



## Winnipeg Old Timers take Prairie Regionals



Cpl Christopher Murray of the 17 Wing Old Timers' waits for a breakout pass against an unidentified Cold Lake Fading Fighters player. The Moose took on the Cold Lake Fading Fighters in the final game of the Prairie Regional tournament to advance to nationals in Borden. Turn to page 11 for full coverage

Photo: Fighal

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# Red Seal Program helps members boost value of Canadian Forces training and experience

By OCdt Johnathon LaRose  
Canadian Defence Academy  
CFB Kingston

Thanks to the ongoing efforts of those working in the Directorate of Learning and Innovation (DLI) at the Canadian Defence Academy (CDA) there are an increasing number of programs and services being made available to assist Canadian Forces (CF) members transition from military to civilian careers, pursue continuing education and professional and personal self-development.

One such undertaking, a partnership initiative between Human Resources and Skills Development Canada (HRSDC) and the Department of National Defence (DND), known as the Red Seal Program, should be of particular

interest to members.

It seeks to align CF military trades with 45 equivalent civilian trades and support the mobility of retiring military tradespersons as well as the professional development of active members through what is known as Red Seal certification.

The Red Seal program is an interprovincial trade standards program that promotes the mobility of tradespersons between provinces.

Prior to this program, a tradesperson qualified to journeyman status in one province would have to recertify in another province if he/she wished to work there.

Under the Red Seal program, a qualified tradesperson writes an interprovincial examination, and upon successful completion receives

a Red Seal affixed to their journeyman certificate.

This seal allows the tradesperson to work, without recertification, in any province that recognizes Red Seal accreditation in that particular trade.

Details of the program can be found by visiting [www.red-seal.ca](http://www.red-seal.ca)

"The unique position of the CF as a national employer makes partnering with Red Seal a critical step in enhancing career transition and professional accreditation opportunities for military personnel" says Janet Lang, Registrar of Equivalencies and Accreditations at CDA.

As a result of this program, QL5 qualified members of those military occupations recognized as highly correlated with a Red Seal trade

may write the interprovincial exam in any province recognizing that equivalency.

Upon successful completion of the exam, the CF member receives Red Seal certification in that particular civilian trade.

Ongoing initiatives within the program have been largely focused on expanding the range of trades that qualify for equivalencies, particularly those that are so highly specialized for military use that they are unlikely to match up naturally to Red Seal competencies.

"This is a very exciting development for CF personnel because it really focuses in on trades that have traditionally found it difficult to transition to civilian occupations" continues Lang.

When seeking Red Seal

certification for one of the 45 Red Seal trades, members should first review the Canadian Forces Equivalency Database (CFED) at <http://www.cda.forces.gc.ca/dli-dai/acc/cfed-bdefc/app/index-eng.asp>, where data on all occupations that have been reviewed for equivalencies is stored.

Members in recognized military occupations should then contact their provincial apprenticeship office to find out how to apply to write the Interprovincial (IP) Red Seal Exam.

Some fees may apply to the granting of a provincial trade certificate, and there is an examination fee for the IP exam.

Both vary depending on the province and in some cases military members are

offered free examinations. British Columbia is the first province to announce that it will waive the fees for QL5 qualified CF members in recognized trades to write the IP exam.

The Military Red Seal Program falls under the Military Civilian Training Accreditation Program (MCTAP), which seeks to help members by gaining accreditation of military training with the appropriate provincial technical, academic and professional licensing bodies to obtain formal civilian recognition of military training and experience.

For more information on this or any other career transition, professional development or education programs visit <http://www.cda-acd.forces.gc.ca>

## Songbird to perform at baseball game south of the border

By OCdt Jennifer Doornink  
Wing Public Affairs

"I'm happy to be going," I said an enthusiastic Sgt Cindy Scott of her upcoming trip to Tampa, Florida.

After an impressive performance at a National Hockey League game in Washington, D.C. last year, where her performance was acclaimed by many American attendees as the "best anthem they've heard in a long time," Sgt Scott was requested to sing both national anthems at an exhibition baseball game between the American League's New York Yankees and the Canadian National team on

March 5.

Originally a member of The Regimental Band of The Royal Winnipeg Rifles, she played flute and piccolo. Sgt Scott joined the Air Command Band (ACB) in 2001, although she did not become a full time member until 2006.

A graduate of the University of Manitoba with a Baccalaureate of Music (flute), she joined the ACB as a flutist but now spends much of her time singing.

Along with lead male vocalist Sgt Bob van den Broek, Sgt Scott has encouraged many other vocalists to step up and now has her

own back up singers that she refers to as the Air Force Girlz.

"I love travelling, going to different places and performing in some cool venues," Sgt Scott commented about her experiences in the band.

Sgt Scott has performed locally for the American Hockey League's Manitoba Moose, the Canadian Football League's Winnipeg Blue Bombers, the Northern Baseball League's Winnipeg Goldeyes, and at the residence of the Lieutenant Governor of Manitoba.

Apart from her appearances in the United States, she also performed at the opening of the Juno Beach Centre in Normandy, the re-dedication of the Vimy Memorial, and in Holland for the 60th anniversary of that nation's liberation by Cana-



Flutist and Vocalist Sgt Cindy Scott performs with the Air Command Band.

dian Forces.

For more information

on the Air Command Band, please visit <http://www.air>

[force.forces.ca/acb-mca/index-eng.asp](http://www.air-force.forces.ca/acb-mca/index-eng.asp)

## Learning Fair on February 25

It can be a daunting idea to go back to school and upgrade your education, but it doesn't have to be.

Today, the fourth 17 Wing Learning Fair is at Building 90 with representatives from all the major educational institutions and programs in Manitoba, giving 17 Wing members a chance to see the different ways that they have to stay current in the workforce.

"The reality is that for people to be competitive in today's workforce, they need to be continually upgrading their skills," said John Chabih,

Coordinator for Employment and Education Services at the MFRC, who has helped to organize the fair.

"All of the major institutions will be there, from the universities to the colleges to private business schools. There will also be representation from apprenticeship programs," he said.

"They'll all be promoting the opportunities that are out there for people to take advantage of."

This year, the Learning Fair will incorporate a new set of seminars, in which attendants

will be told about what education and training opportunities are available specifically to members of the defence team.

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

"It'll be more like a round table or town hall where we do these 20 minute sessions," said Chabih.

The Learning Fair runs February 25 from 1000 to 1530 in Building 90.

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### THE VOXAIR

#### 2009 publishing schedule

Publishing date	Deadline
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February 11	January 30
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March 11	February 27
March 25	March 13
April 08	March 27
April 22	April 10
May 6	April 24
May 20	May 8
June 3	May 22
June 17	June 5
July 1	June 19
July 22	July 10
August 26	August 14
September 9	August 28
September 23	September 11
October 7	September 25
October 21	October 9
November 4	October 23
November 18	November 6
December 2	November 20
December 16	December 4

# PMQ opens for members undergoing rehabilitation

By John Towns  
Voxair staff

From the street, 454 Moorgate looks like any other PMQ. Inside, though, it's been transformed into a house where soldiers going through one of the most difficult adjustment periods they will ever face have the opportunity to be with their families throughout the process.

The house recently underwent renovations to make it wheelchair accessible, and was officially opened on February 9 for injured soldiers returning from overseas to make use of while staying in Winnipeg to undergo rehabilitation.

The idea, according to Deputy Wing Personnel Services Officer Capt Eric Rheume, was to provide them and their families with somewhere in the city to stay at no cost during the rehab period.

"We get a lot of soldiers, mostly from Shilo, coming back from overseas with mobility issues, mostly lower leg injuries or spinal cord injuries, so when the soldiers come in for rehab for an extended period to the Health Science Centre, they

need somewhere to stay," he said. "We also have situations where if someone gets injured on the base, and their families can come in from out of town to visit them and we'll be able to put them up in here."

The house has already seen one trial occupant come through prior to its official opening, as a test of how well the new fixtures would work.

"The fact that we've even done a trial run with an individual and got their feedback, so we could tweak a couple of little things that they suggested is great," said LCol Leo Brodeur, Wing Admin Officer.

"It's just awesome that we're standing in this today, and that it's actually been used once."

The three bedroom house has undergone \$25,000 worth of renovations, including a wheelchair ramp and a wider driveway, the installation of a lift to get to the second floor, and the total remodeling of the bathroom and kitchen to make them more accessible for people with disabilities. The house is fully furnished, right down to the home theatre system in the living room.



Wing Admin Officer LCol Leo Brodeur, Messes and Accommodations Officer CPO2 Craig Hartley, CFHA Manager Colleen Ridley, Wing Commander Col Howden, and WCWO Wallace cut the ribbon on the new handicapped accessible house at 454 Moorgate.

The house came about as a partnership between the Canadian Forces Housing Agency, 17 Wing Personnel Services, and 23 Health Services.

Planning to remodel the house started about a year ago, according to Capt

Rheume.

"About a year ago, we had a meeting with DCSM, and it was more or less the idea that we could use something like a Ronald McDonald House type of thing," he said.

Ronald McDonald Hous-

es are a worldwide network of houses sponsored by McDonald's restaurant, where parents of children in nearby hospitals can stay at reduced or no cost.

The Moorgate house is the second one at 17 Wing for use by injured military

members and their families, and the first wheelchair accessible one.

There are currently plans to look at building another wheelchair accessible house from the ground up, rather than retrofitting an unused PMQ.

# Sentence handed down to sailors in court marshal

Shelley Lipke  
Lookout Newspaper

The two female sailors who plead guilty to willfully damaging a database icon at the National Defence Command Centre (NDCC) headquarters in Ottawa were sentenced last Monday in Victoria.

Court martial judge Col Mario Dutil fined both PO2 Janet Sinclair and PO2 Silvyia Reid \$3,000, to be paid at a rate of \$300 per month, or to be paid in full if either left the Canadian Forces. He also reduced their ranks to Leading Seaman.

"PO2 Sinclair deserves a stiffer sentence than PO2 Reid," said Col Dutil, who gave PO2 Sinclair a severe reprimand as well.

At the time of the offence PO2 Sinclair was a senior operator at the headquarters.

While at home on maternity leave, she instructed PO2 Reid, through a chat log, on how to tamper with an icon in order to prevent access to the database by other employees.

The two did this to teach the employees a lesson because they felt they weren't doing their jobs properly, said Col Dutil during sen-

tencing.

"The fact that she was at home committing this offence is troubling. PO2 Reid could not have done this on her own... This case is not about removal of an icon like PO2 Sinclair's defence said. This case is about messing up tools and well-established practices used to gather highly sensitive information," said Col Dutil.

After the verdict was delivered, Prosecutor Maj Jason Samson was interviewed outside the courthouse. "I'm pleased to bring this to justice," he said. "The judge's decision was fair."

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## Celebrating Valentine's Day

By Karen Christiuk

Volunteer members of the 17 Wing Chapel of the Good Sheppard Ladies Guild brought a yummy bit of Valentine's Day to the atrium of 1 Canadian Air Division/Canadian NORAD Region Headquarters on February 13.

Guild volunteers Margaret MacLennan, Julia MacDonald and Evelyn Harrison, who are all widows of former Air Force members, baked beautiful large heart-shaped cookies and sold them for \$10 each, with all proceeds going to the Guild.

"They're sugar cookies, and they're made with

love," said MacLennan.

"All of the decorations are made by hand."

The trio have been selling their delicious Valentine's Day cookies for many years, and this was their fourth year selling them at the Headquarters.

Each cookie has a different saying on it, ranging from "Best Friends" to "Be My Valentine."

Some charities supported by the Guild include: the Salvation Army, Winnipeg Harvest, Deer Lodge Veterans, Siloam Mission, Hospice and Palliative Care Manitoba, Epilepsy and Seizure Corporation of Manitoba, and the Military Family Fund.



LCol Jim Bates purchases a Valentine's Day cookie from 17 Wing's Chapel of the Good Sheppard Ladies Guild volunteers (left to right) Evelyn Harrison, Julia MacDonald, and Margaret MacLennan.

## Flying high at Canadian Forces School of Survival and Aeromedical Training

By OCdt Donna Riguidel  
Asst Wing Public Affairs Officer

Hypoxia is serious business to a pilot: Passing out while flying an aircraft can be deadly to not only the crew but also to anyone unfortunate enough to be on the ground below.

Hypoxia is when the body is deprived of adequate oxygen supply, something that can happen at high altitudes. An integral part of flight training is teaching future aircrew how to recognize the signs of hypoxia in themselves well before any-

thing happens.

At the Canadian Forces School of Survival and Aeromedical Training (CFS-SAT), they have developed a new system to do just that.

The Combined Altitude Depleted Oxygen (CADO) system for Hypoxia Recognition Training (HRT) had its first operational flight on 5 December. Invited guests, including 17 Wing Commander Col Scott Howden and 1 Canadian Air Division Surgeon LCol Pierre Morissette, were happy to be guinea pigs and try out

the modernized facility.

"The fact that CFSSAT staff are inside the chamber during the training without a mask on will also help to reduce anxiety among trainees," LCol Morissette said.

The students all ascended to 10,000 ft, where they switched to the CADO mixed gas supply (10 per cent oxygen, 90 per cent nitrogen). Breathing the CADO supply causes students to feel physiologically like they are at 25,000 ft, but allows for safe HRT by removing the risk of decompression ill-

ness and minimizes the risk of barotraumas. Decompression illness and barotraumas usually happens by an intolerated release of pressure.

This first flight was a success, with positive feedback from all guests.

"This was the first time I was subjected to the new system and I was very impressed by its ability to reproduce hypoxia symptoms in the relatively benign environment of the hypobaric chamber at only 10,000 feet altitude," LCol Morissette said.



Col Scott Howden receives instructions from LCol Kennedy, CO 435 Sqn, and LCol Morissette prior to ascending in the Hypobaric Chamber.

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## International Women's Day 2009

**What:**

17 Wing and 1 Cdn Air Div HQ is hosting an exhibit of women's outfits and uniforms from the past 100 years. The exhibit is from the collection of the Costume Museum of Canada and 1 Cdn Air Div/CANR HQ.

**Where:**

Atrium (first floor) of  
1 Cdn Air Div/CANR HQ

**When:**

From March 9-13, during regular working hours. All are welcome.

**For more information, contact  
Florence Bambenek at 833-2500 ext 5251.**



International  
Women's Day

# Mature Student Diploma Program comes to 17 Wing

## WPSO Corner

**D**o you want to finish your High School Diploma? One way to achieve this is to complete your Mature Student Diploma.

We are pleased to announce a partnership with the River East Transcona School Division to offer the Mature Student Diploma here, onsite, in Bldg 135, the Training and Education Centre, through the McLeod Adult Learning Centre.

In other words, we are a McLeod Adult Learning Centre site at 17 Wing.

What does this mean? It means that anyone in the defence team, military or civilian, who does not have their Grade 12, now has the opportunity to achieve the requirements to complete it.

To achieve the Diploma, each candidate requires eight credits - four credits at the Grade 12/S4 level (including Math and English) and four at any high school level.

In addition, Prior Learning Assessments can be conducted to determine which

credits you may already have.

For example, courses taken through DND and other learning centres may be eligible for credit.

There are several ways to obtain credits toward your Mature Student Diploma.

1. Transfer credits from previous high school.

This requires a review of your high school transcript to see if any credits can be transferred.

Factors which may affect transferability include: whether the course matches a course offered in the Province of Manitoba, the grade received on the course, and the length of time since the credit was obtained.

2. Take courses available through the Adult Learning Centre.

Some courses will be offered at 17 Wing, usually one per term. The courses normally offered at 17 Wing will be Technical Communication 40S (for the English credit) and Consumer Math xx (for the Math credit). Other courses may be taken directly at an Adult Learning Centre.

3. Request Prior Learning Assessment and Recognition (PLAR) for courses available in the Province of Manitoba.

This is a complex process which involves presenting equivalent material/information from courses/qualifications you have obtained through the CF/DND or from other organizations.

This will require detailed course descriptions, such as Qualification Standards (QS) and Training Plans (TP), and/or examples of materials you have developed in the workplace.

The first step in this process is to meet with the representative from the McLeod Adult Learning Centre to determine which credits may be suitable for PLAR.

Then you must collect the required data which will allow the McLeod staff to evaluate whether the material you have completed is equivalent.

This may require separate meetings with the Subject Matter Expert (SME) at the McLeod Centre who is completing the PLAR for

that course.

The WGrdTrg TDO is available for support in the collection of the required information.

Also, a partial credit may be granted and you may be asked to complete supplementary assignments in order to receive a full credit.

Once a PLAR has been completed for a CF/DND course, a record will be kept so that successive candidates who have completed the same course can be readily granted the same credit.

In addition, credits can only be granted for the current high school courses in the Province of Manitoba.

Candidates may have taken many courses in a particular subject area, but if only one credit is available in the high school subject table handbook at a particu-

lar grade level, then only one credit can be granted.

4. Challenge a credit by taking an exam.

To learn about this op-

portunity, contact either Mary Jane Fisher, Learning Advisor, at 4213 or Lt Guy Janelle, Wing Ground Training Officer, at 6297.

## Get paid to learn! The Civilian Personnel Education Support Program

Each year, the Civilian Personnel Education Support Program (CPESP) provides the opportunity for Department of National Defence (DND) indeterminate civilian employees to apply for financial support to obtain a degree, diploma, certificate or accreditation through full-time studies at recognized Canadian educational institutions. Candidates selected for the CPESP receive support for up to twelve consecutive months between August 1 of the current year and August 31 of the following year.

**Application deadline is 1 March 2009.**

For more information on eligibility criteria and the application process, please consult the intranet site at: <http://hr.ottawa-hull.mil.ca/CPESP-PAEPC> or contact Leah Bannister at local 5072.

# A little bit of home while deployed raises morale

By Capt Yvonne DeCaire  
Wing Public Affairs

“**B**asically your first three months are spent sweating and drinking lots and lots of water to try and stay hydrated,” says Cpl Maria Toone. “Little packets of iced tea or juice crystals become your best friend because you get so sick of just plain water after the first few weeks.”

Cpl Toone is an Aerospace Telecommunications Information Systems (ATIS) technician who deployed in 2006 with the first 17 Mission Support Squadron (MSS) and is now going back for a second tour with the Squadron when they re-deploy later this year.

“I look upon these tours as opportunities to see different parts of the world and to experience new and different things,” said Cpl Toone.



Cpl Toone working on a communications minefield at exercise Maple Guardian.

Toiletries made a big difference to her during her first tour. “It’s a totally different part of the world, they don’t have all the toiletries that we have,” she says. “You can get the basics over there, but packages with your favourite things are very welcome while on tour because they make you feel like you’re home.”

While on tour in 2006, Cpl Toone noted that even the food selections served by the staff were of benefit to the morale of everyone in the camp. “The kitchen was phenomenal... and then there is always Tim Horton’s coffee, we had it while we were over there and it really made us think our lives were a little more normal.”

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# 440 (T) Squadron graduates Flight Engineers

By Capt C.H. Rockwell  
440 Sqn Operations Officer

On 30 January, 2009, two new operational airmen were added to the ranks of 440(T) Squadron Yellowknife.

The Vampire's Commanding Officer, LCol Ross Wuerth, hosted BGen Millar, Commander Joint Task Force North as reviewing officer for the event.

After months of hard work gaining the requisite maintenance qualifications, simulator training, ground school, and dozens of hours spent in the aircraft, Cpls

Pierre Gagné and Scott McAllister graduated the CC-138 Twin Otter Flight Engineer (FE) OTF with flying colours.

Despite an unscheduled power failure immediately prior to his speech, BGen Millar, with typical aplomb, still managed to impart some words of wisdom and encouragement to young Oilers albeit in a reduced light setting.

Through excellent planning and preparation LCol Wuerth aligned the auspicious ceremony with a Fri-



BGen Millar presents Cpl Scott McAllister his Wings with LCol Wuerth looking on.

day payday.

This aided the celebratory efforts of the Vampires

following the pinning on of the shiny new FE Wings.

The Vampires are all im-



Cpl Pierre Gagné receiving his Flight Engineer Wings from BGen Millar, LCol Wuerth looking on.

mensely proud of their new FEs and wish them all the

best in their respective futures in the trade.

## Air Command Band is a true reflection of the Air Force

By Wing Public Affairs  
with assistance of Air Command Band

With relevance and flexibility in mind, the 2009 Air Command (AC) Band has embarked upon a reorganization that will see it become not only more relevant to today's Canadian Forces, but more accessible to the public as

well.

Keeping its ability to perform as a concert band, the AC Band is adding to its sound a guitarist, a bassist, male and female vocalists, a piper cadre comprised of five pipers and three pipe drummers, and Reserve Force musicians from local Reserve bands.

This integration of Reserves will make the band a highly visible symbol of today's total force Air Force.

"Like the integration of pipers into the unit, the increasing use of the total force concept will put relationships and routines in place that will truly streamline the delivery of

musical services to the CF and the public," stated Air Command Band Sergeant Major (BSM) MWO Andrew Barrett.

While most other Regular Force Bands will have only one piper, with the arrival at 17 Wing over the next several weeks of seven pipers/drummers to augment piper Cpl Mack-

enzie (Mac) Landry who arrived last July, the Band will not only be the first band to assume this level of integration but will also become the first full-time military Pipe Band in the CF.

"The Air Command Band is on the leading edge of change for the CF Band Branch itself," said

LCol Attridge.

"Many of the changes coming to the other CF bands have already been in place here at Air Command Band for some time."

The AC Band's main focus over the past weeks has been the stand-up of a new ensemble that debuted Saturday, February 21 at the Yellow Ribbon Gala.

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## Robbie Burns stamps

By Alf Brooks

In January Royal Mail issued a souvenir sheet to mark the 250th anniversary of the Scottish poet's birth.

The sheet contains six stamps: a portrait of Burns, a quote from one of his poems ("A Man's a Man for a' that") and six Scottish regional definitives.

In 1966 Royal Mail issued two Burns' stamps

that were controversial for some.

They objected to a portrait of Burns being beside one of the Queen; after all, he had fathered a number of illegitimate children.

And on one of the stamps he was facing the Queen!



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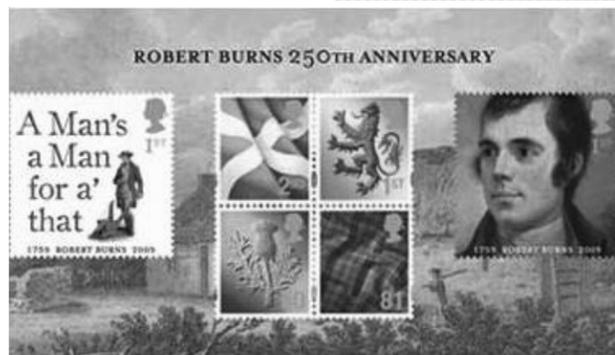
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# Honours and awards



During the Logistic 40th Anniversary Coffee Break, the Wing Admin Officer, LCol Brodeur, had the honour of presenting 2Lt Lacelle with her Commissioning Scroll.



Gen Yvan Blondin, Deputy Commander Force Generation, 1 Cdn Air Div/CANR, (left) presented Captain Brian Luszeck, A3 APT Rdns, 1 Cdn Air Div/CANR, with his Officer Professional Military Education (OPME) certificate on 2 February.



Col Scott Howden presents LCol Leo Brodeur with his Canadian Forces Decoration Second Clasp in the 17 Wing HQ atrium on 10 February 2009 for 32 years of exceptional service to Canada.



Congratulations to 1 Cdn Air Div/CANR personnel Dave Palanycia and Cheri Robin, who both received Headquarters Commanding Officer Certificates of Appreciation from Maj Melanie Stewart (Acting HQ CO and Management Co-Chair of the Workplace Health and Safety Committee) for their past work as members of the Workplace Health and Safety Committee. For more information about the Workplace Health and Safety Committee please see: <http://winnipeg.mil.ca/WHSC> The photo above shows Dave Palanycia receiving his certificate from Maj Stewart.

# Centennial of Flight in Canada coin

The Royal Canadian Mint released its first new collector coins and gift products of 2009, choosing the centennial of flight in Canada as the theme of its highly anticipated 2009 Proof Silver Dollar.

This coin leads a formation of annual releases consisting of \$100, \$200 and \$300 face value gold issues, as well as proof, uncirculated and specimen coin sets celebrating popular and meaningful themes.

The Mint's fine silver version of the Historical Commerce Collection, new look gift sets and new greet-

ing card coins complete the line-up.

"The Royal Canadian Mint continues to stand out among the world's mints by producing collector coins of striking appearance and exceptional quality," said Ian E. Bennett, President and CEO of the Royal Canadian Mint.

"The first collector coins of 2009 are shining examples of our passion for crafting coins of outstanding beauty and value for buyers from across Canada and around the world."

Canadian history was made 100 years ago on the

surface of a frozen Nova Scotia lake as the Silver Dart, Canada's first successful flying machine, celebrated its maiden flight on February 23, 1909.

From its proving grounds in Baddeck, Nova Scotia, Alexander Graham Bell's Aerial Experiment Association laid the groundwork for a century of Canadian distinction in the field of aeronautics.

The Royal Canadian Mint is proud to showcase Canada's many flying icons, from the Silver Dart to Canada's Snowbirds, on a beautifully contrasting proof silver coin.

Designed by Ontario artist Jason Bouwman, this

sterling silver dollar features an image of a young person running with arms spread like an airplane's wings, symbolizing humanity's timeless dream of flight. In the background, the silhouettes of the Silver Dart, the Avro Arrow and a Snowbird Tutor Jet, illustrate Canada rich aeronautic engineering legacy. A close look at the overall design also reveals the ingeniously composed image of our beloved maple leaf. Limited to a mintage of 50,000, the 2009 Proof Silver Dollar is available for \$47.95 CDN. The brilliant uncirculated version of this coin also retails for \$39.95 CDN and is limited to a mintage of 30,000.



New collector coin marks the centennial of flight in Canada.



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# A different kind of war of words

By Cheryl MacLeod  
Maple Leaf

“War of words” took on a whole new meaning recently when a bidding war took place over hand-written words contained in a sealed letter lost during the Second World War.

Captain Peter Boyle, a reservist with CF Recruiting Centre Calgary, trolls the Internet from time to time in search of military memo-

Capt Boyle decided this Dieppe veteran deserved to read his long-lost letter.

“I contacted the seller in England,” Capt Boyle says, “saying, ‘this letter belongs to someone, even if it is 67 years later, and it should be returned,’ and would he take it [the letter] off the auction and I would give him a fair price. He [the seller] said ‘no.’”

When the letter went on the auction block, Capt Boyle realized there was someone

letter to Mr. Beal at a January 10 ceremony at the Fort York Armory in Toronto.

“At that time he wouldn’t open the letter,” said Capt Boyle. “He was a bit teary-eyed, so this was very meaningful to him, and he was very happy to get the letter back—and I was happy it was returned.”

What did this letter, post-marked August 22, 1942, hold for the 87-year-old Second World War veteran? Mr. Beal says the letter was from his aunt, who became like a second mother to him after he spent much of his leave with her in London. After hearing news of the battle at Dieppe, she wanted to know if he was safe and whether he would write soon.

“They [his family in London] knew I was part of the Canadian 2nd Division,” Mr. Beal says, “because my aunt had asked, ‘what does the blue patch on your sleeve mean?’ and ‘what’s the green circle?’ I told her it signified the Royal Regiment of Canada, so she knew I was involved.”

But by the time his aunt wrote the letter, Pte Beal had been captured and put in the prisoner of war camp where he would spend the next 33 months.

The letter was stamped Missing, signed by the regiment adjutant and returned to sender—or, at least, so everyone thought.

Mr. Beal didn’t open the

mint-condition letter until he got home.

He regrets that his aunt isn’t alive so he could let her know he finally read her words.

“Reading it brought back floods of memories,” he said very softly. “And when I got the letter in my hands, it felt like I was holding my aunt’s hand,” he said. “The emotions that went through my system were all mixed up ... she was so worried about me ... I could almost feel her emotions before I even read the letter.”

Pte Beal didn’t have much luck with letters during the war. Engaged to be married before he left for Dieppe, he received a “Dear John” letter while in camp. “So that took care of that,” he says with a laugh. But even that had a happy outcome, evident when he proudly talks about the love of his life, his wife of 63 years.

What amazes him most about the letter is its disappearance. “It’s amazing to me,” he says, “that a letter can go wandering around for 67 years.”

This may also give Capt Boyle, who recently returned from tour in Afghanistan, pause for thought. “Interestingly enough,” he says, “a package apparently was sent to me before I shipped out. I never received it and it never got forwarded, so it could be out there somewhere. Hopefully it won’t take 67 years.”

# Soldier On allows disabled CF members to stay active

By Sgt Eileen Redding

It is unimaginable to most—the loss of a limb, the loss of sight or a debilitating illness. But it frequently happens and when it does, you hope there is a support system in place to help you rebuild and regain normalcy in your life.

The Soldier On program was created in 2007 in collaboration with the Paralympic Committee.

Sgt Andrew McLean, Search and Rescue Technician, now passionately involved on a full-time basis with Soldier On since its inception describes the program as all about providing the resources and opportunities to return to the active, recreational or sports lifestyles that members had previously experienced.

The fundamental principle of being a Canadian Forces member is being physically fit, regardless if you have been seriously injured or very ill.

Sgt McLean says, “There is nothing stronger than a heart of a volunteer,” and it has taken a lot of volunteers to put on the event hosted by Mount Washington 2-6 Feb. Soldier On and Wounded Warrior in conjunction with the Vancouver Island Society for Adaptive Snowsports (VISAS) program was focused on eight military members—two retired and six still serving—all dealing with varied physical disabilities. They were on the mountain to have fun, interact and learn to ski.

Glen Hooge, a volunteer and an Adaptive Snowsport

Instructor, has been involved with VISAS for the last fourteen years.

This non-profit charitable society provides Nationally Certified Snowsports Instruction to 200 physically or mentally challenged members in BC.

Having the soldiers on the mountain was just another day for some of his eighty volunteers who are actively involved in the program seven days a week.

“All this would not be possible without the resources and services provided by Mount Washington,” said Hooge.

Jennifer Ford accompanied spouse Sgt Lorne Ford, injured in 2002.

She was very proud of herself after her first ski lesson and by the afternoon was skiing with her husband whom she describes as fearless and an experienced skier.

Sgt Ford says his injuries are minor compared to others.

“There is nothing to stop anyone from doing anything—it is not a philosophy, just a fact. Sure there are limitations depending on the severity of the illness or injury. Soldier On has all the resources to provide opportunities for members; they only need to access the program.”

For more information about VISAS visit: <http://www.visasweb.ca/index.php>

For the Soldier On Fund visit: [http://www.cfpsa.ca/en/psp/SoldierOn/CFSOF\\_e.asp](http://www.cfpsa.ca/en/psp/SoldierOn/CFSOF_e.asp)

For The Wounded Warriors visit: <http://www.woundedwarriors.ca/>



Nancy Saxe

During a recent ceremony at the Officers’ Mess of The Royal Regiment of Canada in Toronto, veteran Ron Beale, flanked by Capt Peter Boyle (right) and James Scott (the other bidder), finally received a letter mailed to him in 1942.

abilia, especially from his former regiment, The Royal Regiment of Canada.

He came across something interesting last November—a sealed letter addressed to Private R.F. Beal.

As luck would have it, Capt Boyle knew a Pte Ron Beal and, after making some inquiries, discovered it was, in fact, the veteran he knew.

else who wanted it, and the bidding war began.

Eventually, Capt Boyle triumphed. “Almost immediately after I won the bid, the other bidder made contact,” Capt Boyle said.

“He was bidding on it to do the exact same thing I was—to give the letter back to Mr. Beal.”

Capt Boyle presented the



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Sgt Eileen Redding

Bob Hodgson, an Adaptive Snowsports instructor with the Vancouver Island Society for Adaptive Snowsports (VISAS) program assists Maj Mark Campbell, an injured Canadian Forces member, on the sit-ski.

# Security training begins in Vancouver for the Olympics

By Mary Ellen Green  
Lookout Newspaper

Almost a year before the opening ceremonies of the 2010 Vancouver Winter Olympics, Joint Task Force Games and the Land, Air and Maritime Component Commands are participating in the first live security training to prepare the military for the sporting event.

Exercise Silver is the second of three government-wide security exercises designed to integrate the security team for the Olympic and Paralympic games.

More than 100 municipal, provincial and federal agencies, including 500 CF members, are in the air, at sea and on the ground this week in support of the RCMP-led Integrated Security Unit (ISU) exercise.

The CF component on the exercise is dubbed Exercise Staunch Maple 09 and has members from the army, navy and air force in Vancouver, Whistler and the Sea-to-Sky corridor. The entire CF Olympic security effort is called Operation Podium, and is led by Rear Admiral Tyrone Pile. Each CF element is led by a Component Commander, each with their own command centre.

Alongside BC Place are HMC Ships Calgary, Regina, Edmonton, and Yellowknife, and Patrol Craft Training Wolf and Renard. Other naval assets include the Operational Dive Team and a Port Security Unit made up of more than 100 reservists from 22 of the 24 Naval Reserve Divisions across Canada.

## Maritime Component Commander

Assets from Maritime Forces across the country that are participating in Exercise Silver, and eventually Operation Podium in 2010, work under the Maritime Component Commander Capt(N) Gilles Couturier.

Based out of Vancouver's Naval Reserve Division, HMCS Discovery, Capt(N) Couturier and his headquarter staff will coordinate the navy-led maritime surveillance, interdiction, coastal patrols, port security and diving operations within the RCMP-led marine security unit.

The RCMP will also establish their headquarters in Discovery, allowing RCMP, navy and various other government department assets to work in close cooperation

throughout the Olympics.

Five ships and hundreds of sailors, one third of whom will be Naval Reservists, are involved in the 14-day training.

"We have a lot of interest from Naval Reservists to partake in this operation. For Op Podium, we will be looking at reservists from across the country participating in Exercise Gold in November and Op Podium from mid January to the end of the Paralympics in March," said Capt(N) Couturier.

The Operational Dive Team, comprised of Port Inspection Divers and Clearance Divers, are working with the RCMP Dive Team to provide underwater investigation and sweeps of key locations.

While exercise Pegasus Guardian 2.2, a command post exercise, was taking place last week, the ships were at sea supported by Sea Training Pacific Staff to allow maritime units to shake off the cobwebs and get used to the environment.

"It's really a challenge to maintain an accurate maritime picture," said Capt(N) Couturier. "We focused on basic communications, picture compilation, rules of engagement, and training for port security and boarding parties."

This week, training will shift from scripted to free-play with a series of scenarios and injects that will test the maritime component's ability to assist the RCMP with neutralizing potential threats.

"We have regular force and reserve sailors from across the country involved in Exercise Silver. We are supporting the RCMP, which



More than 500 specially trained reservists and a team of clearance and port inspection divers are in Vancouver for Exercise Silver, an event designed to prepare the military for the 2010 Winter Olympics.

is responsible to provide security for the Olympics using a pan-navy approach," said Capt (N) Couturier.

## Air Component Commander

During the Olympics, the air component, led by Colonel Bill Veenhof, will provide aviation mobility and air surveillance support to the RCMP-led Integrated Security Unit and the other Component Commanders, while maintaining search and rescue responsibilities.

Air assets will include Buffalo and Aurora fixed wing aircraft, Griffon, Sea King and Cormorant helicopters, and their respective air crews from CF bases across Canada.

Colonel Veenhof says the

Air Component will provide mobility to the RCMP Response Teams, something not normally accomplished and that will require dedicated training for both the RCMP and helicopter aircrew.

Ex Silver allows air crews to experience the full spectrum of planning and flight operations in the same weather conditions expected for the Olympics. This exercise includes joint operations with the RCMP and NORAD. NORAD will focus on exercising its mission during Ex Silver and their operations will include the use of CF-18 fighter aircraft. The Air Component's Command Centre will be in the combined ISU/JTFG command centre in Richmond.

## Land Component Commander

Soldiers on the ground during the Olympics and Paralympics will be under the command of Colonel Andre Corbould.

Their primary role is patrol, surveillance and reconnaissance in both the Whistler and Vancouver venues.

Around-the-clock, the army will patrol various Alpine venues throughout the Area of Operations, plus provide mobility support to the RCMP-led Integrated Security Unit.

"We hope to be doing joint patrols with them as opposed to operating on our own, because we are working with them hand-in-glove at all the venues they've asked us to support," says Col Corbould. "We will be taking a distinctively low-profile approach to everything we do because we don't want our presence from a security perspective to overwhelm or overshadow the games in any way."

This week, about 50 army headquarters and planning staff are involved in Exercise Silver.

"Exercise Silver is primarily a command post exercise for the land component, so our focus for the exercise will be coordination," he said.

"When you start to consider all the municipal, provincial and federal agencies involved, what's important

is making sure we coordinate all activities so we know who's doing what and how we can all support each other in the greater aim of securing the games."

As the games draw closer, soldiers will practice back-country alpine skiing, avalanche safety and rescue training in the Rocky Mountains.

"While we have trained quite a bit for Arctic operations, the Alpine environment is quite different and will require more specific training in these early stages," says the Colonel.

The land component will conduct up to 10 training exercises over the next 12 months to prepare them for the Olympics.

Based out of CFB Edmonton, Col Corbould is the Commander of 1 Canadian Mechanized Brigade Group (1 CMBG) from Land Forces Western Area.

Most of the approximately 1,500 soldiers who will take part in Operation Podium in 2010 will be from 1 CMBG units, including 2nd Battalion Princess Patricia's Canadian Light Infantry from Shilo, MB and the Lord Strathcona's Horse Armoured Regiment of Edmonton, and augmented by army reservists from across Canada.

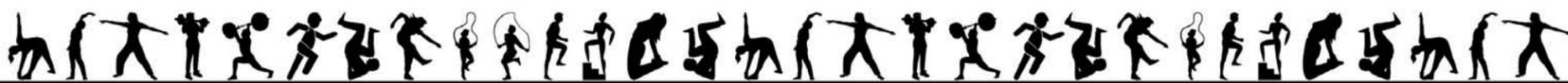
Elements from 39 Canadian Brigade Group, headquartered out of Vancouver, will form sub-units and operate in a supporting capacity.



Port Inspection Divers, working from HMCS Discovery in Vancouver, BC, surface after inspecting the underside of the tug Glendale.

Col. Boderick Hoop, Base Management Services

Pte. Malcolm Byers



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

# Three-time Prairie Region champions off to Borden

By Lt Jeff Noel  
17 Wing Public Affairs Officer

“With the talent level and experience on this team, we wouldn’t be denied,” said Capt Dave Foyers shortly after Team Winnipeg defeated Canadian Forces (CF) Base Edmonton to successfully defend their CF Prairie Regional Men’s Basketball crown.

The Winnipeg men dominated Edmonton 58-38 in the championship game,

sweeping the competition 3-0 during the tournament held at 4 Wing Cold Lake.

The team will now represent the Prairie region at the CF National Championships to be held at Canadian Forces Base Borden, February 21 to 27.

According to SSSgt William Lloyd, a US Air Force Airman stationed at 1 Cdn Air Div/ Canadian NORAD Region headquarters, Team Winnipeg’s domination was the result of the team’s ef-

orts prior to the tournament.

“We have been playing very well together for the past few months downtown,” he said. “We were confident that we would be tough to beat.”

Now with the regionals under their belts, the team comprised of Maj Todd Murphy, Capts Dave Foyers and Sylvestre Bishop, Lts Derek Prescott and Jaret Rennie, SSgt William Lloyd, MCpl Rohan Wilson, Cpls Brian Hines and Brian Nymoan, and Pte Dennis Gowen, are focused solely on their appearance at the Nationals in less than two weeks and their pursuit of a championship title.

“I’m thrilled to be going to the Nationals for the first time in my military career,” says Capt Foyers.

“Although I’ve never been to Nationals before I still believe we have an ex-



Members of Team Winnipeg show-off their championship hardware.

cellent shot at bringing home the Championship.”

For SSgt Lloyd there is an added incentive to bring-

ing home a National Championship to Winnipeg.

“I want this not only for my team and the base but

because I post out of Canada back to the U.S. in July so this is my last shot with this team.”



## Military personnel without PTSD

Healthy men with military trauma exposure wanted for a study

University of Manitoba research group, in collaboration with the Operational Stress Injury Clinic and the Institute of Biodiagnostics in Winnipeg, is seeking healthy volunteers with military service-related trauma exposure. Volunteers will participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

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# The inspiration behind the AF Run logo

By OCdt Jennifer Doornink  
Wing Public Affairs

Whether it’s a yellow ribbon or a maple leaf, symbols that people can easily associate with a specific event, nation, or corporation are essential to success.

With this in mind, the creation of such a symbol for the Air Force Run (AF Run) was a priority.

“I wanted the logo to easily identify a running



event, but also identify the run as a Canadian Air Force event,” said David Breen, the Canadian Forces School of Aerospace Studies (CF-SAS) graphic artist. With

those two goals in mind, he took on the challenge of designing a logo for the AF Run.

A graphic artist for 16 years, Breen only started working at CFSAS last year, but has been the creative force for the AF Run logo.

The logo’s main shape and colors come from the Air Force roundel; a well recognized symbol of the Air Force.

This roundel acts as the backdrop for the logo itself.

The shoe with wings is derived from the Greek God Hermes.

“Hermes was the patron of athletics, which is a perfect symbol for our purpose,” says Breen.

The design needed to be fairly simple because the logo is going to be used for different types of publications to advertise the run.

“The simple design allows for scalability,” says Breen, who is also designing the race flyers.

Canadian Forces Base - 17 Wing Winnipeg

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

## Old Timers' hockey team heading to nationals in Borden

By John Towns  
Voxair staff

After a disappointing loss at the beginning of the Prairie Region Men's Regional Hockey Tournament, the 17 Wing Old Timers' team came out on top and will be heading to the national tournament in March in Borden, Ont.

The regional tournament, which was held in Winnipeg from Feb 9 to 13, featured six teams from bases around the Prairie provinces in two categories – Men's hockey, which anyone could play in, and in the Old Timers' category, where players have to be over 35 years old to compete.

17 Wing and Cold Lake had teams in both categories, while Edmonton was represented in the Old Timers' category and Shilo fielded a Men's team.

The 17 Wing Falcons fared fairly well in both categories, with the Men's team, who were short-benched and only playing with 12 skaters, being knocked out in the semi-finals by Cold Lake.

"The young guys came together as a tight knit crew under the leadership of our coach [WO] George Lake and our team captain [Capt] Kevin Kozak," said 2Lt Dan Ennis, assistant captain of the men's team, as well as coach of the Old Timers' team.

"They helped develop the motivation and intensity we needed to have an opportunity to win each of those games. Nobody ever gave up, nobody ever quit, and in the end, it was an honour to play with all of those guys."

Old Timers' team fared better than the Men's; however, coming back to avenge the Men's loss by besting Cold Lake in the finals to take the Regional Championship.

"[The Old Timers] started the tournament kind of slow. Our first game against Edmonton seemed flat," 2Lt Ennis wrote in a post-tournament email. "The next game against Cold Lake was the turn-around we were looking for."

The Old Timers' team went on to beat Edmonton in the semifinals, and moved on to face Cold Lake in the

finals in a nail-biter that went into overtime.

"Cold Lake jumped to an early 3-1 lead, but the guys battled hard through all the aches and pains of a long tournament and after an inspiring second intermission speech from [Col] Gord Reid, came to life in the third. We eventually tied the game in regulation," said 2Lt Ennis.

The deciding goal came early in the overtime, when Capt Tom Tulloch put one past the Cold Lake goalie to win the final game and secure a spot in the nationals for 17 Wing.

"Tom let a snapper loose from the back end and it ended up where mom hides the peanut butter. Top shelf, and then it was all smiles," said 2Lt Ennis.

"It was an extremely rewarding moment for the guys and myself. A lot of those guys haven't been to the big tourney in a couple of years and at the start of an early career in the Forces this will be my first."

2Lt Ennis says that coaching the Old Timers' team has already proved to be one of the most rewarding experiences he's had in the CF.

"I really have a lot of respect for all these guys and I learned a lot about leadership throughout the tournament," he said.

"There was a lot of years of military service and experience in that locker room and they gave me, a 2nd Luey all the respect in the world. It was a true milestone in my life to have coached these guys."



The 17 Wing Winnipeg Old Timers' Moose Team after winning the final game of the Prairie Region hockey tournament against the 4 Wing Cold Lake Fading Fighters.

2Lt Ennis says he decided to pull double duty by coaching a team and playing on one because of both a love of hockey, and a desire to see the event be a success.

"I figured, we've got to make the effort to get involved and put the time in to make this a good tournament," he said.

"So I figured that I'd take on part of that responsibility and make sure that we had enough guys for the old timers and help make sure things were organized for the young guys' team."

One of the major benefits to this tournament, according to Maj Doug Lawrie, captain of the 17 Wing Old Timers' team, is the fact that it's a real morale builder for the teams involved.

"For the players from each base, stuff like this re-

ally helps to build their esprit de corps, which is vitally important for the military," he said.

"In my opinion, they're essential to the continued morale and esprit de corps and, of course, fitness of the players, which is a big priority for the CF these days."

Maj Lawrie, who has

played in 14 of these regional tournaments over his 29 years in the Canadian Forces, added that putting on an event like this does more than just build morale within the bases participating, but it also gives players a chance to meet and make friends with CF members from different bases.

"By having these regional and national competitions, we continually get to make connections and establish networks with other like-minded individuals around the CF every time we have a tournament like this," he said.

"It's a really good experience in all aspects."

### Supplement Briefing

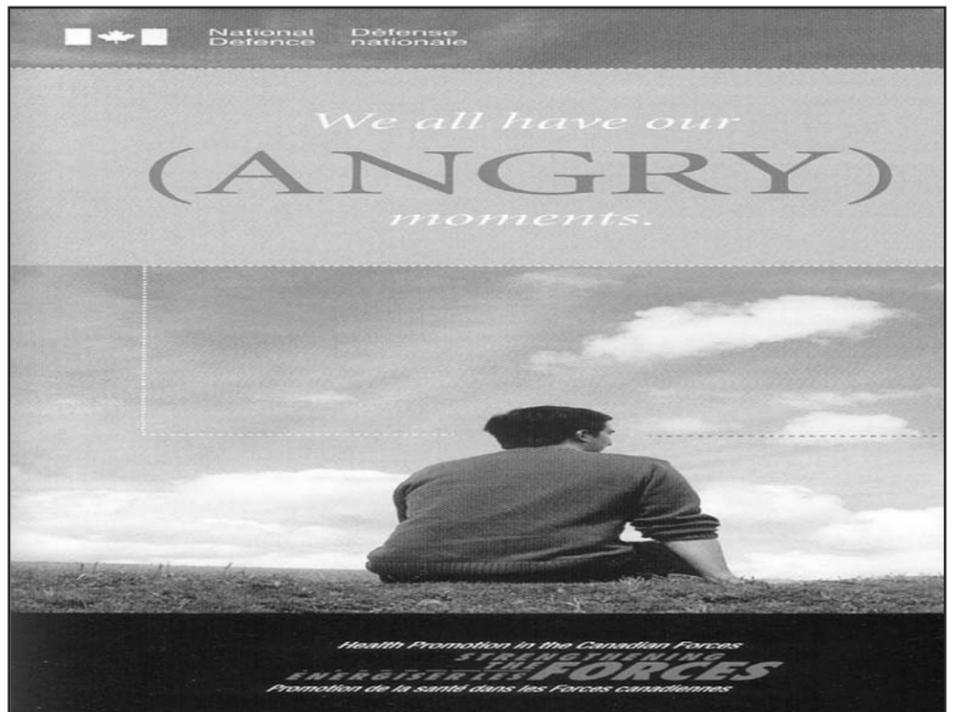
DATE: 31 MARCH 09

TIME: 1100 – 1200 HRS

LOCATION: BLDG. #62  
ROOM #315

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

Deadline for registration: 25 March 09



### MANAGING ANGRY MOMENTS

INFO SESSION: 9 MARCH 09

SESSION #1: 12 MARCH

TIME: 0830 – 1130 HOURS

LOCATION: BLDG. #62, RM. #315

DEADLINE FOR REGISTRATION: 3 MARCH 09

FOR ADDITIONAL INFORMATION AND TO REGISTER CONTACT HEALTH PROMOTION  
LOCAL 4150/4160/4995



**Valentine's Day at Building 90**

The PSP staff at building 90 celebrated Valentine's Day a day early, with a two hour spin and circuit class combo. The one hour circuit on the gym floor, titled Nobody Said Love Was Easy, had participants work in partners through a mix of Valentine and love themed agility, cardio, and resistance exercises. In the spin room, everyone sweated it out surrounded by balloon hearts, cupids, and rose petals. Some participants chose either the circuit or spin class, while those feeling a bit more ambitious completed both. Hard work was rewarded afterwards with healthy snacks and drinks.

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**Cost:** \$18 Members (17 Wing employees) / \$21 non-members



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## Setting the tone for Lent

Padre Lara Ann Bowditch  
Lookout Newspaper

Around this time of year you may notice signs advertising Shrove Tuesday or Pancake Day. Pancake Day is the last day before the period Christians call Lent. It usually is 47 days before Easter.

Lent is a time of abstinence or giving things up. So Shrove Tuesday is the last chance to indulge, to feast, dance and sing. In places such as Brazil and New Orleans this indulgent time is called Mardi Gras.

It may surprise you that there is more to Shrove Tuesday than pancake races and pigging out.

In fact, pancakes themselves are part of an ancient custom that has deeply religious roots.

The name Shrove comes from the word shrive, which means to confess. On Shrove Tuesday in the Middle Ages people used to confess their sins so they were forgiven before the season of Lent began.

During Lent there were many foods that folks would

give up, but wouldn't waste either.

So households would use up all the fats in the house and make lavish meals, cakes and deserts for consumption before eating a more modest diet during the six weeks of Lent.

Pancakes are the most universally common as they are made of fat, butter and eggs, which were forbidden in Lent.

Shrove Tuesday sets the tone for Ash Wednesday, the beginning of Lent.

This day the faithful come to worship and are marked with ashes burned from the previous year's Palm Sunday crosses.

The sign of the cross is marked on the follower's forehead with the word from scripture, "Remember that you are dust and to dust you shall return." The ashes remind the worshipper of their mortality and call them to repentance. Often people will leave the mark of ashes on all day as a sign of humility, as well as work on spiritual goals they want to attain before Easter.

## 17 Wing employees show generosity during Toonies from the Heart drive

By John Towns  
Voxair staff

On February 13, the Wing Chaplains bundled up and headed out to the gates of the base to raise money for the 17 Wing Care and Share program.

The Toonies from the Heart fundraiser is an annual event that takes place on or as close as possible to Valentine's Day. The goal is to raise funds for the Care and Share program, which is a fund that the Padres can use to help finance Christmas hampers and also to give out to both CF members and civilian employees of 17 Wing facing unexpected financial challenges.

"This is a fund which is administered by the Chaplaincy which really has two major purposes," said Padre Bob Granholm. "The first is to provide emergency funds for quality of life issues for military members.

"For example, if someone comes to us and says that

they're a single mom, and a military member, and they got a flat tire and don't have money to repair it, we have emergency funding to kind of get people over these crises."

The second, Padre Granholm continued, is to fund the Christmas hampers that the Chaplains work with the MFRC to distribute annually.

"I think last year we did 40 to 45 Christmas hampers to military members and civilian employees of the DND here on base that are in adverse circumstances," said Padre Granholm.

The Toonies from the Heart fundraiser is one of several fundraisers, including the Christmas Concert, to raise money for the Care and Share program. The Chaplains advertise for several weeks before the event, and then take up their positions around the gates and wait for the change to roll in.

"The MFRC supplies some of the logistical support, with military volunteers. Together we stand



Padre Granholm, with some of the donation tins used to collect cash for Toonies from the Heart.

out at the gate, and people will drop down the window, throw a Toonie in the bin and we hand them a brochure and say 'God bless you' and they're on their way," said Padre Granholm.

This year, Toonies from the Heart raised \$1,218 for the Care and Share program, which, according to Padre Granholm, is designed to

provide members of 17 Wing with a confidential way to get the help they need.

"We want to provide a confidential way to not only access financial resources but also to access the spiritual and emotional support that can be provided by the chaplaincy. It's just really an outreach of our chaplain community to the people on base."

## Together in Church

### Catholic

#### Chaplains

**Padre Lance Magdziak**  
Roman Catholic Office 833-2500 ext 5272

**Administrative Assistant**  
Carol Cochrane Office 833-2500 ext. 5087

**Masses (English only)**  
Sunday 1100 hrs

**Religious Education** classes are available to all students from Preschool to Grade 6. Please call the office for information.

**Confessions** The sacrament of reconciliation is offered 20 minutes before mass and by appointment. Contact the chaplain's office.

**Baptisms** We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

**Marriages** Six months' notice is required for marriages, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required.

**Catholic Women's League** meets in the Chapel Annex the third Monday of each month at 1830hrs.

### Protestant

#### Chaplains

**Chaplain Bonnie Mason**  
(Presbyterian) Office 833-2500 ext 5417

**Padre Bob Granholm**  
(Mennonite Brethren) Office 833-2500 ext 4885

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

**Padre Ken MacRae**  
(Presbyterian) Office 833-2500 ext 5057

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

**Padre David Stewart**  
(Presbyterian) Office 833-2500 ext 4277

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

**Administrative Assistant**  
Carol Cochrane Office 833-2500 ext. 5087

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

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

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

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

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

#### Other Phone Numbers:

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

#### Interfaith Prayer Room

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

#### 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.



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# Classifieds

## Coming events

The Winnipeg chapter of the Full Gospel Business Men's Fellowship in Canada is holding a Breakfast Meeting Sat 07 Mar 09, 0900-1100. Men & women are welcome too hear Ron Eldridge tell how God's love turns 13 homeless years into a ministry to the homeless. Best Western Charterhouse Hotel, 330 York Ave (at Hargrave), Winnipeg MB. Cost \$9. Call John at 2130 by Thu 05 Mar to ensure seating.

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# TAROSCOPES

BY  
NANCY

**Aries (March 21 - April 19):** Keep a clear head at this time and all will be fine. When you review what's happened to date, your assumptions will be confirmed. Once you find out you were right, you'll know what needs to be done next and how to do it. Act appropriately but act promptly. Dress for success.

**Taurus (April 20 - May 20):** Even though it feels like time is running out, calmly consider an issue from the perspective of others. Their concerns could be very different from yours. You may be very busy and could miss clues about a pending problem. You need to prepare for unexpected changes.

**Gemini (May 21 - June 21):** Try to remain patient if people in power keep changing their minds. Game playing and competition can go on around you but don't join in. Exercise control over areas of your life where you have authority and remain neutral, if possible, when people with ego issues are around.

**Cancer (June 22 - July 22):** There is a wealth of opportunity to enjoy friends and family at this time. You can try, but you won't be able to do everything or always include everyone. Do not drift aimlessly avoiding decisions. Opt for what you want most. Assume responsibility for your choices.

**Leo (July 23 - August 22):** You're going to have to make some decision about where and what to pursue. You can't kid yourself or anyone else anymore. Establish goals for yourself and rise to the challenge. The easiest way to do this is to take on things you enjoy doing so that it's fun and exciting.

**Virgo (August 23 - September 22):** It can seem like you have it all and still you won't be satisfied if you have not determined your true inner needs. Reflect on your expectations and actual desires not what looks good according to others. Reach out and help others as a means of enriching your life.

**Libra (September 23 - October 23):** Instead of rushing headlong into something, build a good foundation to create a stronger, more permanent situation. Slowly cultivate a relationship to ensure trust develops. Let go of past disappointments that resurface at this time. Live in the present.

**Scorpio (October 24 - November 21):** You're very romantic and creative in how you express your feelings at this time. People you meet spark strong feelings within you. Helping others helps you in all areas of your life. Personal development and professional courses are highly beneficial.

**Sagittarius (November 22 - December 21):** It takes a bit of extra work to organize future plans. Though life hasn't always been fair, your current efforts will show results. When you are true to, and honest with yourself, you see what is right for you. You have the energy and intelligence to reach your goals.

**Capricorn (December 22 - January 19):** You are able to manage everything that comes your way. Yes you are doing all the work right now, but this will change. Deal with a frustrating situation. Your actions can positively influence others. Once you've voiced your concerns let nature take its course.

**Aquarius (January 20 - February 18):** You may be unsure whether it is safe to trust that all will work out for the best. But do so, for good things do lie ahead. If you want to make headway you will have to let go of some assumptions and move into the realm of the unknown. The reward is greater than the cost.

**Pisces (February 19 - March 20):** Get grounded in reality by being practical. Take care of your "stuff." Deal with paperwork and deadlines and what you've put off repairing. Perfect a system of self-care then make this a habit through repetition. Positive inner changes are now obvious to others.

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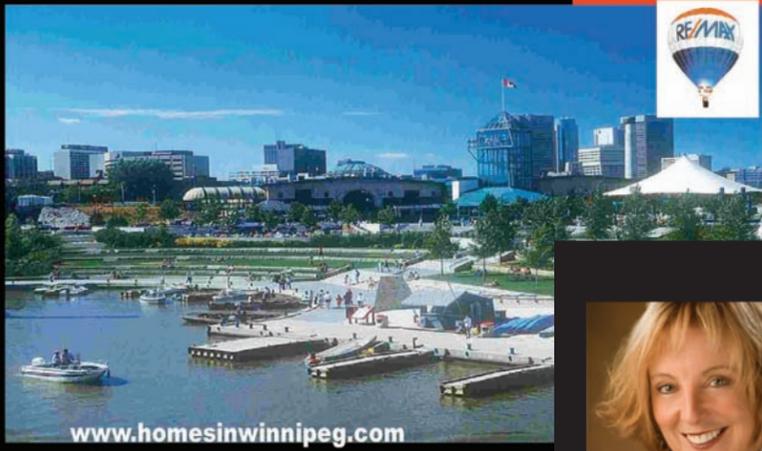
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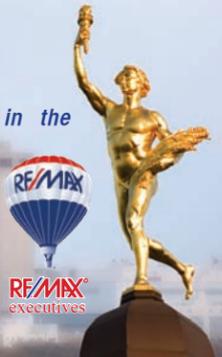


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