



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

AUGUST 29, 2007

VOLUME 55, ISSUE 15

FREE



## 402 Squadron Delights Its Guests

402 Sqn hosted a reunion and open house on 18 August to celebrate their 75th Anniversary. One of the highlites of the open house was the Mustang (Bob May's) seen behind a WWII jeep display.

### 402 Squadron Takes Itself Seriously From Memorabilia To The Roar Of Its Engines

By 2Lt J.L. Henderson

17 WING WINNIPEG, MB – 402 “City of Winnipeg” Squadron celebrated their 75th Anniversary with enthusiasm as members, veterans, friends and family enjoyed displays and were treated to a fly-past, here in Winnipeg, August 18, 2007.

This historical milestone was attended by Maj-Gen. Marcel Duval, Commander 1 Cdn Air Div/CANR, WComd 17

Wing Col Scott Howden and St. James MLA Bonnie Kozeniowski in recognition of 402's proud service to Canadians and the City of Winnipeg. Squadron members were acknowledged for their professionalism and dedication as the fighting force behind 402's 75 successful years of service from the de Havilland Gypsy Moths to the Dash-8.

With cake in hand, members past and present mingled as guests chatted eagerly over old photographs and memorabilia. The CT-142 Dash-8 navigation trainer was also on

display and its electronics fired up in a unique opportunity to allow curious visitors to step into the shoes of navigators as they train to wings standard.

As the festivities drew to a close, a P-51 Mustang on display took to the skies passing low overhead and as magnificent and menacing as ever, delighted the crowd with the roar of its engine.

“It is a very distinctive sound. You don't hear that sound  
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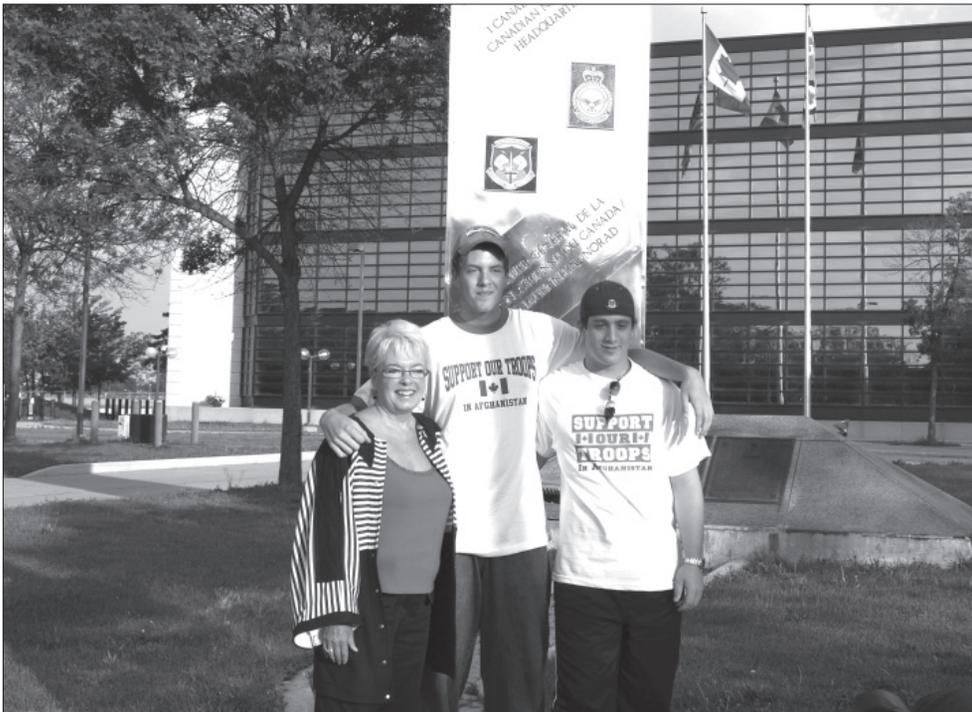


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(L-R) St. James MLA Bonnie Korzeniowski, Scott Lesage and Jarred Letourneau.



Scott Lesage (seated) talks with troops at CFB Shilo after completing a 200 km rollerblading trip from Winnipeg to show support for Canadian soldiers.

Photo by Sgt Dennis Power, Army News

## Two Winnipeg Teens Rollerblade To CFB Shilo

By Sgt Dennis Power

WINNIPEG – During the middle of August when most teens have settled into the relaxed pace of summer, two Winnipeg boys rollerbladed 200 kilometers to CFB Shilo to honour Canadian soldiers. They dubbed their venture the ‘Honour Roll’.

The idea had been in their minds for a couple of years and now they were going to get it done. Scott Lesage and Jarred Letourneau, both 17 years old, thought that a long distance skate to the base at Shilo would be a great way to show their support for the Army. “We both have a lot of respect for what the soldiers do, and this is our way of showing them,” said Lesage.

The original plan was to complete the distance in one day, but with concerns about the weather, traffic, and a requirement for permits, they decided to do it over a three-day period. It would turn out to be a wise decision. Heat and humidity was the biggest challenge as they completed over 80 km on the first day. On the second day they completed another 100 kilometers through a driving wind strong enough to start them rolling backwards when they stopped for rest breaks.

On Sunday, the last day, they had an easy skate for the last 13 km from the Trans-Canada Highway into CFB Shilo. Near the end of their skate they were met by members of the Shilo Teens Club and one club member, Dale Churchill, skateboarded the last two km with Lesage and Letourneau. Their arrival was very low-key, but they were

glad to be done.

Several Shilo-based soldiers took a real interest in the accomplishment of the ambitious teens and expressed their appreciation for their show of support.

Though they were very young at the time, both Letourneau and Lesage have clear memories of the day that sparked the current war in Afghanistan. Since then they have kept up with the involvement of Canadian soldiers deployed to Afghanistan, and wish there was more positive news more often.

“We hear all negatives in the news, and some of the major events, but it would be good to hear more about the every day stuff that goes on, not just the deaths,” said Letourneau.

“What the soldiers are doing over there is on our behalf, they deserve our respect for what they do, and we should hear more about it.”

“Before the skate I had a deep respect for the troops, now it’s much deeper. We were on the road for three days, and we had some challenges to overcome. For the troops overseas the challenges and danger must seem endless, but they do their job every day,” said Lesage, “I hope they all stay safe, and make it home soon.”

Money raised by Letourneau and Lesage during their skate to Shilo will go towards supporting Canadian Forces Personnel Assistance Fund (CFPAF) initiatives for deployed soldiers, and the families of fallen and wounded soldiers. Donations to the ‘Honour Roll’ will be accepted at any TD Canada Trust bank until the end of August.

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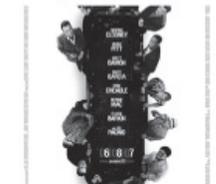
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VOLUME 55, ISSUE 15

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The hypobaric (altitude) chamber at CFSSAT.

# Aeromedical Training Modernization Program Underway at CFSSAT

By Capt J. Adam, Operations Officer, CFSSAT

The Canadian Forces School of Survival and Aeromedical Training has been operating in Building 75 at 17 Wing for 11 years. Since that time approximately 4700 students have been involved in hypobaric chamber flights that simulate the physiological effects of high altitude. Students are taught to deal with the physiological effects of altitude, and they also get to experience hypoxia in a safe and controlled environment. Hypoxia is a condition where there is a reduction in oxygen in a person's blood, cells, and tissues sufficient to cause impairment of body function (leading to unconsciousness and eventually death). Hypoxia has been identified as the cause of a number of civilian aircraft accidents in the past few years, including the 1999 accident that caused the death of Payne Stewart.

In order to combat the risk of hypoxia, all aircrew receive hypobaric (altitude chamber) training as part of their initial Aeromedical training. During hypoxia training, the pressure in the altitude chamber is reduced until the chamber simulates 30,000 feet. Students are directed to go off oxygen and are required to recognize their own symptom of hypoxia and perform a hook-up procedure and an emergency ox-

xygen check. Although the training is very effective, there are a number of restrictions placed on students after the flight due to the extreme nature of the altitude exposure. These restrictions include flight and exercise limitations in order to manage the physiological risks to students post altitude exposure.

The primary risk to aircrew undergoing training in the hypobaric chamber is Decompression Sickness (DCS). Although very rare, DCS is extremely serious and can be life threatening. As a result, CFSSAT maintains a Dive Treatment Facility and a dive team (including medical support from 23 CFHSC) on standby any time students or staff are exposed to the hypobaric chamber.

In 2005 CFSSAT began to look into ways of reducing or eliminating the risk of DCS while still being able to provide effective hypoxia training. A thorough review of training techniques from around the world was conducted, and CFSSAT settled on two methods utilized by the United States Navy (USN) and the Royal Australian Air Force (RAAF). Both alternative methods eliminate the risk of DCS and have the added benefit of reducing the restrictions placed on students and staff.

The first alternative method of delivering hypoxia training was developed by the

USN and is called the Reduced Oxygen Breathing Device (ROBD). This device provides a student with a breathing gas mixture that has less oxygen than air in order to simulate 30,000 feet of altitude. This is done at ground level using a portable device, which can be integrated into a flight simulator for highly realistic training. The risk of DCS is completely eliminated with ROBD, but because students do not get to experience any of the other effects of altitude, like gas expansion, this system will only be used for refresher training of jet pilots.

The second alternative method of hypoxia training was developed by the RAAF and is called Combined Altitude Depleted Oxygen (CADO). With this system the students breathe a gas mixture with reduced oxygen content, but this time the training is conducted at a moderate altitude of 10,000 feet in the hypobaric chamber. As a result the students get to experience the effects of altitude while the risk of DCS is still completely eliminated. A re-fit of the CFSSAT hypobaric chamber in the next year is required to accommodate the CADO system.

Both ROBD and CADO will be employed at CFSSAT in the near future with ROBD expected to be up and running within six months and CADO some time in the next year.



The 402 Sqn Colour Guard (L-R) Sgt Warren Ryan, Capt Sarah Ramatan and Sgt Ozzy Lindsay.



402 Sqn CO LCol Rick Witherden MB, CD, was on parade as part of the 402 Sqn 75th Anniversary held 18 Aug 07. Seen in the background is the 402 Sqn Pipe and Drum Band.

## 402 Squadron Continued from page 1

anywhere else," said Bob May, pilot and executive director of the restoration of the P-51 Mustang, fighter-bomber.

402 "City of Winnipeg" Squadron, Winnipeg's signature Air Force unit, came into being on October 5, 1932 as No. 12 (Army Cooperation) Squadron. 402 Squadron has a long proud history, which includes various aircraft such as the Hurricane, the Spitfire, the Vampire, the Mustang and T-33 to just mention a few.

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# Major-General Hines Visits The Headquarters



Major-General Glynne Hines, OMM, CD visited 1 Canadian Air Division/Canadian NORAD Region Headquarters on August 13. Hines is currently the Canadian Forces J6 and Chief of Staff - Assistant Deputy Minister (Information Management) at NDHQ in Ottawa.

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- 1030 Amazing Race
- 1100 Tents Open
  - Registration Fair
  - H.P. Showcase
  - Family Fun Day
- 1130 All Activities Open
- 1500 Tents Close
- 1900 Youth Welcome Event
- 1900 Adult Dance
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# Presenting A Part Of WTISS – TM Flight - TDS Section

By Cpl J.L.F. Bédard, 17 Wing TISS

Operating under 17 Wing Telecommunication and Information Services Squadron (WTISS) Technical Maintenance (TM) Flight, the Telephone and Data Systems (TDS) section has a staff of 19. They include technicians, switchboard operators, and supervisors from both the civilian and military world.

The TDS shop is responsible for the following services:

- 3343 phones (including STUs and Fax machines);
- Maintaining the Wing PBX (telephone exchange);
- 415 cell phones;
- 320 pagers;
- 180 Blackberry PDAs;
- All the horizontal cabling delivering Voice, Fax, DWAN and GPNet services directly to the users;
- Voice Mail service;
- Long Distance service;
- Video Conference service; and
- Providing all the other functions associated with phones;

and covers an area that spans from Moose Jaw, SK to Thunder Bay, ON and includes many sites in Winnipeg. It provides support to the following units/area:

- 17 Wing Winnipeg integral and lodger units;
- Minto Armouries;
- HMCS Chippawa;
- McGregor Armouries;
- Portage La Prairie;
- Moose Jaw, SK;
- Thunder Bay, ON;
- Dundurn, SK;
- Saskatchewan Armouries.

The 12 technicians work regular business hours while the switchboard operators (3 full-time and 3 part-time)



work from 0700 - 2200h Monday to Friday. Users can get new installations through the completion of a Telecommunication Service Requests (TSRs), appropriate justification, and sometimes money. Assistance can be obtained by dialing local 2244. The helpdesk personnel will then raise a Trouble Ticket (TT) that will be dispatched to a technical specialist. TelAdmin takes care of Voice Mail accounts, long distance billing and all things related to wireless communication.

The TDS section is coordinating with the Line, Projects, and Computer Support sections as well as various organizations on the Wing to make sure that projects are completed as efficiently as possible. They also deal with contractors like MTS, Bell, TELUS, and other local providers/suppliers to ensure the best possible services are provided within our large area of responsibility and to our user community.

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## Region Gliding School

By 2Lt Pam Brown

On Monday, 13 August 2007, at the Region Gliding School (Prairie) in Gimli MB, a presentation was made to Mr. Rene Granger from the Gimli Animal Shelter for the maintenance of sheltered animals and to Mrs. Anne Kishka from the Evergreen Basic Needs and Gimli Interlake Distribution Center for the purchase of food staples.

The Officers and adult staff at the Region Gliding School in Gimli MB held a Fundraiser and Silent Auction to raise money for the Gimli Animal Shelter and to the Evergreen Basic Needs and Gimli Inter-



(L-R) Capt McCormick, Capt Cameron, Capt Peters, CI Dux, LCol Gillrie, Commanding Officer, Mrs. Anne Kishka, Mr. Rene Granger with Bear, CWO Elson, Capt McMullen, CWO Toms, Sgt Stetina and Maj Yetman, Deputy Commanding Officer.

lake Distribution Center. A total of \$1,389 was raised and was evenly distributed to the above.

In addition, Mr. Thorkelson, of Lake Agassiz Marine, has donated a \$500.00 Gift Certificate to the Gimli Animal Shelter through True Valley Hardware in Gimli for the purchase of pet food.

The Annual Silent Auction was a great success due to the many generous donations from local businesses in Gimli and Winnipeg.

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(L-R) 17 Wing Commander Col Scott Howden and incoming Commander 440 "Vampire" Transport Squadron LCol Russ Wuerth.



(L-R) Outgoing Commander 440 "Vampire" Transport Squadron LCol Paul Fleet, 17 Wing Commander Col Scott Howden and incoming Commander 440 "Vampire" Transport Squadron LCol Russ Wuerth.

## New Commander For 440 Squadron

**17** WING YELLOWKNIFE, N.W.T. - LCol Ross Wuerth assumed command of Yellowknife's 440 "Vampire" Transport Squadron from LCol Paul Fleet at a change of command ceremony at the Joint Task Force North Headquarters here today, Friday, 27 July 2007.

LCol Fleet will remain in Yellowknife to become Chief of Staff of Joint Task Force North.

LCol Wuerth, a 29-year Air Force veteran, has flown the CT-114 Tutor jet and CH-139 Jet Ranger, CH-135 Twin Huey, CH-147 Chinook and CH-146 Griffon Helicopters. He has also served as Aide-de-Camp for the Governor General and completed two overseas operations as an aviator.

"I know that all the Vampires at 440 Squadron will miss LCol Fleet, but, not to worry, he'll continue to hang around Yellowknife for some time yet, just in a different cave," said 17 Wing Commander Col Scott Howden. "On a more serious note, I also know that you will continue the fine work you did under LCol Fleet's leadership under LCol Wuerth."

The mission of 440 "Vampire" Transport Squadron is to conduct air mobility operations in the Yukon, Northwest Territories and Nunavut. 440 Squadron's tasks include airlift, utility

and liaison flights in support of Canadian Forces Northern Area, the Canadian Rangers, other Canadian Forces activities and the Cadets in the North. Like all Air Force flying squadrons, 440 Squadron can conduct search and rescue missions as a secondary search and rescue resource, but has no dedicated search and rescue capability.

440 Squadron operates four of the famous Canadian-designed and produced CC-138 Twin Otters to carry out its wide range of tasks. The Squadron operates these rugged aircraft in some of the harshest weather conditions on the planet and is the only formed Air Force unit that is based full-time in the North.

### LCol Ross Wuerth

A Port Elgin, Ontario native, Air Force pilot LCol Ross Wuerth assumed command of 440 "Vampire" Transport Squadron from LCol Paul Fleet at a change of command ceremony at the Joint Task Force North Headquarters, here, July 27, 2007.

Son of Fred & Helen Wuerth, LCol Wuerth graduated from Saugeen District Secondary School in 1978. He enrolled in the Canadian Forces in 1978 and obtained a Bachelor of Engineer-

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ing (Fuels & Materials) from the Royal Military College in Kingston in 1982.

LCol Wuerth brings a wealth of tactical flight experience, serving on various helicopter types and as the Chief Helicopter Instructor at 3 Canadian Forces Flying Training School in Southport, Manitoba.

LCol Wuerth has extensive command and staff experience, serving as the Commanding Officer of Task Force Bosnia-Herzegovina Helicopter Detachment and as Exercise Planner for the North Atlantic Treaty Organization at the Joint Warfare Centre in Stavanger, Norway. He has also served in command positions both at the squadron level and at the Royal Military College in Kingston. He was a member of the Directing Staff at the Canadian Land Force Command & Staff College in Kingston.

"The future for 440 Squadron remains bright under the seasoned leadership of LCol Wuerth. He is operationally focused and people oriented," said Col. Scott Howden, 17 Wing Commander. "He will further promote operational excellence in a joint environment while enhancing the Squadron's critical support to Joint Task Force North in such areas as operating into/from austere northern locations."

"I am thrilled to join Canada's defence and sovereignty efforts in our grand Northern territories. The Arctic region is vastly important to our nation and it's an honour for members of the Canadian Forces to serve here," said LCol Wuerth.



**Congratulations to Major Giacomuzzo**

1 Canadian Air Division/Canadian NORAD Region Headquarters recently celebrated the promotion of Captain Gary J. Giacomuzzo to the rank of Major on August 13. Maj Giacomuzzo works in A3 Transport and had his rank pinned on by Brigadier-General E.B. Thuen, Acting Commander 1 Cdn Air Div/CANR. The photo shows (from left to right) Brigadier-General E.B. Thuen, CD, Major Gary J. Giacomuzzo, Andrew Giacomuzzo, Lori Giacomuzzo and Lieutenant-Colonel Colin Keiver.



Cpl Chapelaine receives his promotion to MCpl from LCol Whitburn effective 6 Aug 07.



Major Mark T. Ferries, A3 Tpt Sys, 1 Canadian Air Division Headquarters (right) was presented with a Commander's Commendation by Major-General J.M. Duval, CD, Commander 1 Cdn Air Div/CANR (left) on August 22. Ferries was cited as, "A natural leader, who has been directly responsible for coordinating all aspects of Operational Worthiness, which has involved extensive participation in the C-17 Operational Implantation Working Group, and collaborating with the Project Office and the Department of Technical Airworthiness."

Major Ferries has also been a key contributor to the development of the Release to Service process which will become the template for all future aircraft acquisitions. His actions have directly contributed to the expeditions and highly effective traditions and values of the 1 Canadian Air Division and the Canadian Forces.

# SPORTS



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**I/S Curling Meeting**

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rected to Sports Coord Colin Bialkoski at  
5511 or bialkoski.c@forces.gc.ca



**Men's I/S Hockey Meeting**

Fri, 14 Sep 07 - 1000 Hrs  
Bldg 90 MPR  
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More Info at 5511 or bialkoski.c@forces.  
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**I/S Volleyball Meeting**

Wed, 19 Sep 07 - 1100 Hrs  
Bldg 90 Multi Purpose Room  
Questions regarding the meeting can be  
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  - ADVANCED MASSAGE & LASER THERAPY
    - CASE MANAGEMENT
- ANXIETY DISORDERS ASSOCIATION OF MANITOBA
  - DENTAL UNIT
- WELLINGTON COLLEGE (FREE 5 minutes massages)

In partnership with  
Family Fun/Registration Day

**WHEN: 8 SEPTEMBER 07**

**TIME: 1100 – 1500 hrs**

**WHERE: Bldg 90 Parking Lot**

*TOTAL WELLNESS is our goal!*

**INTERACTIVE & FUN ACTIVITIES  
FOR ALL AGES!**



# Fall 2007 Swim Lesson Schedule



Monday  
Sep 17 – Nov 26, 2007

1630 – 1700	Sea Turtle	Swim Kids 9/10 1630 - 1715
1700 – 1730	Swim Kids 3	
1730 – 1800	Private Lessons	Swim Kids 1/2
1800 - 1830	Salamander / Sunfish	

Saturday  
Sep 22 – Nov 24, 2007

0900 – 0930	Swim Kids 1 - 4		
0930 – 1000	Bronze Cross 0930 - 1200	Sunfish	Swim Kids 5/6 0930-1015
1000 – 1030		Starfish / Duck (Parented)	Swim Kids 7/8 1015-1100
1030 – 1100		Private Class	
1100 – 1130		Salamander / Sunfish	
1130 – 1200		Crocodile / Whale	
1200 – 1230		Sea Turtle	Swim Kids 9/10 1200-1245
1230 - 1300			

Wednesday  
Sep 19 – Nov 21, 2007

1630 – 1700	Salamander/Sunfish	Swim Kids 5/6 1630 - 1715
1700 – 1730	Private Lesson	Swim Kids 7/8 1715 - 1800
1730 – 1800	Sea Turtle	
1800 - 1830	Adult Class	Swim Kids 4

Registration begins September 8<sup>th</sup> at the Wing Welcome in front of Bldg 90. All lessons are \$35.00 per child. Payment is required at time of registration.

## Fall 2007 Pool Schedule

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Casual Swim</b>	1300-1600	1830-2100	Leisure Pool 1730-1830 All Pools 1830-2000	1830-2100	Leisure Pool 1730-1830 All Pools 1830-2000	1900-2100	1300-1600
<b>Lap Swim</b>	1600-1700	0630-0730 1100-1300 2100-2145	0630-0730 1100-1300 1500-1600	0630-0730 1130-1300 2100-2145	0630-0730 1100-1300 1500-1600	0630-0730 1100-1300 2100-2145	1600-1700
<b>Lessons</b>		1630-1830		1630-1830			0900-1300
<b>Aquafit</b>			1745-1830		1745-1830		
<b>Flying Tigers</b>		1730-1930	1830-2000	1900-2100	1830-2000	1730-1930	

## Fitness And Sports Presents: September Clinic Series

Walking  
Thursday, 06 Sept

Sports Injuries  
(assessment & management)  
Thursday, 13 Sept

Athletic Taping/Bracing  
Thursday, 26 Sept

1200hrs @ Bldg 90 MPR

Call Deanne Bennett @2455 to Register

## Fall Fitness Classes

Evening Program Classes begin the week of Sept 10th. Registration will start August 30th.

Yoga — Sept 11th - Nov 29th  
 • Tuesdays 0930 to 1100am  
 • Thursdays 1800 to 1915pm  
 • Register for 12 classes \$60

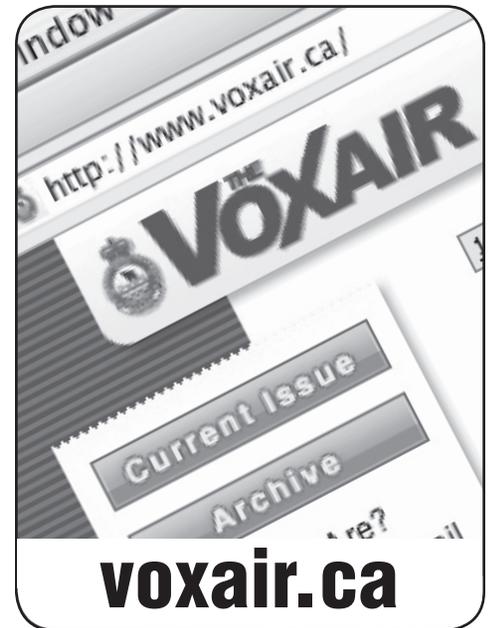
Pilates — Sept 10 - Nov 28th  
 • Mondays 1700-1800pm  
 • Wednesdays 1700-1800pm  
 • Register for 12 classes \$60

Kickboxing — Oct 1st - Dec 3rd  
 • Mondays 1815-1915pm

• Wednesdays 1815-1915pm  
 • Purchase punch card for 15 classes \$75

Sculpt 'n Tone — Sept 11th - Dec 3rd  
 • Tuesdays 1700-1800pm  
 • Thursdays 1700-1800pm  
 • Purchase punch card for 15 classes \$75

Aqua-Fit — Sept 11th - Dec 3rd  
 • Tuesdays 1745-1830pm  
 • Thursdays 1745-1830pm  
 • Purchase punch card for 15 classes \$75



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Email: gnordman@winnipeg.ca



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R3J 3Y5

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Email: wpgmfrc@autobahn.mb.ca

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

**MFRC Monthly Community Coffee Break**

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

**Resources**

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

**Other Numbers**

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

CF Family Consumer  
Info Line: 989-9019

# Military Family Resource Centre

## When Your Son Or Daughter Is Deployed

A son or daughter's deployment can stir up conflicting emotions in a parent. While you are proud of your service member's accomplishments, you may be concerned for his or her safety, especially if the deployment is to an area of conflict. It's important to keep in mind that your son or daughter is capable, trained, and well equipped to carry out his or her mission. Also remember that the best thing you can do for them is to offer your support and encouragement. Even though your son or daughter is an adult, you are still his or her parent. It's natural to be concerned for your child's safety, especially when you don't know what he or she is doing.

- Ask your service member to describe his or her assignment, if possible. The unknown tends to make us anxious. It will help if you can picture your service member going about his or her daily routines.
- Establish a support group of family and friends. Being around people you care about and who care about you is comforting. Make sure there are people you can call when you are feeling sad or anxious. Try to spend time doing things you enjoy with people you like.
- Find others in similar situations. Friends and colleagues are important, but so is being in touch with people whose loved ones are also on military assignment. Talking with other parents in the same situation can be comforting and will allow you to share information. The Winnipeg MFRC offers various workshops and partner/peer/parent support groups.
- If you hear or read something upsetting that you think your son or daughter may be involved with, call the Mission Information Line. They can provide families with timely and accurate information, reassurance, support and referral to other resources, when required.
- Be sure you've discussed with your service member who he or she has designated as the communication point of contact for the unit or command. Your service member completes a Family Care Plan, and provides your contact information to his or her unit. The unit should assign a unit sponsor as your point of contact.
- Volunteer your time to causes near to your service member's heart. Doing something you know would make your son or daughter proud is not only a good outlet for your emotions and energy, but it's a great way to show support for your service member. You could become involved as a Deployment Network Volunteer and assist with organizing special events, providing information/support to other families.

## Deployment Discussion Group

Tuesday Sep 18th at 6:30 pm  
MFRC 102 Comet St

This is a presentation for family members of deployed service members or anyone who would like to view the video. I will be presenting a 60 min video called Homefront; it was run on the Global Network show called Global Currents. It follows 5 military families and the tremendous sacrifices they make to support loved ones engaged in Canada's mission in Afghanistan. The documentary shadows families of soldiers serving with the 1st Battalion Princess Patricia's Canadian Light Infantry from Edmonton, AB over a seven-month tour. The documentary was produced by Reel Girls Media from Edmonton, AB.

Registration is Required: Call 833-2500 ext 4500. Also register for Child Care at the same time.

## Youth Welcome Evening

September 8, 2007 / Building 90 / 7pm - 10pm

- Lots of activities for teens!
- Inflatable Obstacle Course
- Black Jack tables
- Food
- Guitar Hero & DDR play off
- Giant Trikes
- Prizes
- And best of all it is all FREE!

## We need your help...

Seeking volunteers to come out and help us on September 8, 2007 our annual MFRC Family Fun Day.

Your help for a couple of hours or the whole day would be greatly appreciated. Whether you would like to help set up or take down, assist with the food, the photography, family activities, traffic control, or animal control (petting zoo and pony rides) there is a place for you!!!

This is an opportunity to help make a difference in your community, and of course to have lots of FUN!!

If you are interested, please call Barbara at 833-2500 ext. 4519.

## WHY VOLUNTEER?

Are you new to Winnipeg?  
Or maybe you've been here for a while.

Either way, volunteering with the MFRC might be just the thing you're looking for. It can offer you a chance to get to know your new community if you're new, or it can offer you a change of pace and new friendships if you've been around for a while. Maybe you want to get out of the house, or learn something new. Perhaps you would like to donate your professional skills, or do something different than your daily job.

Most of all, volunteering can give you the chance to add some fun to your life.

If you would like to become more involved with the team of volunteers at the Winnipeg Military Family Resource Centre, call Barbara for more information at 833-2500 local 4519.

## Thursday BBQs at the MFRC

Every Thursday throughout the Summer - weather permitting.  
1130hrs to 1300 hrs.  
LAST BBQ will be 13 Sep 07!

Hamburger & Drink	\$4.00
Smokie & Drink	\$3.00
Hot Dog & Drink	\$2.00
Veggie Dog & Drink	\$2.00

## Card Making

Tuesday Sep 11th at 7 pm - MFRC, 102 Comet St

Registration Required - 833-2500 ext 4500

Card Making is very popular and we have some great demonstrators available to teach you how to make beautiful cards for friends and family. Come out and enjoy a fun night with others who want to learn a new skill/hobby. Price of event has yet to be determined, ask about it when you register.



Don't forget to pre-register for Child Care by also calling 833-2500 ext 4500.

Hi my name is "Soldier". I am here for your children so while you are away they can give me a hug when they are thinking of you. I am a soft cuddly Teddy Bear that measures 12-inches in height. I am dressed in desert camouflage with my name on my jacket and the Canadian flag on my shoulder. On the back of my jacket it says "Support Our Forces". I am available at the Winnipeg MFRC for \$20.00 with all the proceeds going to help the MFRC fund programs and services for military families. Very soon I will also be available in French.



## Together in Church



### CATHOLIC

#### Chaplains

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

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

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

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

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

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

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

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

### Protestant

#### Chaplains

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

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

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

**Sunday Services**  
(English Only) 0900 hrs

#### Sunday School

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

#### Marriages

Six months' notice is required for marriages, as counselling is necessary to prepare couples for Christian marriage. A Marriage preparation course is also required.

#### Baptisms

The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

#### Protestant Chapel Guild

The Guild meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

#### Food Bank

The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

#### Emergency Chaplain

After normal working hours, the Emergency Chaplain can be reached through WOps Duty Centre, 833-2700.

#### Other Phone Numbers:

For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click on 'Services'.

#### Interfaith Prayer Room

Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.

# Statement By The MND On The Death Of Private Simon Longtin

## National Defence

OTTAWA – The Honourable Peter Gordon MacKay, Minister of National Defence and Minister of the Atlantic Canada Opportunities Agency, issued the following statement today on the death of Private Simon Longtin:

"Private Simon Longtin, a professional, dedicated Canadian soldier, made the ultimate sacrifice in Afghanistan. My deepest condolences go out to his family, comrades and friends, as we all mourn this loss.

Private Longtin was an exceptional Canadian who deserves the gratitude and respect of his nation. He served valiantly, and represents Canadian values and traditions in the finest sense.

Our mission in Afghanistan is noble and in our national interest, and we will forever honour our troops who put themselves on the line to defend those interests and make a positive difference in the lives of others."

## PSP Fitness & Sports Fall Activity Challenge

Whether it is at work, home, or play, your health impacts every aspect of your life. Healthy living isn't always easy so we're here to help you get on your way!

Challenge officially starts fri 7 sept 07.

### Sponsors

Drop by Bldg.90 0730-1600hrs and register yourself in our 6 weeks "10,000 steps per day activity challenge." After you register, you will receive a free pedometer and booklet. We will randomly select one participant each week and they will receive a wonderful gift from one of our sponsors.

It's that easy – all you need is to commit yourself to getting active.

Wellness starts one step at a time!

If you have any further questions please contact the F&S staff at local 2455 or 2056.

# 17 Wing Loses One Of Its Own



It is with sadness that we learned of LCol (Retired) Gordon's sudden passing on Sunday 19 Aug 07. Lieutenant-Colonel (Retired) Barry Gordon joined the RCAF in 1965 as a telecommunications technician. He served in a variety of positions before being Commissioned as a Communications Engineering Officer in 1971. During his Regular Force career he was posted to Winnipeg, Shilo, Portage la Prairie, Edmonton, Trenton, Ottawa and Vancouver. He retired from the Regular Force in 1995 and he joined the Air Reserve in 1998. His positions with the Air Reserve included the 17 Wing Winnipeg Air Reserve Flight Commander, A1 Reserve Personnel and the Air Reserve Coordinator Western Area. He achieved the rank of Lieutenant-Colonel in 2001. He retired from the Air Force in 2006 to accept a position with the University of Manitoba. He maintained his relationship with the Canadian Forces at the U of M as the continuing education coordinator. He truly enjoyed his 39 years in the Air Force and he always found the time to help anyone who needed his assistance. Barry will be missed.



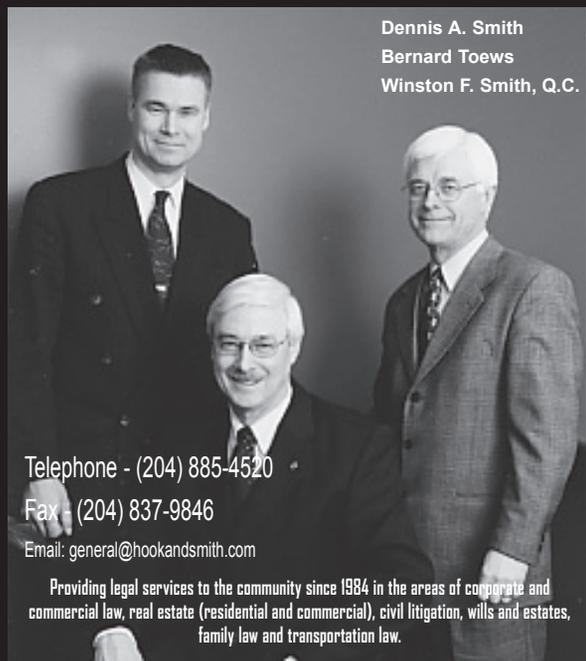
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**CRIBBAGE:** Thursdays at 7:30 pm  
**DANCING:** Friday & Saturday evening 8:00-12:00 pm  
**MEAT DRAWS:** Friday at 6:30 pm Saturday at 3:00 pm

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# TAROSCOPES

BY NANCY

**Aries (March 21 - April 19):** Consider the impression you may give those who don't see what's going on behind the scenes. They could accuse you of taking what you've got for granted. You know things don't remain harmonious without effort though, so don't let them manipulate you with scare tactics.

**Taurus (April 20 - May 20):** You're happy doing things your way, but it may not work well for others. Let them choose their own path. They will not bend to your will just because you think they should. If you try to force them to comply or negatively judge their choices, conflict and resentment could result.

**Gemini (May 21 - June 21):** Tackle obstacles by breaking them down into manageable pieces. Also, be aware of the power of the mind. Attract positive experiences by being optimistic. And when you can't see the bright side, don't start anything too complicated, just wait out the doldrums.

**Cancer (June 22 - July 22):** Curb the urge to acquiesce to avoid conflict. It takes a lot to stay silent and still. To ensure you have the extra energy you'll need for your own activities use strong assertiveness and communication skills to maintain boundaries. What you don't know, you can learn as you go.

**Leo (July 23 - August 22):** Through careful planning and diligence you can have extra funds for leisure activities. Confirm what you are getting for the price paid, for the cost could be higher than expected. Also there's no guarantee you'll make the impression you want. People's reactions and opinions vary.

**Virgo (August 23 - September 22):** Follow your gut when deciding on a career change or additional education. Increased responsibilities or knowledge could result in increased income, but is this what you want? Enjoying simple pleasures can be as fulfilling as a "title" or the big ticket fun a raise allows for.

**Libra (September 23 - October 23):** You gain confidence and are more highly motivated when you try something new. Face fears that hold you back. When you approach each day with a "go with the flow," attitude, you'll find a wealth of interesting experiences open up for you. Don't question this - just enjoy.

**Scorpio (October 24 - November 21):** You can ease up a bit on working on the essentials. Plan to have some fun. Be cautiously carefree. If you are interested in developing a relationship, risk coming out of your shell. You'll see clear indications when your feelings are reciprocated by another.

**Sagittarius (November 22 - December 21):** Self-discipline can help you achieve your goal but your heart must be in it. Ask yourself, what gives me personal satisfaction? If you feel this is impossible, consider how much your thoughts are working against you. "Change your mind/change your life."

**Capricorn (December 22 - January 19):** Expand your horizons. You're instinctively drawn to situations that allow you to shine. Though they will probably be found close to home, you may still be required to put in some extra time networking. Ultimately you'll be happiest when you can call your own shots.

**Aquarius (January 20 - February 18):** This is a great time to meet someone of like mind. This could mean the start of a deeply satisfying emotional relationship or a successful business partnership. Stop dreaming and get going. Create a plan of action that includes a progression of steps to a positive conclusion.

**Pisces (February 19 - March 20):** Responsibilities are draining, but find time to revitalize yourself physically and emotionally. You need to look your best right now as important first impressions will be made. Do the things that make you happy and be with people who have a positive influence on you.

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