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THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

March 25, 2015

VOLUME 64, ISSUE 6

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Finding Cold Comfort



The weather outside was definitely frightful as an Air Operations Survival – Arctic Aircrew (AOS-AA) student constructed a Fighter Trench during training in Resolute Bay. For more on the AOS-AA, see page 2. Photo supplied by: Capt Phil Snow

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Preparing for the Worst: The Arctic Aircrew Survival Course



Survival shelters constructed by Air Operations Survival – Arctic Aircrew (AOS-AA) course students. Photo: Supplied



AOS-AA students are seen constructing igloos, a traditional Inuit shelter, as part of their training in out door shelters. Photo: Supplied

By Martin Zeilig
Voxair Photojournalist

When the temperature is a bone chilling minus 40° Celsius, and when the wind chill makes it even more frigid, every little task outdoors becomes difficult, no matter how warmly you're dressed.

That's especially true in the barren Arctic tundra where finding shelter from the elements is essential to survival.

The lack of natural fuel in the Arctic makes a shelter necessary to retain the most heat possible from any available heat sources, says Sergeant Darcy Keating, a SERE (Search, Evasion, Resistance, and Escape) Instructor for the Canadian Forces School of Survival and Aeromedical Training (CFSSAT) at 17 Wing.

Sgt Keating was an instructor on the recent Air Operations Survival -Arctic Aircrew courses. The courses were held from February 2-11 and 10-19 in Resolute Bay, Nunavut, and a total of 48 students from CAF bases across the country participated.

Resolute Bay, which lies 2785 kilometres due north of Winnipeg, is one of the coldest inhabited places in the world with an average yearly temperature of -15.7 °C.

Sgt Keating says that the best improvised shelter is an igloo or snow cave, which can provide a near-comfortable environment by conserving heat from a small heat source.

"The course is open to all aircrew," Sgt Keating, a Search and Rescue Technician by training, says.

"It's a progressive kind of course where we teach you everything from how to wear your clothing properly, to building an igloo and surviving the environment if your aircraft ever goes down in an arctic environment."

Besides getting hands-on training in constructing shelters, Sgt Keating said the students were also taught how to signal their location to searchers by using flares as well as snow, rocks and other elements found in the environment.

"They first learn how to set up the aircrew survival tents on board the aircraft, and we build a shelter wall with snow blocks," he says.

Students are also taught how to build an oil lamp or koodlik, the only heat source used in the snow caves and igloos.

Two Inuit instructors, members of the Canadian Rangers from Arctic Bay, provided the students with initial instructions on how to build igloos, and there were nine SERE instructors on hand supervising the entire operation.

"It took the guys from six to eight hours to learn to construct an igloo," Sgt Keating says.

He calls the course a challenge, but says that most times if someone doesn't finish the course it is due to an injury or sickness, or when the students don't take care of themselves and risk getting frost bite or other injuries.

"The big key is we give them all the tools to survive, and it's up to them to use those tools," continued Sgt Keating, who remarked that there was always someone with a rifle on security duty to keep a lookout for polar bears during the course.

"The Arctic environment is unforgiving. And, if you're unprepared, you may not survive it."

17 Wing PSP Hosts WComd Coffee Break



Top: The winners of the draws from the Wing Commander's Coffee Break display their prizes. Captain Ken Mick, Dawn Redahl, and Carol Loader won tickets to a future Goldeyes Game, and Master Warrant Officer Sandra Spragg won tickets to a Winnipeg Jets Game.

Right: The coffee break was a great opportunity for people from around the Wing to network in a relaxed environment.

Photos: Martin Zeilig



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Derksen Printers
204-326-3421

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VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col Roy. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. We will not be responsible for any loss or damage to any advertiser or third party resulting from the failure of an advertisement to appear in any of our editions or from any error or omission in any advertisement which is published.

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Winnipeg, MB R3J 3Y5
This newspaper is printed using
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Publications Mail Agreement No. 1482823

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New RCAF Band Song Pays Honour to SAR Techs

By Mike Sherby
Voxair Manager

Art can help make sense of a senseless tragedy. For Sgt Mike Hall, the death of Sgt Mark Salesse was the impetus behind his newest song, "That Others May Live."

The song, which features Sgt Hall on guitar, Sgt David Grenon on vocals, and Sgt Scott Foster on bass, was played live on Friday, March 6th at a memorial service held at 17 Wing to honour Sgt Salesse's life.

Moments before performing, Sgt Hall admitted to being a little nervous about playing the song at the memorial.

"It's an amazing, emotional thing for us, I hope I get through it ok," he said.

The germ of the idea for the song was planted a few years ago when Sgt Hall was staying with a friend of his who is a SAR Tech.

"He loves music, so he said to me 'You should write a song for us.' And he was telling me about his trade, and what he did. These guys save people's lives, it's what they

do. They put their entire existence on the line to save people's lives."

The title of the song comes from the SAR Tech motto: Without regard for my personal comfort or self-advancement, to the best of my ability and to the limitations of my physical and psychological endurance, I solemnly pledge to make every effort to return to safety, those victims of disaster entrusted to my care by the assignment of the mission to which I have consented. These things I shall do: 'that others may live'.

Sgt Hall says that as soon he heard the words "That Others May Live", he knew he had the title for his song. However, he never got around to writing the rest of the song until he heard about Sgt Salesse's death while he was on the way to a concert with the band.

"On Valentine's Day, with me being single, I sat down with my dog and started to write, and everything just came pouring out" Sgt Hall says. "It's meant with the utmost respect, and unfortunately it took this tragedy for it to be finished."



Sgt Mike Hall performs "That Others May Live" at the memorial for Sgt Salesse. Photo: Mike Sherby

Small Planes, Big History: Models Celebrate RCAF of Old

By Martin Zeilig
Voxair Photojournalist

It was a sight to behold for Corporal Matt Plourde, an Aircraft Structure Technician with 402 Squadron: A Supermarine Spitfire, a Harvard Trainer, and a P-51 Mustang, all hanging in the 17 Wing HQ's Atrium.

The three large scale fibreglass models, which Cpl Plourde spent months repainting and repairing in the squadron's workshop at 16 Hangar, can now be viewed by anyone going to the Wing HQ.

"I love it," Cpl Plourde said, as his eyes opened wide and a large smile spread across his face at the display, which he was seeing for the first time on an afternoon in early March.

"You could almost imagine yourself flying in them. It took a lot to match up the details. Each plane took about a month to do, including doing online research and decal work on the computer."

Every part of the models, from the serial numbers, rivets, gun mounts, and the 402 Sqn colour schemes, were recreated from original sources. The Harvard and the Mustang even have small plastic pilots inside their cockpits.

The planes, which were hung in place by Wing Construction and Engineering were donated to 402 Squadron by Winnipeg resident Mr. Glenn Ranson over a year ago.

"We had the planes in our shop for over year due to other work assignments," says Sgt Robyn Arnold, who helped Cpl Plourde restore the aircrafts. "We have real aircraft to work on first, so it's a matter of priority."

Mr. Ranson, who built the models originally, says he wanted to keep all three together at 402 Squadron. He built the planes many years ago as a hobby.

"I worked from a design," explained the retired automobile technician and former paratrooper in the CAF from 1965-70. "It took me many years to build them."

All three single engine planes were once flown by the RCAF.

During the Second World War Canada had five squadrons equipped with Mustangs, which served as long range fighter bombers. Postwar, a total of 150 Mustang P-51Ds were purchased and served in two regular and six auxiliary fighter squadrons, including 402 Squadron.

The aircraft were declared obsolete in 1956, but a number of special-duty versions served on into the early 1960s.

The North American Harvard appeared in 1937 in response to a US Air Corps proposal for an advanced trainer. The first of 50 Harvard Mk Is planes ordered by the Canadian Government were delivered to RCAF Sea Island, BC in July 1939.

At the end of WW II, although the RCAF retained the Harvard as a trainer, a large number of them were sold off to civilian operators. Countless numbers of privately owned Harvards are still flying today.

The Supermarine Spitfire is a British single-seat fighter aircraft that was used by the Royal Air Force and many other Allied countries during and after the Second World War.

"Everybody thinks the planes are awesome, especially the way they've been restored," Captain Ken Mick,

the Wing Commander's Executive Assistant, said. "They look so authentic."

He said that WComd Col Roy wanted the planes placed in the atrium so that everybody could see them, instead of having them hidden away in some inaccessible part of the base.

After having spent so much time working on them, Cpl Plourde says he's gained tremendous respect for these pieces of aviation history.

"I would give anything to fly in those planes. Just to know the history, and to feel what it was like."

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Chantal L'Heureux, a General Services BUS02 Cleaner, admires the vintage model planes suspended from the atrium at 17 Wing H.Q. Photo: Martin Zeilig



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Members of 17 Wing Defence Aboriginal Advisory Group Celebrate Diversity



Members of the 17 Wing Defence Aboriginal Advisory Group. L to R: Natalie Fondren-Gasc, Tanya Frosk, and Master Corporal Corena Letandre Mackay (seated), shared some of their stories with The Voxair. Photo: Martin Zeilig

**By Martin Zeilig
Voxair Photojournalist**

Not every person from an Aboriginal background will identify with their heritage when they join the Canadian Armed Forces or DND.

But Natalie Fondren-Gasc, Tanya Frosk, and Master Corporal Corena Letandre MacKay are proud to identify with theirs.

The three women are all members of the Prairie Region Defence Aboriginal Advisory Group (DAAG) at 17 Wing.

They recently sat down for an interview with The Voxair to discuss the role of the DAAG, which is one of four Employment Equity Act advisory groups that were endorsed in 1994 by the DND Deputy Minister, and en-

couraged by the CDS Chief of Defence Staff in 1997. The other advisory groups are Visible Minorities, Women, and Persons with Disabilities

Participation in the group is not mandatory says MCpl Letandre Mackay, an Anishinaabe from Pinaymootang First Nation in the Interlake Region of Manitoba, who's been in the CAF for 31 years now.

"Not all aboriginal people even know their identity before they join the service," she said. "Some personnel have discovered or acknowledged their roots after some revelation."

"There are military and civilian members at 17 Wing who don't want to be denoted for their Aboriginal status," said Fondren-Gasc, a self-identified Métis from St. Boniface, who is the civilian secretary to the Commanding Officer at 435 Squadron.

"Speaking for myself, I don't want my work to be reflected upon my Aboriginal status, but for who I am as a DND public servant. DND has a unique culture compared to other Federal Government Departments. You're part of a very strong team environment. And, military training is focussed on operations, missions and defending Canadian democracy. Therein lies the priority and the focus on what we do, not who we are."

Cpl Letandre Mackay, who works at 1 Canadian Air Division, says she wants people look at her as a soldier first.

"I just happen to be an Aboriginal person in uniform. I represent the CAF with an integrity that is vital and dependable when required to do so. And for me, that is who we are. Country before self is what is required for every soldier in uniform. And my teammates will not receive any less from me."

Right now there are some 2100 First Nations, Inuit and Métis that serve with the Canadian Forces, according to an essay by researcher John Stoyan from 2014.

Those relatively low numbers are part of the reason why the DAAG is in existence: to help shape policy development on recruitment, retention, promotion and training.

The DAAG, which meets monthly, assists the Aborig-

inal-military relationship by addressing issues that affect members and those serving members of the Department of National Defence and the Canadian Forces.

All three women acknowledged that the DAAG, as an advisory group, can help to influence or guide policy changes.

"The military has amended its previous dress policy to accommodate cultural, religious, and spiritual beliefs by allowing its members to wear their hair in braids while in uniform, so long as safety is not compromised," says MCpl Letandre MacKay.

"For all the years I've been a DAAG member, I've never experienced a door being slammed in my face," says Fondren-Gasc.

"When we've brought anything up in our meetings, such as language issues, Repatriation Ceremonies, or wearing Indigenous accoutrements (Metis sash and Aboriginal Veteran pins, etc.), the item of interest has been addressed at a national level, it's always been accepted with sincerity and respect."

MCpl Letandre MacKay says that it was "always very interesting to rise to any occasion" that challenged her integrity or ancestry during her earlier years in the military.

"When you are obviously aboriginal looking, you cannot hide or run away from it," she says. "And I have encountered situations where my response teetered the outcome."

Fondren-Gasc says that another key role for the Prairie Region DAAG is to be representative and demonstrative of the largest, and most densely populated, urban Aboriginal population in Canada, as well as accepting Aboriginals of all backgrounds from across the country into the DND/CAF.

"The DAAG accommodates all those Aboriginals and non-Aboriginals who share a passion for inclusion and acceptance," said Fondren-Gasc.

For further information on DAAG, contact either Tanya Frosk at email tanya.frosk@forces.gc.ca, or MCpl Brent Thompson, the DAAG military co-chair, at ext. 6026.

Filmmaker Flies High in Manitoba

**By Martin Zeilig
Voxair Photojournalist**

Being the spouse of a CAF member can present many challenges, not the least of which being the possibility of moving to a new base or wing every two or three years. But filmmaker and writer Kelly-Anne Riess takes these things in stride. Such an approach might even be the key to her creativity.

Riess, whose short film Artists by Night (about three Winnipeg graphic artists) won the \$20,000 first prize at the 2013 Gimli Film Festival, seems to thrive on the roving lifestyle.

Her husband is Captain Brian McAninch, a pilot at 435 Search and Transport Squadron, who was transferred to Winnipeg from 15 Wing Moose Jaw in the summer of 2012.

"I'm lucky because I have a flexible project, and I can always do writing from anywhere," Riess says. "So if I need to travel, then I travel. When you move to somewhere new, you can always find fellow artists and writers to collaborate with on projects. When you're working on a film, it's never just you alone."

Riess is a native of Regina, and has worked as a writer, unit director and researcher on the show Crime Stories, which aired on various A&E TV channels.

A bit of a jack-of-all-trades, Riess has also written and produced a number of short films that have screened in film festivals across Canada and aired on SCN's 15 Minutes of Fame. She completed a feature film script with the support of SaskFilm and Super Channel.

As a journalist, Riess has worked as a freelance arts and entertainment reporter for the Regina Leader-Post. She has profiled some of North America's top artists, such as Joni Mitchell, Paul Anka and Buffy Sainte-Marie.

Her debut poetry collection To End a Conversation was featured on CBC Radio and The Writer's Almanac

with Garrison Keillor. I Love Saskatchewan, Riess' first children's book, quickly rose to the top of McNally Robinson's bestseller list upon its release in 2012.

Her current project is Finding Al, a documentary which examines "the folklore and hard evidence" that connects Al Capone to Canada, and in particular to Moose Jaw.

"I've been working on this project for two years now," Riess said.

The project even features a local connection, as it examines evidence that Capone, who rose to infamy as the head of the Chicago Mafia during Prohibition in the 1920s, stayed at the Woodbine Hotel in Winnipeg's Exchange District at one point.

"It has to be done in the next two months because it is scheduled to air this summer on CBC's Absolutely Canadian show."

Riess says she likes living in Winnipeg, and hopes to stay here for as long as possible.

"But, you never know with the military," Riess said. "You don't anticipate the next move. I see moving as an expansion of what I do. You get to meet new people and are exposed to new ideas."



Kelly-Anne Riess (right) doing an interview in Moose Jaw for the documentary Finding Al. Photo: Supplied

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17 Wing Cleans Up at PR Squash and Badminton Tournament

By Martin Zeilig
Voxair Photojournalist

Five members of 17 Wing will be winging their way to the CAF National Squash and Badminton Championships at CFB Borden in early May after having a stellar tournament at the Prairie Regionals Squash and Badminton Championships at CFB Cold Lake, March 9-13.

On the men's side, Lieutenant Colonel Stephane Racle was awarded a silver medal in squash at the Open competition, Captain J.F. Gallant won gold in the badminton Men's Open event, and Second Lieutenant Thomas Mahoney, who's currently studying at HMCS Griffon, Thunder Bay, won gold medals in both the Junior Men's and Open Squash categories.

For the women's competition, Captain Audrey Jordan took first in Women's Badminton and Squash, and Corporal Sheryll Yang, who placed third in the Women's Badminton at Cold Lake, will also represent 17 Wing in badminton.

Capt Gallant, who works at 1 CFPTS, played in the singles, men's doubles and mixed doubles during the Regionals. He says that he was pleased with the competition in the tournament.

"The representation from the other bases was better than I expected," he said. "In singles, I won all my games, especially against two fierce competitors from CFB Edmonton and CFB Moose Jaw. I played in the round robin against the competitor from Moose Jaw. It was a tight match, but I won in two sets."

After that he was able to "lock in" the number one seed for the elimination round.

"For the gold medal match, I played the competitor from CFB Edmonton and won in two sets," said Capt Gallant, 37, who's been playing competitive badminton for over 25 years, and is a regular in badminton tournaments, with his playing partner, Leo Otto, at the Rady Jewish Community Centre.

LCol Racle, who's an aerospace engineer at 1 Canadian Air Division, has been playing racquet sports since high school.

"I started with tennis and then migrated to squash because it looked interesting," he said. "I wasn't playing it seriously at first. I lost interest with it, and wasn't getting as good a workout in the sport as I was in squash."

His involvement with the sport intensified after being posted to Cold Lake in 2008, where there is "quite a community of squash players."

"I got better as I was playing more, and I participated in various regional tournaments from then on," he said.

Then LCol Racle was posted to 17 Wing in July, 2014, where he quickly became part of the squash community.

"I noticed a whole lot of good players here," said LCol Racle, who also plays in a Wednesday night city league that includes civilian and military players.

Both men are looking forward to the upcoming competition in Borden.

"I'm hoping for a good show at the Nationals," LCol Racle remarked. "We're going in as underdogs. But I

think we will pull off a few surprises."

The CAF National Squash and Badminton Tournament takes place from May 2 to 8 at CFB Borden. Good luck to all of the 17 Wing participants, and make sure to check out The Voxair for coverage after the event.



Cpl Sheryll Yang (front right) lunges for the birdie in doubles competition with her teammate Captain Audrey Jordan (back left) at the Prairie Region Badminton Competition. Photo: Jeff Gaye, The Cold Lake Courier

MWO Faucher Hits the Ground Running at Canadian Masters

By Martin Zeilig
Voxair Photojournalist

Master Warrant Officer Claude Faucher says he was inspired by the older athletes he saw competing at the 2015 Canadian Masters Indoor Track and Field Championships in Toronto. The championships were held from March 14-15 at the Toronto Track & Field Centre at York University.



MWO Faucher running in the Canadian Masters Indoor Track and Field Championships in Toronto Photo: Supplied

"It's really impressive to see what these older people are able to accomplish, and maintain a very high level of physical fitness," MWO Faucher said. "They're having fun and enjoy what they're doing. It's really nice to see older people aging well."

MWO Faucher didn't do too shabbily himself, winning two medals in the 45-50 age bracket. He picked up a gold medal in the 1500 metres event with a time of 4 minutes 37.38 seconds, and a bronze medal in the 800 metres, finishing in 2 minutes 11.1 seconds.

His brother, Major Serge Faucher, who is stationed in Ottawa, also competed at the championships. He ran the 200 meter in 25.90 seconds, finishing in second place, and in the 400 meter race he finished in 56.38 seconds for first place, setting a new meet record.

The Faucher brothers were the only two CAF members competing at the championships.

MWO Faucher, 47, had been running for over 35 years. His very first competition was a 25 km race at age 13 in his native Montreal.

"Then, I turned to track and field in high school where I concentrated on races at 800 metres, 1500 metres and 3000 metres," he said.

He joined the CAF after graduating from high school and he's been running ever since.

"I got involved fairly quickly with CISM (Military World Games) for cross country and track-- both 5k and 12k," MWO Faucher said.

Over the years, he has participated in 12 CISM's around the world.

MWO Faucher's accomplishments are even more impressive considering that Canada is one of the few countries in

CISM that doesn't have a full time training program for its runners.

"But we do have funds for some athletes to travel to some competitions," he said, adding that as a competitive runner he is an ambassador for the sport and the Canadian Armed Forces.

"There is normally money put aside for runners (and other athletes) to support them in national and international competitions, so financial support can be made available to CAF runners for their competitions. I was reimbursed by the CAF for my expenses to the recent competition in Toronto."

Besides participating in meets and events, MWO Faucher is also the current

Canadian Forces Chief Official for Running.

"I attend the CAF National Championships for running every year in Ottawa," he said. "We piggyback on the civilian race. I make sure all the people are in the correct categories and qualified to make the right times and hear grievances. We try to improve our championship every year, so the athletes can have the best chance of competing out there."

MWO Faucher says that he has been running all these years because it's his passion.

"Running keeps your mind and body fit. As long as my body lets me, I'll be running and competing."

Mawdsley Hall Repeats as 17 Wing Recreation Curling Champs



The Mawdsley Hall Curling team defeated the team from Bldg 52 to take home first place in the 17 Wing Recreational Curling League. Left to right: Maj Richard Hough, Maj Cameron Lowdon, Maj Dan Sajitos, and Maj Mitch Leenders. Photo: Mike Sherby

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1CAD/Canadian NORAD Region Honours & Awards

On 04 March 2015 in the Atrium of building 25, Major General David Wheeler, the Commander of 1 CAD, presented Honours & Awards to members of 1CAD. All photos by: Cpl Jean Archambault



MGen Wheeler (left) presents Maj Graham (right) with the US Meritorious Service Medal.



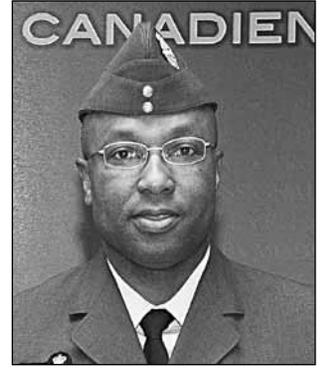
LS Robnson receives the Nato Article 5 Endeavour & CD 1.



LCol Halpin receives the CD 2.



Maj Butterworth receives the CD 2.



MWO Lindsay receives the CD2.



Maj Falldien receives the CD1.



Maj Frost receives the CD1.



Maj Krak receives the CD1.



WO Chisholm receives the CD1.



WO Flynn receives the CD1.



Maj Fraser receives the CD.



Maj Hannah receives the CD.



WO Gray receives the CD.



Ms. Reid receives the 35 Years Long Service Award.



CWO Dionne receives the CWO Scroll.



Maj Mask receives the Navy and Marine Corps Medal.



Mr. Elias receives the Commander's Commendation.



Maj Kynaston receives the CANR Award.



Capt Garrett receives the CANR Award.



WO Peldjak receives the CANR Award.



MCpl Ellery receives the CANR Award.



Cpl Madge receives the CANR Award.



PO1 Simister receives the CJOC Commander's coin.



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1CAD/Canadian NORAD Region Honours & Awards

LCol Larsen, Commanding Officer 1CAD HQ, and 1CAD HQ CWO, CWO Snider, presented medals and awards to 1CAD members.



LCol Larsen (left) presents MWO Chartrand with the CD2.



MWO Dresdell receives the CD1.



Capt Peddle receives the Comm Scroll.



2Lt Rozman receives the Comm Scroll.

Congrats to all Honours & Awards Recipients!



LCol Larsen (left) and CWO Snider (right) present MCpl Lajoie (center) with her promotion to Master Corporal.



LCol Larsen (left) and CWO Snider (right) present 2Lt Rozman with the HQ CO Commendation.



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435 Squadron Promotions



MWO Pascal Dupuis (center), receives his promotion to current rank from LCol Brent Andrews, Commanding Officer of 435 Sqn (left) and CWO Douglas Harry, 435 Sqn Chief Warrant Officer (right).



Corporal Amanda Strang (center), receives her promotion to current rank from LCol Brent Andrews (left) and CWO Douglas Harry (right).



Corporal Shaun Ennis (center), receives his promotion to current rank from LCol Brent Andrews (left) and CWO Douglas Harry (right).



Corporal Michael Lajoie (center), receives his promotion to current rank from LCol Brent Andrews (left) and CWO Douglas Harry (right).



Major Joshua Leveque (center), receives his promotion to current rank from LCol Brent Andrews (left) and CWO Douglas Harry (right).



Master Corporal Thomas Turk (center), receives his promotion to current rank from LCol Brent Andrews (left) and CWO Douglas Harry (right).



Sargent Russell Klassen (center), receives his promotion to current rank from LCol Brent Andrews (left) and CWO Kenneth Reynolds, acting 435 Sqn Chief Warrant Officer (right).



Sargent Richard Verheul (center), receives his promotion to current rank from LCol Brent Andrews (left) and CWO Douglas Harry (right).

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Wing Readiness Training Flight Embraces Cold at Ex Frozen Mukluk 1

By MWO David Stubbert

On 26-27th Feb, nine members of the Wing Readiness Training Flight embarked on a two day Training Exercise. The Objective of the training was to foster teamwork, winter survival skills and advanced snowmobile skills. Exercise Frozen Mukluk took place on the East side of Lake Winnipeg and included overnight camping with tent routine, ice fishing and a 30km snowmobile course that qualified five of the members. The weather could not have been better, a crisp -20, but very sunny and no wind made for comfortable conditions to conduct the training. Overall, as a group we found that it was an excellent experience to not only learn but socialize out in the wilderness away from the normal work environment. The Readiness Training Flight is already looking forward to planning and conducting the summer serial.

This could not be accomplished without the support of many Wing organizations. First I would like to thank the W Foods for their expertise in providing an excellent food menu and food, 23 Military Police Flight and providing additional LOSVs to ensure our training objectives were not only met but exceeded, and last but not least the W Operations Branch for their outstanding support to this exercise.



The 30km snowmobile course helped qualify 5 WRTF Members. Photo: Supplied



The temperature may have been -20C, but sunshine and no wind made the trip pleasant. Photo: Supplied



The WRTF team enjoyed being able to socialize away from the normal work environment. Photo: Supplied

Sharon Blady
MLA for Kirkfield Park

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SharonBlady.ca

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MLA for Assiniboia

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Deanne Crothers
MLA for St. James

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17 Wing Winter Fest Gets a Warm Reception

By Martin Zeilig
Voxair Photojournalist

Saturday, March 14 was billed as Winter Fest 2015, but thank goodness the weather didn't comply!

The day, which was mild and sunny, could just as easily have been called the 'Goodbye to Winter' Festival. Deanne Bennett, the main organizer of the event, joked.

At least 100 people turned out for the day's activities, which ran from 1100-1400 hrs at the Westwin Community Centre.

The Winter Fest's activities were sponsored by the Military Family Resource Centre and PSP Community Recreation.

"Volunteers and staff from both organizations worked together to make it a great experience for all who attended," Barb Thuen, coordinator of volunteers for MFRC, said.

There were a variety of things to do both outdoors and indoors, including bannock baking, horse drawn trailer rides (rather than the advertised sleigh rides), teepee storytelling, live music supplied by guitarist Sergeant Francis Pariseau and saxophonist Captain Richard Monzon of the RCAF Band, a wine tasting area, and children's crafts.

Corporal Charles Boutin, who works at Wing TEME, and his two and half year old son, Lucas, were intrigued by the wild birds on display at the Prairie Wildlife Rehabilitation Centre's display.

"It's the first time I've seen a bird like this," said Cpl Boutin, as his son's atten-

tion was focused on the kestrel, whose species is the only living relatives of dinosaurs.

At intervals throughout the day, geldings King and Joe, two mighty Clydesdale-Dutch Carriage Horse crosses, hauled a 20 foot long trailer filled with people from the parking lot down Wihuri Way up Comet Road and finally back to the starting point.

"I thought it was fun," said Corporal Mike Lambert, who was at the festival with his wife, Jessica. The couple were celebrating their 12th wedding anniversary with their children Maddy and Alex.

"We're really enjoying everything today," Cpl Lambert said.

Preston McGillivray, a representative of Tipi Joe Creations in Winnipeg, regaled festival goers with his aboriginal storytelling. He explained that the teepee represents the female body to First Nations people.

"Every teepee is set up so the door faces east," McGillivray said. "So, when you come out of a teepee, it's like being reborn every day."

Bennett beamed as she surveyed the scene.

"People enjoyed themselves and got a lot out of the day," she said.

A combination 20 Fitness and Recreation and MFRC staff and volunteers helped make things possible.

"They all contributed to the day," Bennett said. "It was just an overall good day. We'll see what next year brings in terms of weather."



Children admire King and his partner Joe after a horse drawn wagon ride at Winter Fest. Photo: Martin Zeilig

Right: A young attendee of Winter Fest having fun creating at the crafts' table. Photo: Martin Zeilig



Left: The Prairie Wildlife Rehabilitation Centre display-- with a Barn owl in the foreground -- at Winter Fest. Photo: Martin Zeilig



An authentic style teepee (Tipi Joe Creations in Winnipeg) set up on the Westwin Community Centre parking lot during Winter Fest. Photo: Martin Zeilig

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PSO Helps Wing Members Find Their Path

By Martin Zeilig
Voxair Photojournalist

For Captain Helen MacDonald, Wing Personnel Selection Officer, the framed poster on her office wall is more than just a modest decoration. It reads "Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond imperfection."

It's an achievable goal, especially with the myriad of opportunities available in the RCAF, Capt MacDonald says.

The mission of the WPSO is to enhance the operational effectiveness of the CAF while maintaining the appropriate balance between the needs of the CAF and the personal and professional needs of the service member.

Basically, the office helps military members get the training and education they need to move to new positions.

"This is accomplished through the practical application of behavioural science principles and methods," Capt MacDonald explained.

Officer Cadet Josée Deveault, who is currently studying Business Administration full time at the University of Winnipeg, is taking full advantage of the possibilities afforded to her through Capt MacDonald's office.

"I was a medic for 13 years in the CAF, and basically decided that I wanted to become a Health Care Administrator," OCdt Deveault said, during an interview between classes at the U of W.

"The WPSO office helped guide me in building a portfolio of credentials that allowed me to competitively vie for a position as an HCA, and then provided the platform for ensuring that I was the best candidate for the opening. I applied on October 20, 2013, and I received my ac-

ceptance the following May. I am still an active member of the CAF, and still do on the job training as an apprentice Health Care Administrator at the base."

Once she finishes her schooling, OCdt Deveault will return to full time work at the base.

"This program is one of the highlights of the CAF benefits," she stressed. "It's giving me a chance to progress my career at an extraordinary rate."

Capt MacDonald says that she and her staff seek to provide first-rate services in career and educational counselling. These goals of the four person team include in-service occupation transfer programs such as the Annual Voluntary Occupation Program for NCMs and Officer Voluntary Occupation Transfer Program.

Capt MacDonald says that often people don't have a clear idea of what kind of services her office can provide to members.

"I'd rather that people come see me for information and guidance rather than get the wrong information from friends or co-workers," said Capt MacDonald, a native of Halifax, and former Air Traffic Control Assistant/ PAR Controller in the CAF.

"I meet such a cross section of CAF members, so every day is interesting. Our military members have such varied backgrounds. They have such amazing stories to tell. They may all wear the same uniform, but they're all so very different in terms of their experiences and ambitions."

Capt MacDonald says that the best part of her job is seeing people she's helped get selected for programs they applied for.

"As a PSO, there is nothing better than that. The success stories are really what make this job so enjoyable."



Capt Helen MacDonald talks to the Voxair about the Personnel Selection Office. Photo: Martin Zeilig

MVA Announces Improvements in New Veteran's Charter at 17 Wing

By Sgt Bill McLeod
Wing Public Affairs Photojournalist

During a brief visit to 17 Wing on Thursday, 19 March, The Honourable Erin O'Toole, Minister of Veterans Affairs, announced new and enhanced services and benefits which, when they are brought into effect, are intended to close gaps in the New Veteran's Charter.

"We are taking action on the issues that are most important to Veterans and their families," said the Minister. "I believe the Government of Canada has taken major strides to close the gaps in the New Veterans Charter and increase supports for our most seriously injured and their families."

According to the Minister the new and enhanced services and benefits being proposed by Veterans Affairs will include 4 major changes, described below.

A new Retirement Income Security Benefit is expected to provide moderately to severely disabled veterans with continued assistance in the form of a monthly income support payment beginning at age 65.

A new Family Caregiver Relief Benefit will become available to eligible veterans. This benefit will provide a tax-free annual grant of up to \$7238 enabling informal caregivers, often a veteran's spouse or other family member, flexibility in care when they need it while ensuring that the veteran's care needs continue to be met.

The eligibility criteria for the Permanent Impairment Allowance (PIA) will be broadened. This allowance, together with the PIA Supplement, provides approximately \$600 to \$2800 a month in life-long financial

support to veterans whose employment potential and career advancement opportunities have been limited by a permanent service-related injury or illness.

Part-time Reserve Force members who become ill or injured as a result of military service should see some enhanced benefits that enable them to receive the same minimum income support payment through the Earnings Loss Program as full-time Reserve and Regular Force members.

Those present at the announcement included the Deputy Commander of 1 Canadian Air Division, Brigadier-General Blaise Frawley; the 17 Wing Command Team of Colonel Joël Roy and Wing Chief Warrant Officer Mike Robertson; the Parliamentary Secretary to the Minister of National Defence and Member of Parliament for Selkirk-Interlake, James Bezan; Member of Parlia-

ment for Charleswood-St. James-Assiniboia & Headingley, The Honourable Steven Fletcher; Lawrence Toet, Member of Parliament for Elmwood-Transcona; and, Joyce Bateman, the Member of Parliament for Winnipeg South Centre.

During his remarks, The Minister of Veterans Affairs acknowledged the contributions of Canada's "future veterans", members of 17 Wing Winnipeg who made up the rest of the audience.

Following the announcement the Minister, a former CH-124 Sea King navigator who completed his training in Winnipeg at the former Canadian Forces Air Navigation School (now called 1 Canadian Forces Flying Training School), took advantage of the opportunity to tour one of 435 Squadron's CC-130 Hercules aircraft. During his introduction of the Minister, MP Fletcher joked that the Minister returned to Winnipeg despite once having spent the entire winter in the city.



A Group photo with Minister of Veterans Affairs Erin O'Toole (2nd from right), MP James Bezan to his left, MP Steven Fletcher, MP Joyce Bateman and members of 435 Squadron. Photo: Sgt Bern LeBlanc

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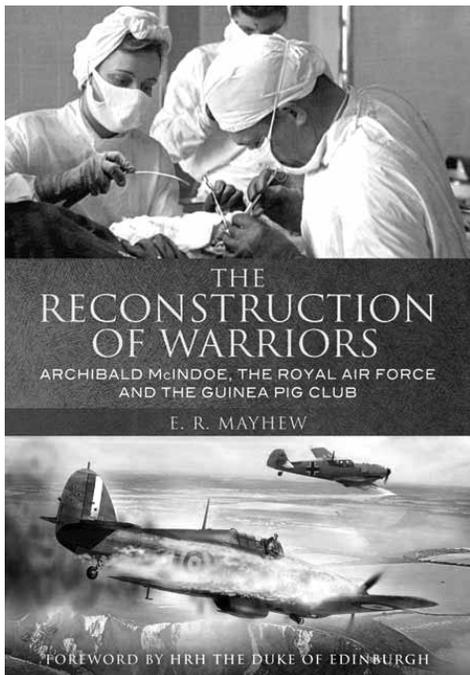
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VOXAIR READS

Title: **The Reconstruction of Warriors: Archibald McIndoe, The Royal Air Force and the Guinea Pig Club**
 Author: E.R. Mayhew
 ISBN: 9781848325845
 Softcover
 Pages: 239
 Illustrations: 37 B/W
 Publisher: Pen and Sword Publishing 2010



By Major Chris Buckham

This book speaks to two of the most diametrically opposed yet mutually supportive aspects of war: the ability to inflict horrific injury and the ability to heal. Mayhew has examined a secondary effect of warfare that had benefits far beyond the battlefield, that being the advances in the overall treatment of burns. Archibald McIndoe, a plastic surgeon assigned to the RAF in early 1939, and his staff, achieved almost legendary status amongst burned aircrew (the so called Guinea Pig club) for his successes. Through his force of personality he not only created a center of excellence for burn reconstruction but expanded his original mandate to meet the unanticipated flood of burn victims resulting from World War 2 aerial combat.

During the interwar years there was very little need for burn reconstruction as the vast majority of patients died. Therefore, McInhoe had to develop his methodology from essentially ground zero. Based on his observations and a remarkable insight into the human condition, he initiated reforms ranging from patient care, ward placement and bed construction to post care engagement with the community. Mayhew's narrative traces these innovations in such a way that the reader is able to both follow the changes and understand the reasoning behind the actions.

There is a distinct Canadian aspect to the story as Mayhew discusses the RCAF wing of McIndoe's hospital. Given the fact that the RCAF constituted the second largest group after the RAF, it was decided by the Canadian Government to fund a hospital to augment the RAF burn unit. The staff and organization were trained and outfitted in a manner identical to the RAF parent unit; of note was the fact that surgical and ward teams were made up exclusively of Canadian staff to a level of professionalism equal to that of McIndoe's. Such was its success and seamless integration within the RAF unit, that the

head Canadian plastic surgeon, Group Captain Tilley, was appointed acting head of the entire organization when McIndoe went on convalescence leave in 1943.

Mayhew also expounds upon the unique dual approach that McIndoe initiated with the care and recovery of his patients; he recognized very early on the importance of reintegration and acceptance of his burn patients back into the society at large. To that end, he proactively engaged with the local town of East Grinstead as a means of his patients and civilians overcoming their fear of the unknown and each other. His holistic approach was very original and a smashing success. Such was its acceptance that the template was extended beyond England to Canada and its RCAF Guinea Pig Club members. McIndoe tirelessly engaged with Government at all levels, military staff and the medical community, knocking down preconceived notions of patient care and reintegration with great success. His actions went far beyond his primary role as a surgeon and set the standard for the modern health care provider.

McIndoe's success was also a result of having likeminded individuals engaging in concert with him. The RAF, in a manner completely unique from the Army or RN, took and maintained complete responsibility for the burned crewmen. Thus they did not become wards of the Government but were maintained as part of the RAF family. The RAF leadership agreed with and completely supported the program recommendations of McIndoe. The influence and role of the Guinea Pigs carried on well past the Second World War and continues to this day. Those that benefited from it passed on their support to victims of the Falkland's war and the Iraq conflicts.

Mayhew includes in her narrative an in depth bibliography and a reading/video list of timely and pertinent information on the success of the Guinea Pigs and their continued activities. Her writing style is very engaging and lucid. This book sheds light on an aspect of the war that populations don't like to think about or be exposed to. Modern day techniques of treatment may be traced directly to the success and ground-breaking efforts of the original Guinea Pig Club and its members. Additionally, misrepresentations of the Guinea Pig membership are also rectified (such as the Club being made up almost exclusively of fighter pilots, as 80% of the patients were from bomber command).

Mayhew is to be complimented on an outstanding addition to expanding our knowledge of an area rarely discussed by historians. Her book should be mandatory reading for all defence members (both civilian and military) and on everyone's history shelf. This book is most highly recommended.

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

Natasha's Wood Foundation: Young artists wanted!

Has your child ever dreamed of illustrating a real book? If you have a budding artist in your household, it's time to dig out the crayons to take part in an exciting new project.

The Natasha's Wood Foundation is looking for Canadian children and youth to submit illustrations to four children's books. These picture books are written by Fay Maddison, founder of the Natasha's Wood Foundation, especially with early readers and military families in mind. These inventive stories feature a magical forest, fairies, unicorns and dragons – a whole imaginative world just waiting for children and youth to bring it to life.

"Created, designed and written for those that love bedtime stories, magical lands and the joy of discovering new friends, these picture books will bring a message of hope, love and friendship to all," says Fay. "We are inviting youth to influence the look, feel, and sound of learning from the world of Natasha's

Wood."

The Natasha's Wood Foundation will kick-off the children's art campaign on March 5, 2015 with a feature on "The Zone" on YTV. Canadian children up to the age of 18 will be invited to read the text for the children's books at www.natashaswoodfoundation.com and submit a copy of their illustrations online or by mail. Submissions will be accepted until June 28, 2015.

The Natasha's Wood Foundation will donate all proceeds from sale of the picture books to arts, sports and education programs for the children of first responders, including the Support Our Troops Funds. These funds support children in military families in a variety of ways, including recreation programs that focus on bolstering children's mental health and resiliency, and inclusive recreation programs for special needs families.

For more information, please visit www.natashaswoodfoundation.com.

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SNEAK IT IN WEEK APRIL 6-10

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**25 WAYS TO BE MORE
ACTIVE DURING THE WORKDAY**
SNEAK IT IN WEEK APRIL 6-10

1. Use your commute to do some extra walking. Park several blocks away, or get off the bus a few stops early.
2. Start a lunchtime walking club (clip on a pedometer to track your steps – aim for 10,000 a day!).
3. Use your morning and afternoon breaks to take brisk 10 minute walks.
4. Book a meeting room for a short yoga session.
5. Go "power shopping" and get active while running errands.
6. Build in a couple of 10 minute activity breaks for day-long meetings and conferences.
7. Plan off-site meetings at venues that offer access to fitness facilities, walking routes, running or biking trails.
8. Take the stairs instead of the elevator or escalator whenever possible.
9. Start a lunchtime stair-climbing club with friends at work.
10. Walk, run, cycle or in-line skate to work or during the lunch hour.
11. If you must drive to work, park a reasonable distance from your work so you can fit in a short walk.
12. Don't overbook yourself. Schedule exercise time in your calendar and treat it as any other important appointment.
13. Keep inexpensive exercise equipment at work (small weights, resistance bands, etc.)
14. Stand while talking on the telephone.
15. Suggest holding meetings with colleagues during a walk inside or outside the building.
16. If you need to speak to a co-worker, walk to that person's office or station rather than using email or the phone.
17. Stretch every hour if you sit at a desk.
18. If you're able to leave your workstation from time to time during the day, plan regular intervals incorporating physical activity from a walk to the water fountain to stretching while you photo copy documents.
19. If you can't leave your workstation, use official breaks to give your muscles some necessary stretching and relieve built-up tension.
20. If your workplace offers sport activities or has a fitness or wellness program, sign up for an activity or try a class.
21. Organize an active social outing for your co-workers to enjoy and encourage other departments to participate.
22. Use a pedometer to mark a set distance around your workplace, either indoors or out, and challenge your co-workers to completing a predetermined distance during the week.
23. Keep an extra set of workout clothes and shoes in your car or at the office, so they're ready to use when you have a few spare minutes.
24. Arrange on-site activity classes including yoga, Pilates, relaxation skills or walking groups.
25. Access nearby facilities (gyms, rec centres, etc.) – see if you can get discounted memberships for your workplace.

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For more information contact Health Promotion at 4150.



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

**16 April (0800 - 1600 hrs) and
17 April (0800 -1200 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

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**16 avril (8 h à 16 h) et
17 avril (8 h à 12 h)**

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

Ces compétences seront bientôt obligatoires pour tous les Militaires qui ont des fonctions de supervision. Ce cours aura un code. DOAD 5019-7

To register, contact Health Promotion at local 4150



Pour vous inscrire, appelez le Bureau de Promotion de la santé, au 4150

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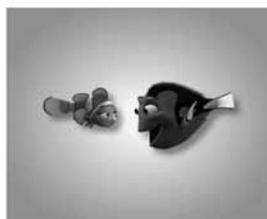
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Registration for Spring Swimming Lessons 2015

Memberships -- begins on-line Tuesday March 10
Non-memberships -- begins on-line Tuesday March 24
Classes begin the week of Tuesday April 7

Inscription pour les Cours de Natation du Printemps 2014

Adhérent -- commence en ligne le mardi 10 mars
non adhérent -- commence en ligne le mardi 24 mars
Les classes débuteront le mardi 7 avril



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Upcoming MFRC Programs and Events

SECOND LANGUAGE TRAINING

SPRING SESSION 2015

Classes begin the week of April 20

English (intermediate level):

Tuesday & Thursday from 6 to 9 p.m.

French (Intermediate level):

Monday & Wednesday from 6 p.m. to 8:30 p.m.

Registration deadline: April 16, 2015

Our Second Language Training Program offers a variety of training opportunities to advance second language skills in either official language. This program also assist with preparing for and adapting to postings in French and English environments by focusing specifically on; Linguistic survival; Integration to the community; and Employment possibilities.

English and French programs offer participants 60 hours of instructor led instruction. Classes are held twice a week for a period of 10 weeks, at the MFRC (102 Comet street). Second Language Training classes follow a national curriculum adapted from the Canadian Forces Language program. All required course manuals are included in the course fees. Participants will receive progress reports and a certificate will be issued upon completion of the class.

Fees

Spouses and dependants of military members: \$50

Community Members: \$100

Military members: \$50

Payment will hold your seat on the course and is required at time of registration.

Spouses and dependants of military members qualify for reimbursement with an attendance rate of 85%.

A maximum of ten students per course. Military members and community members are welcome to participate; however, priority will be given to spouses of military members. If you require childcare to attend this program please contact Mélanie Lyrette.

Come in and complete the registration form at the MFRC reception or call Mélanie Lyrette at 204-833-2500 ext. 4515 for further information.

ROAD TO MENTAL READINESS (R2MR) REUNION BRIEFING

Tuesday, April 7 from 6:00 to 9:00 p.m.

Childcare provided with preregistration
Registration deadline: April 3, 2015

While many families recognize the need for preparation prior to the deployment, preparing for the return of your loved one is just as important. Although your emotions about the upcoming reunion are bound to be much more positive than those that you were dealing with prior to their departure, it is essential to understand that there can be some common transition challenges for both families and the CAF member during this time. Preparation, education and skills are key for managing this phase of the deployment.

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

Wednesday, April 8 from 6:45 to 9:00 p.m.

Childcare provided with preregistration
Registration deadline: April 2, 2015

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

STORY BOOK ADVENTURES

Thursdays, April 16, 23, 30 and May 7, 14

From 1:00 to 3:00 p.m. \$40.00

Registration deadline: April 9, 2015

This program is for children ages 2-5 years old. Favourite stories will be the inspiration for art, music, science and movement activities. Please call 204-833-2500 ext 2491 to register.

INFORMATION SESSION FAMILY LAW

Property Division, Finance and Separation

Wednesday, April 15 from 6:45 to 9:00 p.m.

Childcare provided with preregistration

Registration deadline: April 10, 2015

In keeping with our information sessions, we will be holding our next session 'Family Law'. Mr. Kelly Land of Chapman, Goddard and Kagan will be presenting on the topic: Property division, finances and separation issues.

DAY OF PINK

April 8, 2015 marks the International Day of Pink. It is a day where communities across the country and across the world can unite in celebrating diversity and raising awareness to stop homophobic, transphobic and all forms of bullying.

The MFRC will be hosting events to celebrate Day of Pink this April. Stay tuned for more details to come.

2ND ANNUAL PINK PANCAKE BREAKFAST

Wednesday, April 8 from 7:00 to 9:00 a.m.

Come join us at the MFRC for our Day of Pink - Pink Pancake breakfast!

Pancakes will be served from 7:00 to 9:00 a.m., while supplies last.

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LES LUNDIS

18 h 30 à 20 h 30

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Taroscopes

BY
NANCY

Aries (March 21 – April 19): Take the pulse of where you are and who you are with to gauge what to expect next. A heated situation may be upsetting but in the long run it may be just what was needed. Give things time to pan out. Be open to a pleasant surprise ending instead of trying to control an outcome.

Taurus (April 20 – May 20): Spruce up your home and welcome visitors. Be patient and you'll discover your efforts are rewarded. Don't give up just before you reach your goal. Persevere. Show gratitude for all that is good in your life. Respect those that make your life better. Make self care a priority.

Gemini (May 21 – June 21): Watch how others react to you to understand the signals you send. This can be very useful if you've been sending mixed signals and don't realize it. Invest in yourself and what you love doing. Play to your strengths. Commit to positive life changes and learn from what challenges you.

Cancer (June 22 – July 22): Sometimes things don't go as expected in spite of your best intentions. That's life. This is a time to come to terms with what hasn't worked out as planned, and to enjoy all that you have accomplished. You are loved and appreciated and in the end that's what is most important.

Leo (July 23 – August 22): Your actions and words will soon be in the spotlight so play to your positives and maintain your personal integrity. Forge strong bonds. Show you care and are devoted to those you love. Trying to force things to go your way or to manipulate others won't work out well in the end.

Virgo (August 23 – September 22): When you start something new you'll make new friends. Embrace change. As Helen Keller said, "Life is a daring adventure or nothing at all." This is a new cycle. Enjoy it. Live in "the now," for this too shall pass. Learn from the challenges and enjoy the rewards.

Libra (September 23 – October 23): Do what needs to be done. Don't compromise yourself or your ideals to fit in. Keep a low profile if you're forced to be with people who need to be right. You're adaptable, capable and have solid skills you can rely on. Don't let others assumptions define you.

Scorpio (October 24 – November 21): If something is too much work, let it go. Improve the environment you live in. Find ways to make a positive difference. Deal with the fallout from toxic relationships. Get rid of things that trigger negative memories. Take charge of how you feel. Choose to be happy.

Sagittarius (November 22 – December 21): When you're comfortable with and accepting of change you'll have peace of mind. You have gained a new understanding and awareness of yourself and others. You know your priorities. You see what needs to be done and you're confident you can do it. Go for it!

Capricorn (December 22 – January 19): Minor setbacks won't hold you back as long as you stay focused on the main goal. Maintain your calm certainty. Breathe. Be practical. The more you practice good habits the more they become second nature to you. You can make your wishes come true. Celebrate successes.

Aquarius (January 20 – February 18): Notice patterns that keep repeating in your life. They can teach you about yourself. This is a time when you'll connect with like-minded people through chance meetings. Appreciate the beautiful spirit in others and yourself. Express your creativity and uniqueness.

Pisces (February 19 – March 20): Initiate changes in response to what you sense the future holds. Life is a journey; one of the most important aspects of it is your travelling companions. Be with those who accept all that you are. Think big. Think positive. Let go of others expectations of you; live your own story.

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Golf Club Prepares for Upcoming Season

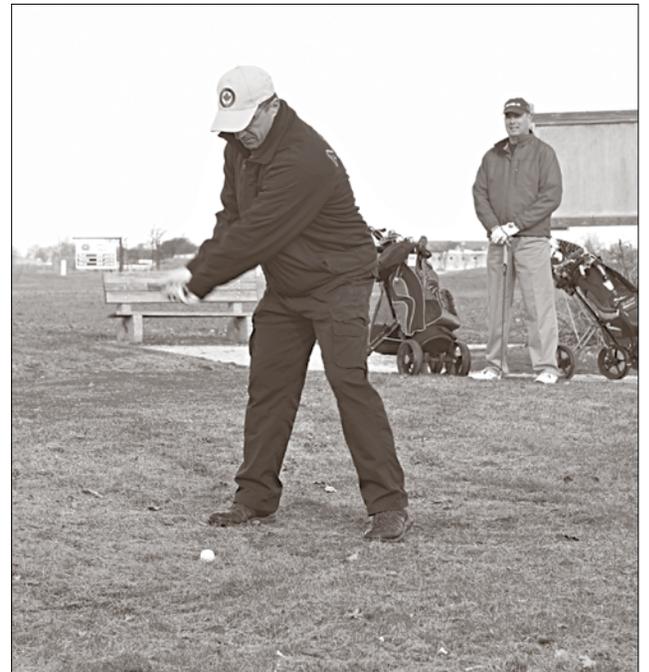
The CFB Winnipeg Golf Club will soon be open for the 2015 Golf season.

The Golf Club's Annual General Meeting will be held at the WO & Sgt's Mess on Wednesday, 8 April 2015 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!

2015 Golf Club membership fees are very reasonable and are as follows:

- Regular Membership: \$330 (includes GST);
- Ordinary Membership: \$350 (includes GST);
- Associate Membership: \$375 (includes GST)

- Family - Spouse Membership: \$180 (includes GST)
- Junior (children under 18 years): \$100 (includes GST)



If you were not a member of the CFB Winnipeg Golf Club in 2014 and you take out a 2015 membership, you will receive a 10% discount on your membership fees.

Also, if you were a Golf Club member in 2014 and renew your membership in 2015 and you bring in a new member (not a member in 2014) to the Golf Club, you will receive a 10% discount on your 2015 membership fees for every new member you bring in (up to a maximum discount of 50%).

For CAF 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.

Chaplain's Corner

Finding Renewal in All Things

Cecil B. De Mille, the great producer of epic movies, tells a story of fishing with his grandfather when he was just a young boy. The two had spent all afternoon together in a rowboat and the lad was restless. He leaned over the side of the boat to gaze into the water and watch the water beetles playing.

As he looked, one of the water beetles crawled up on an oar. When it got halfway up it attached the talons of its legs to the oar and died.

The boy's curiosity was aroused, and he awoke his grandfather from his fishing nap to show him the beetle. After discussing the ways of nature, the two went back to fishing.

Three hours later, the boy looked back at the dead beetle. It had dried in the sun, and its shell had begun to crack open. A spectacular iridescent dragonfly had begun to emerge from the opening.

The boy and his grandfather stared in awe. The dragonfly moved its wings slowly at first, but then began to hover gracefully over the water where the other water beetles were still swimming.

The boy took his finger and nudged the dried out shell, which looked like an empty tomb. For the first time in his life, he understood Easter.

God transforms and makes new! The grace that renews the world every Spring and cares for each living thing can renew us as well. All we need to do is ask.

This is the promise of the empty tomb – new life. Happy Easter!

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COMMUNITY SERVICES

Sunday School: It is held during the service for children ages 3 to 12. Childcare is provided on an as-required basis for children under 3 years of age.

Marriage: Contact the chaplain at least six months in advance if possible. A marriage preparation course is a requirement. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

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

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

CHAPLAINS

Padre Jack Barrett
(Anglican) - Wing Chaplain ext 5417

Padre Darryl Levy
(Baptist) - Chapel Life Coordinator ext 5272

Padre InSeob Won
(Presbyterian) ext 5087

Padre Robert Humble
(United Church) - Contracted CivO ext 5785

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

Padre Christopher Donnelly
(United Church) - currently deployed



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CATHOLIC

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CHAPLAINS

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

Padre Emanuelle Dompierre
(Roman Catholic Pastoral Associate)
- Mental Health Chaplain ext 5956

SUNDAY MASS (Bilingual) 1100 hrs
COMMUNITY SERVICES

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

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

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

Marriage: Six months notice (1 year preferred) is required for weddings, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

17 Wing 204 833 2500

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

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

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

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

CARE & SHARE FUND
Contact Wing Chaplain Office for further information.


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