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SAREX Takes to the Skies Over Northern Canada



Sgt Joel Manaire, a Search and Rescue (SAR) Technician with 435 Squadron keeps an eye on his landing target as part of a SAREX from 15 to 19 July 2012 in Yellowknife, Northwest Territories. Photo: Cpl Jean Archambault

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PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

Steven Fletcher,
Member of Parliament
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Former HCol Rempel Reflects on his Tenure



Former 17 Wing HCol Barry Rempel (l) at the 2012 17 Wing Mess Dinner with 17 Wing/AFTC Commander Col Blaise Frawley (c) and RCAF HCol Senator Pamela Wallin (r). Photo: Cpl Jean Archambault

By: Barry Rempel

On June 20, 2012, 17 Wing hosted a Change of Appointment Ceremony. The day was one of competing emotions for me as I thought about the wonderful people I had met over the course of five and a half years of serving them as the Honorary Colonel, how much I will miss them and the excitement of stepping aside for someone who will doubtless do great things during his time in the role.

The role of Honorary Colonel serves as a link between the community and the Royal Canadian Air Force. Honorary Colonels build and develop community support for their Wing, Squadron or School by enhancing the public profile for the unit. One of the most important attributes, however, is simply the time spent with all the members and their families.

I leave the role as Honorary Colonel knowing my successor will do a tremendous job in upholding the traditions and standards of 17 Wing. Incoming Honorary Colonel, Ross Robinson, is the President & CEO of B.A. Robinson Co. Ltd., a family-owned plumbing, heating, electri-

cal and lighting company.

Ross has a long history of serving and supporting his community. He has been involved with a number of organizations including the Heath Sciences Centre Foundation, The United Way, the Neeginan Foundation, St John's Ravenscourt and the Western Canada Aviation Museum. Ross also serves on the Board of Directors of Winnipeg Airports Authority.

In thinking back over both the events of June 20th and my term as HCol, I've come to truly appreciate that the Wing and WAA are really "neighbours" in more ways than simply because we share the airfield and runways. Through some projects that Mike O'Gorman and his team here at WAA have worked on, we look to find new ways to help each other out. The closer we have worked with the Wing, the more we get to know them, the greater the pride we take in the brave men and women who serve our country, just across the field.

I will cherish the memories of my time as HCol for "the Wing" and feel fortunate to have been given the opportunity to be of service to my community and country.

Friendly Competition Yields Superior Rescuers



MCpl Carl Portman, a Search and Rescue (SAR) Technician with 435 Squadron, and Master Sergeant West Hufnateo from 308 Rescue Sqn in Coco Beach Florida, United States Air Force (USAF), assemble an escape pod. Photo: Cpl Jean Archambault.

2Lt Rachelle Carr
435 Squadron

Each year 435 (T&R) Squadron organizes a Search and Rescue Exercise (SAREX) to train its members, exchange ideas and build relationships with other units, and to enhance interoperability for the National Search and Rescue Program.

The majority of the exercise simulates several realistic search scenarios where all members work together to accomplish the mission. Members of the 39th and 308th Rescue Squadrons of Patrick Air Force Base's 920th Rescue Wing Cocoa Beach, Florida, which are considered the sister squadrons to 435 Squadron, are invited every year to participate in SAREX.

Part of the joint training involves a competition between the military aircrew members. These challenges promote training and friendly competition between the members, which encourages those involved to exert

their best.

First Lieutenant Daniel Morgese, a junior pilot of the 39th RQS, came to the exercise with only four months of full certification. When asked what he would gain from the joint exercise and from the pilot competition, he said: "It encourages us to work together. It also encourages me to do my best and to become an expert in my trade."

There are four challenges between the Canadian and American crews. The first is the pilot with the best spot landing; that is, the pilot who most accurately lands on or closest to the 1000 foot marker on the runway. The second is the Air Combat Systems Officer's most accurate bundle drop from 150 feet above ground level to a ground target. The third is the Flight Engineer who most accurately parks the aircraft to a specific point on the ramp. Finally, the last challenge is the Canadian Search and Rescue Technicians' and American Pararescuemen's para ac-

curacy competition; that is, whoever parachutes to land closest to a specific ground target wins.

Senior Airmen Kris Tomes, a Pararescueman of the 308th RQS said: "As allies, we need to be able to work together. Watching the Canadian SAR Techs jump made me want to be more adept and to be the best as well. If everyone works at their best, then ultimately we are all the best and at the same level. So all in all, when we do work together, we will succeed every time."

The main objective of the exercise is to upgrade skills and to work together efficiently. The challenges give the exercise a slight edge, which encourages everyone to participate at their best. The competition will resume this fall when 435 (T&R) Sqn and its sister squadrons the 39th and the 308th RQS, along with other units will further enhance their search and rescue training and skills through participation in National SAREX in Val-d'Or, Quebec.

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435 Sqn deploys North for SAREX in Yellowknife

Participants Train for Deployed Major Search



MCpl Steven Longworth, Load Master, waits for the signal to drop a survival bundle. Photo: Cpl Jean Archambault



Sgt Joel Managire, a Search and Rescue (SAR) Technician with 435 Squadron reads the data given by his equipment while treating his training patient during a simulated medical exercise. Photo: Cpl Jean Archambault

Sgt Bill McLeod 17 Wing Photojournalist

A Cessna 185, tail number C-GONE, that left from Taltheilei Narrows is overdue at Great Bear Lake on Friday the 13th of July. On Saturday, the Joint Rescue Coordination Center (JRCC) in Trenton declared the search 'major' and Searchmasters at 435 (Transport and Rescue) Squadron began planning to deploy to Yellowknife, NT.

Thankfully this is just the exercise scenario, but the story behind the scenario is all too familiar to 435 Sqn, the Canadian Forces unit tasked to cover Search and Rescue (SAR) from the U.S. border to the North Pole and from Thunder Bay to the Alberta/B.C. border.

By Sunday, 15 July, approximately seventy-five 435 Sqn and 17 Wing support members on two CC-130 Hercules were on their way to Yellowknife. One CC-130 was configured for SAR and the other was used to transport the support staff and equipment needed to establish a search headquarters.

435 Sqn uses their annual search and rescue exercise (SAREX) to obtain and maintain qualifications and readiness because they can be tasked at any time by the Trenton JRCC to deploy and establish a search headquarters in a remote location after the search goes 'major', meaning the initial search was unsuccessful. Two years ago this happened in a real search mission, when the squadron deployed to Norman Wells to establish a search headquarters and conduct a major search.

On the 2012 exercise Captain Chris Jacobson and Capt Melissa Dawe were attempting to obtain their Assistant Searchmaster qualifications. After completing the Searchmaster course at the Canadian Coast Guard College in Cape Breton this spring they can only become qualified by being the Assistant Searchmaster on a real search or during the SAREX.

"SAREX is a crucial event that allows 435 Squadron to exercise its ability to deploy and sustain a major search operation," said exercise Searchmaster Capt Jacobson. During the exercise the Searchmasters plan the search, task all of the aircraft, and deal with random inputs like eyewitness reports, media requests, and false eyewitness reports from the Directing Staff. The Direct-

ing Staff, in this case Capt Jeff Hunter and his assistant Capt Jeff Chappell, assess the performance of the candidates in handling all of these tasks.

The SAREX also provides an opportunity for pilots, navigators, loadmasters, spotters, and Search and Rescue Technicians (SAR Techs) to train and operate out of a remote headquarters, away from their home base. While the search headquarters is running their scenario and tasking the search aircraft the CC-130 Hercules was constantly flying its own training missions.

During the EX, SAR Techs went mountaineering, diving, jumped into confined areas, and were assessed as they performed medical exercises. To add an international flavour to the exercise the SAR Techs were joined by United States Air Force Parajumpers and Combat Rescue Officers from the 39th Rescue Squadron, part of the 920th Rescue Wing from Patrick Air Force Base in Florida. 39th Rescue Squadron also flies a variant of the Hercules aircraft.

Search and Rescue in Canada falls under the umbrella of the Minister of National Defence but it is a shared responsibility of federal, provincial/territorial and volunteer organizations. At the 435 Sqn SAREX in Yellowknife the participants included the Civil Air Search and Rescue Association (CASARA), the Yellowknife Coast Guard Auxiliary, Yellowknife Search and Rescue, and 440 Squadron, the local RCAF unit who operates the CC-138 Twin Otter.

440 Transport Sqn is the only permanently formed RCAF Sqn in the Arctic. Although the primary role of 440 Sqn, is utility transport, it also has a secondary SAR role to provide Search and Rescue in the North. The squadron has always been able to assist a search operation but has recently renewed its capability to accurately drop survival equipment to persons in distress. They participated in dropping bundles on 18 July at the Yellowknife 'sandpit'.

"During this SAREX, the RCAF demonstrated its SAR capability 'north of 60' through the combined effort of 17 Wing's two tactical flying squadrons: 440 and 435. The 17 Wing team worked in concert with CASARA; the Canadian Coast Guard Auxiliary; and the USAF, demonstrating the robust SAR capabilities in the north in

an exercise that was both combined and integrated. The efforts of 'Team 17 Wing' went a long way to demonstrating the RCAF's commitment to and capability in SAR in the north" said Lieutenant-Colonel Desmond Brophy, CO 440 Sqn.

"It was great to train with our fellow 17 Wing brothers and sisters from 440 Squadron here in Yellowknife. They clearly showed the value of the Twin Otter's secondary SAR capability during their portion of the bundle drop competition, as their performance put them in first place overall in the bundle drop accuracy competition," said Major Dominic Paquette, the Officer Commanding the Exercise.

CASARA provided the second largest contingent to the exercise with 60 members attending. There were CASARA members from Saskatchewan, Alberta, and the North West Territories. The number of civilian aircraft participating changed daily but a minimum of four aircraft flew search patterns and provided valuable information to the Searchmasters.

CASARA is an important part of Search and Rescue in Canada. Local pilots often have knowledge of the area that may prove invaluable on a major search and because private pilots are a tight knit community they may even know the habits and patterns of a missing pilot.

The Canadian Coast Guard Auxiliary (CCGA) also provided invaluable coordinated training with the SAR Techs. On Tuesday, 16 July, SAR Techs and the CCGA ran a medical exercise utilizing two rigid hulled inflatable boats and a Boston Whaler, MV Nick Martin. The exercise simulated a boater having a diabetic seizure and the SAR Techs were transported to the scene on the CCGA boats, where their medical expertise was exercised.

"Overall this year's SAREX was a resounding success. We qualified two new Assistant Searchmasters, and our aircrews and SAR Techs were able to conduct valuable coordinated training with other Northern SAR partners," said Maj Paquette.

435 Squadron SAREX 2012 began with the simulated phone call to 435 Sqn on 13 July and continued until the squadron redeployed back to Winnipeg on 19 July.

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Exercise Maple Flag Where the world comes to train

By Atila Papp

Over the past month, the skies above 4 Wing Cold Lake, Alta., have been home to the thunderous sounds of afterburners along with the heart-thumping beat of propeller driven aircraft from various countries around the world. Gathering from countries as far away as New Zealand and as close the United States, all arrived for one purpose: to ensure that if called into combat action anywhere around the world, the assets within the operation would be able to function so cohesively that the opposing forces would never see the difference in each country's tactics.

Welcome to Exercise Maple Flag 45, where pilots, troops, air, and ground crew trained like they fight in an effort to fight exactly as they train.

The goal of Maple Flag is to bring together the aircraft of countries by simulating a UN air campaign against a highly-capable enemy.

Exercise Maple Flag has been conducted in various forms since 1978, and has occurred annually since 1987, other than in 1991 due to Gulf War I, in 1999 due to the Kosovo conflict, and in 2011 due to Operation Mobile in Libya.

"I participated in a couple of Maple Flags prior to deploying for Op Mobile, and I've seen other sorts of

large force employments, which really do exist, so when large-scale operations happen they are easier," explains Major Forrest Rock, 4 Wing's standards officer and officer in charge of the Air Force Tactical Training Centre (AFTTC). "We checked in and 36 hours after arriving we took off and joined up in a close air patrol with French Mirages, most of which we had worked with before. Everybody was on the same page because we've trained together before."

Taking part in this year's Ex Maple Flag were aircraft ranging from the Mirage 2000-5 from the French Armée de l'Air, the "Block 52" F-16D Fighting Falcon from the Singapore Air Force Force, to various models of C-130 Hercules transport aircraft, including for the first time a C-130H from the Brazilian Air Force and the Royal Canadian Air Force's own CC-130J Hercules from 436 Transport Squadron out of 8 Wing Trenton, Ont. Also present were CH-146 Griffon helicopters from 1 Wing Kingston, Ont., and E-3 Sentry AWACS aircraft

There were also ground troops taking part in the exercise from Canada, Germany, and the Netherlands.

In the world in which we live, knowing that such interoperability exists between nations, is reassuring to say the least, and shows that the lessons learned during Ex Maple Flag are of value and importance to those who fight on our behalf.

23 CF Health Services Welcomes New Commander



On 17 July 2012, the 23 Canadian Forces Health Services hosted a Change of Command Ceremony.

Outgoing Commanding Officer Lieutenant Commander Julia Roy (r) and the incoming Commanding Officer is Major Claude Villeneuve (l), and Reviewing Officer is Lieutenant Colonel Richard Poirier (c) sign the COC Certificates. Photo: Cpl Piotr Figiel

School Visit Honours its Namesake

By Sgt Bill McLeod
17 Wing Photojournalist

Students and staff of Andrew Mynarski V.C. Junior High School toured the 1 Canadian Air Division (1 CAD) and 17 Wing Museums to view exhibits celebrating the heroic actions of their namesake on 28 June 2012.

The visit was timed as close as possible to the 68th Anniversary of the date Pilot Officer Mynarski gave his life in an attempt to save his friend's life over France in a burning Lancaster bomber in the Second World War. The Grade 7 students started their tour in Mynarski Hall at 1 CAD in the morning where they were led by Master Corporal Mark Ejdrygiewicz and shown a video by Officer Cadet Stéphanie Blais about Andrew Mynarski's heroism. During the tour the students viewed the actual Victoria Cross won posthumously by Mynarski, one of the priceless military aviation artefacts on display at 1 CAD.

Before touring the 17 Wing Museum, an annex of the 1 CAD Museum, the students toured the operational squadrons and firehall.

"The students learned that our dedication continues today and will continue in the future," said Major Brendan Bond, Deputy Director Air Force History and Heritage. "Our For Valour initiative is meant to connect with Canadians. We want to continue on that strength and have more students coming here."

Since 2006 a group consisting of Air Force History and Heritage staff, teachers of Andrew Mynarski V.C. Junior High School, staff of 573 (Andrew Mynarski,

V.C.) Royal Canadian Air Cadet Squadron and led by Bill Zuk of the Air Cadet League of Canada have worked on a project to 'Bring Andy Home'. The aim of the project is to install a life size sculpture of Mynarski at Vimy Ridge Memorial Park in Winnipeg and has been strongly supported by local politicians and institutions.

The final concept of the sculpture has been approved



Students from Andrew Mynarski V.C. Junior High School view the Victoria Cross in the 1 CAD Atrium. Photo: Sgt Bill McLeod.

and presently the maquette (scale model) of the sculpture is in the United States being cast in bronze. There is presently a larger than life statue of Andrew Mynarski in England but the Winnipeg statue created by Charlie Johnson, a local artist, will show Mynarski

attempting to free his best friend, tail gunner Pat Murphy.

Andrew Mynarski was born in Winnipeg in 1916, the son of recent Polish immigrants. He attended North End Winnipeg schools and was a member of the Royal Winnipeg Rifles briefly before joining the Royal Canadian Air Force. He eventually became a mid upper gunner during the Second World War and on his 13th mission the Lancaster bomber he was flying in was attacked by a Junkers 88 night fighter causing damage to the port engines and hydraulic lines inside the fuselage. The hydraulic fluid fed the fire inside the aircraft and the pilot ordered the crew to get out. When Mynarski went for the door of the bomber he saw his friend, Pat Murphy, trapped in the damaged tail gunner turret. Mynarski crawled down the fuselage; his clothing already soaked in hydraulic fluid, and attempted to get his friend out. His clothing and parachute caught fire as he attempted to free his friend. At Pat Murphy's insistence Mynarski finally exited the plane. He saluted before leaping from the aircraft.

Mynarski was not awarded the Victoria Cross immediately. Brophy crashed with the bomber but the turret broke open during the crash and he survived. He joined with a French resistance unit and returned to England in September of 1944 where he learned that Mynarski did not survive due to his burns. Two of the crew were captured by Germans and 3 of the crew made it back to England shortly after the crash. It wasn't until a reunion in 1945 that Pat Murphy related the final moments in the aircraft to the rest of the crew.



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Bright Future Forecast for CFS Met Grads



Front Row L-R: Sgt Steve Manning, WO-Adj Brent McDonald (CI-IC) Maj Lysane Martel (CMDT CFSMET-E Mét FC) Col J.P.L. Meloche (Commander CFSTG-GISFC) CWO-Adjuc Ray Fonger (SCWO-Adjuc E) MWO-Adjuc Brad Dennis (STD MWO-NOR Adjuc) Mr-M Chad Thompson (Standards O - O NOR MÉTÉO) Middle Row L-R: MCpl-Cplc Mike Candow (Instr) Pte-Sdt Jamie Graham Pte-Sdt Marie-Eve Lemoine Pte-Sdt Pascale Remillard Pte-Sdt Bradley Stouffer Pte-Sdt Louis-Philippe Desrochers Pte-Sdt Daniel Gervais Pte-Sdt Erica Thomson Pte-Sdt Julie Bernier Pte-Sdt Crystal Pike-Pilditch Pte-Sdt Mark Meloney Sgt Caroline Linteau (Instr) Cpl Terry McClelland (Instr) Back Row L-R: MCpl-Cplc Joanne Prost (Instr) Pte-Sdt Jason Belliveau Cpl Bruce Noah Cpl Ian Campbell Pte-Sdt Jake Sutton Pte-Sdt David Pearson Cpl Matthew Clayton Cpl David Burns Pte-Sdt Colten Kelly Pte-Sdt Wesley Lambert Pte-Sdt Heather Nicholson Pte-Sdt Darcy French

By: MCpl M. Candow and MCpl J. Prost

Canadian Forces School of Meteorology (CFS Met) at 17 Wing Winnipeg is always a busy place and this rang true again with four courses in house over the last six months: Tactical Weather Specialist (TWS) course with 21 students, Met Forecaster Course joint with Met Tech Bridge Training Sea Phase with nine students, and lastly, the QL5A Course with four students. Through trying weather days and a tremendous amount of hard work, all courses were successful with the last graduation occurring on the 14th of June.

The TWS course is designed to teach entry level Meteorological Technicians the skills and knowledge required to perform weather observations, disseminate observed data, and brief current and forecast weather conditions. This meteorological information is supplied to Air Squadrons, tactical, and operational commanders in support of military operations. Both Canadian Forces (CF) and Environment Canada Forecasters use weather observations to produce forecasts and to provide the raw materials needed to create weather briefings in support of CF operations. The TWS course is the first step for these new weather observer/briefers' training which will

eventually lead them to the senior forecasting course in the future.

The TWS course once again provided the school with another very interesting group consisting of a mix of new recruits and seasoned veterans, who wisely decided to change career paths. This TWS course achieved the greatest success rate so far with 95% of the students graduating. Due to occupation transformation, the TWS course also included two QL3 Bridge-Training (BT) graduates (Met Tech Observers who require the Briefer Qualification).

CFS Met was extremely privileged to have Col J.P.L. Meloche, Commander of CFB Borden and of the Canadian Forces Support Training Group (CFSTG) as our Guest of Honour at the graduation. Col Meloche assisted Major L.M.R. Martel, CFS Met Cmdt in presenting Cpl David Burns (TWS), Pte Wesley Lambert (TWS), and Cpl Ian Campbell (BT) with the CFSMet "Certificate of Achievement" for obtaining the highest academic mark on the course. Cpl Burns and Pte Lambert are posted to the Joint Met Centre (JMC) in Gagetown and Cpl Campbell is currently stationed in CFB Bagotville. Pte Colton

Kelly (TWS) received the CFS Met "Certificate of Merit" in recognition of a high standard of performance and exceptional leadership throughout the course. All the students should be congratulated for their hard work. The BT's will no doubt make great additions to their respective offices with their new found skills; and the TWS students all head to the JMC in Gagetown to begin their on-job-training. Well Done!

After six long months away from their families, nine seasoned Met Techs graduated the Meteorological Forecaster Course and completed the Met Tech Bridge Training Sea Phase Course. The aim of the Forecaster course is to employ Met Techs in provision of meteorological support to operations in all three elements. The CF has a requirement for the services of highly qualified Met Techs in such operations as those carried out by ship-based helicopters, land-element combat groups, air-based operations, and search and rescue units. These Met Techs must be able to provide commanders and operations personnel with weather information in the form of forecasts and/or advice on meteorological matters in various parts of the world. Upon completion of the OJT program, they will be fully qualified to provide forecast support to air and land operations at that unit.

CFS Met Standards Officer Mr. Chad Thompson presented the Certificate of Achievement award for both the Forecaster Course, and the Sea Phase Training to MCpl Kate Campagna from Marland Trinity Metoc. The Certificate of Merit award for the Forecaster course went to Sgt Cory Engerdahl from JMC Gagetown. Great job done by all.

During the graduation there were four promotions presented to the following: to Sergeant - MCpl Caroline Linteau, and receiving their first hooks Pte Jason Belliveau, Pte Heather Nicholson, and Pte Colton Kelly. Congratulations to all of you, Sgt. Linteau we'll see you at the mess!

During the beginning of May CFS Met conducted a QL5A course. Only seven days in duration, upon completion, the students are fully qualified to perform marine weather observations. Four students graduated from this course. Congratulations and good luck to all of you posted to a ship.

CFS Met is right back into another TWS course that will be graduating in December. Unbelievably, the remainder of the year we will continue to see an increase in tempo with the addition of a second TWS course commencing in October - that's right two courses at the same time!

Trade re-population is in full-swing!

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Leaders of Tomorrow Are Enrolled in the CF

CFRD News Release

At a ceremony filled with ritual and emotion 11 young Manitobans were enrolled into the Canadian Armed Forces as Officer Cadets in the Regular Officer Training Plan (ROTP) or the Aboriginal Leadership Opportunity Year (ALOY).

Before their family and friends, the new officer cadets took the oath of allegiance cementing their changed status from student to military leadership candidates.

Lieutenant Colonel Douglas Grimshaw, Commanding Officer of 1 CF Flight Training School, swore in the new officer cadets. "It's

a great honour to have been invited to be the Attesting Officer at today's ceremony. Today is a significant milestone and the first step for what many of you will be a lifetime commitment to the service of our great country." Later, LCol Grimshaw remarked, "These young people have worked hard to be members of the CF and their families should be very proud of the effort they have put in to reach this point."

Eric Faucher was one of the new officer cadets sworn in. Faucher, a pilot officer candidate said, "I'm very excited to be an officer cadet. I'm heading to RMC and

I think it's a great opportunity with so many advantages." Faucher was sworn in front of his family including his father, MWO Claude Faucher of 1 Cdn Air Div, and uncle, Captain Serge Faucher of CF School of Aerospace Studies. When asked about the challenges ahead of him including the basic officer training course he said, "One thing I learned from my dad and uncle is to stay calm and work hard."

Eight officer cadets were enrolled under the ROTP plan with six going to RMC

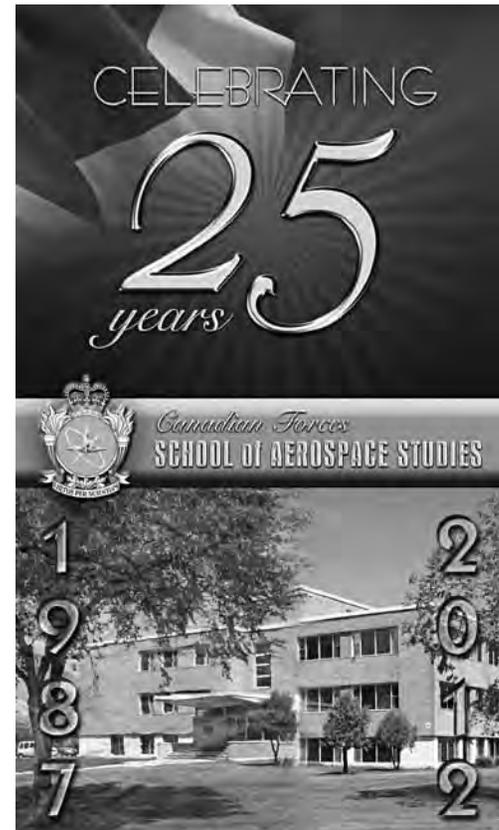


Kingston, ON, one heading to RMC St-Jean, QC, and another to the University of Ottawa. Two ROTP cadets are the sons of serving RCAF officers. Three officer cadets were enrolled

under the ALOY program and are headed for RMC Kingston.

ROTP officer cadets will train and study for four years before being commissioned as officers into the Canadian Army, Royal Canadian Air Force or Royal Canadian Navy with all expenses paid for in exchange for a minimum of five years of service. The ALOY officer cadets will also train and study with their ROTP classmates at RMC under military sponsorship for one year with no obligation. At the conclusion of their ALOY year they can leave the Forces or continue studying.

CFSAS Celebrates 25 Years Of Service



**By: 2Lt Jean-Guy Leclercq
17 Wing Public Affairs Assistant**

On 6 July 2012 the Canadian Forces School of Aerospace Studies (CFSAS) celebrated a major milestone, as the date marked the 25th anniversary of the school's creation back on in 1987.

Even though work started on 6 July 1987, it wasn't until 6 November 1987, that Lieutenant-Colonel Armstrong, Commandant of the Canadian Forces Air Navigation School at the time, officially handed over command of CFSAS to their first Commandant, LCol G.E. 'Joe' Sharpe. So it is with great pride that CFSAS will welcome its former members and friends on 6 November 2012 at

the Officers Mess, where the school will highlight 25 years of existence with those who have worked to make it a success throughout the years.

"We look forward to celebrating this milestone with all of our alumni (staff and students) by going down CFSAS memory lane and highlighting its many successes and achievements," said Major Patrick Castonguay, Acting Commandant of CFSAS.

Even though aerospace education courses began long before the creation of the school, the dramatic evolution of the aerospace world and military technology forced the men and women of the Royal Canadian Air Force (RCAF) to adapt. To meet the urgent demand of the ever-evolving aerospace work

environment, CFSAS was born.

The school has come a long way since its inception, and continues to grow and become more diversified in order to keep up with the fast paced field of aerospace studies. CFSAS now offers courses in aerospace systems, space operations, space applications and electronic warfare.

The RCAF is recognized worldwide for the quality of training provided to its members. CFSAS has undoubtedly had a major role in the influence that the RCAF holds throughout the world, and will continue to do so for many years to come. Indeed, the aviation world will continue evolving and quality training will always be an important aspect of the Canadian Forces.



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1CFFTS Graduate Ready to Continue Travelling

By: Capt David Lee

Thursday 28 June saw the graduation of Intermediate Airborne Electronic Sensor Operator (AES Op) Course 1154 from 1 Canadian Forces Flying Training School (1 CFFTS). Six AES Op graduates received their wings during an afternoon ceremony with friends, family and 1 CFFTS staff members looking on.

Corporal Chad Dingwell, one of the graduates of IAQC 1154, hails from Fortune Bay, PEI, but his military and personal travels have taken him all over the globe. He has set foot on six continents and been to approximately 30 countries, with highlights along the way including Rome, Istanbul, reaching the summit of Mount Kilimanjaro in Tanzania, and running a marathon on the Great Wall of China in May 2010.

Dingwell joined the Naval Reserve in 1997 as a Naval Combat Information Operator (NCI Op) while working as a network administrator at Dalhousie University in Halifax. After filling a Reserve physical security role in Victoria, BC in the aftermath of 9/11, Dingwell moved to the Regular Force in 2003, completing a component transfer to the Air Force and becoming an Avionics Technician (AVS Tech). Following trade training he was able to return to the west coast as part of 443 Squadron, where he performed maintenance on the Sea King and had the chance to interact with many of the squadron's AES Ops.

Other military experiences for Dingwell include participating in the Nijmegen marches, a six month deploy-

ment on the HMCS Calgary as part of Op ALTAIR, and ten months at Kandahar Airfield (KAF) as an AVS Tech providing maintenance for the CH-147 Chinook. It was during his time in Afghanistan that Dingwell both requested and was granted a remuster to AES Op. "I always loved to fly," Dingwell notes. "Watching the Sea King take off, I knew I wanted to be on it instead of watching it go."

Despite his varied experiences in the Canadian Forces, Dingwell says putting himself into the proper mindset for airborne voice communications was one of the biggest challenges while completing his AES Op training in Winnipeg. "You have to be clear and concise with what you want to achieve," he claims.

According to his course director, Dingwell was a leader during his time at 1 CFFTS. "Chad was able to use his experience and knowledge of the CF to help mentor junior course members," says Sergeant Ryan Canning. "He also came to me with course issues to help me fix them."

For Dingwell, the most rewarding aspect of his work in the CF has been the people he has worked with. "I've made some of the best friends I've ever had in the CF," he says, adding that he has kept in touch with friends he's made from the start of basic training onwards. Completing his AES Op training was yet another rewarding experience for Dingwell, who says that he made five more good friends while on course.

With a set of newly minted wings in hand, Cpl Dingwell will be returning to 443 Squadron in Pat Bay, British Columbia, where he will have his chance to fly on the

CH-124 Sea King. While he is excited for more personal travel in the future – he lists Eastern Europe, South Africa, and South America as possible destinations – he is also very much looking forward to wherever life in the RCAF may take him.



Cpl Chad Dingwell, a graduate of Intermediate AES Op Qualification Course (IAQC) 1154, completed a marathon on the Great Wall of China in May 2010." Photo: Cpl Chad Dingwell

Air Force Reaches out to the North

RCAF News Release

The Royal Canadian Air Force (RCAF) conducted Operation Northern Reach in several of Canada's Northern communities from July 12 to 26, 2012 and in the Yukon, specifically, from July 21 to 25.

Static displays, flybys and aerial displays demonstrated RCAF capabilities in the areas of air mobility, long range patrol, tactical aviation, search and rescue, maritime helicopter and fighter force. Additionally, the Air Force's aerobatic capabilities were displayed as the CF Snowbirds took to the skies at the Watson Lake Air Show on July 21 and the Whitehorse

Air Show on July 25.

"Operation Northern Reach is a tremendous opportunity to bring many elements of the Air Force together, 'flying in formation' in the North," said Brigadier-General Pierre St-Amand, acting commander of 1 Canadian Air Division. "From sovereignty patrols to transport to search and rescue, the RCAF continues to increase its capability and capacity to deliver aerospace power in the North."

Operation Northern Reach is an opportunity for Northern communities to experience and learn about the RCAF as we continue to demonstrate our ability to project into the North.

"We serve in these Northern skies daily, and we are looking forward to spending more time in the communities, sharing our passion for what we do on their behalf," said Major Wes Cromwell, air component commander for the Royal Canadian Air Force at the Joint Task Force North Headquarters in Yellowknife N.W.T.

The activities scheduled for the Yukon Territory were as follows:

- July 21 – Watson Lake Air Show (CF Snowbirds)
- July 22 – Teslin flybys (CF Snowbirds)
- July 24 – Whitehorse Cadet Camp flybys (CF Snowbirds)

July 24 – Haines Junction and Carcross flybys (Two CF-18 Hornets)
 July 25 – Whitehorse Air Show (CF Snowbirds and the CF SkyHawks)

Aircraft participating in Operation Northern Reach will include: the CC-177 Globemaster III and CC-130J Hercules transport aircraft; the CP-140 Aurora long-range patrol aircraft; the CC-115 Buffalo search and rescue aircraft; the CC-138 Twin Otter utility transport aircraft; the CH-146 Griffon, CH-124 Sea King and CH-149 Cormorant helicopters; and the CF-18 Hornet fighter jet.



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The Sky's the Limit at 17 Wing Winnipeg's Vacation Bible School



Campers at this year's VBS practiced their sack race skills before a competition with their parents in the afternoon. Other activities included tug of war and hula hoop races. Photo: Alison Dickey



This year's camp ran from July 3rd until July 6th and on the last day, the approximately 30 kids who were registered for this year's VBS, entertained families with their musical stylings in the 17 Wing Winnipeg Chapel. Photo: Alison Dickey

CFSAS' Ironman

By Shannon White
CFSAS

On 24 June 2012, LCol Luc Guillette, Commandant of the Canadian Forces School of Aerospace Studies competed in the Ford IRONMAN triathlon in Coeur d'Alene, Idaho. An IRONMAN triathlon is a competition taken to the extreme that includes a 3.8 km swim, followed by 180 km of cycling and it concludes with a 42.2 km marathon. This international event hosted 2800 competitors from more than 25 countries. LCol Guillette finished the choppy swim in 57 min, the grueling bike ride in 5 hrs 30 min and the hot marathon in 3 hrs 42 min; with an overall time of 10 hours 19 minutes. This performance placed him 21st in the Mens 40-44 age group out of 450 triathletes, 89th overall and was the 10th Canadian across the finish line. He came out of the water 6th in his age group, the cycling portion had him 14th and he was 21st at the finish line in his age group. This was LCol



LCol Luc Guillette competes in the Ford IRONMAN Idaho. Photo: Tara Verbling

Guillette's ninth Ironman triathlon and third time representing the CF in Coeur d'Alene. He's also qualified and represented the CF twice at the world famous IRONMAN race in Hawaii. Although his duties as Commandant, Chief of Staff of the Air Force Training Centre and Chairman of the RCAF Run have kept him extremely busy, he still managed to put in countless training hours, mornings, evenings and weekends to prepare for such a demanding competition. LCol Guillette would like to thank CFSAS, 17 Wing/AFTC, PSP staff and CFPSA Ottawa for their outstanding support. Congratulations on an amazing performance!

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Ô Canada! mon pays, mes amours MFRC Celebrates St-Jean-Baptiste Day



Guest had a great time listening and dancing to the music stylings of, "Les Francossins," at this year's St. Jean Baptiste Day celebrations held at the Officer's Mess on June 23rd. Photo submitted by: Melanie Lyrette.



This year's event attracted over 180 people that included approximately 40 to 50 children who were entertained by La Magicien Mago. Photo Submitted by: Melanie Lyrette.

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Clowning Around at 17 Wing Summer Camps

Children had a fantastic time learning the art of circus life when they attended the Community Recreation All-Star Sports Camp, the activity for the week of July 9th to 13th was **Circus Camp**. 17 Wing Community Recreation's All-Star Sports Camps run all Summer long and you can still register at www.pspwinnipeg.ca for courses starting in August. Check their website for all the fun and exciting activities your child could be doing!

The Winnipeg MFRC also has an exciting summer camp program going on right now. The Kidventures Summer Camp's theme this year is **Traveling Through Time** and also runs through the end of August. For more information call the MFRC at 833-2500 ext 4500.



Campers Blake Coates (L) and Liam McCausland (R) enjoy dressing up as clowns as part of Community Recreation's Circus camp this year. Photo: Lindsay Proteau.



After a full week of learning the ins and outs of circus life, the campers put on a show for parents and other campers in the gymnasium of Building 90 on July 13th. The show starred a variety of acts including comedians, magicians, puppet shows, clowns and even the stylings of some acrobats.

Photo: Alison Dickey.

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17 Wing Recognizes Sports Achievements

By: Mike Sherby and Chris Merrithew

On 27 June, 2012, members of 17 Wing Winnipeg gathered in the Officers' Mess to pay tribute to all of the many talented athletes, officials, time-keepers, and volunteers during the annual 17 Wing Sports Awards.

Over a fantastic breakfast, these men and women celebrated another outstanding year of athletic success. Afterwards, 17 Wing Sports Coordinator Chris Merrithew, who's played a pivotal role in organizing teams around the Wing, stood up to congratulate everyone on a year well done.

"These individuals have shown a certain level of enthusiasm and dedication to their sport," he said in a speech. "The awards presented today will be given to those members whose performance, both on and off the playing surfaces, typifies the qualities of professionalism and sportsmanship."

During the ceremony, the Sgt Glen MacLeod Memorial Award was handed out. Sgt MacLeod served at 17 Wing Winnipeg from August 1986 through December 1990, and was a dedicated participant in Wing hockey. After he passed away suddenly on December 5, 1990 while playing hockey, a trophy was commissioned to honour his memory. This trophy is awarded annually to a player who displays the qualities of sportsmanship, dedication, enthusiasm, and a love for the game.

This year's award went to MCpl Darren Burgess.



On 27 June 2012 in the Officer's Mess at 17 Wing Winnipeg, the staff of the Personal Support Program (PSP) hosted the annual Sports Awards Ceremony. Photo: Cpl Jean Archambault.

Merrithew says that the award was given to MCpl Burgess because "he plays with all his heart, and he is looked up to by his teammates as he leads his team by always being a good sport and respecting players on the ice."

Before the rest of the awards were handed out, Merrithew took some time to review the wonderful year each

team had. And what a year it was. The 17 Wing golf team took first place at the Prairie Region Golf Tournament, finishing 9 strokes ahead of their nearest rival. The Men's and Women's Slo-pitch teams also had great year, but failed to make it in the Prairie Region Playoffs.

17 Wing played host to the 2011 Prairie Region Men's Soccer Championships last August, and the 17 Wing team finished 1st in the round robin tournament. The team made it all the way to the finals, where they unfortunately lost to Edmonton. Our Basketball team also had an excellent season, easily making it to Prairie Region finals, where they finished second overall.

And, in a hotly contested tournament, Capt Audrey Jordan finished first for Winnipeg in the Women's Prairie Region Squash Tournament, and ended up finishing a close second at the National Championship Finals. 17 Wing's Maj Doug Chess was also invited for the fourth year in a row to attend the CF National Squash Championships as an official.

These were just a few of the many highlights of the 2011-12 sports season at 17 Wing. Congratulations to everyone who participated in CF Sports this year.

And the Awards Go To...



Male Athlete Of The Year – Maj Serge Faucher

Maj Faucher is a highly motivated athlete whose tireless dedication toward the Wing Sports Program has paid huge dividends in 2011. He received 2 silver medals in the Canadian Masters Indoor Championships in the 800m and 400m runs, which earned him the right to compete in the World Masters Indoor Championships that were held in Finland and to compete against the best runners in the world. He ran exceptionally well at the World Masters Indoor Championships as he reached his personal best in times. Maj Faucher's commitment to sports makes him excellent, and his tireless determination and work ethic is a testament to not only 17 Wing, but the CF in general. Photo: Cpl Jean Archambault



Coach Of The Year – MWO Greg King

MWO King led the 17 Wing Men's hockey team to a successful 2011-12 season. He also helped create a cohesive team, achieving new goals that they set out to achieve. His players see him as an inspiring leader, a role model and a friend. He is well respected for his commitment to excellence and his ability to teach, guide and lead, especially in times of struggle. He instilled a level of confidence and belief in the team members that has not been achieved for many years. MWO King has also developed the regional development camp for swimming for different regions in the CF. His initiative and determination has created a positive training atmosphere that has assisted in developing swimmers of all different abilities. MWO King is a true example of the class and commitment that make up a member of the CF. Photo: Cpl Jean Archambault.



Female Athlete Of The Year – Capt Stephanie Bigelow

Before joining the CF, Capt Bigelow swam for Canada's Junior National Swim Team. Since enlisting in June 2004, she has been a member of the CISM swimming and lifesaving team. She has also represented Canada and the Canadian Forces on every level of competition, from National civilian competitions to international military world championships. Most recently, against the most elite swimmers in the world, she placed 7th in both the Women's 200 meter and 100 meter Butterfly at the 5th World Military Games in Brazil.

She has also volunteered to train and lend her coaching expertise to small town clubs such as the Comox Valley Sharks in BC, The Yarmouth Whitecaps Swim Club in NS and the CFB WPG Flying Tigers right here in Manitoba. By her involvement with these teams, she is an ambassador for both the sport and the CF. In this way, she is able to educate civilian athletes on what the CF can offer with the world of sport. She also decided to swim a half marathon in support of the RCAF Run and the "Soldier on" program. Capt Bigelow's enthusiasm for assisting others is truly inspiring. Photo: Cpl Jean Archambault

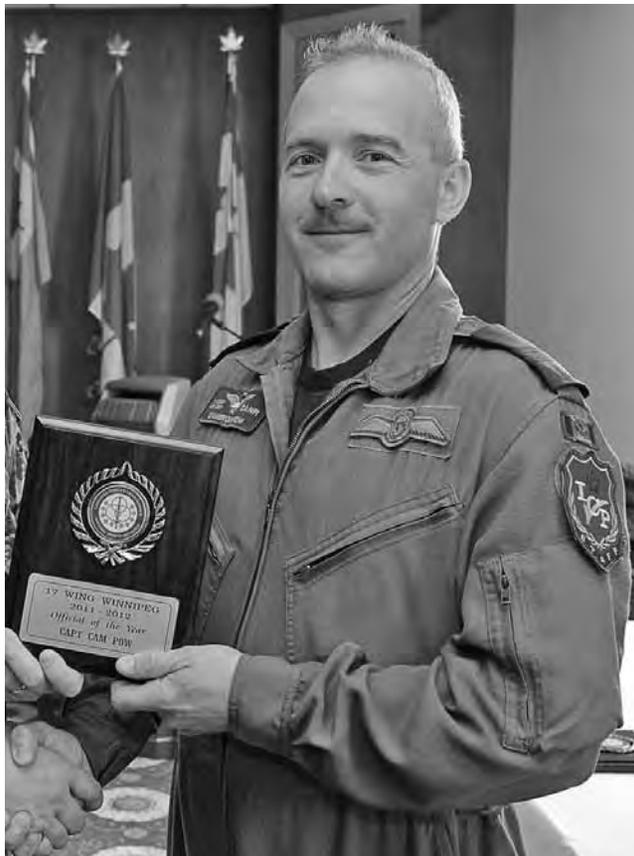
Sports Awards Cont'd...



Team Of The Year - 17WG WPG Golf Team

The PR tournament was hosted by 4 Wing Cold Lake 19-21 July 2011. It was planned for three rounds of golf, with each team in the region competing for top honours by using the lowest 4 scores from each day of play. At the end of play, 17 Wing Winnipeg took home top honours in the team competition with a total score of 684.

Not only did 17 Wing win the team competition, one of our members, MCpl Dave Tower, won the individual Gold Medal with a low score of 163. Also, two members of the team, MCpl Tower and MCpl Jeremy Chapman, were selected to compete at the CF Nationals in Borden in August. The 17 Wing team performed admirably considering the tough course conditions and level of competition. All members placed in the top half of the tournament (19th place or better) and secured 4 of the top 8 positions in the individual standings. This team should be congratulated on an outstanding season and a great run. The members of the 17 Wing Base Golf Team for 2011 were MCpl Dave Tower, MCpl Jeremy Chapman, Major Doug Chess, Captain Blair Keiver and 2Lt Evan Shields. Photo by: Cpl Jean Archambault



Official Of The Year – Capt Cam Pow

Capt Pow is a highly motivated and dedicated official. His efforts and contributions towards the 17 Wing Winnipeg Inter Section Hockey program paid huge dividends in the 20011-12 season when he was selected to referee the CF National Men's Hockey Championships hosted by 17 Wing. He did an outstanding job officiating games with some of the finest hockey players in the CF participating. MWO King has also been an active member within the Winnipeg minor hockey officials association, refereeing AA hockey in Manitoba. He is a very conscientious official, who continually strives to improve his performance and those around him. His tireless work and support make him an integral part of the success of the hockey program in the CF. Photo: Cpl Jean Archambault



CWO David Martin, acting Chief of 17 Wing, presents the Sgt Glen MacLeod Memorial Award to MCpl Darren Burgess. Photo: Cpl Jean Archambault



Lcol Andrew Penney, acting 17 Wing Commander, presents a 17 Wing Winnipeg Sports program award to Maj Dan Girard. Photo: Cpl Jean Archambault

Keeping Cool and Saving Energy this Summer

In lieu of the warm weather that Winnipeg is currently experiencing, the Wing Sustainability Office would like to provide some tips on some low cost and energy efficient measures that you can apply to keep cool in both your workplace and at home.

1. Turn Off All Sources of Heat

While you should always try to turn off heat sources when not in use, even more attention should be made during the summer months. Turning off items such as lights, appliances, computers and other electrical equipment will keep your workplace and home cooler and reduce the need for fans or air conditioning.

2. Plan Your Day Around the Heat

Activities such as cooking, washing/drying clothes and showering/bathing all produce heat. If possible, try to do these heat intensive activities in the morning or evening when it is cooler. Or adapt your methods. Try BBQing outside tonight or hang your clothes to dry. Remember to use the oven range hood fan when cooking and the bathroom fans when showering/bathing. This will remove excess moisture immediately and keep your home more comfortable.

3. Keep the Heat Out

In both the home and workplace, close the blinds and drapes to prevent sunlight from entering through the windows. If possible, concentrate the cold air in the room/office that you are using by closing off other unused areas.

4. Use a Fan

Use fans as your first line of defence against summer heat. Fans can better circulate the air and also cost less than cooling with an air conditioning unit. For example, a 60-watt ceiling fan costs between 8 cents and

\$1.50 to operate monthly, while an air conditioner can cost between \$6.75 and \$40.50 a month (NRCAN). While you may not want to shut off the AC entirely, you may be able to turn it down when used with a fan. This will save electricity and money!

5. Monitor Your Building and Cooling System

Last week, when temperatures reached 33°C, open windows were still spotted throughout 17 Wing! Please try to ensure that all windows and doors are closed on hot/humid days. If you believe your workplace cooling system is not working effectively, please notify your Building OPI immediately as the system may require some professional maintenance.

Additionally, prior to the summer season, report any dried/cracked weather stripping or caulking to your Building OPI. Addressing these issues early on can prevent any unwanted heat from entering the building. Proper upkeep of weather stripping, caulking and insulation in your own home can also reduce your own utility bill and keep you cooler in the summer. Also, if you own an air conditioning unit, ensure that you clean the filters regularly and keep the outside condenser free from any leaves, grass etc. Lastly, check your owner's manual or contact your service technician about the correct maintenance schedule for your unit.

6. Purchase an Energy Efficient Cooling Unit

Aging air conditioning units may not be entirely efficient and therefore could be wasting a lot of your energy and money. If you are thinking of replacing your old unit or buying an air conditioner for the first time, there are many great resources online that can help you choose something both effective and energy efficient. (Try <http://oee.nrcan.gc.ca/residential/12152> for starters)! If you

would like to have an air conditioning unit installed at your 17 Wing workplace, please contact the 17 Wing Sustainability Office prior to purchasing/ordering. We will be happy to work with you to acquire the most effective unit and also ensure that the equipment meets all Federal regulations.

For more information on energy or sustainability at the Wing, please contact the 17 Wing Sustainability Office at: +17WingSustainabilityOffice@forces.gc.ca



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Health & Wellness Challenge Crosses the Finish Line

Way to go Winnipeg! Over 480 of you registered for the Health & Wellness Challenge brought to you by Health Promotion! One choice at a time, the Challenge made participants more aware of the choices they were making through the month of May. It was wonderful hearing your comments at the conclusion of the month, "I laugh all the time, but I don't say thank you enough!" or "During my TD it made the difference choosing fruit instead of cake for dessert!"

Many participants enjoyed the private accountability and ability to track the decisions they were making. It either highlighted behaviours they were already engaging in, or illustrated areas they could make changes to, should they so choose! It was encouraging hearing the comments about how the challenge provided them with a tool to use on leave or TD to keep healthy behaviours in check!

Now this wouldn't be a Challenge

without some friendly competition! We received responses from 25% of challenge participants! Our Health Promotion statisticians have been locked away and when they came out, the winners were (from percent participation and average points generated):

Units: 1CFFTS & 2 CAD HQ

Individual: WO Fred Coad, 2CAD

Participants that submitted their point totals were entered to win prizes, winners were:

Hydration Packs

MWO Mike Lonigro - 1CFFTS

OCdt Leslie Erdelyi - CFSSAT

Sgt Sean Osztian - Wfoods

Travel First Aid Kits

MCpl Michelle Neilson - 1CAD

MCpl Patti Briand - 402 Sqn

MWO David Stubbert - 17AR Flt

Leather Books

Don Mills - PSP

Maureen Smith - 1CAD

Maj Bruce Gundling - 2CAD

Thank you to those of you who were

up for the Challenge!

For more information on the Challenge or for ideas to stay active through the summer months, please contact us at (204)833-2500 ext 4160 or 4995.

Canadiana Crossword

Trivia Time

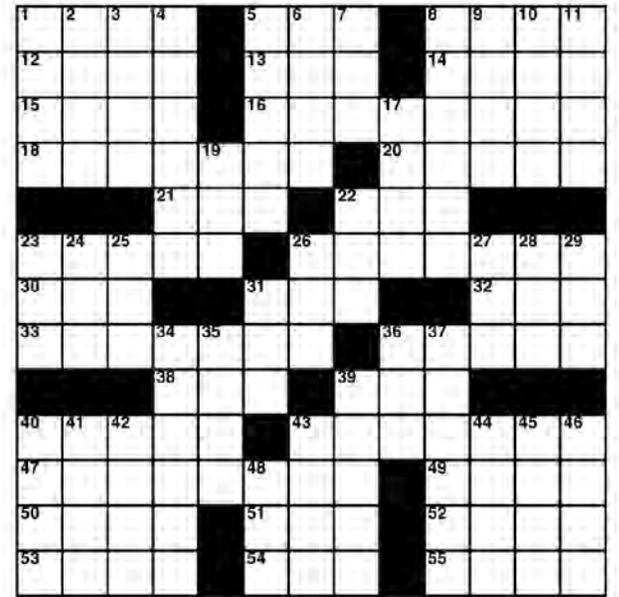
By Bernice Rosella and James Kilner

ACROSS

- 1 Blind part
- 5 Rook's call
- 8 Mil. ordnance
- 12 In Exchange
- 13 Turkish title
- 14 Check
- 15 OK Corral guy
- 16 Tommy Douglas dream
- 18 Plummeted
- 20 Dehavilland's dream
- 21 Moray, for one
- 22 Yes, to Yves
- 23 New Zealand aboriginal
- 26 Not apparent
- 30 Collection of anecdotes
- 31 Southeast asian
- 32 Toupee, slangily
- 33 Canadian wonder of the world
- 36 Scraping along
- 38 Compete
- 39 Soot
- 40 Nordic poet
- 43 Locale of first Canadian oil find
- 47 _____ Bay, world's largest fresh water archipelago
- 49 Canada's longest serving Prime Minister
- 50 Hairless
- 51 E. Els homeland
- 52 Stravinsky or Gouzenko
- 53 Biscuit
- 54 Our most easterly provs.
- 55 Mentally stable

DOWN

- 1 Luge
- 2 Deceiver
- 3 About aviation
- 4 Canada's shortest-serving Prime Minister
- 5 Dromedary
- 6 Mature
- 7 Stack of bills
- 8 With Bay, the driest place in Canada
- 9 Vegetarian's no no
- 10 Bog down
- 11 Ace
- 17 Promissory notes
- 19 Prov. with the highest population density
- 22 Japanese sash
- 23 Popular PC
- 24 Queen of Scots
- 25 Grain
- 26 Dory device
- 27 Gagarin, for one
- 28 Seek to be elected
- 29 Incite
- 31 Golf course part
- 34 Go to excess
- 35 Fly
- 36 Tobermory time
- 37 Military fatigues
- 39 Chronicle
- 40 Nigerian people
- 41 With Great, Canada's largest wholly owned lake
- 42 Lone
- 43 Kiln
- 44 Capital of Latvia
- 45 Privy to
- 46 Giant
- 48 Irish paramilitary org.



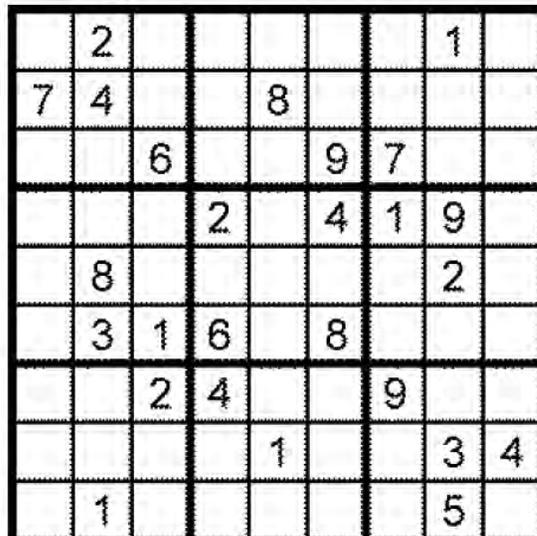
L to R: Maureen Smith, MCpl Michelle Neilson, and Sgt Sean Osztian accept their fabulous prizes as Winners of the 2012 Health and Wellness Challenge. Photo: Michael Sherby



WO Officer Fred Coad (centre) accepts the plaque for the Health and Wellness Challenge for most points generated from Health Promotion Director Kathy Godfrey (r) and Maj Dion Spencer (l). Photo: Michael Sherby

My Sudoku

Rated: Beginner



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



www.mfrc.mb.ca

204.833.2500 ext. 4500



MFRC Summer BBQ's!

The MFRC Summer Barbeques are in full swing! Mark your calendars for every Wednesday from 1130 – 1300 from the months of July and August. The MFRC will be serving up Hamburgers, Hotdogs and Smokies.

Come out for a tasty lunch break and visit with friends and coworkers.

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

Please note BBQ's are weather dependant and will not be held in inclement weather.

Now Available for Purchase!



NEW for Summer! Ideal for keeping your beverage cool on a hot day while showing your support for the forces. Available at the MFRC for only \$8.00.

Upcoming MFRC Programs

FUNtastic

Summer Camp for preschoolers
7 – 10 August 2012, 1 to 3:30 p.m.
102 Comet St.
\$40 per child

This program is for children 3-5 years old (or who have not yet entered grade 1). All 5 senses will be used to explore science, art and outdoor play. Call 833-2500 ext. 2491 to register.

Green Team 2012

Join the Green Team staff and have a blast this summer!

Our days are filled with games, water activities, arts and crafts, cooking, and even a few trips! A great place to bring your friends and make new ones!
The Youth Drop-In Centre is available for kids age 6-12 and is free of charge!
Location: 347 Doncaster St
Open: Green Team in effect until August 24th
Drop-In Time: Monday to Friday, 10 am to 4 pm. (closed on statutory holidays)
Check us out on Facebook! "Winnipeg MFRC Youth Centre" For more information, contact 833-2500 ext. 4500

SUMMER FUN UNIVERSITY (SFU)

Tuesdays, 7, 21 August 2012
10 a.m. to noon
\$ 5 per class
Register by August 2 and 16
School's in for summer! Register now for Summer Fun University (SFU). Each session is going to focus on a different special interest topic.. A graduation luncheon will be provided on August 21. Watch your report card to check for more details on the luncheon.
August 7 – Wrapped Leather Bracelet
August 21 – Rest, Relax, Rejuvenate – Stress Management and DIY Spa

CORN MAZE AND BBQ

Saturday, September 15, 11 a.m.
A Maze in Corn, 1351 Provincial Road 200
www.cornmaze.ca
Register by September 7
Newcomers, Francophone families and deployed families are invited to join us for a day at the corn maze. A BBQ lunch will be provided for you, then you can explore the corn maze, petting zoo and hay rides. If

there is inclement weather, please check our Facebook page at www.facebook.com/WinnipegMFRC for updates.

Fun Mountain

Thursday, August 23, 2012 at 12:00 p.m.
Fun Mountain Water Slide Park
\$14.00 per person. 2 and under free
Register by August 17, 2012

Fun Mountain here we come! Say goodbye to Summer with a splashin' good time. Lunch will be provided. If needed please bring your own lifejacket. Please note that Fun Mountain does not allow outside food and beverage into the park (with the exception of factory sealed bottled water).

FRENCH COFFEE

Every Wednesday morning 10 to 11 a.m.
Join us every Wednesday morning for a coffee and a chat with members of the francophone community!
Free child care is provided.

Around the world in 11 months

Thursday, August 16, 2012, 5:00 p.m.
At the MFRC
\$5 per person. 3 and under free
Register by August 10
No need to pack your bags...just bring your family as we Party in the USA. We'll provide the passport, dinner and entertainment!
Dinner will be a BBQ followed by carnival games.
Each month staff from the MFRC will be taking you on a wild adventure to a different part of the world. At each event we'll be stamping your passport. The more events you attend the more stamps you'll get, the more stamps you get, the better the prize at our December event.

CASUAL CHILD CARE

MFRC, 102 COMET ST.
Tuesdays, August 7, 14, 21 & 28
9 to 11:30 a.m.
Children under 2: \$10, children over 2: \$8
Half price for each additional child from the same family.
Must book 24 hours in advance. Call 833-2500 ext 2491.
Need a break? For children 1 to 5 years old, this program provides care for children while you take some time for yourself. Children must be at least 1 year old to attend the session. Peanut free snacks and diaper supplies should be sent.

"PROPS FOR PLAY"

102 COMET ST.
Wednesday, 15 August, 10 to 11 a.m.
For children 18 months +
Come get/give ideas of low/no cost items to inspire creative play for young children.

Online Language Training

Are you interested in learning or would you like to improve your knowledge of another language? If so, Tell Me More is the program for you! With over 5 million users worldwide, Tell Me More is a complete and interactive program that focuses on the users needs. This online course gives you access to a multitude of possibilities. You can simply login from your own computer and can use the program as much as you need or want. For each language, you are able to practice your listening, reading and writing skills. The program offers you access to over 1000 hours of training which ranges from a beginner to expert level. Simply take the placement test when you login to assess your knowledge and the program will place you in the appropriate level.
\$20 per license. To register or for more information, call 833-2500 ext. 4515.

ARE YOU READY?

Wednesday August 29, 7 to 8:30 p.m.
\$5 per person, Register by August 27
Are you Ready for the craziness which is going back to school? Are you prepared for lunches, school activities and calendars? This program will give you some useful tools to help make the transition from summer to school easier. We will discuss easy lunch ideas, calendar and organization aides and how to get thru the busy, busy months ahead. A Mom's Calendar will be provided to help you get started!!!

ICE CREAM SUNDAE SOCIAL

Thursday August 30, 7 to 9 p.m.
Register by August 24
A Hot Summer's Day and a big bowl of Ice Cream, decorated to your heart's content....
What could be better??? Calling all MFRC Volunteers to come out to the MFRC to celebrate the summer and say hello to September with an Ice Cream Sundae Social! Ice cream and all the toppings you could imagine will be provided for your creative pleasure. The only "rule" is that you get to eat your ice cream masterpiece! Join us for a fun and delicious evening!

Chaplain's Corner

A Boxing Day Thought

I was walking the dog the other day (or to be precise, she was walking me) in the PMQ patch (or the RHU patch as they call it today, but if you ask me, "PMQ patch" sounds so much better). On our street there were three different moving vans ... it's Military Boxing Day season. This is a perk of living in the PMQ patch ... getting our annual fix of these moving vans.

While I was waiting for the dog to finish her business (and, yes, I was fully equipped with those lovely little bags for such an occasion), I watched the movers (at that moment, it was better than watching the dog ...) and was reminded of a funeral I recently led. If you think it's unusual to go from moving vans to funerals, just wait for it.

My family is a typical military family – we have gone through many moves. Each time we always ask ourselves, "Do we really own THAT much stuff???? Of course, no move is ever complete without the required garage sale (aka Operation "Let's Get Rid of Enough Junk to get under the Weight Limit") that always precedes moving day.

Perhaps the most common complaint PMQ-ers have is that the PMQs feel too small (even if you don't have a seasonal pool in your basement). As I watched the endless stream of boxes flowing onto the various trucks, I wondered how families 50 to 60 years ago (who had more kids) were able to fit into the same PMQs that so many now complain about.

I think it has to do with how cluttered our "modern" lives have become, and the choices our "modern" lifestyle have caused us to make. Let me explain with a story ...

One day, a family was packing for their summer vacation. The oldest child – a 17 year old boy – was active, so he had to bring his football, his ball and glove, and his scuba

gear. Of course he was going to tan at the beach, so he needed his reclining beach chair, docking station (to play some tunes), sunscreen, tanning lotion, Frisbee, five pairs of ultra-hip swimming trunks, and a few cool beach towels to catch the attention of any cute girls out there.

The 15 year-old girl was also packing. There was no way on earth she would go anywhere without her designer jeans (at least six pairs – after all, they were going for a whole week), seven different sun dresses (it's all about choices), and 3 or 4 sweaters just in case she went out. Of course, she needed her complete make-up kit (of course, there ARE guys at these resorts), her I-pad, I-phone, I-tunes, I-tablet, I-gadget, laptop, DVD player, and a stack of the latest movies.

The parents were busy packing for themselves, and for their new baby. It just wouldn't be a proper vacation without the playpen, stroller, Jolly Jumper, educational DVDs, sun umbrella for the beach, and a suitcase of toys to keep the wee one busy (and out of their hair).

It was the morning of their departure and everyone brought their luggage out to the laneway. The mom was going through the house making sure they remembered everything, and the teenage girl sat on the front yard porch "watching" the baby in the car seat (actually, she was actively engineering her social obligations ... i.e. catching up on her hundreds of e-mails). The father disappeared somewhere into the mini-van to squeeze in everything that the older son was bringing out ... suitcases, beach bags, knapsacks, coolers, baby furniture, air mattresses, golf clubs, snacks, reading material, and dozens of other things.

Somehow the stuff all fit (Dad's a great packer), and there was even barely enough room to fit a few bodies in. Everyone squeezed into the

mini-van and off they went. Finally!

An hour down the road, the mom put her Oprah-recommended book down and checked on everyone. The son was taking a nap (noon was too early to be up), and the oldest daughter was watching her DVD player. Dad was inhaling the Pepsi and driving not much over the speed limit. It was so nice and quiet; the baby is such a good sleeper. Mom was anxious to finish her book, so that she could brag about it with her book club. A chapter or two later, she realized it was time to feed the baby. She reached into one of the many bags under her feet, pulled out the baby bottle, and handed it to her daughter to feed the baby. After the usual complaining, the daughter asked "OK, so where's the baby?"

After five minutes of frantic searching, they turned around and sped home. When they got there, they saw two neighbouring children sitting on the porch minding their baby.

Has our lifestyle gotten so complicated and busy, we may be overlooking what's really important in our lives? Oh yes ... the funeral connection. A few weeks ago, I was asked to lead a funeral for a dear woman / mother / grandmother who passed away. There were many words spoken ... about watching movies with her, and enjoying her homemade cooking, and family gatherings. Not a word about nice cars, or lovely houses, or fancy vacations, or electronic whatcha-ma-call-its. It was all about enjoying the presence of others.

As you watch your stuff being loaded onto or off of a moving van, how much of it reminds you of time spent with your loved ones? Does your stuff reflect what (or who) is important in your life?

Take care and God bless.
Padre Mark

Philatelist's Corner with Alf Brooks



Charles Dickens, 1812-1870

Does anyone read Dickens today? Some do, I am sure, but not as many as when his many novels were first published, usually serialized in magazines, in the nineteenth century. Today we are more likely to know of his works through television adaptations or the musical *Oliver*. (Top)

In June Royal Mail celebrated the 200th anniversary of his birth by issuing six stamps-picturing Mr. Bumble, Mr. Pickwick, The Marchioness, Mrs. Gamp, Captain Cuttle and Mr. Micawber- and a souvenir sheet with scenes from four novels, their designs from the originals-Nicholas Nickleby, Bleak House, Little Dorrit and A Tale of Two Cities. (Right)



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Padre Mark Mawson (Wing Chaplain)

Roman Catholic Office 833-2500 ext 5417

Padre Ray Laudenerio

Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre

Roman Catholic Office 833-2500 ext. 5956

Ms Catherine Landry

W Chap Admin Assistant

Office: 833-2500 ext 5087

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 Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz

(Anglican) 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'.



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Flexible hours. 1 day a week between 10:00 hrs and 14:00 hrs
Please contact PO2 Jennifer Ross at 833-2500 ext 6512

Secretary Wanted!

Good organizational written & oral communication skills in a small office setting. Computer competence in Windows, Word & PPT. Reply with resume by Friday, August 10, by email to <stebede@mts.net>. Church of St. Stephen & St. Bede
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Send us an e-mail today to place your FREE Classified ad at Voxair@mts.net

Taroscopes

BY NANCY

Aries (March 21 - April 19): Talking to someone could lead to realizations that encourage you to head off in a new direction. Though initially you may experience confusion and uncertainty, ultimately you end up in a better place where you feel more emotionally safe, secure and nurtured. Deal with what bothers you.

Taurus (April 20 - May 20): A sense of pride in your accomplishments prevails. But you now have to juggle a few more responsibilities that don't fit so neatly into your plan making you realize you haven't been as challenged as you thought in the past. Luckily things will resettle into a structured state.

Gemini (May 21 - June 21): It's time to put some of your ideas into action. A change of job or surroundings may be necessary. Talking over your hope and dreams with someone you respect can help you put your plans in perspective. Opportunities present themselves. Go for it. You know what you want.

Cancer (June 22 - July 22): Be willing to go new places and try new things. Give your curiosity free rein. If we learn from experience then we have to risk new experiences if we plan to keep learning. Some things must be done even if we don't want to so strive to balance these tasks with ones that energize you.

Leo (July 23 - August 22): Some of your past decisions and actions are not admired by others which doesn't sit well with you. You want to be seen as a strong, positive influence. You'll have to either change how you do things or hold to your way and accept the loss of some people from your life.

Virgo (August 23 - September 22): You may feel you have to keep working very hard to get anywhere but in fact some things are already in place and will provide the stepping stones to something better. Things will get easier. Be patient and you'll see you are receiving a return for commitment and effort.

Libra (September 23 - October 23): Unexpected changes and a perceived lack of appreciation can be disheartening and test your belief that there is a purpose to all things. If you see things as a challenge instead of a chore you can dig deep and find the resources to not only persevere but also to prosper.

Scorpio (October 24 - November 21): You have a wealth of experience, skills and talents. With so much to offer you can take pride in what you do. Your work speaks for itself and allows you to set your price. Hold to your high standards. Help others who are just starting out for everyone has to start somewhere.

Sagittarius (November 22 - December 21): Face important decisions with confidence. Things are changing around you but you're willing to do what needs to be done to make the necessary adjustments to your lifestyle. Spend time with friends in places you enjoy. Do things that allow you to relax more.

Capricorn (December 22 - January 19): You're faced with many options. Invest your energy in what is really important to you. Revisit something that excited you once. Rekindling your passion is easier than you imagined. Honestly reflect on what success means to you and how you can achieve this.

Aquarius (January 20 - February 18): Things change quickly right now even though you keep trying to slow the pace. You might want to take a break but it would be wiser to simply ride this crest even when you can't see the point in all the excess and insanity. You know life would be boring without them.

Pisces (February 19 - March 20): You're excited about a new idea but in order to focus you need to complete outstanding tasks. Organize your time to allow for a transition to new interests. Whittle down your possessions and commitments to a manageable load. Your hard work will be rewarded.

FOR APPOINTMENTS CALL 775-8368

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Your 17 Wing Community Newspaper

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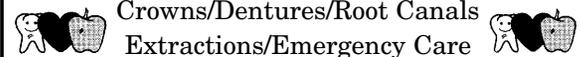
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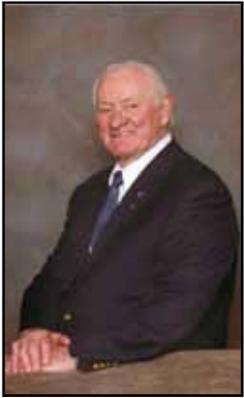
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