winnipeg Defence Team in one way or another, and in some cases the impact

has been difficult to overcome. One of the keys to minimizing the impact has been timely and accurate communication! All of the unit command teams have borne the brunt of having to communicate these changes to their people, and for this I am eternally grateful. They have all stepped up to the plate and performed admirably.

Fortunately, there have been more than just challenges; there have also been a seemingly limitless number of success stories. Our AFTC schools continued to produce the next generation of RCAF officers and NCMs through their various courses. Highlights include; CFSSAT's implementation of the long-dormant Aircrew Arctic Survival course; CFSAS's completion of the AFOD programme with the roll-out of the first serial of Block 5 this past March; 1 CFFTS continued to graduate high-quality ACSOs and AES Ops and has implemented a new ACSO syllabus that is more relevant for today's requirements; 402 "City of Winnipeg" Sqn continues to successfully implement DRMIS plant maintenance despite the significant challenges, and has continued



The 17 Wing Commander, Colonel Blaise Frawley speaks to the players and referees during the closing ceremonies of the 2011 Wing Commander's Cup. Photo: MCpl Colin Aitken, WG2011-0504-17

to support the DOB capability by providing maintenance support to the CF-18s; Aircrew Selection in Trenton has modernized their selection and has begun to include more aircrew classifications; and finally CFSSAR in Comox has produced 14 new SAR Techs and provided outstanding continuation and recertification training to all RCAF SAR Techs.

17 Wing has also been busy over the past two years; 440 Sqn in Yellowknife has successfully implemented the TALE upgrade giving this 41 year-old aircraft one of the most modern cockpits in the RCAF inventory, while continuing to support northern operations; 435 Sqn "Chinthes" have performed admirably in both the SAR and NSO air-to-air refuelling roles, working as one cohesive team despite these two opposing mandates—as well they were front and centre during Op Mobile supporting coalition fighter aircraft carrying out combat missions over Libya; Wing Operations has provided decisive oversight of all current and future operations, has been the lynchpin in ensuring that the DOB capability meets and exceeds the NORAD IG requirements, and has led the charge to ensure that Wing security culture is more relevant for today's times; Wing Logistics and Engineering has supported operations flawlessly with CE, TISS, TEME and Replenishment—many are unaware that 17 Wing's AOR extends from Thunder Bay to the Alberta-Saskatchewan border to the FOL in Yellowknife, supporting 110 units including 12 OUTCAN units in the USA; as well in the fall of 2011 our MSF

deployed to Italy to support Op Mobile; the WCompt organization has performed exceptionally preparing reports for both 1 and 2 CAD, despite being understaffed; 17 Wing Det Dundurn continued to provide critical support to Canada's largest ammunition depot while supporting Canadian Army unit field training; 17 Wing Admin branch has dealt with numerous FTE/Civ HR/Des B/EC reviews while acting as the link to all PSP, MFRC, and CFHA activities; our Wing Chaplains have continued to provide invaluable support to our personnel; notre centre linguistique a obtenu des résultats exceptionnels sous la direction du capitaine McMunn et appuyé par une impressionnante équipe d'enseignants de la fonction publique et de l'École de langues de l'Estrie; and the RCAF Band performed admirably in their role as RCAF ambassadors, with the highlight being their win at the Canada Sings competition raising \$25,000 for charity.

Finally, the Wing hosted two RCAF Runs during my tenure. These events were incredibly successful, thanks to the heroic efforts of both the organizing committees and the many volunteers. Each of these many successes by themselves is commendable, however when considered collectively it is truly amazing what we have accomplished together, working as one team. Well done to all of you; remarkable!!

Of course, there are also a number of critical lodger units who directly support our mission. 23 Health Services, 1 Dental Unit Det, 23 MP Flight, PSP,

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Colonel (Col) Blaise Frawley, 17 Wing Commander speaks to the attendees of the 435 Sqn change of command ceremony. Photo: Cpl Jean Archambault, WG2012-0260-22

MFRC and CFHA all provided outstanding support. Their Commanding Officers were all operationally focused and their entire units played an integral part of the Winnipeg Defence team—well done; it was a pleasure working with all of you! At the same time there are a number of lodger units that are supported by 17 Wing/CFB Winnipeg including CFS Met, 38 CBG, RCSU(NW), JPSU, CFAD Dundurn, as well as both 1 CAD HQ and 2 CAD HQ. It is my hope that all of these personnel felt that they were well-supported by 17 Wing.

17 Wing and the Winnipeg Defence Team enjoy a strong relationship with the local community. These relationships are critical and every effort must be made to strengthen these bonds. Our link to the Winnipeg Jets with the use of the RCAF roundel and the jersey unveiling ceremony on the 17 Wing ramp with the players and wing personnel emerging from the back end of a C-130 were definite highlights for our personnel. While there are too many municipal, provincial and federal dignitaries who have had a positive impact on the Wing to mention, I would be remiss if I did not highlight the efforts of one particular individual. To our Manitoba military envoy, Miss Bonnie Korzeniowski, I say thank for all that you have done to help strengthen the bond between the military community and the province of Manitoba.

If there is one thing that is certain, it is that a command tour will be marked by emotional extremes. One such extreme was the sad loss of a 17 Wing icon; HCol Ben Van Ruiten. "Col Ben", as he was affectionately known, was the Wing Honorary Colonel from Jan 94 until Dec 06. He took his position very seriously and was honoured to be involved with the military. As you look around the Wing you will see some of his legacy in

the MFRC "Van Ruiten" conference room, as well as in the Netherlands Theatre. He is still missed greatly by all of us and will be for many years to come.

I would also like to thank a number of people specifically. 17 Wing and AFTC are in the unique position of having both of their Higher Headquarters as lodger units located on our base. 1 CAD HQ and 2 CAD HQ are located across the airfield and as such we share a special relationship; the staffs at both of these HQs have provided outstanding support. To both commanders to whom I report, MGen St-Amand and BGen Galvin, thank you for your sage leadership and guidance. One of the benefits of being located in a large urban centre is the quality of candidates that once can choose from for our Honorary Colonels; to both HCols Barry Rempel and Ross Robinson, thank you for your friendship, mentoring, and the support you have provided to the Wing.

To each and every member of the Wing and AFTC, your hard work and dedication to the mission are

"MY MEMORIES OF THIS TOUR WILL ALWAYS REVERT BACK TO ONE THEME; THE GREAT PEOPLE HERE IN WINNIPEG."

the reason we have been successful over the past two years; again a special thanks to each and every one of you; my memories of this tour will always revert back to one theme; the great people here in Winnipeg. To my Executive team specifically; I owe an incredible amount to this team with whom I work closely, day in and day out, to get the job done. My EAs, initially Maj Ryan Setter, and then Capt Josh Leveque, my AA Lisa Pelzer, the Wing/AFTC Business Management team led by Lori-Ann McNabb, the WGS team led by Chuck Haarsma, and the WFS team led initially by Maj Wolter, then Maj Morrisette, have all shone in the performance of their duties, especially Ryan, Josh and Lisa; these three individuals were exceptional, and I cannot thank them enough. A new addition to the team during my tenure was the AFTC COS. Maj Dalke stepped into the job in APS 12 and brought a level of wisdom and a demeanour that quite frankly every one could learn from; thank you Bill. To CWO Mike Scarcella; a friend, an advisor, a true airman, I could not have hand-picked a better person to command with over the past two years—best of luck as the 1 CAD CWO.

Finally, the ones that I must thank the most are the members of my own family. Our daughter and son, Marilyne and Michael have endured a number of moves, deployments, and hardships over the years and for that I am eternally grateful. To my beautiful wife Johanne, I say thank you for your support. As many of you have heard me say on numerous occasions; "we could not do what we do without the support of our spouses and families." In my case this is absolutely true.

I know as I step away from the Wing that you will carry on in the performance of your duties with the excellence that you have demonstrated for the past two years. As LCol Halpin takes over I ask that you continue to perform for him at that same outstanding level during the summer transition period. As WOpsO and Deputy WComd, Matt has done an excellent job, and I have com-

plete confidence that the Wing is in good hands. At the same time CWO Normandin will assume the appointment as WCWO from CWO Scarcella. CWO Normandin comes highly recommended and I know he will find this position both challenging and rewarding; congratulations Andre. In mid-August, Col Roy will assume command and I am confident that he will do a great job. Hand-picked, he has both a fighter and SAR background and a strong operational focus. Please extend to him the same loyalty and dedication that you have to me.

In closing, I want to thank all of you for your service to our country. Perhaps the noblest thing about what we do is that we have volunteered to be a member of the Canadian Armed Forces. This sense of service to something greater than ourselves is a powerful motivator and it cannot be overstated. Ce fut un énorme plaisir de servir avec chacun de vous et j'espère pouvoir le refaire à nouveau.



Col Blaise Frawley, 17 Wing WComd gives a speech prior to the 2012 Wing Commanders Challenge. Photo: Cpl Jean Archambault



Col Frawley and his wife, Johanne, at the 2012 RMIM. Photo: Submitted

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CFS Met Holds Change of Command



Major John Cowen, incoming Commandant of CFSMET, Colonel Tammy Harris, Commander of Canadian Forces Base Borden and the Canadian Forces Support Training Group (CFSTG), and Lieutenant-Colonel Lysane Martel, outgoing Commandant, sign the Change of Command Certificates. Photo: Cpl Paul Shapka, WG2013-0230-12



Piper from the Royal Canadian Air Force Band leads in Presiding Officer Colonel T.L. Harris (right) with Chief Petty Officer J.J. Denis (left) during the Canadian Forces School of Meteorology Change of Command Ceremony. Photo: Cpl Paul Shapka, WG2013-0230-05

Sgt Bill McLeod 17 Wing Photojournalist

Major John Cowen assumed command of the Canadian Forces School of Meteorology (CFSMET) from Lieutenant-Colonel Lysane Martel on 6 June 2013 at the 17 Wing Winnipeg Officer's Mess.

The Change of Command Ceremony was presided over by Colonel Tammy Harris, Commander of Canadian Forces

Base Borden and the Canadian Forces Support Training Group (CFSTG). CFSMET is a lodger unit at 17 Wing and is part of CFSTG.

The ceremony began with a piper leading in the incoming and outgoing Commandants and the Reviewing Officer. Members of the Royal Canadian Air Force Band played the national and royal anthems during the proceedings.

School Chief Warrant Officer Ray

Fonger presented a photograph of CF-18 fighter aircraft with a lightning strike in the background to LCol Martel. CWO Fonger said it represented her Air Weapons Controller side and her time as Commandant of the meteorology school.

Following a short signing ceremony the LCol Martel spoke to the guests.

"What a ride it's been," said LCol Martel. "When I was looking at what kind of speech I wanted to give I wanted to convey how much fun it's been. It's been busy, but it's been fun things, fun problems to solve. It's been one of my greatest postings ever."

"I wanted to convey how much passion the met techs have," she added. "Every one of them is so committed to their trade. The meteorologists are professional and hardworking."

LCol Martel thanked the staff and students of CFSMET and the 17 Wing Commander and his Commanding Officers for their support during her time with them. She also thanked Col Harris and CFSTG for their support.

Col Harris, the Reviewing Officer, spoke to the guests next and talked about the four elements that make a successful command tour. The first one she mentioned was a strong and supportive team.

"Ladies and gentlemen, the men and women of CFSMET are nothing short of inspirational," said Col Harris. "Their extraordinary efforts, outstanding perseverance, and exceptional achievements in rejuvenating the met tech trade years ahead of schedule are both noteworthy

and impressive."

Col Harris went on to say that support from the chain of command, the support of her own command team, and the support of the military families were the key to a successful command tour.

Major Cowen spoke last to the guests.

"There is a lot to learn," he said. "I've been impressed by the complexity and detail of the courses and the ability of the staff to surge to deliver the additional courses to get the trade back on track."

On 1 April 1939, the first Royal Canadian Air Force meteorologist and his assistant, the forerunner of today's meteorological technicians, reported to RCAF Station Vancouver. Later that same year, with the start of the Second World War, the first recorded training of Air Force meteorological personnel began.

When the three services were integrated in the 1960s all meteorological training was moved to the RCAF school in Trenton, Ontario, until the school burned down in 1974. Since then all training has taken place in Winnipeg.



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Grand Opening of Home for Seriously Injured CAF Members at 17 Wing



On 12 June 2013 at 438 Conway Street, Joint Personnel Support Unit (JPSU) hosted an open house to show the Barrier Accommodation House to personnel from JPSU, 17 Wing Headquarters (HQ), Integrated Personnel Support Centre (IPSC) Veterans Affairs Canada (VAC), Military Family Resource Centre (MFRC), 23 Health Services (23 Hlt Svcs) and Services Incomes Security Insurances Plan (SISIP). The house will be used as temporary housing for wounded Canadian Forces (CF) members and their families. Photo: Cpl Jean Archambault, WG2013-0245-04



Major (Maj) Isabelle Paquin, the 17 Wing Surgeon, Lisa Blakney, the Nurse Case Management Team Lead at 17 Wing MIR, and Captain (Capt) Lis Skuse, the Adjutant of Joint Personnel Support Unit (JPSU) talk about injured and their showering needs. Photo: Cpl Jean Archambault, WG2013-0245-03



Frank Edmond, the Services Manager of Integrated Personnel Support Centre (IPSC), Josée Thérèse Basson, the Regional Resource Manager from Joint Personnel Support Unit (JPSU) and Abdoulayo Cissoko, a Canadian Broadcasting Channel Journalist talk about the house and the needs of wounded soldiers. Photo: Cpl Jean Archambault, WG2013-0245-07

Sgt Bill McLeod 17 Wing Photojournalist

A new Barrier Free Transitional Accommodation (BFTA) opened at 17 Wing on 12 June 2013. The house is designed to be temporary quarters for seriously ill and injured Canadian Armed Forces members who are receiving treatment in Winnipeg, and their families.

Lieutenant-Colonel Aaron Spott, Acting 17 Wing Commander, Major Richard Desjardins, Officer Commanding the Joint Personnel Support Unit Detachment Winnipeg, and Bonnie Korzeniowski, Military Envoy to the Manitoba Government, cut the yellow ribbon to officially open the house. Afterwards members of the public and the CAF were invited to tour the accommodations.

"It is immensely gratifying to have had the opportunity to work with 17 Wing on construction of this transitional home," said Major Desjardins. "Our ill and injured Canadian Armed Forces members have sacrificed so much for our country and the Joint Personnel Support Centre is glad to support them and their families."

The three bedroom bungalow in Winnipeg is the first BFTA to be built in the region. The construction and project management was overseen by the Joint Personnel

Support Unit, Prairie Region, with further support from 17 Wing Winnipeg.

The house is provided to ill and injured CAF members at no personal cost and utilities, internet, phone, cable, parking, housekeeping, as well as vehicles and drivers are provided to make sure members can get to their medical appointments. CAF members just have to provide proof they are making rent or mortgage payments in another location as the house is just designed to be a temporary solution to help members requiring a treatment regimen.

The BFTA program is part of the Legacy of Care funding initiative which was announced September 28, 2010, as part of the Government's commitment to supporting CAF personnel who suffer physical and mental impairments.

"The Barrier Free Transitional Accommodations properties exist to provide convenient living arrangements for our injured Canadian Armed Forces members and their families," said the Honourable Peter MacKay, Minister of National Defence. "Their care and support is vitally important and this new unit in Winnipeg will provide them with much needed respite while enduring an already stressful treatment regimen."

There are currently eight BFTA units located throughout Canada that are ready for use and three more under development. The majority of the projects have been constructed and are managed by the Department of National Defence.

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17 Wing Team Ready To March On Nijmegen



WO Claude Montreuil (l), poses with LCol Morissette (r) after a rainy march during bring your boss to march day. Photo: Submitted

By: Michael Sherby, The Voxair

They've already marched an average of 700 Kms, and they haven't even reached The Netherlands. But the 12 men and women (11 marchers plus 1 alternate) of the 2013 17 Wing Nijmegen Team are raring to go.

Capt Dix, one of this year's team leads, says the team has finished getting all of its prerequisites and they can't wait to get started on the march, which runs from 16-19 July, 2013.

"We're all really excited to get out there and compete in this," he says.

Besides all of the marching, the team has been busy

fundraising money for the trip. One of the most popular fundraisers has been the bring your supervisor to march initiative.

"We did this for a number of reasons", says Capt Dix. "One was that your boss or supervisor sometimes gets a little worked up about you missing tons of work, and they think you're just walking around."

One of the first supervisors to sign on was LCol Morissette, the 1CAD Surgeon. Doing a 15 km walk in pouring rain, he got to experience full Nijmegen experience in a nutshell according to Capt Dix.

"He experienced everything from the struffenwaffle at the break, to the pouring rain, the singing, the agony

of soaking wet feet, and rashes from head to toe."

Its conditions like these that ensure only the toughest of the tough make it through the selection process. There were 46 officers and non commissioned members who signed up to represent 17 Wing / AFTC at the march, and 16 who completed the minimum requirement training.

This past week saw the difficult task of whittling down the 16 members who completed the minimum requirement training to the final 12.

Congratulations to everyone who tried out for the 2013 Nijmegen team, and good luck to the team as they march in Nijmegen next month.



Member of the 17 Wing Nijmegen team take some time to stretch in the rain during an early morning march. Photo: Submitted.

Nijmegen Patch Pays Tribute to Beloved Former 17 Wing HCol



The 2013 17 Wing Nijmegen team is dedicated to the memory to HCol Benardus (Ben) Antonious Van Ruiten (1920 - 2012). HCol Van Ruiten served as a Honorary Colonel for 17 Wing Winnipeg for 13 years, making him the longest serving Honorary Colonel in the Royal Canadian Air Force (RCAF).

As a young man, HCol Van Ruiten played an important role resisting the Nazi occupation of the Netherlands during the 5 years he lived under German occupation in WWII. In his later life, he provided outstanding service to the 17 Wing Community as well as the RCAF as a whole. The 2013 17 Wing Nijmegen patch commemorates both the early and later years of

HCol Van Ruiten's life. The centre of the patch shows a parachute dropping the Meritorious Service Medal, representing both RCAF air drops into occupied Holland, and the Meritorious Service Medal awarded to HCol Van Ruiten for his service to Canada. The patch displays the Canadian and Dutch flags to symbolise the abiding friendship between the two countries. The background of the patch is set on the Nijmegen event flag, a symbol of the annual event and a representation of the team's journey.

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CF Health Svcs Surgeon General Visits 23 Health Services



Brigadier General Jean-Robert Bernier presents the Commander's Coin to Dr. Scott Young. Photo: Darryl Hepner



Brigadier General Jean-Robert Bernier presenting the Commander's Coin to Kathy Williams. Photo: Darryl Hepner

By: Cpl Julie-Anne Johnston

Brigadier-General Jean-Robert Bernier, Surgeon General of the Canadian Forces Health Services, paid a visit to Winnipeg's medical branch on 21 May, 2013. During his visit, two invaluable members of the 23 CF H Svcs clinic in Winnipeg were honoured for their service with the Commander's Coin.

The first was Kathy Williams, recognized for 39 years of steadfast service the Canadian Government. The coin was presented to Kathy during her last week of work.

"This week has been overwhelming," she said, "but it feels special to be getting this coin." Kathy's energetic dedication, caring personality and wealth of knowledge will be sorely missed. Her retirement plans have already begun as, for the first time in over 20 years, Kathy will be able to enjoy a summer off.

Dr. Scott Young was also recognized for outstanding patient care by the Surgeon General. During his eight years at 23 CF H Svcs, he has been an integral member

of the medical team. After completing his bachelor's degree at BU in Brandon, he continued on to medicine at the University of Manitoba and graduated in 1993. Dr. Young was led to his current position through a keen interest in aviation and dive medicine.

Through humble, tireless work, Dr. Young recently assisted a member who was in palliative care. He was a major player in efforts to move the patient from Winnipeg to be closer to his family for the last part of his life. The transfer of care involved inter-provincial specialists, numerous other units and the receiving medical team. All parties involved, including the member's family, were grateful for the seamless transition. Despite his continuing dedication to his patients, Dr. Young says the recognition should be a shared one.

"Great patient care comes from a great health care team," he said. "I can't function alone."

The team at 23 CF H Svcs work together to maintain a high level of patient care. These two members are deserving

of recognition through their tireless work, never asking for acknowledgment and carrying out their work with a quiet passion. Thank you, and congratulations

to both Kathy Williams and Dr. Scott Young.

Surgeon General awards CD1



BGen Bernier, Surgeon General, presenting Maj P. Joudrey, CO 17 Fd Amb, with his CD1 on 21 May 2013. Photo: Submitted



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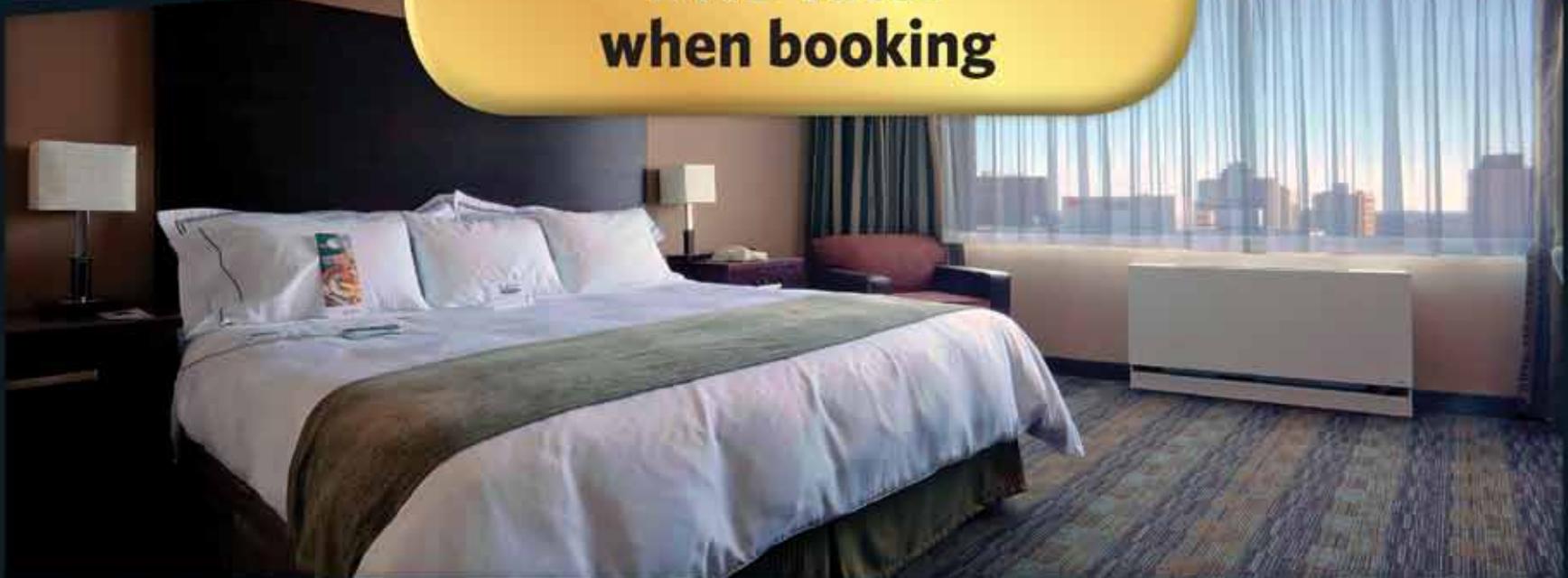
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Wing Commander's Golf Tournament Scores a Hole in One



17 Wing/AFTC Commander, Col Frawley, prepares to tee off on hole #1 at the Carman Golf Course to officially open the 2013 WCOMD Golf tournament. Photo: Submitted

By: Chris Merrithew
PSP Sports Coordinator

On Wed 29 May 13, 70 golfers from 17 Wing converged on the Carman Golf Course to participate in the first WComd Golf tournament of the summer. The great weather combined with the exceptional condition of the course resulted in a pleasant day of golf for everyone. Gerry Anderson from WCE won the longest drive contest, Jon Sim

won the award for closest to the hole, Jeff Clarke had the longest putt on hole #2, Doug Hanson had the low gross (men) with a score of 77 and Misty Burrows had the low gross (women) with a score of 88. Thanks to the 17 Wing/AFTC Commander, Col Frawley and the WCWO, CWO Scarcella for all their outstanding support with the WCOMD/PSP golf tournaments the past 2 years. Thanks to everyone who participated. We look forward to seeing everyone at the upcoming PSP Golf Tournament at the Bel Acres Golf and Country Club.

A Big Thank You!



Jose Ferreira and his Fountain Tire Team once again supplied a complimentary BBQ Lunch at the recent WCWO/National Public Service Week Slo-Pitch Tournament.

17 Wing would like to thank Jose Ferreira and his team at Fountain Tire Portage Avenue for all the support they've given to the WCWO/ National Public Service Week Slo-Pitch Tournament as well as many other events through the years

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Rain Doesn't Slow Down WCWO/National Public Service Week Slo-Pitch Tournament



Fitness Coordinator, James Follette, made sure this year's participants were nice and limbered up by leading a group stretch before the first pitch was thrown out. Photo: Alison Boates



Acting Wing Commander, LCol Aaron Spott and acting WCWO, CWO Sandra Spragg were led onto the diamond by Sports Coordinator, Chris Merrithew to kick off the event. Photo: Alison Boates.



The event garnered lots of musical support with the pipes and drums band leading the acting Wing Commander and CWO in to begin the day along with the RCAF Band playing the national anthem. Photo: Alison Boates



Time to play ball! 30 teams were signed up for the event in total and played on the fields behind building 90 as well as on the Ness sports fields and at Sturgeon Heritage fields. Photo: Alison Boates.

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Jet Stream Puts on a Show



Jet Stream members from the RCAF Band put on an exciting musical display for anyone attending the BBQ lunch after the Slo-Pitch Tournament. Photo: Alison Boates

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Flying Tigers Compete in Fargo, North Dakota



Pictured above are the swimmers from the Flying Tigers from L-R: Shaylin, Sydney, Makaela, Ryan, Haley and Emily. Photo: Submitted

**By: Sgt Michelle Nielsen
Flying Tigers Swim Team**

On Friday 7 June, a swim road trip occurred when six swimmers and their families caravanned down to Fargo, ND. The intention was for a fun swim meet, giv-

ing the swimmers a bit of a break in-between two championship meets at home. And fun they had, with new friends made between international swimmers and parents alike, a time to laugh and relax a bit, and a great opportunity for family time.

For most swimmers, this was their first time compet-

ing in a salt water pool and in mixed (males and females swimming together) events. But a new venue did not slow them down. There were no disqualifications for any of our swimmers, ribbons were plentiful by all, and each member of the team earned points for each event, and State Qualifying (SQ) times were even achieved!

Sydney shone at the meet obtaining 100% PBs! This earned her two 1st place finishes and 66 team points. The crowd was in awe at a 10-year old not only swimming a 200m Breast in company with all teenagers, but also that she took almost 6 seconds off of her time.

Makela stayed strong through the evening despite the fierce competition in the large 13-14 girls category, and earned a 3rd place finish with an SQ in her 50m Back. She continued on with two other top 10 finishes including her 100m Breast which she also obtained a PB in.

Shaylin once again proved that her backstroke is strong when she earned a 2nd place finish in the 100m Back along with an SQ. Her other events brought her to a total of four top 10 finishes which included PBs in both her 50m Fly and 50m Free, for a total of 50 points.

Emily rose to the competitive occasion and swam strong in all of her events. This was proven when she obtained 100% PBs and top 10 finishes throughout! Included in these great swims was a 3rd place finish in her 100m Back after taking 6 seconds off of her time.

Haley's list of accomplishments continued at this meet. She won three 1st and one 3rd place, earning 76 points for the team. All of her events came in at SQ times. She tackled her first time swimming a 200m Fly and swam it to a new Club Record for Women's SC!

Ryan started the meet off strong taking over 36 seconds off of his 200m IM! Five top 10 finishes including a 1st place in his 50m Free and two 2nd places earned him 81 team points. Obtaining four PBs helped him earn SQ times for all five of his events.

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Wing Commander's Challenge sets new Record for Participation

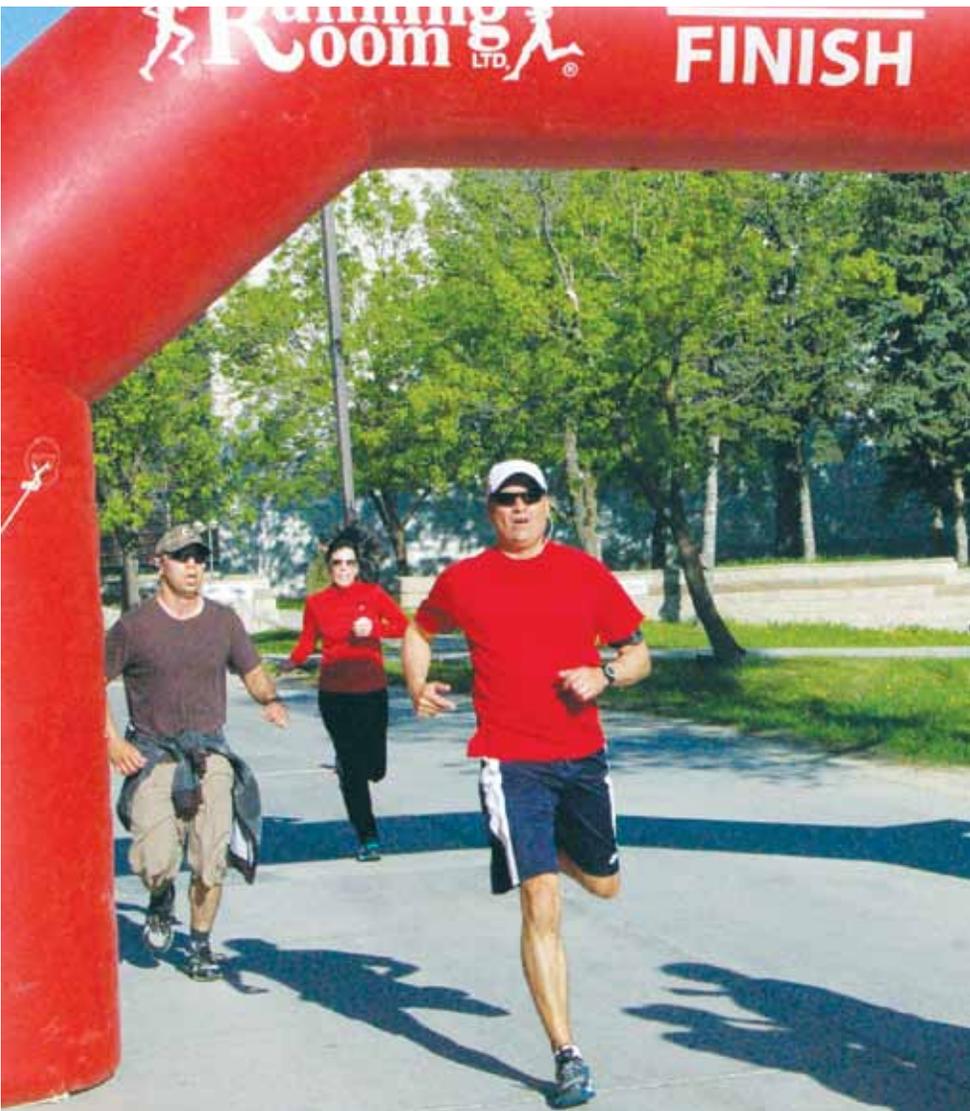


Over 900 participants turned up to walk, run, roller blade, and bike the 6th annual Wing Commander's Challenge, held June 5th. Bikers had to complete two laps of the course for the challenge, so they got a head start before the runners and walkers. Photo: Alison Boates



Fitness Coordinator, James Follette leads large group of participants in a stretch before beginning this year's challenge. Photo: Alison Boates

Wing Member Will Be Riding Easy from now on



17 Wing/AFTC Commander, Col Blaise Frawley completed his last Wing Commander's Challenge here at 17 Wing before being posted this summer. Photo: Alison Boates



Cpl Stark (2nd from right), stands in front of his new, power assisted bicycle. With him are James Follette (right) representing the PSP, and Padre Barrett (left), and Padre Levy (2nd from left) representing the Chaplains.

By: Mike Sherby
Voxair Manager

The 17 Wing Care and Share charity got a welcome charge at last week's Wing Commander's Challenge after raising \$694 in a charity raffle.

Up for grabs was one bright yellow power assisted 'Mike's Hard Lemonade' bicycle, with an estimated value of \$2,500. The winner was Cpl James Stark, a technician at Wing TISS. Cpl Stark said that he was happy to have won the bicycle, but didn't know what he planned on doing with it.

"I've rode a moped before, so I'm not totally unfamiliar with these. I'll find a use for it," he said.

The bicycle was generously donated to 17 Wing PSP by an anonymous donor. James Follette, 17 Wing's Fitness Coordinator, worked with the Wing Chaplain's Office and the Care and Share Program to help raffle the bike. He says he thought it was important to pick a charity that was affiliated with the base.

"We thought we'd take an opportunity to see if we could help them benefit from the good fortune we had after the bike was donated to us," Follette said.

The bike was put up for raffle before the Wing Commander's Challenge, with the draw taking place afterwards.

Padre Lt(N) Darryl Levy helped coordinate the draw with Follette and he said that the money raised will go towards helping Wing Members in need through the Care and Share Program, which is run by the Wing Chapels.

"Care and Share is meant to help out in times of need. For people that are running into difficult times, whether it be from compassionate situations, like a death in the family, or people who are running into struggles every now and then for food and stuff like that."

Padre Levy also said that the Care and Share helps to distribute hampers at Christmas time to needy families. If you'd like more information about the Care and Share, please contact the 17 Wing Chaplain's Office.



Walkers are almost at the finish line as they walk by 1CAD at this year's Wing Commander's Challenge. Photo: Alison Boates

Change of appointment ceremony marks a first for the RCAF



CWO Patrick Young, incoming RCAF CWO (left), LGen Yvan Blondin, commander of the RCAF (centre); and CWO Kevin West, outgoing RCAF CWO (right); sign the change of appointment documents. Photo: Cpl Darcy Lefebvre

By: Holly Bridge, RCAF News, with files from Lt(N) Nicole Murillo

Leadership of the Royal Canadian Air Force non-commissioned member corps changed hands during a change of appointment ceremony in Ottawa yesterday.

Chief Warrant Officer Patrick Young assumed the position of RCAF Chief Warrant Officer, taking over from Chief Warrant Officer Kevin West who moves on to become the Canadian Armed Forces Chief Warrant Officer under General Tom Lawson, Chief of the Defence Staff.

CWO Young is the first military cook

to assume the position of RCAF CWO.

"I never set out to become a chief warrant officer, but I also never turned down a challenge," said CWO Young. "If you work hard and accept challenges, the system will move you ahead quickly."

Chief Warrant Officer Young was born in Germany to a mother from Brussels and a father from Trois-Rivières, Que., who was in the Canadian Army. His passion for culinary arts can probably be attributed to his mother who, he says, was a good cook, as well as many of his European relatives, some of whom were chefs and gave him several of their cookbooks. From a young age, CWO Young knew that

he wanted to cook; he wanted a job that allowed him to use his hands and didn't tie him to a desk.

After completing three years of formal culinary arts training in Quebec, CWO Young began working as a cook in Quebec City. A friend told him about an opportunity on the base and shortly after he became a civilian cook on the weekends in the officers' mess. He saw that the military cooks received a good salary, had good working conditions and the opportunity to travel, so in 1983, Patrick Young enrolled in the Canadian Armed Forces as a cook.

"He could be working at a restaurant in Paris, but he has chosen to make the Canadian Armed Forces his career," said Lieutenant-General Yvan Blondin, commander of the RCAF. "From the very beginning of his military career he showed leadership potential, first taking charge of the kitchen where he worked, and then working his way up through the unit, squadron, wing and headquarters levels. CWO Young was offered many opportunities to change occupations throughout his career but he loved what he was doing and as a result he achieved great things."

CWO Young said it was "an honour and a privilege" to be taking over as the RCAF CWO, especially from CWO Kevin West who he said he admired greatly.

During his remarks as the outgoing RCAF CWO, CWO West, who is an airborne electronic sensor operator, thanked his family, friends and military mentors who have helped him throughout his career, especially during his most recent posting as the RCAF CWO. He expressed

his optimism about the new non-commissioned member mentorship program, started by his predecessor Chief Warrant Officer Miles Barham, and delighted in the fact that the RCAF has been, and will, be outfitted with so many new fleets of aircraft, including the CH-147F Chinook helicopter, that is expected to arrive at Canadian Forces Base Petawawa in the coming weeks.

"It's just an incredible feat for the RCAF to accept all these new fleets and I know the airmen and airwomen of the RCAF, who I can tell you are second to none from having met so many of them during our visits to all of our wings across the country, are putting them to good use all across the country and around the world."

LGen Blondin echoed CWO West's comments, adding that RCAF personnel are ready, willing and able to deploy on operations wherever they are needed.

"I look across the air force at the amazing people and equipment we have and I like what I see," said LGen Blondin. "Even our command team concept, involving a chief warrant officer working in concert with a commander, is the envy of other nations. Everyone wants to know how we do it so I am incredibly proud of this moment where we can acknowledge the professionalism, hard work and dedication of our non-commissioned members."

CWO Young assumes responsibility as the RCAF CWO effective immediately while CWO West starts his new job as the CAF CWO on July 5.

435 Gives Departing Member a Memorable Goodbye



Capt Roy is 'helped into his bath' by a few friends. Photo: Submitted

-Submitted by Maj Fascione, 435 Sqn

A 435 Squadron tradition is to dunk departing members on their very last flight with the Squadron. The basis of the tradition is cloaked in the veils of time but it certainly leaves the member with a lasting (and hope-

fully fond) memory of the Chinthe Squadron. Luckily most Squadron members depart in the warmer months so the water is a comfortable 4 degrees celsius; however, it is not unknown in the fall for an ice layer to be broken before submersion! Capt Phil Roy joined 435 Squadron in summer 2011 and, after spending 2 very successful



Capt Roy takes his dunking like a champ. Photo: Submitted

years in the SAR role, he leaves for Moose Jaw's 431 Squadron to join the RCAF's Snowbirds. The posting is a true honour for both Capt Roy and 435 Squadron and he takes the very best wishes of the Squadron with him to Moose Jaw. Good luck Capt Roy!

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Rated: Beginner

		5				8	7
	6	9	2			4	
			5	1			
	1	7		2			
8							3
			9		7	4	
			9	4			
		6		5	3	7	
4	8				1		

Using the numbers from 1 to 9 please fill in the blank cells. Each number can be used only once in each row, column, and 3 X 3 block. Each puzzle is rated for degree of difficulty as :
Beginner * Advanced * Master

Philatelist's Corner with Alf Brooks

Heroes of the War of 1812



Crossword

Canadiana Crossword

Natural Nasties

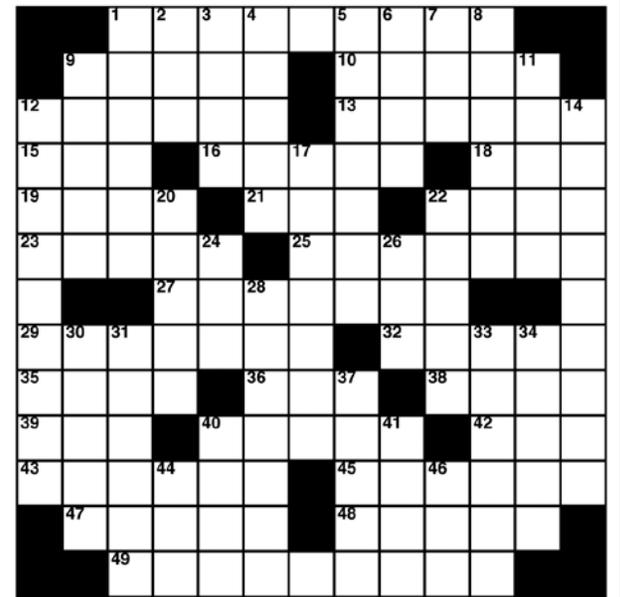
By Bernice Rosella and James Kilner

ACROSS

- 1 Tsunami
- 9 Goes Greyhound
- 10 Paragons
- 12 Mercury
- 13 Designate
- 15 Pot
- 16 Partners
- 18 ___ Romana
- 19 Civil disorder
- 21 Mafia overlord
- 22 Criminal
- 23 Hindu noblewomen
- 25 Renovate
- 27 Lightning concomitant
- 29 Russian empress
- 32 Peasants
- 35 Church part
- 36 Golfing icon MacKenzie
- 38 Mall feature
- 39 Little louse
- 40 Leos
- 42 Birmingham biffy
- 43 More strange
- 45 Word after First
- 47 Wife of Zeus and mother of Perseus
- 48 Alter
- 49 Avalanche

DOWN

- 1 Throw a switch
- 2 Doctrine
- 3 Judge
- 4 Syrian President
- 5 Enlarged
- 6 Fruit drinks



- 7 Braun or Trapp preceder
- 8 Lammed for love
- 9 Stalin's top cop
- 11 Ogle
- 12 Hazel, for one
- 14 Detonation
- 17 Twister
- 20 Concentration
- 22 Zeroed in
- 24 Muslim
- 26 ___ amis
- 28 Not broadcasted
- 30 Worked for CSIS
- 31 Stellar
- 33 Brake job
- 34 Inundation
- 37 Chronicle part
- 40 Thin
- 41 Lappish
- 44 Per
- 46 Urness or Rogers

Last year Canada Post issued a pair of stamps picturing General Isaac Brock and Shawnee chief Tecumseh to start a series that continues this year with another pair of stamps to commemorate heroes of the War.

In May of 1813 American forces occupied the Canadian side of the Niagara River. A local woman, Laura Secord, learned of their subsequent plans and walked more than 30 kilometres to warn

British and Canadian forces, enabling them to defeat the Americans at the Battle of Beaver Dams.

In October, 1813, a force of 4 000 Americans invaded Canada south of Montréal. Forces under Lieutenant-Colonel Charles-Michel d'Irumberry de Salaberry, outnumbered, constructed defenses that enabled them to force the Americans to withdraw.



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Taroscopes

BY NANCY

Aries (March 21 – April 19): You're trying to make sense of what you've accomplished and what's missing in your life. Express your feelings honestly but kindly when you are frustrated that some of your efforts aren't getting the desired results. Others can't give you all the answers so look within, too.

Taurus (April 20 – May 20): If you're feeling out of step with your peers, it's because communication has broken down. Be patient. As things unfold rapport returns. Record your activities, expenses and ideas for improvement so you can review them later to plan future successful endeavours.

Gemini (May 21 – June 21): You may be feeling a financial pinch right now. Still money isn't required for everything. If your mind is foggy, when you seek to be creative, innovative, or productive, get out and get physical. Meeting people triggers unique, off-the-wall, thoughts and gives another perspective.

Cancer (June 22 – July 22): Weigh your words before you speak. Also take a closer look at what you plan to purchase. Focus on your health and wellbeing. Relax; practice being "in the moment." Set the stage for what you want to see happen in the next six months. Get outside as much as possible.

Leo (July 23 – August 22): Even if you think you're entitled to make all the decisions, those you care about may be opposed to a new idea. This shouldn't stop you from exploring options; it just means you'll have to do it on your own. Allow that others sometimes have to follow their own individual pursuits.

Virgo (August 23 – September 22): Reflect on how your dreams of what you'd hoped for are affecting how you see what you do have. Lack of sleep could be making you overly sensitive. Schedule in more "down time." Get together with optimistic friends. Make: "Work smarter not harder," your mantra.

Libra (September 23 – October 23): Everyone is entitled to their opinions and feelings. This doesn't mean you have to agree with them or be with them. Don't let other people's concerns and priorities hold you back. Honor your own beliefs. Spend time with those you feel most at home with.

Scorpio (October 24 – November 21): You lack fulfilment if you fill your days with things you only feel you should do. Do something that reflects your true self, your values and passion. Begin integrating more of what you really enjoy into your daily life. Never mind what others say – if it's important to you – it is.

Sagittarius (November 22 – December 21): Stop thinking about getting out of a dead end situation and just do it. You now see the importance of keeping in contact with those from the past that you value and letting go of what isn't working for you. Make plans but be open to impulsively doing what you enjoy.

Capricorn (December 22 – January 19): Do a check-in and make adjustments if things have changed for you. Try a new form of physical activity to off-set the effects of stress and to "let of steam." When you attend an event you'll probably be asked to be a spokesperson so go prepared to make a speech.

Aquarius (January 20 – February 18): You'll find out now that taking the road less travelled was worth it. Your authenticity and joy may bring out the bossy side of those who like control or those who are jealous of what you have. Don't get drawn into their games. You can out-manuever them tactfully.

Pisces (February 19 – March 20): Take time to ponder and reflect. Knowing you were young and naive once allows you to reconsider the past from a place of wisdom and forgive yourself for mistakes. And it gives you the urge to try again. Doing more than the basics takes a lot of work but you make it look easy.

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Wing Steps up for Health & Wellness Challenge



Capt Doucet (I) receives her Bombers Tickets from WAdmin O LCol Spott, and Kathy Godfrey



WO Kelly-Wardle (I) receives her Goldeyes tickets from WAdmin O LCol Spott, and Kathy Godfrey



Jenny Brennan (I) receives her iPod Shuffle from WAdmin O LCol Spott, and Kathy Godfrey



Lt Dale Gergory (I) receives his Sony E-Reader from WAdmin O LCol Spott, and Kathy Godfrey



2Lt Chrtofer Ware (I) receives his magic bullet system from WAdmin O LCol Spott, and Kathy Godfrey

**By: Mike Sherby
Voxair Manager**

It looks like healthy living continues to grow as a priority for the men and women of 17 Wing, as this year's Health and Wellness Challenge attracted more participants than ever before.

This year saw 489 people sign up for the month long May challenge, where people track their activities and are given points for making healthy choices for both their bodies and their minds. Of the people who signed up, 221 returned their

completed forms to Health Promotion, which was in charge of the program. This is over double the amount of people who returned it last year.

Health Promotion Director Kathy Godfrey says she was very happy to see how many returns she got.

"I think it's great that more people are taking an interest in the program. And it's not very hard to do, and the prizes were fantastic this year," she said.

This year did see an increase in both the quality and quantity of the prizes being offered. The grand prizes included a

magic bullet, an iPod Nano, tickets to the first Bombers game at the new stadium and an e-reader.

Wing Admin O LCol Spott was on hand at an event to congratulate the winners and hand out the prizes. He said that he was impressed with the dedication and enthusiasm he saw for the program.

"I'm proud of all of you, and of everyone who participated in this program, for taking the time to make health and wellness an important part of your day."

• Bomber Tickets – Capt Mackenzie Doucet

• Goldeye Tickets – WO Colleen Kelly-Wardle

• Magic Bullet System – 2Lt Christopher Ware, Darcie Cormier, WO Fredric Lair

• Sony E-Reader – Lt Dale Gregory, MS David Carney, 2Lt Melanie Roillard-Lamy,

• iPod Shuffles – Cpl Mark Ferdinand, 2Lt Pat Bowers, Jenny Brennan

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- Connect with friends
- Choose not to smoke
- Eat nutritiously
- Get plenty of sleep
- Volunteer in your community
- Learn a new skill
- Visit a park
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- Join a team or club
- Attend a special event

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For more information or to register contact Health Promotion local 4150

Pour s'inscrire ou pour de plus amples informations, communiquez avec le bureau de promotion de la santé le 4150

Canada



Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

www.facebook.com/WinnipegMFRC www.facebook.com/WinnipegMFRCYouth

MFRC Counselling Services



One of the activities used by the MFRC social workers during sessions with children is to create monsters, which assist children in getting rid of bad feelings. The children can write down anything bad that happened to them during the day and feed the paper to the monster. It is a great activity that helps kids process emotions and lets them express their experiences and feelings in a safe, constructive way.

For more information about the counseling services available at the Winnipeg MFRC, call 204-833-2500 extension 4512.

WINNIPEG GOLDEYES TICKET DRAW

Enter to win four tickets to select Goldeyes games throughout the season.

Game dates	Draw date
July 3, 5 and 7	June 26
July 23, 26 and 27	July 16
July 28, 30 and August 1	July 22
August 7 and 10	July 31
August 17	August 12
August 27 and 30	August 20
September 1 and 2	August 26

One entry per person, 18 and older. Open to military families in Winnipeg & Southport. Undrawn names will be held over.

Tickets donated by Westoba Credit Union.

THANK YOU

Thank you to everyone who participated in the 2013 Winnipeg MFRC Community Needs Assessment. Your feedback is appreciated.



MFRC BBQs

Join us on July 9, 23 and August 13 and 27 at 11:30 in the south parking lot of the MFRC. Everyone is welcome.

Hamburger and Drink	\$4.00
Smokie and Drink	\$3.00
Hot Dog and Drink	\$2.00
Drinks	\$1.00

Dimanche le 23 juin 2013

ON FÊTE LA ST-JEAN-BAPTISTE AU FORT GIBRALTAR!



Venez souligner la Fête de la St-Jean-Baptiste entre francophones, en plein air!

Quand : Dimanche le 23 juin 2013 à compter de 11 h 30
Où : Au Fort Gibraltar à Saint-Boniface (866, rue Saint-Joseph), à l'aire de pique-nique située à l'extérieur du Fort. La tente blanche du CRFM y sera installée.
Repas : Un repas BBQ (hamburgers et hot-dogs) vous sera servi gratuitement. Apportez un plat de votre choix à partager avec les autres. N'oubliez pas d'apporter vos chaises!
Activités : Maquillage et jeux pour enfants, création d'une bannière de la francophonie (enfants et adultes), musique française et présence de la Compagnie de La Vérendrye.

Veillez SVP confirmer votre présence auprès de Mélanie Lyrette, coordonnatrice du service de langues secondes, à melanie.lyrette@forces.gc.ca ou 204-833-2500 poste 4515, au plus tard le 20 juin.

Venez célébrer, venez vous amuser, venez vivre le dynamisme de notre culture francophone! On vous y attend!



En cas de pluie, l'événement sera annulé.
 Une invitation du Centre des ressources pour les familles de militaires de Winnipeg.

UPCOMING MFRC PROGRAMS

For more information about MFRC programs, please visit our Facebook page: www.facebook.com/winnipegmfrfc.

Babysitting Skills Course

Wednesday, July 31 from 10 am to 4 pm

Winnipeg MFRC Youth Centre

\$20- includes workbook and pizza lunch

Register by July 19

The Canadian Safety Council's Babysitting course will be offered. It provides new babysitters with the skills and tools to start working as babysitters. On completion, participants may opt to be included in the MFRC babysitters list. Children must be 12 by the end of December to participate.

A PARENT GROUP

Second and fourth Wednesday of the month from 9:30 to 11:30 a.m.

Come join us for a morning of fun, food and activities. Join other parents for some socializing, while your children 18 months and older socialize in the playroom. Children under 18 will stay in the room with the parents and play,

NEXT CHAPTER

Thursday, June 20 from 9:30 to 11:30 a.m.

Do you have school aged kids, and are looking to socialize with other parents? This group

Kids Care Casual Care

The MFRC offers child care on a casual basis for children 6 months - 5 years old.

If you need some time for yourself to work out/ run errands/etc, we can help.

Hours: Tuesday & Thursday

9 a.m. to 12 p.m. ~ 9 a.m. to 4 p.m. ~ 1 to 4 p.m. ~ Hourly

Fees: \$5/hour or: children under 2 years:

\$12/3hours; \$28/7 hours; siblings ½

price children over 2 years: \$10/3

hours; \$24/7 hours; siblings half price.

Location: 630 Wihuri Rd

Register: 204 833-2500 extension 2491 (min 24 hours in advance)

will help you through the middle years before the teen years. This program is designed for parents with children ages 6+. Child care is provided for younger children.

FRENCH COFFEE

Every Wednesday from 10 to 11 a.m.

Join us every Wednesday morning for a coffee and a chat with members of the francophone community. Everyone is welcome, however, an excellent understanding of French is needed. Free child care is provided.

A PARENT COMMUNITY

Every Friday from 9:30 to 11:30 a.m.

Free childcare for children 18 months to five years

A community of parents will discuss topics related to parenting children of all ages. Stop by the MFRC and have a coffee while your children socialize with others.

CREATIVE TOTS

WESTWIN CHILDREN'S CENTRE, 642 WIHURI RD.

Thursdays from 9:30 to 11 a.m.

Parent participation required

Starting June 26, Creative Tots will run out of the Kids' Care space at the MFRC Childcare Centre.

Parents/caregivers and children 0-5 come and join us for free play, art, songs and stories.

This drop in program is a great way to meet others and introduce your child to a group setting. Please bring a peanut free snack for your child. For more information, call 204-833-2500 extension 2491.

Search and Rescue Undergoes Seasonal Posture Shift



While you're out enjoying your weekend at the cottage or boating on the lake you might notice something different in the air this year. Due to a shift in the working schedule of the search and rescue (SAR) professionals of 435 (Transport and Rescue) Squadron flying the CC-130 Hercules, the aircraft may be much more visible to Manitobans out enjoying the summer.

Since the weekend of 18-19 May 2013, 435 Squadron, covering a portion of the Trenton Search and Rescue Region (SRR), which includes all of the Prairie Provinces, Northwestern Ontario, and as far north as the North Pole, will adopt a 30 minute response posture from 10 am to 6 pm during weekends. For that reason, much of the SAR training that previously took place during week time business hours will now take place on the weekends while the squadron is maintaining the 30 minute posture.

"What this means specifically for Manitobans is that residents in areas where we conduct our training, like Lake Winnipeg, may notice Royal Canadian Air Force Hercules aircraft flying low or dropping flares at night," said Lieutenant-Colonel Steve Lamarche, Commanding Officer of 435 Squadron. "This shift in our heightened response time to cover the weekends will allow us to respond quickly during periods when Canadians are statistically more likely to be outdoors and in potential distress."

SAR is a 24 hour-a-day, seven day-a-week responsibility for 435 Transport and Rescue Squadron. One

aircraft is permanently assigned to search and rescue stand-by duty and is equipped to aid people, aircraft or vessels in distress.

435 Transport and Rescue Squadron at 17 Wing Winnipeg, Man. and 424 Transport and Rescue Squadron at 8 Wing Trenton, Ont. provide the primary search and rescue response for the Trenton Search and Rescue Region, the largest in Canada.

Optimizing Search and Rescue readiness postures provides Search and Rescue Region Commanders the operational flexibility to better protect Canadians. The Canadian Armed Forces will continue to evaluate its Search and Rescue processes and capacities in order to ensure that its resources and posture are best suited to meet the needs of Canadians.

Search and rescue incidents under the federal SAR mandate are defined as "all aircraft incidents and all marine incidents in waters under federal jurisdiction." With the exception of federally owned National Parks, the overall responsibility for ground search and rescue rests with the provinces, territories and municipalities. The Canadian Armed Forces may, however, provide assistance to land and inland water rescues when asked and when available.

For more information on Search and Rescue in Canada please go to the following link:

<http://www.cjoc-coic.forces.gc.ca/cont/search-recherche/index-eng.asp>

Conflict Resolution Program Service Delivery

Winnipeg, Shilo, Moose Jaw, Dundurn, Saskatoon, Regina &
Other Manitoba and Saskatchewan Units

How to Access ADR Service
ADR and Mediation/Intervention Requests

With the transformation of the National Conflict Resolution Program, ADR (Alternative Dispute Resolution) services access has changed.

Alternative Dispute Resolution (ADR) Services will now be delivered on-site on an "On-demand" basis for in-person service only; and on a daily basis through telephone, web enquiries, and e-mails to the Edmonton Regional Conflict Resolution Centre.

ADR Services Access:

Telephone: 780-973-4011 ext 4165 – Calls will be returned within 48 hours

E-mail: Kathy.Elm@forces.gc.ca

Web Enquiries:

http://cmp-cpm.forces.mil.ca/adr-marc/engraph/feedback_e.asp

When On-Site ADR Service Delivery occurs
The Location used will be:

As arranged by the ADR Practitioner and Unit

For further information on the current service delivery model being implemented in Western and Northern Canada, please do not hesitate to contact Kathy Elm, Regional Manager, Western and Northern area.

Daily Telephone Contact: 780-973-4011 ext 5030
Daily E-mail Contact: Kathy.Elm@forces.gc.ca

Programme de résolution des conflits Prestation de services

Winnipeg, Shilo, Moose Jaw, Dundurn, Saskatoon et Regina, et autres
unités du Manitoba et de la Saskatchewan

Comment accéder aux services MARC
MARC et demandes d'intervention/de médiation

Suite à la restructuration du Programme national de résolution des conflits, l'accès aux services MARC (Mode alternatif de résolution des conflits) a changé.

Les services MARC seront désormais fournis sur place et sur demande pour la prestation de services en personne seulement, et sur une base quotidienne pour les demandes faites par téléphone, par Internet ou par courriel auprès du centre régional de résolution des conflits d'Edmonton.

Accès aux services MARC :

Téléphone : 780-973-4011 poste 4165 – Les personnes qui téléphonent seront rappelées dans les 48 heures.

Courriel : Kathy.Elm@forces.gc.ca

Demandes faites via le Web :

http://cmp-cpm.forces.mil.ca/adr-marc/frgraph/feedback_f.asp

Lorsqu'il y a prestation de services MARC sur place, les services sont fournis :

Dans un lieu convenu par le spécialiste du MARC et l'Unité

Pour obtenir de plus amples renseignements sur le modèle de prestation de services qui est présentement mis en œuvre dans l'Ouest et le Nord du Canada, nous vous invitons à communiquer avec Kathy Elm, gestionnaire régionale, secteurs ouest et nord.

Coordonnées téléphoniques (au quotidien) : 780-973-4011, poste 5030
Courriel (au quotidien) : Kathy.Elm@forces.gc.ca

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 Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Darryl Levy

(Baptist) Office 833-2500 ext 5785

Padre Frank Staples (UCC)

Det. Dundurn. Office 833-2500 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. Time is required to give sufficient instruction about the meaning of baptism.

Protestant Chapel 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'.



Wing Throws Carnival to Recognize Volunteers' Contributions



17 Wing/AFTC Commander, Col Blaise Frawley (L) and WCWO Mike Scarcella were at the celebration to thank the volunteers and lend a hand cutting the cakes. Photo: Alison Boates

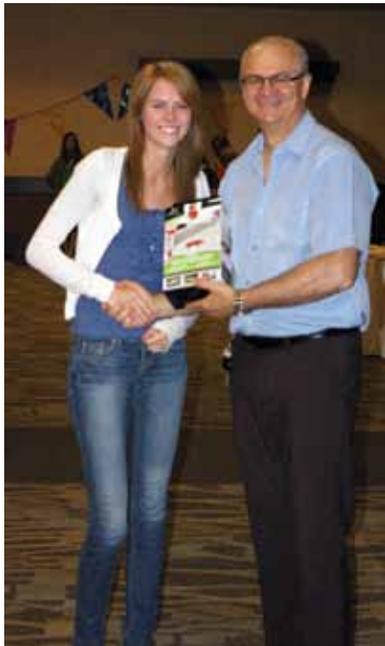


This year's celebration, sponsored once again by SISIP Financial Services, was a much less formal affair than in the past. Organizers Barb Thuen, MFRC, and Tina Bailey, Community Recreation, say they wanted it to be a fun day of appreciation instead of a formal awards ceremony recognizing specific people. "All of our volunteers at 17 Wing are very important to us and we wanted to say thank-you to each and every one of them this year," said Thuen. More than 100 Wing Volunteers and their families showed up to enjoy some food and play some fun carnival games, and get a chance to win some prizes. Photo: Alison Boates

And the Winners Were...



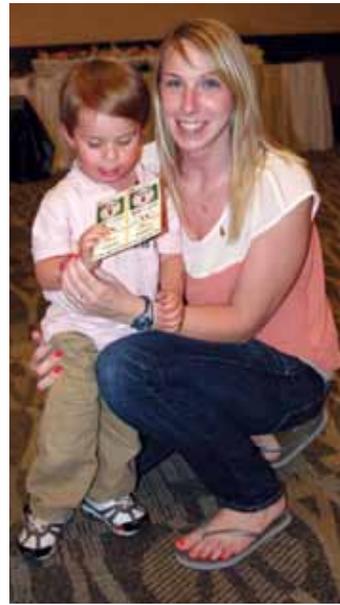
Bernie Savoie from SISIP Financial Services presents Amanda Rentz with a spa gift certificate. Photo: Alison Boates



Danielle Faucher won a play anywhere table tennis gift. Photo: Alison Boates



Charity Wood snagged a picnic cooler set. Photo: Alison Boates



Owen Dalebozik (L) won the other set of Goldeyes game tickets. Photo: Alison Boates



The day's biggest prize, a Samsung Galaxy tablet, went to the lucky MFRC volunteer, Debbie Faucher. Photo: Alison Boates



PSP Manager, Rick Harris presents Fabiola Fortin with Winnipeg Blue Bombers pre-season tickets. Photo: Alison Boates



Kelly Lake won a set of Winnipeg Goldeyes game tickets. Photo: Alison Boates



Liz Bencze won a pair of binoculars. Photo: Alison Boates



The youngest winner of the day was Nora Hansen who won a spa gift certificate. Photo: Alison Boates

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