



THE VOXAIR

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FREE

IN THIS ISSUE:

MFRC GETS A FACELIFT

PAGE 3

17 WING HOSTS PROVINCIAL LIFEGUARD COMPETITION

PAGE 4

WING SHOTOKAN KARATE CLUB KICKS IT UP A NOTCH

PAGE 6

CADETS GET INSIDE LOOK AT 17 WING

PAGE 10

INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION OBSERVED

PAGE 11

Fighting The Rising Tide



Flood preparations underway at Kapyong
See story on page 9

Photo: Shane Gibson

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The Bigger the Better: MFR C Gets Renovation



Ground has been broken on the expansion of the MFR C's multipurpose room. Photo: Shane Gibson

Shane Gibson
Voxair Journalist

The Military Family Resource Centre at 17 Wing Winnipeg is expanding their multipurpose room, and work kicked off on the project last month.

"We appreciate the base for coming forward and doing it for us and for military families," says Don Brennan, MFR C Winnipeg's executive director of the work, which got underway two weeks ago, adding that the extra space at the facility will be very useful. "That room is too small for all the activity that goes on so we made a request... to get that expanded... and Col. Bollard pushed for it as well and now they're working on it. "We're very happy because we'll be able to do a lot more with that room now."

The multipurpose room has many uses for the MFR C including hosting seminars, courses and club meetings.

The construction will add an extra 20-25 feet of space to the room, and the MFR C plans on putting an expandable partition in the middle of the facility that will allow for two programs to run at the same time if needed.

"We'll be able to make it into two rooms on occasion," says Brennan. "It's going to allow us to expand our programs and get more things going in there."

The MFR C originally applied for the expansion about three years ago, and although the work was approved at that time, cutbacks delayed the project until this year. Brennan says workers ran into trouble almost as soon as they broke ground in mid March.

"They had some initial problems because they got started and found out that the sewer lines went right across the area where they were going to do the extension," he says. "So in the last 10 days they've been reworking that sewer, and now that that's finished, they've dug a hole and they're moving forward with the work."

As well as adding space to the existing multipurpose room, a basement is being built underneath the new expansion that will give the MFR C some much needed storage space.

The construction is expected to be complete by June 8.

VOXAIR

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Saving Lives and Competing Hard 17 Wing Hosts Provincial Lifeguard Competition

Shane Gibson
Voxair Journalist

This year's Manitoba Lifeguard Championships were held at 17 Wing Winnipeg last month, and the home PSP squad of lifeguards finished the competition in second place, narrowly missing the event's top spot.

"The worst part is that we lost by one point," says Brianna Fay, co-captain of the six-person PSP lifeguard team, dubbed 'The Forces'. "The winning team scored 295 points, and we scored 294.

"It wasn't that bad, and if we had to lose, I'm glad it was only by one point versus a couple hundred."

The annual civilian competition saw seven teams from across Manitoba compete over two days from 18 March to 19 March at Bldg 90. Points were awarded to each team after each event, and the total points were tallied to determine the winners.

This marks the second time the championships have been held on base since 2007, and Fay says it was nice to be able to compete in a facility her team is familiar with.

"It's really nice to be able to be on our own turf," she says of the home field advantage. "We are acquainted with the facility and it gives us that little extra advantage that you potentially won't have somewhere that you haven't been before."

The competition featured both team relay and individual racing in the pool on Friday and simulated emergency rescue events during the day on Saturday. The simulated rescue events included a priority assessment competition, a water rescue and a first aid event.

This year's first aid event was held in Bldg 90's theatre, which was used to simulate an airplane going through turbulence filled with potential victims. The scenario was kept secret from the competitors who were thrown into the emergency in teams of four and given five minutes to deal with the situation.

"We had people pretending to be victims, pretending to have injuries like an object puncturing their arm, a heart

attack or being unconscious, and we needed to respond to these people in a given amount of time," explains Fay of the first aid event. "We had no idea what we were going to see once we got into the competition... it was very hectic and a lot of fun."

Fay says her favourite challenge was the priority assessment event held Saturday morning, which had competitors prioritizing the severity of various simulated injuries in a room full of victims.

"You go in with no equipment and no first-aid kits and you walk into just absolute mayhem – you have about 12 victims spread around about the pool, and it's like triage," says Fay. "You have to get certain victims out first but it's pretty difficult because everyone's yelling for help."

Following the second day's events an awards banquet and dinner were held at the Junior Ranks Mess Hall, giving competitors the chance to mingle and go over the day's events.

As well as giving the lifeguards the opportunity to have some fun and compete against each other, Fay says the championship also lets the teams practice their skills and learn from any mistakes.

"What's nice about this is that you get to have this practice in an environment that is safe – you might make a mistake here, but it will never be a detrimental mistake that is going to affect your victim," explains Fay. "It's a perfect chance to make mistakes and learn from them."

Despite not getting their names engraved on the event's trophy this year, Fay says the competition was a great time for her and the team, and they definitely plan on competing in next year's competition.

"It was a lot of fun, and I think it's an event that is slowly gaining popularity in the lifeguarding world."

Promotions, Honours, and Awards



From left to right, Lt KW Brown, Mr. Robert Thiessen and MWO IN Smith. Photo: Submitted

Congratulation to Mr. Robert Thiessen, who received a wrist watch for his 25 years of dedicated service as an MDO 4 at 17 Wing Transport.



CO LCol Danylchuk(l) presenting Sgt Mantle(r) with her certificate of service. Photo: Submitted

Sgt Janice Mantle retired 22 Oct 10, after 35 plus years of dedicated service to the CF. Her ceremony was held at 1 Cdn Air Div HQ.

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Accolades not just for seasoned members

David Elias

This year's Canadian NORAD region annual award ceremony saw an interesting twist. Awards were announced and presented honourably by the Commander of 1 Canadian Air Division in the usual fashion. But as the Commander addressed the audience in the atrium of the Billy Bishop building, his speech offered a notable admission:

"Three years ago we believed that our only saving grace in the Air Force was people with experience," said Major General Yvan Blondin. "We saw our older people leaving and there were many new members arriving, but no one in between who had the experience that we thought was so important."

"But," he said, looking to the younger award recipients. "You have demonstrated that our newer members can do an outstanding job. Much of our recent success is because of you guys. I am proud to say that you have stood up to the challenge."

Among the three recipients in attendance was Lieutenant Kathleen Casey from 22 Wing North Bay who joined the CF in 2008 and is currently the weapons director at 21 Aerospace Control and Warning Squadron. She has participated extensively

in domestic operations including Op Podium and Op Cadence and has made meaningful contributions to the NORAD mission since her arrival.

Fellow recipient, Corporal Gregory Janes, also from 22 Wing and member of the 21 Aerospace Control and Warning Squadron is also fairly new to the CF, hav-

ing joined in 2005.

"Thank you for coming here," said MGen Blondin in his speech. "Your skills and excellence have been put to the test and we plan to put you to the test again. In the meantime, we will push to have your efforts recognized beyond just in Canada."

MGen Blondin was referring to their names being submitted to the annual North American Aerospace Defense Command awards which take place in Colorado Springs where recipients are selected from Canada and the US candidates vying for the decoration.

Also honoured at the Canadian NORAD ceremony was MWO Kelly Russell of 22 Wing who is flight chief of 21 Aerospace Control and Warning Squadron. MWO Russell is being acclaimed as an outstanding Aerospace Control Operator while stationed at the USAF Missile Space Warning Squadron in Cape Cod, Maine, USA. For her exceptional dedication and service, she has also previously been appointed a member of the Order of Military Merit by the Governor General of Canada.

The final recipient, MCpl Stacey Kell was also to receive the Canadian NORAD region award, but could not attend due to his tasking in Afghanistan.



Major General Yvan Blondin, Commander of 1 Canadian Air Division addresses recipients of the Canadian NORAD region annual award at a ceremony in the atrium of the Billy Bishop building in Winnipeg. These recipients will further compete in the NORAD NorthCom Annual Awards Ceremony in Colorado Spring 18-21 April 2011.

Le Major-général Yvan Blondin, commandant de la 1^{re} Division aérienne du Canada, s'adresse aux récipiendaires des prix de la RC NORAD à la cérémonie annuelle tenue dans l'atrium de l'immeuble Billy Bishop. Ces récipiendaires ont la possibilité d'obtenir d'autres distinctions à la cérémonie annuelle de remise des prix du NORAD/NorthCom à Colorado Springs, entre le 18 et le 21 avril 2011.

Les compliments ne sont pas seulement pour les militaires chevronnés

David Elias

Cette année, la cérémonie annuelle de remise des prix de la Région canadienne du Commandement de la défense aérospatiale de l'Amérique du Nord (RC NORAD) a pris une tournure intéressante. Les prix ont été annoncés et remis honorablement par le commandant de la 1^{re} Division aérienne du Canada, de la même façon que d'habitude. Mais lorsque le commandant s'est adressé à l'auditoire, dans l'atrium de l'immeuble Billy Bishop, il a concédé un point important.

« Il y a trois ans, nous croyions que les gens chevronnés constituaient la seule planche de salut de la Force aérienne, expliqua le Major-général Yvan Blondin. Nous voyions nos membres de longue date partir et de nombreuses nouvelles personnes arriver, mais nous n'avions pas de personnel entre ces deux groupes, qui avait l'expérience que nous croyions était si importante. »

En regardant les plus jeunes parmi les récipiendaires de prix, il continua : « Mais vous avez démontré que nos nouveaux membres peuvent également effectuer du travail exceptionnel. Une bonne partie du succès que nous avons connu récemment est grâce à vous. Je suis fier de dire que vous avez été à la hauteur. »

Parmi les trois récipiendaires présents était le Lieutenant Kathleen Casey de la 22^e Escadre North Bay, qui s'est enrôlée dans les FC en 2008 et est actuellement directrice de l'armement au 21^e Escadron de contrôle et d'alerte (Aérospatiale) (21 ECAA). Elle a beaucoup participé aux opérations domestiques telles qu'Op Podium et Op Cadence et a apporté une contribution importante à la mission du NORAD depuis son arrivée.

Un autre récipiendaire, le Caporal Gregory Janes, lui aussi de la 22^e Escadre, et membre du 21 ECAA, s'est enrôlé dans les FC assez récemment, en 2005.

« Nous vous remercions de vous être

joint à nous, dit le Mgén Blondin lors de son discours. Vos compétences et votre excellence ont été mises à l'épreuve et nous prévoyons qu'elles le seront encore dans l'avenir. Entre-temps, nous nous efforcerons de faire reconnaître vos efforts à l'extérieur des frontières du Canada. »

Ici, le Mgén Blondin fait référence au fait que leurs noms ont été proposés pour les prix annuels du NORAD, remis à des Canadiens ou à des Américains lors d'une cérémonie à Colorado Springs.

L'Adjum Kelly Russell, qui est chef de l'escadrille du 21 ECAA, a également été honorée lors de la cérémonie de la RC NORAD. La distinction lui a été accordée en raison de son rendement exceptionnel comme opérateur – Contrôle aérospatial dans le poste qu'elle occupait au USAF Missile Space

Warning Squadron à Cape Cod, dans le Maine (États-Unis). Dans le passé, elle a également été nommée membre de l'Ordre du mérite militaire par le gouverneur général du Canada pour son engagement et son service exceptionnels.

Le dernier récipiendaire, le Cplc Stacey Kell, a aussi reçu un prix de la RC NORAD, mais n'était pas présent en raison de son affectation en Afghanistan.



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17 Wing Shotokan Karate Club Makes the Grade

Capt Kent Molyneaux
ICFFTS

International Shotokan Karate Federation (ISKF) Manitoba was pleased to have Sensei Yutaka Yaguchi, 9th Dan, in Manitoba for a Shotokan Karate Seminar, and testing, 16 – 18 February, and for the ISKF provincial tournament on 19 February. All belts rank seminars were held on the evenings of the 16th and 17th from 1800-1900. A separate seminar for brown and black belt was held on the evening of the 18th. Sensei Yaguchi presided over testing: white – orange belt 16th February; green to purple 17th February; and brown and black belt 18th February.

Members of 17 Wing Shotokan Karate achieved the following results: Tristan Haché and Burke Hahn were awarded their yellow belts; Flight Lieutenant Tony Wilson, Capt Keith Nociar, Liam Nociar, and Chris Webster were awarded their orange belts; and Matthew Noel was awarded his purple belt.

Karate Tournament Results

Nine dojos participated in the ISKF Manitoba provincial tournament that took place at the Garden City Collegiate, Saturday 19 February. The tournament commenced with welcoming words by Sensei Yaguchi and Sensei Larry Loreth emphasizing the importance of good sportsmanship.

Junior competitors started the competition. Members of 17 Wing Shotokan Karate Club presented themselves well with the following results: Christopher Webster, second place, boys kata, white to orange belt, 6 to 8 years; Liam Nociar, third place, boys kata and kumite, white to orange belt, 12 to 15 years; Kent Molyneaux, third place,



The 17 Wing Shotokan Karate Club group poses for a group shot. Photo: Submitted

senior kata, mixed brown and black belt; and Alicia Ingrassi, first place, women's individual and team kata, and kumite, black belt. To top it all off Alicia's strong performance resulted in her being awarded the women's grand champion trophy for the tournament.

The Stonewall Karate club hosted a tournament 12 March at the Stonewall Legion. In spite of the bad weather there was a good turnout with 7 dojos participating. Members of the 17 Wing Shotokan Karate Club achieved the following results: Chris-

topher Webster, second place, male youth 5-9, kata and first place in kumite, white to orange belt; Liam Nociar, first place, Burke Hahn, second place, Tristan Haché, third place, male youth 12-14 kata and kumite, Burke Hahn, Tristan Haché and Christopher Webster, second place, youth team kata; Tony Wilson first place, male adult, white to orange belt kata and kumite; Keith Nociar, third place, male adult, white to orange belt kata; Kent Molyneaux, first place, male adult purple to brown belt kata and kumite; Matthew Noel, second place, male

adult purple to brown belt kata and kumite; Burke Hahn, Tristan Haché, and Christopher Webster, second place youth coloured belt team kata, Matthew Noel, Tony Wilson, and Liam Nociar, second place, adult coloured belt team kata; Alicia Ingrassi, first place, female adult kata and kumite; and Alicia Ingrassi and Kent Molyneaux teamed up with Zoe Stewart of Winnipeg Budokai to win second place in adult brown and black belt team kata. Alicia Ingrassi strong performance resulted in her winning overall adult tournament champion.

The 17 Wing Shotokan Karate club has been active on 17 Wing for over 10 years. The head instructor is Sensei Jacqueline Ingrassi, fourth dan. As well as leading the 17 wing Dojo, Sensei Ingrassi has been a member of the Manitoban and Canadian ISKF coaching teams for national and international competitions.

The club works out in Bldg 90 on Mondays and Wednesdays (1900-2030) and Saturdays (1000-1200). It is open to everyone 7 years or older, club would welcome anybody interested in finding out more about karate to drop by Bldg 90 and try a class.



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I would like to extend a special thank you to Brigadier General Paul Wynnyk, Commander Land Force Western Area, for extending the invitation to attend Exercise Northern Bison and Colonel Nic Stanton, Commander 38 Brigade Group.

Major Gordon MacLeod thank you so much for kindly coordinating all aspects of my trip as well as keeping me apprised of any program/flight changes in a timely fashion. Master Corporal Amy Franck, thank you for taking the time to provide arctic wear clothing that I was very grateful for in -40 temperatures with a frigid wind chill., also thank you to the Twin Otter Crew from 440 Sqn.

I would also like to express my appreciation to 17 Wing Commander Colonel Yvan Boilard and all the members of 435 Squadron who ensured our safe return from Churchill in such hazardous conditions.

This was a trip I will never forget. It provided great insight into what our troops do to ensure the security of "Our North".

Sincerely

Bonnie Korzeniowski,
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Having a Moose-tastic time



MCpl Cindy Gaudet poses with a group of boys at the Manitoba Moose Military Appreciation night, which was held on March 19th March 2011. Photo: Submitted by Merrilee Klassen

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Sandbag Filling Underway at Kapyong



John Biberdorf, from Manitoba Infrastructure and Transportation, stands on some of the 700,000 sandbags that have been filled so far at Kapyong Barracks in preparation for this year's flood. Photo: Shane Gibson

Shane Gibson
Voxair Journalist

The Kapyong Barracks along Kenaston Blvd have been a bee hive of activity over the last few weeks after DND gave the Province of Manitoba permission to use a few of the former barrack's buildings to make sandbags for the upcoming flood fight.

The province is using bldg P6 at Kapyong to house two sandbag machines and the roughly 100 men and women it takes to work a 12 hour shift.

John Biberdorf, who is taking a break from his regular job as manager of asphalt mixing with the province, to take on the responsibility of managing Manitoba's sandbag building effort, says the building — which had been previously used for vehicle and heavy equipment repairs — is ideal for the project.

"You couldn't ask for anything better," he says, adding the number of doors, the heat and the sheer size of the fa-

cility makes the building a perfect fit for their temporary sandbag factory. "You can enter and exit out of both ends; the machinery fits well... and we can just continually run it because of how this building is set up.

"Everything just works perfect."

Kapyong Barracks is owned by DND and is currently under the custodianship of 17 Wing Winnipeg.

Major Jeff Bird of Manitoba Domestic Operations has been the contact person for Manitoba Infrastructure and Transportation (MIT) who approached DND for the space and began their sandbagging efforts at the barracks on 2 March.

"MIT, in terms of their overall flood preparation, needed to start sandbag production for the province... to back stock some of the anticipated requirements for sandbags," explained Maj. Bird late last week. "They looked at any suitable federal property to set up and through Public Safety

Canada we replied and said Kapyong Barracks could be suitable for this type of operation.

"They signed a memorandum of understanding... and for a low nominal fee they're using our facility."

The province has five sandbag machines in total, and two are being put to work at Kapyong Barracks with two shifts of workers making sandbags 24 hours a day. Each machine shoots sand through 12 spouts meaning 12 sandbags can be filled within roughly 7 seconds and about 74,000 bags can be produced during a 24-hour span.

"The facility allows them to conduct their work completely indoors which makes it easier for the people actually doing the work and it makes it better for storing the sandbags," explains Maj. Bird. "There was no better facility for them."

While the machines at Kapyong were originally tasked to make 2.6 million sandbags, that number was decreased to 1.3 million bags last Thursday because weather has been favourable for less flooding.

"It's gone down because of the melt," explains Biberdorf.

As of Thursday last week the machines and workers at Kapyong had made just over 700,000 sandbags, and Biberdorf says the biggest problem has been where to store the filled bags while they wait to be shipped out across the province.

The filled sandbags cannot freeze while they wait or they become useless for stopping flood waters, so DND has opened up extra space indoors for storage and have also let the province store thousands of sandbags in parking lots around the barracks under tarps with large Herman-Nelson heaters making sure they don't freeze.

"Ideally indoor space would be great, which we started with... but that shed is now full and we thought we'd try it outside," says Biberdorf of Kapyong's Bldg C1, which is filled with 104,000 sandbags waiting for shipping. "Once they freeze it'll take time for them to thaw out, and you can't send a cinder block to someone to sandbag with."

While the military's role in making the sandbags hasn't gone farther than providing the buildings and space at Kapyong Barracks, Maj. Bird says they've been working closely with the province and may look at doing more if required.

"We participate with (the province) and we work with them to discuss what may be required," he says. "At this time the province is extremely well prepared, they've invested a significant amount for this year in specific, and they've got a good head start on it.

"At the end of the day they don't anticipate requiring any federal assistance... we work with them to be ready in case it reaches the point where they're going to be requesting federal assistance."



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Cadets get inside look at 17 Wing Winnipeg

2Lt Tim Cary
Wing Visits Officer

Twenty five cadets and staff from 66 Royal Canadian Air Cadet Squadron (RCACS) spent the Ontario spring break gaining a better understanding of Air Force life when they toured schools, squadrons, and museums at Team Winnipeg and other aviation attractions in the city from 14-18 March.

During their visit to 435 Transport and Rescue (T&R) Squadron, the Thunder Bay unit had the opportunity to not only tour one of the squadrons CC-130 Hercules transport aircraft but to interact with several members of the squadron such as Avionics Technician Pte Paul-Andre Norbert, a native of Ottawa, ON, who provided them with a detailed explanation of the aircraft and Montreal, QC, native Sergeant (Sgt) Andre Bergeron, one of the squadrons Search and Rescue (SAR) Technicians.

"My favourite part was touring the CC-130 and putting on the parachute gear," said cadet Sgt Eric Bridge.

While at 1 Canadian Air Division/Canadian NORAD Region HQ (1 Cdn Air Div/CANR HQ), the cadets toured the Division



Cadets tour a 435 Transport and Rescue Sqn CC130 Hercules. Photo: Submitted

museum where they learned about the Air Forces seven Victoria Cross (VC) recipients and were impressed by the Mynarski Room.

Named after Winnipeg's own Pilot Of-

ficer Andrew Mynarski who received a VC posthumously for giving his life while attempting to save the other crew members of a burning Lancaster bomber in WWII, the room contains displays of artefacts and

documents relating to Mynarski.

It was back to school for the cadets on Day Two of their visit. Starting bright and early they toured both the Canadian Forces School of Aerospace Studies (CFSAS) and the Canadian Forces School of Survival and Aeromedical Training (CFSSAT), receiving briefings on a variety of topics ranging from satellite communication systems in space and unmanned aerial vehicles (UAV) to demonstrations of survival tools that must be used by students taking the Survival, Evasion, Resistance and Escape (SERE) course.

"I thoroughly enjoyed the School of Aerospace Studies," said cadet Warrant Officer 1(WO1) Amy Kwaka. "The information provided was very interesting and the UAV showed me how technology can be used today."

The 17 Wing tour ended with a visit to the Wing museum where the cadets learned about military aviation history with museum volunteer and veteran Bert Page.

For more information about 17 Wing please visit:

<http://www.airforce.forces.gc.ca/17w-17e/index-eng.asp>

The Final Flight of the Arcturus

Sgt Pete Nicholson
From: Air Force News

The CP-140 Arcturus tail number 120 flew its last flight to its retirement home at the Aerospace Maintenance and Regeneration Group (AMARG) in Tucson, Arizona, on Feb. 28.

Three Arcturus, tail numbers 119, 120 and 121, were delivered to 14 Wing Greenwood, N.S., in 1993; now only 119 is operational and is used as a training aircraft for the school at 404 Long Range Patrol and Training (LRP&T) Squadron, at 14 Wing.

Arcturus 120 was retired with 10,300

flying hours on its airframe and more than 23,000 landings.

"Aircraft 120 performed magnificently en route to Arizona," said Major Mike Smith of 14 Air Maintenance Squadron (AMS), who has worked on the CP-140 Aurora fleet since joining the Canadian Forces in 1990. "14 AMS and the wing should be very proud of the product delivered to AMARG, as there was a tremendous level of effort to prepare the Arcturus for its final flight. The moment it was signed over, bidding adieu to the Arcturus, was truly a sad day for all persons there."

It joins the 4,900 aircraft stored on AMARG's high-security, 1,052 hectare area.

There are aircraft as far as the eyes could see in any direction – with some looking as pristine as the day they rolled off the assembly line while others were in various states of repair or destruction.

The oldest aircraft stored there are the Russian Mikoyan-Gurevich MiG-15 and the MiG-21 supersonic jet fighters, circa 1947 and 1959, respectively. Several aircraft from various countries are housed there for storage and surplus reasons.

The AMARG is a huge piece of American aviation history, and all who attended this trip kept repeating two words: unbelievable and amazing.

"All the aircrew felt privileged, happy

and sad all at the same time," said Major Bruno Baker, aircraft commander for this final flight. "It was emotional. A large part of our Air Force heritage and history has [come to an end].."

Perhaps one of the most memorable moments for the crew was when they were handing over the aircraft to the AMARG staff and were given the opportunity to sign their names on the Arcturus with felt pens.

So, the hangar doors have closed on another era in the long history of Long Range Patrol aircraft. The future, with the technological capabilities available to us now, is only limited by our imagination.

I am a Soldier
By C.J. Hodder
Grade 6, November 2010

I am a soldier hearing loud shots from a gun
I wish the war was done

I am a soldier wanting to go to my wife
So we can live a happy life

I am a soldier who sees blood
I am surrounded and covered with mud

I am a soldier who sees violence
All I want is a moment of silence

I am a soldier seeing rows of crosses
Where it lies so many loses

I am a soldier seeing puddles of red
Remembering all the dead

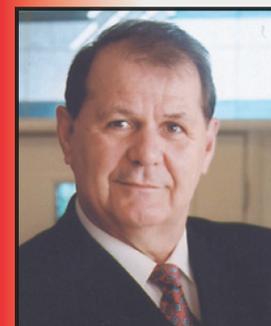
I am a soldier not liking these games
Here I stare at all these names

I am a soldier who prays for all who lay
Now I take a bow and get on with my day

Photo: Randall Trenholm

Posted to Kingston in 2011?

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Racial Discrimination: Unnecessary Hate



Maj Anthony Battad, Internist with 1 Canadian Field Hospital, talks about his experiences with racism within the military and in his personal life during a recent Lunch and Learn in commemoration of the International Day for the Elimination of Racial Discrimination. Photo: Submitted

Elliot's "Blue-Eyed/Brown-Eyed" experiment with her third-grade class.

Elliot designed the experiment two days after the assassination of Martin Luther King Jr. in order to teach her students about prejudice. Elliot divided her class into two groups: the Blue-Eyed children were designated as superior and the Brown-Eyed children were designated as inferior.

The Blue-Eyed children were given special privileges such as extra recess time and second helpings during lunch. They were told they were smart, clean and well-behaved and were publicly praised for their accomplishments in class. The Brown-Eyed children had to wear a cloth collar around their necks, were no longer allowed to use the drinking fountain and had to sit at the back of the class. They were told they were slow, dirty, and dumb. They were publicly ridiculed for every mistake and hesitation. The next day the roles were reversed.

During the course of the experiment, children who were once friends became nasty, brutish and in one situation, violent. One the first day, the words "Brown-Eyes" became an insult. The Brown-Eyed children became sullen and fearful. Most telling was that the Brown-Eyed children performed poorly on a timed exercise on the first day but performed well once the roles were reversed. The same results occurred when the Blue-Eyed children performed well on the first day, but poorly once they were designated as inferior.

At the end of the experiment, the children admitted that picking on the inferior group did not make them feel better. Once the experiment ended, one girl was in tears and one boy tore the collar to pieces. The children took the lesson to heart, admitting that no one should be treated differently because of eye colour or skin colour – everyone should be treated fairly.

After the documentary, Leah circulated questions for small group discussions. Topics covered were historical events such as the holocaust and Japanese internment camps, stereotypes in the media, and the role of education vs. parenting. In one of the discussions, racism was described as "ignorance" and "unnecessary hate". Leah also asked the audience, "What can be done for the future?"

During the second half of the Lunch and

Learn, guest speaker, Maj Anthony Battad, internist with 1 Canadian Field Hospital, shared his experiences with racism within the military and in his personal life. As a half-Chinese/half-Filipino immigrating to Canada at age 7, Maj Battad did not experience much discrimination growing up in Gilbert Plains, Manitoba. However, he had been raised with the belief that he had to integrate in order to fit in.

As Maj Battad grew older, he began to experience discrimination. During basic training, he was nicknamed 'Chief' (he was mistaken for being Aboriginal) and 'Pineapple' (after his parents sent him a letter while on vacation in Hawaii). While he understood that names and teasing can be a part of military camaraderie and alleviates some of the stress of basic training, he still knew that being singled out for race was wrong.

Maj Battad pointed out that the Canadian military often has to play the role of standing between groups of people who hate each other, usually due to race, religion or geography; such is the nature of war.

Maj Battad also shared several stories that had happened to him in recent years. He talked about being followed by police because he drove a nice car. He talked about being told to "Get back to work!" because he was speaking in Spanish to gardening staff while vacationing in Phoenix. While talking to an intern at Health Science Centre, a fourth year medical student mistook him for an orderly, asking him to clean a bed pan. The intern then introduced Maj Battad as the new head of the department.

At the end of the presentation, the audience agreed that the elimination of racial discrimination is a responsibility that must be shared by all. Although Jane Elliot's documentary was filmed over 40 years ago, the message is still important today. Maj Battad still experiences prejudice, even by both those who are educated yet still ignorant. But everyone agreed that there was still hope, that younger generations held the key to a future of fair and equal treatment.

If you are interested in Diversity training or having a PD session with a screening and facilitated discussion of the "Eye of the Storm" documentary, contact the LCC at LCCshare@forces.gc.ca

Primrose Knazan

Employment Equity Committee - Visible Minority Sub-Committee

21st is now recognized as a day to stand up against racism and celebrate diversity.

In commemoration of the International Day for the Elimination of Racial Discrimination, on Wednesday, March 23, 2011, the Learning and Career Centre and the 17 Wing Employment Equity Committee presented a Lunch and Learn titled Beyond Colour. The successful session was presented to a packed classroom in the Training and Education Centre.

At the Lunch and Learn, Leah Bannister, Learning Advisor, facilitated a discussion about racial discrimination and screened the documentary "Eye of the Storm", which showed Jane

In 1960, police killed 69 people at a peaceful anti-apartheid demonstration in Sharpeville, South Africa. As a reminder of this dark period in history, in 1966 the United Nations proclaimed March 21st as the International Day for the Elimination of Racial Discrimination. All over the world, March

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A Sea of Red



A Sea of Red can be found every Friday morning at the Village Inn Bowlin' Cue in Westwood as members from ANAF 283 take to the lanes in red to have some fun and show their support for the military. Seven teams made up of 42 retired and 55 plus members with military ties knock down the pins and raise awareness for men and women in uniform. Photo: Shane Gibson

Fire causes black out at military housing area



Houses in the military's south residential housing area near Kenaston Blvd were left without power on the evening of March 25 after fire destroyed a hydro line.

"There was a short in a ground wire that came up onto a telephone pole," explains Sgt Jeffrey Eves of 17 Wing Winnipeg Military Police. "My guy that was on the scene was told by Manitoba Hydro that it was just a freak thing that happens every once in a while."

The small fire occurred in the back lane behind 76 Tuxedo Ave and left many homes

in the area without power for a few hours. "It knocked out power for about two or three hours, and it affected about 100 houses or so," explains Sgt. Eves.

MPs were on hand shortly after the fire, and left after officials from Manitoba Hydro came out to restore power.

Sgt. Eves says there was no evidence of criminal activity that led to the fire.

"It was kind of like a transformer blowing up," he says. "There was no foul play at all."

- Shane Gibson

STRESS: Take Charge!
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Le stress : ça se combat!
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For more information contact Health Promotion Officer or your Squadron/Unit Commander. Pour plus de renseignements contactez votre directeur de la promotion de la santé ou votre commandant/équipe.

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4 & 18 May 2011
(Must attend both days.)
0800 hours to 1600 hours
Building 62, Room 315

MAM is neither a counselling nor a treatment program. Through education, it aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

For more information or to register contact Health Promotion local 4150

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4 & 18 mai 2011
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0800h à 1600h
bâtiment 62, chambre 315

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Eligible candidates should submit a resume clearly outlining their ability to fulfill all position requirements by mail to: NPF Human Resources Office, 17 Wing Winnipeg, P.O. Box 17000, Stn. Forces, Bldg. 63, Winnipeg, MB R3J 3Y5, by fax at 833-2671, by e-mail to npfhrwinnipeg@cfpsa.com or online at www.cfpsa.com. Applications must be received before 1600 hrs on 03 April 2011.



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To Canadian volunteers everywhere, thank you!

Canadians have a rich history of volunteering and community involvement. With 12.5 million of them dedicating their time across Canada, volunteers are on the front lines of all our community services – community health care, sports and recreation, heritage and arts, environmental protection & advocacy, disaster relief, international development – the list is endless. The work of volunteers is essential to maintaining resilient communities at home and around the world.

National Volunteer Week (NVW) pays tribute to the millions of Canadian volunteers who graciously donate their time and energy. This year's 68th annual NVW takes place the week of April 10 to 16. It is Canada's largest celebration of volunteers, volunteerism, and civic participation.

National Volunteer Week was first proclaimed in 1943 as an initiative to draw the public's attention to the vital contribution of women to the war effort on the home front. In the late 1960s, the focus was revived and broadened to include all community volunteers.

Volunteers: Passion. Action. Impact. is the theme of this year's campaign. It is based on the individual volunteer super-heroes across Canada who dedicate themselves to making their communities better – and Canada a great place to live.

Canada's 12.5 million volunteers are passionate about essential causes, they take action to help others, and they have impact in communities across the country. National Volunteer Week is a great time to recognize the volunteers who give more than two billion hours of their time, energy, and skills to truly benefit society.

This year's theme encapsulates the enthusiasm and dedication of those who volunteer with the Winnipeg Military Family Resource Centre and the ultimate difference they make in our communities.

We hope you'll join us in celebrating NVW this April. We look forward to honouring our volunteers and the incredible work they do.

SECOND LANGUAGE TRAINING SPRING SESSION

Starts April 26, 6 to 9 p.m.

Register by April 21

It is now time to register for our Second Language Training Programs in either French or English. The course duration is ten weeks and will consist of two three-hour classes per week. The spring session offers French Level 1 and 3 courses as well as one English class. Courses will start the week of April 26; deadline for registration is April 21. Classes are held at the MFRC.

French 1: Monday & Wednesday, 6 to 9 p.m.

French 3: Monday & Wednesday, 6 to 9 p.m.

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

A minimum of five spouses must be registered in order to start a course and a maximum of 10 students will be accepted. A placement test may be administered to determine the level of proficiency. Cost for military spouses and family members: \$50 (refundable if 85% of the course is completed); for military personnel: \$50 (non-refundable) and for NPF and public employees: \$100 non-refundable. To register or for more information, contact Mélanie Lyrette at 833-2500 ext. 4515.

Social Worker Position – 1 year term, part time .8

Winnipeg Military Family Resource Centre (MFRC)

The Winnipeg Military Family Resource Centre is a not for profit organization that serves military families and members in the local Winnipeg area.

Reporting to the Executive Director of the Winnipeg MFRC, the social worker is responsible for Prevention Support and Intervention services.

Responsibilities include assessment, intervention, counselling and program planning to alleviate and resolve social, personal and military lifestyle issues. The social worker also serves as a team member on various committees within the organization as well as with the local 17 Wing Military Base.

Minimum qualifications, BSW and 4 years direct experience. Must be currently/eligible for registration with provincial registering body, MIRSW. Knowledge of military lifestyle is an asset. French language capabilities is desirable.

Salary dependent of qualifications and experience. Position start approximately June 1, 2011

Job description available at the Winnipeg Military Family Resource Centre. Applications are due by end of day April 8th. No phone calls please.

By Mail: 102 Comet Street, PO Box 17000 Station Forces, Wpg MB R3J 3Y5 Attention Don Brennan, Executive Director.

By Fax: 489-8587

In person: Monday to Friday 8:30 – 4:30, 102 Comet Street

Email: wpgmfrc@autobahn.mb.ca

Upcoming Events

NEWCOMER NETWORK TRAINING

Wednesday, April 13, 7 p.m.

Register by Monday, April 11

The newcomer network is a program that pairs volunteers with military families new to the city. Each newcomer to the city will be welcomed by one of our Newcomer Network partners. Share your expertise about the city with people new to the area. Come to the orientation session to see if this opportunity is for you. For more information, or to register, call 833-2500 extension 4506.

REUNION AND REINTEGRATION BRIEFING

Thursday, April 14, 7:30 p.m.

Register by April 11

This briefing is a must-attend session for people who have a loved one returning from a deployment in the near future, or someone who has recently returned. Topics to be covered include; how to reintegrate the military member back into the family, how to handle the stress and expectations of the member being home and what the military member might be experiencing. To register please contact the MFRC at 833-2500 ext 4500.

MOMS' NIGHT OUT

Tuesday, April 20 6:30-9:30 p.m.

Register by April 18

Join us for an evening out without kids. Each month we will have a different theme to enjoy. Come and have some fun, food and chat with other moms. Sometimes, an evening out with other ladies is all you need to recharge and re-energize. Registration is required. This month's theme is arts & crafts.

NEWCOMER DROP-IN

Thursday, April 14 10 to 11 a.m., 102 Comet

Wednesday, April 27, 7 to 8 p.m., 347 Doncaster (Southside PMQ area).

If you're new to Winnipeg and would like to meet other military spouses, attend the newcomer drop-in at the MFRC. Volunteers from the Newcomer Network will be available to chat with you, and information about the programs and services at the MFRC will be available. Childcare is not provided, however, you are welcome to bring your children with you. For more information, please call 833-2500 extension 4506.

FRANCOPHONE FAMILY ACTIVITY

Sunday, April 17, 10 a.m. to 1 p.m.

Register by April 12

Join us for Easter fun. We'll be having a potluck brunch and there will be an egg hunt and children's games. Please bring your favourite brunch dish. Everyone is welcome. Participants must have an intermediate understanding of French.

Family Numeracy Night

Westwin Children's Centre

Wednesday, April 27, 6:30 to 7:30 p.m.

Register by April 21. Call 833-2500 ext 2491.

This parent and child workshop will consist of a variety of hands on FUN activities to explore early concepts of math.

Super Science Family Workshop

Westwin Children's Centre

Saturday, April 16 1 to 2 p.m.

Register by April 13

Back by popular demand...we are running another science workshop aimed at parents and their young children. All new fun, hands on activities to explore!

Fun with Music

Westwin Children's centre

Tuesdays until May 3

\$20 per child for the five-week session.

Children ages 3 to 5 years old will explore musical concepts through song, story, movement, and instruments. To register, call 833-2500 extension 2491.

Count down to Fun

Westwin Children's centre

Tuesdays, May 10 to June 7, 1 to 2:30 p.m.

\$20 per child for the five-week session.

Children ages 3-5 years, will explore math concepts such as sorting, sequencing, patterns, counting, shapes and measurement in FUN hands on activities.

COMING SOON!

KIDVENTURES

Join the Kidventures staff for a summer filled with excitement. This year the themes is the Great Outdoors. Explore marshes, meadows and forests, learn how to build a fire and how to survive if you get lost. Learn about the world around us. Be creative with our arts and craft sessions. The summer is sure to be filled with adventures. Watch the newsletter and our Facebook page for registration information.

Chaplain's Corner

New Life/New Hope/New Growth

I love this time of year. The weather gets better, there is new growth all around us and, in general, our spirits are lifted. Winter is usually fully behind us at this time but we still have hockey playoffs. It is the best of both worlds. Other than the fact that my Maple Leafs have started golf season early the last few years, it is an awesome time of year.

The days get longer and the grass greener and for some Spring also means posting season. This can be a new hope for those who would welcome such a change especially if it comes with a promotion, but it can also be a very trying time for a person or a family. New people will be joining the squadron or unit bringing fresh energy. Any change and moving especially is stressful. This is true even though the military does quite a bit to make the transition easier. We have all had to deal with stress in our lives. It is an important time to remember what has helped us to deal effectively with stress in the past. Perhaps it is walking, sports, reading, quiet meditation or prayer, whatever it is take time to do what you need to do to de-stress and let your body and soul regenerate.

Spring is also a very spiritual time. In the life of the Christian church this is the Easter season. It is the season where we celebrate the risen Lord who embodies new life and new hope. It is a season where we think reflectively about our life and challenge and perhaps push ourselves to grow positively in those areas of our lives that would profit from some maturing. This mimics the pattern of new growth seen all around us in nature at this time of year.

Some religions have "new life" festivals during this spring season. Our hope is placed in that spiritual place where our faith yields that sense of a deep inner peace. This is not just a "things are going okay" place. It is deeper and richer than that. It may be fleeting at times but we know that we can revisit it. Through prayer we can truly rest and experience the new hope and life-giving presence of God no matter what circumstances we find ourselves in. This is a teaching of all the major faiths. Posted, staying, new responsibilities or the same old ones all bring different stresses and we need to know how to allow our spirit to be revived and revitalised by the new hope of the season. My prayer is that we may all experience that new life, new growth and new hope and the peace that passes all understanding.

Enjoy the sunshine!

Blessings,
-Padre Gordon Mintz
Hangar Line Chaplain

In Memoriam



Corporal Yannick Scherrer was killed when an improvised explosive device detonated during a dismounted partnered patrol in the Panjwa'i district of Kandahar Province at approximately 12 p.m. (noon) Kandahar time on Sunday, March 27, 2011.

Cpl Scherrer was from 1^{er} Battalion, Royal 22^e Régiment, based at CFB Valcartier, Quebec serving with 1^{er} Battalion, Royal 22^e Régiment Battle Group.

We are all thinking of the family and friends of our Canadian fallen comrade during this sad time. We will not forget Cpl Scherrer's sacrifice as we continue to bring security and hope to the people of Kandahar Province

Together in Church

CATHOLIC

CHAPLAINS

Padre R. Laudenorio
Roman Catholic Office 833-2500 ext. 5272

Padre Mark Mawson
Roman Catholic Office 833-2500 ext 5956

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

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

Padre Bob Granholm
(Mennonite Brethren) Office 833-2500 ext 4277

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

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

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

Sunday Services (English Only) 0900 hrs

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

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

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

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

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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

INTERFAITH PRAYER ROOM

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



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 - 1 - electric outside wheel chair lift - \$1500.00
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Carpool: Looking for someone to carpool with from South St. Vital to 17 Wing. Flexible on days and times, does not have to be everyday. Have own vehicle, non-smoker. Contact Tim at tcary@hotmail.ca or 254-7381.

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

WELCOME ALL MILITARY PERSONNEL

Taroscopes

BY NANCY

Aries (March 21 - April 19):

If you feel stuck in a rut, don't be enticed by the "quick fix." Your physical body is sending you messages. Learn how to understand what it's telling you. Break free of dependencies by using a logical, well thought out process. Implementing small changes pays off down the road.

Taurus (April 20 - May 20):

You want to feel a sense of victory to know you are competent and capable but new challenges keep popping up. Strive to relax the need to control everything and instead embrace a free spirited attitude that allows you to explore new options without assumptions. Be a student of life.

Gemini (May 21 - June 21):

You've probably had a feeling that something was up even if you didn't have proof. And you're right. You will navigate through life's complexities more easily if you allow yourself to stay open to facts as well as hunches. On a positive note, someone could steal your heart.

Cancer (June 22 - July 22):

Hopes and dreams are important however, don't get lost in a good story. Be realistic, especially about human nature. Share freely with those who are respectful and sincere. The lack of depth in some people and in your relationships with them becomes obvious to you now.

Leo (July 23 - August 22):

You have a knack for putting the right pieces and players together. People enjoy your positive attitude. Push yourself to foster aspects and talents you've not tapped into yet. A desire for connections and a sense of purpose help you change habits and spend less time in idle pursuits.

Virgo (August 23 - September 22):

You're full of good ideas and have the ability to pull off whatever you set your mind to. Look to the past for inspiration or a sense of what it is that really excites you. Write down flashbacks, memories and dreams to help you process an intense period in your life.

Libra (September 23 - October 23):

You could meet someone special. If you are already in a relationship expect a deeper understanding to develop. Find ways to shift problems. See the value in each individual's strengths and talents at work and at home. You are very convincing when championing for change.

Scorpio (October 24 - November 21):

You're organized and you have the backing of those who think like you. It's those who are unable to grasp concepts you're conveying that seem to hold things back. There is value in opposition and questions. Use them to prompt "out-of-the-box" thinking.

Sagittarius (November 22 - December 21):

You're on the brink of change. But is it time to proceed? When you're unsure, be patient. Work through questions you have and your inner conflict will be resolved. Changing your surroundings will make it easier. A change of scenery can foster a new outlook.

Capricorn (December 22 - January 19):

Personal victories should be celebrated. Your support group has acknowledged that you are now a leader. This would be a good time to share your wisdom and life experiences. Mentor another or enter into a partnership to share the work instead of doing it all yourself.

Aquarius (January 20 - February 18):

Positive thinking is valuable. But for the "big stuff," work and prepare. Be sensible. Practical planning ensures that things you start now will grow and develop into something strong and viable in the future. Ditch what doesn't work, no matter how much you like it.

Pisces (February 19 - March 20):

You like being included and fitting in can feel good. However this can lead to confusion when group standards and ideas are different from your own. Be discerning about whom you share your time, energy and love with. Don't waste yourself on those who play head games.

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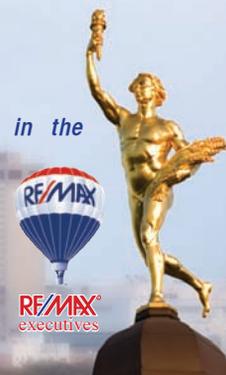
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