



THEY'RE OFF!

Participants in the first Air Force Run set off from outside Building 90 on Sunday, May 31. Race Director Capt Justin Boileau said there were over 1, 000 participants in the run's three categories – a Half Marathon, a 10 Kilometer Race, and a 5 Kilometer Race/ Family Fun Run. For more on the Air Force Run see our next issue on June 17, 2009.

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MANY PEOPLES, ONE VOICE

17 WING CELEBRATES ABORIGINAL AWARENESS WEEK

2nd Lt Gregory Kuhn
WING PUBLIC AFFAIRS

17 WING WINNIPEG, Man – “This great country has many diverse cultures and we take this week to celebrate the Aboriginal peoples in the Canadian Forces,” said Lieutenant-Colonel Leo Brodeur, 17 Wing Administration Officer and DAAG Champion.

As part of Canadian Forces (CF) Aboriginal Awareness Week, 17 Wing Winnipeg’s Defence Aboriginal Advisory Group (DAAG) hosted a BBQ in 16 Hanger to bring awareness to both groups role on base and within the CF.

“The DAAG is comprised of both military and civilian Aboriginal people who seek to support and advance the relationship between Canada’s First Nations People

and the CF”, said Sergeant Devin Beaudry, Co-chair of the DAAG at 17 Wing, “and we are always looking for new members.”

During the BBQ the Spirit Sands Singers, an Anishinabe (plains Ojibwa/plains Cree) group from Swan Lake First Nations, honoured those in attendance with a number of traditional Aboriginal dances and songs.

The group’s leader, Michael Esquash Sr., explained that, “the name “Spirit Sands” comes from a place in Southern Manitoba which was used by his people for Vision Quests and special ceremonies.”

One of the highlights was six year old Michael Esquash Jr. performing a traditional Grass Dance; “a ceremonial dance to honour the grass which gives life to the

animals which we eat...the circle of life,” said Michael Esquash Sr.

Throughout our history, members of the First Nations, Inuit and Métis Canadians have served with great honour and distinction in the Canadian Forces. Currently serving members from the Aboriginal community comprise about 4% of the Canadian Forces.

For more information on the Defence Aboriginal Advisory Group, please visit <http://17wing.winnipeg.mil.ca/wadmin/diversity/daag.htm>

For more information on the First Nations in the Canadian Forces, please visit <http://www.forces.ca/interactive/cfaep/index.asp>

For more information on 17 Wing <http://www.airforce.forces.gc.ca/17w-17e/index-eng.asp>



Micheal Esquash, Jr. performing a traditional Grass Dance
Photo taken by Sgt. Devin Beaudry

HANGER 16 ECHOES WITH SPIRIT SAND SINGERS

John Towns
VOXAIR STAFF

Music and dancing aren’t the kinds of things you’d ordinarily expect to encounter in an airplane hangar, but on May 19th, the breezeway at Hangar 16 echoed with the sounds of traditional Anishinabe singing and drumming as the Spirit Sands Singers drum and dance group performed to kick off Aboriginal Awareness Week here on the base.

The Defence Aboriginal Advisory Group (DAAG) and the Employment Equity Awareness Committee organized the event, which was hosted in partnership with 435 Squadron who held a barbecue before the performance.

The performance by the Sprit Sands Singers featured several traditional

dances, with group leader Michael Esquash Sr. pausing between songs to explain the background and cultural significance of each dance and song.

The goal of bringing in the singers, according to Florence Bambenek, a member of the Employment Equity Awareness Committee who has organized the event in the past, was to help further understanding of First Nations culture among other members CF who are not aboriginal.

“More and more Aboriginal people are becoming part of the work force, so this is one way of raising awareness about Aboriginal culture, which really just helps us understand each other better and work better in harmony,” she said.

The Spirit Sands Singers, according to Es-

quash Sr, are a group based around doing just that.

“We want to show off our culture, because for a long time, we were forced to hide it,” he said. “So we want really to bring this aspect to our culture out and make it something that’s not mysterious to people any more.”

The Singers called up a group of six volunteers at the end of their performance, and gave them a crash course in one of the simpler Anishinabe dance steps.

As a part of the event, the DAAG presented several certificates to people who made the event happen, as well as one to Esquash Sr to recognize the Singers’ contributions to furthering understanding of Aboriginal culture.

The DAAG is a

group comprised of around 15 military members and civilian personnel from 17 Wing who support and further the relationship between Aboriginal peoples and the Canadian Forces. Anyone is welcome to get involved with the DAAG, and they are constantly searching for new members, according to DAAG civilian co-chair Natalie Fondren-Gasc.

“I tell people all the time that it’s not necessary to be Aboriginal, but just to have an interest in Aboriginal issues and what’s going on in the Aboriginal community,” she said. “Anybody can be a member of the Aboriginal Advisory Group, and it’s really a very good experience.”

VOXAIR

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CAREER PATHWAYS

RESOURCEFUL ANSWERS TO YOUR QUESTIONS

Raluca Muresan

LEARNING ADVISOR, EDMONTON LEARNING AND CAREER CENTRE

Is the best use being made of your competencies? Do you know what gratifies you in a career? What are your vocational goals for the next two to four years? Are you aware of the employment opportunities that are available to you in your department and/or other public service sectors?

Some of us can answer these questions at a quick glance, while others may not have taken the time to step back and reflect at our careers. But for most of us (if not for all!) how much satisfaction we achieve at work directly impacts our general well-being as well as those around us.

If you need help to an-

swer these questions or want to be more resourceful, 'Career Pathways' is here for you!

'Career Pathways' is the name of an interdepartmental program that includes a variety of topics pertaining to career development. It is designed to encourage public servants to make career planning a regular part of their job. The program intends to build a culture of career planning in the public service and approaches career management as part of the organizational culture. Career management is a continuous process that is owned by the employee, facilitated by management and supported by the federal government.

National Defence uses Career Pathways as its main

career advisory tool in the Learning and Career Centres across the country. The Winnipeg Learning and Career Centre is committed to promoting career advisory and facilitating personal and professional growth for our employees as a method of enhancing retention in the department and public service.

Career Pathways courses are open to both civilian employees and military members and are currently offered at no charge to the participants. However, only military members who are interested in gaining future employment within the Public Service are eligible to register for Career Pathways courses.

The program consists of eight independent modules

that are half-day to one-day in duration and can be taken in any order (although not all modules are available in Winnipeg). Participants can choose all of the topics or just specific topics and take the appropriate modules at times that are convenient to them. The courses are scheduled one to four weeks apart to allow participants digest what they have learned in the classroom and work independently on their career developmental plans.

The Career Pathways Program comprises five core modules and three mobility modules. The core modules include carer planning elements and provide participants with a good understanding of their personality types, interests, values and skills as well as information

on personal learning plans and career portfolios. The mobility modules include topics on career planning, resumes and board interviews. They are aimed at mobility within the public service, offering federal employees the tools required to make the most of their careers.

By attending Career Pathways courses, participants are also exposed to an excellent networking opportunity within and outside their departments. On the one hand, the program benefits new employees, who expand their knowledge on the public service culture. On the other hand, more experienced employees share their wisdom with other participants but also gain a new perspective on their career thinking.

The Career Pathways program helps you maintain your skill level and plan for future requirements. It allows you to cope with change by adapting to new organizational needs and directions, at the same time enjoying meaningful and satisfying work. Career Pathways is about managing your own career as well as gaining personal well-being and balance.

To register or get more information about Career Pathways courses please contact the Learning and Career Centre at local 4636, e-mail LCCshare@forces.gc.ca or visit our website at <http://hr.ottawa-hull.mil.ca/lcc-cac/>

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• Tuesday, June 16, 2009

Module 3: Skills Assessment

• Thursday, June 18, 2009

Module 5: Introduction to Portfolios

• Tuesday, September 15, 2009

Skill-Based Resumes

• Friday, September 18, 2009

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• Tuesday, September 22, 2009

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• Wednesday, September 23, 2009

Module 1: Career Planning

• Wednesday, October 28, 2009

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987 JUMPS AND COUNTING

17 WING MEMBER GOING FOR CANADIAN PARACHUTING RECORD

2nd Lt Gregory Kuhn
WING PUBLIC AFFAIRS

17 WING WINNIPEG, Man – What started as a pact between friends to make their first parachute jump during their graduation year quickly became a passion for one of its members.

In the seven short years since that fateful day, 17 Wing Winnipeg’s own Second Lieutenant Jim Wilson has recorded 987 successful jumps.

Two years ago, 2Lt Wilson, a skydiving instructor at Adventure Skydiving in Steinbach, thought he would challenge himself by making twenty-five jumps for his 25th birthday.

“If I knew the current Canadian record was only 51 that day, I would have kept going,” said 2Lt Wilson.

With that thought in mind, he set out to break the record and to use the event to raise awareness and money for CancerCare Manitoba.

“I chose this organiza-

tion as I have lost a number of close family members to cancer, including my grandmother who raised me,” said 2Lt Wilson

On July 18th, 2007, he didn’t just break the record, he smashed it. Within five and a half hours the previous total had been reached but 2Lt Wilson continued to jump out of the aircraft ninety-nine more times – setting the new Canadian record at 150 jumps in a 24-hour period.

This number held until recently, when a fellow enthusiast made 157 jumps – a record that 2Lt Wilson plans on recapturing this July.

For more information on 2Lt Wilson’s upcoming record fundraiser visit http://www.childrenswish.ca/index_2007.php/en/chapter/page/loc/MB/sec/evnts

For more information on 17 Wing Winnipeg, please visit <http://www.airforce.forces.gc.ca/17w-17e/nr-sp/index-eng.asp>



Photo submitted by 2nd Lt Gregory Kuhn

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987 SAUTS ENREGISTRÉS JUSQU’ICI

UN MEMBRE DE LA 17E ESCADRE TENTERA D’ÉTABLIR UN NOUVEAU RECORD DE PARACHUTISME AU CANADA

Slt Gregory Kuhn
AFFAIRES PUBLIQUES DE L’ESCADRE

17e ESCADRE WINNIPEG (Manitoba) – Ce qui ne devait être au départ qu’un saut en parachute permettant de respecter une entente conclue entre amis au cours de la dernière année d’études secondaires a fait rapidement naître une passion chez un de ces derniers.

À peine sept ans après ce jour fatidique, le Sous lieutenant (Slt) Jim Wilson de la 17e Escadre Winnipeg compte à son actif 987 sauts effectués avec succès.

Il y a deux ans, le Slt Wilson, instructeur en parachutisme à la société Adventure Skydiving, à Steinbach, a décidé de se mettre au défi d’effectuer 25 sauts en parachute pour marquer son 25e

anniversaire.

« Si j’avais su que le record actuel au Canada n’était que de 51 sauts, j’aurais continué », a déclaré le Slt Wilson.

C’est en songeant à cette idée qu’il a décidé de battre le record, dans le cadre d’une activité visant à faire mieux connaître CancerCare Manitoba et à recueillir des fonds au profit de l’organisation.

« J’ai choisi cette organisation parce que plusieurs membres de ma famille proche ont succombé au cancer, y compris ma grand mère, qui m’a élevé », a expliqué le Slt Wilson.

Le 18 juillet 2007, il a fait bien plus que battre le record : il l’a pulvérisé! Après avoir atteint l’ancien record en moins de cinq heures et demie, le Slt Wilson a effec-

tué 99 sauts de plus, établissant ainsi un nouveau record canadien de 150 sauts dans un délai de 24 heures.

Ce n’est que tout récemment que ce nombre a été dépassé, lorsqu’un parachutiste tout aussi passionné a effectué 157 sauts, soit un nouveau record que le Slt Wilson a l’intention de faire tomber en juillet.

Pour en savoir plus sur la collecte de fonds prochaine du Slt Wilson, visitez le site http://www.childrenswish.ca/index_2007.php/fr/chapter/page/loc/MB/sec/evnts

Pour obtenir plus de renseignements sur la 17e Escadre Winnipeg, rendez vous à <http://www.airforce.forces.gc.ca/17w-17e/nr-sp/index-eng.asp>

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LAND THAT IS OURS

440 (TRANSPORT) SQUADRON DEPLOYS ON OP NUNALIVUT

2nd Lt Gregory Kuhn
WING PUBLIC AFFAIRS

17 WING WINNIPEG, Man. – More than 100 military personnel, comprised from 440 “Vampire” (Transport) Squadron, Joint Task Force (North) and the 1st Canadian Ranger Patrol Group (CRPG), participated in a three-week Canadian sovereignty exercise this April.

Operation NUNALIVUT (meaning “Land that is Ours”) was designed to challenge the Canadian Forces ability to operate in the Northern Region, “representing Canada Command’s single largest area of responsibility,” said Vice-Admiral Dean McFadden, Commander of Canada Command.

440 (T) Squadron’s role was to provide vital air support, as Ranger patrols were hundreds of kilometres from the nearest settlement and yet were still able to receive much needed rations, fuel and equipment

to carry out the mission.

“We not only achieved our aim of providing essential re-supply flights, but were also required to carry out the MEDEVAC of an injured Ranger under extremely challenging conditions,” said Lieutenant-Colonel Ross Wuerth, the Commanding Officer of 440 Transport Squadron.

Through the invaluable assistance of 440 (T) Squadron, the 1st Canadian Ranger Patrol Group was able to successfully complete their mission, battling though wind chill in excess of -45oC, strong winds, gigantic and often impassable sea ice pressure ridges, and

periodic equipment failures.

When one of the Ranger Patrols was faced with an impassable mountain route, 440 (T) Squadron airlifted the entire patrol, including snowmobiles and gear, from Alexandra Fjord

to Irene Bay – a distance of 140 kilometres.

“OP NUNALIVUT was a resounding success. It gives every member of the unit a tremendous sense of accomplishment to be part of such a successful operation and makes us proud to

wear the Vampire badge,” said Captain Chuck Rockwell, 440 Squadron Operations Officer.

For more information on 440 (Transport) Squadron, please visit <http://www.airforce.forces.gc.ca/17w-17e/sqns-escs/page-eng.asp?id=413>

For more information on 17 Wing Winnipeg, please visit

<http://www.airforce.forces.gc.ca/17w-17e/index-eng.asp>



L’un des aéronefs Twin Otter CC 138 du 440e Escadron ayant participé à l’opération Nunaliut

UNE TERRE QUI NOUS APPARTIENT

Slt Gregory Kuhn

AFFAIRES PUBLIQUES DE L’ESCADRE

17e ESCADRE WINNIPEG (Manitoba) – En avril dernier, plus d’une centaine de militaires issus du 440e Escadron de transport « Vampire », de la Force opérationnelle interarmées (Nord) et du 1er Groupe des patrouilles des Rangers canadiens (1 GPRC), ont participé à un exercice de souveraineté canadienne de trois semaines.

L’opération Nunaliut (qui signifie « Une terre qui nous appartient ») visait à évaluer la capacité des Forces canadiennes de mener des opérations dans la région du Nord, soit « la plus vaste zone de responsabilité du Commandement Canada », selon les dires du commandant de ce dernier, le Vice amiral Dean McFadden.

Le rôle du 440e Escadron de transport (440 ET) consistait à assurer un soutien aérien vital, car les

patrouilles des Rangers se trouvaient à des centaines de kilomètres de la localité la plus rapprochée et ils avaient néanmoins besoin des vivres, du carburant et de l’équipement nécessaires à l’exécution de la mission.

« Non seulement nous avons atteint notre but, qui consistait à assurer des vols essentiels de réapprovisionnement, mais aussi nous avons dû effectuer l’évacuation sanitaire d’un Ranger blessé, dans des conditions extrêmement difficiles », a déclaré le Lieutenant colonel Ross Wuerth, commandant du 440e ET.

Grâce à l’aide inappréciable du 440 ET, le 1 GPRC a pu accomplir avec succès sa mission, luttant contre des froids de plus de 45 oC, des vents forts, des crêtes de pression de glace de mer gigantesques et souvent infranchissables et des pannes périodiques d’équipement.

Lorsque l’une des patrouilles des Rangers a été

confrontée à un itinéraire en montagne impossible à franchir, le 440 ET a transporté par air toute la patrouille, y compris les motoneiges et l’attirail, depuis le fjord Alexandra Fjord jusqu’à la baie Irene, ce qui représente une distance de 140 kilomètres.

« L’opération Nunaliut a été un succès retentissant. Elle a donné à chaque membre de l’unité un formidable sentiment de réalisation du fait d’avoir pris part à une opération aussi réussie et nous rend fiers de porter l’insigne de l’escadron », a déclaré le Capitaine Chuck Rockwell, officier des opérations du 440e Escadron.

Pour en savoir davantage sur le 440e Escadron de transport, rendez vous au <http://www.airforce.forces.gc.ca/17w-17e/sqns-escs/page-fra.asp?id=413>

Pour obtenir plus de renseignements sur la 17e Escadre Winnipeg, visitez le <http://www.airforce.forces.gc.ca/17w-17e/index-fra.asp>.

CH-CH-CH-CHANGES

ALTERATIONS AND EVOLVEMENTS IN THE WCOMPT BRANCH

Joanne Spence
FINANCIAL MANAGEMENT ANALYST

Once again we find the winds of change upon us. As a Wing, it means the APS as well as an MSF deployment. From a finance point of view, it means a new fiscal year. The WCompt Branch is not immune to change, no matter to which point of view you refer.

In the matter of APS changes, the WCompt Branch will be saying goodbye to a share of our own:

MWO Sandra Spragg will be taking her leave from Winnipeg for Trenton, ON. She is very excited to be taking the position of Superintendent Clerk there. One has to wonder, though, whether her excitement is over the new position, or geared more towards leaving behind the bane of her existence ... the

dreaded Manitoba winter! It would seem MWO Spragg's second experience in Winnipeg was not any warmer than the first. We wish her all the best ... for her future endeavours as well as her future meteorological forecasts.

MCpl (formerly MS) Peggy Steele will be following the colour of her DEUs to Shilo, MB, along with a promotion to Sgt. After her interview with her Career Manager, she very gracefully understated the excitement she felt at tackling the position she was offered with a subdued "Happy Dance" down the WCompt corridors. We will miss MCpl Steele's subtle and quiet ways, and are as sad to be losing her as the receiving Unit is happy to be getting her.

Pte Sylvie Garrett will not be returning to the Branch

after her maternity leave, but will instead be posted, along with her spouse, to Gagetown, NB. She is very excited to be headed "home" for a while. Even though her time with the Branch was relatively short, her professionalism and dedication will be sorely missed. Our loss is definitely Gagetown's gain.

And finally we come to the departure of WO Gord Nichol. Funny story ... WO Nichol was posted to WCompt at the same time that he was deployed. He is finally finished with his nine month tour and all the associated leave consumption that followed, and will be leaving us. Although we did not have much time with him, he will be missed just the same.

Of course, with departures there are always the

anticipated arrivals. At this time it is still very early in the APS, and not all the messages have been cut. The contacts list on the WCompt web-site will be updated as arrivals occur.

Now, it wouldn't be the WCompt Branch without any reference to finance. So, in the financial vein: A new fiscal year brings with it new procedures.

The most important change, for budget managers, is the requirement to enter quarterly planning. There are also significant changes in travel general ledger codes that will impact this year's activities, as will the CAS directed internal orders to be used for support to deployed operations. Also, the procedures for Quality of Life funding have been changed. With all these changes, how is one

supposed to stay apprised?

FMAS users are reminded WCompt has a very comprehensive web-site (<http://17wing.winnipeg.mil.ca/wcompt/>), which staff have taken great effort into ensuring information provided is maintained as current as possible. Guidance, direction, and tutorials for just about every query received are available. If you are not sure which heading holds the answer to your query, please search under "WCompt Subjects A-Z". If this does not bring you to the information you require, send an email to the 17 WCompt FMAS Helpdesk (+FMAS Helpdesk@WCompt@Winnipeg), and our knowledgeable staff will be able to guide you. Please note: Due to manning shortages, the Helpdesk phone had to be discontinued.

The WCompt Branch are determined to meet the mandated tasks, and will work diligently to overcome the challenges that come with new staff, new procedures and new tasks. Even though we will be losing some very knowledgeable people, our goal is to maintain the operational pace. We also understand the challenges that will present themselves to the Wing with regards to the MSS deployment, and will make every effort to support the remaining 17 Wing personnel in financial matters.

In closing, the WCompt Branch would like to wish all MSS personnel a safe and uneventful tour. You will be missed!

A TRIO OF BIRTHDAYS

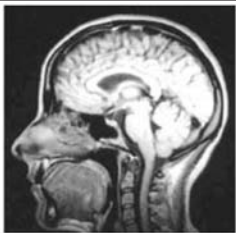
Submitted by:
KAREN CHRISTIUK

The volunteers of 1 Cdn Air Div/CANR's Gallipeau Kit Shop are always looking for a reason to party. On May 22, three volunteers celebrat-

ed their birthdays, which all occurred near the same date. When combined together, the group is 238 years young this month! The birthday gang included (from left to right): Mr. Jerry Gallipeau, Ms. Ann Hiebert, and Mr. Lynn Wager.



Photo by Karen Christiuk



Military personnel without PTSD

Healthy men with military trauma exposure wanted for a study

University of Manitoba research group, in collaboration with the Operational Stress Injury Clinic and the Institute of Biodiagnostics in Winnipeg, is seeking healthy volunteers with military service-related trauma exposure. Volunteers will participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

Your role: participate in a psychological and trauma-experiences assessment (Session 1), receive training to control your emotional reactions (Session 2), and take part in a Magnetic Resonance Imaging (MRI) brain imaging experiment of emotional picture evaluations (Session 3).

Benefits: You will help us understand emotional processing in the brain and receive a research stipend for each session.

If interested, please call the study coordinator at 204-975-7728

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HONOURS AND AWARDS



Lt Marc Tremblay being promoted to Capt by Maj S. Raby



Sgt Donna Neil being promoted to WO by LCol W.A. Watson



"On May 8th, Pte(T) Shawnda Currie received her first hook from LCol C.D. Stoltz, Commanding Officer, 1 Cdn Air Div HQ. Congratulations from family and friends especially her husband Sgt Troy Currie from the 17 Wing Fire Hall"



John Clarey, centre, representing SISIP FS, presents a cheque for \$4000 to Rick Harris, left, PSP Manager and Don Brennan, MFRC Executive Director, right, in support of the annual Wing Volunteer Appreciation event. The 2009 SISIP FS Volunteer event will take place at the Canwest Global Park on Fri 19 Jun 09 with dinner and awards followed by the Winnipeg Goldeyes baseball game.

THE DEADLINE FOR THE NEXT
VOXAIR IS JUNE 5, 2009



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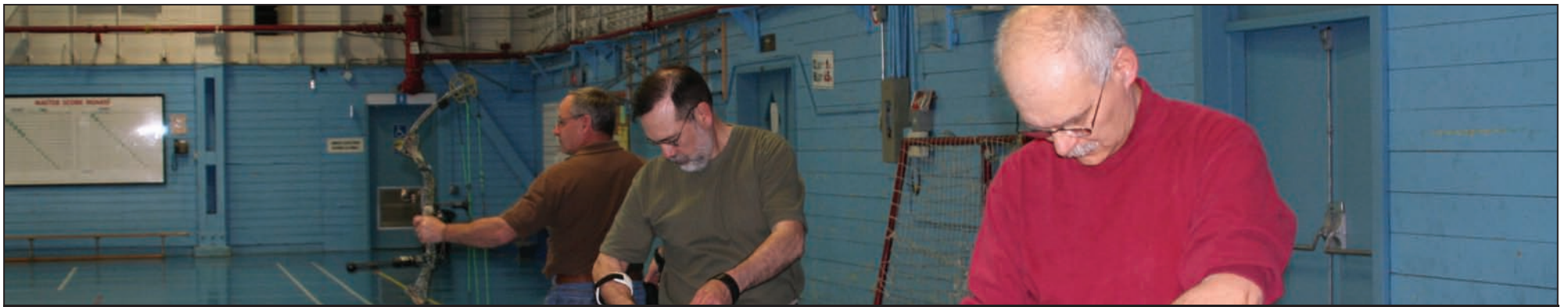
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LCol Steve Brabant (left), LCdr Paul Stiff (centre) and Maj Ron Cooney (right) notch their arrows.

WHERE IS YOUR BOW AND ARROW?

17 WING ARCHERY CLUB AIMS FOR BEGINNERS

John Towns
VOXAIR STAFF

"A couple of times we've had someone 'Robin Hood' an arrow, where they'll split the first arrow they shot with the second one" said 17 Wing Archery Club president Maj Ron Cooney, gesturing downrange to the targets set up at the other end of Building 21, the home of the club. "But that can get really expensive, so it's only really worth it if someone else is around to see it," he added with a laugh.

The club, which is currently in its second year of operation, is open to all archery enthusiasts from around the base – everyone from experienced target archers and hunters to beginners are welcome to stop by when the club meets on Sunday mornings or Wednesday nights to swap tips and send

a few arrows downrange.

The club is currently in the process of buying some beginners equipment to encourage more people to try their hand at the sport.

"We're slowly acquiring things, and we're just starting to get some beginners equipment so people can come out and try it before buying all this stuff. It's not cheap to go out and buy a bow and get all set up and find out that it's not really for you," said Maj Cooney, a Special Projects Officer with 1 Can Air Div HQ Flight Safety. "We want people to be able to come out and give it a try to see if they really like it before making the investment."

Anyone who comes down will also receive instruction from the club members.

"Gary Mickelthwaite, our last president, is actually a qualified instructor and has run youth archery programs in the past, but unfortunately

he'll be going overseas in the fall," said Maj Cooney. "So we've got some qualified instructors, but all of us are fairly knowledgeable, and quite willing to help people out with whatever tips we've got."

Memberships to the club are available on both an individual and family basis, said Maj Cooney. Right now, the club has a strength of about 15 members, though that varies based on deployments and availability of club members.

"With deployments and everything else, we don't have the turnout we normally would, so we're always looking for new members," he said.

Anyone interested in the 17 Wing Archery Club can call Maj Cooney at local 4057 or the Community Recreation office at local 5976.



Maj Ron Cooney lines up a shot. Maj Cooney is president of the 17 Wing Archery Club, which meets twice a week in Building 21.



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SPORTS TRIVIA

20 QUESTIONS AND ANSWERS TO SPORT RELATED TRIVIA

By Bill Sheridan

Sometimes Accidents Happen....



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QUESTIONS

1. Who scored the most goals in the Stanley Cup Finals?
2. What coach was in the finals the most times?
3. Which coach won the Cup the most times?
4. Which two teams faced off in the finals the most times?
5. How many times has the Cup been won in overtime in a game ??
6. What team has won the most consecutive finals games? And how many?
7. What name was the Stanley Cup originally inscribed as?
8. Who has the most shutouts in the finals?
9. What was the last non NHL team to play for the cup?
10. What was the most consecutive finals games which went into overtime?

11. What player has the most overtime goals in the finals?
12. Who are the six players who have scored cup winning goals, twice?
13. What player has the most points in the Finals?
14. What two seasons was the cup not won since its inception?
15. What three franchises have won the most cups?
16. What player has the most hat-tricks in the finals?
17. What was the last team defunct team to win the Cup?
18. What team was in the finals the most consecutive years?
19. When were the last five times the cup was won in overtime?
20. What team has now gone the longest since being in the final?

ANSWERS

1. Maurice "The Rocket" Richard, 34
2. 16; Dick Irvn Sr, 4
- 12 with Montreal, Toronto & Chicago
3. Scotty Bowman 9, 3 Detroit, 1 Pittsburgh & 5 Montreal
4. Montreal beat Boston all seven times they played in the finals
5. Twice, by Detroit, Pete Babando (1950)and Tony Leswick (1954)
6. Montreal, 11. 73(1) 76(4) 77(4) 78(2)
7. Dominion Hockey Challenge Cup
8. Clint Benedict, Ottawa, Mtl Maroons 7.
9. 1926 Victoria Cougars (WHL), since then the Cup has belonged to the NHL.
10. 6, last game 1950 Det-NYR and all five games 1951 Tor-Mtl
11. The Rocket with 3
12. Toe Blake, Mike Bossy, Bobby Orr, Jacques Lemaire, Henri Richard, Jean Beliveau
13. Jean Beliveau with 62 Pts in 64 Games
14. 1919 Spanish Flu, & 2005 Lockout
15. Montreal 24 Toronto 13 Detroit 11
16. The Rocket with three hat tricks
17. Montreal Maroons
18. Montreal Canadiens, 10 1951-1960
19. 2000, 1999, 1996, 1980, 1970.
20. Leafs

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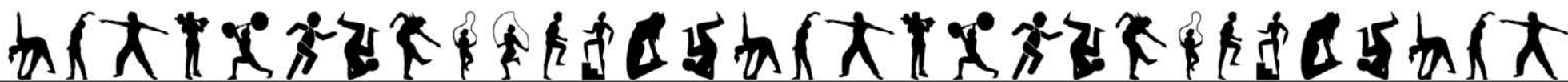
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JUNE IS RECREATION MONTH

Ryan Cane

DGPFSS/NATIONAL RECREATION MANAGER

Arms reaching and spine stretching, Captain Charleen MacCulloch holds her downward dog for 5 breaths before settling back into her yoga mat. Capt MacCulloch has participated in regular yoga classes for 2 years and is just one of the activities she enjoys doing during her leisure time.

"I run, weight lift, garden and cook for friends," she says. "Being active in my spare time increases my stamina to deal with long working

hours, reduces stress and really the benefits are endless."

Positive leisure and recreational activities can meet many needs and participants encounter all sorts of benefits.

Recreation provides personal, economic, social, and ecological benefits to people and communities

Recreation has an important role in the Morale and Welfare (MW) of the Canadian Forces (CF). The CF Fitness and Health Strategy notes the impact recreation plays in

encouraging active lifestyles and creating environments for change. Recreation programming also has special value for military personnel functioning in a technically oriented force.

the military family, each CF location offers a diverse mix of activities, all designed to promote wellness and enhance the time that families spend together.

sociations, is promoting June is Recreation Month (JRM). JRM draws public attention to the benefits and values of recreation and parks to individuals, families, neighbourhoods

and communities, and works to recognize and celebrate the contributions

recreation and parks makes to the quality of life of Canadians.

Log on to www.cfpsa.com/recreation to learn more about the benefits of recreation, read the success stories

from bases and wings across the CF and have a chance to WIN a Recreation Month prize package!

Capt MacCulloch says that winning really is as simple as participating in your favourite activity. "Find your passion and get active," she says. "Experience the benefits." To which she laughs might one just being passing your annual fitness test. To learn more about local recreational activities offered at 17 Wing, please contact the Wing Community Recreation office at local 2059 or local 5976.

RECREATION PROVIDES PERSONAL, ECONOMIC, SOCIAL, AND ECOLOGICAL BENEFITS TO PEOPLE AND COMMUNITIES.

A well balanced program helps to maintain total fitness, which includes the physical, emotional, intellectual, social and spiritual health of the individual.

Recreation also supports

This year to celebrate the benefits of recreation, The Director General Personnel and Family Support Services National Recreation office with the support of national and provincial park/recreation as-

JUIN EST LE MOIS DES LOISIRS

Ryan Cane

GESTIONNAIRE NATIONALE DES LOISIRS

Les bras au sol, la colonne en extension, le Capt Charleen MacCulloch maintient la posture du chien inversé pendant cinq respirations avant de se reposer sur son tapis de yoga. Le Capt MacCulloch participe régulièrement à des séances de yoga depuis deux ans. Et ce n'est que l'une des activités qu'elle aime faire pendant ses temps libres.

« Je fais de la course à pied, de l'haltérophilie, du jardinage et j'aime cuisiner pour mes amis », affirme-t-elle. « Le fait d'être active dans mes temps libres augmente mon endurance pour les longues heures de travail et réduit mon niveau de stress. Les bienfaits sont innombrables. »

Les activités récréatives et de loisirs peuvent répondre à de nombreux besoins et procurent aux participants et aux collectivités des bienfaits de toutes sortes – personnels, économiques, sociaux et écologiques.

Les loisirs jouent un rôle de premier plan en ce qui concerne le bien-être et le maintien du moral des membres des Forces canadiennes (FC). La Stratégie sur la santé et la condition physique au sein des Forces canadiennes souligne l'incidence des lo-

sirs dans la promotion d'un mode de vie sain et la création d'environnements favorables au changement. Les programmes de loisirs sont particulièrement précieux pour les membres du personnel militaire qui mènent à bien des activités techniques. Un programme bien équilibré aide à maintenir une condition physique totale, ce qui englobe la santé physique, émotionnelle, intellectuelle, sociale et spirituelle.

Les loisirs sont également bénéfiques pour les familles des militaires. Chaque établissement des FC offre une variété d'activités, toutes conçues pour promouvoir le bien-être et mettre en valeur le temps passé en famille.

Cette année, pour célébrer les bienfaits des loisirs, le bureau national des loisirs du Directeur général – Services de soutien au personnel et aux familles, avec le soutien des associations nationales et provinciales des parcs et loisirs, fait la promotion de la campagne « Juin est le mois des loisirs ». Elle attire l'attention du public sur les bienfaits et la valeur des loisirs et des parcs pour les individus, les familles, les quartiers et les collectivités, et vise à reconnaître et à célébrer la contribution des loisirs et des parcs relativement à l'amélioration de

la qualité de vie des Canadiens.

Rendez-vous à www.aspf.com/loisirs pour en apprendre davantage sur les bienfaits des loisirs, lire des histoires de réussite dans les bases et escadres à l'échelle des FC et courir la chance de GAGNER la Trousse du mois des loisirs!

Selon le Capt MacCulloch, il est aussi simple de gagner que de faire son activité préférée. « Découvrez ce qui vous passionne et soyez actif », dit-elle. « Éprouvez les bienfaits de l'activité physique, ne serait-ce que la réussite de l'évaluation annuelle de votre condition physique », ajoute-t-elle en riant.



(2008 Wingin'it Team)

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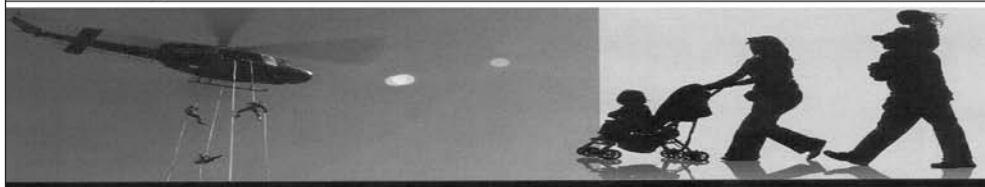
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PLAN AHEAD!

FINANCIAL WELL-BEING AFTER RELEASE

Marie Navarro
COMMUNICATIONS COORDINATOR

When releasing from the Canadian Forces (CF), either to retire or start a new career, consider reviewing your release and retirement options, along with your life insurance needs: there will be a number of questions and considerations you may wish to ponder:

How can I know if I will have enough money to retire? Being adequately informed and prepared for your release or retirement is what Financial Planning is all about; its ultimate purpose is to help you meet your specific retirement needs, goals and dreams. Assessing those needs is a crucial step in this process which takes an all-encompassing look into your personal finances to tailor a plan specifically for you and your family, in order to help secure your financial future.

What can a financial planner do for me? A financial planner can help you begin the process by complet-

ing a Release Projection to assess your financial status at time of release, considering but not limited to the following:

- Your after-tax income for the year of your release and beyond;
- How much of your severance pay can be transferred to your RRSP;
- Your CF pension and other sources of income; and
- Your investments.

If simply retiring, a Retirement Projection will help determine how much you will need for your actual retirement and show you how to plan adequately to that end, as well as estimate your life insurance needs. The sooner you start planning for retirement, the better off you will be.

Speaking of insurance... Do I still need life insurance after release?

- Completing an Insurance Needs Analysis will help determine your specific insurance needs, so your family or your loved ones, will have sufficient money

to live on;

- As a CF member, your SISIP Financial Services (SISIP FS) insurance coverage is transferable to Insurance for Released Members in a seamless process where coverage and premiums remain the same, and if transferred within 60 days of release, no medical disclosure is required;

- Alternatively, you can apply for new coverage, as well as increase it to a maximum of \$400K subject to approval by the insurer.

Releasing from the CF is a major change in your life. Be sure to consult a licensed SISIP FS professional (financial planner, insurance representative) to help you prepare for the next stage in your life, and secure your financial well-being and that of your family.

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UNE QUESTION DE PLANIFICATION!

LE BIEN-ÊTRE FINANCIER À LA RETRAITE

Marie Navarro
COMMUNICATIONS COORDINATOR

Au moment de la libération des Forces canadiennes (FC), que ce soit pour prendre votre retraite ou amorcer une nouvelle carrière, pensez à examiner les options qui s'offrent à vous, ainsi que vos besoins en assurance vie; plusieurs questions vous viendront alors sûrement à l'esprit :

Comment savoir si j'ai assez d'argent pour prendre ma retraite? La planification financière vise à vous informer adéquatement en vue de la libération ou de la retraite et son objectif ultime consiste à combler vos besoins, réaliser vos buts et vos rêves. L'analyse de ces besoins est une étape essentielle dans ce processus qui prend en compte tous les aspects de vos finances personnelles, permettant ainsi de dresser un plan exclusivement pour vous et votre famille, afin de vous aider à protéger votre avenir finan-

cier.

Qu'est-ce qu'un planificateur financier peut faire pour moi? Le planificateur financier amorce le processus en faisant une Projection en vue de la libération qui évaluera votre situation financière au moment de votre libération en examinant certains facteurs, dont :

- vos revenus après impôt durant l'année de la libération et les années subséquentes ;
- la part de l'indemnité de départ que vous pouvez transférer dans un REÉR ;
- le montant de votre pension des FC et autres sources de revenu ; et
- vos placements*.

S'il s'agit tout simplement de votre retraite, une Projection de retraite vous aidera à déterminer le revenu dont vous aurez besoin et la manière de planifier pour y parvenir. Vous obtiendrez également une estimation de vos besoins en assurance vie. Plus vous commencez à planifier tôt, meilleure sera

votre qualité de vie.

Et, puisque nous parlons d'assurances...

Ai-je toujours besoin d'assurance-vie à la retraite?

- Remplir une Analyse des besoins en assurance vous permettra d'établir les besoins spécifiques en matière d'assurance, pour que votre famille et vos êtres chers puissent vivre pleinement ;

- À titre de membre des FC, vous pouvez facilement convertir votre assurance vie des Services financiers du RARM (SF RARM) en Assurance pour membres libérés. Votre garantie et vos primes demeurent alors les mêmes et aucune preuve d'assurabilité n'est nécessaire si vous convertissez dans les 60 jours suivant la date d'entrée en vigueur de votre libération ;

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La libération des FC est un cap important dans votre vie. N'oubliez pas de consulter un professionnel qualifié des services financiers du RARM (planificateur financier ou représentant en assurance) qui vous épaulera durant votre transition et vous aidera à garantir votre bien-être financier et celui de votre famille.

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SWEDISH ROLLER COASTER

Alf Brooks

On May 14 Sweden Post issued a 12 krone stamp picturing a rollercoaster: "Balder" is located in the Liseberg amusement park in Gothenburg. It has twice been voted the world's best wooden roller coaster (How

many of you remember the one at Winnipeg Beach?).

For a stamp collector this issue is interesting because of its design.

Over the years Sweden has issued many stamps that show the art of the engravers they employ; this stamp and the three others issued with it continue this tradition



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CREATING A CULTURE OF AUTOMATION AIRMANSHIP

Karen Christiuk

The dramatic safe landing of a US Airways passenger jet into New York’s Hudson River on January 15 put a spotlight on aviation automation and safety. Coincidentally, Canada’s Air Force released its own Automation Policy and Planning Development (APPD) Analysis Report in October 2008, detailing ways that Air Force polices, standards, and training can be improved in order for all military aircraft to operate more effectively.

“The report was the result of a one year intensive research study by Esterline/CMC Electronics Inc. and Convergent Performance,” says Lieutenant-Colonel Colin Keiver, Project Authority. “They are experts in aviation psychology and human factors and conducted interviews and collected data from seven different Air Force locations across Canada.”

LCol Keiver says the overall framework for the project came from the “4 P Model,” developed originally by NASA researchers.

“In order to achieve the fourth ‘p’ (‘practice’) in the cockpit, it is necessary to develop and align your ‘Philosophy, Policy and Procedures.’ The first ‘p’ (‘philosophy’) started in 2007 when the 1 Canadian Air Division (1 Cdn Air Div) Automation Philosophy was accepted. Then, the APPD Analysis Report was conducted to determine where the Air Force was in relation to the 1 Cdn Air Div Automation Philosophy, and what policies needed to be changed in order to sustain the philosophy throughout the Air Force. The findings and conclusions contained in the APPD Analysis Report have now been accepted and the Air Force has begun to implement the recommendations. The Report is one step in a larger automation implantation plan known

as the ‘Air Standards, Training, Readiness and Automation’ (ASTRA) that will be developed over the next three years.”

The detailed APPD Analysis Report emphasizes a need to further develop Air Force aircrew training to keep up with advances in training methodologies.

“In the past two years, we’ve seen a lot of new aircraft in the Air Force,” says LCol Keiver, “However, because we went for a very long time without any new

a deliberate transformation of its training and operating procedures”

Aircrew that were interviewed for the APPD Analysis Report also felt that a greater use of automation was necessary in a tactical environment, such as at night or in the desert--similar to conditions that Canada’s Air Force is now facing in Afghanistan.

“Automation allows the crew to download tasks to the airplane,” says LCol Keiver. “And when the airplane is doing tasks that were tradi-

tional the Air Force teach pilots in the Multi-Engine School one term, and then pilots have to learn a new term in the operational fleets?” The key recommendation of the report is that the Air Force must create a standards organization responsible for focusing (leading, coordinating, and advocating) Air Force automation activities. It will start to create Air Force common policy, terminology, standards, and documents that all fleets can use. It’s not about telling fleets how to do things--it’s about

advantage of new training devices such as simulators.

“The current attitude to simulation in the Air Force is somewhat ‘sim-phobic’. Modern simulators are designed to replicate the task demands on an aviator in terms of perception, attention, decision making, memory and action. Flying an actual aircraft is expensive, and also adds other risks to the equation. With a

working on implementing the report with LCol Keiver, says the facility is world class and equal to any air force or airline in the world.

“Southport has done a super job of integrating all of the training with the new way of conducting flying,” says LCol Shyiak. “When the new flying manual of training was put together they divided the work-

load in the cockpit so that the pilot flying has work to do, and the pilot monitoring also has specific tasks that they need to do. Then they broke the tasks out into normal operations, abnormal operations and emergency operations, so what they do and say in the cockpit is very rigid and structured. Pilot monitoring duties, in modern aircraft are very important and are essentially a new skill set that pilots operating legacy aircrafts have to learn. Instead of being trained as individuals, they are now being trained and evaluated on their ability to operate as a crew.”

LCol Shyiak says it ultimately boils down to creating a sense

of “automation airmanship” in the Air Force.

“Automation airmanship is a standardized, disciplined, and integrated operating strategy that uses all available resources on an aircraft, including all aircrew and aircraft systems,” says LCol Shyiak. “Automation airmanship within the Canadian Forces will integrate traditional technical skills, automation skills, and human factors skills to achieve optimum situational awareness and mission effectiveness. The development of a robust automation airmanship culture will permit the Air Force to be responsive to advances in aircraft technology, operations, and training methodologies. A common language and more standardization will also improve our communications throughout the Air Force.”



The King Air C-90B flight simulator is used by 3 Canadian Forces Flying Training School at the Canada Wings Aviation Training Centre in Southport, Manitoba.

aircraft, our policies, training methodologies and operating procedures need some work in order to accommodate the changes required to safely and effectively operate these new aircraft. For example, when transitioning from the CH-124 Sea King to the CH-148 Cyclone, there is a 40 year gap in aviation human factors knowledge and skills that we needed to close. As aircraft become more automated and more complex, the way we train and qualify people to fly those aircraft needs to change as well as the procedures used to fly them. We just can’t operate new airplanes the same way we operated old ones. Aviation expert Robert Helmerich summed it up in a recent issue of Maclean’s magazine when he said, ‘Automation has changed the nature of error, it hasn’t eliminated error.’ Dealing with the changes in which errors are created and mitigated in the modern cockpit, and how we train our aircrew to react appropriately to those potential errors, requires the Air Force to begin

tionally done by the crew, the crew is able to do other higher level tasks. Those higher level tasks facilitate increased operational awareness. If used properly, and trained properly, automation increases operational effectiveness and safety. Conversely, reliance of ‘legacy’ training and operating methods, or those proven effective in non-automated aircraft, actually decreases operational effectiveness and safety.”

The report also mentions a need for a more standardized “Language of Automation.”

“We have a lot of people working really hard and trying to do the right things; however, because we don’t have a common language, different people are coming up with slightly different solutions to the same basic common problems. For example, a rejected aircraft take-off within the Canadian Forces multi-engine fleets can be referred to by one of three terms: ‘reject,’ ‘abort,’ or ‘malfunction.’ While each term is valid, the question becomes: ‘Why does

creating a framework that says what the Air Force is going to do. The individual fleets will figure out how to do it with their respective aircraft.”

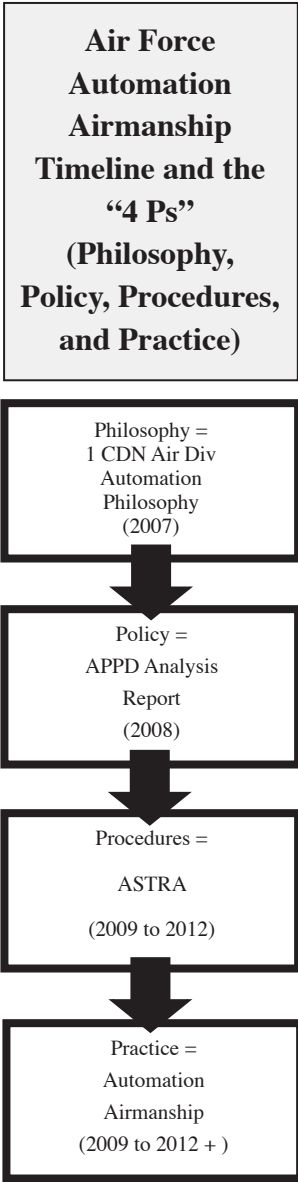
The researchers also discovered that the traditional method of training and evaluating each pilot individually--rather than as a crew--does not adequately capture the skills necessary to operate modern, highly integrated aircraft.

“If you think about it, none of our fleets ever go into operations with a single pilot,” says LCol Keiver. “Even a fighter goes into operations with a wingman. There are always at least two individuals that operate as a weapons system. We have to operate at a high level as a crew, or as a team, because that is what determines success in operations. Our focus on individual qualifications and proficiency is limiting our ability to optimize performance and fully develop the entire team involved in the operation of the aircraft.”

Additionally, the report shows a greater need to take

simulator, most of the procedures and cognitive emphasis required to train safe and effective aircrew can be delivered via less costly means. For example, warnings and advisories associated with the failure of multiple inter-connected subsystems on modern aircraft (and the required crew reactions and interactions) can only be done in a simulator. In many fleets, the Air Force already possesses the simulators required to create a robust automation culture but is failing to use them to their full effectiveness.”

Many “stovepipes of excellence” stood out in the report, and one of them was the multi-engine air training facility at 3 Canadian Forces Flying Training School in Southport, Manitoba. Lieutenant-Colonel Darryl Shyiak, Commandant of Central Flying School, who has been





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ANNUAL GENERAL MEETING

The MFRC wants to hear from you. Come out to the Annual General Meeting on Thursday, June 25, 2009 at 7 p.m. at the MFRC, 102 Comet Street. All family members of military personnel are invited to attend. This is your chance to have your voice heard, and let us know what we're doing right, and if there's any programs or services you'd like to see offered. Child care is available upon request.

SURVEYS AVAILABLE

Tell us about your experiences with the Military Family Services Program. The 2009 Military Family Services Program participant survey will be conducted between May 20 and June 17. The survey is designed for users of the centre to provide information about the quality of service they receive from the MFRC. The survey information will provide valuable feedback to the Director Military Family Services and the Winnipeg MFRC. Please be sure to stop by the MFRC and fill out the survey. Participation is voluntary, valued and confidential.

SPECIAL OFFER – DEPLOYED FAMILIES

Ride the Prairie Dog Central
 August 22, 2009 - FREE

More than just a train ride! On August 22, 2009 the theme for the day is Manitoba Farming Day – Hosted by Peak of the Market. Come out and share a great family experience by starting out with a visit to Inkster Junction Station to check out the farm machinery displays. Who knows...you might even meet Larry McIntosh from Peak of the Market with his carrot microphone. Then take a ride on one of the Prairie Dog Central Locomotives departing the station at 11 am. Station stops include Grosse Isle and Warren. You are always welcome to bring your own food and drinks on board the train. Coolers, picnic baskets are allowed, so bring your own picnic lunch to enjoy at one of the stops. You will arrive back at the Inkster Junction Station at approximately 2:30 pm.

This is a free event, but when you call in to reserve your tickets I need to know how many Children and Adult tickets

you require. The way this is figured out is that: children who are age 2 and under are considered FREE “on the KNEE” and I do not have to reserve a ticket for them; Children - ages 3 to 16 and Adults - 17 and over must be tallied.

The cut-off for reserving tickets is 4:00 pm on Friday June 19, 2009. No reservations will be accepted after that date. To reserve your tickets, please do not contact me, you must call 833-2500 Ext 4500. Voicemail will not be accepted.

A GENEROUS DONATION

by Sandra Doody, Deployment Coordinator



Photo of John Reilly submitted by Andrea Esensen

I first met John Reilly at Minto Armoury one Tuesday night when I was set up with a colleague the MFRC Information and Yellow Ribbon merchandise table. He would always stop by to chat and I learned from him that he is a retired military member, (KVA and RCME) and someone who loves to work with wood. Last month when he stopped by our table, he asked me if he could donate some birdhouses he makes to our MFRC so that we could do some fundraising. He came in on Friday, May 15 with four beautiful birdhouses and it will be our pleasure to offer them to the families at 17 Wing, 1 Cdn Air Div and 38 CBG. Keep an eye out for a future notice about the fundraising and if you happen to be at Minto Armoury on a Tuesday parade night and run into John, shake his hand and give a warm thanks. He makes a difference!

NEW RESOURCE

101 Tips for Families Experiencing
 Absence or Deployment

This book was created to support families through any and all extended absences of a significant family member or friend. All of the tips and suggestions have been tried and tested either by families experiencing absences. This guide should be thought of much like a

recipe book, some recipes will work perfectly for some families and other recipes certain families would never want a sample. The intent of the book is to make the absence easier and

give families tools to thrive during the absence. You can borrow this book from the MFRC or you can purchase it online at www.amazon.ca

VOLUNTEERS NEEDED

There are several volunteer positions open for summer work at the MFRC.

- We are in desperate need for someone to take on the joy of gardening in the front areas of the MFRC. We would be pleased to give creative freedom in helping to make our entrances more beautiful.
- The MFRC Summer BBQs are about to get underway, and we could use more help to make them a success. A couple of hours one day a week is all that is required. This is a great way to meet new friends and greet old acquaintances.
- The MFRC is hoping to introduce a new program for Newcomers to Winnipeg – the Newcomers' Network. We are looking for volunteers who are familiar with our wonderful city to partner with families that are newly posted here, to help them get to know our city a bit better and to share some of Winnipeg's wonderful secrets.

If you would like to participate in any of the above, please contact Barbara, the Coordinator of Volunteers at the MFRC, at local 4519 or at Barbara.Thuen@forces.gc.ca.

The Winnipeg MFRC is always on the lookout for new volunteers. Our volunteers are involved in all aspects of MFRC life, and truly are the heart of all that we do. If you are interested in finding out more about how you can volunteer with us, why not stop by for one of our “Coffee and Conversation” Volunteer Drop Ins? We meet every Tuesday at 2 PM at the MFRC at 102 Comet. Meet some of our current volunteers and find out more about the Volunteer Program!

MFRC SUMMER BBQs

It's that time of year again, and hopefully the weather will begin to cooperate soon. We will begin our Summer BBQs at the MFRC on Thursday June 11, 2009 at 11:30 AM. The BBQs will be held every Thursday, until the end of August (Aug 27) EXCEPT for the first Thursdays of the month – MFRC Coffee Break days.

We will once again offer a choice of hamburger, smokie, or hot dog, along with drinks and chips. You will see some new furniture for your dining pleasure, as well as an umbrella or two to shade you from the sun (it will come out again, I'm sure!).

So mark your calendars, and bring your appetites.

If you would like to volunteer to assist with this year's BBQs, please call Barbara, the MFRC Coordinator of Volunteers, at local 4519, and we will find a spot for you.

PRAYER - A DIVINE CONVERSATION

A LOOK AT RELIGIOUS EXPRESSION AND FAITH

Padre Gordon Mintz

Every society known to man has had some sort of religious expression or faith dimension to their lives. It is pretty well universally recognised that human beings are comprised of body, mind, and spirit. We in the military family and community deal with life and death issues more regular than many, therefore, these deeper questions often present themselves. We then have a choice to either ignore them or deal with them in a significant way.

In the first article in this series entitled “The Journey of Life” we talked about the choice to recognise the Holy, the essence of faith and hope, and invest in that part of our life as not just a good personal and professional development choice, but a choice that is infinitely wise, whole and healthy. It is food and rations for the journey of life ahead. Recognition of the Divine is the first step as we admit that God is God and we are not. The second step is to connect with God through the avenues of prayer, worship, study, and fellowship, each of which will be a topic of this series of articles.

In this article we will explore the aspect of prayer. According to Webster’s dictionary there are four main definitions for prayer. They can be summarised as: 1) an address (as a petition) to God

or a god in word or thought (i.e. said a prayer for the success of the voyage); 2) a set order of words used in praying; 3) the act or practice of praying to God or a god (i.e. kneeling in prayer), and; 4) a religious service consisting chiefly of prayers. They all come under the umbrella of communicating with the Almighty, or, conversing with God.

How do we pray? Many people pray in different ways -- some spontaneously others with a format, ritual or guide such as rosaries or beads. All are perfectly

be the start of an eternal adventure.

Let me ask you this: would you ever marry someone whom you could never have a conversation with? That may at times have its advantages, but kidding aside, I doubt that this is what any of us would choose. Surveys indicate that the great majority of people profess to having said a prayer or prayers in their life. Yet, many of us confine ourselves to a quick petition thrown skyward like a coin flipped in the air with the hopes it lands in our favour.

ous to all that to choose to live life with one hand tied behind your back and not make use of it would be a foolish misuse of available resources. Clearly, humans have demonstrated a faculty to pray. Why would we not make use of it and develop it then? Is it really any different than not using any other God-given ability? Pray and watch for God to respond in your heart and in your life. The rightfully proud tradition of the military is that we work hard to train our minds and bodies. Why shouldn’t we apply the

same diligence to our spirits? Prayer is a key component to developing our spiritual strength.

When times

are tough, and the operational tempo of our world is demanding, I would encourage you to tap into the gift God gave each of us which is the availability of a deeply profound and meaningful prayer life. Prayer is closely linked with worship and its many forms which will be the subject of the next article. If you would like further resources on prayer, any of the chaplains will be glad to assist you. Let me close this article with this simple prayer:

Gracious God of the universe, teach us to pray and to draw closer to you that our lives, and the lives of those we are close to, may be strengthened and nourished by your loving presence. Amen.

WOULD YOU EVER MARRY SOMEONE WHOM YOU COULD NEVER HAVE A CONVERSATION WITH?

valid as it is the motive not the method that is important. Some pray through art or music or simply walking in the woods marvelling at God’s handiwork. The important part is to connect to God, to join the divine gift of life we each are given to the divine source and nourish that relationship.

Why do we pray? If we are honest, we often only pray because we have a need or a want and we would like the universe to order itself for that desire to be realised. This is not bad but it is one-dimensional. It sells itself short of the awesome reality that the God of the universe wants to have personal contact with us. That realisation in itself can be a great source of comfort and strength and

I am not suggesting that we should anticipate having a human conversation and hearing an audible voice from God. Although some individuals in the scriptures of the major faith traditions have had this experience, it is not common. But what is common is to feel a leading or sense of direction, peace, or comfort, or to see events unfolding in ways that are an answer to prayer. The sceptic will say this is mere coincidence and it is certainly easier to deny faith than to accept it and build upon it. But is this the wisest course of action?

Our military training and any credible professional development will teach people to make the best use of available resources. It is obvi-

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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 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

Chaplain Bonnie Mason
(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm
(Mennonite Brethren) Office 833-2500 ext 4885

Padre Will Hubbard
(Anglican) Office 833-2500 ext 5349

Padre Ken MacRae
(Presbyterian) Office 833-2500 ext 5057

Padre Gord Mintz
(Anglican) Office 833-2500 ext 5785

Padre David Stewart
(Presbyterian) Office 833-2500 ext 4277

Padre Curtis Duclos (Baptist)
Det Dundurn Office (306) 492-2135 ext 4299

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

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'.

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.



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2001 Starcraft Tent Trailer, good condition, 8 ft box, furnace, 3-way fridge, in/out stove, sink, mattresses, moveable table, spare tire. Add room with privacy flaps but needs new battery. Sleeps six, towed by car or truck. \$6000 OBO. Ph. 831-7072 after 1400h.

32" Sony TV - \$250, 7 cu ft Freezer - \$150. Single Bed & matching Dresser - \$125, 3 Seat Couch - \$75. Ph. 832-4792. ⁽¹⁰⁾

19 in. colour TV, \$75 OBO. Desk w/2 drawers, \$40 OBO. Ph. 885-2009.

Personal Watercraft Trailer, Yacht Club 2007 - like new, aluminum wheels. \$800 OBO. Ph. 254-2075 or nursel@yahoos.com.

2 Walden Spirit Kayaks, 2-seater, adjustable 1-seater. Stable in water, great for family. \$700 each. Ph. 254-2075 or nursel@yahoos.com.

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Wanted

Fence wanted. I am looking to purchase/obtain one at a good price. Would prefer one that is not over five feet tall. Phone 832-4117 after 6 pm. ⁽¹⁰⁾

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TAROSCOPES

BY NANCY

ARIES

(MARCH 21 - APRIL 19):

If you haven't been paying attention to the signs being thrown up in front of you, you're due for a "wake-up" call. And you'll be in the spot light when it happens so your actions and behavior patterns will be apparent to others as well as yourself. Find a mentor to help you initiate change.

TAURUS

(APRIL 20 - MAY 20):

The right moves are obvious and logical in a game but life is more complex. Aspects and individuals keep changing. The solution isn't always apparent. If you're getting frustrated, step back, you'll gain a new perspective. Yes, some things take time but they are often worth the wait.

GEMINI

(MAY 21 - JUNE 21):

If you don't believe it's possible to get what you want - you won't. Decisions require considerable consideration. Review the core concepts carefully before committing to anything long term. Additional investments of time and money will be required. Put in the extra effort.

CANCER

(JUNE 22 - JULY 22):

Pay attention to the worries that plague you. You need to determine what is real and what is imagined. Don't let fears fester. Find positive activities to offset feelings of emptiness or a lack of purpose. Hope grows as you learn ways to gage people's trustworthiness. Nurture yourself.

LEO

(JULY 23 - AUGUST 22):

Forego some luxuries if you are living on your reserves. Decide what you want and go for it. If anyone can tap into their strengths it's you. Learn to manage what you need to do instead of trying to do everything the easy way - which is often harder in the end.

VIRGO

(AUGUST 23 - SEPTEMBER 22):

You can't see the whole picture right now. It's possible you're in the wrong place at the wrong time. So don't take anything personally. Still, if something isn't working, ask yourself, "is it me or them?" It's likely them. And it's not worth getting upset about. Move on.

LIBRA

(SEPTEMBER 23 - OCTOBER 23):

Let go of the past even if you have invested a lot in your endeavors and relationships. The future is not as scary as you fear. Look at all aspects of your life instead of just one area. You are strong, flexible, and detached enough to get what you really want.

SCORPIO

(OCTOBER 24 - NOVEMBER 21):

Find the familiar in new situations to help you relax and heal. Give things time. Some things can't be forced. Though you can reflect on what has transpired, if you're missing pieces you'll never solve the puzzle. Accept this fact. See this as a game and it becomes easier.

SAGITTARIUS

(NOVEMBER 22 - DECEMBER 21):

You may feel like nothing is quite as good as it used to be. If memories haunt you or you fear you're being held back it's time to assert yourself. You'll have to learn how to discern other's motives so they don't leave you to clean up the chaos they create.

CAPRICORN

(DECEMBER 22 - JANUARY 19):

You can become disillusioned if change is not quick to come. Try and find the beauty in the pauses as well as in times of action. This is the best time to think something through thoroughly. A good idea, like good wine needs time to mature before being presented.

AQUARIUS

(JANUARY 20 - FEBRUARY 18):

Seek help finding ways to positively influence others. A good leader can bring harmony but all the players must be prepared to practice teamwork. Your options are not as limited as you assume. You have a natural talent to motivate others, use it when opportunities arise.

PISCES

(FEBRUARY 19 - MARCH 20):

New ideas have you exploring forms of self expression that reflect your inner thoughts or worldview. Share your talents even if you feel like a fish out of water at first. Someone wants to get to know you better. You may even rekindle an old flame. Relax outdoors if possible.

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