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With Glowing Hearts: 17 Wing Shows Its Olympic Spirit

Right: Capt Mathew Barlee, Canadian Forces VANOC Liaison Officer and 2Lt Sylvain Rouleau, Duty OPS Assistant, load sports equipment into Olympic Spirit Boxes for shipment to Northern communities. The Olympic Spirit Boxes are part of the Olympic Truce that was adopted by the United Nations General Assembly, promoting peaceful resolutions to conflicts around the globe.

Photo: Sgt Daren Kraus



17 Wing Public Affairs

“Usually it’s Santa Claus coming south with his reindeer to deliver packages but now its us going north with a Herc,” said 17 Wing Commander Col Yvan Boilard during ceremonies held to officially launch the Vancouver 2010 Olympic Truce Northern Outreach Project here Monday.

In concert with the 2010 Vancouver Organizing Committee, Nike, and the United Nations Association of Canada, the Air Force is transporting donated sporting goods across the Yukon, Northwest Territories and Nunavut this week to some of our nation’s most remote communities.

“The Vancouver 2010 Olympic Truce Northern Outreach Project is near to all of our hearts,” said John Furlong, CEO of the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Winter Games (VANOC). “What

better way is there to create a lasting legacy of the 2010 Winter Games than by providing children with the equipment and education they need to experience the joy of sport and develop long-term friendships and respect for others.”

A total of 20 large boxes known as ‘Olympic Spirit Boxes’ that are choked full of hockey, soccer, lacrosse, baseball, and basketball equipment, as well as jerseys – enough to fully equip two teams for each of the five sports in 20 northern communities were loaded aboard a Winnipeg based CC-130 Hercules transport aircraft from 435 ‘Chinthe’ Transport and Rescue Squadron.

“The Canadian Forces is very excited to be part of this initiative, which will inspire future young Olympians from Canada’s North,” said Brig Gen David Millar, Commander of Joint Task Force North. “The Canadian Forces Rangers in each of the commu-

nities receiving Olympic Truce boxes will assist with the delivery of the sports equipment with the help of our cadets and Junior Canadian Rangers. The Canadian Forces is extremely proud to be able to bring a part of the Olympic Games to the children of our northern communities.”

All of the equipment and jerseys were donated by Nike, the official high performance sporting goods manufacturer for the 2010 Vancouver Winter Games, while the National Hockey League’s Vancouver Canucks, Calgary Flames and Edmonton Oilers provided the hockey sticks.

Communities scheduled to receive packages include Watson Lake (YT), Faro (YT), Mayo (YT), Norman Wells (NWT), Paulatuk (NWT), Tuktoyaktuk (NWT), Ulukhaktok (NWT), Cambridge Bay (Nunavut), Gjoa Haven (Nunavut), Taloyoak (Nunavut), Kugaaruk (Nunavut), Hall Beach (Nunavut), Rankin

Inlet (Nunavut), Coral Harbour (Nunavut), Baker Lake (Nunavut), Whale Cove (Nunavut), and Arivat (Nunavut).

The three remaining communities – Fort Simpson (NWT), Fort Smith (NWT) and Hay River (NWT) will receive their deliveries in a separate mission in early February.

For more information on the Olympic Truce Northern Outreach Project, please visit http://www.vancouver2010.com/olympic-news/n/news/vancouver-2010-olympic-truce-initiative-to-bring-olympic-spirit-to-canada-s-far-north_195764tu.html

For more information about the Canadian Forces Joint Task Force North, please visit <http://www.cfna.dnd.ca/>

For more information about 435 ‘Chinthe’ Transport and rescuer Squadron, please visit <http://www.airforce.forces.gc.ca/17w-17e/sqns-escs/page-eng.asp?id=412>



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umanitoba.ca/employment

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WCWO Sheila Blair 17 Wing CWO, assists Cpl David Watson, acting WCWO, with the Wing CWO's tunic prior to the Junior Ranks Christmas Dinner.



Col Yvan Boilard, Commander of 17 Wing, assists Pte Robert Delorme, acting Commander of 17 Wing, with the Wing Commander's tunic prior to the Junior Ranks Christmas Dinner.

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Kandahar Airfield, Afghanistan; 25 December 2009 — Members of the Kandahar Provincial Reconstruction Team show off their new official 2010 Vancouver Olympics mittens, brought to Afghanistan by the Honourable Gary Lunn, Minister of State for Sport. Photo: Cpl Owen Budge, JTF-Afg HQ

A Very Special Visit

Capitain Cynthia Larue
Kandahar Provincial
Reconstruction Team

In the evening of Christmas Day, General Walter Natynczyk, the Chief of the Defence Staff, visited the soldiers of the Kandahar Provincial Reconstruction Team accompanied by the Honourable Gary Lunn, the Minister of State for Sport. After participating in the

holiday festivities at Camp Nathan Smith in Kandahar City and serving dinner to the soldiers, the visitors revealed their surprise gift to the troops, brought by Minister Lunn: hundreds of red mittens bearing the symbol of the 2010 Olympic Games in Vancouver. Each member of the PRT received a pair of mittens, a welcome gift on this brisk December evening as much for their warmth as for

their comforting reminder to the troops that, whatever anyone thinks and despite the distance separating them from their families and friends, they too can be part of the 2010 Winter Olympics. I am willing to bet that many soldiers follow the Olympics closely, on television or — like tonight — on the Internet. The mittens are just one way to remind us that, even while deployed, we are all family.

A Taste of the Games in Winnipeg



Left: With a pronounced police presence, the Olympic Torch Relay comes through Winnipeg down Portage Avenue on January 7, 2010. The Olympic Flame is a symbol for struggle, peace and sportsmanship. Many Winnipeg citizens came to see the torch handed off at the Royal Bank and continued on its journey to the Olympics in Vancouver, British Columbia.



An anxious group awaits the arrival of the Olympic torch as it travels along Portage Avenue on January 7. Photos: Cpl Beverley Dunbar

ATTENTION CF MEMBERS! NEW IMMUNIZATION CLINIC HOURS

Room 216 Medical Clinic

Immunization drop-in hours are no longer available. All Community Health and Immunization requests will be booked appointments only. APRV's may be reviewed daily between 0800h - 0900h on a first come first serve basis – no immunizations will be administered during this time, but you must have your immunization book with you. The H1N1 vaccine is still available! Please call local 5777 to book your appointment.

MEMBRES DES FC ATTENTION! NOUVELLES HEURES POUR LA CLINIQUE D'IMMUNISATION

Salle 216 de la Clinique Médicale L'immunisation sans rendez-vous n'est désormais plus disponible. Toutes les demandes de visite pour la vaccination ou la santé communautaire devront dorénavant être faites avec rendez-vous. Les APRV's peuvent être passés en revue quotidiennement entre 0800h - 0900h sur une base de premier venu, premier servi. Veuillez noter qu'aucun vaccin ne sera administré pendant ce temps mais vous devez avoir votre carnet d'immunisation avec vous. Le vaccin H1N1 est encore disponible! Veuillez appeler local 5777 pour réserver votre rendez-vous.

You're Invited!

The University of Winnipeg would like to invite all members of the Canadian Forces, Department of National Defense and their families to a Wesmen basketball game on Friday January 29th.

The University of Winnipeg Wesmen will be up against the Lethbridge Pronghorns. The Women's Game starts at 6:00pm and the Men's starts at 8:00pm. There will be prizes, games and a free box of popcorn for all that attends in uniform. And for our special half time entertainment, the 2701 PPCLI Drumline will perform.

For complementary tickets please call our Sport Information Coordinator Sheldon Appelle at 786-9823 or email Shannon Guile our Marketing Coordinator at s.guile@uwinnipeg.ca and we will reserve them for you at the door.

Thanks, we look forward to seeing you at the game!

Shannon Guile Marketing Coordinator University of Winnipeg WESMEN

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Community Recreation Winter Programs

Get Connected!

Do you want the inside scoop on programs and special events at the MFRC and Community Recreation? Would you like to be the first to know about special ticket offers? All you need to do is "Get Connected!" The MFRC & Community Recreation are creating a special program database to send out information on all our upcoming programs and special events. If you want your name added to the list, you need to contact us at mfrc@autobahn.mb.ca (use the subject line Get Connected) with your email address. Then we will be sure to get you connected!"

Pre-School and Children's Programs

Parent and Child Swim

Meet up with other parents for a half an hour of crafts, a half hour of instructed swimming activities and a hour of free time in the kiddie pool.
Wednesdays 1330-1500
Jan 13 - March 31
\$45 Per family

Parent & Tot Gym Program

A physically geared program for parents and children. Organized co-operative games and activities will be sure to strengthen your little one's bodies while also exercising their always growing minds.
Fridays 0900-1030
Jan 15 - Mar 26 (11 Weeks)
\$30 Per family

Kids Combo: Art & Gym

Come join us for an art activity and then head to the gym to blow off some steam.
Thursdays 1330-1500 hrs
Apr 9—June 11 (10 Weeks)
\$40 (mem) / \$50 (non-mem)

Hop to it

This basic dance movement, jazz, ballet and hip-hop combination is a great introduction to dance.
Saturdays 1100-1145 hrs
Apr 11—June 13 (10 Weeks)
\$35 (mem) / \$45 (non-mem)

Squash-Juniors

An opportunity for participants to learn the game

of Squash, in a fun and relaxed environment. Participants will be able to develop their skills at their own pace within a group environment. A great indoor sport during the fall and winter months!

Saturdays 0900-1000 hrs \$35 Per child

Dance Classes

Dance to your favorite music from your favorite stars, and learn their moves. Each class will include forty five minutes of dance, 15 minutes of warm up and beginner dance training. Show your friends you're a star with the chance to perform at the ALL STARS SPRING RECITAL.

Mondays 1730-1830
6-9 yrs
10-12 yrs 1830-1930
Jan 11—Mar 15 (11 Weeks)
\$45 Per child

School In-Service Day Camps

No School?
No Problem!

Drop-off your children for a fun filled day of activities at the All-Stars Day Camp. Gym games, movies, swimming and much more! Space is limited!

Dates:
Friday February 5th
Monday February 15th
Friday February 26th
Friday March 5th
Friday March 19th

Cost: \$18 Member
\$21 Non-Members

Family Gym

Join in an evening of fun, exercise and socializing with the whole family.
Thursdays 1800-1930
FREE - Included in your membership!

Kids Crew (3-12 yrs)

Drop your kids off for casual care while you work-out at the gym. They will enjoy board games, crafts and organized activities.
Wednesdays 1645-1930 hrs
\$2 Per child

Swim Lessons

We offer the Red Cross Swim Kids program for children 0 to 12 years of age. We also offer lifesaving levels for children who have completed level 4. We offer all bronze levels classes and even the Nation Lifeguard Service (N.L.S.) program. Stop in the gym for dates and times!

Adult Fitness Classes

Prices:

Class registration: \$45 per class (11 Weeks)
Drop-in pass: \$65 - 11 class passes
Single Drop-In : \$7

Ultimate Cycling

Take an ultimate ride in this all out, anything goes cycling class. Speed zones, hills, intervals, drills and sprints will take your cycling to the next level.
Mondays 1700-1800

Yoga – Multi-level (Traditional)

This class is open to all levels of yoga experience. There are many benefits of regularly practising yoga: increasing your body awareness, developing strength, balance and flexibility, learning to relax and re-energize.
Tuesdays 1915-2015

Circuit Class

Intervals of weight resistance and cardiovascular exercises on the gym floor.
Wednesdays 1800-1900

Pilates

Pilates will engage your mind and improve posture and body mechanics by increasing core strength.
Thursdays 1800-1900

Aqua-Fit

A low impact water work-out class for all ages.
Thursdays 1800-1900

Zumba

Is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system.
Fridays 1645-1745

For more information or to register come to Building 90 Fitness and Recreation Centre, or call 833-2500 ext 5139 or 2057.

Dependent Defensive Driving Course

17 Wing TEME is offering dependent defensive driving courses.



If you have a dependent who would like to attend this two evening course, please contact the MSE Safety Cell to register.

More information: Call 833-25000 ext. 6868

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Team Winnipeg Member Recognized in Legislature

By Capt Jeff Noel

‘Timing is everything’ is an oft used refrain. Frequently in today’s fast paced society trying to schedule a meeting between people becomes an exercise in endurance, especially when one of those individuals is a Member of the Legislative Assembly (MLA). This past September, Kirkfield Park MLA Sharon Blady rose in the Manitoba Legislature to read a Member’s Statement recognizing the exploits of one of Team Winnipeg’s members, Sergeant David Cooper, during a February, 2007 Arctic Rescue Mission. Ms. Blady wanted to ensure that not only were Sgt Cooper’s exploits recognized by

her colleagues but that the Team Winnipeg member also received a copy of the statement she read in the Legislature personally. Finally in late November Ms. Blady, accompanied by Bonnie Korzeniowski, MLA for St. James and Manitoba’s Special Envoy for Military Affairs, was able to present Sgt Cooper with a framed copy of the statement during an informal ceremony held at the Canadian Forces School of Survival and Aeromedical Training located at 17 Wing. Earlier this year during a ceremony held at Rideau Hall in Ottawa, Sgt Cooper and his team member Sgt. Dwayne Guay (currently stationed at 19 Wing

Comox, B.C. and a Master Corporal at the time of the incident) were presented with the Star of Courage by Her Excellency, the Right Honourable Michaëlle Jean, Governor General of Canada for their actions which saved the life of Mr. Bill Wolki in the arctic on February 16, 2007. When asked how he feels about his medal Sgt Cooper relates, “I initially thought it would be a commendation, I never thought it would be the Star of Courage. I think it’s a very positive thing. I know there are other guys who have done some amazing things and have gone unrecognized, it’s just good to see that our efforts and sacrifices are not unnoticed.”



Sgt David Cooper receives recognition from the Manitoba Legislature. He was presented with a framed copy of the statement read in the Legislature by Kirkfield Park MLA, Sharon Blady, right. Earlier this year during a ceremony held at Rideau Hall in Ottawa, Sgt Cooper and his team member Sgt Dwayne Guay (currently stationed at 19 Wing Comox, B.C. and a Master Corporal at the time of the incident) were presented with the Star of Courage by Her Excellency, the Right Honourable Michaëlle Jean, Governor General of Canada for their actions which saved the life of Mr. Bill Wolki in the arctic on February 16, 2007. Photo: Pte P Figiel

Honours And Awards



Team Winnipeg member Ms Florence Bambenek was presented with an Employee Assistance Program (EAP) Volunteer Service Certificate of Appreciation by Colonel Yvan Boilard, Commanding Officer of 17 Wing Winnipeg, during a ceremony held here November 24.

Ms Bambenek, who has worked for the Department of National Defence for 6 years, has since September 2007 served as the Co-Chairperson of the EAP program at 17 Wing.

The Employee Assistance Program (EAP) is a voluntary and confidential peer referral service to help individuals deal with personal or professional issues that might impact on their work performance. EAP Referral Agents have a passion for people and their well being. The EAP pin is designed to recognize EAP referral agents who have served in the program for a number of years.

Photo: Cpl C Aiken

Wood Hobby Club Annual Raffle Results

Submitted By MWO Lesko

The 17 Wg Wood Hobby Club held its annual Christmas raffle at 10:30 hrs on 23 Dec 09 in Bldg 33. PSP Manager, Rick Harris, officiated the draw. First prize winner for the blanket chest was Sgt Janice Mantle of 1 Cdn Air Div. Second prize winner for the cedar adirondak chair was MWO Marty Wohlgenuth of 402 Sgn.

Pictured from left to right are: LCol Pete Young, artisan of the cedar chair; Rick Harris, PSP Manager; Mel Flake, artisan of the chest and MWO Lesko, V/President of the Wood Hobby Club.

Monies from the raffle are used to upgrade existing equipment in the club. Submitted Photo



Building Excellence in Teams

Primrose Knazan Learning Assistant

"The strength of the team is each individual member...the strength of each member is the team." - Phil Jackson, Chicago Bulls Coach

Everyone has heard the saying, "There is no 'I' in TEAM." However, cohesive and fully functioning teams often require leadership and guidance for the group as a whole and each individual member to

reach their full potential.

The Learning and Career Centre offers the course *Building Excellence in Teams* as part of the *Leadership for Supervisors* series of courses to help managers and supervisors create, develop and strengthen their teams. The next session is scheduled for February 11 & 12, 2010.

Building Excellence in Teams helps participants develop strategies

for creating a flexible, creative and professional environment conducive to team excellence and effectiveness. Participants will learn about team dynamics, the essentials of diversity, and the theories behind team building and motivation. The course also explores the challenges of team leaders, how to motivate team members and how to enhance communication.

This interactive course uses creative and innovative ways to approach problem solving. Leaders learn to guide team members in

a way that incorporates different communication styles and requires input from all in order to find solutions.

Building Excellence in Teams requires a minimum number of at least eight participants, with a larger number of registrations preferred. The group is divided into smaller teams to work together for the duration of the two-day workshop. Any number smaller than eight participants would make creating smaller groups difficult. After all, the course is about working in teams, not pairs.

In addition to *Building Excellence in Teams*, the *Leadership for Supervisors* series of courses include *Communication For Leadership* and *Understanding My Leadership Style*. These courses focus on communication in groups and one-on-one situations, presentation skills, personality differences, approaches to conflict and different leadership models. Contact the Learning and Career Centre for more details.

A team that works productively and cohesive-

ly is a testament to great leadership. *Building Excellence in Teams* will give leadership the knowledge and the tools to enhance team effectiveness and help achieve team excellence.

To register or get more information about *Building Excellence in Teams* or any of the *Leadership for Supervisors* series of courses, please contact the Learning and Career Centre at local 4636, e-mail LCCshare@forces.gc.ca or visit our website at <http://hr.ottawa-hull.mil.ca/lcc-cac/>

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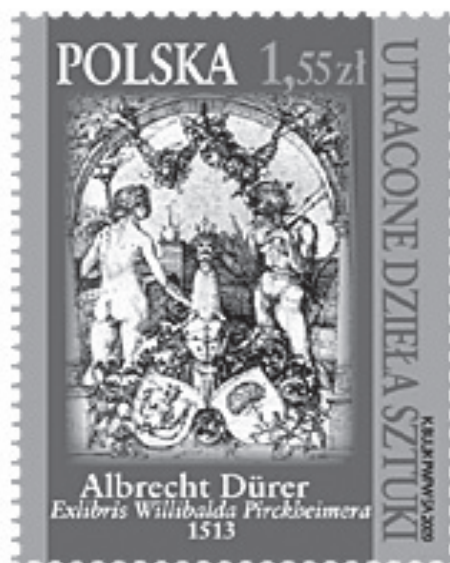
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Philatelic: Lost Art



Alf Brooks

In November last year Poland's Post Office issued three stamps picturing works of art that were destroyed or stolen during World War II. Each stamp bears the words "Lost Art Pieces."

- An etching by Rembrandt van Rijn entitled "St. Joseph's Dream" from 1638, sought for by the National Museum in Gdan'sk.
- A painting by Peter Paul Rubens entitled "Jesus Collapses under the Cross" from around 1612-1615, missing from the National Museum in Warsaw.
- A drawing by Albrecht Dürer called "Exlibris Willibalda Pirckheimera" from 1513, traced by the Department of Drawings of the Warsaw University Library.

These three represent the many thousands artistic works that disappeared, were systematically looted or were destroyed. Many have been found and returned to their rightful owners; others were destroyed, have been found but are subject to legal proceedings, or are hidden in private collections.



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17 Wing Representatives at 2009 Army Run

Lt Erin Copeland

CFSAS

A group of runners from CFSAS and 1 CFFTS made the journey to Ottawa to compete in the second annual Army Run which took place on 20 Sep 09. The team consisted of 5K runners Lt Erin Copeland, CWO Dave McDonald, LCol Theo Heuthorst and Sgt Dave Horochuk and half marathons Maj Chuck Halikas, Maj Jeff Paul, and Maj Rob Clark. The team flew out on a Dash-8 aircraft and used this opportunity as a training flight for the crew as well. The Army Run showcased an astounding 11, 000 participants in both the 5K and half marathon races. The runners at the start line stretched as far as the eye could see down Elgin Street and the race started with a

very fitting firing of an artillery gun. Each race began with the Wounded Warriors participants which consisted of wounded soldiers who have suffered serious injuries and are now competing in wheel chairs and prosthetic limbs. It was an emotional start and the race was a very touching way or Canadians to say thank you to the men and women in uniform. It was great to show our support and recognize our fellow Canadian Forces comrades.

Among the crowd were Minister of National Defence, Peter MacKay, Commander of the Army, General Andrew Leslie, and Mayor of Ottawa, Larry O'Brien who all delivered some words of inspiration prior to the race. Our athletes from CFSAS and 1 CFFTS represented

17 Wing Winnipeg and the Air Force exceptionally well. Many of our runners set personal bests including Maj Jeff Paul who ran his first ever half marathon! Placing very high in their age categories, Sgt Dave Horochuk placed 13th, Lt Erin Copeland placed 15th, and LCol Theo Heuthorst placed 69th. Lucking out by escaping the dreadful Winnipeg summer, our team was lucky to have beautiful weather for the Army Run weekend. Crisp blue skies and nice cool temperatures made it ideal conditions for the race. Congratulations to those runners who represented 17 Wing Winnipeg at the Army Run. Let's bring these kind of crowds to Winnipeg for our second annual Air Force Run, held on 30 May 09!



Left to right: Maj Rob Clark (CFSAS), Lt Erin Copeland (CFSAS), LCol Theo Heuthorst (1 CFFTS), Maj Chuck Halikas(CFSAS), Maj Jeff Paul (CFSAS), and CWO Dave McDonald (1 CFFTS). Submitted Photo.

Major Tammy Hiscock - CF Sports Awards

Submitted By
CWO D Hiscock

Outstanding athletic achievements of CF personnel were honoured on Saturday, Oct 24, at the 21st Annual CF Sports Awards Ceremony in Ottawa. The CF Sports Honour Roll was initiated in 1987 to recognize the outstanding performance or long-term contributions of a member of the CF sports program. 17 Wing Winnipeg's Maj Tammy Hiscock was inducted into the CF Sports Honour Roll. As with fine wines, Major Tammy Hiscock continues to improve with age. While she enrolled in the Canadian Forces in 1988, she seems to have truly found her stride over the course of the past 10 years. Her list of accomplishments over the past decade has been



incredible. She has recorded dozens of top five finishes including numerous first place finishes at prestigious races throughout the country. Maj Hiscock's contribution to the running community has extended to the CISM Running Team where she is continuously act as a mentor and motivating fellow runners. Her training, preparation, and tremendous fitness level have contributed

to the overall success of the team, earning her praise from coaches and teammates. Since 1998, Maj Hiscock has captured the gold medal at the CF National Running Championship four times in the Half Marathon and twice in the Marathon category. She continues this trend with the CISM team, attaining one of the top two places among Canadian women seven times in the last five years. Throughout the years, Maj Hiscock has managed to sprint away with no less than eight Base level, three Air Command and two Canadian Forces "Female Athlete of the Year" awards, making her one of the most recognized athletes in the CF. She is known for her enthusiasm, commitment and dedication to the sport of running. Maj Hiscock continually demonstrates a passion for her sport which motivates her to devote the necessary time to train and meet the physical challenges of distance running. She is truly an inspiration to us all. She continues to train year round and will be attending the CISM Cross Country Championship in Belgium 06-12 Mar 2010.

NATIONAL & REGIONAL MASTER STANDING OFFER REFERENCE CHART

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2009: Year



NEW LT GOVERNOR SWORN IN

The Honourable Mr. Phillip S. Lee, along with Guest Commissioner Major Stephane Moterecy, inspects the Honour Guard. On Tuesday 4 August 2009 at the Manitoba Legislature Building in downtown Winnipeg, Mr. Phillip S. Lee was installed as the Lieutenant Governor of Manitoba. An Honour Guard of military members from the Winnipeg area greeted Mr. Lee and the Honourable John Harewood as they arrived and departed after the ceremonies. Photo by Cpl Colin Aitken. STORY ON PAGE 3

- 17 WING PARTICIPATES IN NIHEGEN MARCH
- STATE LEADERS PAY VISIT TO HEADQUARTERS
- HORNET INSPIRES GRAPHIC ARTIST
- LANCASTER BOMBER WOVES PUBLIC
- 17 WING TEAMS WIN GOLF, SOFTBALL TITLES

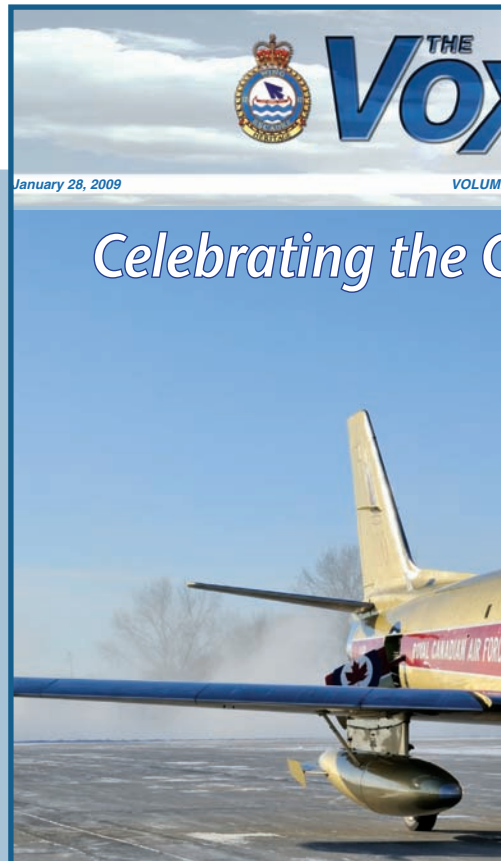


On 26 June 2009, Col Yves Boilard (left) assumed command of 17 Wing from Col Scott Howden (right) in a Change of Command ceremony at the Stevenson Park Parade Square. Also pictured is Lt Gen Marcel Dorval, who presided over the parade as Reviewing Officer. In addition to having a new Wing Commander, 17 Wing welcomes a new Wing Chief Warrant Officer, with CWO SA Blair stepping into the role vacated by WCWO Wallace's retirement. Read all about the changes in our next issue.

"If it is not the Wing you fall in love with, it's the importance of the mission and the pride of the men and women, who operate, maintain, secure and support the Wing day in and day out. That's what makes it great to be back."

LCol Boilard, Wing Commander

June 26, 2009



Legendary aircraft stop

day-fighters that served with the Royal Canadian Air Force in the 1950s and early 1960s, with some 300 alone based in Europe, the F-86 Sabre was a symbol of the West defence against aggression at the height of the Cold War.

The centrepiece of the Centennial Heritage Flight, whose motto is Resurrect, Celebrate and Motivate, Hawk One is a Canadian

- Change of leadership for Fort Garry Horse
- CFSAS recognized for support of scholarship
- Success recovery for E

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HOWDEN HALL TO BE OPENED AT MFRC	WING COMMANDER'S CHALLENGE	BETTER CARE FOR INJURED SOLDIERS	ANNUAL SPORTS AWARDS	BIG BIKE A SUCCESS
PAGE 02	PAGE 04	PAGE 08	PAGE 10	PAGE 12

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In Review



os in Winnipeg

Mark V that has been finished in the colors of the Canadian Air Force's primary Golden Hawks formation team. It is a flying tribute to the 100 years of power Canada, will make appearances with the Canadian Snowbirds throughout the months ahead.

Flown by LCol Paul Kissman (Ret'd), Hawk One will be back in Manitoba to perform alongside the Snowbirds at Canadian Forces Days at Southport, Portage La Prairie, June 6 to 7.

Canadian Forces Days is a free event open to the public that will bring together equipment and personnel from the Air Force, Army and Navy.



- Successful every mission ME members **Page 8**
- Hindu Society helps grant a fallen soldiers' wish **Page 9**
- Celebrating the new year with a marathon **Page 12**

PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

Steven Fletcher, Member of Parliament
 Charleswood-St. James-Assiniboia
 Winnipeg, Manitoba R3K-0W4

Phone: 204-984-6432
 Fax: 204-984-6451
 3111-A Portage Avenue
 Winnipeg, Manitoba R3K-0W4

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"The creation of 2 Canadian Air Division/Air Force Doctrine and Training Division will regroup the majority of Air Force training, education and lessons learned functions into one formation, which will allow a better focus on doctrine, training and associated support at this crucial time in our history,"

LGen Angus Watt, Chief of Air Staff

June 25, 2009



435 SQN RECEIVES UNIT COMMENDATION



Remembering the Fallen

Above: Members of the Veterans' Colour Party stand at the ready nearby the Bruce Park Memorial, which was erected to pay tribute to veterans of the First World War.

Photos: John Towns

John Towns
 Voxair

On November 11, several hundred members of the community, 17 Wing Members and veterans crowded into Bruce Park to pay tribute to service members of the Canadian Forces, many of whom paid the ultimate price in war as well as CF Members currently overseas serving in Afghanistan and elsewhere. The ceremony was organized by members of the St. James Legion Branch #4, and included musical accompaniment



Operation Nunavut 2009



NEW AIR DIVISION STANDS UP

On June 25, BGen Rick Pire (right) was appointed to the historic position of inaugural commander of 2 Canadian Air Divisions. Chief of Air Staff LGen Angus Watt (left) said that he believes the creation of the new air division will be "the right thing for the Air Force." 2 Can Air Div will assume control of all Air Force training and doctrine, focusing 1 Can Air Div to focus on operational requirements.

- NEW COMMANDING OFFICER FOR 1 CFFTS **Page 3**
- CHANGES AT THE TOP OF 17 WING **PAGES 4-5**
- CF PARADES THROUGH KENORA **PAGE 8**
- NEW CAOC FOR 1 CANADIAN AIR DIVISION **PAGE 9**
- CARE AND SHARE GOLF TOURNAMENT **PAGE 14**



Gala raises thousands for military families

The third annual Yellow Ribbon Gala was the most successful fundraiser since its inception, raising almost \$20,000 for the Winnipeg Military Family Resource Centre (WMFRC) February 21 at the Delta Winnipeg.

"We received fantastic support from 17 Wing, the community, and our corporate sponsors in raising money for our Service members and their families," said WO Troy Zueres, Chairman of the WMFRC Board of Directors.

"We received fantastic support from 17 Wing, the community, and our corporate sponsors in raising money for our Service members and their families," said WO Troy Zueres, Chairman of the WMFRC Board of Directors.

- Learning about educational opportunities **Page 2**
- New initiative announced for ill and injured CF members **Page 3**
- HMCS CHIPPAWA marks Black History Month **Page 4**
- Silver Dart replica helps mark 100th anniversary of flight **Page 8**
- Several activities planned for Nutrition Month **Page 10**



- Members of the family their CDs **Page 2**
- Mentors needed for new DND program **Page 4**
- Military member details CSA selection process **Page 9**
- PSP staff places first at lifesaving competition **Page 11**
- Air Command Bar adds pipe and drum section **Page 1**

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Start 2010 on a Healthier Foot: Give Your Resolutions a Jump Start With These Programs

Penny Wawrzyniak

Health Promotion

The beginning of a New Year brings with it an opportunity to reflect upon the past and to plan for the future. For many people, the creation of a New Year's resolution is an annual tradition; however, the success rates for accomplishing those personal goals vary greatly from individual to individual. If you have made a New Year's resolution, there are a variety of strategies that you can utilize to increase the likelihood that you will be successful in achieving your goals.

1. Clearly define your goals. Outline exactly what it is that you want to achieve. Goals such as "I will lose weight" are too vague and are therefore difficult to achieve. Ideally, a goal should be sufficiently detailed and should include:

An objective (what you want to achieve),

A method (how you will achieve it)

A time line (when it will be achieved).

For example: Beginning January 25th, I will work towards increasing my physical fitness by going to the gym four times a week, every week, for forty minute sessions comprising of twenty minutes of cardio and twenty minutes of strength training.

2. Create realistic goals. An appropriate goal is ambitious, but is not unrealistic. Do not set yourself up for failure, rather aim for a goal that you know you will be able to achieve with a reasonable amount of work and effort. If you have a large goal, break it into smaller attainable steps. Keep in mind that a goal can always be adjusted to make it more challenging if it proves to be too modest in scope.

3. Create meaningful goals. Take some time to consider what is important to you. Goals that have personal

significance are inspiring and intrinsically motivating. When you believe in the value of your goal, you are more likely to achieve it and will work harder to overcome any obstacles to success.

4. Create measurable goals. It is important to incorporate measurable components which can act as benchmarks for tracking progress. It is also important to ensure that your plan is grounded within a realistic timeframe that includes start and end dates for achieving your target.

5. Incorporate your goals into your schedule. Goals are more likely to be successfully achieved if the strategies that you employ become part of your daily routine.

6. Get support. Evidence suggests that having peer support greatly increases the likelihood that you will successfully achieve your goal. Seek out friends or family members who can act as a source of encouragement and who will support you through out the process.

7. Remember: changing behaviour is a process. When working towards achieving a goal, you can anticipate times when you will need to overcome certain obstacles and when you may experience a lack of motivation. When these situations arise, talk about your frustrations with a friend or family member and remind yourself why it is important for you to achieve your goal. Most importantly, keep trying and keep working towards achieving your goal! Obstacles and frustration should be viewed as temporary stumbling blocks not as good reasons to give up. Finally, determine whether your goal may need to be modified to make it achievable.

Health Promotion has four upcoming programs to help you achieve your New Year's resolutions:

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



BUTT OUT

8, 15, 22, 29 JANUARY

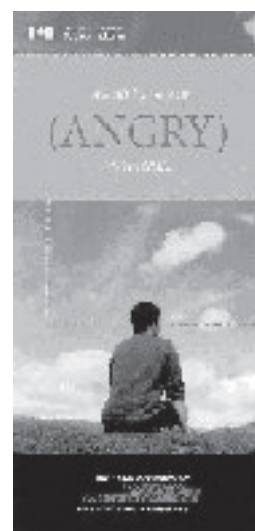
FRIDAYS

1130 - 1330 HRS

Course Description

1. Butt Out: Receive peer support through-out the process of quitting smoking. Learn about smoking cessation aids, coping strategies and about minimizing weight gain. Smoking cessation medications are provided free of charge to military members enrolled in the program.

Next Butt Out course begins January 8, 2010.



MANAGING ANGRY MOMENTS

29 JANUARY – 26 FEBRUARY

MONDAYS & FRIDAYS
0830 – 1200 HRS

Course Description

2. Managing Angry Moments: Use self-assessment tools to determine your anger management style, develop conflict resolution and problem-solving skills as well as effective coping strategies.

Next Managing Angry Moments course begins January 29, 2010.



TOP FUEL FOR TOP PERFORMANCE

28 & 29 JANUARY

0800 – 1600 HRS &
0800 – 1200 HRS

Course Description

3. Top Fuel Top Performance: A program for the "soldier-athlete". Determine your daily energy needs, develop a meal planner and receive information on supplements, fluid needs, nutrients and appropriate fuel for before and after exercise.

Next Top Fuel Top Performance course begins 28 January, 2010.



WEIGHT WELLNESS

27 JANUARY – 10 MARCH

WEDNESDAYS

1300 – 1600 HRS

Course Description

4. Weight Wellness Lifestyle Program: Identify a healthy weight range, waist measurement and rate of sensible weight loss. Learn the principles of physical activity and healthy eating and create an individualized healthy eating and physical activity plan. Receive peer support as well as assistance from representatives of Fitness and Sport and Health Promotion. Next Weight Wellness course begins 27 January, 2010.

To register for these programs please contact Penny: Local 4150

**Penny.
wawrzyniak@
forces.gc.ca**

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HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE

First Aid and CPR Courses

PSP Community Recreation will be offering First Aid and CPR courses this upcoming January.

Course List: Standard First Aid & CPR C

Available Course Dates:

Mon 25 Jan & Tues 26 Jan - 0900-1700 (Both Days)

Cost: \$65 (Com Rec Members) \$80 (Non Members)

Standard First Aid & CPR C Recertification

Available Course Dates:

Wed 27 Jan - 0900-1700

Cost: \$40 (Com Rec Members) \$55 (Non Members)

CPR C & AED

Available Course Dates:
Thurs 28 Jan - 1700-1900

Fri 29 Jan - 0900-1100
Fri 29 Jan - 1330-1530

Cost: \$20 (Com Rec Members) \$35 (Non Members)

To register, come into the front desk of building 90 fitness and Recreation Centre or call 833-2500 ext 5139.

Cours de premiers soins et de RCR

Les loisirs communautai-

res de PSP offriront des cours de premiers soins et de RCR au mois de janvier 2010.

Liste des cours offerts :

Cours normalisés de premiers soins et de RCR-C

Date des cours offerts :

Le lundi 25 janvier et le mardi 26 janvier de 9 h à 17 h (les deux jours)

Frais : 65 \$ (avec adhésion au centre des loisirs) 80 \$ (sans adhésion)

Cours normalisés de premiers soins et RCR-C - formation de recertification

Date des cours offerts :

Le mercredi 27 janvier - de 9 h à 17 h

Frais : 40 \$ (avec adhésion au centre des loisirs) 55 \$ (sans adhésion)

RCR-C et DEA

Date des cours offerts :

Le jeudi 28 janvier - de 17 h à 19 h

Le vendredi 29 janvier - de 9 h à 11 h

Le vendredi 29 janvier - de 13 h 30 à 15 h 30

Frais : 20 \$ (avec adhésion au centre des loisirs) 35 \$ (sans adhésion)

Pour vous inscrire, rendez-vous à la réception du centre de conditionnement physique et de loisirs (bâtiment 90) ou composez le 833-2500, poste 5139.

Lifesaving Courses

Swim Patrol Division

Geared for those between the ages of 8 and 11 who have completed Swim Kids 4 and are looking to get started on their lifeguarding career. Children will learn the skills from Rookie, Ranger, Star, while also spending a portion of each class being introduced to aspects of competitive lifeguarding. This Division will meet Thursdays from 5:30—8:00

Bronze Level Division

Participants between the ages of 12 - 16 will work on skills from Bronze Star, Bronze Medallion, and Bronze Cross in combination with competitive lifeguarding skills. Those entering this division must be 13 years of age or hold their Bronze Star certification.

This division will meet once a week on Thursdays from 5:30 - 8:00 pm.

National Lifeguard Service Division (N.L.S)

The Senior / N.L.S. Division is for those 16 year of age or older who were previously

registered in our Bronze Division or who hold Bronze Cross. Participants will learn the skills from the NLS program and will also explore the many aspects of competitive lifeguarding.

This division will meet once a week on Thursdays from 5:30 - 9:00 pm.

Competitive Division

The competitive division is designed for those who are interested in taking their lifeguarding skills to the next level!

To join this division, participants must be 16 years or older and hold one of the following: Bronze Medallion, Bronze Cross, or NLS.

This division will cover all aspects of competitive lifeguarding with the intention of entering a team in the annual Manitoba Lifeguard Championship competition.

Practices are help once a week on Thursdays from 6:00—8:00 pm.

For more information or to register come to Building 90 Fitness and Recreation Centre, or call 833-2500 ext 5139 or 2057.

In Memoriam



Sgt George Miok

CEFCOM NR - 09.035 - December 31, 2009

OTTAWA – Four Canadian soldiers and one Canadian reporter embedded with Joint Task Force Afghanistan (JTF-Afg) were killed, while four other Canadian soldiers and one Canadian civilian official were injured in an IED incident in Kandahar province, on Wednesday December 30, 2009.

The incident occurred 4 km south of Kandahar City at approximately 4:00 p.m., Kandahar time, Wednesday afternoon as a result of an improvised explosive device attack on an armoured vehicle during a patrol.

Killed in action was Sergeant George Miok a member of 41 Combat Engineer Regiment, based in Edmonton, Alberta and serving with the Kandahar Provincial Reconstruction Team.

Killed in action was Sergeant Kirk Taylor a member of 84 Independent Field Battery, Royal Canadian Artillery, based in Yarmouth, Nova Scotia and serving with the Kandahar Provincial Reconstruction Team.

Killed in action was Corporal Zachery McCormack a member of the Loyal Edmonton Regiment, 4th Battalion Princess Patricia's Canadian Light Infantry, based in Edmonton, Alberta and serving with the Kandahar Provincial Reconstruction Team.

Killed in action was Private Garrett William Chidley a member of the 2nd Battalion Princess Patricia's Canadian Light Infantry, based in Shilo, Manitoba and serving with the Kandahar Provincial Reconstruction Team. Michelle Lang, a Canwest journalist from Calgary, embedded with the Canadian Forces in Afghanistan was killed in the same incident.

Our thoughts are with the loved ones of our fallen comrades and our prayers go out to the family and friends of our fallen civilian reporter during this sad time, but we are determined to continue working with our Afghan and international partners towards a better future for the people of Afghanistan.

CEFCOM

OTTAWA, Ontario (December 23, 2009) -- One Canadian soldier and one soldier of the Afghan National Army (ANA) were killed by an improvised explosive device that detonated during a joint foot patrol near the village of Nakhonay in Panjwaii District, about 25 km southwest of Kandahar City, on December 23, 2009. The explosion also injured an Afghan interpreter.

Killed in action was Lieutenant Andrew Richard Nuttall, from the 1st Battalion Princess Patricia's Canadian Light Infantry (1 PPCLI), based in Edmonton, Alberta, serving as a member of the 1 PPCLI Battle Group. The names of the Afghan soldier and interpreter will not be released.

At this sad time, our thoughts and prayers are with the family and friends of our fallen Canadian and Afghan comrades. The commitment and sacrifice of our soldiers and their loved ones are helping to make a difference in the lives of the people of Kandahar Province.

NR – 10.001 - January 16, 2010

OTTAWA — One Canadian soldier was killed by an improvised explosive device during a dismounted security patrol near the town of Nakhonay in the Panjwayi district, approximately 15 kilometres south-west of Kandahar City. The incident took place at approximately 2:00 p.m. Kandahar time on 16 Jan 2010.

Killed in action was Sergeant John Wayne Faught from the 1st Battalion Princess Patricia's Canadian Light Infantry, based in Edmonton, Alberta. He was serving as a member of the Task Force 3-09 Battle Group.

At this sad time, our thoughts and prayers are with the family and friends of our fallen Canadian comrade. The commitment and sacrifice of our soldiers and their loved ones are helping to make a difference in the lives of the people of Kandahar Province.



Sgt Kirk Taylor



Pte Garrett Chidley



Lt Andrew Nuttall



Sgt John Wayne Faught

ARE YOU A VETERAN OF THE SECOND WORLD WAR AND WOULD LIKE TO SHARE YOUR STORY OF SERVICE?

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WWW.THEMEMORYPROJECT.COM

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1.866.701.1867

or by email: memory@historica-dominion.ca



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Participant Survey

We want to hear from you! The Winnipeg MFRC is administering a participant survey on behalf of the Director Military Family Services, and we need your feedback! We want to hear from individuals or families who have used the MFRC's services and programs within the last year. The information gathered in the confidential survey will help us develop targeted programs and services for your family. Everyone who fills out the survey will be entered into a draw to win a \$100 restaurant gift card. The survey runs from January 2 to March 1, 2010. The draw will take place on Tuesday, March 2. Stop by the MFRC, Westwin Nursery School or MFRC Childcare Centre to pick up your copy of the survey.

Sondage sur la participation au programmes

Dites-nous ce que vous pensez ! Le CRFM de Winnipeg MFRC administre un sondage sur la participation au Programme des services aux familles des militaires, et on recherche votre rétroaction ! Ce sondage vise à obtenir de l'information des familles et des personnes qui ont utilisé les services et les programmes du CRFM de Winnipeg durant la dernière année. L'information recueillie servira à développer des programmes et des services pour combler les besoins des familles militaires. Chaque participant au sondage aura la chance de gagner une carte-cadeau d'une valeur de 100 \$ pour un restaurant local. Le sondage aura lieu du 2 janvier au 1er mars 2010. Le tirage au sort pour la carte-cadeau aura lieu le mardi 2 mars.

A big thank you from Care & Share and the Winnipeg MFRC

The MFRC and Care and Share Program would like to send out a very big thank you to all the units and individuals who assisted with the holiday hamper program this year. Thanks to your support we were able to provide holiday packages to 30 military families. That means that thanks to your efforts, 47 adults and 67 children received the necessary food and gifts to have a happy holiday.

You should be very proud of your efforts as they really do make a difference in the lives of our community members. With many thanks,

Haley Schroeder, Winnipeg MFRC and Padre Lance Magdziak, Care & Share

Self Care for Moms

Join us at the MFRC for a presentation about taking care of yourself especially during the long winter months in Winnipeg! Sometimes as a mom, you are always putting your kids and family members first. You need to take care of yourself mentally and physically.

A nursing student from Red River College will be providing details on how to relax, revitalize and energize yourself during the long winter months. Tuesday, Jan 26, 10-10:30 am, with question/answer and discussion afterwards.

Yellow Ribbon Gala

Act now and get your tickets for the Yellow Ribbon Gala. Time is running out! Tickets are \$100 each, and are available at the MFRC, 102 Comet Street, or online by visiting yellowribbongala.ca. The guest speaker for this year's event is Olympic gold medalist in cycling, Lori-Ann Muenzer. We are extremely honoured to have the Air Command Band perform again, and the Sea Cadet Drumline from RCSCC Qu'appelle. New to this year's event is the tombola balloons. Guests will be able to purchase a balloon for \$20. Later in the evening, the balloons will be delivered to the tables, and the balloons will be popped, revealing the prize inside. Each balloon is a winner, and the minimum value of the prize is \$20. There will be a limited number of balloons, so be sure to get yours early when you attend the Gala.

Win a trip for two

In support of the 2010 Yellow Ribbon Gala, the Winnipeg MFRC is offering a chance to win two round trip tickets on VIA Rail from Winnipeg to Edmonton along with a two night stay for two at the Delta Edmonton Centre. This is a prize package worth \$1800. Tickets are 3 for \$10. You can

purchase the tickets at the MFRC, 102 Comet St and they will also be available for purchase up to and including the night of the Yellow Ribbon Gala, February 20, 2010 at the Delta Winnipeg. The winning ticket will be drawn during the Gala.

Have you ever considered offering child care in your home?

As a licensed family care provider, you can earn income while being home with your own children. You can take advantage of all the benefits of having a home business, be flexible in the ages and hours for which you would provide care and develop useful employment skills. The MFRC would like to help you license a home centre. Call Lois (837-3626) for more information on how to get started.

Mother Goose

This is a wonderful program for parents and their children. We will explore the pleasure and power of rhymes songs and stories while making new friends.

This is a free drop in program. It will be offered in two formats:

English Mother Goose – 300 Carpathia Ave Tuesdays 9:30-noon Jan 12-March 16

English/French Mother Goose- 102 Comet St Tuesdays 1:30-3:00 Jan 19-Mar 23 (you do not need to speak both languages to benefit)

Munch around Manitoba

Come join us the last Thursday of each month to sample some local cuisine. We'll be visiting a different restaurant each month to showcase all that Winnipeg and surrounding areas have to offer. *Everyone is welcome.* Participants pay for their own meal.

January 28

Hu's on First Asian Bistro - CanWest Global Park (near the Forks) 6 p.m.

Join us at Hu's on First for an Asian feast. Menu items include seafood, beef, pork and chicken as well as vegetarian items. Entrées range between \$10 and \$18. Come out for a relaxing evening and perhaps take a stroll around the Forks Market after dinner. Deadline to register is January 21.

Second Language Training

It is now time to register for our Second Language Training Programs in either French or English. The course duration is 10 weeks and will consist of two three-hour classes per week.

The winter session offers French Levels 2 and 5 as well as one English class. Courses will start the week of January 25;

deadline for registration is January 22, 2010. Classes are held at 102 Comet St.

French 2: Monday & Wednesday, 6 to 9 p.m.

French 5: Monday & Wednesday, 6 to 9 p.m.

English: Tuesday & Thursday, 6 to 9 p.m.

All classes require a minimum of five students, while a maximum of ten students will be accepted. A placement test may be administered to determine the level of proficiency.

Cost :

For military spouses and family members: \$50 (refundable if 85% of the course is completed)

For military personnel: \$50 non-refundable

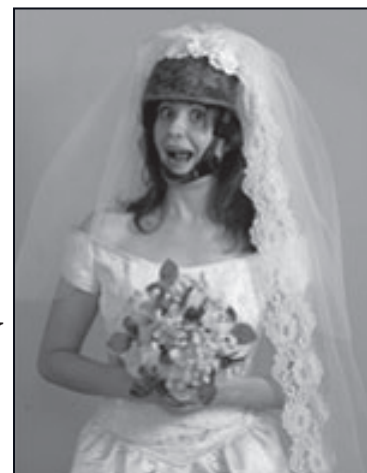
For NPF and public employees: \$100 non-refundable

To register or for more information dial ext. 4515.

Mother's Day Weekend Trip to Minneapolis

Shake off the cold of the winter! The MFRC is pleased to sponsor a three day shopping trip to Minneapolis. Sit back and enjoy the commradary of others and let someone else do the driving. Stops along the way include the Albertville Outlet Mall, Ikea and Mall of America. The dates for the trip are Friday May 7 to Sunday May 9, 2010. To reserve your seat, a deposit of \$85.00 (non-refundable) for the bus fare is required by February 1, 2010. Cost for two nights at Country Inn and Suites in Albertville is \$216.00 US (\$108.00 per night), each room has two queen size beds (no more than four people per room).

Laura Earle:
I'm an Army Wife, Now What?!



February 12 @ 1900 hours
17 Wing Theatre, 680 Wihuri Road
Tickets \$10 available at MFRC
For more information call 833-2500 ext 4500

Chaplain's Corner

Zain Bhikaha is a practising Muslim who composes and performs Islamic lyrics to songs which promote spiritual contemplation and encourage every person to work towards a better world. The following is an excerpt from one such song titled, "Mountains of Makkah"

*Oh Mountains of Makkah how will it feel
When the earth shall quake and tremble with fear?
And we shall be gathered together to stand
In the court of Allah with our deeds at hand*

*Oh how we pray that on that day
We'll be with those to whom Allah will say
"Peace be with you, I am pleased with you"*

Regardless of what faith tradition we may practice, all people with a religious mind and soul want to hear the voice of God speak to them the words; "I am pleased with you", "I am proud of you", or to reiterate the words of God spoken to Jesus on the day of his baptism, "You are my child, my beloved, with you I am well pleased".

New Brunswick author, David Adams Richards wrote a fabulous book entitled, "God Is. My Search for Faith in a Secular World." In it he shares his journey of faith in the midst of his battle with alcoholism and the internal struggle of living in a community where a key to survival was befriending those who were murderers. In his book he writes, "Faith has guided me away not from sin or wrong – or from failing with my children, or my wife and I failing with each other – never that either – but away from what I had once believed in, that liberty was bought with power, and toward a more astonishing recognition of the sacred in our midst." Sin continues to be a powerful and at times overpowering influence in our lives but the presence of God offers hope and something solid, deeply meaningful, and pure that we can hold onto even when life and even we are at our worst.

The reality is that even the most devout practicing religious people are human beings and are there-

fore going to find themselves in situations where they have made grave errors in judgment and will say and do things that are not only wrong – but also humiliating to themselves and those they love. I have counselled many people over the years who have come into my office and shared with me their shame in struggling with an eating disorder; alcohol, drug, sex and gambling concerns; infidelity; verbal and physical exploitation; parenting issues; and marriage problems. At the end of the day I have concluded that the reason they initially sought out a Chaplain as opposed to a trained Social Worker or Psychologist (for whom I often encouraged they seek further counsel) is because deep down in the recesses of their hearts what they truly needed to know is that God still loves them and in spite of their failures and shortcomings is well pleased with them.

In a recent episode of House – Dr House said to one of his clinicians – "every saint has a past" and she responded and "every sinner has a future". This is such a wonderful message. In both statements sin does not define the outcome. The saint was once sinful but this did not determine who s/he became and accordingly even we sinners are not determined by our present status for in Christ we have a most glorious future.

Theologian and acclaimed writer Philip Yancey said; "There is nothing we can do to make God love us more. There is nothing we can do to make God love us less." God's love is holy because it is like grace – the worthiness of its object is never really what matters.

Never doubt that God is pleased with you. Unlike Jesus we may not hear for ourselves such a great proclamation of God's affirmation but other people hear God confirming us. God speaks to the hearts of others declaring his approval and love that we hear in the voice of our children, spouse, neighbour, and chaplain who affirm our true status as a child of God.

As paraphrased from Luke 3:22, "You are my child, my beloved, with you I am well pleased".

The Chapel of the Good Shepherd, 17 Wing will be having a service of Confirmation on Sunday 18 April 2010. The preparation classes will be open to protestants of all denominations and held after Sunday Worship commencing 28 Feb for 6 weeks. The service will be presided over by the Anglican Bishop Ordinary to the forces, the Rt. Rev. Peter Coffin and other denominational leaders of those being confirmed. Confirmation is an opportunity for baptised persons of age 13 and older to explore and confirm their personal faith journey. If you or a member of your family is interested, or for more information, please contact Padre Gordon Mintz at local 5785 or Gordon.Mintz@forces.gc.ca.

Une cérémonie de confirmation aura lieu le dimanche 18 avril 2010, à la chapelle de la 17^e Escadre (Chapel of the Good Shepherd). Des cours de préparation destinés aux protestants de toutes les confessions seront donnés après le service religieux du dimanche à compter du 28 février, et ce, pendant six semaines. La cérémonie sera présidée par le très révérend Peter Coffin, évêque ordinaire anglican de l'aumônerie militaire, et d'autres dirigeants confessionnels des confirmands. La confirmation offre aux personnes baptisées de 13 ans ou plus l'occasion d'examiner leur cheminement spirituel et d'affirmer leur foi. Si vous ou un membre de votre famille voulez en savoir davantage, vous n'avez qu'à communiquer avec l'Aumônier Gordon Mintz par téléphone, en joignant le poste 5785, ou par courriel, à Gordon.Mintz@forces.gc.ca.

Together in Church

CATHOLIC

CHAPLAINS

Padre Lance Magdziak
Roman Catholic Office 833-2500 ext 5272

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

Masses (English only)
Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS

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

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

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

Padre Ken MacRae
(Presbyterian) Office 833-2500 ext 4277

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

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

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

Sunday Services (English Only) 0900 hrs

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

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

Baptisms The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

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

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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

INTERFAITH PRAYER ROOM

Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.



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Aries

(March 21 - April 19):

Just because you're excited about something doesn't mean it is good for you to do it. Trust your gut but be aware of others too. The kind of attention you get might not be what you were looking for. Check your assumptions discretely and you'll be more confident about your actions.

Taurus

(April 20 - May 20):

Your income may not be giving you the purchasing power you'd like. Things are changing and you may be limited in your ability to advance within the system you're in so be cautious with spending. Perhaps proposing alternative ways to be compensated would work for you.

Gemini

(May 21 - June 2):

Time to plan your next step. Once you find the missing pieces to a puzzle it's easy to draw solid conclusions and determine solutions. You may not see results from current initiatives until the Spring, but be patient. You're on the right track. Emotionally driven issues come to a head.

Cancer

(June 22 - July 22):

A wise problem solver knows when they are operating under assumptions that reflect their own beliefs. To take others into consideration you have to find out about their values and feelings. Vanity and pride can get in the way of communication. Build bridges instead of walls.

Leo

(July 23 - August 22):

Recent choices have taken you in the right direction. Stay focused on your main goals even when distractions beckon. You'll get more of what you want if you do the initial hard work. You have the Midas touch right now. Others are eager to support you when you show commitment.

Virgo

(August 23 - September 22):

You've got lots of ideas about how to better your life and you're ready to put a lot of effort in. Luckily you've lots of energy too. People are drawn to you. They want to catch some of the excitement you exude. Use your influence wisely to implement positive changes.

Libra

(September 23 - October 23):

Self-doubts about how much you can do can drain your energy and hold you back. Too many deadlines or commitments will overwhelm. Instead of procrastinating, pick one project and focus on it first. Keep a list of other ideas for future consideration.

Scorpio

(October 24 - November 21):

Sometimes even with all the effort you put in you won't get ahead. You may be competent but there are other factors involved that you have no control over. Don't be distracted by this, instead set your sights on attainable goals. There are lessons to learn in most situations.

Sagittarius

(November 22 - December 21):

You're entering a life phase where you'll feel freer to follow your hearts desire. Delving deep inside to see what that is can be complicated and revealing. Focusing on lost opportunities can bog you down though so try to stick to living in the present and what it has to offer.

Capricorn

(December 22 - January 19):

Assess things in a practical pragmatic way to find ways to meet your needs and get what you want. The best situation is a win/win one. There is happiness ahead. It's not as difficult as it might seem so don't create problems for yourself. Make your priorities your priority.

Aquarius

(January 20 - February 18):

Your instinctive awareness and willingness to learn can work together to help you see a situation clearly. Ruthless honesty may be required for an accurate assessment. An ending may be seen as a disaster or as a gift. Break free from any situation that isn't healthy for you.

Pisces

(February 19 - March 20):

To get quick results use a practical approach to dealing with what needs to be done and methods that work for you. Visualize succeeding. Complete things that matter most. The sense of accomplishment and pride in achievement help you confidently tackle new challenges.



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