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17 Wing Hosts Exciting Hockey Championships



17 Wing Commander Col Roy drops the puck at the opening ceremonies for the Prairie Region Old Timer's Hockey Tournament. The tournament, along with the Prairie Region Men's Hockey Tournament, was an action packed week of fantastic hockey. For more on the tournament please see page 4. Photo: Cpl Archambault

IN THIS ISSUE:

LOGISTICS BRANCH CELEBRATES ANNIVERSARY

PAGE 2

435 SQUADRON HELPS LOCATE MISSING HUNTERS IN NUNAVUT

PAGE 3

CLEAR SKIES AHEAD FOR CFS MET GRADS

PAGE 3

17 WING RONDELLES SKATE TO 2ND PLACE AT REGIONAL TOURNAMENT

PAGE 4

SECURITY AWARENESS WEEK AT 17 WING

PAGE 5

23 CF HLTH SVCS C HOLD TOWN HALL

PAGE 10

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Logistics Branch Celebrates 47th Anniversary



Staff prepare to cut the cake at the Logistics Branch Anniversary Celebration. Left to right: Cpl Ashmead, Col Clouter, and CWO Spragg. Photo: Mike Sherby

By Mike Sherby
Voxair Manager

It was standing room only in the Red River Lounge as Loggies from across CFB Winnipeg gathered to celebrate the 47th Anniversary of the Logistics Branch. Though the group was large, it represented just a fraction of the hundreds of members of the Logistics Branch working in Winnipeg.

Wing Admin O LCol Clouter was the senior ranking Wing Log member at the event. She spoke admiringly of the high operational tempo and professional attitude the branch maintains.

"People think what we do is magic," she said. "But what they don't see is all the hard work that goes on behind the scenes to make that magic happen. And over the last year we've performed quite a bit of magic."

She went on to list just a few of the operations that Wing Logistics has been involved in the last year. These included helping out with flooding during OP LENTUS, and of course all the support they've provided to OP RE-ASSURANCE and OP IMPACT.

One of the highlights of the celebration was the amazing cake provided by Wing Foods (please see separate story on this page). The cake drew amazed oohs and aahs from the crowd, with several people pulling out their iPhones or BlackBerrys to take pictures.

The Logistics Branch of the Canadian Armed Forces was formed on 1 February 1968, the date that the Canadian Forces Reorganization Act was proclaimed. The Logistics Branch is one of the most diverse branches of the CAF, and includes seven separate occupations: Resource Management Support, Cook, Postal, Supply, Ammunition, Traffic and Mobile Support Equipment.

Logistics Branch members serve as the support arm of the CAF. It encompasses all of the support trades and acts as a backbone of the forces, providing backing for both OPs and day-to-day activities.

LCol Clouter closed her remarks by thanking everyone again for all their hard work.

"I'm very proud of being a Log Officer," she said. "Everyone here does their job very well, and the work you do does not go unrecognized."

The Icing on the Cake at Logistics Branch Birthday

By Mike Sherby
Voxair Manager

17 Wing Foods' contribution to the Logistics Branch's 47th Birthday literally took the cake. The multi-tiered cake, decorated with the branch's logo and a three-dimensional eagle soaring from out of the top had heads turning and mouths watering all over the room.

Created by 17 Wing Food's Sgt Alexandre Leblanc and Cpl Fraser Ashmead, the cake was part of a friendly contest held between Wings across Canada to see who could create the best cake celebrating the Logistics Branch's birthday. It's the second year this competition has been held.

Cpl Ashmead says that working on the cake was a great learning experience for him.

"I've done cake sheet work for birthday parties before and things like that. But for taking it to the next level, where it's more high-end and all decorative, this was the first one."

He joined the CAF in November, but has over 15 years' experience working as a cook and chef, including two years working as 17 Wing's catering coordinator. He says that working for Wing Foods means you need to be proficient in all areas of the kitchen.

"Today for instance I'm working on cold foods, doing salads, whereas most of the time I'm working the hot line area, and the other day I was thrown into the bakery to throw some muffins together. You don't have to be an expert, but it is good to be comfortable in most situations."

Cpl Ashmead estimates that between himself and

Sgt Leblanc, they probably spent about 80 hours from start to finish designing and making the cake. He says the hardest part was either carving the eagle out of rice krispie squares or else getting the layer of fondant icing onto the cake.

"Once the fondant is on the cake, you can't take it off again, so it's a little bit of an art," he said.

The only necessary design criterion for the cake was that it had to feature the Logistics Branch Crest. Other than that it was up to the designers what they wanted to make.

"We didn't want to do just a regular, round cake," Cpl Ashmead said. "So we went in a different direction. We were looking at something definitely three dimensional because that's what really catches the eye."

There were a total of eight entries this year, and the cakes will be judged by a panel of 5 staff from A4 Logistics at 1CAD. The winner, which will be chosen next week, will receive a trophy commemorating their creation.



The cake prepared by Cpl Ashmead (left) and Sgt Leblanc (right) of Wing Foods took an estimated 80 hours to make. Photo: Mike Sherby

2014 GCWCC Team Thanks 17 Wing!



On Dec 5, 2014, the 17 Wing 2014 Government of Canada Workplace Charitable Campaign (GCWCC) concluded with another highly successful year. Through participation in a variety of Wing organized events and your generous donations, we raised \$123,658.36. The WComd, Col Roy, WCWO, CWO Robertson, GCWCC Chairman, LCol Clouter, and the GCWCC Co-Chairs, Ms. Kathy Dmytrisin, Capt Snow, and Capt Pentney would like to personally extend our thank you to everyone who participated and volunteered to make this another successful year. Again, thank you for your support and see you in September at the 2015 17 Wing GCWCC kickoff event!

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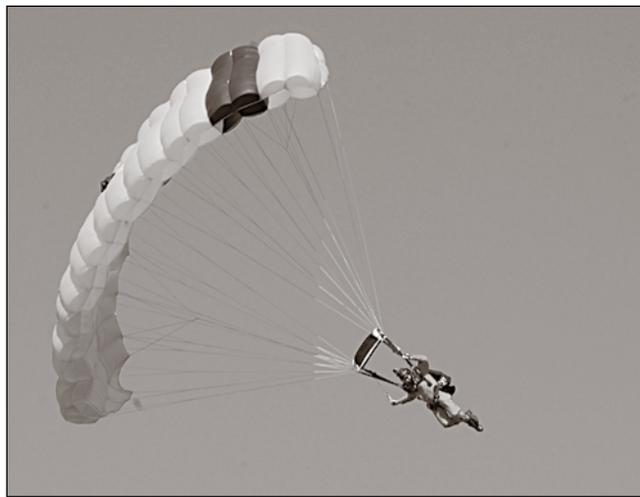
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435 Sqn Helps RCMP Rescue Hunters in Nunavut



A Search and Rescue Technician at 435 Squadron prepares for his landing in this file photo. 435 Sqn assisted RCMP in locating two missing hunters on February 5th. Photo: Cpl Gabrielle DesRochers

DND/RCAF

Two hunters reported missing near Arviat, Nunavut yesterday were successfully located by a Royal Canadian Air Force (RCAF) Search and Rescue (SAR) CC-130 Hercules aircraft from 17 Wing Winnipeg on February

5th, 2015.

The RCMP Detachment in Arviat, NU, were notified of the missing hunters on Wednesday, February 4, and the Nunavut Emergency Management Officer (EMO) contacted Joint Rescue Coordination Centre (JRCC) Trenton requesting RCAF assistance in locating the missing hunters, who were last seen on snowmobiles.

A 435 Transport and Rescue Squadron crew spotted the hunters this afternoon and contacted local emergency services. A ground-based snowmobile rescue team was tasked to help the hunters but were not initially able to affect the recovery of the hunters due to mechanical issues. Providing cover while the ground rescue team left to get additional snowmobiles, the Hercules remained on scene.

Search and Rescue Technicians (SAR Techs) parachuted from the aircraft to assess the well-being of the hunters when it was determined that the Hercules had to go for refuelling at Ranklin Inlet before the snowmobile rescue team could return.

Sometime after the departure of the Hercules, the snowmobile rescue team returned and transported the hunters and SAR Techs to Arviat. The hunters were reported to be in good health.

The CC-130 Hercules then flew to Arviat to pick up the SAR Techs before flying to Churchill to rest over-

night.

Quick Facts

- 435 Transport and Rescue Squadron at 17 Wing Winnipeg, Man. and 424 Transport and Rescue Squadron at 8 Wing Trenton, Ont. provide primary search and rescue response for the Trenton Search and Rescue Region, the largest in Canada.

- The Trenton Search and Rescue Region extends east to Québec City and west to the Alberta-British Columbia border. From south to north, it extends from the Canada-United States border to the North Pole. Joint Regional Coordination Centre (JRCC) Trenton manages the SAR cases referred to the Canadian Armed Forces.

- Search and rescue is a 24 hour-a-day, seven day-a-week responsibility for 435 Transport and Rescue Squadron. One aircraft is permanently assigned to search and rescue stand-by duty and is equipped to aid people, aircraft or vessels in distress.

- In Canada, search and rescue (SAR) is a shared responsibility among federal, provincial/territorial and municipal organizations, as well as air, ground and maritime volunteer SAR organizations. Ground Search and Rescue (GSAR) in Canada is conducted under the legal authority of the individual provinces and territories. This authority is delegated for operational response to the jurisdictional police services.

CFS Met Forecasts a Bright Future for Graduates

MCpl McClelland CFS Met Instructor

December 18th, 2014 brought a long awaited day for 23 students on the TWS and Forecaster Courses at the Canadian Forces School of Meteorology (CFS Met) 17 Wing Winnipeg – Graduation Day! After five and a half months of training the Met world now has 6 new Forecasters to add to their desks across Canada, and 16 new Tactical Weather Specialists.

CFS Met was extremely privileged to have LCol J.D. Callacott, Officer in Charge of the Joint Intelligence Centre (JIC) at CJOC HQ, as our Guest of Honour at the combined graduation ceremony for the Tactical Weather Specialist (TWS) and Met Forecaster courses. Here's a little information about our two courses: the TWS course is designed to teach entry level Meteorological Technicians the skills and knowledge required to perform weather observations, disseminate observed data, and brief current and forecast weather conditions. Both the CF and Environment Canada Forecasters use weather observations to produce forecasts and to provide the raw materials needed to create weather briefings in support of CF operations. Due to occupation transformation, the TWS course also included one Bridge-Training (BT) graduate (a Met Tech Observer who required the Briefer Qualification). The TWS course is the first step for these new weather observer/briefers' training which will eventually lead them to the senior forecasting course.

The aim of the Forecaster course is to employ Met Techs in provision of meteorological support to operations in all

three elements. The CF has a requirement for the services of highly qualified Met Techs in such operations as those carried out by ship based helicopters, land element combat groups, air based operations, and search and rescue units. These Met Techs must be able to provide commanders and operations personnel with weather information in the form of forecasts and/or advice on meteorological matters. Upon completion of the OJT programs, they will be fully qualified to provide forecast support to all three elements.

LCol J.D. Callacott assisted MWO B. McDonald, CFS Met Standards MWO, in presenting Pte. J. Gaines (TWS) with the CFS Met "Certificate of Achievement" for obtaining the highest academic mark on the course. CFS Met Standards Officer Mr. Curtis Downie presented the "Certificate of Achievement" award for the Forecaster Course to MCpl D. Burns.

LCol J.D. Callacott assisted Major L.M. Baspaly, CFS Met Cmdt, in presenting the CFS Met "Certificate of Merit" in recognition of a high standard of performance and exceptional leadership throughout the course to MCpl M. Jubb from Trenton. All the students should be congratulated for their hard work.

Most of the TWS students head to the JMC in Gagetown to begin OJT. As for the new Forecasters, they return to their units to share their new-found knowledge.

Well, the weather never stops and neither does CFS Met. At the time of writing this article we have another two courses in house.



Tactical Weather Specialist Course 1402 Graduates and instructors. Photo: submitted



Forecaster Course 1401 graduate and instructors. Photo: submitted

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Rondelles Women's Hockey Team Takes 2nd Place at Regionals

By Martin Zeilig
Voxair Photojournalist

The Rondelles may sound like a throwback to some Motown singing group from the 1960s, but names can be deceiving.

The 17 Wing Rondelles Women's Hockey Team make their music on the ice with skates, sticks, a puck, slick moves, and with the cheers of their fans acting like a background chorus.

The team placed second at the Prairie Regional Women's Hockey Tournament held January 21-23 at CFB Edmonton, losing 4-0 to Cold Lake in the gold medal game. Cold Lake will go on to represent the Prairie Region at the CAF Women's National Championships at CFB Borden, February 21-27.

"The Regionals went exceptionally well from a team growth and performance point," said head coach Major Dave Treanor.

"I felt that we had the strongest team at the tournament. We worked as a team with every line supporting each other. All players raised their level of play as a result of the experience. Their improvement also came about by watching games and analyzing why goals were scored or chances were created."

The bulk of the team's players began playing hockey as adults after they joined the military.

"The average player experience is around five years," said Maj Treanor.

The team could only take 12 skaters to the Regionals, and had to rely on a floater pick-up to fill the goalie position as their net minder has been deployed.

Captain Kelsey Penner, who plays forward and is the team's co-captain, started playing hockey at age 19 after she took an 11 week Hockey Skills Development Program at Canlan Ice Sports. She scored the momentum

changing go ahead goal in a comeback 4-2 victory over Edmonton in round robin play at the tournament.

Her teammate, Second Lieutenant Juanita Lonny, a forward, also participated in the Canlan hockey development program.

"The Canlan program was a good introduction to hockey and helped build my rudimentary skills," said Capt Penner.

"I'm looking at taking it again at an advanced level to make my skills even better."

Maj Treanor emphasized that Capt Penner's game has improved immensely since joining the team.

"This is my first year with Capt Penner on the team," he said. "She is showing good knowledge of the basic skills and plays. Her play has shown improvement all year."

Capt Penner says she was very proud to have represented 17 Wing at the Regional Tournament.

"We definitely surprised a lot of other teams who didn't expect us to be so competitive," she said.

Maj Treanor said that it was interesting to listen to the team's rookies explaining why a certain goal happened: who was left uncovered, why a certain move worked, and other observa-

tions.

"Our system of puck-cycling and constant movement in the opposition's end of the rink dominated play as we outshot our opponents by a wide margin every game," he said. "We tried successfully to pressure the puck carriers every chance we had, and worked at covering their players when their team had the puck. I do feel that we improved every game. The goalie that we picked up as a floater played three strong games for us. Her best was the semi-final where she made some spectacular stops against the Edmonton team."



The players and coaches of the 17 Wing Rondelles Women's Hockey Team. Congratulations on your second place finish at the PR tournament. Front row (left-right): Pte Karlie Walsh, Capt Kelsey Penner, CWO Crystal Krammer, Capt Becky Borshowa, Cpl Lyndsay Cross, MS Cindy Walsh, Capt Melissa Couturier. Back Row (left-right): Asst Coach Capt Heather Smith, Sgt Marie-Pier Laflamme, Capt Allision Brehm, MCpl Allison Brophy, WO Stacey Kohanski, Capt Heather Demchuk, Cpl Kate Marois, Capt Sue Witchel, Pte Laura Kurys, Coach Maj Dave Treanor Photo: Supplied

Regional Hockey Tournament's Organization Receives High Praise

By Martin Zeilig
Voxair Photojournalist

CFB Edmonton swept the regional hockey tournament, coming in first at the 2015 Prairie Regional Men's & Oldtimer's Hockey Championships.

The round robin tournament, which was hosted by 17 Wing Winnipeg, took place from February 2-6 at the MTS IcePlex. It also featured teams from 17 Wing, CFB Cold Lake, and CFB Wainwright.

Edmonton defeated Wainwright 2-0 to capture the Oldtimer's Championship, while the Edmonton men's squad won 4-3 over Cold Lake with just over a minute left in sudden death overtime.

Edmonton forward Private Shawn Little, 23, the younger brother of Winnipeg Jet's centre Bryan Little, scored the winning goal, and was named the tournament's MVP.

ment's MVP.

The organizing committee consisted of Chairperson Tina Baily, PSP Fitness and Sports Director, PSP sports coordinator Chris Merrithew, and chief official Major John Sullivan from 17 Wing.

Despite ending up out of the medals, Captain Greg King, coach of the 17 Wing Men's Team, approved of his team's performance.

"Our guys played well," he said.

The team lost 5-4 in overtime to Cold Lake in a hard fought playoff round. The Oldtimer's team also lost a very close 3-2 game to Wainwright in OT.

"We knew we were competitive with the other teams, and we kept that attitude throughout the tournament," said Capt King. "Overall, we played well, but we took some inopportune penalties at times."

He also praised the tournament's organizing committee.

"I think 17 Wing has the finest PSP staff that I've been associated with in 36 years in the Canadian Forces," said Capt King, a long-time hockey coach at various levels in the CAF and civilian life.

"We were treated the best you could be treated for a championship," he said. The team started preparing for the tournament in October by holding weekly practises. They also played a few exhibition games against teams from the City of Winnipeg Police and Fire Department, and the RCMP team.

"17 Wing always goes the extra mile. There's never a

complaint from these guys. It's the little things you get from the base that gives you the nice warm feeling."

Tina Bailey was equally enthused about the entire week's activities. She commended Chris Merrithew in particular for having done "a wonderful job" organizing the competition.

"Both Winnipeg teams did well," Bailey said. "We're looking forward to holding the next CAF sporting event here in Winnipeg."



CFB Edmonton takes on CFB Cold Lake in the Men's championship game on Feb. 6. The game was won by Edmonton 4-3 in sudden death overtime. Photo: Martin Zeilig



17 Wing takes on CFB Edmonton in Men's round robin action on Feb. 2. The game was won 7-2 by Edmonton. Photo: Martin Zeilig

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Security Awareness Week: Are You Security Aware?

By Martin Zeilig
Voxair Photojournalist

Security Awareness Week is an annual event held during the second week of February in which departments are invited to promote good security practices and to share them government-wide.

It provides an excellent opportunity to increase employee awareness and to promote departmental security services.

"The idea is to tackle all types of topics related to security, including office security, and physical security, which would ensure that all units at 17 Wing take proper security measures to protect our assets in line with DND policy", says Corporal Aron Maslan, of 23 MP

Flight Security section.

"We further educate people on the importance of why we do gate checks and check identity cards. It's a way to promote good security practise throughout the base. Security is everyone's responsibility; it's not just the responsibility of a few people."

Security Awareness Week was conceived in 2002 through collaboration between the TBS, the Privy Council Office and several departments and agencies of the Government of Canada.

Since the inaugural Security Awareness Week in February 2003, the event has been a success thanks to the efforts of departmental security practitioners, the Government of Canada security community, and inter-departmental groups such as the Security Awareness Working Group.

Security awareness doesn't stop once you enter the gates. Johnathan Drozdowski, Information Systems Security Officer 17 Wing, points out that a large influx of phishing attempts against CF/DND members has happened recently.

"We recently sent out a wing wide e-mail detailing the dangers of giving out any information to these scammers," he says.

Drozdowski included a number of ways to detect if you are a recipient of a phishing scam including: receiving an e-mail that you weren't expecting, probably generically addressed (Dear customer, dear subscriber, etc); receiving email from addresses that don't appear to be legitimate in nature (CanadianCRA.Org instead of www.cra-arc.gc.ca); Poor grammar and/or spelling mistakes throughout the email; and threats that lack of action will lead to consequences.

"The easiest way to combat these e-mails is to remain vigilant and delete any that you receive," he emphasized.

Drozdowski also urged all personnel not to attach personal drives to DND systems because, in his words, you're threatening the network.

"It increases the risk of introducing malware and viruses, and the account could be disabled pending investigation," he said. "Only DND owned storage devices are authorized connection to departmental IS and are to be used for official use only."



Cpl Aron Maslan, 23 MP Flight Security section, checking identification card of civilian worker outside of the MP office. Photo: Martin Zeilig

A personal USB key may be used if it is scanned on a stand-alone "Trusted Data Transfer Stations" with an up to date approved DND antivirus or on the GPNET, added Drozdowski.

As part of the week, a security seminar was held on February 11 in Mynarki Hall 1 Canadian Air Division.

"We focused on personal security, I.T. Security (computer networks), structural security, and related security matters," Cpl Maslan said.

"We also set up a mock office and asked people 'What's wrong with this office?' Are the documents being locked away to the appropriate level of security? Are the passwords for computers safe? Are the combinations for safety locks properly secure?"

He observed that it's a way of further educating CAF military and civilian personnel.

"What we went over in the seminar was in line with DND official security practises. We want to ensure that our members are secure at home and in the wider community too," Cpl Maslan emphasized.

"Security concerns are always fluctuating, but a certain standard needs to be upheld at all times. Everybody has to be aware because they're working on the base. Every building needs to be surveyed yearly and have proven security safeguards."

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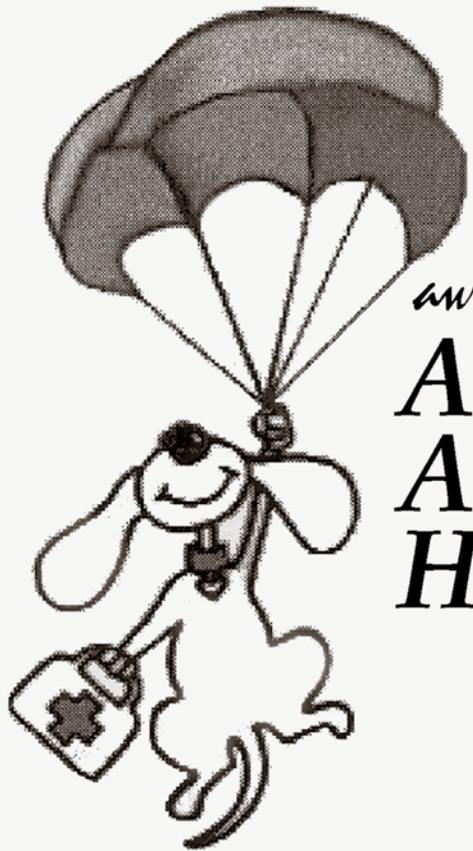


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CFMWS Staff Working Hard Overseas



James Follette (centre) drops the ball to Gen Lawson, Chief of Defence Staff (left) and an unidentified player at the ball hockey tournament. The tournament was held as part of the Team Canada visit. Photo: Supplied

**By James Follette BPE, CEP
Fitness Coordinator ASAB**

It's always a unique opportunity to work side by side with our CAF members in a ROTO 0 deployment. It is also an excellent chance to work with staff from within our CFMWS organization in an austere environment. Over the past 18 years with CFMWS, I have worked with amazing colleagues, and this tour is no exception. From Norma Woods, our Welfare Manager, to the other Morale and Welfare Team, including Trish Flemming, HLTA Travel Supervisor, Jo-Ellen McNeil, HLTA Travel Coordinator, and Jordan Geehan, FS&R Coordinator. They all bring years of experience and knowledge to this mission that is second to none.

Currently I am stationed at Camp Canada. Quite honestly, the most challenging aspect of my position as a FS&R Coordinator is that we have little to no equip-

ment to work with and very little space to conduct classes. This is where the DFit site, a single TRX and the BMS book have come in very handy. I have given upwards to 30 programs on the TRX and BMS booklet, not to mention double digit running programs on the www.DFit.ca web site.

Two major initiatives that we have been working on at this point are the Kuwait to Canada Challenge, and the Team Canada visit. The objective of the Kuwait to Canada Challenge was to exercise, using any method of training available, the entire distance from Kuwait to Canada, approximately 10,173 kms, by 30 April 2015. Using the Aerobic Award of Excellence as a guideline we made 1 unit = 1 km. This way we were able to track each Unit and all of their individual members' results. The numbers coming in at this point have been impressive, with some Units having already completed the 10,173 km distance. It will be interesting to see how far they will be able to travel by the end of the tour.

The other initiative was the Team Canada visit, and quite honestly, the highlight of my tour so far. We had a wide range of alumni from the NHL, CFL, and current CFL players, not to mention CEO's from the Montreal Alouettes and the Toronto Argonauts. There were also two amazing country singers and a great comedian/magician to cap it off! The centre of the visit was a ball hockey tournament that had the winner face off against Team Canada. The game was hard fought, had some great saves, great goals and a MVP performance by the CDS himself in which he scored a hat trick. The final score was Team Canada 6 and ASAB 5. The victors were awarded a spectacular trophy that was made by hand

by one of our own CE personnel: Cpl Joseph. The game was followed with a town hall by the CDS and the CAF CWO. The night concluded with a fantastic show that was jam packed with great performances, prizes and of course good times.

James Follette, 17 Wing Fitness Coordinator, is currently deployed on OP Impact as part of the CFMWS team.

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Air Reservists: Serving at Home and Abroad



L to R: Class A Reservist Lt Niomi Dreger, the Deputy Flight Commander/Logistics Officer with 17 Wing Air Reserve Flight; WO Rick Selman, Recruiting and Training Warrant at the 17 Wing Air Flight Reserve; Reservist MCpl Neil Aguinaldo. Photo: Martin Zeilig

**By Martin Zeilig
Voxair Photojournalist**

The Air Reserve is an important part of the Air Force Team.

Reservists are fully trained members of the RCAF who devote a portion of their time to military service. Members have the opportunity to attend the same training offered to their Regular Force co-workers, including Basic Training and additional trade specific training.

The primary role of the Air Reserve is to augment, sustain, and support deployed forces. The Air Reserve also provides support to the CAF during ongoing peacetime tasks. They also serve as a basis for national mobilization and acts as a military link to the community.

“Our Air Force Reserves augment the Regular Force to help with the work load where required,” says Warrant Officer Rick Selman, who works as the Recruiting and Training Warrant at the 17 Wing Air Flight Reserve office on the main floor of Wing HQ.

“We have positions throughout the wing, and we hire reservists to help in nearly all trades.”

Master Corporal Neil Aguinaldo, who works as a clerk at the 17 Wing Air Reserve Flight, joined the Reserves in 2001.

“I came in off the street and went to the recruiting office,” he said. “I was looking for a part time job because I was in university at the time.”

MCpl Aguinaldo works on a Designated B contract, which means he works on a full time basis.

Lieutenant Niomi Dreger, the Deputy Flight Commander and a Logistics Officer with 17 Wing Air Reserve Flight works as a class A Reservist on a part time basis, though she works full time on base when demands on the unit are higher.

She is currently completing her designation as a Certified General Accountant, and works for herself as a

business consultant when she is not at 17 Wing.

A Class A Reservist is obligated to work at least one day per month, however they are able to work up to 12 days a month as their schedule permits.

If there is a demand for assistance, Class A Reservists can obtain Class B employment to a maximum of 180 Class B days a year, allowing them full time employment on a limited basis.

Not unlike their Regular Force counterparts, Reservists are paid a daily rate based on rank.

Many Reservists have full-time careers outside the Canadian Armed Forces in a wide range of civilian occupations. Others are full-time students.

Reservists serve on a Class C contract when they serve full-time on deployments within the CAF.

Since the year 2000, more than 4,000 Primary Reservists have been deployed in Canadian Armed Forces operations in Afghanistan, Haiti, and other international expeditionary operations.

Reservists have also participated in many domestic operations including supporting the 2010 Winter Olympics in Vancouver, assisting with flood relief efforts in Quebec and Manitoba, participating in recovery efforts following ice storms in eastern Canada, fighting forest fires in Alberta and British Columbia, and assisting with hurricane relief efforts in Newfoundland and Labrador.

In addition, Reservists often help at or participate in cultural events, parades, festivals and other public events in their own and neighbouring communities across Canada.

“In our Flight we have more than 50 people employed as Reservists,” says Warrant Selman. “Our Reservists are involved in many trades including: SAR Techs, Pilots, Supply Techs, Cooks, Clerks, Logistics Officers, and Fire Fighters among others.”

“The people that we hire who don’t have current trade training could be placed in positions on base while undergoing training,” said Warrant Selman, adding that Reservists encompass all ranks including NCMs and Officers.

“The Reserves are often used as a stepping stone for new recruits before they join the Regular Force, or for people who wish to remain in their current location while serving. In the Reserves it is possible to remain in the same location your entire career.”

MCpl Aguinaldo emphasized that being a Reservist has helped him in a number of ways, including increasing the level of professionalism in his work and schooling.

“I finished my Bachelor of Science in Geography debt free,” he said. “It’s a great part time job for students.”

For more information about 17 Wing Air Reserve Flight please contact WO Selman at local 5712.

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38 CBG Participates in Hockey Day in Minnesota

By LCdr Cantafio
Training Development Officer, CFSAS

The 38 Canadian Brigade Group (38 CBG) recently participated in an international hockey tournament as part of Hockey Day in Minnesota.

Hockey Day in Minnesota is an annual hockey tournament with teams that provide both a local and international perspective. The game between the 38 CBG and the hosting Minnesota National Guard (NG) was played outside on the tarmac at Holman Field in St. Paul, Minnesota on January 16th 2015. The fully active airfield

is home to the Minnesota Army National Guard and is situated on the banks of the mighty Mississippi River in downtown St. Paul, Minnesota.

As team Captain, Maj Dennis Desrochers had the honour of taking the ceremonial puck drop for the 38 CBG. This formal ceremony between the Canadian and American teams was officiated by Mr. Jamshed Merchant, the Canadian Consul General for Canada in Minneapolis, and served as a great start to the competitive game between two hockey-mad groups.

Although the 38 CBG lost to the Minnesota ANG,

participation in this international tournament was a great success for all, including the players and the fans. The game was broadcast live on the US Armed Forces Network (AFN) so that US military personnel, including current serving members of the Minnesota ANG in Kuwait, could watch and participate in the game.

As part of the festivities, the thirteen members of the Canadian team had the opportunity to meet other members of the ANG, interact with members of the greater local community, including a state senator. As Major Dennis Desrochers said after the game, "it was great to play outside against our fellow American friends

with so many local people cheering us on throughout the game... I hope we can come back next year to play again".

Like all international sporting events, 38 CBG's participation in this tournament contributed to strengthening international relations between countries by promoting friendship and sportsmanship between the CAF and the Minnesota ANG.



The hockey teams take to the ice field on the tarmac at Holman Field in St. Paul, Minnesota. Photo: Supplied



Players from the 38 CBG and ANG teams listen to the National Anthem prior to the hockey game. Photo: Supplied

Curling Team Comes in 2nd Place



After a spirited broom and stone melee in which no team could truly dominate, the 17 Wing Curling Team bettered last year's results, rising to second place going into the semi-finals. It was all square, 5-5 in the last end. A hard swept final rock by Cold Lake precisely bumped Winnipeg's shot rock only a couple inches out of position with Cold Lake lying shot rock, taking the point and ending 17 Wing's run to the championship. In the finals, it would take an extra end game (the 4th of the week) against 4 Wing for CFB Edmonton to repeat as the reigning Prairie Region Curling Champions. - Capt Olson, with files from Brad Hollett

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Busy MFRC Coffee Break Sees Donations, Volunteering, and More

By Mike Sherby
Voxair Manager

It was a change of pace for volunteers at the most recent MFRC Coffee Break, as they were able to put their feet up, relax, and enjoy the event. This was thanks to the staff at Emergent Biosolutions, who volunteered to host the event, providing all the food, coffee, staff, and even a couple of door prizes.

Emergent Biosolutions got in touch with the MFRC because they wanted to volunteer with an organization connected to the military.

“One of our core focuses in volunteering is to help protect those who protect us,” said Sami, a volunteer from the company. “We got in touch with the MFRC, and learned all they do to help people in the military in Winnipeg, and especially people who are just coming into Winnipeg, and it’s really impressive.”

It was also a great day for staff at the MFRC as two different delegations were on hand to present donations. Members of the Royal Canadian Legion Charleswood Branch No. 100 presented a cheque for \$2,500 that it had raised through sales of poppies for Remembrance Day, and Bob Goch from the Vintage Locomotive Society (VLS) presented them with a cheque for \$1,000.

Goch presented the cheque as a recompense for the MFRC’s help volunteering at the Day Out With Thomas event. The event was put on by the VLS to help raise fund for their work in preserving the Prairie Dog Central Railway Running.

Goch, who is a former CWO with WTISS, said that the MFRC was central in making the event a success.

“If not for the help of the MFRC, we would have had a hard time doing this.”

There was time for one final presentation at the coffee break, as volunteer coordinator Barb Thuen presented the MFRC Order of the Bison to volunteer Lois Mallet for her work in helping organize the Yellow Ribbon Gala.

“This award is not given out often, only when someone goes above and beyond” Thuen said. “But Lois has spent many hours helping spread the word about the Yellow Ribbons Gala.”

The next MFRC Coffee Break is scheduled to take place on March 5th, at 1000 hrs.



Shannon Bisson, MFRC BOD, accepts a donation from the RCL Charleswood Branch #100. L to R: Phil Otis, Alf Tait, Shannon Bisson and Coby Wantz-ing. Photo: Mike Sherby



Sami, Carrie, Brandi, and Mirka from Emergent Biosolutions volunteered to host the Coffee Break. Photo: Mike Sherby



Shannon Bisson accepts a photo of the MFRC volunteers from Bob Gauche of the Vintage Locomotive Society. L to R: Catherine Duffin, Barb Thuen and Shannon Bisson of the MFRC, and Bob Goch. Photo: Mike Sherby



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23 CF Hlth Svcs Celebrates Achievements at Town Hall

**By Mike Sherby
Voxair Manager**

On Thursday January 29th, the staff of 17 Wing's 23 CF Health Services Centre (23 CF H Svcs C) gathered together in a Town Hall to celebrate their achievements. During the get-together LCdr Forward, Wing Surgeon and Commanding Officer 23 CF H Svcs C, made several presentations to deserving members. This included congratulating MCpl Carey Williams on receiving a Commander's Coin for her work in helping stabilize the victims of a car accident before EMTs arrived.

On May 16 2013 MCpl Williams witnessed a civilian multi-automobile accident. She immediately sprinted into action by attending one of the more seriously damaged vehicles. MCpl Williams began providing emer-

gency first aid and comfort measures to the victims. By using her medical expertise she allowed other first responders to deal with re-directing traffic around the crash scene, allowing for a safe exit for other crash victims as well as a well-controlled site.

In addition to MCpl Williams, LCdr Forward also recognized several long-serving members of the unit. She presented MCpl Pierette Hall and Capt Sheri Muggaberg with their Canadian Forces Decoration (CD) for 12 years of service. As well, Capt Marc Chiasson and PO2 Nathalie Labonte were awarded their CD first clasp for 22 years of service.

LCdr Forward also read several letters of appreciation that were written about Capt Muggaberg for her work in OP IMPACT, and about Capt Loutit for her work

in helping out with OP LENTUS flood control last year.

Finally, time was taken to show appreciation for the members of the Case Management Team at 23 CF H Svcs C. Deborah Chochinov, Daisy Ordenez, and Lisa Blakney were all presented certificates of appreciation for their hard work, which LCdr Forward acknowledged was too often overlooked.

After a few additional briefings, the staff congregated into the hallway where cake was served.



The staff of the 23 CF Hlth Svcs C Case Management Team receive Certificates of Appreciation. L to R: LCdr Forward, Deb Chochinov, Daisy Ordenez, and Lisa Blakney. Photo: Mike Sherby



PO2 Labonte (left) receives her CD first clasp from LCdr Forward. Photo: Mike Sherby



Capt Muggaberg (left) receives her CD from LCdr Forward (right). Photo: Mike Sherby



MCpl Hall (left) receives her CD from LCdr Forward (right). Photo: Mike Sherby



LCdr Forward (left) thanks MCpl Williams for her work in taking care of casualties after a civilian car accident. Photo: Mike Sherby



Capt Chiasson (left) receives his CD first clasp from LCdr Forward. Photo: Mike Sherby

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VOXAIR READS

Title: **War Surgery 1914-18**

Author: Thomas Scotland and Steven Heys (editors)

ISBN: 978 1 907677 70 0

Publisher: Helion and Company Ltd

Pages: 288

Hippocrates said: "War is the best school for surgeons" and while individuals may be uncomfortable with that concept, it is an indisputable fact that marked advancement in all facets of medical practice from intervention and prevention to long term patient care has resulted from major conflict. War Surgery 1914-1918 is a fascinating series of essays drafted to shed light on the impact of the First World War on the field of medicine. The editors, Heys and Scotland (both noted medical practitioners in their own right) have overseen the creation of a book that bridges the gap for the reader between the sometimes arcane world of medical science and health care and the uninitiated reader. Under the overarching thesis of the development of medical support in WW1, the editors have brought together a series of medical experts who have each drafted a chapter focusing on areas such as: anaesthesia, pathology, x-ray development, abdominal wounds, head wounds, chest wounds and plastic surgery. Each chapter is dedicated to outlining challenges, technological developments, impact of experience and successes/failures in each area.

At first blush, this subject would suggest a great deal of technical jargon therefore limiting the books appeal to a rather select audience. In reality this is not the case at all. The book is aimed at education of the widest audience possible.

The layout of the chapters provide context to the discussion by providing a history of protocols in use at the beginning of the war. Thus the reader is exposed, for example, to the challenges that the medical community faced with regard to legitimacy and respect in the eyes of the professional military. Prior to the war and the massive expansion that this entailed, medical personnel involved in military operations held no official rank and were treated, for the most part, with disdain by military compatriots. This prejudice resulted in treatments being disregarded that would have saved thousands of lives; the classic example being the military refusing to allow its soldiers to be inoculated for typhus prior to deployment for the Boer War.

In addition to investigating medical advancement in the physical application of medicine throughout the war, there are also excellent chapters on the technical development of x-ray systems and anaesthesia administration methods. It was determined, for example, that the application of ether via the external 'drip' method, resulted in considerable amounts of the chemical escaping into the surrounding atmosphere. This led to an environment resulting in potentially degraded medical team performance and a significant loss of body heat from the patient (as the vaporous ether was 30-40 degrees below the surrounding room temperature). In order

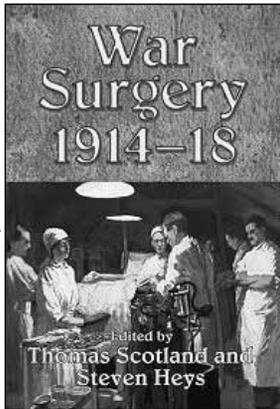
to overcome this, a method was developed wherein the ether was warmed through a series of canisters prior to introduction to the patient (called Shipway's Warm Vapour Apparatus). This allowed for longer surgeries as there was no danger of the ether inducing shock through a lowering of the core temperature of the patient. This is but one example of a number of technical advancements described throughout the book.

Each chapter has extensive notes associated with them and, while there is unfortunately no formal bibliography, these serve to provide the reader with a goldmine of information that may be referred to as desired. The book is also replete with photographs, maps and charts that provide outstanding additional sources of perspective and context for the reader. Of particular interest is the fact that the narrative not only focuses on the methodology of triage, surgery and recovery, but also goes into detail about the physical (logistical) method by which patients were assessed and transported through the different levels of care from the front line to the long term care facility. Due to the development

of greater understanding and insight into the effects of septic shock, blood loss and trauma, intervention at a level heretofore never experienced before, was undertaken immediately behind the front lines and well within the reach of the enemy's guns. This resulted in not only a lower mortality rate for wounded soldiers, but also a higher casualty figure for medics and doctors who performed their surgeries at these advanced clearing stations. The authors provide a fascinating outline of the different levels of care and where these took place through both narrative and map representation.

The production value of this book is very high and the quality of maps, text and photography extremely good. Many of the treatments and protocols that we take for granted now developed out of the trial and error of the wartime period. I recommend this book most highly for those interested in developing a deeper appreciation of the complexity and development of both treatment as well as medical logistics during a time of conflict.

Major Chris Buckham is a Logistics Officer in the Royal Canadian Air Force. He has experience working with all elements including SOE. A graduate of the Royal Military College of Canada, he holds a BA in Poli Sci and an MA in International Relations. He is presently employed as a ILOC Officer with the multinational branch of EUCOM J4 in Stuttgart, Germany.



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Are you sure your smoke alarm works?



Smoke Alarms Save Lives

Investigations into home fire deaths very often find that a smoke alarm did not sound. It may have been disconnected or not in working order. The batteries may have been dead, or someone may have taken them out.

Most fatal fires start at night. Smoke alone won't necessarily wake you up. In fact, the fumes could put you into an even deeper sleep. Often, victims never wake up. Only a working smoke alarm can save your life.

The Canada Safety Council advises all Canadians to make sure their smoke alarms are working. A dead unit is worse than none at all — it can give you a false sense of security.

Smoke Alarm Basics

You need a smoke alarm on every level of your home. Single level homes and apartments should have smoke alarms near the kitchen and all sleeping areas.

Test your alarm monthly by pushing the test button. Once a year, use a smouldering cotton string, cigarette or incense until the smoke makes the alarm sound. If the alarm is battery-powered and doesn't sound, replace it with a new battery and try again. If it's electrically connected to household circuits and doesn't sound, check the fuse and try again. In either case, if the alarm still isn't working, replace the entire unit.

Replace the batteries every year, or when you hear intermittent beeping. Don't use rechargeable batteries. Unlike regular batteries, they lose their charge without emitting any warning signal.

Smoke alarms can be electrically powered, battery powered or a combination of both. Whatever kind you have, remember they don't last forever. Err on the side of safety - replace them every five years with new ones.

Make sure everyone in your home recognizes the sound of the alarm and knows what to do in case of a fire. Know two ways out of every room and have a prearranged meeting place outside. Practise your home fire escape plan regularly. Once out, stay out, and call the fire department from the nearest phone. Never go back into your home until the fire department says it is safe.

Types of Smoke Alarms

A flaming fire burns combustibles quickly, spreads rapidly and generates a lot of heat but only a little smoke. Cooking fat or grease, flammable liquids, newspapers, paint, and cleaning solutions all burn quickly and create more flames than smoke. Ionization type smoke alarms typically respond first to fast flaming fires. They are best suited for rooms which contain highly combustible materials.

A smouldering fire produces a lot of smoke but little heat. Careless smoking, for example, may lead to fires which can smoulder for hours before bursting into flame. Photoelectric type smoke alarms typically respond first to slow smouldering fires and are less prone to nuisance alarms near the kitchen area. These models are best suited for living rooms, bedrooms and near kitchens.

For maximum protection, install at least one ionization and one photoelectric type smoke alarm on each level of your home.

For more information on smoke alarms contact the 17 Wing Fire at 204-833-2646.



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Be Kind to Your Heart

Valentine's Day is just around the corner. With all the emphasis on hearts and kindness it is not a surprise that we would be writing an article about being kind to our hearts. February is Heart Month and is the Heart & Stroke Foundation's key opportunity to reach millions of Canadians and alert them to the risks of heart disease and stroke. Today, heart disease or strokes are responsible for taking 1 life every 7 minutes in Canada. A look at Canadians reveals that 90% of us have at least one risk factor for heart disease.

One of these risk factors is stress. Stress is our body's signal that we are having difficulty coping with life's stressors. Stressors can take on many forms and are in every aspect of our lives. Stressors are found in the workplace, working within tight deadlines; at home, dealing with sick children; outside, the weather or traffic; and within ourselves, negative self-talk.

People with high levels of stress or prolonged stress often have high cholesterol or increased blood pressure. When under stress, instead of making heart

healthy meals at home, we frequently grab processed food high in fat, sodium or sugar. We sleep less and the quality of sleep suffers. When we don't eat well or sleep well, our ability to handle stressors decreases and we become more stressed. It is like we are in a never-ending loop.

The good news is we can do something about stress. Life's stressors will always be there, but we can minimize our reaction to these stressors. Try these tips for a healthy heart from Heart & Stroke Foundation.

If you have two minutes:

- Stretch away tension. A common sign of stress is muscle tension in your neck and jaw. Find a quiet spot to stand or sit with your eyes closed. Slowly move your head from front to back, side to side, and in a full circle. Stretch your mouth open and slowly move your lower jaw from side to side and front to back. (If this activity causes pain, or if you have had injuries to your neck, back or jaw, check with your health provider first)

If you have 10 minutes:

- Take a walk. Forget about having another coffee on your break; physical

activity relieves stress and walking energizes your body and spirit. Even 10 minutes is enough to make a difference. As a bonus, bring a friend to add a little social time.

- Meditate. There are lots of meditation techniques that can help relieve stress; all involve slow, deep breathing and concentration. Try this relaxation moment: Find a private room and close the door and sit in a chair. Either close your eyes or gaze down at the floor. Relax your shoulders and your jaw. Gently place your hands on your belly and bring your breath all the way down so that your hands lift slightly. Breathe out just as slowly. Continue breathing slowly and deeply for about three minutes. Allow your thoughts to come and go – don't try to control them, just witness them without judgement. Slowly come out of your deep breathing by opening your eyes or lifting your gaze. Stand up and stretch your arms up over your head and shake your arms and legs.

- Make an appointment for help. Call your family doctor or clinic. Military members and their families can call the Canadian Forces Members Assistance Program (CFMAP) 1-800-268-7708 or the

Family Information Line 1-800-866-4546. Both of these lines provide free, confidential counselling and information. For civilian members of the Defense Team contact the Employee Assistance Program 1-800-268-7708.

If you have 30 minutes:

- Talk to your boss, partner or friend. If your workload seems out of control try to speak to your supervisor about developing some flexibility in your job demands. Your social support network can help keep you grounded and provide a sounding board.

- Tackle something big. You may believe you perform better under pressure, but are you just making an excuse to procrastinate? In fact, putting things off can be more stressful. Put aside time to make a start on a looming project, even if it's just to plan your attack.

Interested in finding out more about managing stress? Sign up for Stress Take Charge! This 2 day course offers practical tips on stress relief and taking control of your stressors. Stress Take Charge! is one of many programs offered through Health Promotion. For more information on these heart friendly practices or to sign up for Stress Take Charge!, please contact Health Promotion at 204-833-2500 ext. 4150.

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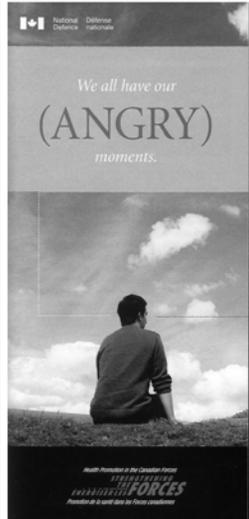
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0830 - 1600 hrs

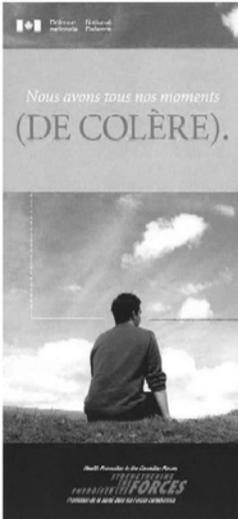
Through education, MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

Gérer les moments de colère

12 et 19 mars 2015
0830h à 1600h

Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptati qui vous conviennent.





Nous avons tous nos moments (DE COLÈRE).

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



Pour s'inscrire, composez Promotion de la santé le 4150

ACTIVITIES FOR ALL AGES / ACTIVITÉS POUR TOUS LES ÂGES

sleigh rides • snowshoeing • children's activities • music • SNOWMOTION dogs • tipi and story telling • wine tasting • refreshments • bannock
promenades en traîneau • balades en raquettes • activités pour les enfants • musique • chiens SNOW MOTION • contes et tipi • dégustation de vins • rafraîchissements • bannock

WINTER Fest 2015

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2015 Fête DE L'HIVER

CENTRE COMMUNAUTAIRE DE WESTWIN

MARCH 14 MARS

SATURDAY SAMEDI

1100-1400 hrs
de 11 h à 14 h

Defence Team: \$3 per person • \$9 per family
Public: \$4 per person • \$12 per family

Équipe de la Défense : 3\$ par personne • 9\$ par famille
Public : 4\$ par personne • 12\$ par famille

Tickets available at the MFCRC, Bldg 90 or at the door
Les billets sont en vente au CRFM, au bâtiment 90 ou à l'entrée.

TICKETS MUST BE PRESENTED AT TIME OF ENTRY • LES BILLETS DOIVENT ÊTRE PRÉSENTÉS À L'ENTRÉE




Contact/Contactez: 204-833-2500 ext/poste 7013 or/ou 4511



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204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

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

Upcoming MFRC Programs and Events

SPECIAL NEEDS SUPPORT GROUP

Wednesday, February 25 from 1:30 to 3:30 p.m.

Please contact Sherri if you require childcare.

Are you or someone in your family affected by special needs? Please join us for an afternoon of discussion, networking and sharing the rewards and challenges of managing special needs.

HAPPINESS IS... (THE HAPPINESS PROJECT)

Wednesday, February 18

from 6:30 to 8:30 p.m.

Cost: \$10.00 (for first time attendees only)

Childcare is available with preregistration.

Registration deadline: February 13, 2015

Are you interested in consciously creating happiness within your life? This group will meet monthly to discuss, share and support each other as we focus on practical ways to make our lives more fun. For our February meeting, we will be discussing and sharing ideas about our plans for the year and our monthly challenges.

This group is ongoing, but new members may join throughout the year. If you are interested in participating in this project, but aren't able to make this meeting please check back for next month or contact Sherri

Pierce. Based on the International Bestseller "The Happiness Project". Each group member will receive a copy of the book to read and reflect.

NEXT CHAPTER

Tuesday, February 17

From 9:30 to 11:30 a.m.

Are you in the 'Next Chapter' of your parenting life? Do you have school aged kids, and are looking to socialize with other parents with school age kids? This group will help you find yourself as you go through the middle years before the teen years! Each month we will have a different topic to discuss while having some fun and food with friends. This program is designed for parents with children ages six and up. Childcare will be provided if you have other younger children ages 18 months to five years old.

INFORMATION SESSION: BUYING OR SELLING YOUR HOME IN THE WINNIPEG MARKET

Wednesday, February 25, 2015

from 6:45 to 9:00 p.m.

Childcare provided with preregistration

Registration deadline: February 20, 2015

The posting season is fast approaching and with it the

possibility of needing a real estate agent to help you sell your home or find a new one. Eldren Thuen from Judy Lindsay Team Realty will provide you with information to help you better understand what you should expect from your agent, whether selling or buying, and how you can better prepare yourself when selecting an agent or company to assist you.

International Women's Day Celebration

When: Saturday March 7th, 2015

Where: Victoria Inn Hotel and Conference Centre, 1808 Wellington Avenue

Time: 10am - 3pm, Cost: \$10

Register at the MFRC by March 2nd.

In the morning, join Candice Kontzie, from Royacan's Country Haven as she delivers a powerful session on "Taking Ownership of your Health".

Candice will discuss Wellness as: a choice; The integration of Body, Mind and Spirit; and a way of life.

In the afternoon, we will be exploring our creative side as we learn to arm knit! You will take away a beautiful cowl scarf that you've made in less than an hour!

Bring your girlfriend, sister, aunt, mother, mother-in-law for a great speaker, a fabulous lunch, some fun and laughs, as well as a take-away bag filled with goodies!

WINNIPEG MFRC ~ CRFM DE WINNIPEG

2015 YELLOW RIBBON GALA GALA DES RUBANS JAUNES 2015

FUNDRAISING RAFFLE TIRAGE AU SORT

GRAND PRIZE ~ GRAND PRIX total value: \$3192 ~ valeur totale : 3192 \$
CHURCHILL GETAWAY ~ VOYAGE À CHURCHILL
Via Rail Travel to Churchill, pre-paid Visa Gift Card ~ Voyage à bord de Via Rail, Carte Visa prépayée

PRIZE 1 ~ 1^{ER} PRIX total value \$2000 ~ valeur totale : 2000 \$
TRAVEL GETAWAY ~ FORFAIT ESCAPADE
Travel Voucher from Travel Mug Café ~ Crédit-voyage de Travel Mug Café

PRIZE 2 ~ 2^E PRIX total value \$770 ~ valeur totale : 770 \$
WINNIPEG STAYCATION ~ FORFAIT DÉCOUVERTE DE WINNIPEG
Joey's Restaurant Gift Card, Original Joe's Restaurant Gift Certificate, Fort Garry Hotel Pkg, 2 Winnipeg Jets Tickets for March 19th vs. the St. Louis Blues
Carte-cadeau de Joey's Restaurant, certificat-cadeau de Original Joe's Restaurant, une nuit à l'Hôtel Fort Garry, 2 billets pour la joute des Jets de Winnipeg contre les Blues de St. Louis, le 19 mars

PRIZE 3 ~ 3^E PRIX total value \$611 ~ valeur totale : 611 \$
FAMILY ACTIVITY PACKAGE ~ FORFAIT-CADEAU POUR LA FAMILLE
Boston Pizza "Family Night Out" gift certificate, Boston Pizza "Pizza Party for 8" gift certificate, Adrenaline Adventures Family Day Pass, Manitoba Museum Complimentary Pass x 4, Manitoba Children's Museum Gift Package
Certificat-cadeau de Boston Pizza "Une soirée en famille", certificat-cadeau de Boston Pizza "Pizza Party pour 8 personnes", admission d'une journée à Adrenaline Adventures, 4 admissions au Musée du Manitoba, paquet-cadeau du Musée pour enfants du Manitoba
Tickets are currently available for purchase from the MFRC and will also be sold during the Yellow Ribbon Gala. Vous pouvez vous procurer des billets au CRFM et ils seront également vendus lors du Gala des rubans jaunes.

TICKETS \$5 EA. 5 \$ PAR BILLET

Draw Date/Date du tirage : February 21, 2015 ~ 21 février 2015
Draw Location/Lieu du tirage : Victoria Inn Hotel
Draw Time/Heure du tirage : approx. 2245 hrs ~ vers 22 h 45

WINNIPEG MFRC ~ CRFM DE WINNIPEG

2015 YELLOW RIBBON GALA GALA DES RUBANS JAUNES 2015

SILENT AUCTION ENCAN SILENCIEUX

Bidding starts February 5th at 10:30am
(MFRC Coffee Break)

Les enchères débutent le 5 fév. à 10 h 30
(Pause-café du CRFM)

ITEMS UP FOR BID ARE:

PRIZE 1
1 - GMVC96 Goodman high efficiency, variable speed two stage gas furnace & installation. Includes all required labour, parts, permits & taxes.
TO VIEW A BROCHURE ON THIS ITEM, ASK AT THE FRONT DESK OF THE MFRC
Total Prize Value: \$5,500
DONATED BY: ON TIME ELECTRIC
Minimum bid: \$1,500

PRIZE 2
1 - GSX16 Goodman high efficiency air conditioner. Includes all required labour, parts, permits & taxes.
TO VIEW A BROCHURE ON THIS ITEM, ASK AT THE FRONT DESK OF THE MFRC
Total prize value: \$4,500
DONATED BY: ON TIME ELECTRIC
Minimum bid: \$1,000

PRIZE 3
Voucher towards a residential fence or garage door package.
The prize is non-exchangeable, non-transferable, & is not redeemable for cash or other prizes. Must notify Wallace + Wallace of voucher at the time of booking. Expires Dec. 1, 2015
Total prize value: \$1,000
DONATED BY: WALLACE + WALLACE
Minimum bid: \$150

ARTICLES OFFERTS À L'ENCAN :

1^{ER} PRIX
1 - Appareil de chauffage au gaz à haut rendement énergétique Goodman GMVC96 à vitesse variable et installation. Comprendant la main d'œuvre, les pièces, les permis et les taxes.
UNE BROCHURE EST DISPONIBLE À LA RÉCEPTION DU CRFM.
Valeur totale : 5 500 \$
DONATEUR : ON TIME ELECTRIC
Enchère minimum : 1 500 \$

2^E PRIX
1 - Climatiseur Goodman GSX16 à haut rendement énergétique. Comprendant la main d'œuvre, les pièces, les permis et les taxes.
UNE BROCHURE EST DISPONIBLE À LA RÉCEPTION DU CRFM.
Valeur totale : 4 500 \$
DONATEUR : ON TIME ELECTRIC
Enchère minimum : 1 000 \$

3^E PRIX
Certificat pour l'achat et l'installation d'une clôture résidentielle ou d'une porte de garage fournie.
Ce prix est non échangeable, non transférable et non remboursable. Lors de la prise du rendez-vous pour l'installation, vous devez aviser Wallace + Wallace que vous possédez ce coupon. Valable jusqu'au 1^{er} décembre 2015.
Valeur totale : 1 000 \$
DONATEUR : WALLACE + WALLACE
Enchère minimum : 150 \$

BIDDING WILL CLOSE AT THE YELLOW RIBBON GALA ON FEBRUARY 21ST AT 10:30 PM

LES ENCHÈRES FERMERONT LE 21 FÉV. À 22 H 30 LORS DU GALA DES RUBANS JAUNES

Please see the MFRC Silent Auction Rules and Regulations form for specific auction guidelines.
BID SHEETS ARE AVAILABLE AT THE MFRC

SVP voir le formulaire de Règlements pour les encans du CRFM pour vous familiariser avec les instructions spécifiques aux enchères.
BILLETTS DE SOUMISSION AUX ENCHÈRES SONT DISPONIBLES AU CRFM

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Coed program - Ages 5-18 / Beaver scouts - 5 to 7 / Cub scouts - 8 to 9 / Scouts - 10 to 12 / Venturers - 13 to 17 / We meet weekly Wednesday evenings at 6:30 pm at Sansome school and the KW Community Center. Both are on Sansome Avenue. For questions or information check out www.Scouts.ca or email Dean Parsons at Kirkfieldgc@gmail.ca

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Taroscopes

BY
NANCY

Aries (March 21 – April 19): Adopting a more balanced lifestyle can be exciting. Streamline your schedule and organize your environment so you feel ready for anything. Spend more time with loved ones. Take a break when you encounter setbacks, then you can tackle challenges with renewed energy.

Taurus (April 20 – May 20): You may feel an urgency to take action. You'll find it's impossible to maintain the status quo. Deal with issues before they escalate. In winning a battle you now realize you may have lost something greater. The concept of inter-relatedness has personal significance for you now.

Gemini (May 21 – June 21): Take the lead when a wonderful opportunity presents itself. You'll know you're on the right track because you'll feel really good about the direction your life is going. Let others know that you're taking action. Don't avoid important discussions. Listen to relaxing music to unwind.

Cancer (June 22 – July 22): Get organized and establish a process to ensure things continue to run smoothly as you embark on a new adventure. Work at keeping the lines of communication open in relationships. Reconnect with someone you've lost touch with. Change is invigorating.

Leo (July 23 – August 22): Create an environment that reflects your sunny nature. Manage your time to include those you love and your career. Network, make plans and focus on reaching an important goal. You'll be organizing a major event or family celebration soon. Helping others is rewarding.

Virgo (August 23 – September 22): If your mood swings madly, try to relax instead of stressing out about it. Make decisions based on what will make you happiest. If drastic change makes you anxious, take baby steps. You don't want to be caught off guard – be proactive not reactive. Dream big!

Libra (September 23 – October 23): Things seem to be heading in the right direction. The more you let go of worries and concerns the more you realize what is right for you and can focus on enjoying life. Get back to basics. Be creative. Make things that will last and be appreciated by future generations.

Scorpio (October 24 – November 21): Follow your heart and take a few risks. There's no way to be sure that out of all the options you'll pick the right one but if you don't try you'll never know what you might miss. If you don't like how things are panning out. Change your course again. Explore unknown territory.

Sagittarius (November 22 – December 21): You have so many choices it's just a matter of looking at things from the right perspective to know which will bring you the greatest satisfaction. Take a trip down memory lane or revisit a place you've been before. You'll see things differently.

Capricorn (December 22 – January 19): Sometimes it's hard to be sensible. Though you hate to disappoint others or lose their respect you need to live joyfully. Don't worry about looking foolish. You may feel uncertain about making a change but staying in a rut will not make you safe or happy.

Aquarius (January 20 – February 18): Look at what you need to do very carefully. Don't make hasty decisions. Take care of yourself as well as others. You may want to appear to be the one who has it all together but nothing is certain. Learn how to compromise; accept what is; and to go with the flow.

Pisces (February 19 – March 20): Trust your intuition to find the way to something wonderful within the everyday sameness of life. Happily tackle the tasks you encounter, and learn as you go. While you work on the details the big picture will reveal itself. Count your blessings and make room for love in your life.

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CRIBBAGE: Thursdays at 7:30 pm

DANCING: Friday & Saturday evening 8:00-12:00 pm

MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

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Chaplain's Corner

Remain Open to the Unknown

By Darryl Levy

In our daily routine of life we generally strive to be the best that we can be, to make the most out of each day that we can. We cross roads, bridges, meet and interact with people, navigate the pathways of life, and encounter our dreams and aspirations, and even our fears. Some days it seems that we are on top of the world, other days it seems as though all of the clouds are directly overhead, and we simply cannot see the sunshine that is above them.

We try each day to use the talents that we have been given to the best of our ability, to highlight our strengths, downplay our struggles, all in the hopes of making our lives and the lives of those we love a little bit better. We love the days when we feel on top of the world, and we are not so enamored with other days when we don't feel so strong. As we think about our lives we all remember days that are extra special to us.

Why is that? What makes those days so special? Perhaps it is a special memory. Perhaps it is a conversation with someone that you truly cherish. Maybe it was the day when one of your dreams came true, a day when one of your life long goals was accomplished. Perhaps it was a day that marked the end of a long difficult journey. At any rate, whatever the situation, it was a day that made you feel special, a day that you were glad that you were alive, a day that reminded you why you do what you do.

We wish that every day was like that, but that is not reality for most of us, indeed any of us. So what do we do with those not so good days? We need to allow ourselves to be open to something happening that we do not expect, a real blessing in life coming out of the unexpected.

As a chaplain there are days when I am called and asked to do things that I am very comfortable and con-

fidant with. There are other days when I am asked to do something that I wish someone else could handle. A sudden call to visit the hospital at times leaves me nervous, uncertain. What will I encounter, what will I find, am I up to what I will need to do? All these unanswered questions, almost like a firefighter on their way to a serious fire, or a police officer on their way to a call for help, or a technician that is waiting to respond to a returning aircraft with serious mechanical difficulties. In all of these situations each wants to do their very best, but is uncertain if they are at their peak at that moment.

I remember a call to visit the hospital one day, but the circumstances were completely unknown to me, just that I needed to go. I was nervous, edgy, and quite frankly not feeling truly at the top of my game. So what to do? I had to go. So, I simply said a brief prayer and just asked for some strength. What lay ahead was something I was not expecting. The visit at the hospital was one of the most special visits I had ever had with someone, either in or out of the hospital.

I learned something with that visit. I needed to remain open to the unknown, to the fact that something great can happen in the midst of the unknown. But most importantly, I was reminded once again that I was not alone. Not only that, I was reminded of why I do what I do.

For me, that extra strength comes from God and faith. For some of you, it is the same source, for others perhaps it is a close friend, a family member.

May you always remember that you are never alone. Always cherish those days when you feel on top of the world, and remember to thank those people and God (if you believe) who help you to feel that way.

Request for Proposal – Golf Course Maintenance Services CFB Winnipeg Golf Course

The CFB Winnipeg Golf Club is desirous of securing golf course maintenance services for its nine hole, 2,300 yard, par 33 golf course.



The successful contractor will be required to perform the work in accordance with the **Statement of Work** which is available from the 17 Wing Senior Manager, Personnel Support Programs.

The successful contractor must demonstrate they have a college diploma or certification in Golf Course Maintenance, Agronomy, Horticulture or a related field AND at least seven years experience in golf course maintenance and turf management. They must have a valid Manitoba driver's license. The successful contractor will have a proven track record in golf course maintenance, have their own equipment, and have experience in the responsible application of pesticides.

The successful contractor and his/her employees must be able to obtain an enhanced reliability clearance in order to obtain access to CFB Winnipeg.

The length of the contract will be five years with the possibility of two one-year extensions. The contract would take effect for the 2015 golf season.

Bidders are to submit in their proposal confirmation that they are able to meet the requirements and have the experience to perform the work. They must also submit a firm annual price (excluding GST) for each of the five years of the contract.

Bids are to be submitted to:
Senior Manager, Personnel Support Programs
17 Wing
P.O. Box 17000 Stn Forces
Winnipeg, MB R3J 3Y5

Proposal from bidders will be accepted by Senior Manager, Personnel Support Programs up to 4:00 PM, 5 March 2015 (Central Time).

Questions may be directed to Senior Manager, Personnel Support Programs at 204-833-2500 ext 4299.

CATHOLIC

CHAPLAINS

Padre Paul Gemmiti
Roman Catholic Priest
833-2500 local 4885

Padre Emanuelle Dompierre
Roman Catholic PA - Mental Health Unit
833-2500 local 5086

Padre Frédéric Lamarre
Roman Catholic PA
204-833-2500 ext. 5087

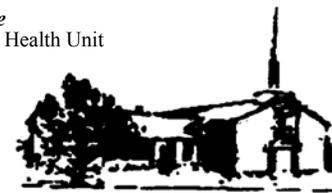
Mass (Bilingual)
Sunday 1100 hrs

Religious Education: classes are available to all students from Pre-school to Grade 6. Please call the office for information.

Confession: The sacrament of reconciliation is available by request. Contact Padre Gemmiti's office.

Baptism: We recommend that you contact the chaplain's office for an appointment prior to the birth of your child. *Please contact the Chaplain before setting the date for the Baptism or arranging family travel.*

Marriage: Six months' notice is required for marriages, as counseling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. *Please contact the Chaplain before setting the date for the marriage or arranging family travel.*



PROTESTANT

CHAPLAINS

Padre Jack Barrett (Wing Chaplain)
(Anglican) 833-2500 ext 5417

Padre Christopher Donnelly
(United Church) Office 833-2500 ext 5785

Padre Darryl Levy
(Baptist) Office 833-2500 ext 5272

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

Sunday Services (English Only) 0900 hrs

Sunday School is held during the service for children ages 3 to 12. 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 if possible. A marriage preparation course is a requirement. *Please contact the Chaplain before setting the date for the marriage or arranging family travel.*

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

Protestant Chapel Guild meets the first Sunday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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



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