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# Gala raises thousands for military families

By Capt Jeff Noel  
17 Wing Public Affairs Officer

The third annual Yellow Ribbon Gala was the most successful fundraiser since its inception, rais-

ing 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 Zuorro, Chairman of the WMFRC Board of Directors.

Hosted by former long-time

Reserve Captain and local radio celebrity Barry Burns, an impressive star-studded list of military and civilian leadership highlighted by Chief of the Defence Staff, Gen Walt Natynczyk and Gen (Ret'd) Raymond Henault were in attendance.

"The Yellow Ribbon Gala is an opportunity to give from the heart and help our CF families," said Gen Natynczyk in his address to more than 420 guests in attendance.

"The MFRC is there for our Service members and their families day-in and day-out."

One of the highlight of the evening was the presentation of the Air Commodore Leonard Birchall Leadership Award by the Royal Military College Club of Manitoba to Gen. (Ret'd) Henault.

"It is an honour to receive this prestigious award," said Gen (Ret'd) Henault.

"Air Commodore Birchall was a leader in every sense of the word and I was fortunate to have known him personally."

The Air Command Band led by CWO Dennis Walker was out in full force for the Gala, with several ensembles from the Band and its singers performing throughout the evening.

"The fact that the gala raised thousands of dollars more than last year is outstanding," said Don Brennan, WMFRC Executive Director. "Every dollar raised will be used as it always has, to help Service members and their families."

The WMFRC is a provincially incorporated, not-for-profit organization with charitable status.

Established in 1991, the WMFRC is best know for providing a diverse array of programs designed to enrich the quality of life for those who share in the unique lifestyle of the Canadian Forces (CF).

Currently, it provides services to CF families living in Winnipeg, Portage la Prairie, and to the military community in Thunder Bay, Ontario through a satellite centre.

For more information on the WMFRC and its programs, please visit <http://www.mfrc.mb.ca/>



Chief of Defense Staff Gen Walter Natynczyk makes his speech at the Annual Yellow Ribbon Gala held on 21 February 2009.

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# Learning and Career Fair informs CF families about available educational opportunities

By John Towns  
Voxair staff

On February 25, booths packed the gym floor at Building 90 as the 17 Wing Learning and Career Fair brought in exhibits from more than two dozen educational institutions.

The fair, which has been running since 2001, is designed to inform 17 Wing members about the educational and funding opportunities open to them as members of the military or of a military family. The goal is to give 17 Wing members and their families a chance to see the different ways they can upgrade their training to stay current in the workforce.

"The reality is that for people to be competitive in today's workforce, they need

to be continually upgrading their skills," said John Chabih, Coordinator for Employment and Education Services at the MFRC, who helped to organize the fair.

In addition to the MFRC, the Learning and Career Centre and Wing Personnel Selection Office were the driving force behind setting up the learning fair.

The primary concern when planning the fair, according to Emily Lauzon, Education Officer with the WPSO, is to ensure that a wide assortment of colleges and universities are there to give 17 Wing members a full picture of the opportunities available to them.

"We try to ensure that there's a representation from a wide assortment of colleges, universities, distance education programs,

French programs, Aboriginal programs, faith-based programs," she said. "We want to have a good representation of what's available."

One of the major exhibitors at the fair was the University of Manitoba, who sent representatives from their Military Support Office, an organization solely dedicated to helping military members and their families who are studying at the U of M.

They were promoting a number of available opportunities, one of which is a University Credit for Military Training and Experience program, in which CF members can apply courses they take as part of their training toward getting a degree.

"We will credit some military courses, courses that military members will take as part of their training, and those can be applied toward a degree with the U of M," said Shari Campbell, Student Advisor with the Military

Support Office. "Military Members can be eligible to receive up to 30 credit hours toward a degree, which ends up being like a third of the courses they would need for a degree."

This year, the Learning Fair incorporated a new Speakers Bureau, featuring a set of four seminars held throughout the day on one side of the gym, while the exhibitors were stationed on the other.

These sessions covered the courses and types of funding that are available to members of the CF, and also what funding and training opportunities exist for military families.

According to Lauzon, this kind of event is not only valuable to CF members, but also to the Forces as an institution, which values having members with the highest possible skill and education level.

"Learning is always valuable. It's in the interest of



Student Advisors Carol Prosk and Shari Campbell of the Military Support Office at the University of Manitoba. The office is one of few in Canada devoted specifically to the needs of CF members and their families studying at university.

the CF to have an educated workforce, so they provide learning opportunities and will fund learning opportuni-

ties," she said. "We provide this information, and we really encourage anyone who can to take advantage of it."

## Correction

In the 2009 National Canadian Forces Members Home Buying Guide, Janet MacLeod's cell number was incorrect. Please find the correct information below.

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# New measures for ill and injured CF personnel

By Virginia Beaton  
Trident staff

Ill or injured CF members soon will have a new network of support centres dedicated to their care.

"We have listened to our soldiers, sailors, airmen and women and their families. We know much work needs to be done and that's why I am pleased today to be able to announce the launch of the Joint Personnel Support Unit," stated the Honourable Peter MacKay, Minister of National Defence (MND) and Minister for the Atlantic Gateway.

He described the JPSU as "a collaborative venture between the Department of National Defence, the Canadian Forces and Veterans Affairs Canada." JPSU headquarters will be in Ottawa and according to the MND, "It will operate through a network of eight Integrated Personnel Support Centres across the country in Vancouver, Edmonton, Shilo, Toronto, Petawawa, Valcartier, Gagetown and Halifax."

The MND made the announcement during a press conference at the Wardroom at CFB Halifax on Monday, March 2, 2009.

Those present included the Honourable David Morse, the provincial minister responsible for military relations; Keith Hillier, ADM for commemoration and service delivery, VAC; RAdm Paul Maddison, Commander JTFA and MARLANT; Col

Bruce Ploughman, Commander 12 Wing and BGen David Neasmith, Commander LFAA.

According to the MND, the Integrated Personnel Support Centres (IPSCs) will serve ill and injured CF members in the Regular and Reserve Forces, former members, their families and the families of the deceased.

"The DND Canadian Forces Ombudsman has identified shortfalls in the health care services offered to Canadian Forces members and their families," stated MacKay, noting the government takes those recommendations seriously.

Whether the CF members return to military life after illness or injury or instead choose a new civilian career, "These members and their families will need support and that support, they will have. That's exactly the kind of personal assistance the staff at the support centres will provide."

He stated the new JPSU will ensure services are coordinated "in a timely, integrated and seamless fashion." At each IPSC, "there will be one-stop shopping to access help from the government of Canada."

All the centres will coordinate casualty support and case management programs; plan and monitor the Return to Work program; provide VAC client and transition services and liaise with local service providers, base sup-

port representatives and unit Commanding Officers. Services will include financial counseling, peer support, retirement planning and assistance for those with long-term injuries.

MacKay noted the centres should be operational during 2009.

Since the government has committed to expanding the CF to 100,000 personnel, "That means we have to make sure the Canadian Forces are an employer of choice...With expanded personnel, we have to expand the services that are available. A big part of that means taking care of the people and the families in service."

Keith Hillier stated the centres will coordinate departmental and community resources "to ensure you and your family have the support you need. We will ensure that those living with operational stress injuries have access to our national network of operational stress injury clinics, as well as the Veterans Affairs/DND operational stress injury social support program."



RAdm Maddison, Commander JTFA and MARLANT, the Honourable Peter MacKay, Minister of National Defence and Keith Hillier, ADM Veterans Affairs Canada, answered questions about the new Joint Personnel Support Unit.

He noted early intervention is key to successful rehabilitation and emphasized "From day one, you will know what your options are under the new Veterans' Charter, from physical and rehabilitation and financial support, to counseling and job placement."

In his remarks, RAdm Maddison observed that in the course of domestic and deployed CF missions, "Our

CF personnel constantly find themselves engaged in missions that are inherently dangerous. Tragically, lives are lost and life-changing injuries occur." In response to these events, he stated "We as senior leaders must be equally prepared to step forward in welcoming them home and in enabling their recovery when injured or when they become seriously ill, whether that illness is

physical or psychosocial." Col Gerry Blais, Director Casualty Support Management, provided a technical briefing on the JPSU. He stated among the JPSU's benefits to CF members would be that it provides "a consolidated approach that will reduce the opportunity for significant gaps and/or oversights in the delivery of service," as well as shared policies and standards.

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# New face at the Training and Education Centre

## WPSO Corner

By Lt Guy Janelle  
Wing Ground Training Officer

Somebody new has landed in the Training and Education Centre. I was posted to Wing Ground Training just before Christmas.

For a fresh Training Development Officer (TDO), this position represents a lot of opportunity.

It is important to understand that TDOs are experts in instructional system design.

In other words, it means that we are conceiving training programs as well as measuring their efficiency in ac-

cordance with the Canadian Forces Individual Training and Education System (CFITES). Such work is typically done in training establishments and headquarters.

What is uncommon with the Ground Training position is the possibility of applying fundamental concepts of CFITES in a different way.

For example, everybody who went through a training establishment knows that the CF trains members in order to acquire the specific skills and knowledge needed for a certain job.

However, some skills and knowledge are common to every job ie: soft skills such as computer, writing, conflict resolution, etc.

Those skills might be taken for granted, but they are still necessary to accomplish our mission/job.

As well, our jobs are always evolving due to the impact of technology, strategic guidance and operational requirements. Thus, it increases the need to acquire those soft skills at a much higher level.

This is where Wing Ground Training comes into play; addressing the training of these soft skills. By doing so, the workforce is better prepared to face these new challenges.

In some ways, we have therefore touched the first principle of the CFITES quality control system, which

is performance orientation or preparation for performance on the job.

Another interesting aspect of Wing Ground Training is the possibility to start initiatives, to bring training services into the Wing.

A good example is the partnership that Lt(N) Campbell, former WGrdTrgO, created with the McLeod Adult Centre in order to bring in the Mature Student Diploma Program.

This flexible program offers the opportunity to obtain a high school diploma with the possibility of recognizing work experience for some of the required credits.

To conclude, this is a quick overview of what we

do at Ground Training, along with managing the Civilian Continuous Learning Funds.

This budget allowed us to support these initiatives

for the civilian personnel. If you have any questions regarding training, don't hesitate to come by the Training and Education Centre.



### Spirit award

Lt(N) Dave Fitzpatrick receives the United Way Spirit Award at RCSU (Pra) Feb 25 in recognition of his contribution as a Unit coordinator for the United Way campaign. Presenting the award is Lt Col Mike Milligan, CO, RCSU (Pra).

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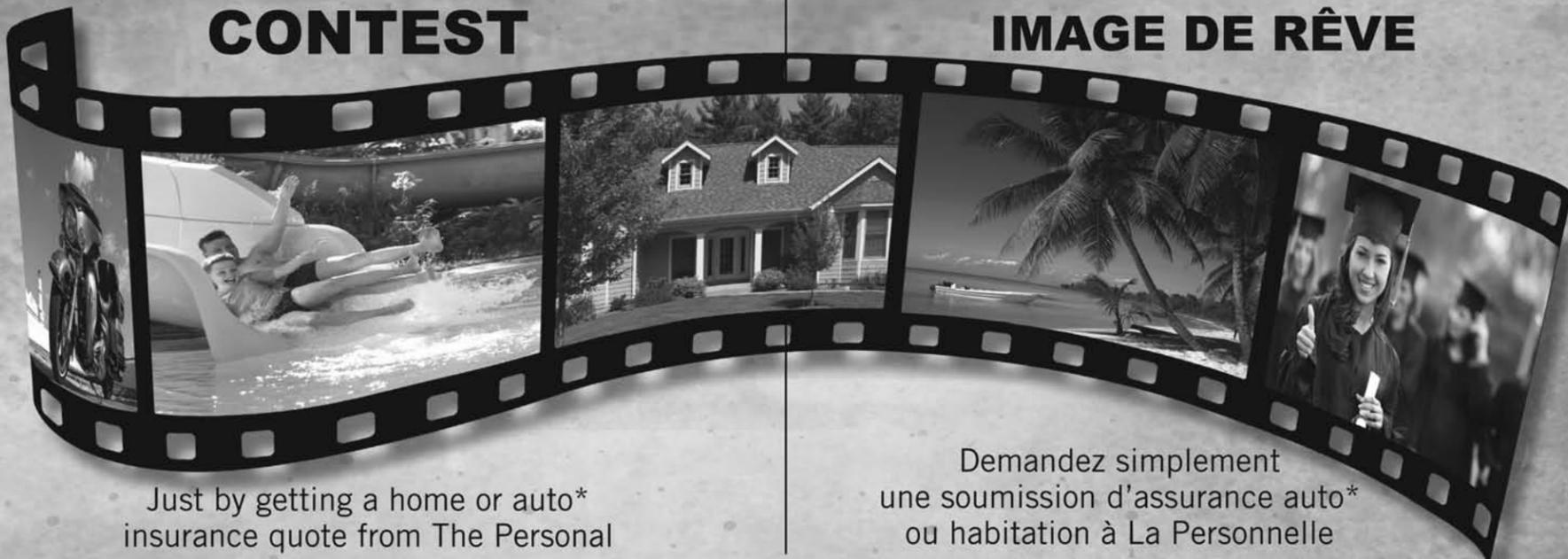
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# IAEQ course provides opportunities for learning and sharing with peers

By Sgt Bilous

Newly posted and promoted seemed to be a common theme for students on the Intermediate Air Environmental Qualification (IAEQ) course that took place at the Warrant Officers' & Sergeants' Mess the week of 2 - 6 Feb 09.

I was very enthused to be participating and networking with peers on a leadership qualification course.

After years with very little senior leadership training other than on the job training, this seemed to be an opportune time to learn and exchange experiences.

I was not disappointed with a curriculum full of interaction and open discussion and I quickly realized there are still massive amounts of insightful information out there just waiting to be shared with people, if you just ask.



Members of the Intermediate Air Environmental Qualification Course along with Col Scott Howden, 17 Wing Commander; CWO Glenn Wallace, Wing CWO; and HCol Barry Remple.

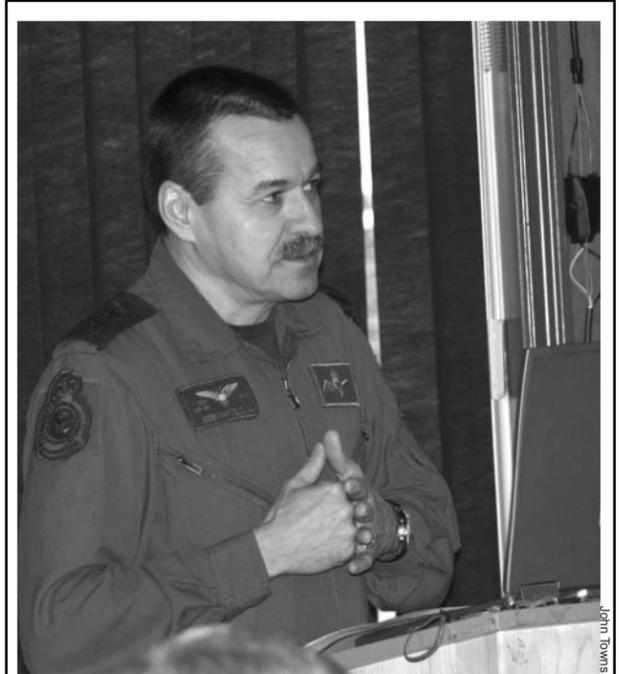
The abundant amount of resources available to CF members was also presented and has already made an impact on my daily judgment.

Very far from a check in the box course, valuable senior leadership skill scenarios were

practiced.

For me, the scenario interaction identified the sound leadership guidelines that are regularly practiced by many and also refreshed my knowledge to react as a leader and mentor.

There was a lot to take home from this course and I would like to take this opportunity to thank all of the other candidates, instructors and the support staff involved for their input to make the course a successful learning experience.



Addressing health and physical fitness

MGen Marcel Duval, Commander 1 Cdn Air Div/CANR addressed more than 60 participants from NDHQ, CAS HQ and Wings from across Canada at the Air Force Health and Fitness Strategy-Military Families workshop held at 17 Wing on March 3 and 4. He spoke about the importance of health and fitness for Air Force members and their families, saying that a holistic approach to fitness needs to be adopted. "It is something we need to live day in, and day out," he said. MGen Duval also praised the commitment of Wing Commanders across Canada and the steps they have taken to encourage their subordinates to become more physically fit.



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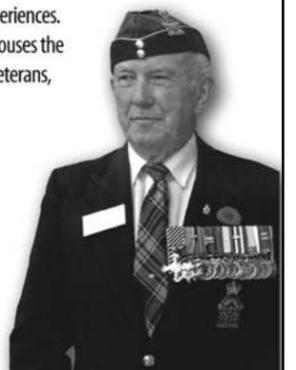
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## Hair for a cause

On February 23, Capt (ret'd) Rob Chapman felt a great weight being lifted off him.

That weight was hair – eight and a half inches of it – that he had been growing since about mid-April of 2008, before his retirement in May 2008.

He had been growing his hair to donate it for use as a wig for the Canadian Cancer Society.

"I had originally planned to shave it off for the Terry Fox Fundraiser in Sep 08, but decided otherwise," wrote Capt (ret'd) Chapman in an email to The Voxair. "As important as [The Terry Fox Foundation's work] was, and is, the fact remains that

[hair shaved for that event] will end up on the floor."

Capt (ret'd) Chapman elected to contact the Canadian Cancer Society to see if anyone could make use of his new flowing locks, and they directed him to Evelyn Valcourt of The Little Hairpiece in Lorette, MB, who uses human hair to make wigs for the Cancer Society.

Valcourt, in turn, directed him to Jim Marles, of the Authentique Hair Design Studio, who proceeded to remove Capt (Ret'd) Chapman's hair free of charge.

"I was relieved to have finally had my hair cut," wrote Capt (ret'd) Chapman. "But I'm also very proud of this contribution."



Jim Marles prepares to cut Capt (ret'd) Rob Chapman's hair. Capt (ret'd) Chapman donated his hair to be made into a wig for someone living with Cancer.

## CHIPPAWA remembers PO Haynes

By PO Andre Sheppard and Lt(N) Simone Smith  
HMCS CHIPPAWA

February – Black History Month – allows Canadians to celebrate the diverse cultural make up of our Canadian people.

It gives us an annual opportunity to remember and appreciate the struggle and achievements of the black Canadian community in Canada's long history.

HMCS CHIPPAWA, Black History Month has provided an opportunity to remember PO Percy Haynes, (1912-1992), one of the first black men recruited into the Royal Canadian Navy.

Originally from Guyana, PO Haynes' family moved to Winnipeg in 1912 and became one of the first black families to call Winnipeg their home.

PO Haynes was an infant when he encountered his first Canadian prairie winter and despite the dramatic change in climate, the family chose to stay in Winnipeg.

PO Haynes was a man to be reckoned with and would not take no for an answer when it came to joining the Navy. When originally faced with rejection from the local Winnipeg recruiting office, PO Haynes persisted and armed with a letter from an influential Ottawa politician, he was eventually enrolled in HMCS CHIPPAWA as a sailor in the Navy. PO Haynes served the Navy on both coasts as a Shipwright where his duties included being



PO Percy Haynes was a sailor, entertainer, athlete and entrepreneur.

responsible for keeping the ships in good working order.

PO Haynes was also a talented musician and entertainer and could be frequently found playing jazz piano for the thousands of young sailors in the Royal Canadian Navy.

After the war PO Haynes returned to HMCS CHIPPAWA and continued his association with the unit and Navy as an associate member of the Chiefs' and Petty Officers' mess after retirement. He and his jazz band could be found on many Sunday afternoons performing in the Chiefs' and Petty Officers' mess.

PO Haynes was also an accomplished athlete. His athletic career included a stint as the Canadian Amateur Welterweight boxing champion and he was a fair

to middling amateur baseball pitcher.

After his time in the Navy, PO Haynes worked for 33 years with the Canadian Pacific Railway as a porter and in 1952 he opened Haynes Chicken Shack, one of Winnipeg's best known restaurants. A multi-talented man, PO Haynes continued to entertain citizens and sailors in his restaurant and in CHIPPAWA until he passed away in 1992.

During February, HMCS CHIPPAWA and the Naval Museum of Manitoba celebrated Black History Month with a special exhibit featuring PO Haynes. This exhibit was the special project of PO1 Andre Sheppard who is HMCS CHIPPAWA's primary Recruiter.

He wanted to ensure that sailors young and old knew

about the unique story of one of the unit's early members, his role in the history of the unit and his career with the Navy. Thanks to PO1 Sheppard's efforts and the excellent resources of the Naval Museum of Manitoba's historical collection, this feature exhibit which is located on CHIPPAWA's quarter deck displays pictures of PO Haynes' time in the Navy and a mannequin in naval rig seated at the piano that he used to play in the unit. As Claude Rivard, Curator Naval Museum of Manitoba says, "During Black History Month, we arranged this display as our way of giving credit where it is due."

*Historical facts of this article are provided courtesy of the Naval Museum of Manitoba Collection and Mark Nelson, Winnipeg's Navy: The History of the Naval Reserve in Winnipeg 1923 – 2003 (Winnipeg: Mark Nelson, 2003)*

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Documents to provide (photocopies only):

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  - Pay statement
  - Verification of posting allowance and dependants form
  - Void check or any other official document confirming your banking information
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Documents (for your current residence) required if you are a homeowner:

- Initial purchase and sale agreement
- Copy of deed
- Survey/certificate of

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- Listing agreement
- Two choices of appraisers if your residence is not sold (you can have the list on the web site or by calling our office)

Documents (for your current residence) required if you are a renter:

- Purchase and sale agreement if your residence is sold
- Lease agreement
- Lease termination letter (if apply)

For Imposed Restriction posting:

- We will need the exact same documents as the regular posting except for the documents relating to your current residence.

Imposed Restriction approval

Remember, your involvement is essential to the success of your move for you and your family!



Raffle winners

With the assistance of LCol Brodeur, WAdminO, making the winning draws, the 17 Wing Wood Hobby club is pleased to announce the winners of their annual raffle draw for 2008. Winners were Tony and Janet Gudel – Glider Rocker Chair; Pte Randyne Kerr (402 Sqn) – Grandfather Clock and Cyril Campbell – Blanket Chest. Thank you to Mel Flake, Nick Iofolla and Capt Wil Lozie for building the raffle items and to Bill Betz, Moon Mollons, Mike Chaikoski, MWO Bill Lesko, Paul McKeen and Capt Wil Lozie for selling tickets. Thank you also to LCol Brodeur for his support of the Wood Hobby club.

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**The 17 Wing Archery Club's Annual General Meeting**  
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in Building 21. Everyone is encouraged to attend.

For more information, contact:  
MWO Gary Micklethwaite ext 5312 • MWO Darrell Boudreau ext 2433  
Maj Ron Cooney ext 4057 • MWO Robert Godin ext 5278

# Three-on-Three ball hockey will be an annual event

By John Towns

On Thursday, February 26, the parking lot behind the Officers' Mess was abuzz with the sounds of a good old-fashioned street hockey tournament. The only thing missing was someone having to yell "Car!" and drag the nets out of the way of oncoming traffic.

The three-on-three ball hockey tournament was timed to coincide with a visit from the Manitoba Moose, who were on base promoting the Moose's Military Appreciation Night, which took place on March 7.

2Lt David Gosse, Officers' Mess Entertainment Officer, hopes that event will now become an annual tournament.

"We did it a couple of years ago, and it was just more of a team building exercise. Something to build esprit de corps on the base," he said.



Sgt Edward Marshall of 435 Squadron fires the ball past a defender during the ball hockey tournament.

"People come out, and we have a trophy and prizes for first, second and third, but mostly, it's just a day to get out and be active. And now, we'd like to have it coincide with the Moose visiting the base for

Military Appreciation Night every year."

Following the tournament, members of The Manitoba Moose attended a reception at the Officers' Mess, where they presented

the trophy and prizes in the tournament and stayed to sign autographs and meet CF members and their families.

Five teams played in the tournament – the Stooges, from Wing Logistics and the Fog Duckers from the Pod Shop, the third place Big Wheels from Wing Transport, the Stone Hands, also from Wing Logistics, who placed second, and the tournament winners, the Hard Chargers, from Wing CE.

The teams were kept small to encourage everyone to keep mobile throughout the tournament.

"We try to have it small with just keeping it a three-on-three tournament, that way everyone keeps active," said 2Lt Gosse.

"The whole idea is having it outside is that it seems more fun – it brings people back to when they were a kid playing street hockey. As soon as you move it inside, I think, people get a little bit too far

into their comfort zone, and it becomes a little too competitive."

Keeping everything in good fun was one of the highlights for MCpl Kevin Wery, a team member on the third place Big Wheels.

"Other than the cold, the day went really well. Nobody was taking it too seriously," he said. "Being Canadian, there are some guys that tend to take things a little too seriously when it comes to hockey, but there wasn't any of that today. It was a lot of fun."

The tournament involved ten round robin games and a final with the two teams who won the most games during the round robin.

The tournament was primarily organized by the Officers' Mess staff, as well as the PSP Fitness and Rec staff.

The Mess provided piping hot chili for lunch, as well as hot beverages throughout the day for the players.

# LCol David Mason receives Order of Military Merit

By Karen Christiuk

Thirty-three years in the Canadian Forces were marked by a special achievement for Lieutenant-Colonel David Mason on February 24 when he received the Order of Military Merit Officer level of membership from Her Excellency the Right Honourable Michaëlle Jean, Governor General and Commander-in-Chief of Canada.

"I was very surprised when I heard I would be

receiving the honour," admitted LCol Mason, who is currently the Canadian Air Operations Centre (CAOC) Mission Support Division Chief for 1 Canadian Air Division/Canadian NORAD Region Headquarters. "This is not something you expect to happen—it comes out of the blue."

LCol Mason said although the Order of Military Merit is an individual award showing you've "done the right things along the way" it is not something he could

have achieved by himself.

"Throughout my career, I've worked with outstanding groups of professionals, and the award is the result of having worked with excellent teams. We all work together to achieve the Air Force mission."

The award ceremony in Rideau Hall was particularly memorable for LCol Mason because he was joined by his wife, daughter and brother, who all travelled to Ottawa to celebrate with him.

"At the reception after-

wards we all had the opportunity to talk with the Governor General," said LCol Mason. "It was a very exciting day."

Even before he began his career with the Canadian Forces, LCol Mason was destined to join the military.

He was born at Canadian Forces Base Chatham, New Brunswick where his father was posted with the Royal Canadian Air Force.

He then lived with his family in various military establishments throughout

Canada and in France. When LCol Mason was in high school, his father was posted to 4 Wing Cold Lake and then retired to Middleton, Nova Scotia. The east coast locale holds special memories for LCol Mason because it is where he met and married his wife.

Although LCol Mason has had many fond memories throughout his career, he said his greatest achievement has been serving as the Commanding Officer of 12 Air Maintenance Squadron at 12 Wing Shearwater, Nova Scotia from 2001 to 2004.

He also served as Commander of 12 Wing for a three month period during

Operation Apollo, the first Canadian Forces mission following 9/11.



LCol David Mason received the Order of Military Merit Officer level of membership from Her Excellency Michaëlle Jean, Governor General and Commander-in-Chief of Canada on February 24.



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# Silver Dart replica soars into history at Baddeck, NS

By Virginia Beaton  
Trident staff

Baddeck, Nova Scotia marked the centennial of flight in Canada with a recreation of the first flight of the Silver Dart.

A replica of the Silver Dart, piloted by former astronaut Bjarni Tryggvason, flew on Sunday, February 22, 2009, one day before the actual anniversary of pilot J. A. Douglas McCurdy's first powered flight in Canada on February 23, 1909.

"The Silver Dart played a pivotal role in the establishment of aviation in Canada," stated Col Alan Blair, Detachment Commander 1 Canadian Air Division Detachment RACE Atlantic.

"To be there where it all took place was tremendous. The Chief of the Air Staff, LGen Watt, was there too."

Col Blair attended events in Baddeck on February 22 and 23 and although he did not receive notification of the Sunday flight in time for him to observe it, he saw a video of the flight and he observed the replica up close and talked to its pilot. The

commemorative flight of the Silver Dart on National Aviation Day, February 23, had to be cancelled because of stormy weather.

On Sunday, approximately 2,000 people turned out to observe the flight, "which is pretty much the whole village of Baddeck and 1,000 other people," stated Col Blair.

The following day at the Alexander Graham Bell Museum, Col Blair spoke to Tryggvason about the Silver Dart. "I asked him what it was like and he said it flew like a dream. No problems whatsoever."

There had been a slight nosewheel problem "but they fixed that up."

Col Blair also took a close look at the replica. "You would hardly recognize it as a flying machine, in this day and age. It's bamboo and fabric and wire and basically, bicycle wheels and a little engine. Really quite an amazing machine."

He described the 1909 flight as "a great accomplishment, when you think about it. One hundred years ago,

with no real understanding of aerodynamics or centre of gravity or any of the things we take for granted today in aviation, it was all trial and error. They were able to pull it off and have about a one kilometre flight on February 23, 1909."

Col Blair noted the replica, built by the Aerial Experiment Association 2005, is not an exact copy of the original. After some wind tunnel testing, the builders made minor modifications for safety.

The biggest difficulty with the 1909 Silver Dart was instability, according to Col Blair. With the replica, "Bjarni, the pilot, said it flies very well and he was comfortable in it, even in one of the flights he did in Hamilton where there was a significant cross-wind, and he said it handled very well."

While Col Blair was disappointed he didn't see the Silver Dart fly, he appreciated the chance to see the rest of the displays, including the F-18s, the Skyhawks, the Griffons and Hawk 1, the restored F-86 Sabre.



Former astronaut Bjarni Tryggvason was the pilot for the flight of the Silver Dart replica on the frozen Baddeck Bay on Sunday, February 22, 2009.

Col Blair described the Hawk 1, which is painted gold like the Golden Hawks, as "a beautiful machine, and of course Chris Hadfield was the pilot for that."

Col (ret'd) Chris Hadfield, the first Canadian to walk in space, was one of the three astronauts present for the flight, the others being Dr. Roberta Bondar, Canada's first female astronaut, and Tryggvason.

Other events on Nation-

al Aviation Day included Canada Post's display of a new stamp and the Royal Canadian Mint's display of the 2009 silver dollar, both commemorating the centennial of flight in Canada.

"The government also announced it was going to provide \$3,000,000 in seed funding to the Bell Museum to help them build an exhibit to house the Silver Dart, because it doesn't have a home at the moment," stated Col

Blair. The Silver Dart currently is stored at 14 Wing Greenwood and during an open house on May 20, "Anyone interested in seeing the Silver Dart can attend that day and see it."

He noted the Canadian Air Force will be supporting Aviation Day on June 17 in Baddeck. The Snowbirds, as well as F-18s and other aircraft, will participate in an airshow that day.

# CF air crews will have their names added to history

By Karen Christiuk

In recognition of the Canadian Centennial of Flight on February 23, every Canadian Forces air crew member that flew on the historic date will have their names listed on a commemorative scroll which will eventually find a permanent home in an Air Force Museum.

"The scroll will serve as a historical reminder of the different levels of fly-

ing activities that Canada's Air Force is involved in on a daily basis," said Maj Glenn Maxwell, a Multi-Engine Flight Commander from 3 Canadian Forces Flying Training School (CFFTS) in Southport, Manitoba, who initiated the project along with Maj Paul Adams (also from 3 CFFTS). "The scroll will be presented to the Commander of 1 Canadian Air Division/Canadian NORAD Region at 17 Wing's Canadian Forces Day in June, and

we're also going to provide electronic versions to all of the Wings that participated, and other organizations, in case they wish to keep a record of this event."

Maj Maxwell came up with the idea for the project from his father, who happened to be training as a commercial pilot during the 50th anniversary of flight in 1959.

"To celebrate the 50th anniversary of the first flight in Canada, all of the pilots who logged a flight on that day had their names listed on a scroll which is now displayed in Canada's Aviation Hall of Fame, located at the Reynolds Museum in Wetaskiwin, Alberta," said Maj Maxwell.

According to the feedback that Maj Maxwell has received, countless air crews took to the skies on February 23 to participate in this historic event.

"We've had responses from all across Canada, and as far north as 440 Squadron in Yellowknife from air crews that flew on February 23," said Maj Maxwell. "As well, in Afghanistan, our Heron UAVs (Unmanned Aerial Vehicles)

logged a number of flights on the 23rd. The first flight experiments by Alexander Graham Bell and John A. D. McCurdy were also done with unmanned aircraft, so it's fitting that UAVs would also be flying on this historic day."

Maj Maxwell said he will also have his own name listed on the commemorative scroll.

"I was doing instructor training on the 23rd and we left Portage la Prairie and went as far south as Wichi-

ta, Kansas. While we were down there we also saw a 437 Squadron air bus crew doing air to air refuelling training. From my point of view, this event touched all of the Air Force crews and linked them to the past, and they all had fun participating in the event."

MGen Marcel Duval, Commander of 1 Canadian Air Division/Canadian NORAD Region, also marked the historic day by flying a Bell 412 Outlaw Helicopter over Winnipeg with

Captain Greg Chorney and Captain Mike Duclos.

"I was delighted to participate in this activity and help to create a new historical moment that commemorated Canada's Centennial of Flight," said MGen Marcel Duval.

"Canada's Air Force has contributed significantly to the history of flight in our country and I look forward to the celebrations and activities that will be occurring throughout 2009 to mark this achievement."



MGen Marcel Duval, Commander of 1 Canadian Air Division/Canadian NORAD Region, celebrated the 100th anniversary of flight in Canada on February 23 by flying a Bell 412 Outlaw Helicopter over Winnipeg.

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

### March is Nutrition Month

# Stay Active - Eat Like a Champion

The goal of the 2009 Nutrition Month is to encourage the CF Community to make informed food choices to support optimum nutrition for their active lifestyles. The Dietitians of Canada have developed this year's theme and our National and Local Health Promotion teams have, again, this year taken the lead in pro-

moting this year's theme, Stay Active. Eat Like A Champion; in the CF.

The 2009 campaign will focus on nutrition and healthy eating for active lifestyles. Our target audience is adults who are engaged in 30-60 minutes of physical activity three times per week and are ready to make informed choices to support optimal nutrition for their

active lifestyles.

17 Wing Health Promotion will be partnering with a variety of local units to provide a variety of initiatives in support of Nutrition Month.

We encourage you to watch upcoming Voxair issues for information on Fueling Fitness, Eating Well for Your Active Lifestyles, Sports Drink: Their Role in Hydration for Athletic Performance, and much more. Health Promotion will also be offering two, one-hour briefings Stay Active. Eat Like a Champion (17 March) and Supplements (31 March). Wing Foods will also be offering a Healthy Choice Menu Week, 16 - 20 March. Come out and try some of the healthier choices this week and enter to win one of our great prizes. For more information on Nutrition Month or any of the local initiatives please contact Health Promotion at local 4150/4160/4995.

You can also receive more information at [www.nutrition2009.ca](http://www.nutrition2009.ca)



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### Nijmegen 2009

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We will be walking approximately 5km  
that day. Wear your PT gear.

For more information, contact  
Capt Christian Palavicino at local 6866  
or  
Sgt Ian MacDonald at local 4460.



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

# Questions and answers about aesthetic dental procedures

By Capt Siwoski  
1 Dental Unit Det Winnipeg

In these days of actors/lactresses resembling plastic dolls, and reality programs like Extreme Makeover, an increasingly number of dental patients are requesting more aesthetically motivated dental treatment.

Patients are requesting treatments such as white fillings, bleaching, and braces without the appropriate information on its benefits and consequences.

As dental professionals, it is our duty to inform our patients of available treatments, their implications on oral health and their appropriateness within the treatment goals of dental functional fitness within the Canadian Forces Dental Service (CFDS).

Here are a couple of common questions that are asked of your dental detachment:



**Can I have a white filling on my back teeth?**

No. The CFDS policy is that amalgam restorations (silver fillings) are used on posterior (back) teeth due to the increased strength and reliability of the restoration paralleling the position of the Canadian Dental Association (CDA).

According to the CDA, "amalgam continues to demonstrate clear advantages in many applications over other restorative materials."

Composite resin restorations (white fillings) are used to rebuild front teeth where noticeable aesthetics are concerned, minimal

tooth structure is deteriorated and the bite forces are minimal.

White fillings should only be placed in back teeth in situations where very minimal tooth structure is destroyed, moisture control is excellent and a patient's decay risk is low; all situations that are only assessed by the dentist.

Can I replace my metal fillings with white fillings

No. The CFDS has a strict policy that amalgams should not be replaced based on aesthetics alone. There are very few individuals that have allergic reactions to metal fillings that are demonstrated with symptoms. Replacing fillings comes with a risk of tooth damage ultimately leading to root canals or extractions as recurrent failure around white fillings occurs.

**Can I bleach my teeth to make them whiter?**

Yes, at your own cost,

you can use various methods to increase the whiteness of your teeth.

Over-the-counter products such as whitening toothpastes or strips contain minimal amounts of a bleaching product that can brighten discoloured teeth over an extended period of time.

Alternatively, you can seek stronger bleaching products under the supervision of a civilian dentist.

However, there are some important points to consider regarding whitening.

Whitening removes the stain that has accumulated over time due to an individual's diet or habits.

Whitening will not im-

prove congenitally discoloured teeth and does not substitute for maintaining good oral hygiene including brushing and flossing.

Whitening will not alter the colour of white fillings and may create the illusion that the existing fillings appear darker, especially on front teeth.

Whitening is associated with increased tooth sensitivity and prolonged excessive use can cause tooth nerve damage.

The goals of the CFDS do not include whitening of teeth because there is no direct effect of increasing a patient's functional dental ability.

**Can I get braces to straighten my teeth?**

Maybe. The CF will only authorize orthodontic (braces) treatment in situations where a patient is unable to chew food effectively, efficiently and without pain.

However, a patient can have a consult with an orthodontist in civilian practice with the understanding that all treatment costs are the patient's responsibility.

Similarly, any orthodontic treatment needs to be coordinated through our detachment and approved through a member's chain of command to determine effects on deployability, appointment time away from trade duties and current oral health status.

Dentistry is an evolving discipline and products are constantly marketed to improve an individual's oral health. Our professional staff works hard to maintain current in knowledge and treatment principles through continuing dental education. If you have any questions/concerns about your dental treatment, feel free to discuss them with your dentist, we don't bite.

As always, our dental detachment is available to provide emergency, rehabilitative and preventative dentistry to the 17 Wing family.

# Athletes of the month make fitness a family affair

By John Towns  
Voxair staff

For the Lake family, this month's athletes of the month, keeping active is a family affair. On any given day, Pte Kelly Lake, her husband WO George Lake, or one of their two daughters can be found in the gym, participating in any number of activities.

"I try to work out seven days a week at the gym, actually," said George, a Loadmaster with 435 Squadron.

"We do a lot of bike riding; I don't drive much in the spring, summer and fall. Kayaking, rollerblading – every day we try to do something active."

George also recently played in the Prairie Regional Men's Hockey Tournament on the 17 Wing Oldtimers' team, which is headed to the national championships in March. He also had a hand in coaching the 17 Wing Men's team.

Most of Kelly's routine revolves around working out rather than playing on organized sports teams, though she did spend last fall playing baseball and soccer.

Being active is something that the Lakes have tried to pass on to their daughters, Samantha, now 19, and Sabrina, 18.

"Yeah, we have tried to encourage them to be as active as they can," said Kelly, who is a supply tech with 17



WO George Lake and Pte Kelly Lake, who, along with their daughters Sabrina and Samantha, are this month's Athletes of the Month.

Wing. "They were on a swim team for eight years when they were younger, and now my oldest daughter is in university, but she does make the time to come to the gym at least a few times a week, as much as she can. My younger daughter was on the St. James Seals, just trying to get back into swimming."

Apart from the obvious physical health reasons of staying active, there are a few other reasons that the Lakes have tried to encourage a healthy lifestyle for their daughters. "Oh, you know, it keeps them busy so they don't get in trouble," said Kelly with a laugh. "It also gives them the opportunity to make friendships that they might not have otherwise made, obviously it keeps them fit and healthy, and it's a good way to blow off stress."

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<p><b>20 minutes</b></p> <ul style="list-style-type: none"> <li>• Blood pressure returns to normal.</li> <li>• Pulse returns to normal rhythm.</li> <li>• Temperature of hands and feet returns to normal.</li> </ul> <p><b>48 hours</b></p> <ul style="list-style-type: none"> <li>• Sense of smell and taste improve.</li> </ul> <p><b>1 to 9 months</b></p> <ul style="list-style-type: none"> <li>• Cough, nasal congestion, fatigue &amp; shortness of breath diminish.</li> <li>• The body regains energy.</li> </ul> <p><b>1 year</b></p> <ul style="list-style-type: none"> <li>• Risk of coronary disease is 50% less than that of a smoker.</li> </ul> <p><b>10 years</b></p> <ul style="list-style-type: none"> <li>• Cancer mortality rate is similar to that of a non-smoker.</li> <li>• Pre-cancerous cells are replaced.</li> <li>• Risk of cancer of the mouth, throat &amp; oesophagus, bladder &amp; pancreas decreases.</li> </ul> <p><b>15 years</b></p> <ul style="list-style-type: none"> <li>• The risk of heart disease is similar to that of a non-smoker.</li> </ul>	<p><b>8 hours</b></p> <ul style="list-style-type: none"> <li>• Carbon monoxide count returns to normal.</li> <li>• Oxygen level in the blood returns to normal.</li> </ul> <p><b>24 hours</b></p> <ul style="list-style-type: none"> <li>• Risk of heart attack decreases.</li> </ul> <p><b>2 weeks to 3 months</b></p> <ul style="list-style-type: none"> <li>• Circulation improves</li> <li>• Walking becomes easier.</li> <li>• Pulmonary function increases by about 30%.</li> </ul> <p><b>5 years</b></p> <ul style="list-style-type: none"> <li>• Lung cancer mortality rate of a former pack-a-day smoker decreases to almost half.</li> <li>• From 5 to 15 years after quitting, the risk of stroke decreases and is comparable to that of a non-smoker.</li> <li>• The risk of cancer of the mouth, throat and esophagus is 50% less than that of a smoker.</li> </ul>
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**Canada**

Source: American Cancer Society, Washington. Art Director: DGR Creative Services C502-0535

# Honours and awards



Capt M.E. Middlebro receives the Canadian Forces Decoration from MGen Marcel Duval in the Atrium of 1 Canadian Air Division, Winnipeg on 24 February 2009.



Maj J.L. Nam receives the Canadian Forces Decoration.



MCpl E.I. Roberts receives the Canadian Forces Decoration.



MCpl C.J.L. Payton receives the Canadian Forces Decoration First Clasp.



Sgt P.D. McNorgan receives the Canadian Forces Decoration First Clasp.



Maj D.A. Barton receives the Canadian Forces Decoration First Clasp.



Maj T.A.M. Holla receives the Canadian Forces Decoration First Clasp.



Capt T.M. Tullock receives the Canadian Forces Decoration First Clasp.



CWO (ret'd) Arseneault, MWO (ret'd) Viens, WO Dunsmore, MCpl Grogan, Peter Mckeen and Lynore Oakley receive the 1 Canadian Air Division Commander's Commendation for the AF9000 Team.



MWO J.L. Ste-Croix receives the Canadian Forces Decoration First Clasp.



Maj W.H. Becker receives the South West Asia Service Medal.



Maj R.T. Audette receives the Canadian Forces Decoration Second Clasp.



M.D. Smith receives a Certificate for 25 Years of Service.



CWO G.M. Kalagian receives the General Campaign Star.

## Supplement Briefing

DATE: 31 MARCH 09  
 TIME: 1100 – 1200 HRS  
 LOCATION: BLDG. #62  
 ROOM #315

For additional information and to register contact Health Promotion at Local 4150/4160/4995

Deadline for registration: 25 March 09





204.833.2500 ext. 4500

Fax: 204.489.8587 • Email: [wpgmfrc@autobahn.mb.ca](mailto:wpgmfrc@autobahn.mb.ca)  
 102 Comet Street PO Box 17000 Stn Forces, Winnipeg, MB R3J 3Y5



## French conversation workshops

The goal of these workshops is to help English speaking people to improve their French language speaking skills. The participants will have the opportunity to speak, listen and interact in French with the help of games, newspaper articles, discussions and debates. An intermediate level in French comprehension is recommended. The workshops will be held at the Winnipeg MFRC, 102 Comet St. every Monday from 7:00pm to 9:00pm from March 23 to April 27. There is no registration fee. To register, please contact Candide Lefebvre at 833-2500 ext. 4515 or at [Candide.Lefebvre@forces.gc.ca](mailto:Candide.Lefebvre@forces.gc.ca)

## Ateliers de conversation française

Ces ateliers ont pour objectif de permettre aux personnes anglophones d'améliorer leurs habiletés en français oral. Les participants auront la chance de parler, d'écouter et d'interagir en français à l'aide de jeux, d'article de journaux, de discussions, de débats, etc. Un niveau intermédiaire de compréhension est recommandé. Les ateliers auront lieu au CRFM situé au 102 rue Comet tous les lundis de 19h à 21h du 23 mars au 27 avril. Les ateliers sont gratuits. Pour vous inscrire, communiquez avec Candide Lefebvre au 833-2500 poste 4515 ou à l'adresse suivante : [Candide.Lefebvre@forces.gc.ca](mailto:Candide.Lefebvre@forces.gc.ca)



## Thank you volunteers

The Yellow Ribbon Gala Committee would like to thank all of the Volunteers who were a part of this year's event, both before and on the evening of the Gala. Your professionalism and enthusiasm were noticed and complimented on by many. You helped to make our evening run smoothly, and we hope you will join us again next year!

## Volunteer? Who, me?

You will hear many good reasons why you should consider volunteering:

- It's good for your health
- You can meet new people
- You can increase your skill base

Many other reasons are put forth.

Research shows that people have a desire to be part of a group that is doing something significant. In our military community, we understand that concept very well. We also understand that "doing something significant" is not only reserved for those in far away war zones. It can take place in our own families and community. With 2009 designated as the Year of the Military Family, you have a chance to be a part of a vibrant and growing group of people – the Volunteers of the Winnipeg Military Family Resource Centre. You will be able to do "something significant" in giving back to this community. You will be able to share our mission and vision in the greater civilian community, and truly make a difference in our world. While military families are "The strength behind the uniform", the MFRC Volunteers are the heart of the programs that are offered to those families.

Volunteer? Yes, you!

Contact the MFRC Coordinator of Volunteers for more information, Barbara at 833-2500 Local 4519.

## Children's Gear Sale

Do you have some baby or kids items that you no longer need?

Are you looking for some gently used kids items?

Come to our Children's Gear Sale to find some bargains!

Admission is free. Rent a table for only \$10.

Saturday, April 18  
 10 am-1 pm, Building 90 (gym)

Call the MFRC for details or to register a table.



## Acknowledgement

Winnipeg MFRC Yellow Ribbon Gala with Special Presentation of the Birchall Leadership Award, Saturday 21 February, 2009

The Royal Military Colleges Club of Canada, founded in 1884, provides a continuing point of contact for former Cadets (alumni) of the Royal Military College (RMC) Kingston (On), the Royal Military College, St-Jean (Que) and the former Royal Roads Military College (RRMC), Victoria (BC).

The Club and its Chapters (Branches) provides a variety of services for its members (alumni), support for the Cadets of RMC Kingston and RMC St-Jean, and is engaged in preserving the customs, traditions and legacy of the Royal Military Colleges.

The preservation of the Colleges heritage and the promotion of leadership excellence are ensured through the RMC Club Foundation. The Foundation is a not-for-profit organization, which acts as a network for friend-raising, the receipt of donations and financial support for the Colleges.

We acknowledge the generous contribution of the RMC Club Foundation to the Manitoba Branch and the Winnipeg Military Family Resource Centre Yellow Ribbon Gala in support of the Birchall Leadership Award presentation.

## Employment opportunities

### Information and Referral Coordinator

Term maternity replacement: April 27 – November 27, 2009

The Winnipeg Military Family Resource Centre (MFRC) is accepting applications for a part time Information and Referral Coordinator. Reporting to the Executive Director this position is responsible for providing all Welcome and Orientation Services to arriving military families, informing and connecting family members to community services and programs, information briefings, public relations, marketing and outreach services.

As an applicant you have previous experience and knowledge in these areas, an understanding of military organizations and lifestyle, as well as a degree/diploma in a related human service field or equivalent combination of education and experience. Good working knowledge of the following computer programs are essential to this position; Microsoft Word, Excel, Outlook, Access, Publisher and PowerPoint.

Language requirement: English essential, bilingualism (French / English) an asset.

A complete job description and list of qualifications are available at the MFRC located at 102 Comet St.

Application deadline: 4:00 pm, March 27, 2009

No phone calls please. Only those selected for an interview will be contacted.

Drop off or mail your resume to the address listed below:

MFRC

102 Comet Street

PO Box 17000 Stn Forces Winnipeg, MB R3J 3Y5

Fax: 204-489-8587 Email: [wpgmfrc@hotmail.com](mailto:wpgmfrc@hotmail.com)

### Inclusion worker

Westwin Children's centre is looking for a part time inclusion worker in our Nursery School program. We need an enthusiastic caring person to join our staff Mon. Wed and Fri mornings ( nine hours/week) during the school year. Training and/or experience working with children is desired. To apply please contact Shannon at 833-2500 (2491) or email [shannon.peake@forces.gc.ca](mailto:shannon.peake@forces.gc.ca).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 3:45 pm - Drop-in Zone	3 9:30 am - Creative Tot 1 pm - Casual Child care 2 pm - Volunteers' Coffee & Conversation 3:45 pm - Drop-in Zone 6 pm - Kool Kids 6 pm - Visit to Minto 8 pm - Teen Drop-in	4 3:45 pm - Drop-in Zone 6 pm - Kool Kids 7 pm - BOD Meeting 8 pm - Teen Drop-in	5 9:30 am - Mother Goose 9:30 am - Casual Child care 10 am - MFRC Coffee Break 1:15 pm - Fun with Music 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	9 10 am - A Parent Community 3:45 pm - Drop-in Zone	7 1:30 pm - Drop-in Zone 6 pm - Manitoba Moose CF Appreciation Night - Salute to Military Families
8 Daylight Savings Begins 	9 3:45 pm - Drop-in Zone	10 9:30 am - Creative Tot 1 pm - Casual Child care 2 pm - Volunteers' Coffee & Conversation 3:45 pm - Drop-in Zone 6 pm - Kool Kids 6:30 pm - Mom's Night Out 8 pm - Teen Drop-in	11 10 am - Parent Group 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	12 9:30 am - Mother Goose 9:30 am - Casual Child care 1:15 pm - Fun with Music 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	13 10 am - A Parent Community 3:45 pm - Drop-in Zone	14 1 pm - Deployment Get Together 1:30 pm - Drop-in Zone
15	16 3:45 pm - Drop-in Zone	17 9:30 am - Creative Tot 1 pm - Casual Child care 2 pm - Volunteers' Coffee & Conversation 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	18 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	19 9:30 am - Mother Goose 9:30 am - Casual Child care 1:15 pm - Fun with Music 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	20 10 am - A Parent Community 3:45 pm - Drop-in Zone 6 pm - MTPY	21 1:30 pm - Drop-in Zone 6 pm - Dinner and a Movie for Teens
22	23 3:45 pm - Drop-in Zone	24 9:30 am - Creative Tot 1 pm - Casual Child care 2 pm - Volunteers' Coffee & Conversation 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	25 10 am - Parent Group 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	26 9:30 am - Casual Child care 1:15 pm - Fun with Music 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	27 10 am - A Parent Community 3:45 pm - Drop-in Zone	28 9 am - First Aid & CPR 1:30 pm - Drop-in Zone
29 9 am - First Aid & CPR	30 9 am - Job Skills for Teens	31 9 am - Job Skills for Teens 2 pm - Volunteers' Coffee & Conversation 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	MARCH 2009 			

## In Memoriam

### Warrant Officer Dennis Raymond Brown



On 3 March 2009, Warrant Officer Dennis Raymond Brown was killed when an improvised explosive device detonated near an armoured vehicle during a patrol in the Arghandab District.

The incident occurred northwest of Kandahar City.

The CF personnel were conducting security operations in the area when the explosion occurred.

WO Brown was a member of The Lincoln and Welland Regiment. We are all thinking of the family and friends of our fallen comrades during this sad time.

### Corporal Dany Olivier Fortin



On 3 March 2009, Corporal Dany Olivier Fortin was killed when an improvised explosive device detonated near an armoured vehicle during a patrol in the Arghandab District. The incident occurred northwest of Kandahar City.

The CF personnel were

conducting security operations in the area when the explosion occurred.

Cpl Fortin was a member 425 Tactical Fighter Squadron at 3 Wing Bagotville. We are all thinking of the family and friends of our fallen comrades during this sad time.

### Corporal Kenneth Chad O'Quinn



On 3 March 2009, Corporal Kenneth Chad O'Quinn was killed when an improvised explosive device detonated near an armoured vehicle during a patrol in the Arghandab District. The incident occurred northwest of Kandahar City.

The CF personnel were

conducting security operations in the area when the explosion occurred.

Cpl O'Quinn was a 2 Canadian Mechanized Brigade Group Headquarters and Signals Squadron. We are all thinking of the family and friends of our fallen comrades during this sad time.

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Pour plus d'information, communiquez avec votre Bureau local de promotion de la santé **Énergiser les Forces** ou visitez notre site internet [www.forces.gc.ca/health/services/frgraph/health\\_promotion\\_home\\_f.asp](http://www.forces.gc.ca/health/services/frgraph/health_promotion_home_f.asp)



## SUPERVISOR TRAINING PART 1 & 2

1. Recognizing & Responding to Early Warning Signs
2. Developing Effective Interview Skills

(This course will be course coded and will soon be required for all ranks Sgt and above.)

23 April 09

0800 – 1200 Hrs

Learning Centre, Rm #111

To Register or for more Information contact  
Health Promotion @ local 4150/4160  
Register Early, Spots are Limited!

## 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 5057

**Padre Gord Mintz**

(Anglican) Office 833-2500 ext 5785

**Padre David Stewart**

(Presbyterian) Office 833-2500 ext 4277

**Padre Curtis Duclos** (Baptist)

Det Dundurn Office (306) 492-2135 ext 4299

#### Administrative Assistant

Carol Cochrane Office 833-2500 ext. 5087

**Sunday Services** (English Only) 0900 hrs

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

**Marriages** 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.

## Classifieds

### For sale

**Men's Air Force Mess Kit**, excellent condition - Chest 40-42, waist 38 \$160 - includes, cummerbund, bow tie, suspenders, buttons and jacket clasp. Phone 832-0155. (6)

**Men's Mess Kit** for 6 foot 1 inch, 190 pound person. Includes cummerbund, shirt and suspenders. Asking \$100. Call (902) 444-0950. (6)

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# TAROSCOPES

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**Aries (March 21 - April 19):** Success at last. And you will find that you've been close to the answer all along. When you least expect it you get help from a surprise source. When you can't decide what to do, follow your heart. Commit to the path that feels right for you. Be kind to yourself and others.

**Taurus (April 20 - May 20):** Trying to understand love is difficult because there are no real rules. Give yourself a break. You don't have to have all the answers. The fact that you are sensitive to others is appreciated. Take pride in what you have achieved, continue to work hard, but also blend in some fun.

**Gemini (May 21 - June 21):** Things might seem rough right now, but a reason to celebrate is coming. Something radical will occur that is an unexpected blessing in disguise. There are opportunities galore just waiting to be enjoyed. Take all the credit for making a success of things when you do the work.

**Cancer (June 22 - July 22):** If a cloud of worry keeps you from seeing things clearly, step back. Take a time out to review the core aspects of your situation. You can't hit the reset button and start over but you can make adjustments to how you think about your ability to solve a problem. You can put things right.

**Leo (July 23 - August 22):** Life might seem tough but the truth is if you apply yourself you gain more, faster than most people. There is value in being sensible. Handle challenges through persistence. Unexpected loss leads to newfound happiness. Be honest when reviewing how it came about.

**Virgo (August 23 - September 22):** Even though you might not feel like talking about sensible things, concerns and responsibilities, it's better to deal with this right now. Those who did not consider your feelings or wellbeing will realize they misjudged you. Hold to what you think is important.

**Libra (September 23 - October 23):** Luck is with you and you have charm to burn. Those who once refused to see your point of view want to hear what you have to say at this time. All is not lost. Consider a new look to catch the eye of someone. When you suffer a loss you need time to heal, so do others.

**Scorpio (October 24 - November 21):** Get involved with a worthwhile cause that is of special interest. Show others you expect respect for what you are doing and they will comply. It doesn't have to be all work and no play though. Find a way to share responsibilities so you can party too.

**Sagittarius (November 22 - December 21):** As others celebrate good fortune, you realize that you too have desires. The wall between you and another are not as high as you think and may be built up on your own "absolutes." Excessive pride or fear of failure can keep you from getting what you want.

**Capricorn (December 22 - January 19):** You keep trying to remain positive and on track but real life can make you cynical. Money, status, a good reputation are all important, but so is living a life with deeper meaning. Seek out organizations where you feel you belong and do work that reflects your values.

**Aquarius (January 20 - February 18):** Love, happiness and family ties ground you. You stand out in the crowd. This is a good time to look for a new place to work or show your skills. You're meeting new people who can positively influence your future endeavors. You're versatile and highly visible.

**Pisces (February 19 - March 20):** Engage in life enriching activities. Spend time in creative pursuits. Reaffirm what is really important. Explore how your assumptions about reality may be limiting what you believe is possible for yourself. Seek out different people and places. Wonderful new experiences await.

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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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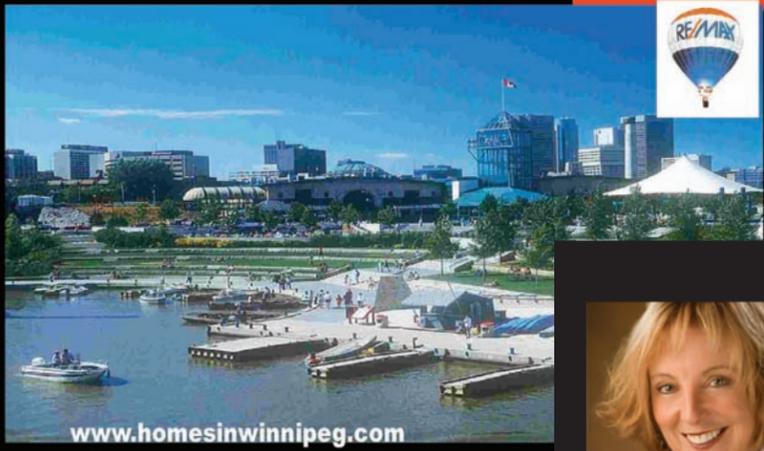
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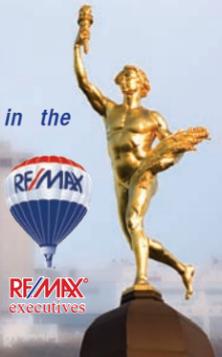


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