



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

## At the top of their game



Cpl Larry Martin, #15, slides into the base during the final game against Shilo in the Parairie Regional men's slo-pitch game on July 27. The men's team beat Shilo 8-7 in extra innings to move onto the national championship in Borden in September. The women's team also won the title of regional champions by beating Cold Lake 20-14 and will be attending the nationals as well. For more coverage of the event, turn to page 12.

Photo: Leanne McDonald

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Yves Rioux, Manager

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CFPAF is the CF provider of financial assistance for today... and tomorrow!

# New CWO for 1 Cdn Air Div

By Karen Christiuk

After 35 years as a non-commissioned member and 15 years as a Chief Warrant Officer, 1 Canadian Air Division/Canadian NORAD Region Headquarters (1 Cdn Air Div/CANR HQ) Division CWO Maurice "Skip" Sacco, formally handed over his responsibilities to CWO John Mercer, in a ceremony held on August 13 in the atrium of 1 Cdn Air Div/CANR HQ.

CWO Sacco took his commission and will now be posted as a Captain to the Canadian Forces Recruiting Centre in Toronto as a Military Career Counsellor.

During his closing speech, CWO Sacco reminded the large crowd that had gathered for the occasion, "What you do is important. How you do it makes a difference - the Air Force is stronger because of you."

CWO Sacco has had a diverse career with the Canadian Forces since his start as an Air Defence Technician in 1973.

After completing his basic training in Cornwallis, Nova Scotia, he attended Basic Air Defence Technician training at Canadian Forces

Station Lac Saint Denis, Quebec.

Postings then followed in Chibougamau, Kamloops, Ramstein (Germany), North Bay, Cape Dyer (Baffin Island), and Cold Lake.

Some career highlights have included serving as Unit CWO at ACW Tinker Air Force Base (Oklahoma), Career Manager for Air Defence Technicians and Meteorological Technicians at National Defence Headquarters (Ottawa), and NORAD CWO and Superintendent NORAD IG (Colorado Springs).

The change of appointment ceremonies were of-

ficiated by Major-General Marcel Duval, Commander of 1 Cdn Air Div/CANR, who spoke with praise about his departing colleague.

"You never say no to an opportunity to speak to the troops," noted MGen Duval.

"You're out there teaching, mentoring, advising... the energy you have dedicated to this is amazing."

At the end of the ceremonies, MGen Duval also welcomed new Division CWO John Mercer to 1 Cdn Air Div/CANR.

CWO Mercer joined the Canadian Forces in 1982 as a Radio Technician.

Following his training,

he was posted to Canadian Forces Base Moose Jaw, and received his wings in 1985.

Some highlights of his career have included working as the Aircrew Chief Warrant Officer for the 407 Maritime Patrol Squadron, and Commandant of the AESOP Basic Aircrew Training School at 19 Wing Comox. His last posting was as Wing CWO at 15 Wing, Moose Jaw.

CWO Mercer said to the crowd during his speech, "I enjoy the people part of my job... I look forward to working with each and every one of you."

For detailed biographies visit [www.forces.gc.ca/dsa](http://www.forces.gc.ca/dsa).



MGen M. Duval (centre) presided over the change of appointment ceremony which saw the appointment of Division Chief Warrant Officer pass from CWO M.J. Sacco (left) to CWO J.W. Mercer (right).



## New Commander

Maj Darryl Dash, outgoing commander of the Central Flying School, BGen Eldren Thuen and incoming CFS commander LCol Darryl Shyik sign the Change of Command certificates. The event took place July 24, 2008.

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# Cpl Anderson receives Oliver Memorial Trophy

It is with great pride that the 17 Wing Winnipeg Military Police Detachment and the 17 Wing Air Reserve Flight announce that one of its members, Cpl Jamie Anderson, is the 2007/08 recipient of the Oliver Memorial Trophy.

This award is presented annually to the outstanding graduate of all MP qualification level 3 courses held during the year.

The Oliver Memorial Trophy was donated to the Canadian Provost Corps School to commemorate the memory of Lieutenant Peter Oliver, C Pro C, who was killed in action at Dieppe on August 19, 1942.

During a graduation ceremony held on 8 Jul 08 at the Canadian Forces Military Police Academy (CFM-PA) at CFB Borden, Captain (N) Steven Moore, Canadian Forces Provost Marshal, and Lt Peter Oliver's nephew, Tony Clark, presented the prestigious award to Cpl An-



Capt(N) Steven Moore, and Lt Peter Oliver's nephew, Tony Clark, presented the Oliver Memorial Trophy to Cpl Anderson.

derson.

"It is certainly an honour and I'm humbled by this recognition from my peers," said the talented military policeman after receiving the award.

Cpl Anderson credits the professionalism of CFMPA instructors and the positive attitude of his fellow students in particular for his success on the course.

Cpl Anderson was also the recipient of the Royal Military Police Shield in October 2007.

The Shield is awarded

to the MP QL3 graduate of each course who has maintained a high academic average, a professional attitude and good team spirit.

A board consisting of the course instructors, the standards representative and the Academy CWO selects the winner, who is then approved by the Commandant. Winning the Royal Military Police Shield put Cpl Anderson in the running for the annual Oliver Memorial Trophy.

Well done Cpl Anderson and congratulations.

# Members of 17 Wing come to the aid of injured couple

Submitted by Shilo Stag

At the Sprucewoods ATV derby a couple of weeks ago, two Airspace Control Operators (ACOPs) from 17 Wing Winnipeg left their cell phone numbers with derby organizers and went on to participate.

Cpl Norm Mayo and his co-worker and friend MCpl Rob Wilson decided to come out for the day, participate in the fun all while in uniform.

"We thought it would be a good way to have a presence and be a part of the event," says Cpl Mayo, from his home in Winnipeg.

Event planners were pleased to welcome them.

"We thought it was nice, these two guys showed up in uniform and offered to do first aid if we needed them to," says Tiffany Minchuk, Sprucewoods ATV club president.

Leaving their cell phone numbers at the start line, MCpl Wilson and Cpl Mayo made off to the half way

point where they'd be stationed for the day.

Neither Cpl Mayo, MCpl Wilson or Minchuk thought much of the offer to help until a couple of hours later.

"I guess about 3 or 4 o'clock a couple of friends rolled their quad. The guy [who was driving] dislocated his shoulder and his wife's leg was injured," says Minchuk.

Trevor Kitson, the driver of the malfunctioning quad says a bolt fell out of the front suspension sending him and his wife, Naylene over the handle bars and the bike on top of them.

They called Cpl Mayo and MCpl Wilson right away.

"With our friends' help, we loaded the quad on the trailer and went back to the starting point. Two guys in [uniform] were waiting for us."

Cpl Mayo recalls what happened next.

"We came to the start point and found a male who

**"We thought it was nice, these two guys showed up in uniform and offered to do first aid."**

we thought obviously had a dislocated shoulder. We put his arm in a sling and immobilised him. We examined the female who appeared to have a leg and shoulder injury so we immobilised them both."

Once they were ready, the Notre Dame couple was brought to the hospital in Brandon for further examination. Trevor, a welder, has been off work since the incident happened.

"I separated my clavicle bone so I'll be off work for a few more weeks," says Trevor who expressed his appreciation for the help offered.

# Voxair welcomes Beverlee Cooke

Writing has always been a passion of mine. This is definitely a year of new beginnings. I graduated with my Associate's Degree in Journalism from Santa Monica College, which is located in sunny California. I was the Opinion Editor and staff writer for the Santa Monica Corsair. Many opportunities arose in California, but Winnipeg will always be that place that I call home.

Growing up in Winnipeg I had the opportunity to nourish my writing skills. Some people may not be fond of their childhood memories or dreams, but this was my foundation.

I'm blessed to be a part of the Voxair team, so I hope you enjoy the rest of this



year's publications. I'm excited to be writing in Winnipeg, as this is the start of a new journey.

*If you'd like to share a story or have information about events happening around the base that would be of interest to Voxair readers, please contact Beverlee at 833-2500 extension 6976, or email voxair@mts.net.*



Col Scott Howden, 17 Wing Commander (centre) along with LCol Paul Dittman, incoming Commander of 3 Canadian Forces Flight Training School and outgoing commander LCol Darryl Shyjak sign the Change of Command certificates in the foyer of the Hilly Brown building at Southport. The event happened July 22, 2008.

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# 402 Sqn recognized for service to Habitat for Humanity

By 2Lt Travis Smyth

On Thursday, July 17, 402 "City of Winnipeg" Squadron was recognized for 10 years service to Habitat for Humanity. The ceremonial swinging of the hammer took place at the squadron's newest summer project site.

His Honour the Honourable John Harvard, Lieutenant Governor of Manitoba, along with Steven Fletcher, MP, and Bonnie Korzenowski, MLA, attended the ceremony.

Since 1998, 402 Squadron has volunteered with Habitat for Humanity on an annual basis. The squadron completed its first build in Ste. Agathe, in the aftermath of the Manitoba Flood.

"I am extremely proud of our members, and what they've accomplished in our local community," said LCol Richard Witherden, 402 Squadron's Commanding Officer. "I look forward

to continuing this very worthy cause for many years to come."

This year's squadron construction project will benefit a Sudanese family of six who arrived in Canada back in 2004.

The father, a widower, works as an educational assistant at a local high school and was employed as a teacher while living in Sudan. His children range from seven to 17 years old.

The family currently lives in a Manitoba Housing building west of Central Park. Their apartment is fairly crowded, having only three bedrooms and one bathroom.

Although very active in community sports and the local boys and girls club, the father feels their neighbourhood has many negative influences on his children. For this reason, along with limited apartment space, he has wanted to secure better



Members from 402 Sqn were recognized for 10 years of service to Habitat for Humanity. The Squadron were honoured on July 17 by Lieutenant Governor of Manitoba, His Honour, the Honourable John Harvard, Manitoba Special Envoy for Military Affairs Bonnie Korzenowski, Member of Parliament for Charleswood - St. James Assiniboia Steven Fletcher, 17 Wing Commander Colonel Scott Howden and 17 Wing Chief Warrant Officer Glenn Wallace, at the project site on Minto Avenue.

housing for his family.

Habitat for Humanity builds and rehabilitates simple yet decent houses. This is done through volunteer labour, efficient management

and tax-deductible donations of money and materials. Habitat houses are then sold to partner families at no profit and financed with affordable, no-interest mort-

gages. The homeowners' monthly mortgage payments go into a revolving fund, which is used to build more houses.

402 Squadron has ap-

proximately 15 to 20 military personnel who are volunteering on a daily basis, and expected to complete their share of the work by July 19.

# RGS(Prairie) raises funds for community groups

By Lt Leslie Howard  
RSG (Pra) Public Affairs

Staff at the Regional Gliding School (Prairie) (RGS (Pra)) have been working hard in their spare time, planning and organizing an annual Casino Night Fundraiser, which was held Saturday, August 9 at the All Ranks Mess in Gimli Industrial Park.

Approximately 12 staff members from RGS (Pra) have spent the past six weeks planning and organizing the

Casino Royale, James Bond-themed casino fundraiser.

Since the fundraiser began in 2006, RGS (Pra) has managed to donate more than \$3,000 to local charities such as the Gimli Humane Society and the Gimli Women's Shelter.

"It all started because of puppies," explains 2Lt Anna McNeil, one of the original organizers of the event.

"Every year we have managed to raise more and

more funds, meaning that now, we can donate to numerous charities instead of just one."

This year, the staff chose to have a James Bond-themed party, complete with formal-wear and games.

All guests were invited to purchase Gimli Bucks and play for silent auction tickets.

Games this year included poker, hi-lo, horse-racing and paper, rock, scissors. All of the money raised from the casino and silent auction went to Evergreen Basic Needs and the Gimli Humane Society.

Evergreen Basic Needs is a non-profit organization that aims to provide food, clothing and household items to identified clients in the community requiring assistance on a short-term basis.

"It is awesome that the camp is donating money this summer because we need help; every bit counts," explains Jennifer Porpillo, a



LCol Stephen Bannister hands over a cheque for \$1,000 to Rene Granger from the Gimli Humane Society.

four year summer employee with Evergreen Basic Needs. "I work at Evergreen because it is a great way to help out my community. We never turn anyone away and appreciate the camp helping."

Evergreen Basic Needs assists approximately 5,000 people in the Gimli area, aiming to make a positive difference in the community.

The Gimli Humane Soci-

ety is a registered, non-share corporation that is committed to providing safe and healthy housing for stray and unwanted domestic animals waiting for adoption.

"This is the third year the camp has done this for us and it is terrific" explains Renee Granger, a 15 year employee with the Gimli Humane Society.

"The money raised will be put towards Twitch, a rescued dog with a bad leg, who requires veterinary surgery. You will be helping us fix him up so we can find him a good home." RGS (Pra) and the Gimli Humane Society are both located in Gimli's Industrial Park.

The Casino Fundraiser was a successful event this year, as in years previous. RGS (Pra) was able to successfully raise \$1,000 for each of the charities.

Connecting with the community of Gimli is important to the staff of RGS (Pra) and will continue to be for years to come.

"This is an opportunity for us to assist local charities, which benefit both the local community and the charities," explains LCol Stephen Bannister, the Commanding Officer of RGS (Pra).

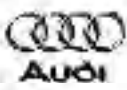
"The casino fundraiser is one way we can give back to a community that has directly and indirectly supported us over the years."

The staff has already begun planning next year's

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# A new automation philosophy for Canada's Air Force

By Karen Christiuk

The words philosophy and air force aren't used together very often, but Major Don Barnby, the Standards Flight Commander at the Central Flying School, and Captain Tim Rawlings, a pilot instructor with the Canadian Forces Air Navigation School (CFANS) are hoping to change that.

The two pilots have worked together since 2003 to create the 1 Canadian Air Division Automation Philosophy, a guiding direction for how the Air Force is going to operate its modern automated aircraft.

"Operating automated aircraft requires a different set of skills and procedures that many of us in the Air Force are not familiar with," explained Maj Barnby. "Technology in aircraft has advanced so much in my generation of flying that new piloting skills are now required in addition to the traditional skills."

The automation philosophy is the first of four main steps in creating a detailed and modern Air Force automation strategy to ultimately change the way military aircraft are flown.

"The second step is to identify policies that support the philosophy with the assistance of a consultant," said Maj Barnby. "The third step is to provide the procedures to operate these advanced technology airplanes, and



Captain Tim Rawlings (left) and Major Don Barnby inside the cockpit of a CT-142 Dash-8.

the fourth step is the ongoing review and refinement of those procedures. A constant review of procedures and practices is required given that the technology is always changing in these airplanes with both software and hardware modifications."

Maj Barnby and Capt Rawlings saw the need to improve automation operating procedures after they both left the Air Force and flew for a commercial airline before returning to uniform in 2003.

"During our time away, we were exposed to highly automated airplanes," said Maj Barnby. "We saw different training methodolo-

gies and different operating procedures that didn't exist in the Air Force."

Both pilots decided to use what they learned to see if they could assist in creating an Air Force automation operating strategy.

"The biggest cultural challenge was to convince people to take an honest look at it," admitted Capt Tim Rawlings. "We were sort of seen by some people as outsiders because we had returned from an airline."

The two pilots worked together on a service paper and submitted it through their own separate chains of command. They credit LCol Ed Haskins, the former

Commandant of Central Flying School as the first senior officer to understand the importance of the initiative. He provided them with the support and encouragement to continue with their project, and was able to engage senior Air Force leadership to make it a top down project.

"It speaks very highly of the Air Force that two Captains that see a requirement for change can have such a wide reaching influence for the entire Air Force," said Maj Barnby. "But if you have a vision, through persistence and proper channels, the message can get out."

"LCol Colin Keiver (the current Director of Air Force

Transport Readiness) was also a great help," said Capt Rawlings. "We discovered that he had lived through the same experience during his time in an officer exchange program within the United States Marine Corps... it was refreshing to engage someone from our organization who completely understood the vision but who could also predict the challenges to be faced. LCol Keiver is now the Automation Project Authority managing the contract and work of the consultants hired to assist the Air Force during this transition."

Since beginning their project, Maj Barnby and Capt Rawlings have received memorandums of support from LGen Charlie Bouchard, former Commander of 1 Canadian Air Division/Canadian NORAD Region Headquarters, as well as MGen Marcel Duval, the current Commander. In June, both pilots were recognized by MGen Duval for their efforts with a Commander's Commendation.

"It means a lot to work for an organization that believes in our vision and is committed to seeing this through," said Capt Rawlings. "It's important to have an environment where people can speak up at every level - all successful organizations have an engaged workforce."

**1 Canadian Air Division**

## Automation Philosophy

Modern aircraft rely on a high level of automation and technical integration to create tactical advantage and achieve operational effectiveness. The acquisition of modern aircraft, and the modernization of legacy aircraft, demands new skills, knowledge, and attitudes to effectively and safely achieve mission success. Adherence to legacy operating practices on highly automated aircraft is ineffective and unsafe.

The employment of aircraft automation must be standardized, disciplined, and fully integrated in all phases of flight. Because the aviator retains authority in determining the optimal use of automation, the aviator must be proficient in operating the aircraft in all levels of automation and be fully knowledgeable in the selection of the most appropriate level of automation for the situation.

All Flying Orders, flying training programs, assessment and evaluation criterion, standard operating procedures, briefing guides, checklists, flight manuals, and flying operations shall be in accordance with this automation philosophy.

For more information please read The Challenge of the Automated Flight Deck by Capt Tim Rawlings in the Spring 2008 issue of the Canadian Air Force Journal.

# NORAD showcased at NASCAR event in Michigan

By Karen Christiuk

Engines were revving on August 17, 2008 as NORAD descended on NASCAR.

NASCAR, the legendary megalithic stock car racing series, held its 3M Performance 400 race at the Michigan International Speedway (MIS) and invited the North American Aerospace Defence Command (NORAD) along for the ride.

This year, the 50th anniversary of NORAD was one of the NASCAR themes, and it's estimated that 130,000 people took notice.

"We're delighted that NORAD will have a strong presence at NASCAR this year," said LGen Charlie Bouchard, NORAD Deputy Commander, a few days before the event took place.

"I am sure everyone will be thrilled to see and hear our NORAD fighter jets roar



Reigning Pro Stock champion Jeg Coughlin Jr., left, and North American Aerospace Defence Command Deputy Commander LGen Charlie Bouchard, participating in the opening ceremonies for the MOPAR Mile-High NHRA Nationals in Morrison, Colo., on July 13.

over the speedway after each national anthem is played on August 17."

LGen Bouchard attended the NASCAR race as a guest of the MIS president

and said that a 50th anniversary of NORAD booth was on display so that attendees could learn more about the organization.

"It's a great opportunity

for us to get the message out to the public that for the last 50 years, NORAD has stood guard over our skies and continues to evolve to meet new demands," said LGen Bouchard.

At first glance, the pairing of NASCAR and NORAD may seem a bit unusual, but LGen Bouchard said that the two groups actually have a great deal in common.

"Being in Detroit, which borders Windsor, Ontario, reminds us of NORAD's strong bi-national relationship, where Canadians and Americans work together 24 hours a day," said LGen Bouchard.

This is the second time this summer that LGen Bouchard was involved in a racing event in celebration of the 50th anniversary of NORAD. On July 13, he was an honorary starter at Bandimere Speedway's National Hot Rod Association's

Mile High Nationals race in Morrison, Colorado.

"It's clear to me that our fighter pilots and NASCAR drivers both use speed and accuracy to accomplish their missions," said LGen

Bouchard. "Whether you're guarding North America or racing on a speedway, you have to think quickly and act decisively. In both our worlds, there is no room for error."

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# WPSO welcomes new personnel to 17 Wing

## WPSO Corner

By MCpl Trish Cameron

The APS season is always a crazy time for most of us in the military and our families.

With so many people being posted in and out and people taking their summer leave, it can be challenging at times when there is so much going on and so many new faces.

For this reason, I would like to take this opportunity to introduce myself. I am the Chief Clerk for the Wing Personnel Selection Office (WPSO) and was posted from 1 PPCLI Ed-

monton to 17 Wing Winnipeg this past July.

My career in the military has taken me to some pretty great places and some pretty bad ones too, but one of the things I have enjoyed the most, no matter where I am, is the people I have met along the way.

I have served in the military now for 16 ½ years in both the Reserves and Regular Force and I've been half way around the world four times now with two tours to the former Yugoslavia in 2000 and 2002/03 and two tours to Afghanistan in 2004/05 and 2006.

I have to say that my time spent with the Army has been a great experience,

however I am looking forward to my time here at 17 Wing and learning something new, not only on the PSO side of the house, but also the Air Force side as well.

From all of us here at the WPSO, we would like to welcome all new personnel posted in this year.

We would also like to remind everyone here at 17 Wing not to hesitate to give us a call, stop by the office (Bldg 135, 2nd Floor, Rm 217 or check us out on the 17 Wing web site, click on Administration (left hand side) and then click on the Personnel Selection Office for all your PSO and Education needs.

# CPPR model benefits employees and employers

## WPSO Corner

By Mary Jane Fisher  
Learning Advisor

*This is the second part of the article which ran in the July 16 issue of the Voxair.*

How does the Civilian Performance Planning and Review model (CPPR) work? The manager/supervisor sets work goals and objectives that he/she would like to achieve in his/her unit during the next fiscal year.

Such goals and objectives are aligned to those of the organization.

A meeting is arranged with each individual employee to discuss and mutually decide how that employee can achieve the goals and objectives expected of him/her, discerning any barrier that the employee might have to goal achievement and how it could be overcome.

The meeting gives both the manager/supervisor and the employee the opportunity to discuss future work plans the employee may have for her/himself and potential work opportunities the manager/supervisor might have for that employee.

Discussion can occur about where employees see themselves in relation to the organization, to the stated goals and objectives, and how they can achieve the goals, a potential link to retention and succession planning.

It can result in employees feeling connected to a larger purpose in their work. This is phase one, the planning phase. Phase two, feedback, is ongoing throughout the year.

The Civilian Performance Planning and Review model asks that goals be S.M.A.R.T., that they be specific, measurable, attainable, results-based, and within a time-frame.

Examples of goals and/or objectives set could be to have all employees trained in a specific area such as a new computer program, to have a number of less customer complaints, a number

of more services completed, or a number/percentage of projects completed on time or on budget.

The learning needed for the employee to achieve the goals and objectives are recorded in the employee's Personal Learning Plan (PLP), another part of phase one of the Civilian Performance Planning and Review model.

The employee may need academic upgrading, improvement in literacy or numeracy, specific technical training, learning to read documents, ability to give presentations, a required certificate, job shadowing, or on-the-job experience to develop skills.

Development of the PLP creates experiences for the employee that promote skills and knowledge related to current work and also to professional growth and future work possibilities.

The Personal Learning Plan does not stand alone.

It is not a list of desired training or learning activities in isolation. It reflects investment in learning and not all learning activities have a financial cost to the employer.

The PLP can only be completed within the context of the CPPR, listing the learning required to achieve the goals and objectives recorded in the Planning phase of that model.

From the manager/supervisor-employee discussion at this stage of the Civilian Performance Planning and Review model, the PLP can reflect developmental learning activities, invested in by the organization, because those long-term goals coincide with perceived future recruitment and developmental gaps.

At the end of the year, phase three, the formal review, occurs.

Here, feedback is shared on achievements, which have been ongoing throughout the year.

The employee's performance results, awards, recognition, learning needs, and career interests are discussed.

The manager/supervisor has the primary responsibil-

ity for completing and submitting the CPPR form and can, if applicable, obtain additional sources of feedback regarding the employee's performance.

An example of this would be if the employee served on committees or was involved in activities beyond those already listed.

I find the Civilian Performance Planning and Review model to be an exciting and forward-looking model of performance review.

It offers opportunity to enhance employee performance.

Further, the process can recognize employee contributions toward achieving organizational goals and motivate them to improve their performance by achieving personal and work-related goals.

The CPPR also provides a tool to consider possibilities for work opportunities and growth.

Benefits to managers/supervisors include enhancing communication with employees, providing a common reference point and structure for discussions about performance, allocating work and responsibilities among team members, assisting in personal movement and succession planning, recognizing and praising the achievements of team members, and enhancing management's ability to coach employees and manage people.

Benefits to employees include providing a forum for open, constructive dialogue, increasing their understanding of what is expected of them, helping them focus their efforts on the unit priorities, contributing to the improvement of their performance, helping them achieve personal and professional development goals, and assisting them to take responsibility for managing their careers.

The process is a tool to bring fairness, accuracy, and consistency in assessing employee performance. It is based on the premise of no surprises for employees, that they know what is expected of them in their work, and that they have the tools to achieve those expectations.



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# Fabulous, fun, free, fall fair

By Beverlee Cooke

The annual 17 Wing Fall Fair is around the corner and it's free for everyone. Mark your calendars for 13 September, because this daylong event will be taking place rain or shine.

This event isn't just for families. It's a day for everybody to come out whether you've been here 10 days or 10 years this is an event you won't want to miss.

Take part in the Amazing Race, which takes place at 0900. To register for the Amazing Race, call 833-2500 ext 5511. Registration is not required for any other events.

A new addition to the event is the Wing Commander's Welcome starting at 1000 at bldg 90, where you start the morning off with a cup of coffee, tea, dainties and a chance to mingle.

The Fall Fair has many events for everyone to enjoy. Family fun activities start at 1100.

Take part in the free lunch from Danny's Whole Hog, pony rides, face painting and other exciting activities.

If you are curious about recreation activities available on 17 Wing, visit the

Community Recreation registration fair. You will be able to register for gym memberships, get information about recreation clubs and find out about all of the lessons and classes available this fall.

Visit the Annual Helping Professionals Showcase to learn about services provided by Health Promotion, SI-SIP, Dental, Military Police, Chaplains, 23 Health Services, Mental Health Services, massage and the Employee Assistance Program.

Also, kids can bring their teddy bears to get checked out at the free teddy bear clinic.

Then, end the day with the Youth Jam, which begins at 1900 at bldg 90. Ages 12 to 17 are welcome to take part in the mocktail bar, airbrush tattoos, blackjack table and they will be giving out incredible prizes.

The Adult Event also begins at 1900. Come and enjoy the live band Last On The Road, and hear music from DJ Derek LeNabat in the Officers' Mess at bldg 76.

Come out to the Fall Fair because you won't want to miss out on this free event, filled with free food and fun.

# Stamps encourage letter writing

By Alf Brooks

With fewer letters being written and posted there are fewer used stamps available for collectors, and those of us who collect postally-used stamps are happy to see letter writing encouraged.

The theme for the Europa stamps this year is Writing Letters, with the participating nations choosing different designs on the theme.

The two stamps shown below, issued by Denmark, resulted from a competition at the Kolding Design School.



The deadline for the next issue is Friday, August 29

# Collection to be named for Griffin

By Karen Christiuk

A collection of research materials and books within 1 Canadian Air Division's Office of Air Force Heritage and History will be named after its benefactor, John Griffin, in a formal ceremony on August 29.

"The addition of the Griffin book collection alone will make the Headquarters library one of the finest aviation book collec-

tions in the country," says Maj Brendan Bond, Deputy Director of Air Force Heritage and History. "His research papers and collection of paint chip samples from all Royal Canadian Air Force (RCAF) and Canadian Forces aircraft from 1924 to the end of the century enables the Office of Air Force Heritage and History to respond quickly and accurately to the thousands of inquiries coming from senior staff, military person-

nel, historians and the general public. Griffin's efforts have assisted in preserving a part of our proud heritage and history which may have otherwise been lost."

Griffin developed an interest in history after his career as an RCAF pilot during the Second World War, where he saw action on two fronts. Although Griffin is too ill to take part in the dedication ceremony, his family will attend on his behalf.



John Griffin

Hosted by: **The MFRC & PSP**

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**1000 - 1100 hrs • Bldg 90**  
Fall Fair **KICK OFF** • Coffee, tea & dainties

**3<sup>RD</sup> ANNUAL HELPING PROFESSIONALS SHOWCASE**  
**1100 - 1400 hrs**

**COMMUNITY RECREATION REGISTRATION FAIR**  
**1100 - 1400 hrs**

**FAMILY FUN ACTIVITIES**  
**1100 - 1400 hrs**  
Inflatables, pony rides, face painting, Diamond Disc Dogs, **FREE** lunch from Danny's Whole Hog

**YOUTH JAM**  
**1900 - 2200 hrs • Bldg 90**  
Youth ages 12 - 17 • Guitar Hero/Rock Band, Inflatable jousting, mocktail bar, airbrush tattoos, Blackjack table, **PRIZES & much more!**

**ADULT EVENT**  
**1900 - 0100 hrs • Officers' Mess (Bldg 75)**  
LIVE Music & DJ Derek LeNabat - On the Town Sounds  
For more info: 833-2500 ext. 5056

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Inscriptions : **9 h 00** • Course : **10 h 00**  
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Préinscriptions : 833-2500, poste 5511

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**De 10 h 00 à 11 h 00 • Bâtiment 90**  
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**De 11 h 00 à 14 h 00**

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**ACTIVITÉ POUR LES ADULTES**  
**De 19 h 00 à 1 h 00 • Mess des officiers (Bât 75)**  
Groupe **sur scène** et musique par l'animateur DJ Derek LeNabat - On the Town Sounds  
Informations : 833-2500, poste 5056

For more information on the Fall Fair contact the MFRC at 833-2500 ext. 4500  
Pour en savoir davantage sur la Foire automnale, communiquez avec le CRFM, au 833-2500, poste 4500

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# FOIRE AUTOMNALE

Présentée par: **Le CRFM et les PSP** 17<sup>e</sup> ESCADRE



# A long day in Combat Resupply in Afghanistan

By Cpl Curtis Romkey  
B Squadron, LdSH(RC)  
2 PPCLI Battle Group



A Leopard 2 tank watches its arc during a patrol along the Arghandab River.

The month was May. Somewhere around the 18th, if I recall correctly. The temperature in Khandahar Province had been on the rise daily since leaving for my HLTA about a month earlier. We needed some reprieve from the sun.

Luckily, Tprs Blaine, Churchill, and Partington were soon to arrive at our Forward Operating Base as part of the Technical Assistance Visit (TAV) team tasked to install the new Barracuda kits onto the Leopard 2s. The Barracuda kits are basically a tan thermal blanket that covers the entire tank to keep the inside a few degrees cooler. The kit even comes with a lovely little parasol to keep the crew commanders and loaders in the shade.

On May 24, with our

parasols mounted, a good chunk of the squadron embarked on another little field trip down the Arghandab River to re-supply some Police Sub Stations (PSS). With the radio checks and

marshalling complete, we were ready for our very early departure at approximately 3:30 a.m.

Overall, the day went well with all parts of the convoy working simul-

aneously. Other than the Huskies getting stuck and having to be recovered by the Badger, repeatedly, we made it to furthest PSS with no troubles.

The temperature steadily rose during the day.

MCpl Chuck McDougall thought that as it was beginning to get quite warm out, he would deploy the parasol; however, Battle Captain (BC), Capt Eghtedar Manouchehri, didn't want the parasol set up. It was eventually found out the BC was worried if his friends saw him under this parasol, they would make fun of him. After a while of baking under the hot Afghan sun and a few threats to turn off the chiller unit, he was finally convinced to put it up. The parasol has been up ever since.

Now that supplies had been delivered to this PSS, the combat team started making its move to its next stop. We decided to leave one

Husky behind to be worked on so we could pick it up on the return trip. As such, the operation was moving a little quicker than earlier that morning. Then, we got a call on the radio from our flank protection—attack helicopters—that they were taking Rocket Propelled Grenade (RPG) and small arms (SA) fire from a grape hut on the north side of the river.

Two of our call signs, commanded by WO Iain Fox and MCpl Dave Thompson, moved into a firing position to engage the grape hut where the fire was coming from. Upon being given the green light by our higher headquarters, WO Fox and MCpl Thompson engaged the grape hut. The target was taken out with some well-placed HESH rounds. We were now able to continue with our trip down the river.

Our second destination was successfully re-supplied without any problems.

The return trip back to our FOB started off smoothly. We picked up the Husky that was left behind earlier, which almost immediately got bogged down yet again...but it was recovered and we continued towards the FOB.

With the Badger scraping the route in front of the column with its dozer blade, the driver of the Husky noticed something had been turned up. Engineer dismounts were sent forward and it was discovered the Badger had scraped the top off of an IED.

After a few tries and with the sun starting to disappear behind the horizon, the Engineers blew the IED in place and we were free to

move again. Unfortunately, after getting stuck again, the Husky had its front end ripped off while the Badger was trying to recover it out of a mud puddle.

We then called the Armoured Recovery Vehicle (ARV) up to recover that vehicle and tow it back to the FOB. At about the same time, one of the AHSVSS got stuck as well. Now, the second ARV was called up to extricate that vehicle.

With the sun completely gone, the entire combat team was surrounded by blackness.

The OC, Maj Chris Adams, had everyone go white light to enable the vehicle recoveries go a little smoother, and for the convoy to close up.

It was about this time Cpl Joel Mousseau felt, that for everyone's Situational Awareness (SA), he should let everyone listening to the radio know his rifle had bounced up due to the rough terrain, hit him in the eye, and that putting ice on it didn't help.

Once the vehicle recoveries were complete, Maj Adams decided that due to the lack of light, he should get everyone back to the FOB quickly, and because Cpl Mousseau had begun to lose vision in his injured eye.

The combat team then made its way to a main route where it slowly picked its way through the darkness.

After only one more vehicle recovery from a PSS, everyone finally made it back to the FOB at about 1:30 am. The cooks had left out pizzas for us, which was a very nice end to a long day.



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# OMLT medical staff helps make a difference

Capt Mike McBride  
HSS Mentor, Kandak 5-1, OMLT  
TF 1-08

Imagine a dismounted infantry company mentoring team moving through a village in the Zhari District of Afghanistan.

Imagine this team weighed down with weapons, ammunition, radios, night vision devices and personal protective equipment.

Then, envision every team's soldiers are trained to deliver tactical combat casualty care and are equipped with advanced wound dressings, haemostatic agents such as Quikclot and tourniquets and are further complimented by skilled Medical Technicians and Physician Assistants, who, are in turn back stopped by the most capable surgical facility the Canadian Military Medical Service has fielded in its one hundred and four years' history.

Now, imagine a soldier of a new army finding himself in the same battle space, armed with little more than a new C-7 rifle and the desire to make his country a safer place for his family.

It was as a result of an incident three soldiers succumbed to their injuries because their platoon mates lacked the training and equipment to control life

threatening bleeding that the Operational Mentoring Liaison Team (OMLT) medical staff was obligated to take action to revise the ANA's first aid refresher training program.

In an effort to improve the survival of soldiers suffering serious injuries and massive hemorrhage, a comprehensive plan was developed to advance the use of tourniquets within the First Brigade of the Afghan National Army's 205 Corps.

A tourniquet is an easily applied, relatively uncomplicated, piece of equipment requiring minimal training to use effectively.

After a review of what was available to Coalition Forces in Kandahar and armed with technical advice from both a materials technician and a parachute rigger, it was eventually decided to build a prototype of a simple tourniquet design that could be easily replicated by local manufacturers using readily available materials.

And so, the Kandahar Tourniquet was developed. The Kandahar Tourniquet is simply two loops sewn into a length of nylon webbing coupled with one C-7 rifle cleaning rod section serving as the windlass.

The manufacturing job, which involves some sew-

ing and assembly tasks, has created employment opportunities that will improve the quality of lives of women in the Kandahar Province.

The next step involved is to accept the initial production run of 100 tourniquets that will then be injected into the Kandak's refresher-training program as the next infantry Kandak in the training cycle ramps up for deployment.

Following this initial trial run, a full production run of 4,000 Kandahar Tourniquets will be produced.

This allotment will see one tourniquet issued to every NCO and officer in the First Brigade as they participate in their operational refresher course.

The revised first aid refresher training program also added incident scene management, casualty collection point (CCP) establishment, casualty triage and Helicopter Landing Sites (HLS) selection and security.

As this project comes to fruition, the OMLT will have done more to save the lives of Afghan soldiers on the battlefield than any one other item on the long list of items to be accomplished before ISAF's mission is complete.

# Operation NOLAI

By Lt Alex Duncan  
10 Platoon Commander, C Company  
2 PPCLI Battle Group

During the month of June, soldiers from CFBs Shilo and Edmonton, members of Charlie Company (C Coy), 2 PPCLI Battle Group participated in Operation NOLAI, in Zhari District, Kandahar Province.

With artillery fire support from Charlie and Delta Troops, of B Battery, 1 RCHA, C Coy soldiers and an Afghan National Army company conducted a three-day dismounted clearance operation of suspected insurgent areas.

With daytime temperatures reaching mid-40 degrees Celsius and movement on foot severely restricted through complex grape fields, the mission was a test of physical stamina and determination.

2 PPCLI's Reconnaissance Platoon was tasked with finding a route from the nearest paved road, nearly three kilometres away, to the start of the first objective.

Following their path, C Coy moved under the cover of darkness in order to begin the operation as the sun came up.

The lead platoon, working hand-in hand with their Afghan allies, quickly cleared the numerous compounds that made up the first portion of the abandoned



Weapons Detachment Commander MCpl Ryan Rumball directs his men in a sea of poppy stems following an engagement with the enemy.

village.

With little direction from their Canadian counterparts, the Afghan soldiers demonstrated excellent tactical techniques as they cleared their portions of the objective area.

The initial lack of enemy resistance did not last long as the company came under fire from the enemy from numerous locations simultaneously.

Throughout the following two days, the seasoned and extensively well practiced combined arms team of 2 PPCLI and 1 RCHA was put on display.

The M777 Howitzers accurately engaged the enemy positions allowing soldiers

on the ground to continue their advance.

By the third day of the operation, the soldiers of C Coy had adopted a formation that harkened back to wars of the past—long irrigation ditches doubled as a perfect army-style trench.

After completing the clearance of their objectives, the soldiers of C Company stocked up on water and began the long march back to the welcomed air conditioning of their LAV III vehicles.

Spirits were high; the mission achieved success, significantly inflicting damage to the enemy and bringing stability to the volatile region.



An ANA brigade surgeon supervises the application of the Kandahar Tourniquet during a first aid refresher training class.



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# Promotions and awards



Lt Goldstein receives her new rank from LCol Brodeur.



Cpl Phil Galbraith receives his new rank of OCDT from LCol Watson.



Maj Susan Beare (right), 1 Cdn Air Div/CANR Assistant Division Chaplain, received her new rank.



LCol Pierre Morisette, 1 Canadian Air Division Surgeon, smiles as his son David pins on his new rank. MGen Marcel Duval, Robert Morisette and Janice Morisette look on.



Sgt Jenkins receives his promotion to WO from Maj Carignan.



Maj David Sextone, A6 Director (left), and Maj Doug Harold, A6 TIS (far right) present MWO Dennis Oakley, A6 TIS, with his new rank.



Deborah Labrie receives the Wing Commander's Commendation from Col Scott Howden.



Lt Lynn Ubell receives her OPME completion certificate (honours in all OPMEs).



Matt Anderson from WTISS receives his transcript for successfully completing the Technical Communication course.



LCdr Tanya McLeod, Commander of 23 Health Services receives her Canadian Forces Decoration.



Maj David Kennedy receives his promotion to the rank of LCol. LCol Kennedy has taken over command of 435 Squadron.



Capt Jay Steele receives his promotion to the rank of Major from LCol Sean Friday. Major Steel is the Deputy Air Leader for 435 Squadron.



Sgt Ronald S.E. Joyce receives his 5000 hours achieved on CC-130 Hercules Certificate.



MCpl Criag E. Sweet receives his 1000 Hours Club Certificate.



MCpl Eric L. Dietz receives his 1000 Hours Club Certificate.



MCpl Andy Amos receives his promotion to Sergeant from Maj Todd Murphy.



Sgt Martel is presented with his promotion to Warrant Officer by Major Bekolay, A/CO 402 Sqn.



MCpl Robichaud is presented with his promotion to Sergeant.



Sgt Ryan is presented with 17 Wing Commander Commendation for his active contribution with over 13 years as a member of the 17 Wing Flag party.



Capt Guenther is presented with his commissioning scroll by LCol Witherden, CO 402 Sqn.



MWO Peladeau receives a 402 Squadron CO Commendation by LCol Witherden for his outstanding contribution to the squadron.



Pte Anderson receives his promotion to Private (T).



Pte Christenson receives her promotion to Private (T).



Pte Maruca receives his promotion to Private (T).





Capt Szkodarek is presented with his OPME completion certificate.



Pte(T) Baziuk is presented with his promotion to Corporal.



Cpl Martin is presented with her Certificate of Service.



Cpl Sparrow is presented with her Certificate of Service by LCol Witherden, CO 402 Sqn in recognition of her 20 Years of Service.



Pte(T) Zoleta is presented with his promotion to Corporal.



Cpl Arnt is presented with his promotion to Master Corporal.



Cpl Einarsson is presented with his promotion to Master Corporal.



Cpl Gribben is presented with his promotion to Master Corporal.



WO Anderson receives his Certificate of Service by LCol Witherden, CO 402 Sqn in recognition of his 29 Years of Service.



Sgt Beriault receives his promotion to Warrant Officer.



Sgt Lacoursiere receives his promotion to Warrant Officer.



Sgt Lyrette receives his promotion to Warrant Officer.



Sgt Szabo receives his promotion to Warrant Officer.



Sgt Zuorro receives his promotion to Warrant Officer.



Cpl Meier receives her promotion to Master Corporal.



MCpl Sallis receives her Certificate of Service by LCol Witherden, CO 402 Sqn in recognition of her 20 years of service.

# Gardening helps promote workplace wellness

By Karen Christiuk

Pulling weeds and planting flowers may not seem like everyone's idea of fun, but for the 1 Canadian Air Division/Canadian NORAD Region Headquarters (1 Cdn Air Div/CANR) Gardening Group, it's a great opportunity to spend some quality time with co-workers, get some exercise, and learn more about horticulture.

The volunteer group of military and civilian personnel was formed eight years ago and it currently consists of eight members that help out on Wednesdays at lunchtime. This year, funds for 1,353 annuals were provided by 17 Wing Construction and Engineering, and funds for a new wheelbarrow and hoses were obtained through the Flight Plan for Life Fund.

"It feels good to be able to give something back," says group member and ORAD Administrative Assistant Alison Sellen.

"It's also nice when we get

compliments on our flowers."

The group's founding member Starr Black, retired as a Chief Warrant Officer last year, but still continues to volunteer every week during the planting season. She brings along her trusty sidekick Bogey, a lively bichon friese, who can sometimes be spotted dancing in the flowers. Black says that gardening at 1 Cdn Air Div/CANR presents some of its own unique challenges.

"All of our petunias are planted in a roundel shape, so everything has to be uniform, neat and tidy--otherwise it doesn't look like a roundel."

Black says she sees many benefits to gardening in the workplace.

"Gardening is a good mental break. If you're frustrated, you get a lot of weeds pulled. It can also make a bad day good and a good day great."

Landscape architect Stefan Fediuk says that the 1 Cdn Air Div/CANR Gardening Group is on the

right track, and more organizations across Canada are starting to create their own workplace gardens.

"People are starting to understand the need for these things, whether it be a garden or a relaxation area in the workplace--for workplace health and wellness," says Fediuk.

Workplace gardens can also offer several practical benefits.

"They can provide a place of refuge for the grind of work," says Fediuk. "They can help to reduce energy costs within the building by providing shade, and they can provide benefits through horticultural therapy."

Fediuk says anyone interested in creating a garden in their workplace should keep a few basic concepts in mind.

"Identify your vantage points, such as where people like to sit," says Fediuk. "The landscape should be visible from the windows so that people can also enjoy it from the inside of the building. If the public

has access to your building, make sure that they have visible access to it...and use plants that are local. Finally, if your group doesn't have an expert, consult with a landscape

architect or a local nursery."

The 1 Cdn Air Div/CANR Gardening Group is currently seeking volunteers. For information contact Alison Sellen at extension 5940.



The 1 Cdn Air Div/CANR Gardening Group is kept busy taking care of 1,353 flowers (from left to right): Starr Black, Alison Sellen, Sgt Sue Lenihan, Maj Dan Labrie. Other members of the group are Joy Beghin, Laura MacKay, Maj Renee Wickler and MCpl Izabella Roberts.



# Winnipeg men's and women's teams heading to nationals

By Beverlee Cooke  
Voxair staff

On the weekend of 25-27 July, 17 Wing Winnipeg hosted the Prairie Region men's and women's slo-pitch championships. The tournament began with six teams from Winnipeg, Moose Jaw, Cold Lake, Shilo, Edmonton and Wainwright.

The event opened with a moment of silence for Cpl James Arnal from CFB Shilo who was killed in Afghanistan. Then the band proceeded to play O Canada.

The A/WComd LCol Ferron threw the ceremonial pitch to acting WChief CWO Stewart to start the tournament. "I think it's going to be great fun for all the teams," said LCol Ferron. "I know last year people truly played the game fairly and you could tell they put their hearts into it, there was great competition and in the end everyone was very happy to

be in Winnipeg and I can tell you that it's going to be the same thing this year."

The first game featured Winnipeg against Cold Lake in the men's competition. The men got off to a great start, hitting two home runs in a row and used their speed to their advantage.

Shilo's men's team sat on the sidelines in anticipation for their first game and checked out the competition. They were the defending national champions last year and were looking to defend their national champ title. "This is a whole brand new team, we had a very, very strong team last year," said Shilo's coach, Dan Hamilton. "I think it's going to be pretty competitive this week. I think Winnipeg will be a good team to play against. It will be very competitive. Most of these guys are new to the team and they're looking forward to playing, they

are anxious!"

The weekend was full of joy and team spirit. Before the women's game begun you could hear the coach inspiring the athletes, "just have fun, it's not about winning," said 17 Wing Winnipeg woman's coach Sgt Cindy Kennedy. Both the 17 Wing teams won three games and lost one during round robin play.

In the women's championship final between Winnipeg and Cold Lake, Winnipeg was down 10 to two before they regrouped and then they came back and got their bats going defeating Cold Lake 20-14.

In the men's final between Winnipeg and Shilo, they were tied 4-4 after seven innings.

They had to go into extra innings, where they got two members on base before Cpl Jamie Anderson hit a three-run home run.



2Lt Karyne Lacelle looks to hit the ball during the first women's game of the tournament between Winnipeg and Cold Lake.

Cpl Don Bishop was the next person up to bat, he came in and one of the guys hit a sacrifice fly, so they scored four runs. Shilo, still determined to win, came up to bat and got two men on base before one member hit

a three-run homerun. Luckily Winnipeg's men stepped up their defense and shut down Shilo 8-7.

"Both finals were very exciting," said Chris Merrihew, 17 Wing PSP Sports Coordinator. "Both teams

played outstanding throughout the tournament and the championships were well deserved."

The CF national slo-pitch championships will be held in Borden 6 - 10 September, best of luck to both teams.

## Walk our troops home challenge

Submitted by Shilo Health Promotion

Walk Our Troops Home is an activity challenge in support of the troops. Everyone is invited to get active, track their distance, and add it to the group total. This is one way people can show support to

bring our soldiers home from Afghanistan.

The goal is to record 13,000 km, the distance from Kandahar to Shilo, once for each of the 800 Shilo soldiers deployed. Any kind of physical activity counts.

The distance covered will

be tracked, and progress will be posted on the website: [www.cfcommunitygateway.ca/en/shilo](http://www.cfcommunitygateway.ca/en/shilo).

For more information or to submit your total, email [walkouttroopshome@gmail.com](mailto:walkouttroopshome@gmail.com) or call (204) 765-3000 extension 3867 or 3868.

## Community Recreation

Fall Fair: September 13, 2008

Community Recreation Registration Fair

Come to Community Recreation between 1100 -1400 and sign up for fall swimming lessons and fitness classes.

Youth Jam (Building 90)

From 1900-2200. Come and play Rock band/Guitar Hero. There will also be inflatable jousting, blackjack, airbrush tattoos, mocktails, and many great prizes to give away.

Fitness and Recreation Center  
Building 90, 680 Wihuri Rd.  
Gym Facility Monitors/ General Information: 833-2500 ext 5139  
Office Hours: Monday to Friday 0730 - 1200 hrs and 1300 - 1600 hrs

Community Recreation Director  
Lori-Ann Mundt, ext 2059  
Community Recreation Assistant  
Daniel Gerson, ext 2057  
Community Recreation Admin Assistant  
Ann Gibson, ext 5976  
Aquatic Supervisor  
Lindsay Chmilniski, ext 7013  
Community Library, ext 2490

# BULLETIN

Visit our website [http://17wing.winnipeg.mil.ca/hp/index\\_e.htm](http://17wing.winnipeg.mil.ca/hp/index_e.htm)  
or [www.pspwinnipeg.ca](http://www.pspwinnipeg.ca)

*Get back into the routine!*  
**Register for the Upcoming Health Promotion Programs!**

**WEIGHT WELLNESS**  
25 Sept - 4 Dec (once a week) @ 1300 - 1530 hrs  
Bldg 76, Tartan Room

**BUTT OUT**  
24 Sept - 10 Dec (once a week) @ 1100 - 1300 hrs  
Bldg 63, Conference Room

**safeTALK**  
10 Sept @ 1300 - 1600 HRS  
Bldg 135, Rm 113

**APPLIED SUICIDE INTERVENTION SKILLS TRAINING**  
18 & 19 Sept  
0800 - 1600 hrs  
Bldg 76, Laverandrye Room

**BASIC RELATIONSHIP TRAINING**  
4 Oct @ 0830 - 1600 hrs  
7 & 14 Oct @ 1800 - 2000 hrs  
Bldg, 76, Laverandrye Room

**MANAGING ANGRY MOMENTS**  
10 Oct - 10 Nov (twice a week) @ 1330 - 1600 hrs  
Bldg 63, Conference Room

*FOR MORE INFORMATION PLEASE CONTACT THE HEALTH PROMOTION OFFICE AT LOCAL 4150/4160.*  
**ALL PROGRAMS ARE FREE OF CHARGE!**



## Be a sport

On June 25, the A1 Directorate conducted a Sports Day and a Farewell lunch for two members departing their section, Maj Sue Beare and Maj Sandy Ward. On this bright and sunny day the members of A1 took part in lawn bowling at the St. James Bowling Club. One of the six teams: Pte Kelly Pierotti, Capt Mary Ann Beaugrand, Sgt Dawn Dierickse and LCol Brian Newlove.





WINNIPEG MFRC



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](http://www.mfrc.mb.ca)  
Email: [wpgmfrc@autobahn.mb.ca](mailto: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**

*Children's programs*

We have lots of exciting programs for you and your children:

**Nursery School-** This program runs in both English and French Immersion and is aimed at 3 and 4 year olds. Both programs help your child develop and learn in a fun and caring environment. The English program runs Mon Wed Fri 9-11:30 am at the Westwin Children's Centre. Cost is \$75/month (subsidy available) and starts Sept 8.

The French Immersion program runs Mon Wed Fri from 1:00-3:30pm at the Westwin Children's Centre. Cost: \$75/month (subsidy available) and starts Sept 8.

Tues Thurs from 1:00-3:00pm at the MFRC South (2300 Corydon). Cost: \$60/month (subsidy available) and starts Sept 9.

To register call Shannon 833-2500 (2491)

Other programs running this fall include Casual Care; Creative Tots playgroup; Get moving walking club; Parent and child Mother Goose and Rock n' Read. For more information call extension 2491)



*Volunteers needed*

If you've lived in Winnipeg for a couple of years, you'll know that every September we have a big kick-off event, where you can find out everything you ever wanted to know about the Base, the MFRC, programs, clubs, recreation and many other activities to look forward to throughout the year.

In order to make this event the success that it has been in the past, we need many volunteers. But don't worry about having to work hard, as past years' volunteers have had as much fun as the people that were attending the event.

It all takes place on Saturday, September 13, 2008. We will need help with many activities, ranging from running the fish pond, helping with the Amazing Race, pony rides, face painting, children's inflatable toys, adult and youth evening events, as well as general help in set up and take down of the area.

If you are willing to give up a couple of hours or the whole day, it would be greatly appreciated. This is your chance to help make a difference in your community, and of course have lots of fun.

To volunteer for this exciting event, please contact, the MFRC Coordinator of Volunteers, Barbara Thuen, at 833-2500 local 4519.

*Revive your energy*

Maybe you are not burned out, but you are feeling a little stale. The thought of being enthusiastic is just a little too much right now. Summer is coming to an end, and you are sad to be giving up those carefree days. September and all those wonderful fall activities are just around the corner. Maybe what you need is something new to try.

I have always looked at September as a time to make New Year's resolutions. There isn't the pressure that you have in January, and you can reach out in different directions.

This is the time of year that students go back to school, sports and extra-curricular activities start up, and new programs are offered by many organizations.

Why not take advantage of this time of renewal and starting up to consider committing some time to volunteering.

You are sure to have heard of the benefits of volunteering, some of which include a heightened sense of self-esteem, self-worth and confidence, reduced heart rates and blood pressure, increased endorphin production resulting in greater feelings of well-being and calm, boosted immune system and nervous system functioning, and reductions in life's stresses.

Volunteering can offer a sense control and empowerment, and can offer a new perspective on one's own problems, generate feelings of being needed and being productive, and can offer social contact.

The Winnipeg Military Family Resource Centre offers a wide variety of opportunities to volunteer, either on a one-time or on-going basis. Give us a call or drop in for a visit, and we will find the perfect volunteer spot for you! Contact the MFRC Coordinator of Volunteers, Barbara Thuen, at 833-2500 local 4519 for more information.

**SALE! SALE! SALE!**

We are selling our yellow ribbon polo shirts at the blow out price of \$24. Get one now, once they're gone, they're gone!!!

*Reunion briefing for TF1-08 Afghanistan*

September 16 from 6:30 to 8:30 pm – Wing Theatre – Building 90 (next to the MFRC). Please register to attend by calling 833-2500 Ext 4500.

*Tips on preparing for reunion*

For a variety of reasons, families can experience reunion stress following a deployment, exercises, and temporary duty of a military member. The following information is based on research and experience with Canadian and American military communities. For more information ask the MFRC for a copy of the booklet Preparing for Reunion Stress or check it out online at [http://www.army.gc.ca/lfwa-dsg/books/reunion\\_stress.pdf](http://www.army.gc.ca/lfwa-dsg/books/reunion_stress.pdf)

Reunion is part of the deployment cycle. It's the process of reuniting in which military families engage when service members return from unaccompanied tour, duty. It is identified by many military families as the most challenging time for them.

Reunion stress refers to the physical and emotional demands experienced by all family members around the time of homecoming. The return of the service member disrupts the balance/stability of the family. The majority of families require approximately three months to feel comfortable together again; however unique family characteristics and/or circumstances may shorten or lengthen the period of reunion stress. Reunion stress may be intensified and prolonged by major changes in family circumstances such as birth, death, illness, moving...

**Common reactions**

- Feelings of frustration anxiety, sadness, confusion, restlessness, irritability, impatience
- Sleep and appetite disturbances
- Fatigue, lethargy
- Spending binges
- Increase use of alcohol/drugs

**General suggestions**

Remember that young people may experience significant changes (physical, psychological, emotional, spiritual) during a peacekeeping tour, particularly if this assignment represents their first prolonged absence from family and/or Canada. Patience and tolerance will be required to accept and integrate these changes.

**For parents and others**

- Be patient; let your returning soldier know that you are interested in hearing about the deployment experience when he/she is ready to talk.
- Demonstrate acceptance and support of signs of increasing independence and maturity.
- Maintain contact with families of other soldiers; being able to share your concerns and frustration with others who are having similar experiences can be helpful.
- Contact the local Military Family Resource Centre, the DSG, or your unit for persistent serious concerns during the readjustment period.

Information taken from *Preparing for Reunion Stress* a publication of the Directorate of Medical Policy 2000.

*Red Rally*



Red Friday Rally was held at the Winnipeg Legislature Building on August 15. The organizing committee led by Doug May, whose son Gord is a member of the Fort Garry Horse Regiment and is deployed in Afghanistan with TF1-08 did a wonderful job of pulling together both military and civilian community members. More than 200 people gathered to show their support for the men and women of the Canadian Forces. Cathy Schroeder, left, and Tracy Helgeson pose at the Yellow Ribbon Garden at the Legislature Building. Cathy's son Eric and Tracy's husband John are members of 17 Service Battalion out of Minto Armoury and are deployed with TF1-08 in Afghanistan.

WWW.MFRC-MB.CA







### Putting around

The Wing Chaplains' Office held its annual Care and Share golf tournament on June 13, 2008. More than \$700 was raised, and all teams participating had a great time. Thank you to the event sponsors who helped make the tournament a success. Two of the teams participating in the event were the God Squad (top photo), consisting of David Stewart, Grant Schapansky, Lisa Pacarynuk, Ken MacRae. Slim Pickins (bottom photo) consisting of Bill Rideout, Rob Wilson, Norm Mayo and Denis Hendrickson from Wing Readiness.

## Together in Church

### Catholic

#### Chaplains

##### Padre Lance Magdziak

Roman Catholic Office 833-2500 ext 5272

##### Padre Joe Johns

Roman Catholic Office 833-2500 ext 5785

#### 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.

**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

##### Chaplain Bonnie Mason

(Presbyterian) Office 833-2500 ext 5417

##### Padre Bob Granholm

(Mennonite Brethren) Office 833-2500 ext 5417

##### Padre Ken MacRae

(Presbyterian) Office 833-2500 ext 5349

##### Padre Gord Mintz

(Anglican) Office 833-2500 ext 5349

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

#### 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.

#### 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.

## In memoriam

### Corporal James Hayward Arnal



Just before midnight on July 18, 2008, Cpl James (Jim) Hayward Arnal was killed by an Improvised Explosive Device while on a foot patrol in Panjwayi District. Cpl Arnal was a member of the 2nd Battalion, Princess Patricia's Canadian Light Infantry, based in Shilo, Manitoba. First aid was administered to Cpl Arnal immediately following the incident. He was evacuated by helicopter to Kandahar Air Field's Role 3 Multi-National Medical Facility, but sadly was pronounced dead upon arrival.

All members of Task Force Kandahar are thinking of the family and friends of our fallen comrade during this time of sorrow. The dedication and sacrifice of soldiers like Cpl Arnal are helping to make a difference in the lives of countless Afghan citizens.

### Master Corporal Joshua Brian Roberts



At around 9 a.m. on August 9, 2008, MCpl Joshua Brian Roberts died following an engagement involving coalition forces, insurgents and security personnel from a civilian convoy in the Zharey District of Khandahar. An investigation is being conducted to determine the details surrounding this incident. MCpl Roberts was a member of the 2nd Battalion, Princess Patricia's Canadian Light Infantry, based in Shilo, Manitoba. First aid was administered to MCpl Roberts immediately following the incident. He was evacuated by helicopter to Kandahar Air Field's Role 3 Multi-National Medical Facility, but sadly was pronounced dead upon arrival. All members of Task Force Kandahar are thinking of the family and friends of our fallen comrade during this time of sorrow. The dedication and sacrifice of soldiers like MCpl Roberts are helping to make a difference in the lives of countless Afghan citizens. IED Kills Canadian Soldier

### Master Corporal Erin Doyle



At about 5:30 am Kandahar time on August 12, 2008, MCpl Erin Doyle was killed when insurgents attacked a combat outpost. MCpl Doyle was a member of the 3rd Battalion Princess Patricia's Canadian Light Infantry, based in Edmonton, Alberta, and was attached to the 2nd Battalion Princess Patricia's Canadian Light Infantry Battle Group.

This is a difficult and emotional situation for the families, friends and colleagues of MCpl Doyle.

The Canadian Forces will, as always, do the utmost to help and assist the families of the fallen and injured soldier.

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# Classifieds

## For sale

**2-year-old 18-cubic foot white refrigerator/freezer** \$500/OBO, 2-year-old self-cleaning glass top white stove \$400/OBO, 6-year-old Maytag washer/dryer set \$400/OBO. Call extension 5270 or 275-5101

**GW white microwave with turntable** - 800W, \$25; Kenmore large capacity microwave, \$30; Hotpoint Diamond series FiltraPlus portable Dishwasher - black front with wood top, \$75; Whirlpool portable dishwasher - white front with wood top, \$75; Microwave cart with 2 shelves, 2 doors, wheels, \$40. Call 415-0360.

**Haier fridge**, approx 3 years old, good condition, \$325 obo; Kenmore stove, white, approx 3 years old, good condition, rarely used, \$225 obo or \$500 obo for both; brown corduroy 3 seat sofa, good condition, \$50 obo. Call Kane at 960-1808.

**1990 VOLVO 240 Wagon** \$3,500 obo. Safetied, economical, reliable, 5 speed, RWD. Call Jim Johnston (204) 322 5745 or local 5266.

**18 x 34 Above ground pool.** Heater, Filter, Pump, and other accessories. Pool toys. Remaining chemicals. As is. Offers. 897-4862

**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 extras included. \$6,000. Call Glen 488-3272

**Brand New 2005 Custom Harley Davidson XL 1200CC** - only 1 km 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.

**Computer systems** - Athlon 64(2.4 GHz), 512 MB RAM, 200GB HD, 17" LCD Monitor; Sempron (2 GHz), 1GB RAM, 100 GB HD, 17" LCD Monitor; asking \$500 for each system. Phone 889-5330.

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# TAROSCOPES

BY NANCY

**Aries (March 21 - April 19):** Your impulsiveness can sometimes come back to haunt you. Still you get the chance to change something you thought had gotten out of control. While you've got centre stage you can call the shots. A gamble pays off. Now you can show others that you got what you wanted.

**Taurus (April 20 - May 20):** If you're too caught up in your own thoughts you may cut yourself off from what is happening around you. Wait until you are calmer and very sure of yourself if you want to retract a verbal slip-up. You don't have to have all the answers. Just find out who does and ask for their assistance.

**Gemini (May 21 - June 21):** If you are torn between doing what you want to do and maintaining the status quo. The longer you consider your options the more extreme things seem. Deal with the fears that can paralyze you by creating a plan "B" in case your first choice doesn't work out as well as you'd hoped.

**Cancer (June 22 - July 22):** You're not seeing what is obvious to others. You've been caught up in dealing with immediate issues and putting on a brave face. But this is getting harder to do. It's time to retrace your steps to find out where things got out of hand and where changes need to be made.

**Leo (July 23 - August 22):** You're sending out invitations or signaling to others that you're ready and eager to party. You want to see positive changes and may consider setting up an education fund for yourself or someone else. You could also start a project to improve the aesthetics of your surroundings.

**Virgo (August 23 - September 22):** You can't sit on the fence forever. The time has come to get going. Gather more information on an old issue, only if necessary. Acting now will be beneficial. Use your resources wisely to provide for your future. Take the time to make your residence feel like home.

**Libra (September 23 - October 23):** You'll meet people who share a close personal interest with you. Explore a variety of new activities. Take it slow at the start, or risk going too far too fast. Stop trying to win a battle of wits or words with one who is more overbearing. Sometimes it is wise to retreat.

**Scorpio (October 24 - November 21):** Arbitrary and unexpected changes affect you. And yet you could have seen it coming. Don't try to argue with the powers that be, just focus on tasks and trust you will come out ahead in the long run. Keep checking the "writing on the wall," to see what will happen next.

**Sagittarius (November 22 - December 21):** If you're concerned about being appreciated, don't be demanding. Be patient with yourself and others. You have the ability to overcome obstacles and the wisdom to pick your time and your battles. What you might see as a shortcoming is a strength.

**Capricorn (December 22 - January 19):** Consider your principles and standards before you consult the experts because they don't have a personal stake in your life. It is not yet time for action. Contemplate and consider, but trust your gut when deciding if you should follow tradition or try something new.

**Aquarius (January 20 - February 18):** You're smart enough to pull off what seems impossible. All you need is a no-fail strategy. It's easier to convince others that you can succeed when you believe in yourself. Take advantage of synchronicity. Things fall into place easily when the time is right. Enjoy the rewards.

**Pisces (February 19 - March 20):** Beating yourself up is a waste of time. You are making progress even if you can't see it yet. Complete tasks you've promised to do and don't overload yourself in future. When making future commitments, leave time for relationships. They are what count most to you right now.

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