



THE VOX AIR

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FREE

435 Squadron conducts SAR Exercise in Alberta



By A/SLt Greg Menzies

Personnel from 435 "Chinthe" Transport and Rescue Squadron, and support personnel from 17 Wing participated in a Search and Rescue Exercise (SAREX) in Whitecourt from May 9 to 13.

"This training opportunity allows the squadron to be better prepared and ready to act for a real scenario," said Maj Todd Murphy, the Detachment Commander for the exercise. "It is a fantastic learning opportunity to be able to coordinate search and rescue activities with other units and outside agencies."

The exercise was an excellent occasion for Search and Rescue Technicians (SAR Techs) and other personnel to upgrade their qualifications. MCpl Kaulin Damron has been a SAR Tech with 435 Squadron for four years and used this

training exercise to upgrade his qualifications to a restricted team leader.

"I can do everything a team leader can do except operational deployments," said MCpl Damron.

"I work with the aircraft commander to conduct searches and rescues as safely and effectively as possible. We tend to do a lot of dangerous stuff but we try to do it as safely as we can and ensure all safety measures are implemented so we can save lives."

During the exercise, several air cadets from 721 Hawk Squadron, in Whitecourt, toured the CC-130 Hercules aircraft. Capt Wyn Humphries, Commanding Officer of 721 Squadron said "we wanted to take this opportunity to expose the cadets to the different capabilities of the Air Force." After the exercise, several SAR Techs and Pararescue Jumpers took time out of

their busy schedules to visit Hill Top Secondary School in Whitecourt. They spoke with the students and staff about the various types of equipment they use and their responsibilities as SAR Techs.

The annual SAREX is designed to practice the deployment of a major search and rescue operation and coordinate activities with other units and organizations. 17 Wing's 440 "Vampire" Transport Squadron from Yellowknife, 4 Wing Cold Lake's 417 "City of Windsor" Combat Support Squadron, the 39th Rescue Squadron, United States Air Force Reserve of the 920 Rescue Wing from Patrick AFB, Florida augmented by Pararescue Jumpers from the 304th Rescue Squadron from Portland, Oregon and volunteers from Civil Air Search and Rescue Association (CASARA) participated in the exercise.



Col Mike Egan, USAF, raises a glass of Gatorade to a USAF Hercules participating in the precision landing competition.

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NORAD 50th anniversary celebrated in style

By Karen Christiuk

Nearly one thousand Canadians and Americans gathered together in Colorado Springs on May 12 to mark the 50th anniversary of the North American Aerospace Defence Command (NORAD) with a spectacular formal ball held in the Broadmoor Hotel.

The ball was designed to showcase the long military partnership between Canada and the United States and remind everyone of the dramatic changes that have taken place over the past five decades. Although originally created in 1958 to protect the skies of North America during the Cold War, NORAD has continually evolved to

meet the threats of the modern world. In recent years, homeland security has become a greater concern and a great deal of NORAD's resources are now focused inward, protecting Canada and the United States from potential threats that might originate within the borders of the continent.

"It was an extraordinary evening," said Major Brian Martin, Senior Advisor to the Director of NORAD and NORTHCOM. "It's not every day that so many Canadians and Americans get together to celebrate such a historic event."

The room was crowded with dignitaries from both countries and included officials such as the Honourable

Peter Gordon MacKay (Minister of National Defence and Minister of the Atlantic Canada Opportunities Agency), the Honourable Dr. Robert M. Gates (U.S. Secretary of Defence), General Victor E. Renuart Jr. (Commander of NORAD and USNORTHCOM), General Rick Hillier (Chief of the Defence Staff), Lieutenant-General Charles Bouchard (NORAD Deputy Commander), and Lieutenant-General Angus Watt (Chief of the Air Staff).

"We can be proud of everything that NORAD stands for, and that NORAD has done," said the Honourable Minister MacKay.

A number of special touches hinted at the strong historical aspect of the Ball,

including artefacts on loan from the Peterson Air Force Base Historical Collection that were available for patrons to view throughout the evening.

Additionally, the evening included a number of live musical tributes, including the debut of the new NORAD song, with lyrics by LCol Peter Young, Division Flight Safety Officer at 1 Canadian Air Division/Canadian NORAD Region Headquarters.

The song was performed by the United States Air Force Academy's Blue Steel Band, with singing by Fort Carson's Harmony in Motion.

A selection of specially-created NORAD videos



From left: Secretary Gates, Minister MacKay and Member of Parliament Rick Casson.

were also presented during the evening, examining the modern strengths of NORAD and its pop culture references in popular movies

and television shows.

For more information about the NORAD 50th anniversary events please see www.norad.mil/50.

LCol Young wins NORAD songwriting contest

By Karen Christiuk

The chance to write the lyrics for a new NORAD song doesn't come up every day, but it was creative risk that paid off for LCol Peter Young, who recently won the NORAD songwriting contest.

"It's the first song I've ever written," admitted LCol Young, who is the Division Flight Safety Officer at 1 Canadian Air Division/Canadian NORAD Region Headquarters.

Most amateur songwriters have their lyrics disappear into oblivion, but LCol Young's words were put to music, and then performed by the United States Air Force Academy's Blue Steel Band, with singing by Fort Carson's Harmony in Motion.



LCol Young in front of a NORAD history display.

tion, in front of 1,000 guests at the NORAD 50th anniversary ball in Colorado Springs on May 12.

The song struck an emotional chord with the audience and ended up getting a

standing ovation.

"I was very gratified and it was very humbling," said LCol Young. "But I think the standing ovation was more for the great performance than my words. I really liked their interpretation of the

lyrics."

LCol Young said that he employed a number of small strategies when writing his lyrics.

"I went to the NORAD website and looked for the symbolism of the NORAD crest, and I wrote about that. I also used a few key words from both national anthems—to get the idea across that NORAD is a binational command."

Although LCol Young is more well-known for his skills as a pilot, rather than as a songwriter, it's clear that he used some of his childhood musical skills for writing the NORAD lyrics.

"I played the French horn in high school, and studied voice at the Royal Conservatory of Music in Toronto," admitted LCol Young.

NORAD Song

Written by Lieutenant-Colonel Peter Young

Wherever, whenever,
the need is there.
Our airspace, our
countries,
Protection we share.
A shared obligation,
We gladly accept,
For both of our
nations,
We've shouldered that
debt.

Fly into the blue.
NORAD
Ensures our freedom
NORAD
Maintains our shield
NORAD
O'er the land of the
free
NORAD
We stand on guard for
thee

NORAD
Ensures our freedom
NORAD
Maintains our shield
NORAD
O'er the land of the
free
NORAD
We stand on guard for
thee

Defence is, our purpose,
we act as one.
Guardians, together,
The cause will be won.
This treaty long lasting,
O'er both of our lands,
Sentinels for freedom,
Standing hand in hand.

NORAD
Ensures our freedom
NORAD
Maintains our shield
NORAD
O'er the land of the
free
NORAD
We stand on guard for
thee

Through tension,
through friendship, our
cause is clear.
Detection, protection,
We conquer all fear.
Our aircrew fly higher,
Controllers guide true,
For freedom and safety,

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PM and MND announce Canada First Defence Strategy

By Virginia Beaton
Trident staff

Flanked by dozens of CF members and against the backdrop of the Canadian Flag, Prime Minister (PM) Stephen Harper and Minister of National Defence (MND) Peter MacKay revealed the Canada First Defence Strategy.

"Our government is committed to ensuring that Canada not only has an opinion, but that Canada is heard, that Canada is protected, and that Canada is a force for good, for positive change in the world," stated the prime minister.

He described the Canada First Defence Strategy as "our government's comprehensive long term plan to ensure the Canadian forces have the people, equipment and support they need to do what we ask them to do."

The announcement of the strategy took place at the Armouries in Halifax on Monday, May 12 with an audience that included Gen Rick Hillier, CDS, VAdm Drew

Robertson, CMS, RAdm Paul Maddison, Commander JTFA and MARLANT, and many other CF members.

The first priority of the plan is to strengthen the ability to defend the country and protect Canadians, according to PM Harper. "Renewal of the Canadian Forces is the most pressing priority. Like the national work force, the average age in the military has been rising, so we're going to recruit and train a new generation of soldiers, sailors and airmen, just as we're going to renew our aging fleets of aircraft, ships and military vehicles with next-generation state of the art equipment."

According to PM Harper, the second priority is to ensure Canada meets its commitments for continental security, and the third priority is the commitment to global security.

PM Harper emphasized "Our strategy will ensure that Canada continues to be a robust and reliable contributor to global security and humanitarian interventions."

The intention is to implement the strategy "in tandem with a revised long term procurement strategy designed to not just benefit, but to build commercial capacity in the relevant knowledge and technology industries."

MND MacKay reviewed the government's commitments to capital equipment projects and in-service support contracts since taking office in 2006.

"Our government is providing the Canadian Forces with long term, stable, predictable defence funding," MacKay stated.

The CF will expand to 100,000 including 70,000 Regular and 30,000 Reserve Force members.

MacKay stated in addition to the previously announced capital equipment projects the government has previously announced, "We will be making more sound investments in major fleets that will provide the Canadian Forces with 15 new surface combat ships to replace our aging fleet of destroyers and frigates. Ten to 12 new



Prime Minister Stephen Harper and Minister of National Defence Peter MacKay recently unveiled the Canada First Defence Strategy.

maritime patrol aircraft to replace our Aurora fleet. Seventeen new fixed wing search and rescue aircraft. Sixty-five next-generation fighter aircraft to replace our CF-18s. And, a new family of land combat vehicles and systems."

MacKay stated "For the first time in modern memory, our Canadian Forces will be able to plan for the long term, because this government has

committed to long term and growing funding. Let me be clear: we're not rebuilding the Canadian Forces to meet the challenges of yesterday and years gone by. We're rebuilding the Canadian Forces to face the uncertainties and the challenges of the 21st century."

In response to questions about the costs of the equipment, PM Harper stated he would have to hold those

estimates before the negotiations with suppliers, but noted "When we took office, I think the budget for national defence was about \$13 billion. Over the next 20 years it will grow to \$30 billion, so there will be substantial increases in spending."

There are six major categories of equipment that will be replaced "and we have the budgets ready to pay for them," he stated.



Wartime Pilots' and Observers' Association unveils plaque

Members of the Wartime Pilots' and Observers' Association gathered together on May 16 for the unveiling of three ceremonial plaques inside the atrium of 1 Canadian Air Division/Canadian NORAD Region Headquarters. The group is disbanding after nearly 90 years together in a larger ceremony on June 6. LCol Cameron Stoltz, Headquarters Commanding Officer, presided over the plaque ceremony and noted, "The strength of their membership speaks to the bonds that were formed over these many years." The Wartime Pilots' and Observers' Association was formed in 1919, in Winnipeg, by a few Pilots and Observers who had flown with the Royal Flying Corps during the First World War. LCol Cameron Stoltz (left) and Wartime Pilots' and Observers' Association President Jim McCombe stand beside the newly unveiled plaques.

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Canadian Environment Week is June 2-6, 2008

By Mark Dettman

17 Wing Environment

Thursday, June 5, is World Environment Day while the week of June 2-6 is Canadian Environment Week.

Originally established in 1972 by the United Nations General Assembly, World Environment Day is commemorated each year on 5 June.

The Canadian response to the actions taken by the United Nations was to create Canadian Environment Week via an act of parliament. Canadian Environment Week occurs every year during the week that includes June 5.

Last year, in support of International Polar Year, which focused on the effects that climate change is having on polar ecosystems and communities, 17 Wing Environment discussed the un-realized link in how the

day-to-day behaviour of Manitobans and specifically Wing personnel could help address the issue of anthropogenic climate change. However, since the theme of this year's World Environment Day is related to CO2 with the slogan being Kick the Habit! Towards a Low Carbon Economy, it was decided that the article written last year was as much, if not more appropriate for this year's theme.

Therefore, we have reprinted the article to remind you of the departments initiatives related to climate change as well as identify the often ignored or unrealized link between 17 Wing's day-to-day operations and impacts related to climate change.

In the fourth iteration of the Department of National Defence's Sustainable Development Strategy (SDS)

Environmentally Sustainable Defence Activities, 2006, the issue of climate change is addressed via several initiatives such as the development and management of urban forests on DND property (carbon sequestration), expansion of the Green Building process (energy efficiency and reduction in greenhouse gas emissions) and the acquisition/use of green vehicles (reduction of greenhouse gas emissions). As per the departmental SDS, 17 Wing, like other Department of National Defence installations, already has or is incorporating measures to meet these initiatives.

However, an often ignored or unrealized link between 17 Wing's day-to-day operations and climate change, that can be addressed without cost through the help of 17 Wing personnel, is that of wasted energy and the greenhouse gases emissions associated with the wasted energy.

Although 17 Wing has undergone and made changes recommended by energy efficiency studies, the typical fluorescent light (2 fluorescent bulbs per light) on the Wing uses approximately 0.25 KWh of electricity over an 8-hour day. The average personal computer and its monitor at the Wing uses between 0.76-2.38 KWh of electricity over an 8-hour day. Although that doesn't seem like very much energy, when you factor in all of the office lights as well as the estimated 1500 personal computers and their monitors on the Wing and combine that with the requirements for

outdoor lighting at night, for heating/cooling and for items of operational necessity, the daily and annual energy consumption of the Wing is immense (14,585,422 KWh or 14,586 MWh for 2006). However, if we consider that simple changes in the collective behaviour of Wing personnel such as turning the lights in an office off when no-one is present (even for a short time) or incorporating a "sleeping" monitor or "stand-by" choices for your computer system (which only uses 0-0.015 watts and 0.001-0.006 KW respectively) can save significant amounts of energy, then why aren't such actions done by everyone at the Wing? With this in mind and with some foresight, the link between electrical energy conservation in Manitoba, whether at the Wing or at home, and the ability of those actions to play a role in effectively combating climate change can be explained.

Manitoba Hydro, the province's electrical utilities provider, generates its electricity via several forms with the predominant form being through hydro generating facilities on our northern and eastern rivers.

The cost that is paid by Manitobans for this clean electricity varies. However, when compared to other provinces or states, the cost we as Manitobans pay is extremely low, which in turn, has influenced our behaviour with regards to how we manage our daily electricity use. As part of its business, Manitoba Hydro is involved in agreements to sell excess electricity outside of

Manitoba's borders to both public and private utility companies in Ontario and the United States. Although nuclear energy accounts for over 50 per cent of Ontario's electricity generation mix, 23 per cent of their electricity comes from carbon emitting sources. Xcel Energy, the private energy company in Minnesota and the largest company in the region to which Manitoba Hydro exports energy, supplies electricity to 8 mid-western states. Xcel Energy has 86 per cent of their electrical generation mix originating from carbon emitting sources that contribute to climate change. It has been calculated that between 1300-2100 pounds of CO2 (dependent upon source) are released for every megawatt of electricity produced through the burning of fossil fuels. During calendar year 2006, Manitoba Hydro exported 12,312,270 MWh of electricity to the United States alone. From using only the relationship that exists between Manitoba Hydro and Xcel Energy, the 12,312,270 MWh exported by Manitoba Hydro to Xcel energy prevented a maximum of 11,727,980 metric tonnes of CO2 from being emitted to the atmosphere during 2006.

Therefore, because of the above-mentioned relationships, Manitobans and 17 Wing personnel have the ability to have a greater impact on climate change and reduce greenhouse gas emissions than they might think. Making small adjustments to behaviour at work (or at home) will not only help 17 Wing reduce its electricity

budget but the excess electricity that is saved allows Manitoba Hydro to export increased amounts of cleaner electricity to other locations in Ontario and the United States and prevent the emission of greenhouse gases.

In order to play a part, simple and inexpensive adjustments that can be made at work (or at home) may include;

- using natural light from windows to light your home or work area in the summer (where available).

- turning off the lights when leaving for longer than a few minutes.

- if using air conditioning during periods of high temperatures, keep windows closed.

- if using air conditioning during periods of high temperatures, use blinds/curtains to reflect heat.

- install a programmable thermostat to better control household heating/cooling

- install LED or compact fluorescent bulbs where you can.

- adjusting your computer to automatically turn off the monitor or go into power save mode after short periods of inactivity.

- turn off your computer when finished for the day.

"The ultimate test of man's conscience may be his willingness to sacrifice something today for future generations whose words of thanks will not be heard," Gaylord Nelson, former governor of Wisconsin, co-founder of Earth Day.

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Is your career right for you?

WPSO Corner

By Sgt N. Jenkins

You have probably heard the saying you are your own career manager or maybe you were recently asked - what career path are you choosing?

For some, this is surely an easy answer and the principle seems simple enough - more opportunities develop with each degree of completed level of education such as High School, or post secondary education.

Seems simple enough right? However, what if we consider factors such as personal drive, dedication, work ethic, accountability and dependability to name a few which under the right conditions may thrust you into an unsuspecting career path.

Recently, I had the pleasure to work closely within the PSO section and surprisingly it too came with numerous new career choices.

What originally started as a challenge to be em-

ployed in a new unit with new faces and new experiences, quickly changed from daily question of what are you doing today to reflect what are you doing tomorrow? A simple question, but I quickly learned this is not always followed with a simple answer.

With as many choices and employment opportunities available, the PSO staff can try to make that road a little less bumpy.

As a Chief Clerk, I have been given an amazing opportunity to meet CF members from the Wing who are choosing a new career path, or just exploring potential new opportunities for their chosen careers.

With so many programs available, it is difficult to filter the background information to make an educated decision.

So when a CF member finds themselves in the middle of a career, unsuspectingly in front of a 10 ton truck titled career choices - my first recommendation is, do your research. With the continued development of

the internet and many of the on-line publications it is in your best interest to fully research everything, from the type of programs available - to most importantly the occupation specifications of your new career choice.

From there, half the battle is already over and now it is time to put your plan into action. Take some time and complete the necessary applications, ensuring it is completed properly the first time. Being a mbr who fell within the Land Occupational Transfer Program (LOTP), I understand very well the importance of attention to details and proper research. At times it will seem like there is never enough questions or answers to fully satisfy the decision how to proceed further. A further check within the PSO website at http://17wing.winnipeg.mil.ca/WAdmin/PSO/index_e.htm can provide a reference guide to all programs and maybe make this process a little easier. In addition, this web site will show all the necessary documents (forms, etc) required

for each program.

Prior to submitting your application - if you have any questions, this is the best time to ask. I personally recommend you contact the PSO staff directly or your unit orderly room. Once all the Is are dotted, start with your Chain of Command and ensure you submit your paperwork well in advance of posted deadlines. You will be contacted by the PSO staff for an interview to determine numerous suitability factors required as part of your file sent to the CFRG selection boards.

Within a few weeks, members are usually notified of the outcome. Positive or negative, the process is completed and the question is posed again...what career path are you choosing. Hopefully by now, the original 10 ton truck is more like a hatchback and you with your kit are now driving towards future trg and expanded career options.

If you have any further questions of how the PSO staff can assist, please contact ext 6502 or 6391.

MFRC Childcare Centre addition opens

Submitted by Lois Johnson

On Thursday, May 8/08 the Winnipeg Military Family Resource Centre's (MFRC) Childcare Center opened its doors to the brand new School Age addition for an official ribbon cutting ceremony.

Construction on the space began last fall and was soon in full swing.

In short order the concrete was poured, walls were erected, windows installed and finishing touches were made.

Now the School Age room is a bright, spacious, well thought out addition to the Childcare Centre.

The doors opened to the new addition on March 5, 2008 and appreciation for the new space was quickly expressed by the staff at the centre as well as the children who use the space on a daily basis.

In attendance at the Ribbon Cutting ceremony were many special guests, including the Wing Commander, Col Scott Howden, the Wing Chief Warrant Officer, CWO Wallace, the CO of 435 Squadron, LCOL Friday, PSP Manager, Rick Harris, the Executive Director of the

MFRC, Don Brennan, Director of the Childcare Centre, Lois Johnson and the MFRC Board Chairperson Terry Smith.

Other special guests in attendance included architects and engineers who had worked on the extension.

Lois thanked Bruce Pauls from Funk Architect for his amazing design as well as Les Latinecz from Defence Construction for all his support in the project and Charlie and Judy Albani of Albani Construction Ltd.

Don Brennan, Executive Director of the MFRC, started the ceremony by welcoming everyone in attendance and thanking the Wing Commander for his support of the project.

Brennan mentioned how the Childcare Centre was originally opened in January 2000 amidst much concern over the viability of such a space. Now, he added, the centre is recognized as one of the best in the province.

After Don Brennan, Lois Johnson expressed her appreciation to the base and the MFRC for all the support she has received throughout the operation of the centre.

She also thanked parents of the centre for their sup-



Terry Smith, Chairperson of the MFRC Board of Directors, cuts the ribbon, officially opening the school age addition.

port and her staff for their patience in the renovations as well as their outstanding work with the children.

She stated, "Without them, there would not be a centre."

The Wing Commander, Col Scott Howden, spoke to the gathering about the need for family support in the military and how appreciative he is in regards to the work of the Military Family Resource Centre.

After the remarks, the Official Ceremony took place with Terry Smith and Col Howden cutting a yellow ribbon marking the opening of the addition.

A plaque was then presented by Don Brennan to Col Howden in appreciation of all 17 Wing Personnel who have supported this project.

After the ribbon cutting, guests were treated to a special performance by some of the children from the Childcare Centre.

One group performed two songs, followed by the second group who sang their tribute to the construction process.

Once the performances were complete the guests were invited to stay for cake, coffee and a tour of the new facility.

Payment card vs invoice payment

Feature unit

By Joanne Spence, WCompt

Acquisition/Credit cards (hereby referred to as payment cards) are used routinely for the payment of low risk goods and services (ie less than \$5,000) procured direct from trade. Payment cards may also be used for higher risk procurements with proper contracting authority and in accordance with regulations. In the final quarter of fiscal year 07/08, 17 Wing personnel were advised that many of their KR transactions would be questioned and/or declined in the new fiscal year in order to bring 17 Wing into alignment to policy with regards to payment card payments. Since then, the 17 Wing HelpDesk and WCompt staff have been fielding a variety of queries along this vein.

The Procurement Administration Manual (PAM) outlines, in very specific detail, how procurement is to be conducted within DND to meet the assigned accountabilities and responsibilities framework.

Section 3.3.9 relates to procurement of goods or services under \$5,000. This document details the criteria for determining whether or not a payment card is the appropriate method of payment, and what steps are to be followed.

Also, the Financial Administration Manual (FAM) provides guidance with regards to the procedures and responsibilities required for the effective and secure use of payment cards.

FAM Chapter 1016-7-1 is dedicated to payment cards, and contains all necessary information and links required for the requesting/issuing/cancellation of a card, as well as the responsibilities of the applicant.

Links to both these documents is available on the WCompt webpage for Acquisition cards (http://17wing.winnipeg.mil.ca/wcompt/SITES/acqcards_e.htm), as well as links to the appropriate application forms, and how to validate in FMAS. DMPAP is in the process of developing a Payment Card Course, which will be available on-line (when ready). Once available, WCompt will be adding a link to our webpage.

It is very important to note that all credit card validations must be completed monthly in FMAS.

Vendors are not at liberty to refuse a DND Payment card if they accept the same card from other users. Some vendors have also been charging higher prices if the card is used.

Under no circumstances should a payment card be used where a vendor is charging an inflated price. Should either of these circumstances arise, then WCompt must be notified immediately for follow up action. Reports are to be submitted in writing to Carol Fernie, Acquisition Card Clerk, WCompt. For further information on this or many other topics, please visit the WCompt Website: http://17wing.winnipeg.mil.ca/wcompt/index_e.htm. Should further assistance be required, you may contact the HelpDesk either by phone at loc 5840, or by email at +FMAS.Helpdesk@WCOMPT@Winnipeg.

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Wing Commander's honours and awards

On May 6, 2008, 17 Wing Commander Col Scott Howden presented the Wing Commander honours and awards.



Cpl M. Maniyan receives the Canadian Forces Decoration.



Cpl D.L. Gillingham receives the Canadian Forces Decoration.



Cpl M.J.P. Gervais receives the Canadian Forces Decoration.



MCpl J.D. Woroniuk receives the Canadian Forces Decoration First Clasp.



Cpl P.G. Kirke receives the Canadian Forces Decoration First Clasp.



Capt S.T. Nagy receives the Canadian Forces Decoration First Clasp.



Cpl M.D. Shears receives the Canadian Forces Decoration First Clasp.



MCpl F.H. McArthur receives the Canadian Forces Decoration First Clasp.



Capt J.R.E. Rheaume receives Canadian Forces Decoration First Clasp.



MCpl L.W. Page receives the Canadian Forces Decoration First Clasp.



Capt K.H. Miller receives the Canadian Forces Decoration First Clasp.



WO G.C. Lake receives the Canadian Forces Decoration First Clasp.



Cpl L.P. Forrester receives the Canadian Forces Decoration First Clasp.



PO1 I.R. Groulx receives the the Canadian Forces Decoration First Clasp.



MCpl A.M. St Germain receives the Canadian Forces Decoration First Clasp.



Cpl D.C.H. Hoddinott receives the Canadian Forces Decoration Second Clasp.



Sgt J.A.B. Coulombe receives the Canadian Forces Decoration Second Clasp.



WO D. Dupont receives the Canadian Forces Decoration Second Clasp.



Ed Oleszko receives the Wing Commander's Commendation.



Audrey Gelineau receives the Wing Commander's Commendation.



Maj D.W. Needham receives the Wing Commander's Commendation.



Sgt J.Y.D. Gauthier receives the Wing Commander's Commendation.



Capt W.E. Cromwell receives the Wing Commander's Commendation.



CPO2 M.W. Danyluk receives the Wing Commander's Commendation.



Barb Addis receives the Wing Commander's Commendation.



Sgt B. Van Den Broek receives the Wing Commander's Commendation.



Cpl B.G.J. Thompson receives the Special Service Medal.



2Lt T. Smyth receives the Certificate of completion of OPMEs.



MCpl L.A. Elliot receives the Special Service Medal.



Heather Caceres receives the 10 Year CFPSA Service plaque and ring.



Pte F.S. Charest receives the Coin for Operation Athena Roto 4.



Sgt S.P. Lawton receives the Certificate of Appreciation.



Don Mills receives the 10 Year CFPSA Service plaque and backpack.



MWO S.M.C. Spragg receives the Physical Fitness Award.



Nadine Werbiski, Mess Manager - 3CFFTS Mess in Southport, Portage, received the 15 Year CFPSA Service award.

WOs' and Sgts' Mess Retirement Mixed Mess Dinner

Thursday, June 12, 2008

Cocktails & refreshments, lower lounge at 1900 hrs.

Dinner starts at 1930.

The cost for associate and regular members is \$30 per person.

RSVP to 833-2500 extension 5245, or by e-mail MacGillivray L@Pers Svcs@Winnipeg. Please include your service number, last name, initials and guest's name, as well as any special dietary requirements, if you will be having wine and your payment option (cash, cheque, or acquittance roll for Reg Force members).

Dress is DEU No. 2 Mess Standard, or DEU No. 2B Mess Service or equivalent civilian attire for associate and non-military guests.

Join us to say farewell to our Mess members who have retired, or will be retiring before the year ends.

*Watercress and Mango Salad
Dinner rolls and butter
Acorn Squash and Apple soup
Brie En Croûte
Mandarin Orange Sorbet
Roasted Rosemary Chicken
Potatoes Dauphinoise
Vegetable bouquetière
Coffee and tea
Vanilla Panna Cotta*

Entertainment by the Air Command Band

A new chapter in the history of NORAD unveiled

By Karen Christiuk

Dignitaries from Canada and the United States celebrated the 50th anniversary of the North American Aerospace Defence Command (NORAD) on May 13 at the NORAD and U.S. Northern Command (USNORTHCOM) Headquarters in Colorado Springs with a nod to the past and glimpse of the future, by unveiling a time capsule in front of the Headquarters, and then participating in a ribbon-cutting ceremony to mark the official opening of the integrated command and control centre.

"I appreciate you joining us for this great moment in history," said General Victor E. Renuart Jr., Commander of NORAD and USNORTHCOM. General Renuart then read a letter to the crowd that had gathered for the occasion from the Honourable

Steven Harper, Prime Minister of Canada, about the importance of Canada's long NORAD partnership.

The time capsule ceremony itself was a tribute to the uniqueness and long history of NORAD, which began in the early days of the Cold War, but has evolved significantly in recent years to include homeland defence and a maritime warning mission.

A five ton triangular rock was extracted from Cheyenne Mountain (the site of the original Command Centre), and then delivered and mounted on the site.

A circular hole was then drilled into the front of the rock, large enough to enclose memorabilia from the 50th anniversary ceremonies, including local newspaper articles and military badges.

"This rock is symbolic of the rock solid relationship

between the U.S. and Canada," said the Honourable Peter Gordon MacKay, Minister of National Defence and Minister of the Atlantic Canada Opportunities Agency, who spoke at the event and closed the time capsule with General Renuart.

The second part of the ceremonies marked the opening of NORAD and NORTHCOM's new command and control centre (known in military circles as "N2C2"), created to work in partnership with an operations centre located deep inside Cheyenne Mountain.

In addition to Minister MacKay and General Renuart, the opening of N2C2 was presided over by the Honourable Robert M. Gates, U.S. Secretary of Defence.

"We've stood side by side in the battlefield in defence of the free world," reminded Secretary Gates.

Then, as cameras flashed

around them, the three dignitaries created a new moment of NORAD history as they cut the ribbon together and

further solidified a strong bi-national partnership that has continued for five decades.

For more information

about upcoming 50th anniversary of NORAD events please see www.norad.mil/50.



Minister MacKay, General Renuart and Secretary Gates cutting the ribbon to officially open N2C2.



Minister MacKay and General Renuart beside the NORAD 50th anniversary time capsule



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LCol Whitburn retires after an illustrious career

By Lt. Jeff Noel
17 Wing Public Affairs

"I have been very fortunate throughout my years of service but can honestly say that it was a breath of fresh air to return to Operations," said Calgary native LCol Tom Whitburn of his tenure as 17 Wing Operations Officer.

Throughout his 33-year career as an air navigator after joining the Canadian Air Force in Calgary in 1974, LCol Whitburn has accumulated more than 6,900 flying hours aboard such aircraft as the CH-124 Sea King, the CC-137 Boeing 707,

the NATO AWACS 707, and the CC-130 Hercules.

"Although operations are paramount, it takes all areas of the Wing working together to make that a reality," he stated.

Prior to assuming his duties as 17 Wing Operations Branch Officer, LCol Whitburn held a series of increasingly diverse and rewarding appointments and postings. Among those was his selection to the Canadian Forces Command and Staff College, serving as a member of the NATO Airborne Early Warning Force in Geilenkirchen, Germany,

and commanding 435 "Chinthe" Transport and Rescue Squadron to name but a few.

"I honestly believe joining the Air Force was the best decision I ever made in my life," LCol Whitburn said. "I loved coming to work each and every day because it was always challenging, busy and never dull."

LCol Whitburn relinquished command of the Wing Operations Branch to LCol. Douglas J. Fairley during a change of appointment ceremony held at the Officers' Mess on Thursday, 8 May.



, LCol Doug Fairley in-coming Wing Operations Officer, Col Scott Howden, 17 Wing Commander, and LCol Tom Whitburn outgoing Wing Operations Officer, sign the Change of Appointment Scrolls.



LCol Tom Whitburn has spent 33 years in the Air Force.

Looking to the future



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17 Wing is a great place to learn

By 2Lt Craig Bradshaw
17 Wing CE

I am a Construction Engineer in training and recently completed my OJT at 17 Wing CE.

After finishing college I worked for 4 years with the Province of Saskatchewan as an Engineering Tech before finally deciding to join the Canadian Forces in 2007. It has been an interesting first year; I left home, Regina, in April of 2007 for St. Jean – Sur-Richelieu, Qc. After 10 weeks of Initial Assessment Period and 6 weeks of Basic Officer Training, I was off to Gagetown, NB for 12 weeks of Common Army Phase training at the Infantry school. The blue beret sure stands out there, and as if walking around with a target on my head was not enough, being the last serial of the year they decided to add an extra two weeks to the course.

In the New Year I arrived at 17 Wing Construction Engineering Squadron to do some OJT while I waited for my phase 3 and 4 courses to begin in Gagetown. I was rotated through each shop and cell within the squadron, anywhere from one to three weeks at a time, so I could gain an understanding of what the day to day tasks of each trade involves. The sections included: electri-

cal, central heating plant, mechanical and plumbing, WFE, roads and grounds, electrical generation, architectural, the fire hall, planning and contracts. In addition to these areas I spent a couple of weeks working on the CE Flight project at the Minto Armoury.

The highlight of my OJT was deploying for a week to Tyndall AFB on Exercise Silver Flag. The exercise was a great learning experience for me; I saw how all the different trades come together on a deployed operation to recover damaged airfields, setup force protection, and bed down the camp on a tight time frame.

Although my time here at 17 Wing was short, I feel it was a valuable experience. It has helped to prepare me for the next phases of training and has given me some insight as to the workings of a Construction Engineering Squadron and Flight. I also had my first professional development exposures writing articles for the Voxair, attending Mess Dinners, and taking part on an International exercise.

All in all my OJT has been a great experience; I look forward to completing my MOC training in April 2009 and beginning my career as a Construction Engineering Officer in the Canadian Forces.

CE has several projects in the works

By 2Lt Craig Bradshaw
17 Wing CE

It has been another busy year for 17 Wing Construction Engineering Squadron (WCE). Aside from ensuring the general day to day maintenance and responding to work requests from the Wing and 1 Canadian Air Division, the Squadron has developed many projects for immediate implementation and long term capitol planning (LTCP) for 17 Wing Winnipeg and the area of responsibility (AOR) which stretches from Thunder Bay, to Prince Albert, and as far north as Yellowknife.

171 Construction Engineering Flight (CEF) has been involved in an extensive renovation project at the Minto Armoury here in Winnipeg. Many of our personnel have deployed on tours, technical assistance visits (TAV) and exercises in the past year and will continue in the year to come.

In the fiscal year 07/08 WCE awarded approximately \$7,862,000 and has another \$2,986,000 out to tender for a variety of projects within our AOR. Some of these projects include replacement of West



Cpl JF Ezechiel, left, and Cpl LT Heffernan work on the Minto Armouries washroom renovation.

Street, battle lab construction in building 25, renovations to the second and third floors of building 84, upgrades to H16 for 435 squadron, and a new range control building in Dundurn.

Looking to the new fiscal year 2008/2009, WCE has approximately \$17,528,600 in design and construction planned, with \$10,556,600 devoted to 17 Wing and \$6,999,400 going to projects in the AOR.

17 Wing plans include reconstruction of the north portion of West Street, CFSAT addition, Strathmillian force

main venting, construction of a new shop at the central heating plant and renovations to the main entrance of building 84. A few of the larger projects slated in our AOR include repaving the parking lot of the Hugh Cairns VC Armoury in Saskatoon and repairing the magazines at CFAD Dundurn.

In the fiscal year 07/08, 17 Wing CE opened 5,206 new work orders and completed 5,228, completing 22 left over from the previous fiscal year. This is quite an accomplishment when you consider the unit consists of

164 personnel total, 87 civilians and 77 military. With military personnel being tasked out, on deployments, courses, local training, and on exercise, everyone within CE is very busy and only getting busier.

In the new fiscal year we will continue to work hard to provide 17 Wing and the AOR with timely and reliable engineering support and look to develop and build for the future.

Please contact WCE work reception with any questions/queries regarding work orders and referencing CF 141.

Ladies' hockey team finishes in second

By Sherri Wedel
Team manager

The 17 Wing Ladies' Hockey Team did a phenomenal job this year, finishing second in the league playoffs. The season got underway in Oct 07 and after playing 30 games in the local ladies league finished the regular season with 19 wins, nine losses and two ties. Playoff season consisted of a round robin with the ladies playing four games.

The team lost the first game 2-0, won the second game and advanced to the semi-finals. There they played one of the top teams in a high power game, beating them 2-1. The final game the ladies gave all they had, but were unable to pull out the win. With all this said the team had an excellent year, finishing in second.

Back in February, Sgt Beaton, Lt Demchuk, Cpl Hall, MCpl Braman, Sgt Ko-

hanski, MCpl St Germain, Cpl Morris, Pte Laviolette, and Cpl Filion attended a Regional Hockey training camp held in Suffield, AB. After a grueling, strenuous week of hockey skills, the coaches made their selection for the prairie region team to go to the nationals.

17 Wing was well represented with Sgt Beaton, Sgt Kohanski, Lt Demchuk and Pte Laviolette being selected for the team.

The All star Prairie Region Team played their hearts out, advancing to the final game against Quebec Region with Quebec inching out a 2-1 win.

The team would like to thank our die-hard fans for coming out, cheering and supporting the team, and our coaches MWO Bazinet and MWO Gillis for your support, expertise and passing on your playing skills to the team.



Back row L to R: MWO Ray Gillis (coach), Nicole Crevier, Cpl Stephanie Hall, MCpl Chris Wiles, Kristina Epp, Lt Heather Demchuk, Logan Demchuk, Sgt Sherri Wedel (manager), Diane Paquette, MWO Vince Bazinet (coach) Second row: MCpl Jennifer Braman, Pte Danielle Laviolette, Cpl Celine Filion, Anne Marie Smith, Sgt Brenda Beaton. Goal Tender: Jillian Harris. Missing: Maj Rene Wickler, MCpl Mavis St Germain, Cpl Juanita Lonny, Cpl Tabatha Morris, Cpl Kelsey Nowosad, Pte Karen Lee, Jennifer Bowser, Laura Scott

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CFS Met holds graduation for three courses



Front Row L-R: Sgt Fournier (Course Director), CWO Hynes (SCWO), Col Howden (W Comd 17 Wing), Maj Lawrie (CMDT CFSMET), MWO Cinq-Mars (STDS WO). Middle Row L-R: Sdt Gagnon, Sdt Benoît, Cpl Mercier, Back Row L-R: MCpl Montemont (Instr), Cpl Le Gal, Cpl Simard, Sdt Pelchat, Sgt Bissonnette (Instr).



Front Row L-R: WO Rivet (CI), Maj Lawrie (CMDT), LCol Douglas Fairley (17 Wing Operations Officer), CWO Hynes (SCWO), Mr Richard (Standards Officer). Middle Row L-R: Ms Hasell (Instr), Ms White (Instr), Mrs Paola (TSU Lead), Mr Kania (Instr), Mr Thompson (Instr). Back Row L-R: Sgt Cleary, WO Côté, Sgt Bailey, MCpl Fisher, Sgt McKone, MCpl Tremblay, MCpl Carver, Sgt Harker.

By Sgt Josie Bissonnette

The staff at CFS Met is busier than ever with the graduation of three courses and currently another one in house. The first course to graduate was QL3 0801, which began in January and finished March 28. This was a very small course, however, very special as all instruction was conducted in French.

The QL3 also known as the Basic Weather Observer course is the first step in their occupational training for these new Met Techs. The aim of this course is to train personnel to: take weather observations; disseminate observed data; and provide technical meteorological information to support operations.

The second course to graduate was the QL6B 0801. This course also began in January and finished April 8. It is the senior course taught at CFS Met and the students have many years experience within the trade. The QL6B, which is also known as the Specialized Weather Support course, is the final step in a Met Tech's trade progression.

The aim of this course is to provide highly specialized trained personnel who will be capable of supporting such diverse operations as ship-based helicopters, land-element combat groups and search and rescue units. Personnel are trained to provide operations personnel with weather information in the form of forecasts and advice on meteorological matters throughout and in various parts of the world.

And last but not least is the QL5A 0801. It was an intense month long course in April. The main purpose of this course is to provide operational commanders with Met Techs who can provide

quality control of weather observations and present basic environmental briefings to support military operations. Subjects taught include meteorological theory; presentation of meteorological information for marine; quality control procedures and instrument maintenance.

The graduates of all three courses should be commended for their hard work, dedication and superb performance in successfully completing this training.

There is also a QL6A currently in house. This course will be graduating July 17, 2008. The aim of the QL6A course is to train Meteorological Technicians to prepare and provide detailed environmental briefings in addition to providing technical meteorological information in support of military operations. This course has been max loaded with 11 students. The graduates will help alleviate the

shortage of qualified Briefers in this trade.

Just because CFS Met has four courses going through since January doesn't mean the work stops there. With the MESIP changes to the trade structure, new trade courses will soon be delivered.

CFS Met is currently conducting a Training Plan Writing Board to design the new QL3 Briefer/Observer course. In addition, to address the high demand for qualified Met Tech briefers, CFS Met has started work to increase our throughput capacity for students. The school will be able to load up to 20 students on the new QL3 course, which is an increase of nine slots over the previous briefing course. The pilot serial of the new QL3 course is planned for this fall.

Till next time "Cognitio Caeli."



Front Row L-R: Sgt Vivian (Course Director), Maj Lawrie (CMDT), Maj Claude Roger Desgagne (A3 Maritime Helicopter Readiness Officer 1 Cdn Air Div HQ), CWO Hynes (SCWO), MWO Cinq-Mars (MWO STANDARDS). Middle Row L-R: Pte Slade-Campbell, MCpl Slauenwhite, Cpl Campagna, Cpl King, Cpl Lynds. Back Row L-R: Sgt Bissonnette (Instr), Cpl Golding, Cpl Boucher, Cpl Berscheid, MCpl Montemont (Instr).

Spring flowers stamps

By Alf Brooks

Gardeners look forward to spring, thinking of their perennials growing and blooming, planning what plants to buy to brighten their gardens. And some stamp collectors who specialize in collecting flowers on stamps are happy that post offices issue flowers on stamps.

This year the Faeroe Islands have issued a stamp picturing the Marsh Marigold (*Caltha palustris*), their national flower. It grows in damp boggy areas and thrives in the maritime climate of the Faeroes.



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38 Canadian Brigade Group deploys to Shilo for training

By Cpl Bill Gomm

For a soldier getting a hot meal while in the field on exercise is something to look forward to, for the cooks who provide that meal it's an opportunity to practice the skills of their trade and maybe even a chance to learn new ones.

"There is not much of a kitchen at 18 (Thunder Bay) Service Battalion," said Pte Kevin Van-Ramshorst. "Once a month we spend time at HMCS Griffon cooking in their kitchen."

Soldiers from 38 Cana-

dian Brigade Group Artillery Tactical Group (ATG) deployed to Shilo for Exercise PROWLING GUNNER IV from 28-30 March.

The 38 CBG ATG flew Pte Van-Ramshorst in for the exercise. "I would come back again if they asked."

For MCpl (Shaky) Robert Lund it was a chance to help train another cook.

"This is a good opportunity to train in the trade they chose," said MCpl Lund. "With enough training they could run a kitchen trailer on their own."

MCpl Lund has more

than 30 years of experience cooking in the army with the regular and reserve units and makes sure that everyone who passes through the steam line first washes their hands.

"He is known far and wide though out the army," said LCol Donald Thompson, Commander of 38 CBG ATG. "His cooking is one of the biggest morale boosters we have."

"His main effort is to make sure the soldiers are happy," added LCol Thompson. "He's always available to help."

Inside MCpl Kimberly Wheatland was working on another morale booster, this one for the soldiers of the 38 CBG ATG on deployment to Afghanistan.

Two large yellow ribbons were laid out on tables to be signed, 50 signatures per ribbon.

The campaign to honour the dedication and bravery of Manitoba soldiers deployed to Afghanistan had been launched at the Manitoba Legislative Building by Lt.-Gov. John Harvard, Premier Gary Doer and members of the Manitoba legislative as-



MCpl (Shaky) Robert Lund applies seasoning to steaks while Pte Kevin Van-Ramshorst prepares the next spice and Pte Matthew Halchysak unpacks more steaks.

sembly on 5 February.

Soldiers from the 38 CBG ATG lined up to sign the ribbons.

"I will be taking them back with me today to Bran-

don," said MCpl Wheatland. "I need to deliver them to LCol (ret'd) Joel Greenberg at the Manitoba Winter Fair which is being held in Brandon 1-3 April."

Community Recreation

MFRC and Community Recreation Present:
Red River EX - June 20 6 pm - 11 pm

You can ride the midway, or watch a show.

We are taking the YAC and teens to the EX to celebrate the beginning of Summer. We will be traveling by City Transit to this event. Cost is \$5 per person.

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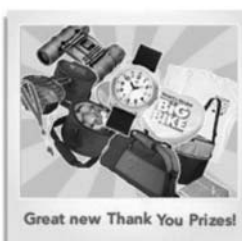
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WHERE: Legislative Building

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CHAMPIX is a prescription medication, which is used to help motivated adults stop smoking.

What it does:

CHAMPIX can help to relieve the craving and withdrawal symptoms associated with stopping smoking.

CHAMPIX DOES NOT contain nicotine, but it has been shown to affect the nicotine receptor that is thought to be most related to smoking addiction.

CHAMPIX can affect this receptor in two opposite ways:

1. It acts like a weaker version of nicotine.
2. Blocks nicotine from getting to the receptor because it binds more tightly.

To increase the chance

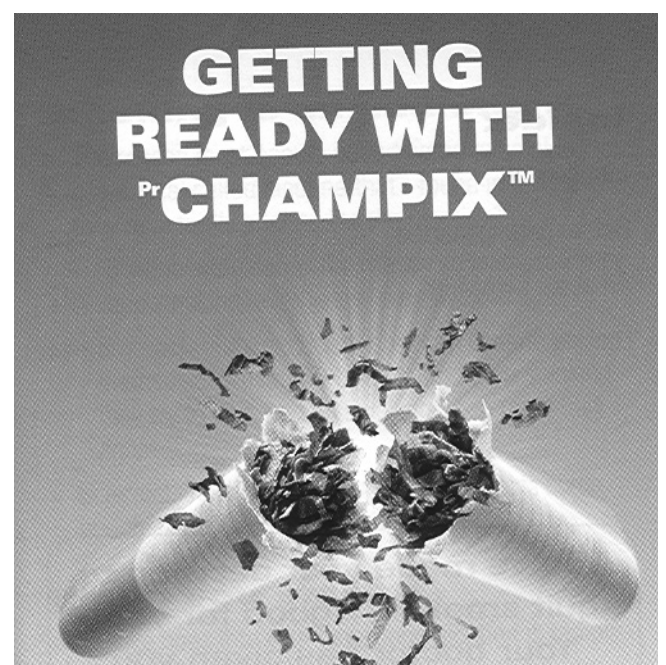
es of success, CHAMPIX should be used in combination with supportive counselling.

AT 17 Wing, CHAMPIX is ONLY available, free of charge, when military members are registered and attend the BUTT OUT program.

For more information about CHAMPIX contact

Health Promotion, local 4150/4160, the Pharmacist, local 5263, or contact your primary health care provider.

To register or for more information on the upcoming Butt Out program contact Health Promotion at 833-2500 extension 4150 or 4160.





WINNIPEG MFRC

WWW.MFRC-MB.CA



102 COMET ST.
P.O. BOX 17000, Stn. Forces
Winnipeg, MB
R3J 3Y5

Phone: (204) 833-2500 Ext. 4500
Fax: (204) 489-8587

Website: www.mfrc.mb.ca
Email: wpgmfrc@autobahn.mb.ca

Our Programs

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

MFRC Monthly Community Coffee Break

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

Resources

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

Other Numbers

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



CF Family Consumer
Info Line: 989-9019

Military Families: Strength Behind The Uniform

Upcoming Volunteer Opportunities

Our calendars are filling up fast with many activities for volunteers to become involved. Please look at the following opportunities, then call to sign up for those that are of interest to you.

With the nice weather, we are going to resume our MFRC Summer BBQs. We are looking for some friendly faces to help out on Thursdays, beginning June 12. We will NOT have a BBQ on the first Thursday of the month, as this is our MFRC Community Coffee Break. We will have an orientation session, so you don't have to worry about what the expectations are, and we are hoping to get enough volunteers so that we won't have to ask the same people to come out every week!

We are still looking for volunteers to assist with the Support our Forces Fun Run and Walk on June 28. There are several positions that still need to

be filled, so if you are not a runner but still want to be involved, there is definitely a place for you. Please call for more details.

Some of our volunteer opportunities are ongoing – we can always use some extra help with our Yellow Ribbon Merchandise sales, our monthly Community Coffee Breaks, keeping the MFRC flower beds looking nice, and helping with administrative work at the Centre. And of course, with summer comes the KidVentures Summer Camp. We have spots for youth volunteers to be Counsellors-in-Training.

For more information or to sign up for any of the above activities, please call Barbara, the Coordinator of Volunteers, at 833-2500 local 4519, or drop in to the MFRC at 102 Comet to talk in person.

Spring makeover contest pampers lucky winners

A local hair designer, Connie Duggan from Waverley Hair Design on Waverley Blvd approached the Winnipeg MFRC with an idea. While Connie, her husband Jay and their son were watching TV one night, they saw a broadcast showing some pictures of our military members saying good-bye to their loved ones in preparation to depart for Afghanistan. It tugged at their heartstrings so much that Connie said, "I need to do something for these women to lift their spirits." She immediately set her plan in motion.

Connie is opening the salon on a day when it is normally closed, Sunday, May 25 and will pamper the five lucky winners to a colour, cut and style. Then the ladies will have their makeup done and then have the opportunity to pick out an outfit to wear provided by Sue's Clothing for Women on Academy Road to have their photo taken. After the photo shoot, The Gates on Roblin Avenue is providing a stretch Hummer to transport the ladies to their restaurant for brunch. Thank you Connie for your generosity!



Connie Duggan displays one of the winning names from the draw.

Canada Day Care Packages

On Tuesday June 3, 6:30 pm @ MFRC 102 Comet St, family members of deployed military personnel are invited to join Sandra Doody to put together Canada Day Care Packages to be sent out to every mission where our military personnel from Winnipeg are serving. If you could spare a couple of hours to help package up some boxes and share in some refreshments and snacks, it would be much appreciated. I would even love some pictures, postcards, etc from schools, church groups, your workplace, etc to include in the boxes. I will be set-up in our downstairs Multi-Purpose room if you would like to come out and join me. Childcare will be provided, just phone to register your children at 833-2500 ext 4500.

Support Your Forces!

The MFRC is asking for your help. It's time to replace the Yellow Ribbons that show support for our serving men and women around the 17 Wing Community.



When: Wednesday June 11, 2008

Time: 9:00 am to finish

Where: MFRC 102 Comet St

Please register by calling 833-2500 ext 4500 if you can spare a couple of hours. Lunch will be provided after the cleanup. Bring your walking shoes and dress for the weather.

The Value of Volunteer Time

It is very difficult to put a dollar value on volunteer time. Volunteers provide many intangibles that cannot be easily quantified.

For example, volunteers demonstrate the amount of support an organization has within a community, provide work for short periods of time, and provide support on a wide range of projects.

At last month's MFRC Coffee Break, a certificate was presented to the Wing Commander, Col Howden, to show the approximate dollar value of the work done by volunteers at the Winnipeg Military Family Resource Centre.

Based on the latest figures available, and the volunteer hours as reported by MFRC Volunteers alone (not including Wing personnel who volunteer in the community outside of the MFRC), the equivalent of more than \$81,000.00 was donated to 17 Wing Winnipeg by our volunteers! Congratulations to ALL Volunteers for jobs well done!

Upcoming MFRC Events

May

Wed. May 28 New & Expectant Parent Group 10:00am
Sat. May 31 Canadian Forces Day in Southport

June

Tues. June 3 Visit to Minto Armoury 6:00pm
Thurs. June 5 Coffee Break 10:00 am
Fri. June 6 Movie Under the Stars 8:00 pm
Mon. June 9 Card Making for Adults 7:30 pm
Tues. June 10 Visit to McGregor Armoury 6:00 pm
Wed. June 11 New & Expectant Parent Group 10:00am
Sat. June 14 Fort Whyte Alive trip for Youth
Tues. June 17 Divas, Diapers and Drama 1:15pm
Fri. June 20 Red River Ex trip for Youth
Sun. June 22 SISIP Volunteer Appreciation
Wed. June 25 MFRC Annual General Meeting 7:00pm
Sat. June 28 Support Our Forces 5 km Fun Run and Walk

For information on these and other MFRC programs please call 833-2500 ext 4500.

Annual General Meeting

The MFRC's Annual General Meeting is going to be held on Wednesday, June 25, 2008 at 7pm at the MFRC, 102 Comet Street. All family members of military personnel are invited to attend. Child care is available upon request.

MFRC BBQ season resumes

The MFRC is firing up its barbeque. Join us for the first BBQ of the season on Thursday, June 12 starting at 1130 hrs. This year our BBQs will take place every Thursday except for the first Thursday of the month when everyone is invited to attend Coffee Break from 1000 – 1100 hrs.

Together in Church



Catholic

Chaplains

Chaplain Lisa Pacarynuk
Roman Catholic
Office 833-2500 ext 5417

Father Gracjan Burkiciak
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.

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

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

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.



In memoriam

Corporal Michael Starker



On May 6, 2008, Cpl Michael Starker, of 15 Field Ambulance, was killed by enemy fire during a patrol in the Pashmul region of the Zharey district. He was immediately evacuated by helicopter to the Canadian-led multinational hospital at Kandahar Airfield, where he was pronounced dead. The incident occurred at about 11:45 a.m. Kandahar time. At the time of the incident, the soldiers, their colleagues and Afghan National Security Forces (ANSF) were

conducting a civil-military co-operation (CIMIC) patrol in the area. These patrols are part of the many ways ANSF and ISAF show their presence, interact with the local population and discuss development needs of the community. These are difficult times for the families, friends and colleagues of the soldier who died in this incident. Our hearts go out to them at this time and the Canadian Forces will do its utmost to help the next of kin of this brave Canadian.



Safety Exhibition

17 Wing Safety Exhibition took place at 17 Wing Sports and Recreation Complex, Building 90, CFB Winnipeg on 7 May 2008. Several local businesses had booths set up to display their products and give information. Members of the military and civilians participated in the event.

Chaplains' fifth annual Care and Share Golf Tournament

Friday, 13 June (Rain Date 4 July)

Tee-off time 0930 hrs 17 Wing Golf Course
Cost: \$25- includes bbq lunch and prizes

For information and to register call the 17 Wing Golf Course: 832-8436

Care and Share helps both military and civilian 17 Wing personnel truly in need through the Wing Chaplain's office.

Le cinquième tournoi de golf annuel « Care and Share » des aumôniers

Le vendredi 13 juin (le 4 juillet en cas de pluie)

Départ à 9 H 30 Parcours de golf de la 17e eSCADRE
Coût : 25 \$ (comprend un barbecue et des prix)

Pour obtenir de plus amples renseignements, ou pour vous inscrire communiquez avec : Parcours de golf : 832 8436

Le tournoi « Care and Share » permet de recueillir des fonds pour aider les personnes dans le besoin, militaires et civiles, par l'entremise de l'aumônerie de la 17e Escadre.



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Classifieds

For sale

10 ft. Jayco tent trailer 1998. Mint condition, never cooked in. 10 ft. add a room included 1 King Bed/ 1 double, room for 6 to sleep many extra's included. \$6000. Call Glen 488-3272

Brand New 2005 Custom Harley Davidson XL 1200CC – only 1km includes black exterior, custom handle bar upgrade, quick detach backrest, upgraded custom riding seats, Harley Davidson saddle bags, factory security system. \$10,200 obo. Safety included. Private sale, Call 204-582-5575 or 204-232-5985

For sale due to posting: a dining room table with two leaves and six chairs (one is an armchair), good condition - \$250. A metal-framed futon, good condition - \$45. A. 10-speed racing bike, good condition (needs air in the tires) - \$20. A 1997 BMW 540i V8 auto, dark green with beige leather (premium pkg), 79,500 miles - \$10,900. Call local 4209 or 282-1800.

AIRCO - air compressor & brad nailer kit - New, excellent condition, 1.5 HP compressor, 2" brad nailer, 25' x 3/8" poly air hose. Instruction book included. Asking \$125.00 or best offer. Phone 668-5862 after 18:00.

Pet crate/ cage - Brand new, excellent for rabbits, guinea pigs, small dogs etc. Blue plastic base - 6" high x 24" long x 16" wide with clip on upper white plastic coated wire cage - 9" high x 24" long x 16" wide. Roof/top lifts up for entry. Asking \$75.00 or best offer. Phone 668-5862 after 18:00.

Moving to Greenwood or Shearwater and need an Air Force Mess Kit? I have the jacket, pants, shirt, cummerbund and suspenders for a 6 foot 220 lb man. Excellent condition. Asking \$125. Contact Steve at 902-444-0950.

1 - 19" Daytek monitors. \$30, also a **water dispenser** with small fridge at the bottom. Great working condition, \$75 OBO. Call 833-2500 ext 5491 or 999-7730.

2-door grey 1993 Cavalier RS (FI).

3.1L, 6 Cyl, 5 Spd w/ A/C. Low mileage 114,000 kms. One owner in very good condition. Jobs done; complete tune up, replaced alternator, battery, muffler and front brake pads & rotor. Passed safety. Asking \$3,500 OBO Call Nathalie at 475-7051 after 14:30 pm or 833-2500 ext:4599 btwn 0900 - 1400hrs.

For sale 1992 Buick Regal. Good condition. Asking \$1000 OBO. Call 885-2009.

1996 Pontiac Sunfire convertible: Automatic, 4 cylinder, AM/FM stereo, air conditioning, anti-lock brakes, dual airbag, keyless entry, power windows, tilt steering, bucket seats, power locks, spoiler, cruise control, power roof, command start, 139,000 km, four new tires, new pads/rotors front brakes, red with white top: \$3950 Bill Collier: Loc 5363 or Home: 885-3545.

Coming events

Gimli Model Fest and R/C Airshow, August 15 to 17th at Gimli Manitoba <http://www.gimlimodelfest.com/>

Winnipeg Headingley Aero Modellers always welcoming new members and visitors at our r/c airplane club in west Winnipeg. The Winnipeg Headingley Aero Modellers (WHAM) field is located on Saskatchewan Avenue, 5 km. west of the Perimeter Hwy. <http://whamrc.com/index.htm>

The Full Gospel Business Men's Fellowship International - Winnipeg Chapter is holding a Breakfast meeting, 0900 Sat 07 Jun at the Best Western Charterhouse Hotel, corner of York and Hargrave. Everyone is welcome to hear retired CF member Howard Barker tell of being saved from death and of the baptism in the Holy Spirit. Cost is \$9 but seating is limited so call 2130 to reserve seating.

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TAROSCOPES

BY
NANCY

Aries (March 21 - April 19): Not everyone makes up their mind as quickly as you usually do. But then if truth be told, your mind changes like the wind. Perhaps instead of judging others you should give them the benefit of the doubt. There may be something you could learn from their cautious considerations.

Taurus (April 20 - May 20): Determination and drive get you what you want but as you opt for one choice others disappear. Look at the big picture. Avoid making assumptions or manipulating the data to fit your desired outcome. If being right is all that counts to you - you could lose out in the long run.

Gemini (May 21 - June 21): You may have to take two steps back before going forward. Risk looking "the fool." Speak your mind and challenge the status quo. Giving in can be a sign of strength especially if a retreat or compromise leads to a win/win situation. It is all worth it if improvements result.

Cancer (June 22 - July 22): It's great that you finally get something you've hoped for, but how much did you have to give first. If you give a lot, expecting something in return, are you resentful if that doesn't happen? Unconditional giving shows you are generous. Giving too much is foolish. Find a balance.

Leo (July 23 - August 22): Challenges teach you how much you're capable of. You work hard to get what you want. Can you see that you are already blessed? Consider how much you already have and don't take it for granted even if it was easily obtained. Try this - see everything, especially life, as a gift.

Virgo (August 23 - September 22): This is a time for introspection. Determine where you stand on issues. Follow habits that more closely reflect who you are and what you believe in. Ask yourself if what you do and how you live is a reflection of what you stand for? Have the courage to leave your comfort zone.

Libra (September 23 - October 23): In life you will meet those who are Takers - they take all the time, while others are Givers. Still others are simply open to life, giving and receiving freely. Can you tell the difference? A generous spirit is all you need to offer - with the right person that is enough.

Scorpio (October 24 - November 21): Your efforts are successful. Keep up the good work. When you believe you will win, it alters how you speak, act and feel. And though visible changes and rewards are good so are the things that are not evident to the five senses but that are felt with the heart.

Sagittarius (November 22 - December 21): Learn how to trust your feelings and how to determine when others are sincere. It's safer to take risks with caring people. Once you have support you can overcome old fears which you've wanted to tackle and conquer. Open up and experience all that life has to offer.

Capricorn (December 22 - January 19): Trying to turn your dreams into reality can reveal personal limitations. Sharing your ideas can be useful but outside influences can also alter your vision. The lesson is not to hide your ideas and do everything alone, but to learn how to gauge your potential partners well.

Aquarius (January 20 - February 18): You have more "people smarts" now which means you can relate to others better. Use your new knowledge to judge your current options. Fly past the flakey people - they will always be there. Gravitate towards quality comrades. There are fewer disappointments ahead.

Pisces (February 19 - March 20): Though it's true we make our own luck, you also get an extra cosmic boost now. Set your sights on what you want and watch it happen. If past efforts proved futile don't give up. Have the courage to forge ahead. Hold to your principles, speak your mind, stand your ground. Enjoy.

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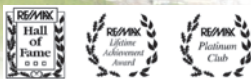
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