



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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Aircrew Learn to Survive in the Arctic



A student from Canadian Forces School of Survival and Aeromedical Training (CFSSAT) constructs a shelter in Crystal City during the Air Operations Survival Course in Resolute Bay, Nunavut from January 29-31, 2016. See page 5 for complete story.
Photo: Cpl Justin Ancelin, 17 Wing Imaging

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Community Connects with 17 Wing Fire Hall and Winnipeg Police Service

MWO John Pereira, 17 Wing Fire Chief and Martin Zielig, Voxair Photojournalist

What happens when fifth and sixth graders in the community are curious about 17 Wing Winnipeg?

The Wing Fire Hall found out recently when the local President of the Portuguese Association of War Veterans, Mr. Pedro Correia, reached out and contacted the Wing Fire Hall to see if a facilities and aircraft tour could be arranged for the Mulvey School.

The tour took place on February 11.

You see, Mr. Pedro Correia has a son who happens to be the Principal of the school, Mr. Peter Correia. Where's the connection to the Fire Hall, you may ask?

Well I, as the Wing Fire Chief, was born in Portugal and know both people through various community cultural events.

So now that we have the connection, let's move on to the tour!

Three stations were setup at the Wing Fire Hall to interactively provide the students with knowledge about fire safety and some of the equipment firefighters use in their day to day shift. The three stations consisted of an Aircraft Rescue Fire Fighting Vehicle tour, a fire extinguisher simulation session and tool/equipment hands on tour. These activities not only provided displays but challenged students through interactive activities, such as using the Thermal Imaging Camera, operation emergency Air bags, trying on firefighting gear and combatting a simulated fire.

The big surprise was Fire Truck rides that were enjoyed by all students, members of the Portuguese Veteran's Association and teachers alike.

"It's super fun," said Felleon, 11, a grade six student after her



Children from Mulvey School ham it up for the camera with Sparky. Photo: Martin Zielig

firetruck ride around the tarmac. "It's cool, I'm learning new things about how to put on fire gear and knowing what to do when you see a fire."

Mzna, who's also in grade six, enjoyed spraying water from the thick firetruck hose. "It's amazing," the 11year old exclaimed. "You don't realize how heavy and big the tools are (including the Jaws of Life -- used by emergency rescue personnel to assist vehicle extrication of crash victims, as well as other rescues from small spaces). You see a firetruck going down the street, but then when you stand beside it, you're (only) as tall as the wheel wells."

There was more.

The Winnipeg Police Service's Flight Operation Unit was gracious enough to provide a tour of their EC120 Colibri (Hummingbird) Helicopter. This tour added additional connection of the community and the Winnipeg Police Service.

One last surprise from the Wing Fire Hall was waiting for the students upon their return to the Fire Hall, Sparky, the Fire Services mascot, and on-duty firefighters greeted the students and guests by distributing goodie bags with fire safety items to all so they did not leave empty handed.

Not to be outdone by the Wing Fire Hall's various surprises during the tour, the Portuguese Association of War Veterans also had one up their sleeve. Mr. Pedro Correia, the President, presented the Wing Fire Hall with that Association's medallion as appreciation for providing the tour to Mulvey School.

The Wing Fire Hall continues to be connected with our community partners and it was a pleasure in hosting Mulvey School for the tour and look forward to making more connections within the City of Winnipeg.



Pedro Correia, MWO John Pereira, 17 Wing Fire Chief, and Sparky. Photo: Martin Zielig

Changes to Your Canadian Armed Forces Pension Administration

Elliot Frutkin, ADM (PA)

In the summer of 2016, the administration of the Canadian Armed Forces (CAF) Pension Plans for active members will be transferred to the Government of Canada Pension Centre at Public Services and Procurement Canada (PSPC).

Pension payments for retired CAF members and their survivors/child(ren) will continue to be supported by the Specialized Services Division (SSD) at PSPC until the winter of 2016 at which time they will also be transferred to the Government of Canada Pension Centre at PSPC.

The Government of Canada Pension Centre will be staffed by employees transferred from the Department of National Defence (DND) and PSPC who are experienced and knowledgeable about CAF pensions. This will ensure that a high level of quality service continues to be provided to CAF members, retirees and their families. The Centre is already the primary office responsible for pension plan administration for Federal Public Service employees as well as members of the Royal Canadian Mounted Police (RCMP).

Why make the change?

The current DND pension administration system depends on outdated technology that is expensive to maintain, relies on manual processes, and limits the ability to provide modern services such as an online self-service.

This transition aligns to the common Government of Canada pension administration standards for the administration of all federal public pension plans.

As a result of the transfer, active and retired CAF members, as well as their survivors/child(ren), will benefit from:

- Improved and timely services in processing transactions and payments; and
- Improved client access to new web-based self-service tools for active members:

- o Pension information and helpful links;
- o Online access to update your personal information;
- o Secure messaging and inquiry features that allow the exchange of protected information with pension experts at the Centre; and
- o Online tools to assist with pension benefits estimates.

What does this change mean for you?

Active Members

For active members, files will be transferred automatically, and the transition will have no effect on existing pension contribution rates.

Retired members and their survivors/child(ren)

Retired members and their survivors/child(ren) will continue to receive pension payments as usual. Members will continue to have access to knowledgeable pension experts who can answer questions throughout the transition period.

During the weeks immediately prior to both transitions, members may experience delays in some pension services. These are anticipated to occur for two to three weeks in the summer and winter of 2016. Exact dates will be provided closer to the transition. Essential services such as pension payments and the issuance of tax receipts will continue to be provided during the transition period but administrative services may be limited.

More information about the transition is available on the DND Web site at:

<http://www.forces.gc.ca/en/caf-community-pension/military-pension-renewal.page>

Members can continue to contact the following:

Director Canadian Forces Pension Services (DCFPS)

Toll free: 1-800-267-0325

National Capital Region and outside Canada & United States: 613-971-6012

Specialized Services Division (SSD)

Toll free: 1-800-267-0350

National Capital Region: 613-952-9933

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Lt (Navy) Matthew Small sings with the MFRC community choir during the 2016 Yellow Ribbon Gala held at the Victoria Inn Convention Center, Winnipeg on February 20, 2016. Look for photos and an article in the next issue of The Voxair. Photo: Cpl Paul Shapka

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SAR Techs Remember Their Own in Trenton

Memorial jump on Drop Zone Gilbert in memory of Sgt. Mark Salesse and Sgt. Janick Gilbert

Ross Lees, Trenton

424 (Transport and Rescue) Squadron search and rescue technicians (SAR techs) at 8 Wing/CFB Trenton spent an emotional morning on Feb. 5 remembering two of their fallen comrades.

Nine SAR Techs performed a special memorial jump onto Drop Zone (DZ) Gilbert in front of 9 Hangar in memory of Sergeant (Sgt.) Mark Salesse, who perished Feb. 5, 2015, while conducting mountain rescue training in Banff National Park. Mark had been descending a climbing route known as Polar Circus when he was swept away by an avalanche. At the time, Mark was posted to 435 Sqn in Winnipeg.

424 (Transport and Rescue) Squadron SAR Techs hold an annual memorial jump in honour of Sgt. Janick Gilbert, who died during a rescue attempt near Igloodik, Nunavut on Oct. 27, 2011. The DZ near 9 Hangar has been named in his honour.

Warrant Officer Aaron Bygrove, one of the SAR Tech jumpers on this cold but clear morning, gave some background on the jump out on the DZ and stressed the importance of training for SAR Techs.

"It took an avalanche to get him (Mark) off that mountain and we pay tribute to him today," he stressed while Sgt. Jody

Hynes stood beside him holding an Astra stone to be dedicated later in the year in honour of Sgt. Salesse.

Sgt. Hynes, a friend of Sgt. Salesse who went through training with him, said it was an emotional day for him.

"Remember that we always have to get past the small stuff and concentrate on the important things happening in life and on our jobs," he said, adding that SAR Techs should strive to do their best all the time under the circumstances thrown at them.

Following the brief ceremony at DZ Gilbert, the Astra stone was presented to Chris Colton, executive director of the National Air Force Museum of Canada (NAFMC) for dedication in their Astra Stone ceremony later in the year.

Liz Quinn, of Moncton, N.B., Sgt. Salesse's mother, was taking a helicopter flight over the Polar Circus ice-climbing route in Banff National Park later that day with family and friends to mark the anniversary of her son's death.

Minister of National Defence Harjit Sajjan also sent out the following tweet to mark the anniversary of Sgt. Salesse's death:

Harjit Sajjan @HarjitSajjan (31,360 followers) Thinking of my friend Mark Salesse today, and the courageous work done by @CanadianForces SAR Techs.



A contingent of 424 (Transport and Rescue) Squadron attended the on-field ceremony. They are shown here as the Hercules lands in the background. Photo: Ross Lees

Hockey Trivia

by Tom Thomson and Stephen Stone

1. Which team holds the record for most wins in one season?
2. Which team holds the record for the fewest wins in one season?
3. How many records does Wayne Gretzky hold or share?
4. Who holds the record for the most points in one game?
5. What is a "Gordie Howe Hat Trick"?
6. Which goaltender holds the record for the greatest number of tie games in their career?
7. Which goaltender appeared in the greatest number of regular season games in one season?
8. Who holds the record for the most assists by a goaltender in a single season?
9. Who holds the record for the most short-handed goals in one game?
10. Which NHL goaltender holds the record for the longest undefeated streak in one season?
11. Who is the oldest player to win the Calder Memorial Trophy as rookie of the year?
12. Who is the youngest player to win the Calder Trophy?
13. Which team has had the greatest number of Calder Trophy winners?
14. Which position has won the greatest number of Calder Trophies?
15. Who holds the record for the most consecutive games in an NHL career?
16. Which defenseman played the most consecutive games?
17. Which NHL player has earned the nickname "Captain Canada"?
18. Who has scored the most power play goals in one season?
19. Who scored the fastest hat trick in an NHL game?
20. Who holds the record for the fastest three assists?

Hockey Trivia Answers on page 14

Payday Loans... Don't Get Trapped

Joyce Sharp, CFMWS / SISIP FIS

If for whatever reason, you are thinking of getting a payday loan, DON'T!

First ask yourself: "Do I really know what I am getting into"? Chances are, you may not be aware of the impact this may have on you financially...and this is precisely what payday loan companies are counting on!

Payday loan outlets are commonplace in most provinces and are also readily available online! In some instances, their presence borders on overcrowding. Such is the case, mentioned in a recent newspaper article*, in one of my old neighborhoods where there are 16 payday loan outlets for nearly every 1,000 residents! Of these outlets, 8 are within 1000 meters of each other; that is 24 times the national average!

Payday loans are small loans of \$1,500 or less. Some people may not see the harm in borrowing what they perceive as "fast and easy" cash for a couple of weeks, then reimbursing with their next pay. Others might feel too embarrassed to reach out and ask for legitimate financial assistance. The fact is, these payday loan companies prey on the desperation of individuals, under the guise of offering a "quick and easy fix" to their financial woes!

Is this really a viable solution? Are you aware of the impact this will have on you and your family and do you know the interest rate you are being charged? Actually, there is no upfront mention of interest rate, no disclosure of the additional fees or charges you may incur upon borrowing, rather, a given dollar amount as cost for the amount you are borrowing.

Canada's criminal code caps annual interest rates at 60%. However, depending on the province, payday loan companies can charge quite staggering rates because of the way they calculate the cycles. In Ontario, for example, the provincially regulated payday loan business is allowed up-to a confounding 600% annually, in addition to fees/surcharges!

Calculating the annual interest rate for borrowing as little as \$300 is a sobering experience; it will make you think twice about even contemplating this as a means to obtaining short term credit. Consider the following example: for a loan of \$300 the cost of borrowing is \$63 (\$21 per \$100 advanced for 14 days) with a total payback amount \$363. Here is how you can calculate the annual interest rate they are charging:

- 1) $\$63 / \$300 = 21\%$ interest rate for 14 days
- 2) $21\% \times 26$ (# of 14-day periods per year) = 546% rate of annual interest!

There you have it: you think it is just \$63, but if you fail to reimburse by the 14-day deadline, your \$300 payday loan could potentially cost you \$1,638 in annual interest, not including the additional administrative costs! Still think this is a fast and easy option?

Don't fall into the payday loan trap. Instead, seek out the free and confidential advice from one of our SISIP Financial advisors. We understand the military lifestyle, know the financial challenges you face and the many reasons your finances may become strained. Our mission remains... to enhance the financial health and security of the members of the CAF community. So, rather than making your financial situation worse by resorting to payday loans, or what you may think is a quick fix, reach out to us. Resources and tools designed for CAF members and their families are available online in our Learning Centre at www.sisip.com.

For more information on payday loans, their actual rates and predatory practices, visit the Financial Consumer Agency of Canada (search for payday loans): <http://www.fcac-acfc.gc.ca>

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* Source: OTTAWA CITIZEN, December 21, 2015

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The Last Dakota To Train Navigators Remembered

Martin Zeilig, Voxair Photojournalist

A recent visit to CFSAS by a Commissionaire re-kindled fond memories from a long-ago era.

Former RCAF Major Rick Ainley recalled his time as the last DC-3 Dakota crew to train navigators in the CAF.

It's a moment forever recorded on page 3 of the now yellowed and brittle paged June 11, 1975 issue of Voxair, which Mr. Ainley showed to a current reporter from The Voxair. It shows the five man crew of ALERT 21 standing beside their twin piston-engined Dak (913) parked beside another Dakota on the tarmac at CFB Winnipeg.

The crew members from that flight were LCol F. C. Britton, Capt John Lumley, Capt Jack De Belle Feuille, Capt Lloyd Goethals, and Capt Rick Ainley.

A second photograph has the four man crew of ALERT 22 similarly arrayed beside their Dakota.

"Somehow Alert 22 went zorching (sic) by 21 on the first leg of the navigation exercise... leaving the lead aircraft to no option but to become the last aircraft to fly a nav student in a Dakota. Of such trivia history is made," states the accompanying article (in part), 429 Sqn. Bison Brew.

Ainley, who retired with the rank of Major in 1983 after 18 years of service, retains fond memories flying Dakotas (DC-3) and other aircraft during his career as an RCAF pilot.

"I was here to fly the planes in which navigators were trained," said Ainley, who is working as a Commissionaire for a week at the Canadian Forces School of Aerospace Studies, during an interview in the second floor lounge area at CFSAS. "I only did that for a year, and then was posted to 424 Squadron at CFB Trenton where I flew Caribous, a twin engine transport plane. We were the last Dakota aircrew to train navigators in the CAF."

This bit of RCAF history was brought to a reporter's attention in an email from Captain Heinrich 'Joe' Schmoll at CFSAS.

"When Rick brought his paper with the article, I thought this could be me in a few years," Capt Schmoll said. "If only log books could talk."

Ainley said he came across the old yellowed and brittle paged Voxair stuffed inside the plastic pages of a photo album at home.

"Then, I read the paper and saw the same aircraft that we still see flying today," Capt Schmoll said. "He has a lot of interesting stories."

Ainley, who's originally from Toronto, joined the RCAF in 1965.

"As a youngster, I was enamoured by biplanes from the books I'd read about First World War aviators," the soft spoken, white haired former pilot said.

After graduating from high school he got a job as a printer before joining the RCAF at age 19.

"The recruiting officer asked me if I wanted to be an aircrew," Ainley said. "I wasn't sure what that was. So, he said 'pilot, navigator, or radio operator.' I said 'pilot.'"

During his time at the RCAF Station in Centralia, Ontario, Ainley observed that he learned to fly on the single engine Chipmunk trainer.

"After that I went to the RCAF Station Gimli and flew the Tutor jet," he said. "Then, I went to RCAF Station Portage La Prairie and then flew the Expeditor, a small twin engine transport used for multi-engine flight training. That's where I got my wings as a Flying Officer."

Ainley also was posted to the (former) Canadian Forces Air Navigation School at 17 Wing-- in the very building where he is now working as a Commissionaire.

"I was here to fly the planes in which navigators were trained," Ainley said. "I only did that for a year before being posted to 424 Squadron at CFB Trenton and flew Caribou transport planes. At the same time, I flew the Dakota too. We did light transport with Search and Rescue."

He returned to Winnipeg in 1975 and enrolled at the University of Manitoba for two years to study Commerce, while at the same time joining 402 Squadron as a reservist pilot, he added, mentioning that he was promoted to the rank of Major while working at Air Command H.Q.-- now 1 Canadian Air Division.

"I like flying the Caribou the best," Ainley admitted. "It was high performance for that type of job. But, the Dakota was nice to fly too. It was forgiving. If you did mess up, it didn't bite you. There was some leeway on its manoeuvrability. If you lost an engine, there was still enough power to get by on the other engine."

Memories of a great time in a great organization during a period that we will never see again.

If you are interested in this and other historical articles, please visit The Voxair Archives online at www.thevoxair.ca.

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June 11, 1975

VOXAIR

Page :

ALERT 21



CREW OF ALERT 22 (L to R) LCol F. C. Brittain, Capt John Lumley, Capt Jack De Belle Feuille, Capt Lloyd Goethals, and Capt Rick Ainley. (BASE PHOTO)

ALERT 22



CREW OF ALERT 21 (L to R) Capt Tom Lott, Capt Csaba Hezsely, Major John Farnham, and Capt Bob Bujold. (BASE PHOTO)

Page 3 from the June 11, 1975 edition of The Voxair.

(Left) Crew of ALERT 21 (L to R) Lcol F.C. Brittain, Capt John Lumley, Capt Jack De belle Feuille, Capt Loyd Goethals, and Capt Rick Ainley (now Major (Ret)).

(Right) Crew of ALERT 22 (L to R) Capt Tom Lott, Capt Csaga Hezsely, Mjr John Farnham, and Capt Bob Bujold.

Photo: courtesy of Major (Ret) Rick Ainley.

CFSSAT Arctic Survival Course a Matter of Life and Death

Martin Zielig, Voxair Photojournalist

Major Marco Dallaire, the Commanding Officer of the Canadian Forces School of Survival and Aeromedical Training (CFSSAT), calls his school's Arctic Survival Training Program "an insurance policy."

"We train our students to survive until rescue comes," he said during a recent interview at CFSSAT.

The CAF runs two such 10 day courses each year, in January and February, at the Canadian Armed Forces Arctic Training Centre in Resolute Bay on Cornwallis Island, Nunavut (2758 kilometres north of Winnipeg).

The training centre, which opened in early 2014, was developed through a partnership between the Canadian Army and Natural Resources Canada, which had an existing facility housing its Polar Continental Shelf Program. The Arctic Training Centre (ATC) is an expansion of that facility, which Natural Resources Canada will continue to own and maintain, notes information on the Government of Canada website.

"The Arctic Training Centre is a tangible example of the Army's increasing presence in the North. It will provide the Canadian Army with the necessary support and resources to protect the Arctic," said Lieutenant-General Marquis Hainse, Commander of the Canadian Army.

The centre can accommodate up to 140 personnel and offers lodging, training facilities and storage for equipment and vehicles, such as snowmobiles. This will help to lower the costs of transportation to and from the Arctic every year, according to the online material.

"The secret to any survival is just be prepared-- have the right equipment and tools," said Greg Anderson, a Survival Evasion Resistance and Escape (SERE) instructor at CFSSAT, who is a former member of the CAF.

He added that the RCAF survival program also includes a land survival and a SERE course out of CFSSAT Springer Lake training facility (located in Nopiming Provincial Park) and Sea Survival (out of CFSSAR in CFB Comox).

Maj Dallaire noted that the CFSSAT program is designed to

teach aircrew from bases across the country how to survive in the harsh arctic environment.

"We had 24 students from across the country at the most recent survival program in Resolute," he said.

Students spend eight days in the arctic working outside with four nights spent in the ATC, and then another four nights sleeping outside and in various types of shelters they have learn to construct, Maj Dallaire explained.

"It prepares them for a crash in the far north," he continued. "They learn about essential survival matters-- shelter, food, water, and recovery techniques-- signalling and navigation."

Two members of the Canadian Rangers (a sub-component of the Canadian Armed Forces reserve that provide a military presence in Canada's sparsely settled northern, coastal, and isolated areas) were also employed as "augmentation" for some of the specialized instruction, Maj Dallaire observed.

"The first survival shelter used is the tent found in the Aviation Life Support equipment carried on the plane," he added,

mentioning that students learn how to construct a fighter trench (a hole in the snow which uses the removed block of snow as a roof), a single person snow cave, a multi-person snow cave and an igloo.

Interestingly, the RCAF ran an Arctic survival program regularly until the mid 1990s when it was cancelled, Maj Dallaire said, noting that the program was run by the now closed School of Survival Training at CFB Edmonton.

Maj Dallaire then pointed out that the Canadian Forces School of Search and Rescue in Comox has maintained an Arctic Survival program for many years now for their own training purposes.

Prior to the current program, CFSSAT instructors would join the SAR techs for Arctic (and other) survival training, but the Aircrew course only restarted in 2013, he said.

"These courses are very essential," Maj Dallaire stressed. "Even if we know where the plane crashed, it takes a while to get up there. These courses are a matter of life and death."



A CC-115 Buffalo on the ground during the Air Operations Survival Course in Resolute Bay, Nunavut from January 29-31, 2016.

Photo: Cpl Justin Ancelin, 17 Wing Imaging

17 Wing PSP Launches Social Media Presence

Bill McLeod, Voxair Manager

17 Wing Personnel Support Programs is now online with social media on Facebook and Twitter.

"We are trying to have a one stop shop where you can interact with PSP members, learn about upcoming events, and get general knowledge about family functions," says Jackie Kurceba, the CFB Golf Course Manager who has been working on the project.

A quick look at the Facebook page shows posts about a running group to train for the RCAF Run, French-language sports activities, a spring break program for school-age kids, circuit training events at the Base Gym, and the Good Food Box program.

"We launched on these platforms in January," says Jackie. "We're really excited to use social media as a platform to better communicate with the Defence Team members and their families in Winnipeg."

"It's a great place to interact with PSP staff," she adds. "All of the contact information is available on Facebook including our hours of operation and we can be reached on Twitter too."

The Facebook page carries information about pool schedules, special programs at the gym, and in the summer will also carry information about the golf course.

You can check out the new social media presence at PSP Winnipeg on Facebook and @pspwinnipeg on Twitter.

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17 WING COMMANDER'S HONOURS AND AWARDS

On 9 February 2016 in the Officer's Mess, 17 Wing Commander Colonel Andy Cook and 17 Wing CWO Chief Warrant Officer Mike Robertson presented Honours & Awards to 17 Wing members. All photos by: Corporal Gabrielle DesRochers, 17 Wing Imaging



Master Warrant Officer KM Reynolds (centre) receives the 2nd clasp to the Canadian Forces Decoration from Colonel Andy Cook, 17 Wing Commander (left) and Chief Warrant Officer Mike Robertson, 17 Wing CWO (right) during the Wing Commander's Honours and Awards on 9 February 2016.

Over 46 military and civilian members of the Defence Team were honoured by the 17 Wing Command Team at the ceremony which took place at the 17 Wing Officer's Mess. Members received everything from recognition of 75 years with the Legion to Canadian Decorations, including First and Second Clasps, RCAF Commander's Commendations, Wing Commander Commendations, and Wing Commander Coins. Congratulations to all recipients.



WO J.A.Y. Hogue receives the 2nd clasp



Sgt J.M. Landry receives the 2nd clasp



MCpl B.H. Perry receives the 2nd clasp



MCpl M.W. Sterritt receives the 2nd clasp



Maj R.M. Chlistovsky receives the 1st clasp



WO G.W. Hood receives the 1st clasp



Maj Y. Boudreau receives the Canadian Forces Decoration



Capt B. Vaque receives the Canadian Forces Decoration



Sgt A.J. Latta receives the Canadian Forces Decoration



MCpl C.S. Bothe receives the Canadian Forces Decoration



MCpl A.L.M. MacDonald receives the Canadian Forces Decoration



MCpl J.C. Moss receives the Canadian Forces Decoration



MCpl J.C. Sarrazin receives the Canadian Forces Decoration



MCpl D.A. Smart receives the Canadian Forces Decoration



MCpl T.L. Smith receives the Canadian Forces Decoration



Cpl A.D. Gosset receives the Canadian Forces Decoration



Cpl S.M. Hinkey receives the Canadian Forces Decoration



Cpl M.R. Trenholm receives the Canadian Forces Decoration



Robert Parent receives the Certificate of Service for 35 years of service to the Government of Canada



Susan Rosjer receives the Certificate of Service for 35 years of service to the Government of Canada



Danny Warden receives the Certificate of Service for 35 years of service to the Government of Canada



David Hopwood receives the Certificate of Service for 25 years of service to the Government of Canada



Alex Pudlo receives the Certificate of Service for 25 years of service to the Government of Canada



Michael Stokes receives the Certificate of Service for 25 years of service to the Government of Canada



Normand Vermette receives the Certificate of Service for 25 years of service to the Government of Canada



Chris Merrithew receives the RCAF Commander's Commendation for his work on the RCAF Run

17 WING COMMANDER'S HONOURS AND AWARDS

On 9 February 2016 in the Officer's Mess, 17 Wing Commander Colonel Andy Cook and 17 Wing CWO Chief Warrant Officer Mike Robertson presented Honours & Awards to 17 Wing members. All photos by: Corporal Gabrielle DesRochers, 17 Wing Imaging



Gloria Kelly receives the 17 Wing Commander's Commendation for her work on the RCAF Run



Capt Ryan Port receives the 17 Wing Commander's Commendation for his assistance with coordinating the response to a medical emergency in flight



Lt(N) Lesley Fox receives the 17 Wing Commander's Commendation for her assistance in the response to a medical emergency in flight



CWO Douglas Clark receives the 17 Wing Commander's Commendation for her work on the RCAF Run



Sgt Michael Hall receives the 17 Wing Commander's Commendation for his work with the RCAF Band



MCpl Nelson Nordstrom receives the 17 Wing Commander's Commendation for his work with the 17 Wing Firefit Team



Cpl Jenna Gilby receives the 17 Wing Commander's Commendation for her work with the 17 Wing Firefit Team



Cpl Jonathan Maloney receives the 17 Wing Commander's Commendation for his work with the 17 Wing GCWCC



Cpl Richard Monzon Maloney receives the 17 Wing Commander's Commendation for his actions at an accident scene



Avr Laura Kurys receives the 17 Wing Commander's Commendation for her volunteer spirit on the Wing



Wing Telecommunications Information Services Squadron receives the 17 Wing Commander's Commendation



Capt Daniel Bortolin receives the Wing Commander's Coin



435 Squadron Maintenance Flight receives the 17 Wing Commander's Commendation for their dedication and hard work



CFB Winnipeg Firefit Team receives the 17 Wing Commander's Commendation



2Lt D.R. Appolloni receives his Commissioning Scroll



2Lt G.D. Eidem receives his Commissioning Scroll



CWO G. Frausin receives his Chief Warrant Officer's Warrant



Colonel Andy Cook, 17 Wing Commander and Chief Warrant Officer Mike Robertson, 17 Wing CWO present a pin and the 75th Anniversary World War II Service Recognition to George Ross Smith for being a life member of the Royal Canadian Legion with 74 years of service during the Wing Commander's Honours and Awards ceremony held at the officers mess, CFB Winnipeg MB, on 9 February 2016.

2 CAD Promotion

Warrant Officer Dale Coulson was promoted to Master Warrant Officer by BGen Dave Cochrane Commander 2 Can Air Div, 03 Feb 2016.



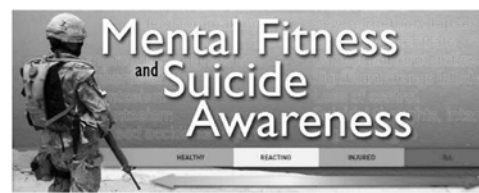
Brigadier-General Dave Cochrane (left) and Master Warrant Officer Dale Coulson. Photo:



DID YOU KNOW THAT MARCH IS NUTRITION MONTH?

- Dietitians are challenging Canadians to Take a 100 Meal Journey.
- Think about it: You'll eat almost 100 meals this month.
- Make a small change and stick with it over the next 100 meals.
- Need ideas?
 - Join us for Lunch & Learns Wednesdays through March
 - Visit Health Promotion – 2nd Floor CANEX for a variety of resource material
 - Find information at NutritionMonth2016.ca
 - Register for Weight Wellness – Tuesdays April 12th – May 17th 2:00-4:00pm
 - Try Top Fuel for Top Performance – April 27-28th – 8:30-4:00pm
 - Dial a Dietitian – free nutrition advice – 204-788-8248 or 1-877-830-2892
 - Order a Good Food Box @ www.pspwinnipeg.com
 - "Like" us on Facebook or follow us on Twitter at PSPWinnipeg for weekly nutrition tips
 - Check out dfit.ca

Please contact 204.833.2500 ext. 4150 or HealthPromo@forces.gc.ca for more information or to register.



It's one thing to look after your body. Just don't forget about your mind.

Mental Fitness & Suicide Awareness: Supervisor Training

This course is course coded!

11 March 2016

0800 – 1600 hrs

For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150

Force Mentale et Sensibilisation au Suicide

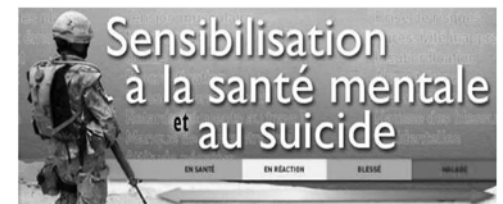
– Formation du Superviseur

Il s'agit d'un cours auquel on a attribué un code!

11 mars 2016

Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste.4150

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Physiotherapist Enjoys Culture of Fitness at Wing

Martin Zeilig, Voxair Photojournalist

There is no hint of irony or false humility when Donovan Robson, the 23 Health Services physiotherapist, says he's trying to work himself out of a job.

He's just being honest.

After all, the role of a physiotherapist is to promote an active lifestyle and help heal people with injuries, remarked Robson, who's organized but somewhat snug office, which he shares with physiotherapy assistant Tammy Faraci, is located in the lower level of Building 90 (17 Wing Fitness and Recreation Centre) right across from the weight training room.

"Physiotherapy tries to restore normal mobility and function for the individual, as well as the prevention of injury in the future," explained Robson, who's been working at the base since August 2007, during a late afternoon interview in early February.

As a the 17 Wing physiotherapist, he treats active military members exclusively.

"I assist Donovan with the modalities and exercise regimens," Faraci said at one point in the interview, while noting that she also assists with daily administrative duties and helps with prescription procurements, such as ankle and knee braces and related items. "I provide the pool therapy (in the Building 90 swimming pool) too."

Robson asserts that Faraci is critical for running the clinic. He calls her meticulous and well organized.

"I like my work here because there is a culture of fitness," added Robson, mentioning such fitness events as the RCAF Run, the Bike to Work Day, intersection hockey and volleyball, plus the mandatory P.T. For many of the units. "The majority of injuries I see are through sports--someone gets checked into the boards, or incidental contact in soccer or baseball (softball). This is a common injury because the personnel that work here have an active lifestyle."

If a CAF member is injured and if it's thought that person might benefit from physiotherapy, then he/she would then ob-

tain a referral from either a physician or a physician's assistant, he said, noting that he doesn't take "drop in" visits from clients only appointments made in advance.

"We make the appointment face to face when they bring in the referral," remarked Robson, a married father of two pre-teen children, who obtained his training at the University of Manitoba and was in private practise prior to his present job. "We also send personnel off the base to external providers if need be. There are so many variables at play in someone's health. Our approach is to try and get the client's function back, and give the member the tools to perform to their previous ability. My main goals are pain management and mobility and getting the CAF member back to their operational readiness."

He works closely with PSP staff members who run the fitness development programs, boot camps, SPIN classes, yoga, and other programs.

Donovan also praises PSP Health Promotions for providing excellent information on diet, exercise and health matters, as well as the work done by Don Mills, the PSP Physical Exercise Specialist, whose small office is right next door.

"I think it's an ideal fit for me here because of the active lifestyle of CAF members," he observed. "I also appreciate the fact that although I'm not in uniform, I feel accepted. My team at the hospital is excellent."

They provide him with support if necessary, such as doctors, nurses, med techs, pharmacists, X-rays and mental health professionals, said Robson, 38, who says he stays fit by walking with his family, playing ultimate frisbee and badminton and kayaking at the lake during the summer months.

"There are always new conditioning techniques, such as high intensity interval training, that I'll suggest too," he offered, when asked about the best ways to stay fit and injury free (at least as much as possible). "It's a matter of finding a hobby that is somewhat active and you can enjoy."

And, he's there to help if required.

Oldtimers Take Silver at Prairie Regionals

Martin Zeilig, Voxair Photojournalist

Master Warrant Officer George Lake confesses that he felt a "little bit bewildered" at the end of the gold medal game at the 2016 Prairie Regional Old Timers Hockey Championship at CFB Wainwright, February 1-5.

CFB Edmonton Garrison defeated 17 Wing, 5-3, in that final match.

The other two teams in the tournament were CFB Cold Lake and the home team.

"We felt as if we should have won, but Edmonton didn't give up," said MWO Lake, who was player-coach for 17 Wing.

"The competition was very good," added Major Cameron Pow, 45, who was a forward on the checking line for 17 Wing. "The teams were evenly matched, and it (the rink) was a good facility to play in. It was a lot of fun to get a lot of exercise and play the sport we love. It was unfortunate, though, that we couldn't hold onto the lead in the third period of the final game."

He also compared MWO Lake's coaching style to that of Reggie Dunlop, the player-coach (played by the late Hollywood actor Paul Newman) of the Charlestown Chiefs in the 1977 hockey movie, Slap Shot.

"He kept us loose, but focussed," Maj Pow said.

Major Roberto Furletti, a winger with 17 Wing, echoed Maj Pow's remarks about the team and the competition.

"We started gelling after third game of the tournament," he said, adding that Edmonton "just turned it on" in the third period of the final game.

"We had a good group of guys. Everyone responded well to the coach and in the dressing room."

MWO Lake observed that he used the tournament's first game vs Edmonton to assess where the players should play, and what the line combinations should be.

"The game started out fast and furious," he added. "By mid game, the lines were working well together. It was a see-saw battle and our team led throughout the whole game. We never behind until late in the third period when Edmonton tied the score. Then, we scored a goal with less than one minute to play to win."

He said their second victory against Cold Lake also turned out to be a good game, but not as "easy" as he first thought.

"We also didn't take the ability of Wainwright lightly," MWO Lake insisted. "We went out to win, and proved successful."

They played Wainwright again in the semi-final game and

won 5-0.

"The other team's knew we were the team to beat going into the final," MWO Lake said. "We had a good rest and were totally prepared to play the final and bring home a victory."

But with four players missing due to injuries sustained during the previous games, one player suspended from the tournament, 17 Wing had to play that gold medal match with a shortened bench.

They were up 3-1 after two periods, MWO Lake observed.

"We had the feeling that victory was in our grasp as we had the momentum going into the third period," he said. "We held our own in the third period until the seven minute mark when due to our shortened bench, the momentum switched as our players got tired. Edmonton score four unanswered goals."

Nevertheless, he's proud of the team.

"They're a fantastic group of guys to have represent the Wing," Lake said. "They were a very mature and dedicated."

Reggie Dunlop would approve.



17 Wing Oldtimers Hockey Team included:

(Forwards) MCpl David Turcotte, Capt K. Miller, 2Lt Kyle Roman, Cpl Paul Shapka, Maj Ian Perreault, Capt Serge Laurin, Pte Jay Feschuk, Maj J. Behn, LS L. Young, MWO George Lake, Maj Sean Ivanko.

(Defence) Sgt Mike Jameson, MWO Gerry Marin, MWO Scott Ballam, Maj Roberto Furletti, LCol Kevin Kozak, Maj Cam Pow.

(Goal) MWO Kurt MacDonald, Maj Nick Lisney. Photo: Wainwright Imaging

233-ALLÔ

CENTRE D'INFORMATION

233-2556 1-800-665-4443

CALENDRIER COMMUNAUTAIRE

24 février – 23 mars • Exposition – Aanji Maajitaawin : L'art de revitaliser la tradition • Musée Saint-Boniface Museum • info. : 237-4500

24 février et 2 mars • Heure du conte en famille • Bibliothèque de Saint-Boniface • info. : 986-4332

27 février • Cinéma : Elle l'adore • CCFM • info. : 233-8972

3 au 19 mars • L'Ennemi du peuple • Théâtre Cercle Molière • info. : 233-8053

3 mars – 12 mai • Exposition – Émergence d'intrusion • La Galerie, CCFM • info. : 233-8972

4 mars • Quelques arpents de piège • CCFM • info. : 233-8972

7 mars • La Liberté vous invite – thème de l'immigration et intégration • La Liberté • info. : 237-4823

7 mars • Vos idées en chansons • 100NONS • info. : 231-7036

17 au 20 mars • Festival de film - Rêves, Evasions et Survie • Alliance Française du Manitoba • info. : 477-1515

19 mars • Gala Juste Pour Rire • CCFM • info. : 233-8972

Pour plus d'informations et pour voir le calendrier au complet, visitez le <http://www.sfm.mb.ca/calendrier> ou appelez le 233-ALLÔ!

Managing Angry Moments (MAM)

3 & 10 March 2016
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

3 et 10 mars 2016
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.

For more information or to register contact Health Promotion at (204) 833-2500 ext.4150

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17 Wing Men Place First at Prairie Regional Curling Championship

Jerry Ingham, Cpl (Ret), Cold Lake

The new 17 Wing Men's Curling Team had a great showing at the Prairie Regional play-downs by taking down the defending champions and claiming the Prairie Region Curling Championship. The bonspiel was played at 4 Wing Cold Lake February 2nd to 4th. Four teams participated with Moose Jaw returning after a several year hiatus, but it was the CFB Edmonton Land Sharks and the 17 Wing Team that dominated the play-downs. In their first of three meetings, the Land Sharks

held off a resurgent 17 Wing to finish the round robin undefeated. In the Page Playoff 1-2 game, a draw to the pin against four in the 5th ensured RCSU the win and a bye to the final. Meeting again in the championship game, a raise double take out in the 6th cemented 17 Wing's win over the defending champions. The 17 Wing Men's team did a great job of representing 17 Wing and the Assiniboine Memorial Curling Club by outscoring their opponents 36-19, and assuming the mantle of Prairie Region Curling Champions.



The 17 Wing Men's Curling Team: (Left to Right) Capt L Olson, Capt M Lazaruk, Capt K Cressman, Sgt R Lagace. Photo: Jerry Ingham, Cpl (Ret), Cold Lake

17 WING FIRE CHIEF'S CORNER



Winter Drivers Need More Following Distance

When a car traveling on a dry road at 100 km/h must stop suddenly, the vehicle keeps moving for 184.2 metres - more than three NHL rinks combined!

An average driver takes 1.2 seconds to perceive a hazard ahead, plus another second to react and brake. In typical winter conditions, highway drivers should slow down and leave a good eight to 10 seconds following distance. On ice even more caution is needed, as a vehicle may take 10 times longer to stop.

Proper braking is very important. Drivers were once advised to 'pump' the brakes, but today's driving experts recommend 'threshold braking.' Press down hard on the brakes until the wheels start to lock up, release just enough pressure to let them roll again, then gradually increase pressure and repeat until making a complete stop. This technique permits control of steering by preventing the vehicle from skidding out of control.

Improved technology and new rubber compounds keep winter tires more flexible than all-season tires in the cold, providing better traction when drivers need to stop suddenly. For the best performance install four winter tires, and do not mix tires with different tread patterns and wear.

Have you got a story you'd like to share with us?
Drop us a line at 204-833-2500 (ext. 6976)
or send us an e-mail at voxair@mymts.net

NEW ARRIVALS

Puzzled about Manitoba Driver Licences and Plates?



Obtain them at your
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Phone: 889-2204
Email: baldwinagencies1@mymts.net



**17 WING
JUNIOR RANKS**

MONDAY - THURSDAY

Lunch 1130 - 1300 hrs
Afternoon 1500 - 1900 hrs

(Hours may be extended to 2200 hrs depending on attendance)

FRIDAY

Lunch 1130 - 1330 hrs
Afternoon 1500 - 2400 hrs

SATURDAY - SUNDAY

CLOSED

Hours will fluctuate on nights with scheduled events

Pool Tables Air Hockey Foosball

Cable TV Shuffleboard

WIFI Internet WII Games TGIF's

Available for Weddings, Socials, Private or Unit Functions / Contact the Junior Ranks Admin Office Bldg 61 / 204-833-2500-5245



www.pspwinnipeg.ca



TAKE A 100 MEAL JOURNEY

MAKE SMALL CHANGES, ONE MEAL AT A TIME.

1 WEEK 1 GET READY!

Eating well can boost your health and help you feel your best. Want to eat better? Instead of trying to change everything at once, take a 100 Meal Journey. We eat about 100 meals in a month, so focus on making a small, lasting change and stick with it... one meal at a time.

Committing to make a healthy change is a great first step. Take a week to get prepared. Try our tips for choosing change, setting goals and putting strategies in place to support your 100 Meal Journey.

Pledge to make a small, nourishing change and stick with it, one meal at a time.

Too many changes at once can be overwhelming and hard to keep up. It's better to make one nourishing change that sticks.

First, choose your change. Think about your eating habits. Where can you make a positive, easy change? Here are some ideas that can make a big difference:

- Fill more of your plate with vegetables.
- Choose whole grain instead of white bread.
- Serve smaller portions.
- Enjoy fruit for snacks instead of sweet or salty treats.
- Drink water in place of sugary beverages, like pop.

Find all five fact sheets, from Get Ready to Make it Stick, at NutritionMonth2016.ca.



DIETITIAN PRO TIPS

Dietitians are food and nutrition experts who can help you make healthy eating changes. Here are some real-life strategies by dietitians to help you get started:

- Post your healthy eating goals in the kitchen and at your desk to keep healthy eating top of mind.
- Share your goals. Enlist your family and friends to support, not sabotage, your new habits.
- Make a meal plan so you know ahead of time what foods you will be cooking and eating. That way, you'll be less likely to make end-of-day fast-food stops.

Find a dietitian in your area: www.dietitians.ca/find



Track eating and activity on the go with **eaTracker**. Get inspired with recipe ideas from **Cookspiration**. Serve up a nutrition tip a day with **eaTipster**.



GET READY!

Pantry raid! Take stock of your cupboards, fridge and freezer. Add foods to nourish your 100 Meal Journey.

Making nourishing meals and snacks is easier when you have healthy foods on hand. Get your kitchen ready for action with these good-for-you foods:

- Vegetables and fruit: fresh or plain frozen, dried and canned.
- Whole grains: oats, barley, quinoa, pasta, cereals, crackers, breads.
- Milk products: milk, cheese, yogurt, kefir.
- Nuts, seeds and nut butters: pumpkin seeds, flax, natural peanut butter.
- Canned and dried pulses: lentils, chickpeas, kidney beans.
- Eggs: whole or cartons of eggs or egg whites.
- Fish: plain frozen fish fillets, canned tuna or salmon.
- Meat and poultry: fresh cuts of red meat, turkey, chicken.

Change your eating environment. Add healthy cues, like a bowl of fresh fruit on the kitchen counter.

Look around your house, workplace, car or anywhere you might be eating. Are there cues, like candy bowls and cookie jars, that hinder healthy habits? Redesign your environment with healthy cues to prompt good choices. Try these ideas:

- Put a bowl of fruit on the kitchen counter. Keep all other food in the fridge or cupboards.
- Keep a reusable water bottle on your desk so it's ready for sipping instead of sugary drinks.
- Store nourishing snacks, like cut up veggies, handy at eye level in your fridge. Put tempting treats at the back of the cupboard.

Seeking support? Get on track with must-have apps from Dietitians of Canada.

A dietitian can help you assess your eating habits, set achievable goals and put strategies in place for lasting change. Get daily support with these top 3 dietitian-designed apps:

1. Tracking your eating habits can help you stick with your goals. **eaTracker** helps you set goals, track habits and get feedback along the way.
2. Need fresh meal ideas? Get inspired with **Cookspiration**! Find hundreds of dietitian-approved recipes to suit your mood and schedule.
3. **eaTipster** gives you a new dietitian-approved tip every day to motivate you to stick with your small change!

To download these must-have apps, visit: dietitians.ca/gettheapps



WEDNESDAY Lunch & Learns

1210-1300 hrs - Building 139 - Room 220

March 2: Got Stress? Save time and money with meal planning.

With busy days and schedules, planning meals in advance will help to eliminate the "What's for dinner?" dilemma.

March 9: Not all food is created equal.

Find out how to get the most out of what you eat along with money saving tips to help cut down the grocery bill.

March 16: Even in nutrition, size matters.

In a society suffering from portion distortion, find out how to manage your portions

March 22: Grocery Store Tour.

Take some of the confusion out of grocery shopping. Learn to navigate the aisles and become a skilled shopper. ***1400-1600 hrs Registration Required***

March 23: Get inspired!

Did you know that you will eat approximately 100 meals this month? Need some new ideas?

March 30: Make it stick.

Planning how you will manage healthy eating road blocks before they happen is the key to success.

For more information please contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca



MERCREDI dîners-conférences

1210-1300 hrs - Bâtiment 139 - Chambre 220

Le 2 mars - Êtes-vous stressés? Économisez temps et argent en planifiant vos repas.

Vous avez des journées et un horaire chargés. Planifiez vos repas à l'avance pour ne plus vous poser la question « Qu'est-ce qu'on mange? ».

Le 9 mars - Les aliments ne sont pas tous égaux.

Apprenez à maximiser vos repas et à réduire votre facture d'épicerie grâce à des conseils pour économiser.

Le 16 mars - Des portions équilibrées

Notre société souffre de distorsion des portions! Apprenez à bien gérer vos portions.

Le 22 mars - Visite de l'épicerie

Faites votre épicerie sans être dominés par la confusion. Apprenez à vous y retrouver et à faire vos emplettes comme des professionnels. ***14h à 16h - Inscription requise***

Le 23 mars - Soyez inspirés!

Saviez-vous que vous mangerez environ 100 repas ce mois-ci? Avez-vous besoin de nouvelles idées de repas?

Le 30 mars - Prenez de bonnes habitudes!

La clé du succès : Définissez à l'avance des moyens de venir à bout des obstacles qui nuisent à une alimentation saine.

Pour plus d'informations composez promotion de la santé au (204) 833-2500 poste 4150, ou par courriel health.promo@forces.gc.ca

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Upcoming MFRC Programs and Events

CLOTHES DON'T GROW. KIDS DO!

Come and shop at our first Military Community Children's Clothes Swap Fundraiser.

Your kids' clothes don't fit anymore? PERFECT! Donate them to the MFRC and come and refresh your kids' wardrobe, all while helping raise money to support MFRC children's programs!

This sounds like a Win Win!

The swap will be held April 15th at Westwin Community Center from 4:30-8:00pm.

If you have children's clothes size 0 (newborn) to size 14, in good condition to donate

(no stains and rips), drop them off at the MFRC in a bag with your name and phone number.

Then get ready to SWAP!

Questions? Contact MFRC Coordinator of Volunteers Barbara Thuen at Barbara.Thuen@forces.gc.ca 204-833-2500 local 4519

KIDS CARE CASUAL CHILD CARE

Hours: 9:00-4:00; 9:00-12:00 or 1:00-4:00

Tuesdays & Thursdays, March 1, 3, 8, 10, 15, 17, 22, 24

Fees: Children under 2 years: \$12/3 hours; \$28/7 hours.

Children 2-5 years: \$10/3 hours; \$24/7 hours. Hourly

fee \$5.00 per hour, per child.

Ask about our family rates.

Location: 630 Wihuri Rd (Kid's Care Room)

The MFRC offers child care on a casual basis for children 6 months - 5 years old.

Register by calling 204-833-2500 ext. 2491 a minimum of 24 hours in advance.

Peanut free snacks, lunch and diaper supplies (if required) should be sent.

MISS REPRESENTATION

Tuesday, March 8 at 7:00 p.m.

In honour of International Women's Day, we are please to present a screening of 'Miss Representation'. This 2011 documentary, featured at Sundance Film Festival, explores the under-representation of women in positions of power and influence in America and challenges the media's limited portrayal of what it means to be a powerful woman. 'You can't be what you can't see.' Refreshments provided.

OP DEPLOYMENT

ROAD TO MENTAL READINESS (R2MR)

Thursday, March 10 from 6:00 to 8:00 pm.

Registration deadline: March 3, 2016

Are you or a family member currently experiencing or planning for a deployment in the near future? If so, this course is for you. Preparation, education and skills are not only important for your military loved one's success during the deployment, they are also important for

you, whether you are a spouse, life partner, parent or alternative. The Road to Mental Readiness (Phase 3) is designed specifically for loved ones of military members. One of the best ways you can prepare yourself to manage the upcoming deployment is to take this training package. Many of the same concepts that are in your training are included in the military members' training package.

MANAGING INSOMNIA

Thursday, March 24 from 1:00 to 4:00 p.m.

Rm. 111, Learning Centre, Bldg 135

Registration deadline: March 21, 2016

Dr. Norah Vincent is both a Clinical Psychologist with the Winnipeg Regional Health Authority and a Professor with the Department of Clinical Health Psychology in the College of Medicine, Faculty of Health Sciences, at the University of Manitoba. She practices at the Health Sciences Centre, where she is the Director of the Behavioural Sleep Medicine clinic. Dr. Vincent will be presenting on managing insomnia and providing information assessment, treatment for online, individual and group treatment options and resources for adults experiencing sleep issues. To register please contact Laurie Jackson, Family Liaison Officer at 204-833-2500 ext. 4478.



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FOR Info.

JOHN BAILEY
Youth Program Coordinator
Coordonnateur du programme Jeunesse
john.bailey@forces.gc.ca
204-833-2500 ext./poste 4511

BARBARA THUEN
Coordinator of Volunteers
Coordonnatrice des bénévoles
barbara.thuen@forces.gc.ca
204-833-2500 ext./poste 4519

www.familyforce.ca
www.forcedelafamille.ca

"Youth Leadership Challenge" Facebook page
La page Facebook du "Programme développement jeunesse"

APPLICATION DEADLINE: FEBRUARY 26, 2016
Volunteers must be 16-21 years of age as of February 26, 2016

DATE LIMITE POUR LA DEMANDE : 26 FÉVRIER 2016
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Today's Hockey Trivia Answers

1. Detroit Red Wings – 62 (1995-1996).
2. Washington Capitals – 8 (1974-1975).
3. 61 records.
4. Darryl Sittler, Toronto Maple Leafs – 10 points (February 7, 1976, vs. Boston Bruins).
5. A goal, an assist, and a fight in the same game. Howe only ever did this twice in his career, but the name stuck.
6. Terry Sawchuk, eight teams – 172.
7. Grant Fuhr, St. Louis Blues – 79 (1995-1996).
8. Grant Fuhr, Edmonton Oilers – 14 (1983-1984).
9. Theoren Fleury, Calgary Flames – 3 (March 9, 1991, vs. St. Louis Blues).
10. Gerry Cheevers, Boston Bruins – 32 games: 24 wins, eight ties (1971-1972).
11. Sergei Makarov, Calgary Flames – age 31 (1989-1990). The rules were changed the next year to allow only those less than 26 years of age before September 15 of their rookie season to be eligible to win the trophy.
12. Nathan MacKinnon, Colorado Avalanche – Age 18 (2013-2014).
13. Toronto Maple Leafs – 9.
14. Centre – 26 trophies. (Trophy count for other positions: right wing -18, goal -16, defense -11, and left wing -11).
15. Doug Jarvis, Montréal Canadiens, Washington Capitals, Hartford Whalers – 964 (October 8, 1975 - October 10, 1987). Jarvis never missed a regular season game.
16. Jay Boumeester, Florida Panthers, Calgary Flames, St. Louis Blues – 737.
17. Ryan Smyth, predominantly Edmonton Oilers. Smyth has played a record 90 games for Hockey Canada and is the only player to win gold in the Olympics, World Cup, World Championships (2x), World Juniors, and Spengler Cup. Smyth has captained Canadian teams seven times.
18. Tim Kerr, Philadelphia Flyers – 34 (1985-1986).
19. Bill Mosienko, Chicago Black Hawks – 21 seconds (March 23, 1952, vs. New York Rangers).
20. Gus Bodnar, Chicago Black Hawks – 21 seconds (March 23, 1952, vs. New York Rangers).

Taroscopes

BY
NANCY

Aries (March 21 – April 19): When you share your feelings there is always the risk that others will not feel the same. Respect and allow for differences. Establish good habits that will facilitate improved health and wellness. Taking care of yourself is important even if it sometimes requires giving up what you like.

Taurus (April 20 – May 20): Doing your best is all you should expect of yourself. If others are urging you to do more, talk to them honestly about what you feel is realistic. You can only manage and do so much. Pushing yourself past this point will only be counter-productive. Enough is enough.

Gemini (May 21 – June 21): You'd prefer to have more time to get your thoughts and your life in order but there comes a time when you must trust yourself to make good choices. Worrying about what could happen won't help. Leave a negative situation. Life isn't just about coping and existing. Be bold. Live!

Cancer (June 22 – July 22): Having options is a plus but you can't do everything. Pursue special interest. Live in the moment instead of putting things off. There are some people you'll never see eye to eye with. Agree to disagree and talk only about neutral subjects. Enjoy celebrations with those you care about.

Leo (July 23 – August 22): If you regret burning a few bridges with people through impulsive words and actions, use this to guide your future conduct. Reconnecting may be impossible. Let it go. If bad habits keep you from enjoying life fully, it's time to address the problem. The benefits will be enormous.

Virgo (August 23 – September 22): Your mind is a powerful tool but you need to keep a firm rein on it. Be reasonable and realistic. Assert yourself where you have some say. Minimize time spent with people who don't respect and appreciate you. You need a sense of security but also room to grow. Think big.

Libra (September 23 – October 23): If you want to maintain the status quo you'll have to accept that no progress will be made. Staying stuck in the past isn't realistic. Educated risks are the best bet. You won't make the same mistakes you've made before. You can now trust yourself to spot hidden agendas.

Scorpio (October 24 – November 21): If something is bothering you, clear the air. Ask questions and find out what the problem is so you can deal with it and move on. It may just be miscommunication or a misunderstanding. Be mindful of the differences between body language in other genders and cultures.

Sagittarius (November 22 – December 21): Trying new things and furthering your education enhance your success. Networking also pays off right now. Sharing your feelings with someone special is very healing. "When you hold out for the best, you very often get it." Aim high and don't settle for less.

Capricorn (December 22 – January 19): Thinking about past mistakes you've made is useful if it leads to changes that move you to a better place. Rearrange some of the practical details of your life to ensure you have fewer regrets in future. One chapter of your life is ending. Celebrate, then set new goals. Breathe.

Aquarius (January 20 – February 18): Sometimes, no matter how hard you try, you can't get your point across to an emotionally stifled person. This can be draining. Spend the bulk of your time with mature, intelligent people. Make necessary changes promptly. Be mindful of the fact that you teach by example.



Pisces (February 19 – March 20): Overthinking and overscheduling are not productive. Say, "Yes" to the unexpected. Adopt positive habits. Completing projects gives you a sense of success and boosts your confidence. Embrace a lifestyle that reflects the new you. Focus on giving and receiving loving kindness.


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For more information, please visit online:

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Website - www.rcfassociation.ca/406lynxsqn

Email - 40675thAnniversary@forces.gc.ca

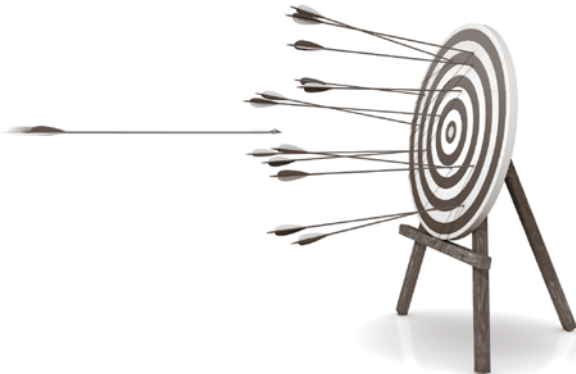
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Chaplain's Corner

Failing In Order to Succeed



By Lt(N) / Ltv Lesley Fox, Chaplain

I was once asked to officiate at the wedding ceremony for a woman who had been married four times previously. All of her previous relationships had failed miserably, but here she was ready to risk again. My church board, at the time, all shook their heads in disapproval letting me know how this woman was just simply a failure at relationships, and even though they gave me the green light to officiate, they said it would simply end in disaster. I am happy to say that she is still married, and has been for over ten years.

If there is one thing the military has taught me, it is how to fail miserably, and then how to succeed triumphantly. I think that is, in part, because so many of us have on the job training whereby we do not wait to develop all of our skills or maturity. Intellectually, we understand that failure and adversity are a component of life and living; however, understanding that heartache, tragedy, and rejection are not the things that define us can be a daunting task. All of our major religious and

military leaders who have known great successes in life have also known spectacular failures. As people of faith, what makes us different in our failures is holding onto the knowledge that failure does not define who we are. What we do and who we know are not the categories that define us. We are a people of mission, and, as such, we know who we are and whose we are, and that can make all the difference.

When I was in basic training, I had a stress fracture in my left leg. Mostly, I hopped up those seven flights of stairs in St. Jean, leaned on my right leg as much as possible to make it through drill, and taped my leg up each night. However, when it came time for the PT test, I failed triumphantly. My right leg just could not compensate for the work my left leg needed to do. I spent the bulk of the evening on the phone crying to my ever patient colleagues back in Wainwright.

How do we survive failure and adversity? Community is key. The support of your chain of command is essential to picking yourself up and dusting yourself off and trying again. You may never fail as dramatically as I have; nevertheless, the people who never fail are also the ones who have never really risked. Honestly, if you have not risked anything, then you fail anyways, because not risking is also a failure. Put the effort into trying new things, and take creative risks.

If, in this long dark season of winter, you are looking at your failures: failed relationships, or failed courses, or failed work assignments, and the road looks long, remember to lean on your community of support to buoy you, and at the end of the day, remind yourself that you are a child of God, and no one, not one person can ever take that away from you.

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Marriage: 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 wedding or arranging family travel.*

Baptism: 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: It meets the first Sunday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Jack Barrett
(Anglican) - Wing Chaplain
ext 5417

Padre Lesley Fox
(United Church) - Chapel Life Coordinator
ext 5785

Padre Christopher Donnelly
(United Church)
ext 5785

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn
306-492-2135 ext 4299

17 Wing
204 833 2500



17 Wing Community Chapel
2235 Silver Avenue
(Near Whytewold)



Administrative Assistant
ext 5087

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

Padre Paul Gemmiti
(Roman Catholic Priest)
- Chapel Life Coordinator
ext 4885

Padre Emanuelle Dompierre
(Roman Catholic Pastoral Associate)
- Mental Health Chaplain
ext 6914

SUNDAY MASS (Bilingual) 1100 hrs
COMMUNITY SERVICES

Religious Education: Classes can be available to children from Preschool to Grade 6.

Sacrament of Reconciliation: It is available by request and at special times of the year. Contact Padre Gemmiti.

Baptism: We recommend that you contact the chaplain's office for an appointment six months in advance. *Please contact the Chaplain before setting the date for the Baptism or arranging family travel.*

Marriage: Six months notice (1 year preferred) is required for weddings, as counselling 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 wedding or arranging family travel.*

FOOD BANK DONATIONS

In assistance to Winnipeg Harvest, the donation box is located at the entrance of the chapel.

EMERGENCY DUTY CHAPLAIN

After normal working hours s/he can be reached through the Wing Ops Duty Centre at 204-833-2700.

INFO PHONE NUMBER

For service times and contact with a chaplain of your choice, phone ext 6800 and follow the prompts.

WEBSITE

Those with access to the DIN can visit <http://17wing.winnipeg.mil.ca> then click Wing Admin - A1, then Wing Chaplains.

CARE & SHARE BENEVOLENT FUND

Contact Wing Chaplain Office for further information.



Your 17 Wing Chaplain Team

From left to right:

Lt (N) L Fox,
Capt P Gemmiti,
LCdr J Barrett,

Capt C Baxter,
Lt(N) C Donnelly,
Capt E Dompierre

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