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# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

March 27, 2013

VOLUME 62, ISSUE 06

FREE

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## RCAF Run Raises \$30,000 for Soldier On & Military Family Fund



Lieutenant-Colonel (LCol) Aaron Spott, the Chairmen of the Royal Canadian Air Force (RCAF) run, Major (Maj) Richard Desjardins, the Commander of the Joint Personnel Support Unit (JPSU) and Lieutenant-General (LGen) Yvan Blondin, the Commander of the RCAF present a cheque to Retired Warrant Officer (WO) Andrew McLean, the co-founder of Soldier On. For more information on this year's RCAF Run, turn to page 3. Photo: Cpl Jean Archambault.

IN THIS ISSUE:	RCAF COMMANDER VISITS 17 WING PAGE 2	PROJECT FORCE FAMILIARIZATION SESSIONS UNDERWAY PAGE 4	INTERNATIONAL WOMEN'S DAY CELEBRATED AT 435 PAGE 6	WCOMD CURLING BONSPIEL A SUCCESS FOR 2013 PAGE 9	2013 EASTER AND LENT SERVICES PAGE 14
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# RCAF Commander Visits 17 Wing Winnipeg



Lieutenant-Colonel (LCol) Brad Baker, the Commandant of the Canadian Forces School of Aerospace Studies (CFSAS) shows the new classroom to Lieutenant-General (LGen) Yvan Blondin, the Commander of the Royal Canadian Air Force (RCAF), Colonel (Col) Blaise Frawley, the Commander of 17 Wing /AFTC, Major (Maj) Patrick Castonguay, the Deputy Commandant of CFSAS, Colonel (Col) Rick Witherden, the Chief of Staff (COS) of 2 Canadian Air Division (2 Cdn Air Div) Headquarters (HQ), and Chief Warrant Officer (CWO) Kevin West, the RCAF CWO. Photo: Cpl Jean Archambault

By Sgt Bill McLeod  
17 Wing Photojournalist

Lieutenant-General Yvan Blondin, Commander of the Royal Canadian Air Force (RCAF), visited 17 Wing/Air Force Training Centre on 5 March to outline his vision for the Air Force and to talk with RCAF members.

Accompanied by RCAF Chief Warrant Officer Kevin West, LGen Blondin was briefed on current Wing activities by 17 Wing Commander Colonel Blaise Frawley and Wing CWO Mike Scarella.

Following the briefing, the Commander took the opportunity to make a number of presentations to several members present at the Wing Headquarters and spoke

informally to them.

A special presentation in the form of a novelty cheque representing the \$30,000 raised during the RCAF Run in 2012 was made by LGen Blondin to Major Richard Desjardins and Warrant Officer (Ret.) Andrew McLean, representatives of the Soldier On Fund. These funds will be divided between Soldier On and the Military Families Fund. As well, the LGen took the opportunity to present the Queen's Diamond Jubilee Medal to WO (Ret.) McLean for the volunteer work he does as one of the co-founders of Soldier On.

In the afternoon, the RCAF Commander toured the new expansion to the Military Family Resource Centre's Child Care Facility before holding an all-ranks Town Hall session.

"All the work we've done in the last 5 years is just fantastic," said LGen Blondin following the presentation of a short video showcasing recent RCAF operations. "For me, this is the Air Force."

"You hear about budget cuts, you hear about reductions, you hear about how we're going to be adjusting, and acquisitions being late and delayed. Well, bumps in the road," said the RCAF Commander. "As far as I'm concerned the Air Force is growing. All of my problems in Ottawa are still growth problems."

Following his talk to 17 Wing/AFTC members, LGen Blondin introduced RCAF Chief Warrant Officer Kevin West who spoke to those gathered about the importance of the new RCAF Mentorship Program. The program is an effort to capture and pass-on the experience and knowledge resident within our Senior Non-commissioned Members who will be retiring from the Air Force over the next several years.

During the Question and Answer portion of the Town Hall, the RCAF Commander took questions from individuals on a variety of topics ranging from the possibility of restoring some benefits to how the Air Force was going to manage with a smaller workforce but unchanged work load.

For more information about the RCAF please visit:

<http://www.rcf-arc.forces.gc.ca/v2/index-eng.asp>

(<http://www.rcf-arc.forces.gc.ca/v2/index-fra.asp>)

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Printed By  
**Derksen Printers**  
204-326-3421

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17 Wing Winnipeg,  
PO Box 17000 Stn forces  
Winnipeg, MB R3J 3Y5  
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Publications Mail Agreement No. 1482823

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# 2012 Air Force Run Cheque Presented



At the Air Force Run Cheque presentation ceremony, LGen Yvan Blondin, the Commander of the Royal Canadian Air Force also presented the Queen Elizabeth II Diamond Jubilee Medal certificate to Retired Warrant Officer (WO) Andrew McLean, the co-founder of Soldier On. Photo: Cpl Jean Archambault

By Sgt Bill McLeod  
17 Wing Photojournalist

With registrations for the 2013 RCAF Run now open, members of 17 Wing Winnipeg took a moment to celebrate the success of last year's efforts.

Lieutenant General Yvan Blondin, Commander of the Royal Canadian Air Force presented a cheque for \$30,000 for military causes during his visit to Winnipeg last week.

Lieutenant Colonel Aaron Spott, Wing Administration Officer and Chairperson on the 2013 RCAF Run was the MC for the event. The cheque was accepted by Major Richard Desjardins, Officer Commanding the Joint Personnel Support Unit Detachment Winnipeg, and Warrant Officer (Ret.) Andrew McLean, representing the Soldier On Fund. The cheque represented the funds raised from the inaugural RCAF Run last year. The money will be divided between the Soldier On Fund and the Military Families Fund.

WO (Ret.) McLean, one of the co-founders of the Soldier On Fund, also received the Queen's Diamond Jubilee Medal from LGen Blondin.

"Duty, loyalty, integrity, service and courage are not just words, but rather actions that you have displayed every day, both while in uniform and since your retirement," said Wing Administration Branch Chief Warrant Officer Sandra Spragg during the presentation of the QDJM to WO McLean.

Following the presentations LGen Blondin addressed the audience at the 17 Wing Headquarters Atrium.

"Today is actually tying a couple of things together," he said. "We have been doing lots of operations but have been

taking care of our own and our families."

"We have never been so busy since the Korean War," he added. "It's nice to be able take advantage of this opportunity to recognize our people, but at the same time take care of our people. People are our number one priority."

WO (Ret.) McLean spent seven years posted in Winnipeg as a Search and Rescue Technician and received the Order of Military Merit and the Meritorious Service Medal for his leadership role in helping Canadian Forces ill and injured personnel. He is the co-founder and former champion of Soldier On, a program to help ill and injured military members get back into sport.

He has recently taken up a new cause, the Canadian Torch Foundation, with \$25,000 of his own money. The Canadian Torch Foundation's goals are to establish scholarships for persons with developmental disabilities and grants to support rehabilitation programs for children and young adults.

The Military Families Fund was established to provide Base and Wing Commanders with funds to help military families within hours of being advised of need. The Military Families Fund allows CF leadership to meet the special-case needs of CF members and their families with speed and flexibility not always available through the traditional programs.

The Military Families Fund provides for the unforeseen and often immediate needs that families may have due to conditions of service in the Canadian Armed Forces.

The RCAF Run, previously known as the Air Force Run, will take place this year on May 26. Visit [www.RCAFRun.ca](http://www.RCAFRun.ca) for info.

# What You Can Expect at the RCAF Run Village



Due to the cold and rainy weather at last year's RCAF Run, the fun of the children's activities provided as part of the Run Village were moved inside to the gymnasium of building 90. Photo: Alison Boates

By: David Elias  
Public Affairs Officer

Similar to the Olympics or a triathlon, the organizers of this year's RCAF Run know that every major athletic event should have a village. The village at the RCAF Run will be a social venue where participants and volunteers can connect, relax and enjoy the communal aspects of this fundraising effort.

Here, racers and volunteers can mingle amid rows of colourful tents and a big fire truck with the smell of Applebee's ribs roasting on a grill. Children can stay busy with face painting, balloons, and other activities under the shadow of a 25 foot inflatable gorilla.

The RCAF Band will play tunes that will have people humming, while sponsors pitch in with live mascots, snacks and other prizes.

"We're creating an environment that's enjoyable to people of all ages," said RCAF Run Deputy Chair Major Heather Collins. "Aside from food and fun stuff for kids, this is also where people can find answers to their questions, get first-aid assistance if needed and feel the excitement of being a part of something great

for their community."

As part of the attraction this year, two tickets to anywhere WestJet flies in Canada will be given away in the prize draw.

"Some runners will come with a focus on achieving the best possible time in their race, and we wish them all the best," said Major Collins. "For others, the village adds an environment where they feel the spirit of the event."

In terms of access, event organizers welcome the use of hand cycles, service dogs and support runners for those participating in the road races.

"We are proud to host a fitness event that embraces people of all abilities – especially Canadian Forces members who may have been injured in the line of duty," said Maj Collins. "To this end we request that all participants respect any special equipment or assistance requirements of fellow racers."

The Royal Canadian Air Force Run (or: RCAF Run) is a national fundraising event scheduled for the last weekend in May. The main effort takes place in Winnipeg on 27 May 2012 and proceeds from this national fundraising effort will help support the Soldier On and Military Families Fund.

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# Project FORCE Kicks Off at 17 Wing Winnipeg



James Follette watches as Capt Stephen Hinks of 435 Squadron participated in the Project FORCE familiarization session that took place on March 22nd in building 21. Photo: Alison Boates



A PSP staff member demonstrates the shuttle run for 17 Wing members on March 22nd. "These Familiarization sessions will be run approximately twice monthly or as needed," said PSP Fitness Coordinator James Follette. Photo: Alison Boates.

By: Jen Seipp  
Communications Advisor CFPSA

Out with the old, and in with the new. On April 1, 2013, the Canadian Armed Forces (CAF) will be implementing the updated approach to military fitness: the FORCE Program.

The new program has two key components: the new fitness test, called the FORCE Evaluation; and the FORCE Exercise Prescription, the operational fitness training system available at [www.DFit.ca](http://www.DFit.ca).

Replacing the 30-year-old Canadian Forces EXPRES Test, the FORCE Evaluation has been scientifically validated and developed specifically for the CAF by the Personnel Support Programs (PSP) Directorate of Fitness. Rather than testing fitness with the traditional push-ups, sit-ups, grip tests and endurance runs, the FORCE Program evaluates members' ability to execute tasks that are directly linked to true-to-life physical challenges faced on operations.

In a comprehensive analysis of military operational fitness, PSP human performance scientists and fitness experts have looked at more than 400 physical tasks performed by Canadian military personnel in all environments over the past 20 years.

"I am extremely pleased with both the overhaul of the Canadian Armed Forces' fitness evaluation system and the establishment of a common fitness standard," said General Tom Lawson, the Chief of the Defence Staff. "The FORCE Program is not about training to pass a fitness test; it's about training for the variety of military operations we are involved in. As members of the Canadian military, we never know where we may be called upon to serve, or what form that service will take. The FORCE Program will better help us prepare to meet our fitness readiness challenges head-on."

The four FORCE Evaluation components (see box) have been designed to accurately

The FORCE Evaluation consists of four test components, each designed to measure different physical capabilities:

**Sandbag Lift:** 30 consecutive lifts of a 20 kg sandbag above a height of 91.5 cm, alternating between left and right sandbags separated by 1.25 m. Standard: 3 min 30 sec;

**Intermittent Loaded Shuttles:** Using the 20 m lines, complete ten 20 m shuttles alternating between a loaded shuttle with a 20 kg sand bag and unloaded shuttles, for a total of 400 m. Standard: 5 min 21 sec;

**20-metre Rushes:** Starting from prone, complete two 20 m shuttle sprints dropping to a prone position every 10m, for a total of 80 m. Standard: 51 sec;

**Sandbag Drag:** Carry one 20 kg sandbag and pull four on the floor over 20 m without stopping. Standard: Complete without stopping.

ly test CAF members' ability to complete the six common military tasks encountered on routine, domestic and expeditionary operations: escape to cover; picket and wire carry; sandbag fortification; picking and digging; vehicle extrication; and a stretcher carry.

"The new CAF fitness program is more than just the fitness test. It is about an end-to-end program of all the elements of a healthy lifestyle around physical fitness," said Major-General Dave Millar, Chief of Military Personnel. "The program combines nutrition and a tailored and variable workout regime with performance measures to monitor progress, and it is all available online to all CAF members. It has been scientifically designed to ensure it meets the rigors of military life and will help prepare CAF members to meet the challenges of service," he added.

All CAF members will be tested annually and will be required to achieve one common minimum standard, regardless of age and gender.

Starting April 1, 2013, PSP Fitness Staff and local chains of command will schedule FORCE Evaluation familiarization sessions to introduce the new minimum physical fitness standard to local CAF personnel. Throughout the 2013/2014 fiscal year, Army, Navy and Air Force personnel will have the opportunity attempt the new FORCE Evaluation as their fitness test on a trial basis. As of April 2014, the FORCE Evaluation will fully replace the CF EXPRES Test.

"Should some Canadian Armed Forces personnel have difficulties in meeting the new minimum physical standard during a familiarization session, Personnel Support Programs staff will be available to guide them to some training exercises through DFit.ca, in line with the tasks identified through our research," said Daryl Allard, Director of Fitness. "This will help prepare them for the physical rigours of today's complex and demanding operating environments."

Visit [www.cfpsa.com/FORCEprogram](http://www.cfpsa.com/FORCEprogram) for complete program information.



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# RCAF Band Gives the Gift of Life



WO Lair (5th from Left) poses with the rest of the members of the RCAF band after donating blood for his 75th time. Photo: Sgt Grenon

By: Mike Sherby  
Voxair Manager

WO Fred Lair has potentially saved over 200 lives since 1987. That's because WO Lair, a member of the RCAF Band, has been donating blood regularly since then.

On March 18, 2013, WO Lair donated blood for the 75th time, and he brought some friends with him. In total, 9 members from the RCAF Band went down to the blood clinic at the St James Civic Centre. Some members were giving for the 26th time; others their 5th, and 3 members gave for the first time!

WO Lair says that he's been donating blood so often for so long simply because he can.

"The one reason I gave the doctor who asked me the same question, the only answer I could think of, is because I can. There's so many questions that disqualify you from donating, and one day I may have to answer 'yes' to one of those ques-

tions, so until then I'll keep donating."

Before donating blood, potential donors have to answer a series of questions to make sure they're eligible. Health Canada says that they do this in order to ensure the quality of the blood they take in.

WO Lair, who has been playing trombone with the RCAF Band for almost a year, has donated 75 litres of blood over the past 26 years, and says he donates whenever he can find the time.

Normally for landmark donations, 25 times, 50 times, etc... Canadian Blood Services will celebrate the donor at the time of donation, but according to WO Lair there was a miscommunication and there was no celebration when he arrived. But he says that he's not going to let one little hiccup stop him from donating.

"They assured me they'll make it up to me. In the meantime, I'm going to keep donating, until I can't. Maybe it'll be old age, but I'm not there yet," he says with a laugh.

# Wing Commander Makes Presentations at Coffee Break

At the Wing Commander's Coffee Break on March 12th, two presentations were made to the following people:



Pte Cash and Pte MacFarlane were awarded the General Safety Well Done Award for their quick thinking during a fuel spill. Without their fast reaction, the spill would have been much larger and would have put the safety and health of their co-workers at risk. Photo: MCpl Leboeuf



Sgt Cadwell is presented a Wing Commander's Coin. In Dec 2011, then MCpl Cadwell created wallet sized cards with information on "Operation Red Nose" dates and phone numbers. These cards were available at MSE Safety for distribution across the Wing. This initiative promotes a safe working environment and displays concern for members of 17 Wing and the drivers on the road. Photo: MCpl Leboeuf

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# International Women's Day at Celebrated at 435 Sqn



From left to right: Wendy Trudel, AB Deryn Bothe, Geri Johanson, Natalie Gasc, 2Lt Rachelle Carr, Diane Nichol, Lt Erika Black, and MCpl Marie Montreuil gathered for a dessert pot luck coffee break on March 8th. Photo: Lt Sabrina Skinner

By: Natalie Gasc  
435 Squadron CO's Administrative Assistant

International Women's Day... Why is there no International Men's Day...?

Friday 08 of March 2013 International Women's day was celebrated and acknowledged by the women of 16 Hangar with a dessert pot luck coffee break ~ aka sugar shock!

To all the male passers-by who drooled at the table of goodies and questioned when their day will be celebrated? I suppose a fair and diplomatic answer would be we do. Alexander Graham Bell, Albert Einstein, the Wright Brothers, Lord Frederick Stanley

of the Stanley Cup and thousands more; each day we recognize the amazing accomplishments of so many extraordinary people.

This is a day to recognize the women who had to fight for the rights we women today take advantage of. To our sisters of the past, those outstanding and remarkable pioneers who said yes we're capable of voting, fighting on the front lines for our country and to not only operate heavy machinery but to fix it too, we pay tribute.

Thank you to Maj Terry Fascione, Acting Commanding Officer of 435 Squadron, for speaking at our function, and to Lt Sabrina Skinner, Sqn Admin O, who thoughtfully initiated the function and took the group photo.

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# RCAF Brothers Find Gold in Toronto



Major Serge Faucher (L) and MWO Claude Faucher (R) pose with their medals at the Canadian Masters Track and Field Championships in Toronto. Photo: Submitted.

By Sgt Bill McLeod  
17 Wing Photojournalist

For two Royal Canadian Air Force members at 17 Wing Winnipeg who also happen to be brothers, growing older doesn't mean an end to their athletic pursuits and competitive spirit.

Major Serge Faucher, an instructor at the Canadian Forces School of Aerospace Studies, and Master Warrant Officer Claude Faucher, 1 Canadian Air Division, recently competed in the 2013 Canadian Masters Indoor Track and Field Championships in Toronto on March 16-17.

Masters Athletics is a class of the sport of athletics aimed at veteran athletes where the competitions feature five year age groups beginning at age 35, which allows older athletes a chance to compete in a friendly environment against people with similar abilities or just an opportunity to get in better shape.

"I was aiming for two gold medals but I was battling

a hamstring injury," said Maj Faucher.

Maj Faucher won a gold medal in the 400 meter race and was the top M45 Canadian with a time of 57.96 seconds. He also won a bronze medal in the 200 meter race, despite what he says is a very slow time for him of 26.47 seconds.

"The ibuprofen I took on Saturday for my hamstring injury made me a little bit sluggish," he says.

MWO Claude Faucher, Major Faucher's brother and a former CISM runner, also won a gold medal in the 800 meter race in 2:11.86 min. He edged out Khalid Mulazim from the United States, who is currently the fastest man in the world in the 400 meter.

Unfortunately, injuries also plagued MWO Faucher so despite being the favourite to win the 1500 meter race on Sunday he had to bow out.

Both plan to participate in the next World Masters Track & Field Championships to be held in Brazil in October this year.

# Time to Clean Up the Snow!



After being hit with approximately 20cm of snow on March 18th, snow removal crews from Wing CE got right to work the following day to try and dig out around the Wing. Here, a tractor works to clear the sidewalk in front of the Health Services Building. Photo: Mike Sherby.

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# Building 90 Receives New Gym Equipment

The gym over at building 90 has received its new fitness equipment for the weight room. The new equipment includes three new weight training machines as well as new treadmills, EFX's and Marpo rope machines.



A gym member at building 90 tests out the multi-function cable machine, one of the newest additions to the weight room. Also added were a center island strength machine and a power lifting platform. Photo: Alison Boates

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# WCOMD Curling Bonspiel Rocks!

**By: F&S Staff  
17 Wing Winnipeg PSP**

The annual Wing Commander's Curling Bonspiel was held March 13th 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 16 teams took to the ice at this year's bonspiel, which was held at the Assiniboine Memorial Curling Club on 13 Mar 13.

"It was a great turn out," said Merrithew, estimating that roughly 75 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 onto the ice for the Opening ceremonies. Immediately after the opening ceremonies were completed, they did their best Superman impersonation as they quickly changed out of their military uniform so that they could join the three other teams from their unit for a fun day of curling.

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. WO Matt Marshall took first prize in the skills competition for the second year in a row while Elaine Cuthbert and Sgt Foster came in 2nd and 3rd place respectively.

A number of prizes were awarded during the WCOMD Curling bonspiel, with RCAF Band's Sgt Fred Tucker winning the 'best hat' of the Bonspiel for his flashy purple fedora, and Sgt Terry Flick winning the "best fall" of the bonspiel. Many teams came out to the Bonspiel deked out in fun costumes with the "best sideburns" prize being awarded to WO Bob "Elvis" Rex.



**Curlers compete in the Wing Commander's Curling Bonspiel at the Assiniboine Memorial Curling Club on March 13th. Photo: Cpl Jean Archambault.**

The Odds N' Sods defeated the MFRC in a very exciting Championship Final to be crowned the 2013 WCOMD Curling Champions. The team was presented Asham curling bags for the honour while the runners-up, MFRC received Asham fleece sweaters for their accomplishments.

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."

<p><b>Sharon Blady</b> MLA for Kirkfield Park 832-2318 SharonBlady.ca</p>	<p><b>Jim Rondeau</b> MLA for Assiniboia 888-7722 JimRondeau.ca</p>	<p><b>Deanne Crothers</b> MLA for St. James 415-0883 DeanneCrothers.ca</p>
		

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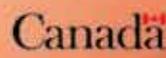
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# Sudoku

## My Sudoku

Rated: Beginner

Using the numbers from 1 to 9 please fill in the blank cells. Each number can be used only once in each row, column, and 3 X 3 block. Each puzzle is rated for degree of difficulty as :  
Beginner \* Advanced \* Master

	6		5	3		1		
		8	9					
	5	2		6	7			9
						8	4	7
		3				9		
8	9	4						
	3		2	8		5	6	
					6	3		
		5		4	9		1	

### 2013 CAF Mental Health Survey

Over the next few months, Statistics Canada will be conducting the 2013 CAF Mental Health Survey. Some of you will be asked to participate in a voluntary and confidential interview with a Statistics Canada representative. This interview is approximately one hour and can be completed in your workplace or at home. Reservists will be paid through the project budget for half-a-day's pay for the time taken to complete the survey.

Your participation is strongly encouraged. The support of supervisors and commanders is also crucial for this important task which will help measure the impact of deployment related stressors.

The information gathered through this initiative will help improve our understanding of mental health in the CAF and will directly impact how care is delivered on our Wing.

For more information, please visit the 2013 Canadian Armed Forces Health Survey's Intranet at: <http://cmp-cpm.forces.mil.ca/health-sante/pub/mh-sm/mhs-esm/default-eng.asp>

### Enquête sur la santé mentale dans les FAC – 2013

Au cours des prochains mois, Statistique Canada conduira l'Enquête sur la santé mentale dans les FAC 2013. On vous demandera à certains de participer à un entretien volontaire et confidentiel avec un représentant de Statistique Canada. Cet entretien est d'environ une heure et peut être fait dans votre lieu de travail ou à la maison. Les réservistes recevront une demi-journée de solde, somme qui proviendra du budget du projet, pour le temps qu'ils passeront à répondre aux questions.

Votre participation est fortement encouragée. Le support des superviseurs et des commandants est aussi crucial pour cette tâche importante qui aidera à mesurer l'impact des agents stressants liés aux déploiements.

Les informations recueillies par cette initiative aideront à améliorer notre compréhension de la santé mentale dans le CAF et impactera directement la prestation des soins à notre escadre.

Pour plus d'informations, veuillez visiter le site Intranet de l'Enquête de Santé mentale de Forces armées canadienne 2013 <http://cmp-cpm.forces.mil.ca/health-sante/pub/mh-sm/mhs-esm/default-fra.asp>

## Philatelist's Corner with Alf Brooks Outhouses on Postage Stamps? Why not.



When the first adhesive postage stamps were issued, over one hundred and fifty years ago, pictured were monarchs, presidents, or perhaps allegorical portraits. How things have changed.

In March Finland

Post issued four stamps picturing the traditional

outhouse that some of us remember. The four depicted winners are from more than five hundred photos submitted in a contest, commemorating the small buildings rarely used today.

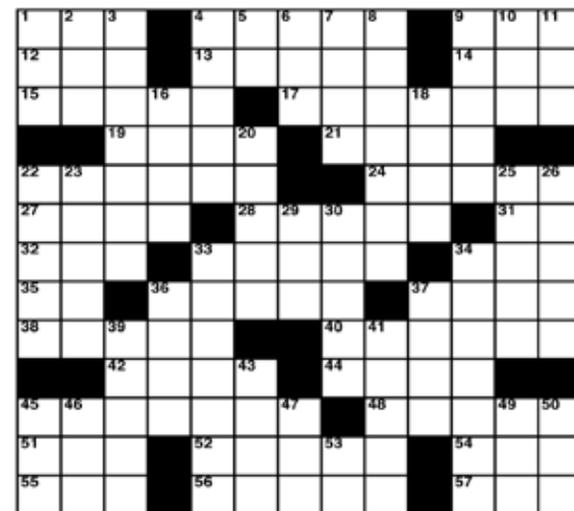
# Crossword

## Canadiana Crossword Game On

By Bernice Rosella and James Kilner

### ACROSS

- 1 Estop
- 4 Labrador's \_\_\_\_\_ Bay
- 9 Perceive
- 12 Wonder
- 13 Pugilist's concerns
- 14 Rocky summit
- 15 Bungle
- 17 Lo-cal, in a way
- 19 Newfoundland's \_\_\_\_\_ Pond
- 21 Prince Edward Island's Cape \_\_\_\_\_
- 22 British Columbia's \_\_\_\_\_ Mountain
- 24 Board or stone preceder
- 27 Raucous
- 28 Ort
- 31 That guy
- 32 Expose, so to speak
- 33 Scholarly types
- 34 Lip
- 35 Elite Nazi org.
- 36 Brainy bunch?
- 37 About movies
- 38 Thief
- 40 British Columbia's \_\_\_\_\_ Arm
- 42 Saskatchewan's \_\_\_\_\_ Lake
- 44 Chemical compound
- 45 Lackeys
- 48 Chinook chieftains
- 51 Simile words
- 52 Manitoba's \_\_\_\_\_ Factory
- 54 Juice
- 55 Grits' Chretien and Tory's Mulroney
- 56 Receded
- 57 Pig place



### DOWN

- 1 Kin of BSCs
- 2 Plant part
- 3 Printed matter
- 4 Cements
- 5 Oxford dictionary ref.
- 6 Assassinate, slangily
- 7 Knife
- 8 Admires
- 9 Cubic metre, in Metz
- 10 Goddess of the dawn
- 11 Hosp. hot spots
- 16 Conflict
- 18 Essayist Charles
- 20 Military info mission
- 22 Sheen
- 23 Eject
- 25 Odd toed ungulate
- 26 Mid-east republic
- 29 Medical pros
- 30 Imperial decree
- 33 Present a lei
- 34 Like certain spectacles
- 36 Hawaiian island
- 37 Pall
- 39 Ferber, and others
- 41 Fed the pot
- 43 Pull
- 45 Chart
- 46 Doctrine
- 47 Weep
- 49 Feed on
- 50 Le Carre subject
- 53 Compass pt.



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# RCAF History

## By: Maj W.A. March



By: Maj W.A. March  
RCAF Historian, 1 CAD

Throughout the First World War, except for the short-lived Canadian Aviation Corps and the Royal Canadian Naval Air Service, Canada did not field an air force. Instead, Canadians who wished to fly flocked to join either the Royal Flying Corps (RFC) or Royal Naval Air Service (RNAS). Thousands served, and it is estimated that over five thousand were killed. During the war, three Canadians were awarded the British Empire's highest award for gallantry in the face of the enemy, the Victoria Cross (VC). Of the three, William Barker and Billy Bishop, fighter pilots both, are the most well known; however, the youngest recipient of the VC, Second-Lieutenant Alan Arnett McLeod, is often overlooked.

In 1918, Alan served as a pilot in No. 2 Squadron flying the Armstrong Whitworth F.K 8, a two-seat general purpose aircraft used for reconnaissance, artillery spotting, ground-attack, contract-patrols (i.e. finding out where the armies were on the ground) and bombing. Also known as the "Big Ack", the F.K. 8 was effective and dependable. It could carry up to 118 kilograms of bombs and was equipped with one forward-firing Vickers machine gun with a Lewis machine gun mounted in the rear observer's position.

On 21 March 1918, the German army launched its last great offensive of the war and British and French forces fell back in disarray. It was a desperate time and anything the RFC had that could fly was called upon to try to stem the German advance. Alan and his observer, Lieutenant Arthur William Hammond who had already been awarded a Military Cross (MC) for bravery, went aloft on 27 March as part of what we would call today a "strike package" to attack advancing German infantry.

The story of Alan's VC show makes for remarkable reading (check out [www.twosqnassoc.co.uk](http://www.twosqnassoc.co.uk), and click on "The Honours" banner and follow the links for individual honours). However, less than a week later, Alan wrote home to his family and described what transpired that day. The letter shows a badly injured young man trying his best to assuage any worry his family might have and gives us some insight into the personality of this self-effacing young Canadian. So in his own words, here is what transpired the day that "Babe" McLeod won the VC.

My Dear Old Dad and Mom,-

Well this is a great old war. Here I am in a London Hospital, feeling as fit as ever I did, but mighty sorry to have left France now the fun has begun. If I could, I'd go back today, for we were having loads of fun; beaucoup Huns [Germands] to scrap with and everything, it was grand.

The work we were doing when I left was lots of fun, working on the front where the great Push was around Albert, Bray, Perrone and Baupaume, not very far from Amiens. Our aerodrome was about sixty miles away, but we used to fly down and work there. The Huns took all that ground there because they wasted their men, just jammed them in. We would go over in our machines, drop bombs on them and rake them with our machine gun fire. It was just slaughter, but they always had more men to take the places of the fallen. They outnumbered us about ten to one. Our fellows made a mighty good fight for it tho [sic]. A lot of it was open warfare and hand to hand fighting like the old days. We flew very low and got a great view of what was going on. I'll never forget it as long as I live.

When I got it, it was a cloudy day and the clouds were low. Six of us started out in the morning from Albert in formation. It was so cloudy that we all lost each other. We didn't know where we were. I wandered round the country and as I did not know that part of the line, I did not know which were our fellows and which were Huns.

So I went back to an aerodrome near there, had some lunch and the found my way over from there.

When we got to the lines we were the only one of our machines around, and there were lots of Boches [Germans]. We went quite a piece over the lines and were just going to drop our bombs on a Hun battery that was in action, when suddenly a bunch of Boches came out of the clouds on us. There must have been eight of them. I foolishly stayed to scrap with them. We jumped up to about five or six thousand feet and fought for a while and got three of them down in flames. Then they got us. By this time I had a few bullets in me and they were beginning to hurt, when our machine burst into flames.



As soon as I saw this I put the machine into a dive to try to get to the ground. We stood out on the side of the machine as soon as we got near enough and jumped for the ground. Our flying suits were burned off us and our clothes partly burned, but we were hardly burned ourselves. My observer, Hammond, was certainly a hero. When we were coming down in flames - it looked like certain death - and he was badly wounded, he still fired at the Huns and brought one down too. That takes some nerve, believe me.

The machine came down just near us. It had 8 bombs and 1000 rounds of ammunition on it and was in flames, so that was not a very safe place to stay. My observer was nearly all in. We couldn't move, so I managed to drag him far enough away from the machine so that when the bombs went off he wouldn't get hurt. The machine gun bullets were going off all around us from the heat of the machine, so it wasn't very pleasant. Soon the bombs went off and blew the whole machine over us, but nothing hurt us.

We didn't know where we were - on the Boches side or ours - but we were being shelled. The Boches from above were still using their machine guns on us, the snipers were at work on us too, so we decided we were on the Hun side. Suddenly we saw some of our Tommies [British soldiers] rush out of the trench to our rescue. It turned out we were in No Man's Land. The Huns rushed out of their trenches too, and had a scrap with our fellows, but they got us into the trenches O.K. I had been hit again while we were on the ground and so had Hammond. Then after we were in the trenches the Huns were shelling us, so we couldn't leave there until night. It was about noon when they dragged us in, and there was no doctor there. About eight that night, under cover of darkness, they carried us on stretchers to a reserve trench about a mile away. We got our wounds dressed

there and I have some bullets taken out that weren't very far in. The doctor gave us some morphine and we were carried again by stretcher bearers for another three miles to another dressing station. There we had a lot of dope injected to keep us from getting lockjaw poison, etc. Then we were put in an ambulance and taken to a casualty clearing station at Amiens. It was a Canadian one and some of the doctors and nurses knew Dad. They were from the W.G.H. [Winnipeg General Hospital], but I forgot their names.

We had our wounds dressed again and about four in the morning we started on a very dirty slow train for the base at Etaples. We arrived there at six p.m. the next day. In Etaples Hammond and I got separated. I don't know where he was sent and can't find a trace of him. I was taken to St. Johns Hospital and the first person I met was a pal of mine from our squadron. He had a bullet in his leg, and had been shot down too. I was awfully glad to see him. He is a Canadian from Hamilton. My hospital was just a hundred yards or so from Col. Gunn's [a doctor with the Canadian Army Medical Corps]. I sent for him and he came to see me. I left Etaples at one a.m. went to Calais and from there got a boat to Dover. Believe me the channel was rough. I got here at 8 the next night.

This is a pretty good place. It used to be one of London's good hotel[s]. They put about five of us into one big room, and in my room we are having a peach of a time. None of us are seriously wounded, and we have pillow fights, scraps and all kind of sport. The meals are not much, worse than France, but they can't get food in England.

I have only one wound of consequence, on the right heal [sic]. The bullet went into the bone and is there yet. I am going to have an operation soon to extract it. I got two or three flesh wounds on the right leg - they were just flesh wounds never touching the bone - and some more of the same kind in the hip. The doctor at the dressing station took some bullets out, but they were nothing, didn't even hurt. The one in my heal hurt though, I nearly fainted with pain. Hammond had lot[s] of bullets in him too, he was much worse than I was.

The doctor says it will take some time for the wound in my heal to get better, tho it isn't of much consequence. When I get my Medical Board I am going to apply for leave to go back to Canada till I get better, but I couldn't stay long. Not likely I get it tho - leave is hard to get. I won't know what to do all the time here. I wish I could get either to France or Canada right away. I hate to leave the old squadron. I did like it. Now all my kit is there and will be lost I suppose. I had a good suit on me burnt as well as my flying suit. Address my mail in care of Mrs. Thom and send me some sugar please, its [sic] not to be had hear now.

Heaps of love and kisses to the girls and yourselves.

Ever your own dear son.

Alan

Lieutenant Hammond became an "Ace" with the aircraft claimed that day giving him a total of five enemy aircraft shot-down. He was presented with a "bar" to his MC denoted a second award for gallantry. Unfortunately, he lost a leg as a result of his wounds, left the RFC and immigrated to Canada. He served with the Royal Canadian Air Force during the Second World War and passed away in Victoria, British Columbia, 22 December 1959.

Wounded six times in this action, Alan's condition was far worse than he let-on in his letter and his life hung in the balance for several weeks. His father, a doctor, left Winnipeg to help look after his son. On 4 September, on crutches, Alan was awarded the VC at Buckingham Palace by King George V. He returned home to Stonewall, Manitoba soon after. Weakened from his wounds, Alan died during an influenza epidemic on 6 November 1918 - five days before the end of the War.



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### Sneak it in

**Are you ready?** "Lose the loafers. Give the heels a break. It's Sneak It In Week". From April 8 - 12 change up your shoes and wear your sneakers to work. **Participation** is challenging you to fit more physical activity into your week. As little as 10 minutes of activity a day can make a difference.

As we all know physical activity is essential to our health. Canadian Physical Activity Guidelines state that adults need 150 minutes a week of physical activity. However it is not required to be done all at once. It can be beneficial to do 10 minutes of increased heart rate activities a day.

**Participation** has a few recommendations to get more activity in your day and increase your fitness level:

- Start a lunchtime walking club
- Book a meeting room for a short yoga session
- Have a walking meeting with colleagues
- Park 10 minutes away from the office
- Hop off the public transit a few stops sooner
- Go "power shopping" and get active while running errands
- Take a phone call standing up
- Visit a co-worker's workspace to get an answer instead of sending that email

**On April 8<sup>th</sup>, take the challenge!** Make it fun and bring it to work; challenge yourself, and your colleagues. Come up with creative ideas for physical activity in the office. Perhaps, a warm up activity first thing in the morning to, wake everyone up. Or get a group together and take a brisk walk during lunch hour. To find more information; and ideas visit, [participation.com](http://participation.com), contact your unit Strengthening the Forces Rep or contact Health Promotion at local 4150.

**Your Strengthening the Forces Unit Reps are:**

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Sgt Lucier - WTIS	MCpl Loboz - WCE
Sgt Murphy - WTEME	MWO Cramb - WCompt
WO Tuba - WSup	WO Rideout - WOps
Capt Parent - 735 Comm Regt	MCpl Mistri - 38 CBG
Capt Bibby - RCSU Prairie	MCpl Haggith - Military Police
Sgt McManus - IPSC	Sgt Montgomery - Dental Unit
Capt Tucker - 1 CAD AIR DIV	Gladys Rich - NDQAR
Maj Disilets/Capt Miller - 2 CAD AIR DIV	Don Mills / Christina Bailey - PSP
Michelle Long - 23 Health Svcs	
Dana Glover - MFRC	
WO Ritchot - 435 Sqn	
Capt Doucet - 1 CFFST	
Kim Guy - 3 CFFTS	
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**Registration is now open for PSP's Summer All-Stars Sport Camps!**

**For more information visit:**

[www.cg.cfpsa.ca/cg-pc/Winnipeg/EN/Pages/default.aspx](http://www.cg.cfpsa.ca/cg-pc/Winnipeg/EN/Pages/default.aspx)

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## French Ladies' Group Receives Award



Members of the MFRC's French Ladies Group pose with their recently received award for their outstanding contributions within the Francophone community. Photo: Submitted

The Winnipeg MFRC's French Ladies' Group recently received the Prix Réseau, presented by the Réseau Action Femmes. The organization honours Franco-Manitoban women for their outstanding contributions within the Francophone community in the following areas: cultural, educational, community, political, health and social services, economic and sporting.

It is with great honour that the French Ladies' Group received the Prix Réseau at the Réseau Action Femmes' annual brunch, which took place on March 10, at St-Boniface Golf Course.

Several members of that group attended the event with their families; military spouses, military women, military children and also women who are learning French. All of them stood up to receive this award with great joy!

These dynamic, generous and understanding women give a lot to one another as they feel connected within their community. Living within a military fam-

ily offers certainly great challenges and beautiful adventures, but this lifestyle brings also some moments when one needs to be supported and listened to. The French Ladies' Group has been in existence for more than ten years and its women meet approximately once a month for entertainment, forging links and friendships.

To adapt oneself to the military lifestyle and its many changes is a challenge. To integrate oneself into a new environment where the language is not ours may also prove to be a challenge. The francophone population represents 30% of the military community at 17 Wing. It is important for the MFRC to support the Francophone community by offering services and programs to meet its need.

During this event, the French Ladies' Group had certainly a great opportunity to demonstrate that these women are very active within 17 Wing and they really make a difference for the whole community. Congratulations to all of them!

## Changes to Health Care Coverage for Military Families Announced

The Honourable Jim Rondeau announced at the MFRC coffee break on March 7 that the rules regarding health care for military families have changed. Effective immediately, military families posted to Manitoba will be eligible for

health coverage as soon as they become residents. For information on what is required to apply for a Manitoba health card, visit <http://www.gov.mb.ca/health/mhsip>.

## Manitoba Hydro Donation



Scott Thomson, president of Manitoba Hydro presented a cheque to MFRC board chair Shannon Bisson and MFRC staff member John Bailey at the March 7 Coffee Break. The MFRC was one of the charities selected to receive funds raised at CanadInns Winter Wonderland at Red River Exhibition Park. Photo: Submitted

## Kidventures Summer Day Camps Return for 2013!

The staff of the MFRC Kidventures Summer Day Camp welcome you to join us as we unlock our imaginations for a summer of fun and creativity! The weird, wacky and everything in between will be explored in these eight fun-filled weeks. If this sounds like something you would enjoy then you are in luck! We encourage you to register starting Tuesday, 2 April 2013.

### Camp Registration

Military member registration starts Tuesday, 2 April 2013 (ID Required)

Civilian families registration starts Monday, 15 April 2013

To register please visit the MFRC, 102 Comet Street Monday to Friday between 08:30 and 16:30.

### Camp Participants

Kidventures is open to children 6-12 years old. Children must be finished kindergarten and be entering Grade 1 in the fall.

### Camp Fees

Defence Team: \$115 per child per week (\$92 for 4 day week) Civilian: \$130 per child per week (\$104 for 4 day week)

A non-refundable deposit of \$25 per child per week is due at the time of registration.

The balance is to be paid on or before the 14 June 2013. Post-dated cheques are accepted.

### Camp Hours

09:00 - 16:00. Extended Care is available from 07:15 - 09:00 & 16:00 - 17:00 (Cost included in camp fees)

### Camp Location

Westwin Children's Centre in the Westwin Community Centre - 680 Wihuri Road.

### CAMP THEMES

July 2 - 5: WHERE THE WILD THINGS ARE

Discover what creeps and crawls, swims and leaps and flies and dives!

July 8 - 12: ENERGIZE YOURSELF

Stay active with our theme this week! Moving and grooving make your sneakers a must!

July 15 - 19: NICK DAYS

Slime-filled fun with Nickelodeon adventures! BE sure to bring extra shirts, it's going to be a messy week!

July 22 - 26: IMAGINARIUM

This is what dreams re made of! A whole week dedicated to testing the limits!

July 29 - August 2: WORLD DOMINATION

Ever wonder what it would be like to take over the world. This week we jump start your genius ideas with mind benders, teasers and tests!

August 6 - 9: ARTFUL ANTICS

Discover your inner artist! Discover drama, music, painting and more!

August 12 - 16: GOING GREEN

Anything green goes this week as we explore what it means to be green.

August 19- 23: SPIRIT WEEK

All our activities this week will revolve around how awesome you are!

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# Chaplain's Corner



## 17 Wing Chapel 2013 - Lenten and Easter Celebrations

### Good Shepherd Protestant Chapel

28 March, Maundy Thursday: Christian Passover Meal @ 1700  
 29 March, Good Friday: Worship Service @ 1100  
 31 March, Easter Sunday: Worship Service @ 0900

### St. Marguerite Bourgeoys Roman Catholic Chapel

**Weekday Lenten Eucharist Service:** every Tuesday, Wednesday, and Thursday @ 1210 hrs

24 March, Palm Sunday: Eucharist @ 1100  
 28 March, Holy Thursday: Christian Passover Meal @ 1700  
 Mass of the Lord's Supper @ 1900  
 (followed by Reposition of the Blessed Sacrament)  
 29 March, Good Friday: Outdoor Way of the Cross (downtown Winnipeg) @ 1000  
 Passion of the Lord's Service @ 1500  
 30 March, Holy Saturday: Blessing of the Easter Baskets @ 1400  
 Easter Vigil Mass @ 2000  
 31 March, Easter Sunday: Mass @ 1100

## Chapelle de la 17<sup>e</sup> Escadre - Célébrations – Carême et Pâques 2013

### Chapelle protestante Bon Pasteur

28 Mars, Jeudi Saint: Repas Pâque Chrétien @ 1700 h  
 29 Mars, Vendredi Saint: Célébration de la Parole @ 1100 h  
 31 Mars, Dimanche de Pâques: Célébration de la Parole @ 0900 h

### Chapelle Catholique Romaine Ste Marguerite Bourgeoys

Messe quotidienne pendant le Carême chaque Mardi, Mercredi, et Jeudi @ 1210 h  
 24 Mars, Dimanche des Rameaux: Messe @ 1100 h  
 28 Mars, Jeudi Saint: Repas Pâque Chrétien @ 1700 h  
 Messe de la Cène du Seigneur @ 1900 h  
 (suivi par Exposition du Saint-Sacrement)  
 29 Mars, Vendredi Saint: Chemin de la Croix extérieur (centre-ville Winnipeg) @ 1000 h  
 Célébration de la Passion du Seigneur @ 1500 h  
 30 Mars, Samedi Saint: Bénédiction des paniers de Pâques @ 1400 h  
 Vigile / Messe @ 1900 h  
 31 Mars, Dimanche de Pâques: Messe @ 1100 h

## Together in Church

### CATHOLIC

#### CHAPLAINS

**Padre Mark Mawson (Wing Chaplain)**  
 Roman Catholic Office 833-2500 ext 5417  
**Padre Ray Laudenorio**  
 Roman Catholic Office 833-2500 ext. 5272/6914  
**Padre Frederic Lamarre**  
 Roman Catholic Office 833-2500 ext. 5956  
**Ms Catherine Landry**  
 W Chap Admin Assistant  
 Office: 833-2500 ext 5087

#### 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 Will Hubbard**  
 (Anglican) Office 833-2500 ext 5349  
**Padre Darryl Levy**  
 (Baptist) Office 833-2500 ext 5785  
**Padre Frank Staples (UCC)**  
 Det. Dundurn. Office 833-2500 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. Time is required to give sufficient instruction about the meaning of baptism.

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

#### FOOD BANK

The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

#### EMERGENCY CHAPLAIN

After normal working hours, the Emergency Chaplain can be reached through WOps Duty Centre, 833-2700.

#### OTHER PHONE NUMBERS:

For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click on 'Services'.

Have a blessed  
Easter!



# PERSONAL CLASSIFIEDS

## Wanted: Volunteers!

1 Canadian Air Division is looking for volunteers to work in the kit shop. Flexible hours. 1 day a week between 10:00 hrs and 14:00 hrs. Please contact PO2 Jennifer Ross at 833-2500 ext 6512

## Volunteers Wanted!

The Western Canada Aviation Museum is looking for volunteers in the artifacts, library and restoration departments. Applicants must be able to use a computer for data inputting and indexing. Let us know what your skills are but if you're willing to learn new things, we can teach you! We are always looking for help in other departments as well. Please contact the museum reception desk at: 204-786-5503 to volunteer.

## House For Sale!

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Mens Airforce mess kit, size 46. Price \$200  
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 Ladies mess kit skirt. Size 12-14, 42" long. Call for price. Phone no. (204) 221-0225

The 17 Wing Archery club is looking for old artificial Christmas trees to use for greenery around the targets. Anyone who has one to spare can contact Scott at: Scott.Allingham@forces.gc.ca

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# Taroscopes

BY NANCY

**Aries (March 21 – April 19):** Determine what you need to feel a sense of security. Then stop thinking about it and take one small step towards creating a stronger foundation of security. Gently step away from intense emotions that fuel discontent. No one is perfect. By trial and error you learn as you go.

**Taurus (April 20 – May 20):** You have a lot of good ideas but right now no one is listening to you. Sometimes you have to just do it even if you can't get others on board. Weight your options and in a detached fashion take charge of your life and make decisions that reflect a bold new you.

**Gemini (May 21 – June 21):** Your "to do" list just seems to be getting longer. Remember you're not what you do - you're who you are at a much deeper level. Make time to do what you love. Don't let current circumstances define you. Reach for what you want. It's not going to be as much work as you think.

**Cancer (June 22 – July 22):** You've got a lot to consider. Focus on planning for the future. You may feel burdened by responsibility. The real issue is the unknown especially when you sense that those who offer assistance have their own agenda. Ask essential questions before finalizing any deals or making decisions.

**Leo (July 23 – August 22):** When blessed with options you must discern what is best for you. In the past some decisions turned out better than expected and other times the results weren't as good as you'd hoped. Sometime you succeed and sometimes you don't. Be realistic. Be prepared for either outcome.

**Virgo (August 23 – September 22):** Expect the unexpected. Your fundamental beliefs and what you've seen as facts are now tested. Take nothing for granted. Live in the moment. Go after what you really want. Do things that energize you. Sever ties with those who you now realize aren't really your type.

**Libra (September 23 – October 23):** This is a period full of fun, luck and opportunity. Your success may seem sudden to others, but you've worked hard to reach a goal. You reap the reward of establishing a solid foundation and good habits and practices. Health, wealth and happiness are yours.

**Scorpio (October 24 – November 21):** Show that you're willing to compromise and work with others to ensure things "fly". Be a team player. In the end you'll stand out as a problem solver. Things can't stay the same. Improvements are possible and essential. Tradition and innovation can be blended effectively.

**Sagittarius (November 22 – December 21):** You're calmer now about all that has happened in your past and you feel the need to connect with those you may once have withdrawn from. You're eager to share your feelings and to establish strong emotional connections. Strength of character is a quality that counts.

**Capricorn (December 22 – January 19):** There is a time to work and a time to rest; "a season for all things." Fine tune your sense of timing. Some of life's magic and mysteries will become obvious to you perhaps through dreams or the written word. When the time is right you'll be inspired. Follow your bliss.

**Aquarius (January 20 – February 18):** You may be frustrated by the judgment of others. You are the master of your own destiny though. You're strong and able to deal with whatever life throws at you. Avoid "good" and "bad" labels. Follow the rules when necessary. Stretch past them when possible.

**Pisces (February 19 – March 20):** You'll easily see which ideas are winners and you can handle all that needs to be done to reach your goals. Persevere. What you desire can be yours. Be logical and practical and you'll make steady progress. Someone likes you more than you realize.

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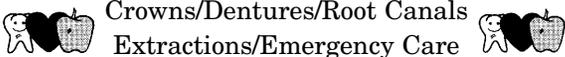
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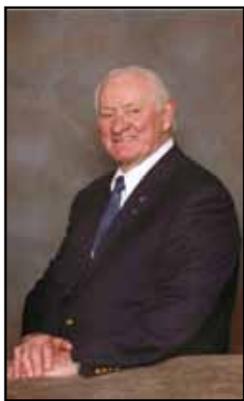
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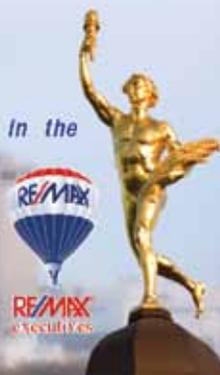


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