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## Wing Commander's Annual Curling Bonspiel Brings Down The House



Col Joel Roy, 17 Wing / AFTC Commander (left), gets ready to throw out the first rock at the WComd's Curling Bonspiel. On his right, WCWO Normandin stands ready to sweep. For more, see page 2. Photo: Mike Sherby

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PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

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# WComd's Curling Bonspiel Rocks

By Chris Merrithew  
PSP Sports Coordinator

The annual Wing Commander's Curling Bonspiel was held last week, and the event was once again another roaring success.

"It looked like everyone was having a lot fun, which is great for morale and esprit de corps," says Sports Coordinator Chris Merrithew. A total of 20 teams took to



Team members sweep a rock into the house. Photo: Mike Sherby

the ice at this year's bonspiel, which was held at the Heather Curling Club on 14 Mar 14.

"It was a great turn out," explains Merrithew, estimating that roughly 90 people competed in the all day event with all 8 sheets being utilized at the same time. "It was great to see everyone come out and having fun participating." The Pipes and Drums Band of the RCAF Band kicked off the event by leading all the participants on to the ice for the Opening ceremonies. Teams played round robin games all morning and the top teams from each division advanced to the playoffs in the afternoon.

As well as the curling competition, the bonspiel also featured a skills competition where curlers lined up to see who could get their stone closest to the button without the help of sweepers. Capt Richard Hough took first prize in the skills competition while Cpl Carl Germain and WO Mike Carver came in 2nd and 3rd place respectively.

A number of prizes were awarded during the WCOMD Curling bonspiel, with the Dental

Rocks team winning the Team Canada Mondetta sweaters for the "most spirited team", the Sheet Disturbers won Asham toques for the "best hats of the Bonspiel" and the Rockin Good Leis team received Asham curling bags for winning the "best outfits" of the WCOMD Bonspiel. Overall Merrithew was very happy with how well this year's bonspiel went, and says he's already looking forward to next year's event.

"It was a great day enjoyed by all the members and we look forward to having everyone out again for the Wing Commander's bonspiel next year."



Members of the 1Dental Unit practice good brushing technique. Photo: Mike Sherby

# Wing Member Handles Very Special Delivery

By Bruce Tulloch  
Voxair Photojournalist

What could be more exciting than being named Junior Non-Commissioned Member (Jr NCM) of the Year? Winning the lottery perhaps? But even that pales in comparison to delivering your own child.

The Jr NCM award was created in 2007 to recognize outstanding performance throughout the year amongst the MCpl and Cpl ranks and is presented at the annual Military Police Symposium held in Cornwall. The award consists of a plaque, framed scroll and a Commander's coin from the CAF Provost Marshal.

Each MP Unit nominates a deserving member based on dedication, team work, role model, job knowledge, professional development, community involvement, fitness, and enhancement of Canadian Forces image and the nominees are judged by Senior MPs (Officers and

Chief Warrant Officers).

This year's winner is Corporal Mathew Hall of 23 Military Police Flight on 17 Wing.

According to WO Laurie Bradshaw, 23 MP Flight Warrant Officer: "Cpl Hall excels in all areas of the applicable criteria and he has distinguished himself amongst his peers as being the most deserving of this award."

This is where the story gets interesting. Cpl Hall was home when the winner was being announced, awaiting the arrival of his second daughter. With his wife Alyssa experiencing light contractions, he prepared for the trip to the hospital and watched the Olympic Gold medal hockey game. "We had been joking all week that the baby decided it wouldn't come out until Canada won gold and it would be a long 4 years if they lost," he said.

Minutes after Canada won the game, his wife Alyssa went into labour, quickly. Cpl Hall started the SUV and began to pack. Not enough time! Call 911! Too late, here comes baby!

"With my mother in law relaying instructions from 911 dispatch and the baby on the way we made due with whatever we could find to deliver a baby at home. We grabbed a giant blanket and just about every towel in the house. At this point I put treehouse cartoons on at max volume in the living room and gave Lilly (his daughter) a snack. My mother, who thank god is a nurse, and I settled in for the birth. It was weird to be on the other side of the emergency service response where minutes seem like hours while waiting for the sounds of emergency sirens in the distance."

"At 0852 hrs, 23 Feb 14, The baby was delivered safely into my mother's arms with me beside her."

"I played MacGyver, using a turkey baster to clear the baby's air passages and a pink shoelace to tie off the umbilical cord. The few seconds before that initial scream of life seemed like an eternity," he said. "I remember training for this exact scenario during our emergency medical response training but never assumed I would be using it on my own wife."

Fire and EMS showed up shortly after the birth, taking mother and baby to the hospital.

"I can't thank them enough for the work that they did in ensuring the health of my wife and child."

Not only was Cpl Hall still unaware that he had won, he didn't even know he had been nominated.

"My WO contacted me while at home taking care of my new baby and requested I attend the detachment but wouldn't disclose why. After spending an entire day wondering about why I was being called in, I received a telephone call from Provost Marshal Delaney stating his congratulations for the award and the new baby."

"All in all it was a pretty eventful week between the award and the delivery." He said, "We're just thankful to have a happy healthy family, the award was just the cherry on top."



Cpl Mathew Hall (right) with wife Alyssa, 3-year-old daughter Lilly, and newborn daughter Alia. Earlier Cpl Hall (along with his mother and mother-in-law) delivered Alia at home after it became apparent they wouldn't make it to the hospital in time for the birth. Photo: Supplied

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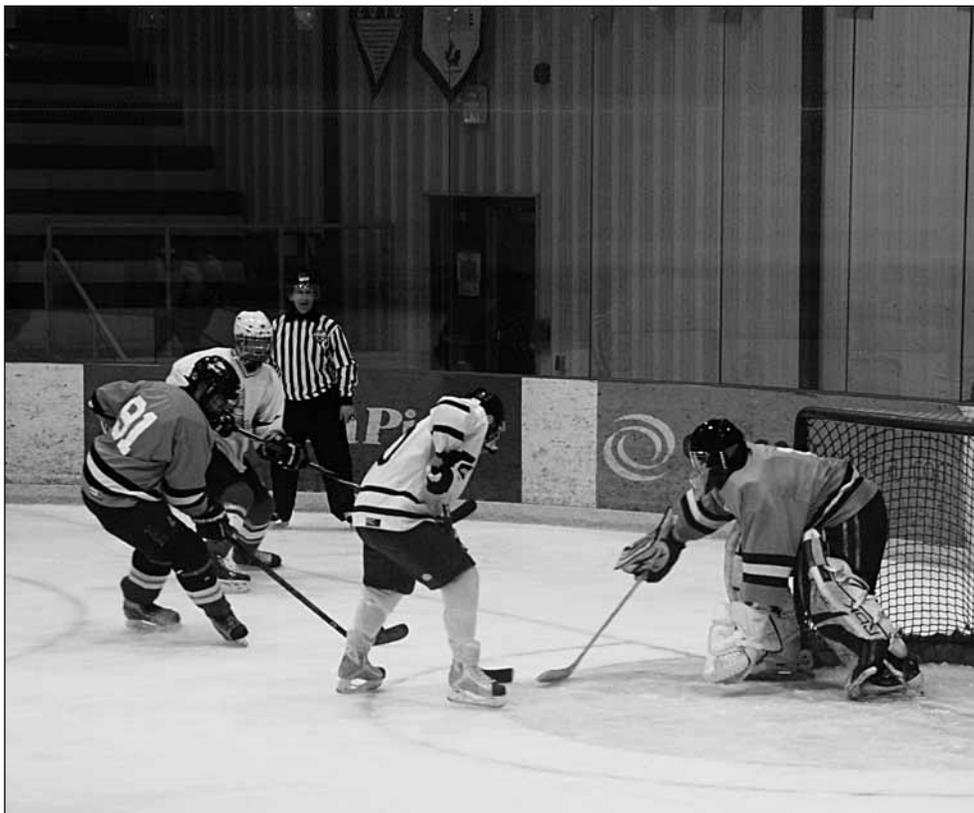
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# 1CAD Aces Soar to Championship in 17 Wing Recreation Hockey Finals



Aces' goaltender Major Corey Smith clears the Lock-outs' centring attempt.  
Photo: Bruce Tulloch



Lock-outs goaltender makes a right pad save on a screen shot from the point.  
Photo: Bruce Tulloch



A late whistle lead to a goalmouth scramble in the Lock-outs' crease.  
Photo: Bruce Tulloch

**By Bruce Tulloch**  
**Voxair Photojournalist**

While the NHL is gearing up for the playoffs the 17 Wing Recreation Hockey League drew to a close last week at the MTS Iceplex with the 'A', 'B', and 'C' Division Championships.

The 'A' Division playoffs consisted of a single round-robin with the top two teams advancing to a best-of-three championship series.

The final series featured the 1 Canadian Air Division Aces versus the Lock-outs. The teams had played each other previously in a round-robin game, with the Aces edging the Lock-outs 3-2.

The first game of the play offs was another tight one with Aces winning again 3-2.

Facing elimination in game 2, the Lock-outs controlled much of the play, though the Aces started strong and opened the scoring early with an early power play goal.

The momentum shifted when the Lock-outs tied the game, but the Aces managed to regain the lead and finished the second period with a 2-1 advantage.

With the Lock-outs tied the game again early in the third period, the checking got tighter, and it looked like overtime would be needed. But once again the Aces took advantage of their opportunities and grabbed a 3-2 lead midway through the period.

With two minutes left in the game, The Lock-outs called a timeout to re-organize. Before they could get the goalie to the bench for an extra attacker, the Aces scored again and sealed the victory and the 'A' Division Championship with just over a minute left in the game. With that 4-2 win, it was back to the dressing room for some well-deserved celebrations.

If you ask the players, the biggest part of their success was the play of goaltender Maj Cory Smith, who came up big on a pair of breakaways and several point blank shots.

"Corey's a good goalie. He follows the play very well and he's able to keep them from scoring on the one-on-one situations," explained forward Capt James Behn, "We have a lot of confidence in him."

Maj Smith was quick to share the praise "I had a lot of help from the guys, they cleared the puck so there weren't a lot of second shots."

With the victory, Capt Behn also became the first American-born player on an 'A' Division winning team, something he had been unaware of. "They just told me today," he admitted. "It was very exciting." The milestone was icing on the cake for Behn, a Captain in the United States Air Force, who had enjoyed the entire experience. "It's a privilege to get to skate up here and play hockey while I'm serving my country in a foreign nation, it's been fun."

The 'B' and 'C' division playoffs were a double elimination format with a single game championship final.

In the 'B' Division Final, The Geriatric Jets defeated The WTISS Jimmies to take home the championship. And it was the Make B-Leafs defeating the MP Watchdogs to become the "C" Division champs.

Chris Merrithew, PSP Sports Coordinator, thanked all the people who made the season successful, including Maj Pow and all of the officials, Ted Scott and Ian Taylor (Timekeepers), Ted Szykowski (Ice scheduler) and the rest of the great crew at the MTS Iceplex, MCpl Darren Burgess (statistician) and some of members from our executive committee, MCpl CJ Butcher (President) and CWO Colin Stewart (Vice-President).



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# 1CAD Honours and Awards

The 1 Canadian Air Division Honours and Awards took place on March 12th, 2014 at Building 25, and were presented by MGen Pierre St-Amand. All photos by: Cpl Gabrielle DesRochers.



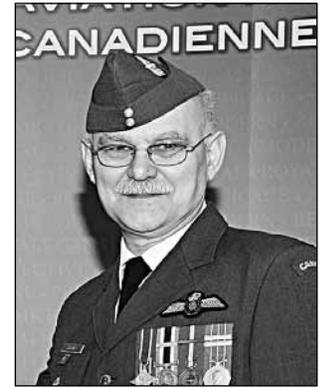
MGen Pierre St-Amand, presents Major LM Baspaly with the General Campaign Star- SW Asia (GCS-SWA Roto bar)



Major MK McGrath received the General Campaign Star-South West Asia (GCS-SWA Roto bar)



Major SA Hoffman received the Special Service Medal Alert (SSM Alert)



Major RJ Cooney received the Canadian Decoration 3 (CD3) for 42 years of service.



Lieutenant Colonel ES Giles received the Canadian Decoration 2 (CD2) for 32 years of service.



Major AJ Ament received the Canadian Decoration 2 (CD2) for 32 years of service.



Colonel MR Barker received the Canadian Decoration 1 (CD1) for 22 years of service.



Lieutenant Colonel AYJ Belzile received the Canadian Decoration 1 (CD1) for 22 years of service.



Lieutenant Colonel KH Tromp received the Canadian Decoration 1 (CD1) for 22 years of service.



Major CJ Smith received the Canadian Decoration 1 (CD1) for 22 years of service.



Sergeant A Branigan received the Canadian Decoration 1 (CD1) for 22 years of service.



Captain K Nurse received the Canadian Decoration (CD) for 12 years of service.



Captain WA Camm received the Royal Canadian Air Force Commander's Commendation.



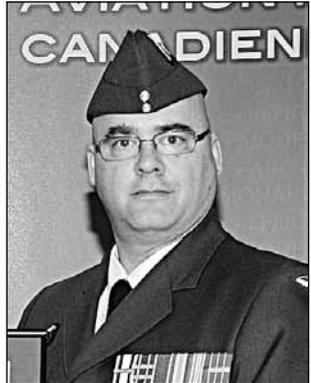
Captain JR Vermette received the Canadian Joint Operation Command Commendation.



Major JE Falldien received the 1 Canadian Air Division Commander's Commendation.



Captain JA Baker received the Canadian NORAD Region Award.



Warrant Officer C Frost received the Canadian NORAD Region Award.



Sergeant M Neilson received the Canadian NORAD Region Award.



Corporal MM Horner received the Canadian NORAD Region Award.



M. A Christodoulides received the Canadian NORAD Region Award.



Major SL Jacobson received the Commander's Coin.



Warrant Officer P King received the Commander's Coin.



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# Strategy Gaming Club: No Risk in Joining This Club

By Bruce Tulloch  
Voxair Photojournalist

"Soldiers huddle in foxholes as artillery shells rain down around them, splitting the sky and shaking the ground with a savage and relentless ferocity... Titanic battlemechs, robotic engines of destruction, march across the shattered battlefield of the far-future, in a desperate attempt to hold the line against enemy 'mechs... Ork Warboss Grugnutz howls a call to arms from astride his souped up dethkart, impatient to meet the sly Tau commander in close quarters combat..."

Or as the 17 Wing Strategy Game Club would say, just another great night of gaming.

As the name suggests, strategy games are the main interest, but "we play pretty much everything," says co-founder and current Club President Captain Gerald Howlett, "Strategy gaming encompasses a large range of game genres from historical, Sci-Fi and fantasy, board games, miniature games, and role playing games. We also play collectable card games and have many members that play computer games (at home) versus other members."

Some of the more popular activities include: miniature games like Warhammer 40K, Field of Glory, and Zombieeees!!!; Risk, Axis & Allies, and other board games; role playing games and collectable card games such as Magic the Gathering.

The 17 Wing Strategy Game Club has been around for more than 15 years, and currently boasts a membership of almost 40 people. The club was created as a hobby outlet for Military members but is open to anyone.

"Joining us is easy," says Capt Howlett, "just show up, make friends and have a great time."

While people are invited to just drop in and join, "The meets are somewhat organized with members proposing events and recruiting opponents, some games have play-

er limits, two, four etc, and some are open, meaning no limits," explains Capt Howlett, "Also people can show up at a meet with a game they want to run and usually get someone else to play."

Meetings are held in the multipurpose room in Building 33, Westwin Community Centre every Thursday evening from 1800 to 2200 hours; parking is available and there are no membership fees. About a dozen members attend any given meeting. The club also has a website ([sites.google.com/site/17wingstratgame/Home](http://sites.google.com/site/17wingstratgame/Home)) and facebook page ([facebook.com/groups/17SGC](https://www.facebook.com/groups/17SGC)) where events are announced and members discuss and arrange activities, games, and future events.

Strategy gaming is about more than just rolling dice and moving pieces, "Gaming involves interaction with your friend/opponent and has a strong social element," says Capt Howlett, "everything from sharing information with other hobbyists to sportsmanship when your model soldiers receive a drubbing."

The 17 Wing Strategy Game Club also runs its own tournaments and friendly competitions featuring the



Members of the 17 Wing Strategy Game Club enjoy themselves at a meeting. Photo: Supplied

members' current favourite games, and supports various public game conventions in Winnipeg like Comicon, Jimcon, and Legiocon.

Quoting Dr. Suess, Capt Howlett once again invites any and all to come out to one of their meetings, "As Horton heard... 'We are here, we are here...' Just come on out and meet like-minded souls, or discover a hobby that is fun and challenging."

# Old Man Winter Can't Stop Mukluk Days

By Bruce Tulloch  
Voxair Photojournalist

While the coldest winter in 65 years forced the cancellation of many events across the prairies, it couldn't stop 17 Wing Detachment Dundurn's Mukluk Days. Old Man Winter wasn't even the leading contender.

According to this year's OPI, Master Corporal Alex Esliger, "the biggest change this year was that the Olympics were on and Canada played hockey on both days."

Mukluk Days is a two-day competition between the four branches stationed at a Det Dundurn, consisting of series of challenging and team building events such as: an archery/paintball shoot, chicken curling, potato sack race, the 6-legged race, and "The Chain of Command Race" where we can put some of the officers to work," according to MCpl Esliger. This year the event fell during the Sochi Olympics, on February 13-14.

The teams are colour-coded red, blue, yellow, or green, and participants must wear at least one article of clothing in the team's colour. It is the OPI's job is to assign each event to a branch and to "make sure everything runs smoothly."

While all events require focus, some require a sense of humour, too. In the Chain of Command race where holding a higher rank also means carrying more clothing and items, or extra-large volleyball, one of the new events this year, where an exercise ball is used in place of a volleyball. The six-legged race was another new event that proved popular.

Each event is scored using a points system and the

team with the highest total after all events wins the coveted Golden Mukluk Boot along with "bragging rights for the year."

Depending on whom you ask Mukluk Days dates back to the late 70s or early 80s.

"I did some research and it was very hard to find the actual year that this tradition began," explained MCpl Esliger. "I spoke with some of the people that have been here the longest and they were on the fence, but it was 1979 or 1980." What is known for sure is that Mukluk Days began as a three-day event where teams were randomly chosen from all personnel by drawing names out of a hat.

Day Two featured a Chili Cook-off which was open to all Members, and the CSMRFC also cooks up enough of their own chili to feed the entire Detachment. MCpl Esliger said that it was so cold that the MSFRC also stepped in to help out in other ways. "They provided hot chocolate and coffee and volunteered their heated garage as a warming hut," he said. The event concludes with the United Way Beard Contest judging and the weekend's prizes being awarded.

Despite the cold, spirits were high and the feedback positive.

"I feel this is a very good event and it is a good break from the long cold winters here in Saskatchewan," said MCpl Esliger. "Mukluk Days is a great day for morale and esprit the corps of the Detachment, and its Military and civilian personnel alike"



One of the new events, extra-large volleyball is played during Mukluk Days. Photo: Supplied



Mukluk Days trophies: including the Chicken Curling trophy, and Golden Mukluk Boot. Photo: Supplied

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# 435 Squadron Survives Snowshoeing Expedition

By Maj T M Fascione

The Winter Olympics is an extreme motivator for health and fitness. I fondly recall those February evenings as I sprinted to the sofa to watch some of my newly re-found favourite sports. Like most people I have since spoken to, I did not realize what an affinity I had for watching a group (apparently the collective noun is a bachmann) of lunatics careen simultaneously down the same ski slope on single planks at about 200 kmh while trying to bash their helmets periodically on the tropopause. Nor did I appreciate the speed that a skater can achieve with a pair of carving knives strapped under foot. As for four 300 pound body builders climbing into the same Hades bound coffin at terminal velocity - outstanding!

Well, consider 435 Squadron truly motivated. The CO, LCol Steve 'put me down for the skeleton' Lamarche told the Sqn Chief, CWO Paul 'I'll do the luge then' Nesbitt in no uncertain terms that the next Squadron Sports Day was to allow all Squadron members the opportunity to make the most of the last of what has become known as the 'really' winter of 2013/4. I mean, come on, really? Really! Apparently Winnipeg was colder than the surface of Mars - and that was since September! So, in true CWO Nesbitt fashion the bull was taken by the horn and the Squadron was tasked immediately to construct a 435 Squadron Winter Sports Fest to put Sochi to shame. A hand selected team of the Squadron's finest rapidly disregarded a 'firework and flags' opening ceremony and went straight for the jugular: the main sporting events. On offer was 'Winter Floor Hockey' (as played in Egypt), 'Festival de Voyageur Volleyball' (a winter sport played on the beaches of the Caribbean), 'Skidooing' (as practised by petrol head North Americans from Florida to Alaska) and finally, the most under-rated of extreme winter activities: snow-shoeing. Yes, snow-shoeing. Returning briefly to the Sochi Winter Olympics, the sight of collapsed biathletes grasping the snow for dear life and desperately gasping oxygen molecules had me thinking: at least they are on skis and can slide down the hills; imagine if they were on snow shoes and had to walk the entire route - now that would be difficult. Snow shoeing, that would be really challenging. So, along with 18 like-minded colleagues I put my name down for the challenge. No, don't laugh, I hadn't even been drinking. What makes it even worse is that the Honorary Colonel, Trevor Kennerd had his name down too.

The morning of the 435 Sqn Winter Sports Day, Friday 7th March, started well. I made it to work in traffic inured to the now standard 10 cm of overnight snow. I silently gave thanks to the Polar Vortex and the Manitoba Guild of Driving Instructors (remind me to deposit a donation in their Christmas fund) and parked in the nearest free parking spot I could find for building 90 Gym. I then walked the 800 metres from Portage and met with the rest of the (what I now happily remember as) 435 Squadron Snow Shoe Team. I must admit I do not recall any looks of trepidation at that stage but most people were too busy working out how to put snow shoes on - given that, like me, most had never done it before. After fastening more straps than a loadmaster securing a NATO standard pallet, we looked ready to set off. The fact that we didn't have a route to follow was irrelevant because we were as ready as only military personnel can be. We merry band then looked out onto the horizon, weighed up our choices and, having made a detailed analysis of all navigation data available, decided it would be best to head to the wilds of the trim



The 435 Sqn Snow Shoe Team stops for a brief break to take a group photo. Photo: Supplied

trail. Embarkation was logged as 0900. At 0901 Natalie Fondren-Gasc, the CO's EA, collapsed of exhaustion. Luckily we had a number of SAR Techs with us and the Admin O had brought her personal AED with her so we had Natalie on her feet again by 0902.

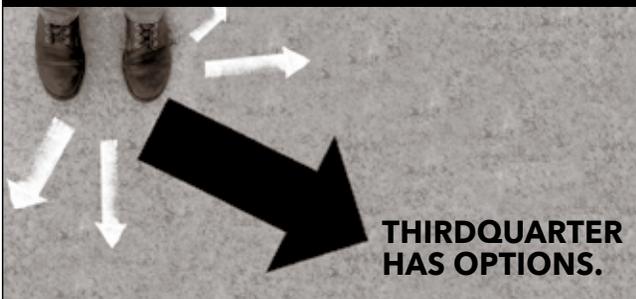
After circumnavigating the trim trail, and stopping for a photo call atop the training hill (a veritable mountain in Manitoba), the main party then made a bee-line for that distant survival station known as Tim Horton's. A small recce party pressed on with the trim trail, with one member, Sgt Bill 'Happy' Johnson taking to his cross-country skis. Forging on like Scott of the Antarctic through all a Canadian Winter could throw at them; both the main party and the recce team wrote letters to loved

ones and considered their place in the Universe. Eventually, almost crushed by the elements, at least 85% of those that set off made it back to the safety of the base camp - the Gym. Yes, we might have left a few behind (has anyone seen the Admin O by the way?) but an attrition rate of 15% has to be expected in those conditions.

Anyhow, a busy squadron will always find it challenging to maintain the almost professional-athlete level of personal health, but I hope I have shown that the Nation can rest assured that 435 Squadron will always do its best.

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# Padre Baxter's Long Road to Dundurn

By Bruce Tulloch  
Voxair Photojournalist

It's not quite Tipperary, but it's a long way from upstate New York to Dundurn, especially with stops in Ohio, Victoria and Edmonton in-between.

Yet the geographic distance pales in comparison to the personal and career path taken by 17 Wing Detachment Dundurn Chaplain Captain Charles Baxter, who went from being an upstate New York American graphic designer to a Canadian citizen and the first Ukrainian Orthodox Regular Force Chaplain in Canada.

While faith has always been a part of Padre Baxter's life, it wasn't until he was closing out his twenties that he knew just how big a part it would play. He was working as a graphic designer when he decided to enter the Ministry, and in 1994 he was ordained into the Ukrainian Orthodox Church of the USA.

"It just felt right," says Capt Baxter matter-of-factly. "There's no other way to explain it, it just felt right."

Moving to the rust belt in north-east Ohio, Padre Baxter spent 13 years in a parish ministry leading a large congregation. While there he found the time to complete his Clinical Pastoral training, and was able to qualify and undertake a part-time position as a hospital Chaplain.

"I loved my Ukrainian Orthodox parish in the US, but it was a large parish, and in any large organization you experience a type of burnout," he explains. "In parish ministry burnout usually occurs between year 10 and 15 years in pastoral assignments."

Looking for a new challenge within the church, he approached not only the Ukrainian Orthodox Church of the USA, but also the Ukrainian Orthodox Church of Canada, which is located in Winnipeg beside Saint John's Park on Main Street.

"I received blessings from both American and Canadian churches and was offered the position of Pastor for the Vancouver Island District. It had 2 parishes, Victoria, which was well-established, and a mission parish just getting started in Parksville."

After working in that position for some time with the blessing of the Metropolitan (Bishop) Padre Baxter began searching for another Chaplain position.

"If I could find a chaplain position that he would bless, then I could pursue some type of ministry in the chaplain field," he says.

After two years of searching, his luck changed while visiting the CFB Esquimalt, BC. They expressed a great interest in recruiting him as a chaplain.

"So then I became a Canadian," he beams. "I'm quite proud to be Canadian. I love this country; it's a great place to live."

Citizenship is one thing, boot camp is another. So in 2009, Padre Baxter traded his parish on the island for Basic Training in Borden.

"It was a very interesting experience and challenging on another level," he admits. "Some of the biggest challenges are physical, you have to be able to keep up with the troops, and pass the fitness standard every year."

Another challenge is relocation, and the padre has lived in more cities than the average Canadian. His first posting was in Wainwright, before hitting the highway to CFB Edmonton.

Now stationed in Dundurn, Padre Baxter stays fit as a certified spin instructor, which is group cycling on stationary bikes.

"I've been doing this since the 90s as a stress reducing tool, for fitness, and it's fun," he says, adding that he'd like to attempt another triathlon this summer.

"It's also a very good way for me as a chaplain to in-

teract with and get to know the troops."

So, given the places he's been to, how do Saskatoon and the Dundurn Detachment hold up for Padre Baxter?

"There's a mistaken conception that a small detachment is a not a busy place, and that not true," he says. "There's a lot of work going on here and the people do support each other; we have great fun and have great social events, there's great camaraderie here. This is a good place to live."



Padre Baxter teaching a spin class. Photo: Supplied

# Community Recreation Spring Schedules

## Pool Schedule

Saturday April 5<sup>th</sup> to Sunday June 29<sup>th</sup>, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CASUAL SWIM</b> kiddie pool only	1630 - 1800	1900 - 2000	1630 - 1800	1900 - 2000	1800 - 1900	1300 - 1500	1030 - 1200
<b>CASUAL SWIM</b> both pools	1800 - 1900	1900 - 2000	1800 - 1900	1900 - 2000	1800 - 1900	1300 - 1500	1300 - 1500
<b>LAP SWIM</b>	0630 - 0730 1100 - 1300	0630 - 0730 1100 - 1300 1500 - 1600	0630 - 0730 1130 - 1300	0630 - 0730 1100 - 1300 1500 - 1600	0630 - 0730 1100 - 1300	1500 - 1600	1030 - 1200 1500 - 1600
	1900 - 2000	2000 - 2100	1900 - 2000	2000 - 2100	1900 - 2000		
<b>LESSONS</b>	---	1700 - 1900 Apr 8 - Jun 10	---	1700 - 1900 Apr 10 - Jun 12	1800 - 2100 Apr 11 - Jun 20	0930 - 1200 Apr 5 - Jun 21	---

  
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## Spring Program Schedule

Saturday, April 12 to Saturday, June 21, 2014

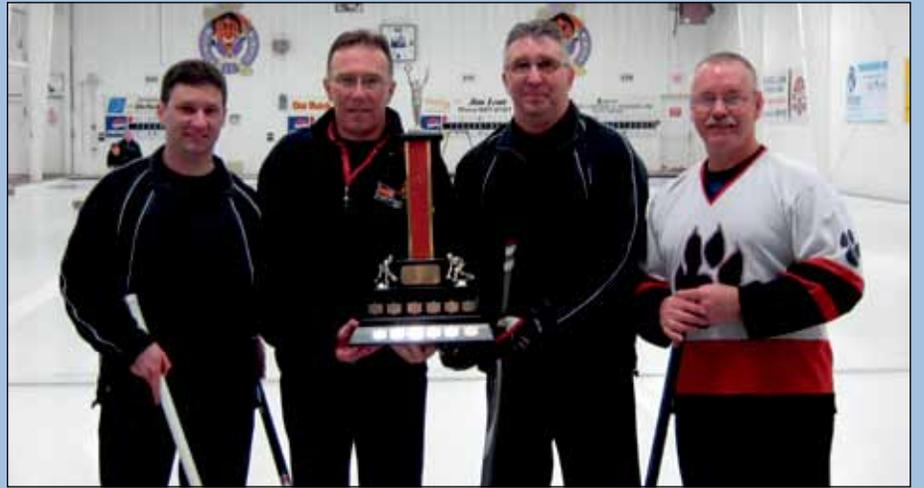
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	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<b>CHILDREN &amp; FAMILY PROGRAMS</b>	<b>NEW!</b> Casual Gym 1600 - 1700	Active Kids 1630 - 1930	<b>NEW!</b> Casual Gym 1600 - 1700	Active Kids 1630 - 1930	<b>NEW!</b> Casual Gym 1700 - 1800	Active Kids <b>0915 - 1130</b>	
	Family Gym Time 1700 - 1900		Family Gym Time 1700 - 1900			Birthday Parties <b>1200 - 1500</b>	Birthday Parties <b>1200 - 1500</b>
<b>ADULT FITNESS PASS CLASSES</b>	Spin Class 1700 - 1800	Muscle Boot Camp 0630 - 0730	Spin Class 1700 - 1800	Muscle Boot Camp 0630 - 0730		Muscle Boot Camp <b>0930 - 1030</b>	
	Zumba (toning) 1815 - 1915	Fusion fitness 1700 - 1800 Yoga 1815 - 1915		Fusion fitness 1700 - 1800 Zumba (basic) 1900 - 2000	<b>NEW!</b> Tai Chi 1815 - 1915	Weight Room Circuit 1800 - 1900	---
<b>DROP-IN / PICK-UP ADULT SPORTS</b>	---	Indoor Ball Hockey 1800 - 2100	---	Squash 1900 - 2100	---	---	---
		Volleyball 2000 - 2100		Badminton 2000 - 2100			

www.pspwinnipeg.ca

# 17 Wing Recreation Curling Wraps Up For the Season

Congratulations to "Mawdesley Hall" who defeated "ODDS N SODS" to win the 17 Wing Recreation Curling Championship. Thanks to all the teams for participating in the 2013-14 Curling season and we look forward to having everyone back next season.



L-R: Capt Richard Hough, Maj Cameron Lowdon, Maj Dan Sajtos, Capt Sven Leppik.  
Photo: Supplied

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# MPs Visit MFRC Nursery School

On 12 Mar 14, 23 MP Ft Military Police members MCpl Tanner Kavanaugh and Cpl Mathew Hall spent the day at the MFRC Nursery School, located at the Bldg 33 Westwin Community Centre here at 17 Wing, where they conducted a Child Identification Clinic and a D.A.R.E Safety Talk. The activities consisted of the Military Police fingerprinting the children and providing parents with the fingerprints as a means of positively identifying their child, should the child ever go missing. They also conducted a D.A.R.E Safety Talk where they taught the children about topics such as road safety signs, railway safety, use of 911 emergency phone number and what to do if they became lost.



Cpl Mathew Hall (holding sign) and MCpl Tanner Kavanaugh teach children about D.A.R.E road safety. Photo: Cpl Ancelin



Cpl Mathew Hall (left) & MCpl Tanner Kavanaugh (right) with kids from the MFRC Nursery School. Photo: Cpl Ancelin



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## Last call for the Avro Lancaster: From Tiger Force to derelict on the Alberta prairie



On June 5, 1945, the crew of Lancaster KB-739, known as the Zoomin' Zombie (NA-Z), celebrate their successful crossing of the Atlantic. Under the the Zoomin' Zombie title, she also sports the Latin phrase "Cui Bono?" which means "To whose advantage?" This Lanc completed 56 combat operations. The crew members are Cliff Pratt (pilot), Gord Claire (flight engineer), Jim Gunn (navigator), Doug Miller (air bomber), Archie Martin (wireless/air gunner), W.A. Magee (wireless operator) and Ted Dykes (air gunner); Les Powell and Hal Baddock came along for the ride home. KB-739 was last seen in a scrapyard in Edmonton, Alberta. PHOTO: Bomber Command Museum of Canada Collection

### By Dave O'Malley, Vintage Wings of Canada

As the Second World War wound down in Europe, the Allied powers, which had previously been focused on the destruction of Hitler's Nazi-run Germany, began to think about the battle to come in and around Japan.

The United States was largely responsible for offensive aerial attacks on the Japanese home islands, though the Royal Navy and the aerial arms of Australia, New Zealand, Great Britain and Canada were engaging the collapsing enemy in his many empirical outposts from Burma to Palembang to New Britain.

Plans were put in place to provide as much assistance to the Allies in the Far East as the Commonwealth could muster. Once they had brought Nazi Germany to its knees in final surrender, massive amounts of men and war machines could then be unleashed on Japan to speed the end of the war in that theatre. It was largely held by the Allies everywhere (except for those who were secretly working on the atomic bomb) that this war would be fought to the last Japanese soldier on the home islands of Nippon.

After D-Day, when Churchill met with Roosevelt during the second Québec Conference on September 12, 1944, he made a promise to transfer a substantial number of Bomber Command heavy bombers to the Pacific Theatre—up to 1,000 aircraft. As the European war's outcome was not in any doubt, except for the actual day of final surrender, Bomber Command set about in October to create the structure of a new bomber force, code-named Tiger Force.

Initially this new and powerful force was to be formed with 22 squadrons in three groups (9 Wings total) with squadrons from the Royal Air Force (RAF) and the air forces of Canada, Australia, New Zealand and South Africa. Later the force was reduced to just 12 squadrons and then to a final eight squadrons in two groups, with only RAF and Royal Canadian Air Force (RCAF) squadrons.

When deployed, Tiger Force would fly the highly capable Avro Lancaster and the Avro Lincoln (just coming off the assembly line), as well as American-built Consolidated Liberators. These new Commonwealth squadrons on the scene in Okinawa would need fighter escort, which was to be supplied by the Royal Australian Air Force's First Tactical Air Force as well as other Commonwealth units already in theatre and American assets.

RCAF squadrons involved kept their old Bomber Command "6 Group" designation, and the operational wings were to be formed up at the following bases:

- 661 Wing, commanded by Wing Commander F.R. Sharp, DFC, to be formed at Yarmouth, Nova Scotia – 419 and 428 Squadrons, July 15-September 5, 1945.
- 62 Wing, commanded by Group Captain J.R. MacDonald, DFC, to be formed at Dartmouth, Nova Scotia – 431 and 434 Squadrons, July 15-September 5, 1945.
- 63 Wing, commanded by Group Captain J.H.L. Lecomte, DFC, to be formed at Debert, Nova Scotia – 420 and 425 Squadrons, August 1-5 September 5, 1945.
- 664 Wing, commanded by Group Captain W.A.G. McLeish, DFC, to be formed at Greenwood, Nova Scotia – 405 and 408 Squadrons, August 1- September 5, 1945.

As the war wound down, the Canadian squadrons of 6 Group were being re-equipped with Canadian-built Lancaster bombers so that at the outset of Tiger Force training, they would all have the same equipment. 141 brand new or relatively low-time Lancaster Mk. 10s were assigned to Tiger Force, though many of them still had not even been delivered to the RAF.

Following the end of the war in Europe, the Lancaster Mk.10s in service with the RCAF were flown to Canada by their crews, set to be modified, painted and crewed for Tiger Force operations.

Flying out of England over a period of several weeks, they journeyed to the Azores and from there to airbases in Nova Scotia and Newfoundland and, finally, on to a big repair depot at RCAF Station Scoudouc in New Brunswick. Only one aircraft was lost, ditching in the ocean off the Azores, but no airmen were lost.

Soon, the atomic bombs put a quick end to the requirement for additional Canadian and British bombing crews and aircraft. Tiger Force stood down and ceased to exist after October 1945.

Without a Canadian requirement for a heavy bomber force, the scores of Lancasters harboured in Scoudouc were going nowhere. It was soon realized that the Lancasters would not fare well stored in the humid and salty ocean air of Scoudouc, and they were prepared for a ferry flight to drier air in Alberta.

That province had many recently closed air bases from the British Commonwealth Air Training Plan that were ready to be fired up again to accept the aircraft and mechanics to keep them relatively healthy until a plan could be made for their disposal or further use. Eventually all the 140 or so Lancasters were delivered to Alberta, but on one single day in September of 1945, the skies above the tiny hamlet of Pearce, Alberta, and its nearby training base absolutely thundered with the arrival of

83 Lancasters over the one afternoon.

Pilots and aircrew, realizing that they would likely never fly a Lancaster again, ripped the blue prairie skies apart, turning, banking, zooming, flying low level, and scaring farm animals until they had no fuel left.

After the Lancasters were brought to Pearce, crews on the ground were tasked to keep them flyable, starting their four Merlin engines daily and looking after leaks and dried seals.

To relieve space at Pearce, many Lancs were dispatched to other outlying airfields like Fort McLeod, Penhold, and Calgary. For some, this would be the end, eventually struck off charge, stripped of their valuable engines—some sold for scrap, some sold to farmers for the contents of their fuel and glycol tanks or handyman projects, or even just to have one.

You could buy a Lancaster with all four Merlins for just \$250 to \$350.

The lucky ones, more than 70 in all, were selected for new roles as anti-submarine patrol aircraft, ice reconnaissance or photographic mapping. In these new roles, they flourished, becoming part of the rich history of the RCAF. Within ten years most of these Lancs were obsolete as well, and they also ended up back in Alberta for further storage and eventual scrapping.

But it is the Lancasters that were not selected for a new life – the ones not sold immediately for scrap or towed away by farmers – that were the saddest of all.

They lingered out on the cold Canadian prairie, hulks stripped of their valuable bits, sinking on deflated tires, their painted bombing mission markings fading and flaking under the onslaught of long, terrible winters and the hot prairie sun. By the late 1950s, they were simply a boneyard, picked over by maintenance crews, collectors, museums, vandals and gawkers. Their humiliation complete, these truly venerable warhorses simply vanished from sight by the 1960s, finally cleaned up like some toxic waste dump.

But the memories remain. If you drive out to the now-ghost town of Pearce, Alberta, on a fine fall afternoon, the wind rippling the wheat and canola like an ocean swell, and you stand silent on the old runway, ear cocked to the prevailing wind, you will hear them—the 83 joyous crews laughing, the Merlins howling a warrior's cry, bellowing over the prairie, the popcorn backfires and rubber chirps as they settle onto the runways upon which they once trained for the fight.

Listen over the sound of the prairie wind. Listen. You can hear the ping and ticking of cooling exhaust stems, the laughter of crews taking one last photo together. You can hear them promising to stay in touch.

And then the sound of silence.

This article was originally published on the Vintage Wings of Canada website. It is translated and reproduced with the permission of Vintage Wings and the Bomber Command Museum of Canada.

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# RCAF brings last troops home from Afghanistan

By Joanna Calder, DND News

The CC-177 Globemaster III, escorted by two CF-18 Hornet fighter jets from 3 Wing Bagotville, Quebec, circled gracefully and in perfect formation around the Department of National Defence's headquarters building in Ottawa and then turned south towards the Ottawa airport.

Onboard the Globemaster, which is operated by 429 Transport Squadron, located at 8 Wing Trenton, Ontario, were more than 90 passengers who have written a page in the history of Canada. They were the last Canadian troops to leave Afghanistan at the end of more than 12 years of Canadian Armed Forces operations there.

Colonel Paul Prévost, a former commander of 3 Wing Bagotville who has both flown a CF-18 escorting previous flights home and been a passenger returning from Afghanistan, told CFRA radio's Steve Madely what it's like.

"What I remember the most about that trip was the way the troops react on the plane. They get excited pretty quick. They're tired, most of them are sleeping, but as soon as they realize the CF-18s are there everyone is awake and around.

"Within a few minutes you can feel the excitement even sitting in the F-18s. All those little windows on the side of the airplane get filled pretty quick with about three faces and six hands each waving at you. It's a great moment, great moment," he said.

"You [the escort pilots] are the first Canadian to welcome them home," he continued. "It's a great honour for us and it's a great way for the RCAF to mark their return.

Governor General David Johnston, Prime Minister Stephen Harper, Defence Minister Rob Nicholson and General Tom Lawson, Chief of the Defence Staff, welcomed the troops at the Canada Reception Centre at the airport a little after 9 a.m. this morning.

"Returning men and women of the Canadian Armed Forces, as your Commander in Chief, I salute you. And as your Governor General, I welcome you back to Canada with gratitude and in humility," said Governor General Johnston. "You have served with courage, sacrificed your lives, and endured the extremes both of climate and of separation from family and friends. Through it all, you have proved your diligence, your toughness and your compassion for the plight of others."

"To honour that exemplary service [of our troops], I am very pleased to announce that May 9, 2014, has been declared a 'National Day of Honour' by Royal Proclamation, in recognition and commemoration of Canada's military mission in Afghanistan," said Prime Minister Harper.

"Through this National Day, Canadians will have the opportunity to reflect on the courage and sacrifices made by our soldiers."



A CC-177 Globemaster III from 429 Transport Squadron, piloted by Captain Capt Dave Hicks, arrives in Ottawa on March 18, 2014. The last Canadian troops to leave Afghanistan were onboard the historic flight. The Globemaster was escorted by two CF-18 Hornet fighter jets from 425 Tactical Fighter Squadron, 3 Wing Bagotville, Quebec. Photo: Ken Pole, Canadian Skies

## Canadian Armed Forces completes military mission in Afghanistan



The last Canadians involved in the NATO training mission in Afghanistan (CCTM-A) board an American Chinook helicopter, on March 12, 2014 as they leave the International Security Assistance Force (ISAF) headquarters in Kabul, Afghanistan. Photo: Master Corporal Patrick Blanchard



General Thomas Lawson, Chief of the Defence Staff, returns salute to Major General Dean Milner, last Commander of the Canadian Contribution to the Training Mission in Afghanistan (CCTM-A), during the flag lowering ceremony at the International Security Assistance Force (ISAF) headquarters on March 12, 2014, which marks the end of Operation Attention and the twelve-year military involvement in Afghanistan.

By DND

After more than 12 years, Canada's military in Afghanistan has come to an end. In a flag lowering ceremony on March 12 at International Security Assistance Force (ISAF) headquarters in Kabul, the largest deployment of Canadian Armed Forces (CAF) personnel since the Second World War has drawn to an end.

General Tom Lawson, the Chief of the Defence Staff, along with members of NATO, ISAF and dignitaries, attended the event.

"Today, after more than 12 years and the deployment of over 40,000 Canadian Armed Forces members, our mission in Afghanistan has come to a close," said General Lawson. "This mission has had a profound impact on the generation of soldiers, sailors, airmen and women who contributed to it, and to their families who supported them throughout. Together with all Canadians, we will commemorate our fallen and we will care for our ill and injured. As our flag comes down today, we look back on our mission with pride, knowing that through our efforts we have helped Afghans to gain the hope of a brighter and more secure future."

Canada will continue to play a role in supporting efforts that contribute to building a better future for all Afghans and has committed \$330 million to help sustain the Afghan National Security Forces and \$227 million in development assistance between 2015 and 2017.

"The Government takes great pride in the work of the CAF and all that you have achieved in Afghanistan; accomplishments which have been earned from great sacrifice," said Rob Nicholson, Minister of National Defence. "The strength of your commitment and that of your families, to ongoing operations, and to the challenging tasks that your country has asked of you, has brought great honour both at home and abroad. The lowering of our flag marks the end of this significant chapter in our history as a nation."

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15 mai (8 h à 16 h) et 16 mai (8 h à 12 h)

Reconnaître les premiers symptômes et savoir y réagir. Apprendre à faire des entrevues efficaces.

Ces compétences seront bientôt obligatoires pour tous les militaires qui ont des fonctions de supervision. Ce cours aura un code. DAOD 5019-7

To register, contact Health Promotion at local 4150

Pour vous inscrire, appelez le Bureau de Promotion de la santé, au 4150

Health Promotion in the Canadian Forces  
**STRENGTHENING THE FORCES**  
ÉNERGISER LES FORCES  
Promotion de la santé dans les Forces canadiennes

**Managing Angry Moments (MAM)**

8 and 15 April 2014  
0800 - 1600 hrs

*Through education, MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.*

**Gérer les moments de colère**

8 et 15 avril 2014  
8 h à 16 h

Il s'agit d'un volet éducatif qui a pour but de vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptation qui vous conviennent.

For more information or to register contact Health Promotion at local 4150

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150

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## Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

www.facebook.com/Winnipeg MFRC www.facebook.com/WinnipegMFRCYouth



**KIDVENTURES  
SUMMER DAY CAMP  
Camps de jour  
2014**

The staff of the MFRC Kidventures Summer Day Camp welcome you to join us as we race around this great country of ours! The Amazing Race Canada will be 8 fun filled weeks of learning, seeing and experiencing this place we call home! If this sounds like something your children would enjoy then you are in luck! We encourage you to register starting Tuesday, 1 April 2014.

Le personnel du Camp de jour estival Kidventures du CRFM vous invite à vous joindre à eux pour parcourir notre grand pays ! Kidventures offre 8 semaines de d'apprentissage, de nouvelles expériences et de plaisirs sous le thème de la découverte du Canada ! Si vous croyez que votre enfant pourrait jouir de cette expérience, voilà votre chance.

<p><b>REGISTRATION</b> Defence Team Families: Tuesday, 1 April 2014 Civilian Families: Tuesday, 15 April 2014 To register, please visit the MFRC Office (102 Comet Street) between 08:30 - 16:30. For more information, please call 833-2500 Ext. 4500</p>	<p><b>INSCRIPTION</b> Familles de l'Équipe de la défense : Mardi 1 avril 2014 Familles non-militaires : Mardi le 15 avril 2014 Pour l'inscription, passez au CRFM (102, rue Comet) entre 8 h 30 et 16 h 30. Pour information, composez le 833-2500 poste 4500</p>
<p><b>CAMP FEES</b> Defence Team: \$120.00 per week (\$96 for 4 day week \$72 for 3 day week) Civilian: \$135.00 per week (\$108 for 4 day week \$81 for a 3 day week) A non-refundable deposit of \$25.00 per child per week is due at the time of registration. If all 8 weeks are booked a \$200.00 non refundable deposit is required. Balance is to be paid before 13 June 2014 (Post-dated cheques accepted). Eligible for Fitness Tax Credit</p>	<p><b>Coût</b> Équipe de la défense : 120\$/semaine (96 \$/semaine de 4 jours, 72 \$/semaine de 3 jours) Familles non-militaires : 135 \$/semaine (108 \$/semaine de 4 jours, 81 \$ / semaine de 3 jours) Une caution non remboursable de 25 \$ par enfant, par semaine, est due au moment de l'inscription. La balance doit être acquittée d'ici le 13 juin 2014 (chèques post datés seront acceptés à cette fin. Admissible au crédit d'impôt pour la condition physique des enfants</p>
<p><b>PARTICIPANTS</b> Children 6-12 years old. No exceptions. Children must be finished kindergarten and be entering Grade 1 in the fall.</p>	<p><b>EMPLACEMENT</b> Centre pour enfants de Westwin dans le Centre communautaire Westwin. 642, ch. Wihuri</p>
<p><b>HOURS OF OPERATION</b> 09:00 - 16:00 Extended Care is available from 7:15-9:00am &amp; 4:00 - 5:00pm. Cost included in camp fees. After 5 pm, \$5 will be charged for every 15 minutes of tardiness.</p>	<p><b>HEURES D'OUVERTURE</b> De 9 h à 16 h Un service de garde additionnel est disponible de 7 h 15 à 9 h et de 16 h à 17 h ; ce coût est compris dans les frais de camps. Après 17 h, 5 \$ sera chargé pour chaque bloc de 15 minutes de retard.</p>

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102, rue Comet • Winnipeg MB • R3J 3Y5 • T : (204) 833-2500 poste 4500 • C: mfrckids@hotmail.com • W : www.forcedelafamille.ca

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# Upcoming MFRC Programs and Events

## THINK PINK ANTI BULLYING FILM FEST

Following the theme of Day of Pink, we will be hosting a series of films throughout the month that depict the real effect of bullying in schools, in the workplace, in our society and around the world.

### MILK – April 08 7:00 pm

The story of Harvey Milk, and his struggles as an American gay activist who fought for gay rights and became California's first openly gay elected official. Sean Penn won the Academy Award for his role as Harvey Milk. Rated R for language, some sexual content and brief violence

### Beyond Gay: The Politics of Pride – April 15 7:30pm

Before the 30th anniversary, Vancouver's Gay Pride Parade director examines relevance of Pride celebrations internationally. He travels to places where Pride is steeped in protest to experience the powerful oppression that still exists. Pride is more than a parade, it's a giant step on the road to equality. This film is not rated.

### Boys Don't Cry – April 22 7:00 pm

Female born, Teena Brandon adopts his male identity of Brandon Teena and attempts to find himself and love in Nebraska. Hilary Swank won the Academy Award for her portrayal of Brandon Teena. This film is based on a true story. Rated R for violence, sexuality,

language and drug-use.

### Bully – April 29 – 7:00 pm

This year, over 13 million American kids will be bullied at school, online, on the bus, at home, through their cell phones and on the streets of their towns, making it the most common form of violence young people in this country experience. BULLY is the first feature documentary film to show how we've all been affected by bullying, whether we've been victims, perpetrators or stood silent witness. Rated PG-13 for intense thematic material, disturbing content, and some strong language - all involving kids

### RELAXATION STATION

Tuesday, April 15

6:30 to 7:30 p.m.

Westwin Community Centre

Parent participation required.

Registration deadline: April 7, 2014

Parents and preschoolers can explore different ways to relax and find calm when anxiety or frustrations are building up. Help build resiliency in your child by learning ways to help them cope. (funded by Healthy Together WRHA)

### RESTORATIVE YOGA

Tuesday, April 8 from 6:00 to 7:00 p.m.

Cost: \$5.00

Registration deadline: April 3, 2014

Additional stress free childcare funds are available to deployed families if you attend this program.

Join us for an hour of restorative yoga. We will be focusing on body awareness and breathing. No yoga experience is required, poses are held for a longer period of time. Come and join us for an hour to restore your body and mind. Please bring a yoga mat if you have one.

### ROAD TO MENTAL READINESS (R2MR)

Thursday, April 10 from 6:30 to 9:30 p.m.

Childcare is available with preregistration.

Registration deadline: April 4, 2014

Preparation, education and skills are not only important for your military loved one's success during the deployment, they are also important for you, whether you are a spouse, life partner, parent or alternative. The Road to Mental Readiness (Phase 3) is designed specifically for loved ones of military members. One of the best ways you can prepare yourself to manage the upcoming deployment is take this training package. Many of the same concepts that are in your training are included in the military members' training package.

# PERSONAL CLASSIFIEDS

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2008 Yellow Chevrolet Cobalt LT, new tires, struts and alignment done in summer of 2013. Brand new Battery and rear shocks, Oil changed with only synthetic oil regularly. Current Safety done!  
Call or Text Matt @ 204 404 0225

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2 plug in parking stalls located in front of condo  
Additional freezer located in basement  
Lawn care/Snow Removal  
New high efficiency furnace  
Gas Fireplace  
Large master bedroom with walk-in closet  
\*\*Renter must pay all utilities. Average Hydro \$95/monthly, Water \$100/quarterly, Cable/Internet  
\*\*Non-smoking/no pets

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Classified ads will run for one month (two issues) unless space permits or specified otherwise.

# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** If something isn't working, take steps to fix it now. If necessary find someone who can assist you. Maintain a positive and pro-active attitude. Maintenance is the key. Balance work with relaxing leisure time. Experiment with healthy ingredients when cooking.

**Taurus (April 20 – May 20):** Unfinished business may hold you back. It's not your end of the deal that's the problem though. Still if pushing someone to do their part worries you, then it's not the right time to do so. Pursue alternative ideas while you wait them out. Prepare so that you'll be ready when they are.

**Gemini (May 21 – June 21):** Your patience is paying off so don't lose faith now. Taking the "high road" continues to be the best course of action. The judgment of others should not concern you or influence your decision to be honest. Be upfront and "real" with those who might think they can manipulate you.

**Cancer (June 22 – July 22):** You'll really appreciate how your hard work pays off. What you wish for is on the way; trust and be patient. Don't overindulge at a party, just enjoy a little bit of what you like best. Celebrate your good fortune. Discussions about spirituality interest you at this time.

**Leo (July 23 – August 22):** Don't try and force things to work the way you want them to. Though you'd rather just move on and enjoy the thrill of something new, it's not that simple. Deal with your responsibilities and outstanding issues before initiating a new project. Your good attitude is an asset.

**Virgo (August 23 – September 22):** Collect the tools and materials needed for a project. Doing something constructive will help you get through a "waiting period" until things pick up again. Stick to healthy habits and responsible spending even when you don't see obvious results from your efforts.

**Libra (September 23 – October 23):** When you have to make tough decisions, go with what you feel is best. Forcing yourself to be "politically correct" will only frustrate you. If others don't see the obvious – fill them in. Before you can improvise you need to have mastered the basic skills. Practice. Practice.

**Scorpio (October 24 – November 21):** Organize your finances so there's an even flow of funds. Set up a budget plan. Don't compare yourself to others; find what you can be grateful for in your own life. If you're not happy about something – change it. Success is about living the life that's right for you.

**Sagittarius (November 22 – December 21):** Your environment affects you strongly. Take note - a vacation destination may be just the place you'll want to retire to. Your home isn't just a place to live it's a reflection of you and your interests. If you have so much that things are getting lost - downsize.

**Capricorn (December 22 – January 19):** You'll be focusing on finances when someone else's needs impact on your income. Don't assume anything. Dig for information, answers and options. Don't get caught up in regretting what you've lost. You did what you needed to do at the time.

**Aquarius (January 20 – February 18):** Look at the big picture and the timing and logistics of how you can meet your goals will be easier to see. If you want things to change or shift you'll have to start the ball rolling now. You're entering a very rewarding time. Creativity is highlighted and can be lucrative.

**Pisces (February 19 – March 20):** Things are falling into place; your efforts and patience were not wasted. Deal with essentials promptly and you'll free up time and energy. Live in the moment. Love all that each day offers; even challenges are educational. Take advantage of an opportunity to invest in your future.

**FOR APPOINTMENTS CALL 775-8368**

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CRIBBAGE: Thursdays at 7:30 pm  
DANCING: Friday & Saturday evening 8:00-12:00 pm  
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

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# Chaplain's Corner

## 17 Wing Chapel 2014 Lenten and Easter Celebrations

### Good Shepherd Protestant Chapel

• 05 March, Ash Wednesday

Worship Service @ 1100hrs (Joint Chapel / Ecumenical)

• 17 April, Maundy Thursday

Christian Passover Meal @ 1700hrs (Joint Chapel / Ecumenical)

• 18 April, Good Friday

Worship Service @ 1100hrs

• 20 April, Easter Sunday

Easter Sunrise Service (Joint Chapel / Ecumenical) @ 0600hrs

Worship Service @ 0900hrs

### St. Marguerite Bourgeoys Roman Catholic Chapel

Weekday Lenten Eucharist Service every Tuesday,

Wednesday, and Thursday @ 1200 hrs

Way of the Cross every Sunday @ 1030hrs

• 05 March, Ash Wednesday

Worship Service @ 1100hrs (Joint Chapel / Ecumenical)

Eucharist @ 1700hrs (bilingual)

• 13 April, Palm Sunday

Eucharist @ 1100hrs (bilingual)

• 17 April, Holy Thursday

Christian Passover Meal @ 1700hrs (Joint Chapel / Ecumenical)

Mass of the Lord's Supper @ 1900hrs (bilingual)

(followed by Reposition of the Blessed Sacrament)

• 18 April, Good Friday

Passion of the Lord's Service @ 1700hrs (bilingual)

• 19 April, Holy Saturday

Easter Vigil Eucharist @ 2100hrs (bilingual)

• 20 April, Easter Sunday:

Easter Sunrise Service (Joint Chapel / Ecumenical) @ 0600hrs

Eucharist @ 1100hrs (bilingual)

## Chapelle de la 17e Escadre - Célébrations - Carême et Pâques 2014

### Chapelle protestante Bon Pasteur

• 05 mars, Mercredi des Cendres

Célébration de la Parole @ 1100hrs (Service conjoint/Oecuménique)

• 17 avril, Jeudi Saint

Repas pascal chrétien @ 1700hrs (Service conjoint/Oecuménique)

• 18 avril, Vendredi Saint

Célébration de la Parole @ 1100hrs

• 20 avril, Dimanche de Pâques

Célébration de la Parole @ 0900hrs

### Chapelle Catholique Romaine Ste Marguerite Bourgeoys

Messe quotidienne pendant le Carême chaque Mardi,

Mercredi, et Jeudi @ 1200hrs

Chemin de la Croix chaque dimanche @ 1030hrs

• 05 mars, Mercredi des Cendres

Célébration de la Parole @ 1100hrs (Service conjoint/Oecuménique)

Messe @ 1700hrs (bilingue)

• 13 avril, Dimanche des Rameaux

Messe @ 1100hrs (bilingue)

• 17 avril, Jeudi Saint

Repas pascal Chrétien @ 1700hrs (Service conjoint / Oecuménique)

Messe de la Cène du Seigneur @ 1900hrs (bilingue)

(suivi par Exposition du Saint-Sacrament)

• 18 avril, Vendredi Saint

Célébration de la Passion du Seigneur @ 1700hrs (bilingue)

• 19 avril, Samedi Saint

Vigile / Messe @ 2100hrs (bilingue)

• 20 avril, Dimanche de Pâques

Messe @ 1100hrs (bilingue)

# Together in Church

## CATHOLIC

### CHAPLAINS

*Padre Ray Laudenorio*

Roman Catholic Office 833-2500 ext. 5272/6914

*Padre Frederic Lamarre*

Roman Catholic Office 833-2500 ext. 5956

*Masses (English only)*

Tues, Weds, Thurs 1210 hrs

Sunday 1100 hrs



Religious Education classes are available to all students from Preschool to Grade 6. Please call the office for information.

Confessions The sacrament of reconciliation is offered 20 minutes before mass and by appointment. Contact the chaplain's office.

Baptisms We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

Marriages Six months' notice is required for marriages, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required.

Catholic Women's League meets in the Chapel Annex the third Monday of each month at 1830hrs.

## PROTESTANT

### CHAPLAINS

*Padre Jack Barrett (Wing Chaplain)*

(Anglican) 833-2500 ext 5417

*Padre Christopher Donnelly*

(United Church) Office 833-2500 ext 4885

*Padre Darryl Levy*

(Baptist) Office 833-2500 ext 5785

*Padre Charles Baxter*

(Ukrainian Orthodox) Det. Dundurn. Office 306-492-2153 ext. 4299

Sunday Services (English Only) 0900 hrs

Sunday School is held during the service for children ages 3 to 12, except on the last Sunday of each month. Childcare is provided on an as-required basis for children under 3 years of age.

Marriages Contact the chaplain at least six months in advance. A marriage preparation course is a requirement.

Baptisms: The Sacrament of Holy Baptism is available by contacting a Chaplain. Baptism Preparation is a requirement. Please contact the Chaplain before setting the date for the baptism or arranging family travel.

Protestant Chapel Guild meets the first Sunday of the month at 1900 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'.

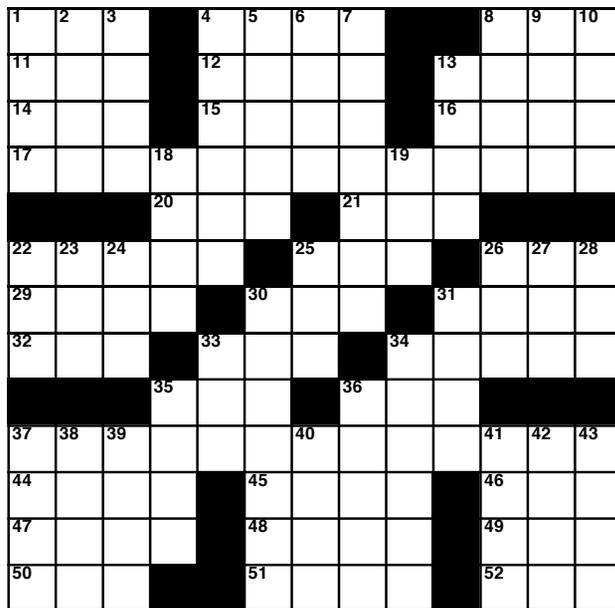
# Canadiana Crossword

## A Barrel of Laughs

By Bernice Rosella and James Kilner

### ACROSS

- 1 Evian or Lausanne
- 4 Metis hero
- 8 Wager
- 11 Guided
- 12 So
- 13 Reign
- 14 Epoch
- 15 Precious
- 16 Palm leaf paper
- 17 1994 movie starring 34 Down
- 20 \_\_\_\_ Ventura, 1994 movie starring 34 Down
- 21 Rascal
- 22 Damp
- 25 UK statute that created Canada
- 26 Cereal grain
- 29 The \_\_\_\_, 1994 movie starring 34 Down
- 30 Gear part
- 31 Threesome
- 32 Make do
- 33 Male child
- 34 The \_\_\_\_ Guy, 1996 movie starring 34 Down
- 35 Friend, to Francois
- 36 Disfigure
- 37 1995 movie starring 34 Down
- 44 Wind instrument
- 45 Daminozide
- 46 Frappe
- 47 Man on the \_\_\_\_, 1999 movie starring 34 Down
- 48 Autry or Wilder
- 49 I told you so!
- 50 Hair style
- 51 A snap
- 52 Sever

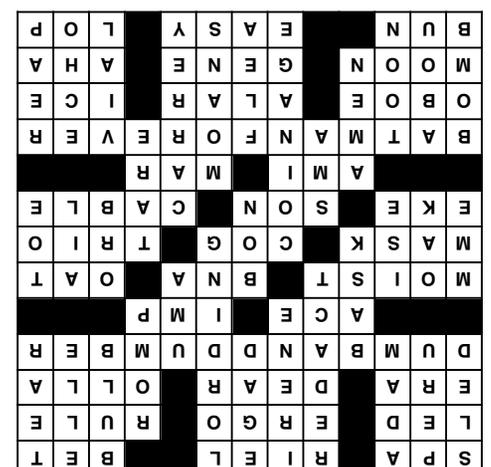


- 2 Andean nation
- 3 Early gardener?
- 4 Edit
- 5 Me Myself and \_\_\_\_, 2000 movie starring 34 Down
- 6 Zounds!
- 7 Being Mr. Big
- 8 Light source
- 9 Fashion magazine
- 10 Rip
- 13 Frolic
- 18 Relish
- 19 Actress Thurmond
- 22 Lady of Fr.
- 23 Common hardwood
- 24 Suffix for expert
- 25 With 35 Across, a household cleanser
- 26 Sphere
- 27 Feel ill
- 28 Foot part
- 30 Currency
- 31 Net weight
- 33 Like a Shetland pony
- 34 Canadian film star
- 35 Yea verily
- 36 Plaints
- 37 Flop
- 38 \_\_\_\_ Ben Adhem
- 39 Loony tag-along
- 40 Louse
- 41 Ampule
- 42 Reverberation
- 43 Harvest

### DOWN

- 1 Luge

## Crossword Answers



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