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# THE VOXAIR

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Vice-Admiral Maddison, Commander Royal Canadian Navy (centre, back), salutes the march past of HMCS Chippawa sailors during its 90th Anniversary Celebration. For more please see page 3. Photo: Michael Sherby



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# 17 Wing Receives New, High Tech Trucks



Sgt Paul Keeping a fire inspector at 17 Wing goes over the features of the new 6000 LE1 ARFF. Photo: Alison Boates.



A member of the 17 Wing Fire Department shows off the interior of the ARFF. Photo: Alison Boates.

## By Holly Bridges

Every year, Royal Canadian Air Force firefighters respond to almost 3,000 calls at Air Force wings across the country – everything from mopping up fuel spills to rushing out to the flight line to meet an aircraft in trouble.

Altogether there are 13 categories of incidents that RCAF firefighters must be able to respond to – quickly, effectively and without unnecessary delays.

A new capability that allows firefighters to do just that is the 6000 LE1 aircraft rescue and firefighting vehicle (ARFF), which is now being used at 19 Wing Comox, B.C., 4 Wing Cold Lake, Alta., 17 Wing Winnipeg, Man., 3 Wing Bagotville, Que., and 14 Wing Greenwood, N.S.

Altogether, 12 new trucks are in service.

“This is an outstanding new capability for the RCAF,” says Major Martin Breton,

the RCAF’s aircraft rescue and fire fighting vehicle project director. “Our current vehicles are well past their service lives, and needed to be replaced. These new ARFF vehicles will ensure the RCAF maintains a modern aircraft emergency response capability to support air operations at its main operating bases.”

Each truck carries 6,000 litres of water and a full complement of foam and dry chemicals. In addition to a high performance roof turret and an adjustable angle bumper turret (for 180° dispensing of either foam or water), the trucks are equipped with advanced electronics, modern navigation systems and infrared vision that allow drivers to see through smoke, fog and blackout conditions.

Due to their large size, the trucks also have rear view and blind spot cameras to reduce the risk of collision. The trucks are equipped with electrical Jaws of Life apparatus that do not require a generator, which reduces response

times and improves equipment handling.

3 Wing Bagotville’s fire chief, Chief Warrant Officer Des Desruisseaux, says fire trucks have come a long way since he first joined the Canadian Armed Forces 34 years ago.

“When I joined in 1979 there were at least four firefighters operating the truck...the driver, the platoon chief on the side running the pump, a firefighter on the back and there was me, the poor private on top, operating the turret. It was all manual so we had to use our arms to rotate it left, right, up and down.

“Now it’s all electric, a one-person operation. The driver does everything – drive the vehicle, use the radio, control the pump. It’s basically like a big video game. Today our younger firefighters are so agile with their fingers, so used to playing video games, that this type of technology is very familiar. You know an old man like me sometimes we need more practice but those kids they can drive the truck quickly.

“I am really excited about these new trucks because our serviceability will be higher so it will be safer for our wing, our pilots, our planes and the military community,” says CWO Desruisseaux.

The RCAF fire marshal, Major Rick Dunning, agrees.

“A modern ARFF vehicle fleet that ensures the effective delivery of fire fighting agents, personnel and equipment

increases the safety of fire fighting personnel improves airport flight safety and provides wings with superior operational support. These trucks are a brand new asset and I’m really glad we have them.”

In December 2011, the Government of Canada awarded a multi-year contract to Techno-Feu Inc. of St. Francois du Lac, Que., for the acquisition of 12 modern 4 x 4 ARFF vehicles at a cost of \$8.2 million. The directorate of support vehicles program management at the Department of National Defence managed the acquisition.

About the aircraft rescue fire fighting vehicles

The ARFF fleet is the largest of the fire apparatus within the Department of National Defence and the Canadian Armed Forces. It comprises 43 percent of all apparatus and are therefore the most important in terms of investment and support.

ARFF vehicles are used to transport personnel and equipment to the scene of an aircraft emergency to rescue occupants and conduct firefighting operations.

They are used both on and off paved surfaces. Off-pavement capability is important to ensure timely and effective response to aircraft accident sites that are located off improved surfaces. They are extremely fast, given their size, and deliver large amounts of extinguishing agent in a very short period of time.

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# HMCS Chippawa Celebrates 90th Anniversary with a visit from the RCN Commander



VAdm Maddison inspects the sailors of HMCS Chippawa during the parade. Photo: Michael Sherby

By: Michael Sherby

“Service”, it’s the motto of Manitoba’s HMCS Chippawa, and on April 2<sup>nd</sup> Manitoba’s Iron Frigate celebrated 90 years of service with a visit from Vice-Admiral Paul Maddison, Commander Royal Canadian Navy.

After inspecting the sailors of HMCS Chippawa, VAdm Maddison said a few words about the Company and their many contributions to Manitoba and Canada at large.

He mentioned several times in his speech that Chippawa was ‘the Face of the Navy in Manitoba’, and apologized for the fact that he doesn’t visit frequently, saying ‘you’re never far from our minds’.

“In a city that hosts 17 Wing, and 1 and 2 Canadian Air Division; in a province where 38 Command Brigade Group is very visible; sometimes you must think that perhaps you’re not getting the attention you deserve,” said VAdm Maddison. “But you need to know that Chippawa has shown, time and again, the values of the Royal Canadian Navy, and your contributions are noticed.”

He went on to praise Chippawa’s massive contributions to the province during the floods of 1997, 2009, and 2011 among others, as well as their volunteer work.

“Every time you step forward and bring the Navy into the Winnipeg community, you are doing something good, and you are affecting how people view the Armed Forces and the Navy.”



Members of the Naval Band of HMCS Chippawa perform during the 90th Anniversary Celebrations. Photo: Michael Sherby

VAdm Maddison also talked about the impact the RCN at large has in Canada and around the world. He quoted Prime Minister Stephen Harper, saying ‘Canada’s Economy floats on Salt Water’, and he praised the HMCS Toronto’s recent seizing of a ship holding 500 Kgs of heroin in the Indian Ocean.

VAdm Maddison ended his speech by reinforcing the positive impact that the RCN has on Canada, saying ‘It matters as much here in Winnipeg as it does in Halifax.’

After his speech VAdm handed out several awards, commissioning scrolls and more before attending a meet and greet with the assembled sailors, family members and guests.

## CFB Winnipeg Golf Club Tees Up For Another Season

The CFB Winnipeg Golf Club will soon be open for the 2013 Golf season.

The Golf Club’s Annual General Meeting will be held at the WO&Sgt’s Mess on Wednesday, 17 April, 2013 starting at 1900 hrs. This meeting is open to all Golf Club members and prospective members. Elections of committee members will be held. Hope to see you there!

2013 Golf Club membership fees are very reasonable and are as follows:

**Regular Membership: \$305**

(includes GST);

**Ordinary Membership: \$330**

(includes GST);

**Associate Membership: \$350**

(includes GST)

If you were not a member of the CFB Winnipeg Golf Club in 2012 and you take out a 2013 membership, you will receive a 10% discount on your membership fees.

Also, if you were a Golf Club member in 2012 and renew your membership in 2013 and you bring in a new member



(not a member in 2012) to the Golf Club, you will receive a 10% discount on your 2013 membership fees for every new member you bring in (up to a maximum discount of 50%).

For CF students on course at 17 Wing, you will definitely want to look into the monthly memberships being offered.

Family membership rates and Junior memberships are also an attractive option.

Come out early to take advantage of payment plan options, which allows you to spread your membership fees over the period between April and September.

For more information about the annual general meeting, obtaining a golf club membership, payment options, and any other questions you may have regarding the Club, please contact the Golf Club Manager at local 6909 or the PSP Manager at local 4299.

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# RCAF Celebrates 89 Years of Service

By: Joanna Calder

On Monday, April 1, 2013, the Royal Canadian Air Force celebrated its 89th birthday.

During the First World War, Canadians took to combat flying so well that, by the spring of 1918, the government of Prime Minister Robert Borden pressed for the development of a wing, consisting of eight squadrons, for service with the Canadian Corps in France.

But Britain wanted to keep talented Canadian pilots and ground crew within the Royal Air Force (RAF) and they succeeded in limiting the number of Canadian squadrons.

On August 5, 1918, the British Air Ministry announced the formation of two RAF squadrons to be manned entirely by Canadians. A Canadian Order-in-Council confirmed the formation of the Canadian Air Force (CAF) on September 19 for "the purposes of the present war".

The Canadian Air Force (CAF) was created too late in the First World War for significant growth. Six more squadrons were planned for service in Europe, but with the war's end on November 11, 1918, the plans were not implemented.

## What would become of the fledgling CAF?

By February 5, 1920, the two squadrons (still cooling their heels overseas) were disbanded and their personnel sent back to Canada. But an Order-in-Council on February 18, 1920, authorized a new, part-time CAF with a provisional establishment of 1,340 officers and 3,905 airmen.

The CAF became part of a civilian Air Board. Throughout the 1920s and 1930s, the Air Force conducted aerial mapping operations, forest fire, anti-smuggling and fisheries patrols, and forest surveys, and developed airmail and long-distance flying routes.

These operations gave the CAF a raison d'être for continued government funding. This enabled the development of officers and senior non-commissioned mem-

bers who would later ensure the RCAF made a successful transition from training to wartime operations.

## A permanent air force is born

On January 1, 1923, the Department of National Defence was born from the amalgamation of the Department of Naval Services, the Department of Militia and Defence, and the Air Board.

On February 12, 1923, His Majesty King George V bestowed the designation "Royal" on the Canadian Air Force; the Militia Weekly Order of March 12 made the announcement. However, the name didn't become official until April 1, 1924, the same date on which the RCAF became a permanent component of Canada's defence force.

The RCAF began with 62 officers of the Permanent Active Air Force (similar to today's Regular Force) and four of the Non-Permanent Active Air Force (similar to the Reserve Force), as well as 262 non-commissioned members.

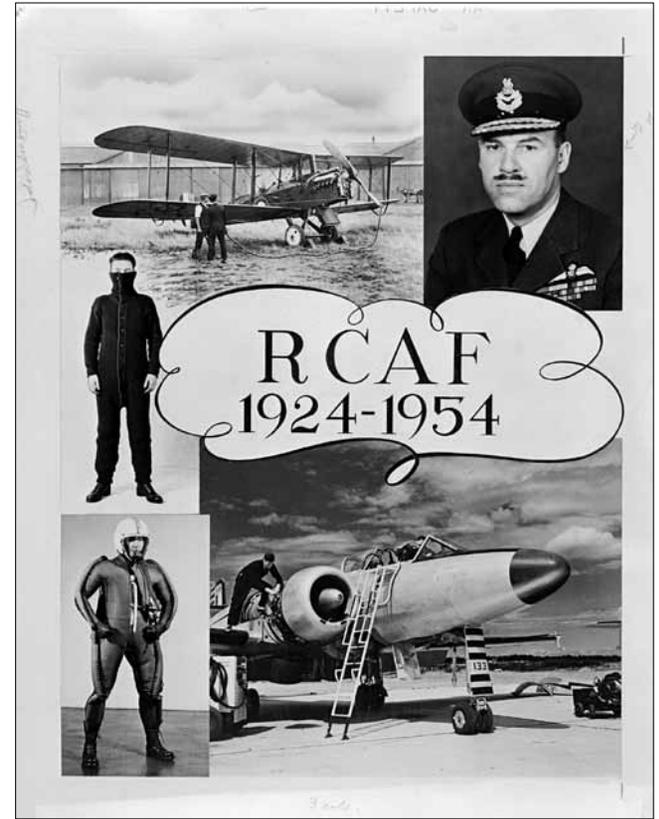
April 1, 1924, has been celebrated ever since as the birthday of the Air Force.

## Camp Borden – birthplace of the RCAF

Camp Borden – now Canadian Forces Base Borden – in Ontario was the birthplace of military aviation in Canada.

In January 1917, a group of Royal Flying Corps officers from Great Britain, led by Lieutenant-Colonel Cuthbert Hoare, arrived at Camp Borden, which had been used as a camp by the Canadian Expeditionary Force the previous year. Under LCol Hoare's leadership, the organization known as the Royal Flying Corps Canada (RFC Canada) built Canada's first flying station from the ground up and trained thousands of air and ground crew for service overseas.

The aerodrome portion of Borden, which had remained empty since January 1919, was taken over by the CAF in July 1920. By the time the RCAF was formed on April 1, 1924, RCAF Station Borden was the most im-



A montage of images from the RCAF's 30th anniversary. Clockwise from top left: rope starter on propeller; Air Marshal C. Roy Slemon, Chief of the Air Staff; CF-100 aircraft; pressure suit; woolen suit. Photo Credit: DND.

portant station in terms of assets, personnel and flying activities.

Read more about the history of the RCAF and Camp Borden at [www.rcaf-arc.forces.gc.ca/16w-16e/](http://www.rcaf-arc.forces.gc.ca/16w-16e/).

## Canadian Armed Forces conduct sovereignty operation in the High Arctic

### Air Force News

Operation Nunaliut 2013, a major sovereignty operation commanded by Joint Task Force (North), will take place in Canada's High Arctic from April 2-30.

Operation Nunaliut 2013 is one of the major operations conducted every year by the Canadian Armed Forces in Canada's North. This year it will be held in the northwestern portion of the Arctic Archipelago, extending as far west as Mould Bay, Northwest Territories, and north to Isachsen, Nunavut, with the Task Force Headquarters located in Resolute Bay, Nunavut.

"During Operation Nunaliut 2013, the Canadian Armed Forces will face some of the most challenging terrain and weather conditions Canada has to offer," said the Honourable Peter MacKay, Minister of National Defence. "This year's operation will exercise Canadian sovereignty and demonstrate the Canadian Armed Forces' abilities in the High Arctic during winter." The Canadian Rangers, experts in living and operating in this area, will conduct sovereignty patrols between Resolute Bay and Isachsen, Nunavut, as well as on Devon Island,

more specifically in Griffon Inlet and Gascoyne Inlet. These patrols will allow the Canadian Armed Forces to increase their collective knowledge and experience in the challenging environment of the High Arctic.

The Royal Canadian Air Force CC-138 Twin Otter, will assist the exercise of Canadian sovereignty in the Arctic Archipelago by providing tactical airlift for, and resupply of, Canadian Ranger patrols on the sea ice. CC-138 Twin Otters will also provide a platform for surveillance and reconnaissance missions.

"In the changing environment of the Arctic, Joint Task Force (North) needs to be prepared to respond to calls for assistance for any emergencies on the land or at sea," said Brigadier-General Guy Hamel, Commander of Joint Task Force (North). "Operation Nunaliut 2013 provides the perfect opportunity to test the capabilities that will allow us to deploy rapidly and effectively in response to tomorrow's safety and security challenges."

To mark the end of the operation, a closing ceremony and parade will be conducted at the Task Force Nunaliut Headquarters in Resolute Bay on April 24.



17 WING  
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# 17 Wing Pulls in over \$135,000 for Charity



Thanks to your generous donations, several worthy charities' lives will be made a little easier this year. The 2012 GCWCC fundraising drive wrapped up with the men and women of 17 Wing besting the initial goal of \$135,000 set by the Wing Commander. Raised from various fundraising events taking place from August to December, all of this money will go towards deserving charities.

Campaign co-chair Evelyn Nymoer says that even though they didn't meet the Wing Commander's increased goal of \$150,000, she was very happy with the amount donated this year.

"I think that was not too surprising given the current economic climate and factors like that."

The campaign introduced several new popular events this year that it plans to continue for the 2013 campaign.

These included the Dog Walk, Spaghetti Lunch, and the Portrait photo event. These events are in addition to its current slate of events such as the Herc Pull.

Overall the GCWCC ended up raising \$137,301.64 and achieved a canvassing rate of 99.7%. Evelyn says she looks forward to starting work on next year's campaign.

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# Beware potholes and the damage they do

## Trust. Fountain Tire

Rim bending, suspension flattening and tire damaging potholes await the unwary driver

Winnipeg, April 3, 2013 – If you are hitting the highway or urban streets this spring thaw, there is a very good chance that your vehicle will strike a serious pothole, cautions Fountain Tire.

Defensive driving remains the best way to avoid costly front-end damage to suspension systems, rims and tires that can result from hitting a deep pothole.

Here are some common sense tips from Fountain Tire for motorists who want to avoid or minimize the perils posed by potholes this spring thaw:

- Slow down. Hitting a pothole at higher speeds increases the potential for damage and loss of control of your vehicle.

- Look ahead. Watch for potholes by leaving plenty of space between your vehicle and the one in front of you. This provides more time to safely steer around the road cavity. Before avoiding a pothole always check that the way is clear.

- Ensure your tires are inflated to the vehicle manu-

facturers recommendation. An underinflated tire provides less cushion against a jarring impact and increases the chances of wheel, tire and suspension system damage. (The recommended air pressure is listed in your vehicle manual and on your vehicle placard, which is commonly located on one of the inside door posts, or inside the glove compartment or fuel door.)

- Watch out for pools of water in the roadway and, when possible, avoid driving through them. An innocent-looking puddle can disguise a deep and dangerous pothole. Driving through a pool of water at speed can also cause hydro-planing.

- Do not brake when striking a pothole. Braking shifts weight to the front end, causing a harder, more jarring impact. Also, grip the steering wheel tightly. Hard impacts can jolt the steering wheel out of your hands and cause loss of control.

Potholes form when snow and ice melts into cracks in the asphalt and then freezes, expanding in the cracks. Meanwhile, the frost in the ground pushes up, weakening the asphalt. This then causes the asphalt to break away in chunks and forms the pothole.

Fountain Tire offers these tips for detecting warning

signs of damage:

- Pothole-related damage to suspension and steering systems can include: an unusually harsh or bouncy ride; vehicle oscillation or swaying while turning and, in extreme cases, loss of control.

- Symptoms of wheel alignment problems are uneven tire wear; handling problems, such as “pulling” in one direction instead of maintaining a straight path or harsh vibration. Poor alignment also increases fuel consumption, shortens the lifespan of tires and hampers reliable handling.

- Potholes can also cause visible dents in the rim and bulges or blisters on tire sidewalls.

“Motorists who hit a serious pothole should play it safe by getting their vehicle’s front end and tires checked out by a professional technician,” says Dave Deley, General Manager, Store Operations for Fountain Tire. “An ounce of prevention after a pothole encounter can save considerable money later on.”

**Jose Ferreira**

Manager, Fountain Tire, 3020 Portage Ave.,  
Winnipeg, Mb. R3k 0X9, phone: 204.888.0808, fax:  
204.888.5062. jose.ferreira@fountaintire.com

## Canadian wounded warrior athletes compete at annual U.S. Marine Corps Trials

By: Maj Cameron Lowdon

They came from all over Canada to participate against more than 250 athletes from the United States and seven other nations. From March 1–6, 11 Canadian wounded warrior athletes competed in the third annual Marine Corps Trials at Camp Pendleton, Calif.

The U.S. Marine Corps’ Wounded Warrior Regiment hosted the event, which included archery, swimming, cycling, shooting, sitting volleyball, wheelchair basketball, and track and field.

On hand to welcome the Canadian contingent were Major Cameron Lowdon and Captain Phil Desmarais, Royal Canadian Air Force officers from the Canadian OUTCAN Space Operations (OSO) Unit.

Right from the start, it was apparent to Maj Lowdon that the Canadian athletes had a different goal in this year’s competition.

“I noticed a different feel amongst the athletes this year,” said Maj Lowdon, deputy commanding officer for the OSO Unit and chief of space situational awareness in the Joint Space Operations Center. “They weren’t just happy to be here; it was quite clear they wanted to bring some medals back to Canada.”

Capt Desmarais, chief of student operations within the Air Education and Training Command, was impressed with his first visit to the event and the attention to detail that the U.S. Marine Corps put into hosting it. From incredible sports venues to individual trainers — including some former Olympians — the Marines ensured every participating athlete felt at home under the warm California sun.

**Amazing capabilities**

“The scope of the athletes involved was unbelievable,” Capt Demarais said. “Seeing what some of these athletes could accomplish, in spite of their injuries, was amazing. It was clear these trials provide both a physical as well as a mental recovery and healing process.”

Maj Lowdon said they were left speechless when witnessing the athletes’ performances during the event.

“I saw a triple-amputee competing in the wheelchair basketball competition,” he said, “and Michael Jordan would have had a hard time covering him. It was absolutely amazing.”

The trials themselves provide a competitive atmosphere for athletes to measure themselves, but that is not their sole purpose. They offer each and every attending military member the opportunity to try his or her hand at any of the offered sports.

Corporal Rob Stephenson is an infantryman from

The Royal Canadian Regiment, based in Petawawa, Ont. Last year, he medalled in the swimming competition, but this time around he wanted to try his hand at some of the track events. The expert staff made available for these games provided Cpl Stephenson top-level instruction in a brand new discipline. With that, came a desire to push his personal bests.

And, ultimately, that is the goal of these games.



Canada’s 11 wounded warrior athletes enter the stadium during the opening ceremonies of the third annual U.S. Marine Corps Trials, held March 1–6 at Camp Pendleton, Calif. Credit: courtesy Maj Cameron Lowdon

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# Canadian Blood Services at 17 Wing / CFB Winnipeg

# La Société canadienne du sang à la 17 Escadre / BFC Winnipeg

The Canadian Blood Services operates 43 permanent locations, and close to 22,000 mobile donor clinics annually. Its mandate is to ensure a safe, secure, cost-effective, affordable and accessible supply of blood and blood products to Canadians.

The CO 23 CF H Svcs C has been appointed by the W Comd as the Canadian Blood Services Champion for 17 Wg / CFB Winnipeg.

To coordinate future activities we are in search of highly motivated civilian or military volunteers by the middle of April. At first, the intent is to form a committee which will assist in the dissemination of information about mobile donor clinics as well as the coordination of mobile donor clinics at 17 Wg / CFB Winnipeg. If interested, please contact Lt MA Chiasson at Marc.Chiasson2@forces.gc.ca



Sgt McFarlane of the RCAF Band donates blood for the first time. Photo: Sgt Grenon

La Société canadienne du sang assure la gestion de 43 points de collecte permanents et organise près de 22 000 collectes itinérantes de sang par année. Son mandat consiste à fournir à la population canadienne un approvisionnement en sang et en produits sanguins sûr, adéquat, abordable, accessible et présentant un bon rapport coût-efficacité.

Le cmdt du 23e C de Svcs de S des FC a été désigné par le cmdt de l'ère comme Champion pour la Société canadienne du sang à 17 Ère / BFC Winnipeg.

Afin de coordonner les activités futures, nous sommes à la recherche de bénévoles très motivés et stimulés, tant civils que militaires, d'ici la mi-avril. Dans un premier temps, il s'agit de former un comité qui assistera dans la diffusion d'information au sujet des collectes itinérantes ainsi que de la coordination de collectes itinérantes à la 17 Ère / BFC Winnipeg. Les personnes intéressées peuvent communiquer avec le Lt MA Chiasson à Marc.Chiasson2@forces.gc.ca

# A Statement by Col (Ret'd) Chris Hadfield, first Canadian commander of the International Space Station

"The ISS is an orbiting research vessel of unprecedented capability and Canada is in the thick of it.

We have experiments inside investigating human physiology and health as well as nano-materials development, while on the outside our robots are learning how to repair and refuel ailing satellites.

The iconic Canadarm2 put the station together, and Canadian astronauts, from Marc Garneau to Julie Payette and Robert Thirsk, have worked inside and out. Everyone in the country can be rightfully proud of Canada's achievements and the inspiration that they bring.

During the past few months our multi-national crew onboard set the all-time record for hours of research performed in space and the 130 experiments currently on ISS are pushing back the edge of what is possible.

Canadian experiments such as MicroFlow can bring health care capability to our far-flung communities, and BP-Reg and Vascular will help us better understand cardio-vascular health and the effects of aging.

In 2013, the 50th year of Canada in space since the launch of our first satellite Alouette, this Canadian is now asked to command the world's spaceship. It's a first for our country, but is really just the culmination of a lot of other firsts. I stand on the shoulders of so many who have made this possible and now take my turn to try and add to that solid foundation for the Canadians who follow.

It is vital that tomorrow's generations have the confidence, tools and education, as well as the vision and drive, to continue our exploration and understanding of our place in the world and our world's place in the rest of the universe.

It is a tremendous honour to assume command of the ISS. I will do my best to acquit myself well, accomplish the utmost as a crew for all the international partners and fully live and share the experience on behalf of so many around our world".



On Dec. 19, 2012, Col (Ret'd) Chris Hadfield launched aboard a Soyuz spacecraft to the International Space Station (ISS). Credit: CSA.

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# An Easter Tradition Continues



Some children look for eggs on Easter, but these ones prefer dropping them. On Wednesday, March 27, almost 2 dozen kids from the Community Recreation Spring Break Camp took over the Wing Headquarters building for their annual egg drop competition. The children spent the morning designing a system they believed has the best chance of falling from a height without breaking, and then spent the afternoon putting their theories to the test. This Eggcellent activity teaches the young children about science and physics in a fun and hands-on way. No Senior Officers were injured during the event, but a few eggs were. **Photo: Alison Boates.**

# Army Cadets Remember The Battle Of Vimy Ridge



Army Cadets stand to attention as the Colour Party marches on during the Battle of Vimy Ridge Army Cadet commemoration at Minto Armoury April 6<sup>th</sup>. Photo: Capt Kerry Walker, RCSU

**By: Capt Kerry Walker, RCSU**

More than 150 Army Cadets from Winnipeg, Brandon and Portage La Prairie gathered at Winnipeg's Minto Armoury on Saturday April 6 to commemorate the 96<sup>th</sup> anniversary of the Battle of Vimy Ridge regarded as one the Canadian Army's most significant battles.

The Third Annual Commemoration of the Battle of Vimy Ridge by Army Cadets in Winnipeg began with a Drum Head ceremony and was followed by the Last Post Ceremony.

Members of various veterans' organizations, the Royal Canadian Army Cadet League (Manitoba), Veteran's Affairs Canada, Officers of the Regional Cadet Support Unit of the Department of National Defence were in attendance to observe the commemoration.

Bonny Korzeniowski, the Province of Manitoba's Envoy for Military Affairs

addressed the Cadets and brought greetings from the Manitoba Government. She congratulated them on developing their leadership, self-discipline and citizenship skills through the Cadet organization and ended her remarks by urging the cadets to "keep up the good work".

The commemoration ceremonies were preceded by an educational presentation on the Battle and its significance by Lieutenant Colonel (Ret'd) Ken McCuaig, National Vice President for Manitoba, Army Cadet League of Canada, followed by a presentation from Pamela Shaw, the Canada Remembers Program Advisor with Veterans Affairs Canada.

A high light of the morning's educational session was an address by Brandon Army Cadet, Sergeant Master Bombardier Michael Brooks, a member of Brandon's 2520 – 71 Battery Royal Canadian Artillery Army Cadet Corps, who told the

cadets of his emotion filled

visit last year to the Vimy Ridge Memorial Historic Site located near the City of Lille, France.

Sergeant Brooks said Michael said his favourite part of the visit was seeing the design of the memorial itself. "it has no representation of violence. It includes the two pillars, representing Canada and France, Mother Canada mourning her children, and the names... the names of every Canadian that died on that Ridge are carved on the monument."

Michael said that he still struggles with how he felt when standing on the hill at Vimy Ridge, an emotion he says he now shares with his forefathers.

Michael said his Great Grandfather McKurlie, fought there and survived. "But for his friends that didn't make it back, that didn't have a proper burial, their names are there".

The Battle of Vimy Ridge lasted from April 9 to 12, 1917 and marked the first time that all four Divisions of the Canadian Expeditionary Force fought together as an Army under Canadian command and came after more than three years of unsuccessful attempts by other Allied forces to dislodge the entrenched German Army force.

The Canadian victory is regarded as an historic milestone, where Canada came of age and was recognized on the world stage.

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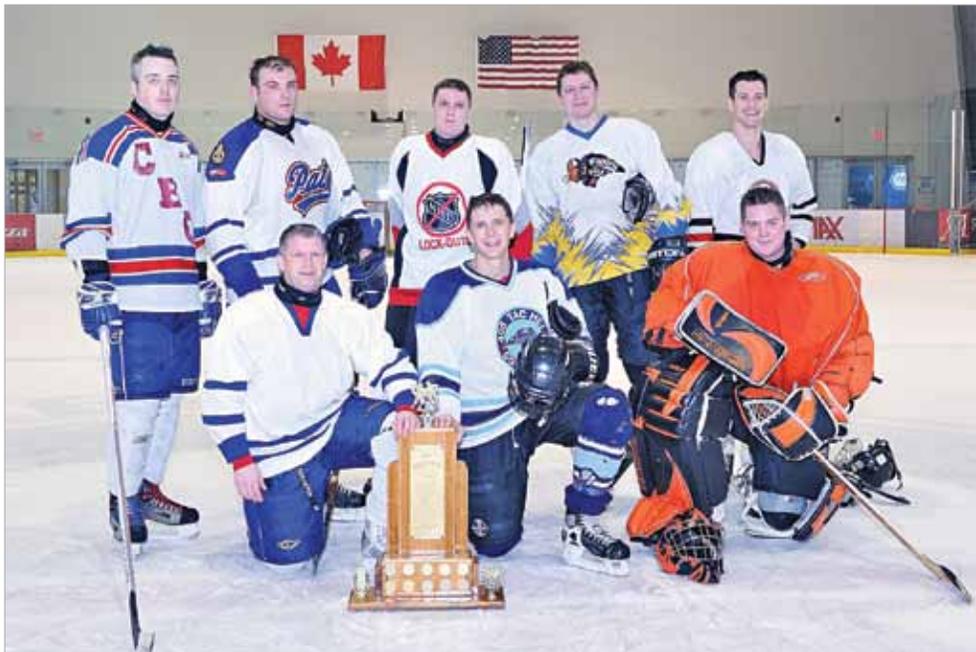


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# Intersection Hockey Wraps Up Season



**Congratulations to the 17 Wing Intersection Hockey A Side Champions: The Lockouts**  
 Front Row: From left to right: Master Corporal (MCpl) Darren Burgess (Team Captain), Major (Maj) Clay Kotzer, Private (Pte) Jonathan Mons (Goalie).

Back row: From left to right: MCpl Brent Conway, Corporal (Cpl) Keith Ivany, MCpl Brian Nymoen, Petty Officer Second Class (PO2) Todd Udholm, Cpl Kenny Keating. Photo: Pte Darryl Hepner.



**Congratulations to the 17 Wing Intersection B Side Champions, The Geriatric Jets.** Photo: Pte Darryl Hepner.



The Beavers (Red) face off against the Geriatric Jets (White) in the 17 Wing Intersection B Side Finals. Photo: Pte Darryl Hepner.



Number 9 JF Dion takes position beside goaltender Jonathan Mons, as number 61 Jon Sim and Brian Nymoen battle for the puck in the B Side finals. Photo: Pte Darryl Hepner.



The Beavers goalie braces for a shot from the Lockouts in the 17 Wing Intersection Hockey A side finals. Photo: Pte Darryl Hepner.

**Sharon Blady**  
 MLA for Kirkfield Park  
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 SharonBlady.ca

**Jim Rondeau**  
 MLA for Assiniboia  
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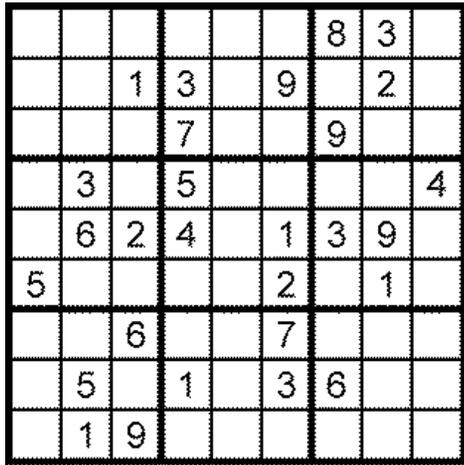
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# Sudoku

## My Sudoku

Rated: Master



Using the numbers from 1 to 9 please fill in the blank cells. Each number can be used only once in each row, column, and 3 X 3 block. Each puzzle is rated for degree of difficulty as : Beginner \* Advanced \* Master

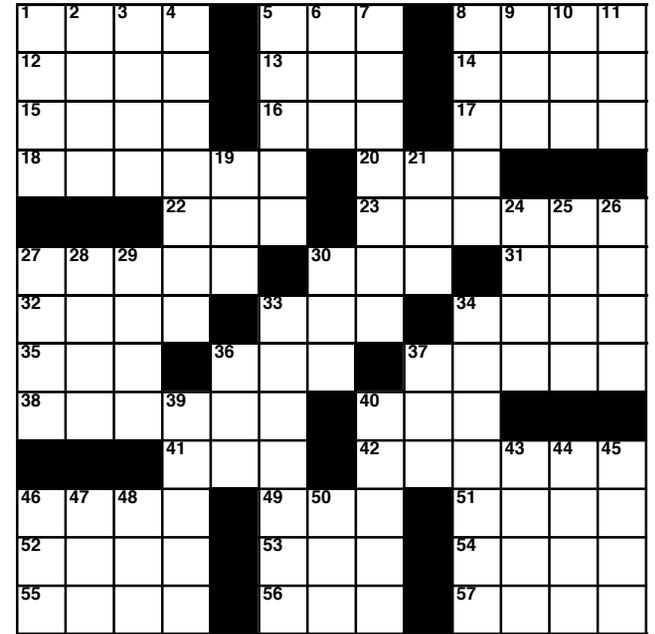
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# Crossword

## Canadiana Crossword

### Mixed Menus

By Bernice Rosella and James Kilner



- ACROSS
- 1 Baby's belch
  - 5 Slump
  - 8 Brew
  - 12 Narrow ridge
  - 13 Turkish leader
  - 14 Confederate
  - 15 Dried-up
  - 16 Parisian penny
  - 17 Restaurant, in Rimouski
  - 18 Pancakes, in Pierreville
  - 20 To's opposite
  - 22 Unspecified
  - 23 Enmity
  - 27 Fruit, in Falaise
  - 30 Jumbo \_\_\_\_\_
  - 31 Make up for a deficiency
  - 32 Old, in Orkney
  - 33 Go Greyhound
  - 34 Father
  - 35 British Columbia peak
  - 36 Males
  - 37 Travel guide?
  - 38 Celebrity
  - 40 Baby salmon
  - 41 Ogle
  - 42 Smoked ham, in St Foy
  - 46 Beige
  - 49 Hullabaloo
  - 51 Whit
  - 52 Weaver's concern
  - 53 Rocky outcropping
  - 54 Copyread
  - 55 Recedes
  - 56 Possessed
  - 57 Twenties art form

- 5 Impudent
- 6 Past
- 7 Waffles, to Gillaume
- 8 Bacon, in Bonsecours
- 9 Guido's high note
- 10 Hob
- 11 Canadian whiskey
- 19 Par and pot ender
- 21 Tell
- 24 Overlay with wood
- 25 Gumbo
- 26 Female sandpipers
- 27 Exhibition
- 28 Boorish
- 29 Cavalryman
- 30 Gravy, in Gaspe
- 33 Below
- 34 Checked
- 36 Route, abbr.
- 37 Constellation near Scorpius
- 39 Eggs, in Gentilly
- 40 Norwegian inlet
- 43 Presage
- 44 About the ear
- 45 North Atlantic defense org.
- 46 Kwa
- 47 Gull
- 48 Fleece
- 50 ER chart notation

- DOWN
- 1 Pear
  - 2 Exploiter
  - 3 Scarce
  - 4 Not on credit

## Philatelist's Corner with Alf Brooks

# France-Germany, the Treaty of Elysée



The twentieth century saw France and Germany facing each other in two ruinous wars. In 1963 their heads of state, Charles de Gaulle and Konrad Adenauer, signed this treaty, marking the beginning of historic reconciliation between the two countries and leading over the subsequent years to additional agreements between them and other European countries. The European Union we have today is the result.

France and Germany this year jointly issued a stamp to mark the anniversary and to publicize a program that joins the youth of the two countries in endeavors to strengthen ties between the two countries.

**The PSP Community Recreation Spring guide is now available.**

Visit [www.cfcommunitygateway.com](http://www.cfcommunitygateway.com) for more information.

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# Community Recreation All-Star Summer Camps Registration is on Now

Here's a look at what you can expect from this year's All-Star Summer Camp:

## 02-05 July 2013 (4 day week)

### Rookie Camp: Multi-Sportastic

Have fun and get active this summer. This camp is action packed with a variety of sports, games and activities! You'll learn how to make health and nutrition choices and learn the benefits of staying active. We'll play some fun traditional sports like soccer, basketball, and baseball and enjoy a few new activities like Barbarians and squirrel tag. Field trip to the Zoo.

### Varsity Camp: Dodgeball & Disc Games

Learn to throw, dodge and catch and also participate in speed, quickness and agility drills. We will play different styles of dodgeball and learn the official rules. And when we are not dodging with will be playing disc games! Learn ultimate Frisbee, disc golf and many other fun disc / Frisbee games! A great week filled with fun, teambuilding activities and meeting new friends. Field trip to Camp Manitou.

## 08-12 July 2013

### Rookie Camp: Eco Adventures\*

Learn about leaving no trace, wilderness awareness and safety with hands on activities. An exciting way to experience teamwork, planning and strategizing. We will go on hikes, explore nature, bike rides and learn through many games and activities. Field trip to Oak Hammock Marsh.

\*Must bring a bike to camp!

### Varsity Camp: Racquet Sports

Badminton, Squash, Tennis, Pickle Ball, Pin-Pong and much more. A chance to try a little of everything this week! Field trip to Camp Manitou.

## 15-19 July 2013

### Dance & Theatre

Music, dance, visual art and drama become the tools of discovery. Get ready for fun, adventure and learning through the arts! Includes a field trip to the Fringe Festival.

### Floor Hockey & Football

Score big in these exciting co-ed sports that are fast-paced and full of action. Equipment is provided. Includes a field trip to Blue Bombers practice.

## 22-26 July 2013

### Rookie & Varsity Camp: Soccer & Softball

Spend a week learning the rules and skills of softball and soccer. Skill development includes foundation skills, drills, and game strategy. Co-operative games are also included. Baseball glove is recommended; all other equipment is provided. We will be attending a Winnipeg Goldeyes game.

## 29 July - 02 August 2013

### Rookie Camp: Amazing Race\*

Make it to the finish line in this action-packed week of challenges, obstacle courses, brain teasers, water races, scavenger hunts and more. Includes a field trip to Wheelies. \*Must bring a bike to camp!\*

### Varsity Camp: Track & Field

This program combines technical development and fundamental techniques with safety and a major focus on fun! Using special equipment, our exercises and drills will introduce athletes to cross-country and track and field events while inspiring a love for being active. Includes a field trip to Wheelies.

## 06-09 August 2013 (4 day week)

### Rookie Camp: Train, Climb, Splash and Explore

Learn basic training techniques. Have fun Climbing at Camp Manitou. Improve swimming and diving skills. Play water sports. Includes a field trip to Camp Manitou.

### Varsity Camp: Eco Adventures\*

Learn about leaving no trace, wilderness awareness and safety with hands on activities. An exciting way to

experience teamwork, planning and strategizing. We will go on hikes, explore nature, bike rides and learn through many games and activities. Field trip to Oak Hammock Marsh.

\*Must bring a bike to camp!

## 12-16 August 2013

### Gymnastics, Tumbling, & Cheerleading

Come join us for a rewarding and enjoyable experience while building self-esteem & friends! We help each child strive to learn and perfect new skills at his or her own pace. Includes a field trip to Springer's Gym.

### Floor Hockey & Lacrosse

Score big in these exciting co-ed sports that are fast-paced and full of action. Equipment is provided. Includes a field trip to the MTS Centre.

## 20-24 August 2013

### Rookie Camp: Circus

Learn various circus arts in a fun, safe, positive environment while building strength, balance, co-ordination and self esteem. A week of silly fun and great laughs! Any level of physical development & skill is welcomed. Includes a bowling field trip.

### Varsity Camp: Sportball

Sportball is a multi-sport program to introduce children to the fundamental concepts and skills behind eight popular ball sports: baseball, football, basketball, golf, hockey, soccer, tennis and volleyball. Includes a bowling field trip.

## 26-30 August 2013

### Rookie Camp: Spirit Week

Teams will create banners, songs, cheers, and mascots to promote their camp pride and represent their teams for the fun filled spirit week activities. Join in the fun of backwards day, superhero day, and PJ day. We will end the week with a grand finale talent show! Includes a field trip to Grand Prix Amusements.

### Varsity Camp: Amazing Race\*

Make it to the finish line in this action-packed week of challenges, obstacle courses, brain teasers, water races, scavenger hunts and more. Includes a field trip to Grand Prix Amusements.

\*Must bring a bike to camp!

## 2012 Sports Camp FAQs:

### What will my child be doing?

Your children will be enrolled in a program developed by experienced Recreation professionals who train their staff to lead a fun, active, and safe camp. Each day your children will be encouraged to participate in the weekly theme's activities (in a non-competitive atmosphere) either outside or on the gym floor. Children will also have the opportunity to play and swim in the pool (lifejackets are available for weaker swimmers, and children can choose to stay in the kiddie pool or venture into the big pool) and take part in the other games prepared for the day. Weekly field trips are planned and most Fridays the camp offers a special lunch and a movie in our theatre. 17-Wing PSP Community Recreation "All Stars" Summer Sports Camp promises to be an experience your children will never forget!

### What age does my child have to be?

We accept children ages 6-12 years, grades 1-6. All children must have successfully completed kindergarten and be able to function independently in the bathroom. Ages are usually broken up into groups (children can request to be together or separate and we will do our best to accommodate).

### Do you offer anything for older children?

Anyone 14 and up may volunteer for All Stars Summer Sports camp. We offer a flexible schedule, a chance to get high school volunteer hours completed, special lunches on Fridays, and possible future employment. See our Volunteer flyer and application for more infor-

mation. To get on the volunteer list call the Community Recreation Coordinator at (204) 833-2500 ext 2057

What does my child need to bring?

Every day children must bring a swimsuit and towel, runners/sneakers, peanut free bagged lunch (besides Fridays, if they paid for the special lunch), water, and sunscreen. Children are required to bring their bike for Triathlon, Olympic Sports, and Amazing Race camps as well.

### What are the times?

We are open for drop-off 0715-0900 and pick-up 1600-1730. Activities (including field trips) begin at 0900 so parents should have their children to camp on time for full participation. Please be aware some field trips leave at 0900 so you may need to make arrangements to meet at another location if your children are not here on time. Parents of participants that are not picked up by 1730 will be penalized \$10 for every 10 minutes their child is not picked up.

### What are your prices?

Member prices are \$110 per week (\$88 for 4-day camps). Non-members pay \$125 per week (\$100 for 4-day camps). Optional special lunch prices vary, but are usually an additional \$5.00.

### When/how can I register?

Registration opens April 3, 2013. Registration is done online only at PSP Online. If you have special circumstances you can call (204) 833-2500 ext 2057

Please be aware of our registration and refund policy: Registration is on a first come, first serve basis. All classes are subject to change or cancellation due to lack of enrollment or other unforeseen issues. Payment is due at the time of registration.

Full refunds will be issued to participants that sign up for classes that are cancelled by community recreation. Refunds minus a 25% administration fee will be issued to participants who wish to withdraw from a program two weeks prior to the start date. Cancellations within less than two weeks prior to the start of a course will only be considered for medical or compassionate reasons.

You may not call to hold a spot without paying over the phone (even with the intention to run right over to pay). Spots are only held when payment is made as this keeps our records up-to-date and ensures no one forgets to drop by and pay.

### Children's Fitness Tax Credit?

Participants of our summer camp program are eligible for the Children's Fitness Tax Credit. The children's fitness tax credit lets parents claim up to \$500 per year for eligible fitness expenses paid for each child who is under 16 years of age at the beginning of the year in which the expenses are paid. To receive your tax credit, please leave your proof of payment (the original receipt provided at the time of registration) at the front desk with the registration form. Official tax credit forms with receipts will then be available on the last day of camp.

### Who can I contact?

Community Recreation Camp Supervisor: (204) 833-2500 ext 7013

Community Recreation Coordinator: (204) 833-2500 ext 2057

Community Recreation Director: (204) 833-2500 ext 2059

Community Recreation Information Desk: (204) 833-2500 ext 5139

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Strengthening the Forces is bringing you the CAF Health and Wellness Challenge. Join the Challenge and take concrete steps to increasing your confidence, improving your overall health and being the best that you can be.

Health is an every day issue...it's what you eat at the restaurant, it's how well you sleep, it's the evening walks you take,

and it's the decisions you make when impacted by stress. Small daily choices can have a big impact on improving your life. According to Dr. Darrell Menard, a sport medicine specialist with Strengthening the Forces, "the fundamental decision is choosing to take care of yourself and everything else in life will fall into place."

Join the Challenge! It is all about keeping fit, eating healthy, connecting with friends, living addiction free, and enjoying life. Prizes and bragging rights for units with the most participation. All participants are eligible to win iPods, eReaders, and more.

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# ManitobaQuits.ca



The Manitoba Quits Campaign is gearing up for another year of helping people kick the habit. The Contest, sponsored by The Manitoba Lung Association and McNeill, offers people wanting to quit smoking a bit of extra incentive, with 5 prizes of \$1000 for people who manage to give up cigarettes.

On June 5th, Manitoba Quits will randomly draw 5 names to win the \$1000 prize. Winners will be required to submit to testing to prove that they have been cigarette free to be eligible to receive the prizes. The contest is open to any Manitoba Resident who is currently a smoker, and is completely free to enter. The contest deadline is April 30th. For more information of to register for the contest, go to [www.manitobaquits.ca](http://www.manitobaquits.ca).

In order to help you get started, here are some tips for quitting smoking:

1. Take note of who else will benefit from your decision to stop smoking. Try to imagine how you'll look once you quit. How will you feel about yourself? How will others feel about what you've accomplished? Your reasons to quit may include concerns about your health, setting

a good example for your children, and improving your relationship with family and friends. You may also wish to keep more of your hard-earned money!

2. Next to each concern, write down one or more things you'll do to overcome the challenge. For example, you may be concerned about failing. Many people try more than once to quit smoking. Each time you try is a success because you'll learn skills that you can apply to your next attempt.

3. Take a moment to write down one or two ways of dealing with each withdrawal symptom, in case it happens to you. Being able to recognize withdrawal symptoms will also help you to remember that the effect is only temporary.

4. Think about the times you've gone without smoking in the past. What did you do to keep yourself from smoking? What seemed to be the most helpful? What have you recently accomplished? For example, have you become more physically active, changed your diet, started wearing your seat belt, or stopped putting things off? How did you do it? Could this success help you to change your smoking behaviour?

5. Most people underestimate the support

they'll get from family and friends. List the people you can count on to help you. Who can you call for encouragement? Who will help distract you when you have a craving? Who can help you to avoid tempting situations?

6. Before you quit, use your Tracking Card to record how much you smoked, where you were when you smoked, who you were with, as well as what you were thinking, feeling and doing immediately before, during and after you smoked. Look over your notes after one week to see if you can find any patterns to your smoking. For example, did the amount you smoked change according to who you were with, where you were, what you were doing, or how you were feeling?

7. If you crave cigarettes when you drink coffee, switch to tea or to juice. If you tend to smoke in a certain chair, sit in another chair or go outside. Remove all ashtrays from sight.

8. The final step of creating your quit plan is to set a date to begin your life without cigarettes. Try to pick a specific date within the next three weeks.

9. I have committed to stop smoking on \_\_\_ (date). On that day, and on each day afterwards, I will not smoke. I will do whatever it takes to keep this promise so that I can have a new and better life without cigarettes.

### Alcohol, Other Drugs and Gambling: Supervisor's Training

24 April or 13 June 2013  
0800-1600 hrs

Recognize and respond to early warning signs and develop effective interview skills.

This training is course coded and is required for all military in a supervisory role. DAOD 5019-7

### Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif: formation des superviseurs

24 avril ou 13 Juin 2013

Reconnaître les premiers symptômes et savoir y réagir. Apprendre à faire des entrevues efficaces.

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For more information contact your local Strengthening the Forces Health Promotion Office or visit our website at [www.forces.gc.ca/health-services-eng](http://www.forces.gc.ca/health-services-eng) / health\_promotion\_serve.asp

Pour plus d'information contactez votre bureau local de promotion de la santé. Écrivez-nous sur notre site web à [www.forces.gc.ca/health-services-eng](http://www.forces.gc.ca/health-services-eng) ou appelez-nous au 4150-1600.

To register, contact Health Promotion at local 4150

### Managing Angry Moments (MAM)

11 & 18 April 2013  
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

11 et 18 avril 2013  
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.

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

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



[www.familyforce.ca](http://www.familyforce.ca)

204.833.2500 ext. 4500



## Spring cleaning for Mental Health

By Dr. Stephanie Smith

Many of us think about our health around the first of the year when we make resolutions: lose 10 pounds, start working out, quit smoking. But by April, many of us have not only given up our New Year's resolutions, but have also stopped thinking about our health altogether. Instead of focusing your spring cleaning solely on your home, why not do some spring cleaning in the area of mental health too? Some areas that might need tidying:

**Money.** Money can be a significant source of stress this time of year. Taxes are due and summer vacation balances need to be paid. Take an honest look at your budget. Are you spending within your means? Is your money being spent on things that are important to you?

**Time.** I like to think of time as a commodity just like money. If your first priority is your family, does your "time budget" reflect that? If not, you may be experiencing strain and stress. Find yourself not being able to enjoy relationships, work, and hobbies because of lack of time? It might be time to re-think your schedule.

**Friends.** Healthy relationships are

essential to mental health. I encourage folks to be mindful of who they are spending their precious time with, and how those folks affect their mood. Feel drained after spending time with the neighbour down the street? Might be time to re-think the friendship.

**Work.** Many of us spend a huge percentage of our waking hours at work. It then becomes critical to our mental health that we do everything we can to make those hours positive. How is work going? Are you still happy in your position? Even if you can't (or don't want to) change jobs, there are plenty of things you can do to feel more fulfilled in your current position. Set new priorities and goals, alter how you interact with your co-workers and boss, set a "no work-talk" zone at home as a way to separate work and home life.

Good luck tidying up your mental health this spring. With just a little extra attention and effort this might be your most psychologically healthy spring and summer yet.

<http://www.drstephaniesmith.com/?p=450>

### Shopping showcase

Calling home-based business owners!

Reserve a table at the MFRC's shopping showcase to promote your wares.

Looking for unique gift ideas?

The showcase is your one-stop shop!

Thursday, May 16 from 7 to 9 p.m.

Building 33- Westin Community Centre

Tables \$15 each (reserve by May 10, space is limited)

Free to shop!

For more information or to register  
call 204-833-2500 extension 4500.

## Kids Care fun



Children at casual care have fun doing a variety of activities throughout the day, including art, story time and free play. Casual care is offered for children six months to five years on Tuesdays and Thursdays at 630 Wihuri Road. There are four options available: 9 a.m. to 12 p.m., 9 a.m. to 4 p.m., 1 to 4 p.m. or hourly. Cost is \$5/hour or: children under 2 years: \$12/3hours; \$28/7 hours; siblings ½ price children over 2 years: \$10/3 hours; \$24/7 hours; siblings half price. For information or to register, please call 204-833-2500 extension 2491, at least 24 hours in advance.

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R3J 3Y5

### MFRC Upcoming Programs:

#### Cardmaking

Sunday, April 14 from 1 to 3 p.m. Registration deadline April 10

\$15 for eight cards

Come learn how to make your own greeting cards on a budget. We'll be making eight cards- two each of four designs. No previous papercrafting experience is needed. Please bring your own adhesive (double sided tape, glue stick, etc). If you don't have your own, some will be available. Samples will be posted on Facebook and will be available at the MFRC.

#### Craft Time Drop-in

Tuesday, April 23 from 6:30-8:30 p.m.

Are you a knitter, card maker, stamper, scrapbooker or other crafty sort? We're offering you the space to come and craft without interruption. Enjoy the company and inspiration of others while you complete your masterpiece.

#### The Big Cook

Thursday, April 18 from 6:30-8:30 p.m. Registration deadline: April 12

\$50 per person

Join us for an evening of food and fun. We'll be making five take home meals from 'The Big Cook' books. This is a great way to get out of the "dinner rut" and create some new meals for your family. Registration and prepayment are required. This month we'll be making Baked beans, Lazy Man's Lasagne, Zippy Pork Chops, Beef Stroganoff and Mexican two bean chicken chili.

#### French Families activity Sugar Shack

Sunday April 28 at 10 a.m. Registration deadline April 24

Join us at the MFRC for a traditional sugar shack meal. Fèves au lard, tourtière, maple ham, crêpes and maple taffy will be served. Come have fun with us in a Sugar Shack ambiance!

#### A Parent Group

Wednesday, April 24

9:30 to 11:30 a.m.

Come join us for a morning of fun, food and activities. Join other parents for some socializing, while your children 18 months and older socialize in the playroom. Children under 18 will stay in the room with the parents and play,

#### Next chapter

Thursday, April 18 from 9:30 to 11:30 a.m.

Do you have school aged kids, and are looking to socialize with other parents? This group will help you as you go through the middle years before the teen years. This program is designed for parents with children ages 6+. Child care is provided for younger children.

#### French Coffee

Every Wednesday morning, 10 to 11 a.m.

Join us every Wednesday morning for a coffee and a chat with members of the Francophone community. Everyone is welcome, however, an excellent understanding of French is needed. Free child care is provided.

#### A Parent Community

Fridays, April 5, 12, 19 and 26

9:30 to 11:30 a.m.

Free childcare for children 18 months to five years

A community of parents will discuss topics related to parenting children of all ages. Stop by the MFRC and have a coffee while your children socialize with others. The public health nurse will be here on April 5 to answer questions.

#### Coffee and Conversation

Every Tuesday at 2 p.m.

This event enables volunteers, members of the community and MFRC staff to get to know one another and discuss programs and services offered by the MFRC.

#### Mother Goose

300 CARPATHIA RD

Tuesdays from 9:30-11 a.m.

Parent participation required

This program is for parents/caregivers and their children infant to 5 years old. Discover the power and pleasure of rhyme and song in a casual friendly setting. Parent participation required. For more info call 204 833-2500 ext 2491. This program is funded by Families Forward.

#### Creative Tots

WESTWIN CHILDREN'S CENTRE, 642 WIHURI RD.

Thursdays from 9:30 to 11 a.m.

Parent participation required,

Parents/caregivers and children 0-5 come and join us for free play, art, songs and stories. This drop in program is a great way to meet others and introduce your child to a group setting. Please bring a peanut free snack for your child. For more information, call 204-833-2500 extension 2491.

#### Nursery School

WESTWIN CHILDREN'S CENTRE, 642 WIHURI RD.

Monday, Wednesday, Friday

English: 9 to 11:30 am. French Immersion: 1 to 3:30 pm

\$60 per month & \$15 annual registration fee.

This program is for children ages 3 and 4. It offers a play based program paying attention to all areas of child development. It is offered in English and French Immersion. Registration for 2013-14 term is now being accepted. Children must be toilet trained and 3 years old by Dec 31/13 to enrol.

# Chaplain's Corner

## A PRAYER IN SPRING

Oh, give us pleasure in the flowers today;  
And give us not to think so far away  
As the uncertain harvest; keep us here  
All simply in the springing of the year.

Oh, give us pleasure in the orchard white,  
Like nothing else by day, like ghosts by night;  
And make us happy in the happy bees,  
The swarm dilating round the perfect trees.

And make us happy in the darting bird  
That suddenly above the bees is heard,  
The meteor that thrusts in with needle bill,  
And off a blossom in mid air stands still.

For this is love and nothing else is love,  
To which it is reversed for God above  
To sanctify to what far ends he will,  
But which it only needs that we fulfill.

- Robert Frost

## Together in Church

### CATHOLIC

#### CHAPLAINS

**Padre Mark Mawson (Wing Chaplain)**

Roman Catholic Office 833-2500 ext 5417

**Padre Ray Laudenorio**

Roman Catholic Office 833-2500 ext. 5272/6914

**Padre Frederic Lamarre**

Roman Catholic Office 833-2500 ext. 5956

**Ms Catherine Landry**

W Chap Admin Assistant

Office: 833-2500 ext 5087

#### Masses (English only)

Tues, Weds, Thurs 1210 hrs

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 Will Hubbard**

(Anglican) Office 833-2500 ext 5349

**Padre Darryl Levy**

(Baptist) Office 833-2500 ext 5785

**Padre Frank Staples (UCC)**

Det. Dundurn. Office 833-2500 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'.



# PERSONAL CLASSIFIEDS

# Taroscopes

BY NANCY

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### Wanted: Volunteers!

1 Canadian Air Division is looking for volunteers to work in the kit shop. Flexible hours. 1 day a week between 10:00 hrs and 14:00 hrs. Please contact PO2 Jennifer Ross at 833-2500 ext 6512

### Volunteers Wanted!

The Western Canada Aviation Museum is looking for volunteers in the artifacts, library and restoration departments. Applicants must be able to use a computer for data imputing and indexing. Let us know what your skills are but if you're willing to learn new things, we can teach you! We are always looking for help in other departments as well. Please contact the museum reception desk at: 204-786-5503 to volunteer.

### House For Sale!

1040 SQ/FT Bungalow just minutes from 17 Wing, perfect starter home or for those newly posted in! Recent upgrades include: Insulation, kitchen, main bath and many more. Call Paul @ 204-803-3232 for more info and/or a showing. List price \$284,800

The 17 Wing Archery club is looking for old artificial Christmas trees to use for greenery around the targets. Anyone who has one to spare can contact Scott at: Scott.Allingham@forces.gc.ca

Send us an e-mail today to place your FREE Classified ad at: voxair@mymts.net

### Aries (March 21 – April 19):

You're feeling on top of the world and confident you can do anything you aim for. This is great - but remember that there are some things beyond your control. What you believe is possible may be unrealistic. Make sure you double check your assumptions. Timing counts.

### Taurus (April 20 – May 20):

Though the known is comfortable and enjoyable it still feels like you are not totally fulfilled. Some aspect of life eludes you. You're eager to stretch and learn new skills and make use of your abilities. Even if you remain in the same place you can seek out new challenges.

### Gemini (May 21 – June 21):

Stay calm. Look for ways to sustain yourself that also help you feel you are honouring your life purpose. Spend time reviewing your goals. What other people think about your choices is irrelevant at this time. What makes your life meaningful to you is what matters.

### Cancer (June 22 – July 22):

Though your hard work has paid off well you're encouraged to re-evaluate and upgrade your methods so things continue to go smoothly now that you've done the ground work. Hone skills, take care of your body, finalize or stylize a plan. Put you insightful ideas into action

### Leo (July 23 – August 22):

Your desire for the good life may be exhausting you and your resources. Fun seeking friends may not understand your sudden awareness of reality. Hard work and good instincts can ensure you're in the right place at the right time. Luck will once again shine on you.

### Virgo (August 23 – September 22):

You'll be feeling a sense of freedom from worry and a release from what was a big deal only a season ago. Your efforts to establish strong relationships created deep bonds with those you care about. A family event may be costly but you'll have fun. Go ahead and enjoy it.

### Libra (September 23 – October 23):

Think things through before implementing your ideas or the fallout could surprise you. As you mature you gain perspective. Though at first this can make you feel insignificant in the long run it is actually very freeing. Develop your own independent talents.

### Scorpio (October 24 – November 21):

Don't let worries grow out of proportion. Consult an expert who can help by making suggestions on how to resolve issues. Develop a practical plan. You'll get tangible results when you work at a solution instead of wasting energy focusing on the problem.

### Sagittarius (November 22 – December 21):

Sever connections that are not in your best interest. When deciding what you want to do, don't be fooled by a slick sales pitch. Don't assume that what others opt into is right for you. You'll get deeper satisfaction from things that count to you personally.

### Capricorn (December 22 – January 19):

You may feel as if you've been sleep walking through life and have missed some pretty important things. What once seemed insignificant now gets your full attention. You may be surprised at the way others perceive your lifestyle. Don't assume you know everything.

### Aquarius (January 20 – February 18):

Time can make an unbearable situation seem viable and less limiting. However, you cannot remain in limbo forever even though, up to a point, it feels safe and easy. Be honest about what you really want. Accept help from friends, co-workers and/or a mentor.

### Pisces (February 19 – March 20):

Though you may feel that people are expecting you to do too much. You can meet the challenges coming your way. You have allies and support. Do the work. Complete a project; then celebrate your successes with those who helped you get through the tough times.

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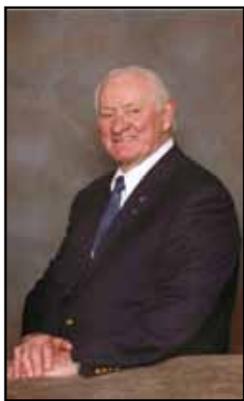
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