



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

JULY 18, 2007

VOLUME 55, ISSUE 13

FREE

17 Wing Commander Change Of Command



Col Scott Howden (foreground) assumed command of the parade and 17 Wing Winnipeg on 6 July 07.



(L-R) Col Howden, LGen Bouchard, and LCol Sam Ness sign off on the hand over.

By Avery Wolaniuk

Col Scott Howden assumed command of 17 Wing Winnipeg from LCol Sam Ness on Friday, 6 July 07.

LGen Charlie Bouchard presided over the day. "Change of Commands are bittersweet events. On one side we say farewell to a good leader, a strong leader, an outstanding leader, and we also welcome a great leader to the helm.

"The strength of any good leader is to espouse the vision of the organization, to make his own plan, communicate it clearly, and make it happen. And that, Sam, you've done. And you've got to be proud of that," commended LGen Bouchard to the out-going WComd. "You did it all in an outstanding fashion. Mission accomplished."

LCol Ness spoke to the parade and the gathered audience with his last address as 17 Wing's Commander. "It has indeed been the best six and a half months of my career, and I can tell you, if you ever get the opportunity, take it," he said. "It has been a bag of fun, and it has been you folks who made it fun." LCol Ness was appointed 17 Wing Commander on 19 Dec 06. He is now posted to Creech Air Force Base in Las Vegas as a liaison officer with the US Air Force.

Col Howden moves over to the command post at 17 Wing

from his office just across the road, having served the past three years at 1 Cdn Air Div as the Director of Aviation, Patrol, and Transport Readiness. "Col Howden has been the busiest colonel in my headquarters over the last three years. I am so proud to hand over command to Scott," said LGen Bouchard. "Col Howden has earned the privilege to command you, and I know he will serve you well."

Having begun his career at 17 Wing at CFANS, Col Howden now returns to Winnipeg to take charge of his old training grounds. "In those days I had no idea who the Wing Commander was, but now I'm back as that individual," said Col Howden.

The colonel started off his command with an unexpected promise to the members of 17 Wing. "You have my pledge that I'll turn this stout body in to a sveltdt body over the next year," he said, giving his word that he will fulfil his goal by running the Manitoba Marathon next June. "I'll need your encouragement and support along the way."

The morning ceremony, held on the Stevenson Park Parade Square, was attended by the Honourable John Harvard, Lieutenant-Governor of Manitoba, Steven Fletcher, MP Charleswood-St. James-Assiniboia, Anita Neville, MP Winnipeg South Centre, Bonnie Korzeniowski, MLA St. James, and HCol Barry Rempel.

COLONEL SCOTT A. HOWDEN, CD

Col Howden was born in Kitchener, Ontario in 1958. He joined the Canadian Forces in 1978 and following graduation from the Air Navigation School in Winnipeg, Manitoba he was posted to 405 (MP) Squadron in Greenwood, Nova Scotia. During his five-year tour at 405 (MP) Squadron, he flew briefly as a Routine Navigator on the CP107 Argus and then transitioned to the CP140 Aurora where he attained triple-seat qualifications as an Acoustic Sensor Operator, Navigator-Communicator, and Tactical Navigator.

In 1984, he was selected for exchange duties with the United States Navy flying on the P3C Orion with VP30 in Jacksonville, Florida. On his return to Canada in 1988, he was posted to the Maritime Proving and Evaluation Unit (MP&EU) in Greenwood. Promoted to Major in 1989, he served as the MP&EU Senior Navigator and Project Control Officer.

In 1992, he was posted to Canberra, Australia and following graduation from the Royal Australian Air Force Staff College in 1993, he returned to MP&EU as the Deputy Commanding Officer. He assumed command of MP&EU in June 1994. Promoted to LCol in 1998, he was posted to the Maritime Air Component (Atlantic) in Halifax, Nova Scotia where he served in the dual capacity as the Director of Air Operations and the Chief of Staff. Col Howden was appointed as the Commanding Officer of 405 Maritime Patrol Squadron on 18 July 2002. His next posting was as a student on the Continuous French Course in Shearwater, Nova Scotia.

Promoted to his current rank in Jun 2005, Col Howden was posted to 1 Canadian Air Division Headquarters: he was the Director of Personnel (A1 Pers) through mid-May 2006; then onto the Director of Aviation, Patrol and Transport Readiness (A3 APT Rdns). This Change of Command ceremony will witness the appointment of Colonel Howden as the Wing Commander of 17 Wing Winnipeg.

He and his wife Sharon have two sons – Parker, 23, and Cole, 20 – and a daughter Shelby, 13.

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Photo by Maj Mike Legace



Photo by Maj Mike Legace



Photo by Maj Mike Legace

(Top Left) The Commander, 1 Cdn Air Div HQ, LGen Charlie Bouchard, welcomes LCol Jean Mallais as the new HQ CO. The change of command ceremony took place on the afternoon of Friday, July 6.

(Top Right) LCol Russ Mann addresses the many spectators at his change of command ceremony on Friday, July 6. LCol Mann is off to 3 Wing Bagotville as their new Wing Administration Officer.

(Bottom Left) Behind every successful man is a strong woman. LCol Russ Mann presents his wife, Lucie, with flowers during his change of command ceremony.

'Tis The Season To Be Posted

By Lt Steve Neta, 1 Cdn Air Div/CANR Public Affairs

The Annual Posting Season is coming into full swing for the year. It's the time of year when military members pack up their homes, round up the family and move on to another posting... and realtors surrounding military bases are walking around with dollar signs in their eyes.

In the spirit of the season, a new Headquarters Commanding Officer (HQ CO) for 1 Canadian Air Division/Canadian NORAD Region was appointed on Friday July 6. After four years at this headquarters, with the last 18 months as HQ CO, LCol Russ Mann passed the torch during a change of command ceremony to LCol Jean Mallais.

"I've enjoyed my time at this headquarters and tried to give back to its staff the same energy and support they gave me throughout my time in Winnipeg," says LCol Mann. "My departure is bitter-sweet. I am sad to leave a mission-focussed headquarters with such great people, but I am also looking forward to new challenges and being closer to family."

Prior to his post as the HQ CO, LCol Mann was the Director of the Air Force Support Capability Project, which led to the creation of six Mission Support Squadrons. Despite carrying 1 Cdn Air Div/CANR HQ through a transformation, when asked about his greatest rewards LCol Mann simply says all of his rewards came from people. "As my uncle likes to say, 'The best things in life aren't things – they are the people you meet and the memories you share,'" he added.

On his way to become the Wing Administration Officer at 3 Wing Bagotville, Que., LCol Mann is anxiously awaiting the same rewards from the personnel there as he received in Winnipeg.

"I appreciate the Quebec culture so much that I married a Quebec girl," LCol Mann jovially adds. "3 Wing has a unity of purpose that is backed by solid morale from privates and clerks right through to the Wing Commander."

Taking over as the new HQ CO, LCol Jean Mallais will be responsible for all administrative, disciplinary and financial functions for the Headquarters and for coordinating support services with 17 Wing.

"I am truly looking forward to my new assignment as HQ CO (...) This type of command will be somewhat different, with a far greater span of responsibilities and a much greater level of expectations," LCol Mallais adds.

Prior to his new appointment, and for almost two years, LCol Jean Mallais was the Director Force Employment Mission Support (getting the supplies to the men and women during air force operations). As the first to occupy that new position, he was challenged with setting up the organization with an effective command and control structure.

"After more than 18 months, we are now full up and running. We are close to the action and provide essential mission support input into the planning process and in support of ongoing operations," said LCol Mallais.

Although moving from one position to another, LCol Mallais notes a continuity of hard-working personnel in this Headquarters. "From what I've already seen, I will have a great team in place to assist me in my duties as HQ CO. I expect this will be a highly challenging and rewarding tour."

With the HQ CO change of command complete, 1 Cdn Air Div/CANR HQ is in final preparation for another ceremony. The Commander of 1 Cdn Air Div/CANR, Lieutenant General Charlie Bouchard, will welcome Major General Marcel Duval as the new incoming Commander during a change of command parade on Tuesday, July 17.

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WCompt Change Of Appointment



Reviewing Officer WComd, LCol Ness with outgoing WCompt Maj Bodner (right) and incoming WCompt Maj Carignan (left).

Photo by Cpl Tom Trainor



Photo by Maj Doug Mathis

LCol Normand Gagne, 1 Canadian Air Division A5 and 17 Wing Public Affairs Officer Capt Dave Muralt present Sgt Andrea Muralt with her new rank, prior to Sgt Muralt assuming her new position as the 402 "City of Winnipeg" finance Sgt.



LCol Sam Ness 17 Wing Commander presents LCol Douglas Fairley with the Special Service Medal (SSM).

Photos by Cpl Bern LeBlanc



LCol Sam Ness 17 Wing Commander presents MWO Dave Mayor his certificate for completing the Year long Countiinuus French course.



LCol Sam Ness 17 Wing Commander presents Capt Vicki Duggins her certificate for completing the Year long Countiinuus French course.



LCol Sam Ness 17 Wing Commander presents Maj John Milligan his certificate for completing the Year long Countiinuus French course.



LCol Sam Ness 17 Wing Commander presents MWO Desmond Flood his certificate for completing the Year long Countiinuus French course.



LCol Sam Ness 17 Wing Commander presents Maj Darryl Dash his certificate for completing the Year long Countiinuus French course.



LCol Sam Ness 17 Wing Commander presents LCol Douglas Fairley his certificate for completing the Year long Countiinuus French course.

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Understanding Individual Learning Plans (ILPs)

Submitted by Sgt Natalie Moore

What is an ILP?

An ILP is a document that helps military members identify their learning objectives and to formulate a plan to upgrade their education or professional qualifications. As a result of the policy changes to education reimbursement programs announced in CANFORGENS 114/04 and 136/04, all Reg Force and Reserve personnel who wish to apply for education reimbursement must first submit an ILP through the Wing Personnel Selection Office (WPSO) and receive approval prior to making any financial commitments.

The ILP is meant to serve as a financial forecast for up to 5 years, therefore eliminating the requirement for members to submit a new ILP for every course they want to take. When the ILP is approved, each member will receive notification by email. The email will inform them of the funding for which they have been approved, the timeframe, the policy under which they qualify for reimbursement, and an ILP code. Some programs are funded by Academic Year (AY) while others, such as the Initial Baccalaureate Degree, are funded for the entire program. Members can then only be reimbursed for courses which fall under the program and criteria they detailed and have been approved funding for on their ILP. For example, a member is not authorized to take courses at Red River College if he was approved for a program at the University of Manitoba without first submitting and obtaining approval for new amended ILP.

Filling out an ILP.

The ILP form is located on the Canadian Defence Academy (CDA) website http://www.cda.forces.gc.ca/dlm/en-graph/services/er/ilp/ilp_form/ilp.asp and can also be accessed through the WPSO Education Reimbursement site <http://17wing.winnipeg.mil.ca/WAdmin/PSO/edcs-reimb.htm> (click on Submit an ILP). The form is an online document and must be filled out on a computer. One common misconception is that the form is transmitted electronically when the member hits the "Submit" button. This is not the case, since it is simply a form and is not linked to the approving authorities at this time. Therefore, each member must ensure all the mandatory fields have been accurately completed then print the ILP form. If there are any errors, the document will not print. Once printed, the member is to sign Page 4, attach a copy of a recent Member Personnel Record Resume (MPRR) and forward the ILP to the WPSO. The WPSO must receive the original ILP. Photocopies and fax copies are not acceptable. If the ILP is not completed properly or the MPRR is not attached, it will be returned to the member's unit for correction.

How long does it take to have the ILP approved?

The turnaround time for ILP approvals varies, depending on several factors. CDA governs which ILPs can be approved at the WPSO level and which ones must be forwarded to CDA. ILPs approved by the WPSO will generally be actioned anywhere from a couple of weeks from the time they are received up to a month or so, depending on the volume coming in and the many other deadlines and priorities

that are mandated to the WPSO section. ILPs that are sent to CDA will take longer for an approval notification.

Here are some points to keep in mind when filling out an ILP:

- Be sure to provide an accurate email address. You may also add a second email address (for example, Reserve personnel should provide the unit clerk's email address so they are kept informed of the approvals for their files)
- Current level of study completed is the level of education completed at the time the ILP is submitted
- Level of proposed study is the goal education level that will be achieved upon completing the courses detailed on the ILP
- You must provide a full name and mailing address for the academic institution
- All five years of the financial forecasts under the Academic Year headings must be completed to the best of your knowledge. Members will, in many cases, have to estimate the costs, and all other fields must contain a zero otherwise the form will not print properly

What is required for a substantiation?

Members must be able to substantiate that the courses they are planning to take are not for personal interest, but are in the interest of the CF and therefore, meet the following 3 criteria:

1. The course contains academic value and leads to credit towards a certificate, diploma or professional designation;
2. The institution is accredited/registered/recognized with the appropriate provincial or territorial agencies that regulate the authority to grant diplomas or degrees or has been judged as equivalent by the Canadian Defence Academy (CDA)
3. The program of study/course supplements and does not replace military training required by CF members.

This is just a brief overview of the ILP process. Members are encouraged to familiarize themselves with the various education reimbursement policies available on the WPSO website <http://17wing.winnipeg.mil.ca/WAdmin/PSO/edcs-reimb.htm>. The WPSO staff is also available to answer questions and provide assistance during normal working hours, Monday – Friday 0730-1600.

Shearwater, Nova Scotia — HAMPTON GRAY MEMORIAL SCHOOL is planning a Reunion for former students, teachers, and their parents on 6-7 Oct 07.

Pre-registration is required by 31 August 07.

For more information, please visit www.hamptongray.ca or contact:

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B3A 2G6
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Correction Notice:

The article "17 Wing Celebrates Aboriginal Awareness Week" in issue 12 of the Voxair was incorrectly credited to Florence Bambenek. The correct author was Laura MacKay.

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Security In General – 17 Wing Provost Marshal

- The achievement and maintenance of good security is a fundamental principle that serves to benefit any organization. Good security will allow a Commander, a Commanding Officer or an establishment head to pursue assigned goals, missions and objectives secure from significant interference from enemies or persons hostile to their operational interests. Such freedom of action will be won in part by:
 - protecting vital interests against theft, diversion and sabotage;
 - denying unauthorized persons access to vital information about our own capabilities and intentions; and
 - assuring the loyalty and reliability of those persons who are authorized access to classified or otherwise sensitive assets.
- The term security refers to a condition achieved when the intentions of the enemy or of otherwise hostile persons are determined and when information, materiel, personnel, activities and installations are protected against espionage, sabotage, subversion and terrorism, as well as against loss, manipulation and unauthorized disclosure. The term is also applied to those measures necessary to achieve this condition and to the organizations responsible for those measures.

OFFICE SECURITY

Security is everybody's concern

Before leaving my office at the end of the working day, did I properly secure all classified/designated (C/D) material?

NDSP 8.24 - At the end of each working day, supervisors and others responsible for the custody of sensitive matter are to ensure that a security check is made to confirm that:

- C/D matter has been appropriately secured with particular attention being paid to desk drawers, bookcases and filing trays where such matter may have been placed and overlooked;
- C/D waste has been collected and secured in accordance with the highest sensitivity of matter in the waste;
- reproduction equipment has been immobilized or properly secured unless warranted otherwise by way of a TRA; and

- doors and windows have been secured in accordance with local procedures.

Is it time to change the combination on my locks?

IAW NDSP 8.14 - Combinations are to be changed:

- when the lock is first taken into use;
- at least every six months thereafter;
- when any person knowing the combination is transferred, released or no longer requires access to the contents of the container; and
- if the combination has been or may have been compromised.

Who is your unit's designated person to hold and safeguard all combination change envelopes?

NDSP 8.16 - The combination of each container shall be placed in a sealed envelope. An authorized custodian will sign the envelope. It will be marked with the applicable security classification or designation, the identity of the associated container by type and location, the names of person(s) authorized to have access and the date of the combination change. Form DND 1138, Envelope Combination Change (NSN 7530-21-903-1446) should be used for this purpose. At each establishment or section, an officer is to be designated to control and safeguard such envelopes.

Where is your record of combination changes?

NDSP 8.17 - A record of the dates of combination changes, form DND 1066, Record of Combination Change (NSN 7530-21-903-1230) and DND 1065, Record of Combination Change Envelope (NSN 7530-21-903-1241) are to be placed on the inside of the door or top drawer of every combination lock container.

Do you know who your designated Unit Security Supervisor (USS) is?

NDSP 20.15 - A USS is designated by the Commanding Officer and provides the Commanding Officer or the person-in-charge with an immediate and accessible source of security advice.

For physical security concerns and Security Clearance Processing System (SCPS) Contact Cmre WO Peters. local 6814.

My Shop Change

By Cpl Joe Barnes

When talking to most people on the Wing they ask where I work, I tell them I work for WTISS. When they hear WTISS everyone automatically thinks that I work in our big brand new building (B136). That is not the case. In the deep dark depths of 1 Canadian Air Division is a small shop called Command and Control System Support flight (CCSS). When I first got posted to 17 Wing, I worked in the Audio Visual Communication Systems (AVCS) section and I've recently moved to CCSS. This article is about my new surroundings and to give you, the reader, an idea of what goes on in this lesser known shop.

The transition from working on presentation systems and radios to the IT world has been a very steep learning curve. It helped to have a bit of an IT background but no matter what strength your IT knowledge is, you will be overwhelmed with the amount of different systems we support. Not only do we support the Canadian systems but being in a NORAD environment, we support a few American systems as well as Secure phone systems. We are also responsible for the secure network infrastructure in B25 and a few smaller circuits around the wing. The primary aim of this shop is to support the AOC. As you can see there is a lot of equipment that, as techs, we must become well versed in to be able to operate and troubleshoot. Sometimes things creep up on us at the last minute and need to be completed "yesterday" so we bind together and complete the task with no questions asked. A few of us in the shop like to call that "Spin mode" because it seems like we were just pulled from our daily task and thrown into a washer on spin cycle. The great thing about it is that the techs (military, civilian and contractors) react and complete the tasks like a well oiled machine. We have a very knowledgeable crew from all aspects of the IT world.

I'd like to throw out a special thanks to our contractors, without them we'd be buried alive. Overall my move from AVCS to CCSS has been a good experience, the way I see it I get to be trained in more equipment that our trade has to deal with and broaden my experience as a tech.

Next Stop The Netherlands!



The 17 Wing 2007 Nijmegen Team on the two-by-fourty qualifying march.

PMQ Occupants:

There have been a lot of questions brought forward to the Wing Fire Prevention Office regarding the use of Fire Pits within the confines of the PMQ's and DND property.

The Canadian Forces Fire Marshall (CFFM) has directed that the use of fire pits and clay or metal portable fire places is strictly prohibited. A written directive is forthcoming and is to be included in the Realty Asset Management Manual (RAMM). Our apologies for any inconvenience this may cause. Any questions can be directed to the Wing Fire Prevention Office Loc 5501.

Balancing Act

Submitted by Aircom Band PR Department

This summer, the Air Command Band will have the privilege of participating in the Royal Nova Scotia International Tattoo. In addition to performing with over a thousand other performers in the opening and closing scenes, the Air Command Band will showcase vocal soloist Sgt Cindy Scott in the World War II favorites "Bless 'em All" and "A Nightingale Sang in Berkeley Square." Orchestrated for the Air Command Band and the Tattoo Choir, we will also feature music from the movie "The Dam Busters." While the Band plays a very unique amalgamation of the RCAF and USAF marchpasts, and the narrator recites "High Flight," images of the Canadian Air Force at work will be projected above the floor on the big screens. An Ops Connection initiative, the full resources of the band's Arranging, Ops, and PR departments have been put behind this. Our Drum Major has created the "Floor Show" that will carry our presentation from start to



finish. A sample pre-production recording and video has already been sent to Halifax.

The Royal Nova Scotia International Tattoo was established in 1979 as a presentation for Her Majesty the Queen Mother. It features a unique cast of military and civilian performers from Canada and abroad, and presents dance, drama and comedy as well as military displays and competitions. What began nearly 400 years ago as a way of

bringing Dutch troops back to quarters after the pub taps were turned off is now one of the world's largest annual indoor shows. A wonderful tourist attraction and showcase for Canada, it functions as a link between the traditions of our military heritage and our modern values.

Military musicians are required, through the use of music, to maintain and promote traditions which have been established long before us. We are also required to serve as a visible extension of the military to the public. In this role it is essential that the music we play is both accessible and relevant. A listener at one of the Air Command Band's recent concerts would have heard us performing material from movies, from television and even some hits fresh from your teenagers' Ipods. This is our way to convey to people in Canada that the Canadian Forces is made up of ordinary citizens doing extraordinary jobs.

It is said that the only constant in life is change (if you don't count death and taxes). Yet it is essential that this change be connected to the past so that it is relevant and constructive to our lives. It is our hope that as military musicians, we will continue to perform this balancing act to serve the Canadian Forces in the march towards our common future.

WATER... Are You Getting Enough?

STRENGTHENING
THE FORCES
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Why is water so important?

Our bodies are about 60-70% water, we need water to:

- Cool our bodies (when we sweat)
- Digest food
- Carry nutrients & remove waste
- Cushion organs & joints

Every day, you lose water through your skin, kidneys, lungs, and digestive tract.

To keep your body working well, lost water must be replaced.

What fluids and foods provide water?

The fluids that you drink make up about 80% of your water intake. These include:

- Water
- Milk or juice (fruit or vegetable)
- Soup (broth based)
- Sport drinks (when active for periods of 90 min or longer)
- Soft drinks (decaffeinated)
- Coffee and tea (1 cup)

Despite common belief, caffeine does not deplete your body of fluid and can be a fluid source (when consumed in moderation). Non-caffeinated beverages are recommended because caffeine is a stimulant drug.

Foods, especially vegetables and fruit, contribute about 20% of your fluid needs.

- Fresh or canned fruit such as watermelon, grapes, oranges, and apples have high water content
- Vegetables such as carrots, celery, cucumbers, peppers, and tomatoes are also high water

How much water do I need each day?

Assuming it's an average day with about one hour of physical activity (without physical activity the average adult should be consuming 2 L/day), here are suggested fluid intakes based on age and gender:

AGE	FLUID IN LITRES (OR CUPS)
Child, 1 - 8 years	1.3 - 1.7 L (6 cups)
Boys, 9 - 18 years	2.4 - 3.3 L (10 - 13 cups)
Girls, 9 - 18 years	2.1 - 2.3 L (8 - 9 cups)
Adult Males	3.7 L (15 cups)
Adult Females	2.7 L (11 cups)
During Pregnancy	3 L (12 cups)
While Breast Feeding	3.8 L (15 cups)

Everyone needs more fluid during:

- Several hours of physical activity or sport
- Hot or humid weather
- Cold dry weather

What happens if I don't drink enough fluids?

If you don't drink enough fluids, you will get dehydrated.

Dehydration leads to:

- Poorer mental function
- Decreased physical performance
- Over-heating
- Stress on your heart, kidneys and other organs

You'll be able to tell if you're getting dehydrated because you'll feel very thirsty, tired, irritable, dizzy/light headed or if you seldom go to the bathroom. The amount and colour of your urine is a good indicator, small amounts of dark-coloured (apple juice) urine indicates the need for more fluid. A lot of lemon juiced-coloured urine signals good fluid intake.

To avoid dehydration:

Plan regular fluid intake

- Consume water, milk, juice or other fluids with meals & snacks
- Carry your personal water bottle for a refreshing drink any time, anywhere
- Eat vegetables & fruit throughout the day
- Include additional fluids before, during & after physical work/play
- Pay attention to the signs of dehydration, especially when conditions are extreme

For more information on staying hydrated and fluid consumption, contact: Health Promotion, local 4160/4150, building 63, room 147/148.

Resource: Canadian Health Network

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As part of their 100th Anniversary activities, The Winnipeg Robert Burns Club is hosting The Robert Burns World Federation and the Robert Burns Association of North America (RBANA) August 3-5.

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Dinner and C elidh @ 7:00 p.m. on Friday, August 3, at the Fairmont Winnipeg -- Tickets \$54.00

The Presidential Investiture Dinner & Dance @ 7:00 p.m. on Saturday, August 4 at the Winnipeg Convention Centre. -- Tickets \$80.00 Lt. Gov. John Harvard and Her Honour, and other dignitaries will be in attendance

There will be a draw on each night for a return air fare for two to the United Kingdom, courtesy Zoom Airlines.

For information on this and other activities see the club website: www.winnipegrobertburns.org or contact:

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92 Avalon Rd
Winnipeg MB
R2M 2L5
Tel 204-269-0300
winpeg@winnipegrobertburns.org

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COST: FREE



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The Memory Project Conference is sponsored by Veterans Affairs Canada, to encourage Canadian Forces veterans to share their stories with youth



17 Wing Military Police Detachment

By PO2 H. Dyke, with the contribution of MCpl E. Stark

It's late on a Friday evening and you've left the mess after TGIF. As you pull out of the mess parking lot you notice a white Ford Crown Victoria approach with the unmistakable markings of a Military Police patrol car. Even though you only had soft drinks all evening your heart skips a beat. You do a quick mental inventory and remember that you fastened your seatbelt. The registration on your car is up to date and your turn signal is on. You breathe a sigh of relief as the MPs drive on and you head home for the evening.

For many CF members this is the image of the Military Police. While patrols of the base and Residential Housing Sites (RHS - formerly PMQs) comprise an important aspect of the work conducted by the 17 Wing Military Police, there are many other facets to the Military Police Branch, and to the local Detachment.

The 17 Wing MP Detachment is comprised of reg force and reserve MPs, Commissionaires, one reserve RMS clerk and one civilian employee. The Detachment is broken down into various sections including Patrols, Investigations, Security, and Training.

The Patrol Section provides 24/7 police coverage of 17 Wing and its environs. The patrol members enforce provincial traffic laws and Government Property Traffic Regulations. They also investigate a wide range of criminal matters ranging from impaired driving and drug offences to domestic violence. The Patrol Section employs a range of vehicles for patrolling that include marked and unmarked police cars, a fully marked SUV, ATVs and snowmobiles.

The Investigation Section investigates any serious matters that are not turned over to the National Investigation Service (NIS). Further, the Investigation Section provides assistance to the Patrol Section with processing crime scenes and conducting interviews or surveillance. Within the Investigation Section, the Court NCO is responsible for all civilian court administration. Other roles fulfilled by the Investigation Section include local criminal intelligence co-ordination, liaison with civilian police services and regulatory agencies and following up on requests for assistance from other MP units outside the area.

The Security Section is responsible for all aspects of physical security of DND facilities. The members of this



LS Estwick guards an airfield gate awaiting arrival of a VIP flight.



section provide commanders with the security information and expertise required to complete their missions. To accomplish this, the Security Section is responsible for a wide range of tasks including Security Awareness program development and implementation, intrusion alarms, security surveys, threat risk assessments and support to Unit Security Officers.

The Training Section administers all aspects of training including annual range qualifications and use of force training. The Wing Auxiliary Security Force (WASF) is also co-ordinated through the Training Section.

One of the most prevalent crimes reported in the RHS areas are property crimes, with bicycle thefts being at the forefront. The thefts tend to occur in "waves" with large numbers of bicycles being stolen in one night. Residents are

reminded that they should properly secure their bicycles and any other belongings. Most of the bicycles that are reported stolen are left unlocked. To further assist in the recovery of stolen items, owners should record the serial numbers of bicycles and other attractive items. Without a serial number, MP cannot enter a stolen item on the Canadian Police Information Centre.

Personnel are also reminded that timely reporting of a crime or incident can be crucial. Waiting hours or days to report an incident to the Military Police drastically reduces the effectiveness of the investigation as evidence can be lost, witnesses depart and memories fade.

For more information on the 17 Wing MP Detachment, visit our website at: http://17wing.winnipeg.mil.ca/mp/index_e.htm



Sgt Fred Johnston receives his promotion from LCol Whitburn.



MS Josh O'Shea receives his promotion from LCol Whitburn.



MCpl POETSCH Milos, a member of 17 Wg Military Police, who is currently on tour with Roto 4 TSE CM receives his promotion from the CO, LCol Fortin (left).



Capt Bob Goch and Master Warrant Officer Wing Larry Rutt join 17 Wing commander commander LCol Sam Ness to promote Deputy Wing General Safety Officer Master Warrant Officer Pat Kieffert to his new rank.

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MWO McRoberts receives his promotion from Maj Halikas.



CPO2 Riopel receives his promotion from Maj Halikas.



CFRC Winnipeg staff conduct range training in Dundurn.

CFRC Winnipeg Visits Saskatoon

By LT(N) Wendy Goulet

Having worked in recruiting for a year now, I have learnt the keys to success are communication and teamwork. In working for a center that spans three provinces, these goals are sometimes difficult to achieve; writing an email to a name without a face presents a unique challenge in developing a team atmosphere. To address this, CFRC Winnipeg and detachments undertook a rare opportunity to bring the entire staff together.

On June 18th, we met in Saskatoon to conduct training on the range as well as use the limited time to share best practices. Recruiters discussed what is working and expressed the challenges faced within their AOR while processing staff solidified the new selection process. On Tuesday, the team proceeded to Dundurn for a C7 familiarization. Once we were all expert marksman it was time for the social aspect of the trip.

HMCS UNICORN generously offered the CPO mess as a place to meet new members

and bid farewell to those leaving. With that CFRC Winnipeg said good-bye to many staff and welcomed a host of fresh faces. In addition two staff members were promoted; PO1 Yves Riopel and WO Robert McRoberts took center stage, and a position next to the bell, as they received the rank of CPO2 and MWO respectively. Maj Chuck Halikas also had the pleasure of bestowing three awards for dedication and achievement. Capt Jennifer Foote was recognized for her efforts as unit production officer while Capt Kyla Josephson saw

her excellent work as administration officer rewarded. The final award for recruiter of the year was presented to PO2 Philip Gormley from Det Saskatoon.

The training conducted over these two days was invaluable, providing many an opportunity to revitalize range skills as well as the chance to develop as a team. This trip to Saskatoon was the first opportunity in some time for the center to meet as a whole and the momentum created will allow us to move forward and surpass the SIP.

ASERE Evasion Training

By Corporal Bill Gomm

WINNIPEG, Man. – “While evading, never pass up a water source,” said Sergeant Jack Williams. “If your canteen is a quarter empty and you come across a small pond of dirty water, fill that last quarter, purify it with your sweet water pump and fill up.”

In Northeastern Manitoba, 18 personnel from across Canada took part in the Advanced Survival Evasion Resistance Escape (ASERE) course from 14-18 May.

The Canadian Forces School of Survival and Aeromedical Training (CFSSAT) ran the ASERE course. CFSSAT teaches the ASERE, SERE and the Ground Searchmaster courses using instructors of various trade from throughout the CF. CFS-SAT can also provide a mobile team to a unit preparing to deploy overseas to provide mission-specific training.

During the camouflage and concealment portion of the course, Sergeant Tim McMeekin instructed the students on the finer points on applying camouflage paint. Using the primary colour, green, the students cover their face, hands, and all other visible skin. Then they use brown to break up the solid green and just a little bit of black on the face.

“The sooner you get dirty the easier it will be for you,” said Sgt McMeekin as the students began applying the camouflage paint.

With the lesson over the students were given five minutes to complete their camouflage in preparation for the next lesson, concealment.

During the concealment lesson the students were shown how to remain hidden but still have a good field of view so they could observe their surroundings. Splitting the class in half tested this. One half of the class would hide and try to stay undetected while maintaining good observation while the other half would use their monocular to try and find them. As students would find their spot, Sgt McMeekin would hold up a letter for a few seconds. If the students had found a good spot to hide with good observation, they could see the letter, but as some of the students discovered this was not always easy. Trees, branches and grass would obscure their vision.

“It’s going all right,” said Capt Book. “Tomorrow night is the big 36-hour evasion.”

After a ten-minute break Sgt Williams took over and began by moving the students into the woods. Once in location he began his lesson on Evasion Living.

While evading, where you get your food and water can affect your ability to avoid capture. Lakes are a good source of water, and farms are good sources of food but both are considered lines of communication. Both areas are subject to civilian traffic and are to be avoided unless absolutely necessary.

Food is available in nature; bogs, puddles and swamps provide water. “It may taste terrible, but, hey, so what,” said Sgt Williams.

“You have your Sweet Water Pump, keep the pump assembled, and slither up to your water source, start pumping and you’re ready to go.”

Keeping yourself fed is the next big task. You can snare or kill small animals such as grouse, squirrels or rabbits or eat the vegetation as long as you test the food first for edibility. The edibility test is done to find out if a type of vegetation you have never seen can be consumed safely. This is done by consuming small amount at the beginning and waiting for adverse reaction. This test is done over a period of approximately 8 hours. If there is a problem during the test, induce vomiting and drink plenty of water to flush your body.

“Make sure you eat when the locals eat,” said Sgt Williams. “That way the odor of your food cooking blends into the odor produced by the locals cooking their meals.”

“Sometime during your evasion you will have to eat.” “Find a secluded spot that provides cover and a good supply of dry wood, sticks and twigs, they produce little smoke. Then dig your Dakota Hole.”

The Dakota hole consists of two holes dug close together using the length of your Russel knife to measure the distance between the holes, the depth and the radius. Making sure an opening is dug at the base of the holes so they connect. As one hole will be used for the fire and the other to draw air to the fire. Use shavings from a fuel tablet to start the fire and then add small pieces of wood to keep the fire going.

The final part of the lesson was on how to find an area that provided shelter for the night and was far enough away from where you had eaten so you could not be tracked to your shelter.

The last lesson of the day was Evasion Movement and Water Crossings, taught by Petty Officer Second Class (PO2) Brad Gillespie.

“If you have to cross a road a good place is a bend in the road,” said PO2 Gillespie. “Make a plan when crossing, in case you get captured.”



Captain Yannick Jobin digs a Dakota Hole for a small fire. Capt Jobin is with 425 “Alouette” Tactical Fighter Squadron.

To properly cross a road the students were taught to restore vegetation during the approach and exit of the road using a “Y” shaped stick and to place something on the ground to step on to avoid leaving footprints. If you are traveling in pairs hats are useful as stepping stones.

Choosing to walk up or down a stream can work to evade a tracking party but leaving muddy footprints at the exit point defeats the purpose.

At the water-crossing site Sgt Greg Anderson and Sgt McMeekin demonstrated how to cross a stream by either walking or using a bivvie bag to hold your clothes. Then adding air, tying it closed and using it as a flotation device.

All the students were given the chance to cross the stream using the techniques that had been demonstrated. Deciding if they would keep their clothes dry in the bivvie bag or wear wet clothes was a decision left up to the students.

“Not as cold as we thought it would be,” said Warrant Officer Mitch Belanger. “It was a good technique to use in a crossing.”



Photo by Capt Rhonda Stevens

(L-R) Barry Konzelman & Capt Yves Pruneau having successfully paddled a rapids.



(L-R) Barry Konzelman, Maj Rainer Wosnitza, Capt Cam White, Capt Rhonda Stevens, Maj Rich MacKinnon, Capt Yves Pruneau.

Staying Afloat At CFANS

By Capt Rhonda Stevens

Rainy days and thunderstorms were a common occurrence during the month of June. One might think this could dampen the spirit of many folks, but this was not the case for five instructors from CFANS. From the 18th-22nd June, a group consisting of Capt Rhonda Stevens, Maj Rich MacKinnon, Capt Yves Pruneau, Maj Rainer Wosnitza, Mr. Barry Konzelman and our expedition leader, Capt Cam White of Red River Outfitters, set out to paddle the magnificent Manigotagan River located 150km northeast of Winnipeg.

The Manigotagan River is approximately 70km long and encompasses multiple lakes and various classes of rapids. With water levels extremely high, the group was able to truly test their paddling skills on some very challenging rapids. Prior to each rapid, our expedition leader assisted us with proper scouting techniques to examine hazards and determine if the rapid was safe to paddle or if a portage was required. Scouting each rapid tested the nerves and caused adrenaline levels to peak. Thankfully, the water was nice and warm for the occasional unexpected swim.

Teamwork was essential for the numerous portages. Transferring heavy barrels and canoes over wet rocks and steep slopes can prove to be challenging. The expertise of our guide and the tight cohesiveness of our group

ensured each portage ran smoothly. Besides a thunderstorm on the last morning and the occasional evening shower, the weather was favorable. Barry, our meteorologist, kept the group informed with routine weather predictions and certainly felt no pressure from the group. A trip with navigators would not be complete without a GPS. Yves kept his navigation skills on par by keeping the group informed of our paddling speed and distance. Much appreciated Yves!

The word Manigotagan means a moose with a sore throat. Although moose were not spotted on the expedition, there was no lack of wildlife. Beavers, turtles, eagles and even a bear kept us nature lovers in check (as did the mosquitoes) and provided superb photo opportunities. After a day of paddling, each group member pitched in to help out with camp duties. Dinner was always a highlight. How many people can attest to having pizza or brownies in the middle of the wilderness? It does wonders for morale. Another morale booster was the massage of a waterfall on those sore muscles.

On a regular basis, we as navigators are fortunate to view Manitoba from the air. It is easy when viewing flat farmland to take for granted the true beauty that this province has. Having the opportunity to participate in adventure training certainly enables us to truly capture the breathtaking scenery and gain a new appreciation for all this province has to offer.

MWO Darrel Boudreau receives his promotion to MWO from LCol Marc Ferron, Cmdt CFANS. Promotion is effective 2 July 07.



WO Reg Smith receives his promotion to WO from LCol Marc Ferron, Cmdt CFANS. Promotion is effective 2 July 07.



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Marathon participants (L-R) Lt Rodney Chongva, Sgt Connie Stevens, WO Maggie Low, and MCpl Richard Cameron.

17 Wing Supply Running Club Competes In Half Marathon

The 17 Wing Supply and Food Services Squadron Officer, Major Tony Dunkerley, congratulates Supply Flight personnel, and the Chief Clerk of the Logistics and Engineering Branch Orderly Room, for successfully completing the Manitoba half marathon on 17 June 2007. Participants from the Supply Flight running club were Lt Rodney Chongva, WO Maggie Low, Sgt Connie Stevens, and MCpl Richard Cameron.

Lt Rodney Chongva (Materiel Control Officer) completed his first half marathon with the time of 1:53:40. Lt Chongva says that while the weather wasn't perfect, it was darn close. The clouds kept the sun at bay and the breeze did the same for the mosquitoes. Fortunately the canker worms were gone and—unimpeded by this bane of the previous month's training runs—he was no longer required to run with his mouth closed under the trees. This and the being caught up in the excitement of the day led to his best long run time ever.

WO Maggie Low (Materiel Processing Officer), who previously completed a full marathon in Ottawa in 2003, completed the half in 2:31:47. WO Low extracts a personal sense of accomplishment from running and feels that the ca-

maraderie she experienced with her training group made it easier to stick to the training program. Her husband Chris also provided a lot of encouragement and assistance by following behind in the car during many of the longer runs and providing liquids on a regular basis. She enjoys encouraging others to meet their goals and finishing the half marathon was extremely gratifying personally. She notes, however, that it is definitely getting harder.

Sgt Connie Stevens (Log OR Chief Clerk) completed her first half marathon in 2:32:26. She started out her training program completely certain that she didn't actually like running. In fact, a 4 km run seemed too long. She now plans to keep running and is in the midst of considering whether or not she wants to participate again next year. Sgt Steven's motivation to keep training was to cross the half marathon off her personal to do list. Her main lesson learned is that long distance running, for her, was much more of a mental challenge than a physical one. It takes mental effort to she stay committed to a training program, complete the longer distance training runs, and steadily increase speed. If she still doesn't like running, running must obviously like her. Good job.

MCpl Richard Cameron, 2IC of Clothing Stores, completed his first half marathon with the time of 1:45:28. MCpl Cameron associates the camaraderie he felt with other half marathon runners, as akin to being a member of a close knit and cohesive military unit. He considers running with thousands of people an exceptional experience and looks forward to his next half marathon. His main lesson learned is to establish his own pace without regard for whether or not other runners pass him so that he can better enjoy the run without joint pain (knee). Although he claims not to have partaken, he did confirm that the free beer stands set up close to the end of the run were not exhaustion induced Mirage but were in fact real. His teammate, WO Low joked – "I hate him", when learning of MCpl Cameron's time. Little does she know that he was in good enough shape to show up for Flight PT, a run, the following day.

Congratulations again, to all runners for their significant accomplishment

For more information on 2007 Manitoba Marathon Results see:

<http://www.manitobamarathon.mb.ca/searchResult.aspx?name=cameron&event=1&year=2007>

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Six Canadian Soldiers Killed In Afghanistan

CEFCOM

OTTAWA (July 4, 2007) – Six Canadian soldiers and one Afghan interpreter were killed at approximately 10:55 a.m. Kandahar time when their RG-31 vehicle struck a suspected improvised explosive device approximately 20 km south-west of Kandahar City.

The names of the six Canadian soldiers killed by a roadside bomb in Afghanistan on July 4, 2007 are as follows:

Captain Matthew Johnathan Dawe, 3rd Battalion, Princess Patricia's Canadian Light Infantry, based in Edmonton, Alta.;

Master Corporal Colin Bason, a reservist from The Royal Westminster Regiment based in New Westminster, B.C.;

Corporal Cole Bartsch, 3rd Battalion, Princess Patricia's Canadian Light Infantry, based in Edmonton, Alta.; and

Private Lane Watkins, 3rd Battalion, Princess Patricia's Canadian Light Infantry, based in Edmonton, Alta.

Corporal Jordan Anderson, 3rd Battalion, Princess Patricia's Canadian Light Infantry, based in Edmonton, Alta.

Captain Jefferson Francis, 1st Regiment Royal Canadian Horse Artillery, based in Shilo, Man.

The incident occurred while the soldiers were returning from conducting joint operations with the Afghan National

Army.

"The ISAF community mourns the loss of these brave soldiers," said LtCol Maria Carl, ISAF spokesperson. "They gave their lives to improve the lives of the Afghan people."

This joint operation was dubbed Operation LUGER and is indicative of the ever-increasing capability of Afghan National Security forces. Operation LUGER was an Afghan led operation to enhance security in the Panjwayii district that saw Canadian Forces troops play a supporting role to their Afghan counterparts. The operation was completed without incident, and the attack occurred as the patrol returned to a nearby forward operating base.

Afghan National Army forces have made great progress in increasing their level of professionalism and operational capability and regularly work in close cooperation with Canadian Forces personnel who stand alongside them in the field, and mentor them as they develop a cohesive and professional military force.

The members of Joint Task Force Afghanistan are deeply saddened by the loss of these brave individuals as they worked side by side with their Afghan counterparts to bring security and stability to southern Afghanistan.

We will not be deterred by the efforts of those who would deny the Afghan people a brighter future.

Photos by CF Combat Camera



Captain Matthew Johnathan Dawe



Master Corporal Colin Bason



Corporal Jordan Anderson



Captain Jefferson Francis



Private Lane Watkins



Corporal Cole Bartsch

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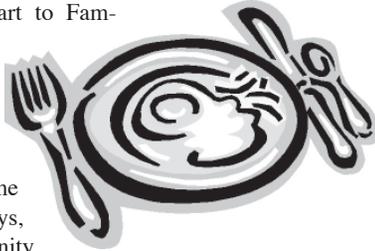
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Hi my name is "Soldier". I am here for your children so while you are away they can give me a hug and be thinking of you.



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. All proceeds help the MFRC fund programs and services for military families.

Deployment Discussion Group

Do you have a loved one currently or soon to be deployed? Are you interested in meeting with others whose loved one is also deployed or deploying?



Tuesday, July 31st @ 6:30 pm – MFRC, 102 Comet St, come join us for a Cheesecake Tasting Night with coffee/tea and a chance to network with other deployed families. Registration required. At the same time pre-register for Child Care by calling 833-2500 ext 4500.

Please note: Discussion Group set for August 28, 2007 is cancelled, our next one will be on September 25, 2007 at 6:30 pm.

Summer Programs

Preschool Summer Program Schedule: Our programs will be running out of the MFRC building at 102 Comet St. from July 3 until Sept 7.

Creative Tot Stop: This parent and child playgroup gives people a chance to get together for songs, stories, crafts and fun. Bring a peanut free snack for your child. Drop in; free of charge thanks to St. James Parent-Child Coalition Tuesdays 9:30 -11:00 am

Casual Care: Care will be provided for children 18 months to 6 years (entering grade one).\$8 per child; \$12 per family. Send a peanut free snack. Thursdays 9:30 -12:00 Call 24 hours in advance to reserve space 833-2500 (2491)

Second Language Training Fall Session

Deadline for registration - September 21, 2007

English & French
For more details call Candide at 833-2500 ext 4515

REGISTER NOW!

Cours De Langues Seconde Session D'automne

Date limite d'inscription - 21 Septembre 2007

Anglais et Français
Pour plus d'information contacter Candide au 833-1500 poste 4515

INSCRIVEZ-VOUS MAINTENANT!

BBQ Thursdays At The MFRC

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

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

An Unprecedented Opportunity For CF Youth To Travel To Israel In Summer 08

Funds raised from the Negev Gala June 12,2007 are being used to underwrite expenses to send several hundred youth from Canadian Military families to Israel in the summer of 2008. Once there, CF youth will experience environmental and ecological projects developed by the JNF. They will plant the first trees at a proposed Canadian Military Park, see science and technology at work in Israel's universities and colleges, meet with Israeli families, and experience Israeli life and culture. This exchange of ideas with new friends will strengthen the bonds between Canada and Israel and the positive long-term impact of the tour will be immeasurable. The JNF is working in conjunction with the Winnipeg Military Family Resource Centre – and their national network – in this endeavour. JNF is covering all costs for successful applicants to the program. If you know a CF youth (aged 16-22) interested in taking part of this project, please call for more information about the application and selection process.

For more information please contact Catherine Chatterley at 833-2500 ext 4506.

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



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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.

New Memorial Chapel

By Padre Lance Magdziak

A New Memorial Chapel, a place to reflect on our past and present history, has been opened and blessed. Let us go back to an idea of changing a small room at the right hand side of the entrance of our Base Chapel to a special room. Sometime in January of 2007 Padre Lance was thinking about a small room at the back of the Chapel and its future usage. At the same time, the numbers of Canadian soldiers who have died in Afghanistan, was increasing. An idea of Memorial Chapel dedicated to our past, both Protestant and Catholic Communities as well as those who offered the ultimate sacrifice, has come to be a special task and initiative of the Chapel Joint Council. Many thanks for generous help shall be extended to Cpl. Franco Ceccato,



Mrs. Joy Ceccato, Padre Magdziak, and Bp Theriault at the blessing of our Memorial Chapel.

Mrs. Joy Ceccato, Captain Lance Gelinas and Padre Grant Schapansky. Our Chapel was established in 1953 and any mementos are welcome to be exposed for many years to come.

The importance of Remembering

We all love to be remembered
But if we want to be remembered,
We have a duty also to remember.
Memory is a powerful thing,
Wrongly used it brings death
Rightly used it brings life...
Fallen CF comrades,
We want you to know
That we have not forgotten You...

Please pray for 66 Canadian Soldiers who have died in Afghanistan alone...

Canadian Recording Artists

By Alf Brooks

Until a few years ago the policy of Canada Post was that no living person except the reigning monarch and family could be pictured on postage stamps. But this policy has recently changed.

On June 29 Canada Post issued stamps picturing four Canadian singers we all recognize: Gordon Lightfoot, Joni Mitchell, Anne Murray and Paul Anka. The stamps picture the recording artists in a booklet of self-adhesive stamps and on a souvenir sheet with the background of a phonograph record.



EMPLOYMENT OPPORTUNITY

Winnipeg Military Family Resource Centre
Information & Referral Coordinator – 30 hrs/wk

The Winnipeg Military Family Resource Centre (MFRC) is accepting applications for a part-time Information and Referral Coordinator. Reporting to the Executive Director this position is responsible for providing all Welcoming and Orientation Services to arriving military families, informing and connecting family members to community services and programs, information briefing, public relations, marketing, and outreach services.

As an applicant you have previous experience and knowledge in these areas, an understanding of military organizations and lifestyle, as well as a degree/diploma in a related human service field or equivalent combination of education and experience.

A complete job description and list of qualifications are available at the Winnipeg MFRC, 102 Comet St.

Application deadline: 31 July 2007

No phone calls please. Only those selected for an interview will be contacted.

Drop off or mail your resume at:
102 Comet St.
PO Box 17000 Station Forces
Winnipeg MB R3J 3Y5

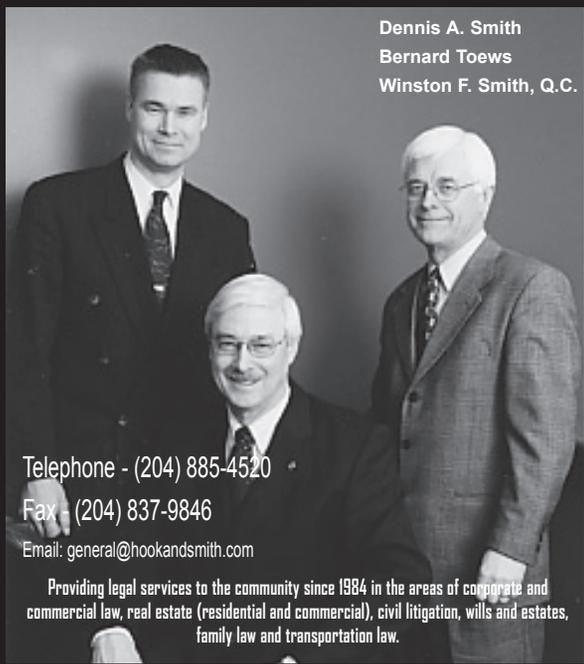
or by email: wpgmfrc@autobahn.mb.ca

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MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

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Commercial Electrohome A/C unit
8000 BTU, window mount (horizontal), 12.75”h/18.75”w/16.5”d, Weighs about 78lbs, Serviced 2 yrs ago and wasn't used last year, Works perfectly, First \$150 takes it. Call 889-1369.

Commercial Electrohome A/C unit
10500 BTU, window mount (horizontal), 14.5”h/22.5”w/18”d. Weighs about 100lbs. Side plastic curtains (removable). Serviced last year and is in perfect working condition. First \$200 takes it. Call 889-1369.

Nokia 252 Cell Phone
Comes with home charger, 12v car charger adapter, leather carry case, swivel belt clip, spare battery, owner's manual (English), adapter for earphone with boom mic. Retail price for all is \$285 for only \$50 (firm). Call 889-1369.

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Motorcycle
Triumph Bonneville T-100 (790cc), 2003 Retro, Extras include, Center stand and windshield, 11000 km, Beautiful condition, Like New, \$8000, Please call John @ 885-2905.

Home Gym -
IMPEX Power House 1300, 3 yrs old, Ex cond. Incl weights, stand, & misc accessories, \$325 OBO (was \$675 + tax new). Details avail on req. Call Paul @ loc 4684 or 489-6777 or 799-3905 (cell).

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TAROSCOPES

BY NANCY

Aries (March 21 - April 19): Happiness is a legitimate priority . Either through personal loss or by seeing another 's emotional struggles you have grown and learned to value what is most important to you and your loved ones. When you meet others half way to heal hurts, your relationships grow stronger.

Taurus (April 20 - May 20): With so many things working in your favor right now, it's sometimes hard to believe your good fortune. Celebrate. It's your turn. Your efforts have paid off. When financial necessities are effectively taken care of, you can focus on your personal connections. Share your feelings.

Gemini (May 21 - June 21): Trial by fire – a test is at hand. You can make it through the difficult time ahead if you stick to your principles and hold to your beliefs. It's not about winning or losing though, it's about finding creative ways to maintain a pro-active frame of mind. Your efforts are noted by others.

Cancer (June 22 - July 22): You meet significant people who can provide insights and wisdom that assist you to understand what has been bothering you about a situation. In order to grow and prosper, a mentor or advisor could be required. As well, this could be a time when you take on this role for another .

Leo (July 23 - August 22): Review your words and actions to ensure you have been honest, not just with others but with yourself. What others will say or think isn't as important as how you feel about yourself. Take time to reflect; the answers will come. Deal with inner uncertainties. Don't fear the future – fix it.

Virgo (August 23 - September 22): Instead of trying to determine what is good and bad, allow that all is as it is meant to be. Accept things as they are and you'll feel less stressed. There is a time for everything. You will enjoy each day more if you refrain from focusing on signs of progress or the lack of it.

Libra (September 23 - October 23): Get out more and experience as much fun as possible. Be sure to put your own wishes on the agenda though, and don't just compromise until you're doing what others want to do all the time. You're creating memories to cherish. Explore as many new possibilities as you can.

Scorpio (October 24 - November 21): All play and no work can lose its appeal. You need a challenge. Your heart isn't in what you used to consider an escape from the daily grind. Include those you love in your plans to deal with outstanding chores. Working together towards a common goal strengthens ties.

Sagittarius (November 22 - December 21): A change of scenery triggers a change of heart. Appreciate your strengths, and realize the importance of maintaining a sense of purpose or passion in life. Reflection that leads to inner transformation is followed by quick action on your part. Prepare properly; drive safely.

Capricorn (December 22 - January 19): More than one new opportunity comes your way . You'll have to decide between more money or personal satisfaction. Don't just look at current conditions and what you crave but assess the future ramifications of your choice. Whatever you opt for will work well for you.

Aquarius (January 20 - February 18): Exploring new ideas and ways to use your creativity could bring financial rewards. You have the chance to express yourself passionately . Changes are coming. You just need to trust the process and keep your eyes open. Optimism is catchy and works in mysterious ways.

Pisces (February 19 - March 20): It becomes clear to you that part of your purpose is to offer insights and inspire others. When you teach, you learn even more. There is a practical application and market for your expertise. This awareness helps you feel happier and calmer about the life path you have chosen.

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