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17 Wing Celebrates International Women's Day



PSP Fitness Leader Katherine Desjarlais leads a group of about 40 women in a Zumba class as part of an International Women's Day Celebration. For more, see page 3. Photo: Mike Sherby

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HCol Rick Hansen Visits with JPSU

By Bruce Tulloch
Voxair Photojournalist

The Man In Motion, Rick Hansen, made his first visit to 17 Wing as the Honourary Colonel for the Joint Personnel Support Unit (JPSU). He was warmly welcomed by Major Richard Desjardins, Officer Commanding JPSU Prairie Region.

Hansen was named HCol of the JPSU in 2012, to help mark the 25th anniversary of his Man In Motion round-the-world wheel chair trek, and for all of his charity work to help research into spinal cord injuries.

Speaking to more than 40 members of the JPSU and invited guests in the WO & Sgt's Mess, in the midst of a March 5th blizzard Hansen began his short speech by emphasizing the importance of the military to Canada, Canadians, and himself.

"Sometimes we get caught up in the challenges of everyday life and we do our jobs and we're focussed on what's in front of us, but we forget that there's tremendous meaning in what we're doing. I'm here to say a huge thank you, a huge debt of gratitude on behalf of all

Canada for the work that you do."

An aspiring athlete, Hansen was paralyzed in an automobile accident when he was 15. But Hansen didn't let his accident slow him down, and he became the first UBC Phys Ed graduate with physical disability, as well as the most successful Canadian paralympian, winning 6 medals, half of them gold, in two Summer Paralympics.

He is best known for his Man In Motion Tour where he wheeled around the world raising awareness for spinal cord research. The #1 Hit song, "St.Elmo's Fire (Man In Motion)," by John Parr, was written in his honour.

Hansen said the he understands some of the challenges that the men and women the JPSU helps everyday have to go through, and he reiterated how lucky it is that we live in a country that takes these challenges seriously.

"I was fortunate, though. I found out that I was surrounded by family and friends and lived in a great country, Canada. I lived a country that cared about health-care, where people had opportunities to be supported as best they could. I lived in a country where people believe in an accessible and inclusive country, so in spite of your challenges you still have a chance to contribute."

For a man who has both suffered greatly and achieved greatness, Hansen's humility was genuine, and he really connected with the audience, who hung on his every word. Giving back seemed like a duty or mission to him as he spoke passionately about those that reached out to him.



HCol Rick Hansen (right) speaks with Cpl Micheal (left) during his visit to the Joint Personnel Support Unit (JPSU). Photo by: Pte Darryl Hepner



Left to right: MWO Fuentespina, HCol Rick Hansen and Maj Richard Desjardins. Photo by: Pte Darryl Hepner

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"I was nurtured and mentored by a number of people who had been there before... who had injuries from the 30s, when people with spinal cord injuries weren't supposed to have survived. They would smile because I was complaining about being in the hospital for seven months and they had been there for four years."

As time was tight, he kept it short, and then proceeded to meet and talk with all the members individually. He wasn't rushed, and was genuinely happy to talk to each and every person who was there.

Hansen concluded his speech with thanks and words of encouragement.

"I'm here again to say a huge level of thanks to all the people at JPSU who are serving, the IPSC Centres, all of the associative members who are here and care about those who have paid such a high price. Most importantly I'm here for those who are still struggling and continue, to say 'don't give up, man. Keep going. Every day is a gift. Never ever give up on our dreams.'"

Mr. Hansen was in Winnipeg to accept a donation of \$3 million from the Province to help fund his charity.

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International Women's Day Celebrated at 17 Wing

By Bruce Tulloch
Voxair Photojournalist

On Friday, March 07, approximately 40 women came together at the Fitness and Recreation Centre to celebrate International Women's Day together. This year, following its success at Sports Day in Canada, the 17 Wing IWD Committee decided to hold an afternoon Zumba class to mark the occasion.

Capt Marie-Jaques Gauthier was the military co-chair for the event. She says that the group thought that a health and fitness class would be an ideal way to celebrate IWD.

"We thought it would be a fun event for women to come out and have a little fun while getting some exercise," she said.

Judging by the number of women who turned up for the event, it was a definite hit. The class was led by Katherine Desjarlais PSP Fitness Leader, and Zumba Instructor Julie Belley from Comm Rec. When Capt Gauthier asked how many had done Zumba before, less than half raised their hand.

"It's great to see so many new faces," Capt Gauthier said. "Let's have some fun."

In addition to the Zumba class, many Wing Members were spotted sporting civilian attire as part of IWD. For a \$2 donation women, and men, could wear their civvies all day long. The money raised went towards Soldier On, a charity that helps injured or ill Canadian Forces members return to an active lifestyle through physical, recreational and sporting activities.

Since its original inception in 1977, International Women's Day has grown to be an event that is celebrated by millions of people worldwide. At 17 Wing, it was

a time to celebrate the many contributions that women make in the workforce every day, both for serving members as well as civilian staff.

Originally called International Working Women's Day, the first Women's Day event was held in Chicago in 1908, and was a one-off event without any real plans to expand or organize globally. The establishment of International Women's Day (IWD) was first proposed in 1910 at a Socialist conference in Copenhagen. The following year, over a million women and men honoured the day in Austria, Denmark, and Germany. In 1917, Russian leader Vladimir Lenin declared International Women's Day a holiday and many countries followed suit. But in North America it was largely ignored until after the United Nations officially sanctioned 1975 as International Women's Year and designated March 8 as International Women's Day in 1977.

Since then, the day has been declared a national holiday in many countries and is celebrated by millions worldwide. While some countries have developed traditions around the day, most celebrations and observances are organized at the grassroots level. As there is no official IWD group organizing, overseeing or sanctioning events, there is a great diversity to the events and in the groups that host them.

In addition, the Government of

Canada designates an International Women's Week (March 2 to 8) and a theme for its awareness campaign. This year's theme is "Strong Women, Strong Canada. Canadian Women - Creating Jobs One Business at a time." It is meant to reflect the importance of women's contributions to and growing roles in the economy. More information can be found on the government of Canada's IWD website: swc-cfc.gc.ca/idw-jif/index-eng.html.



On March 7, International Women's Day was celebrated with a well-attended Zumba class at the Fitness and Recreation Centre. Photo: Mike Sherby

RCAF members run Hypothermic Half Marathon

By Captain Wright Eruebi
Public Affairs Officer

1 Canadian Air Division/Canadian NORAD Region Headquarters

Bone chilling -34 degrees Celsius weather didn't stop ten Royal Canadian Air Force members and a member of the Personnel Support Program staff in Winnipeg from participating in the 2014 Hypothermic Half Marathon held early on February 23, 2014.

The 21-kilometre run happened at the same time as the Team Canada Hockey team was running away with a 3-0 victory over their Swedish counterpart to win the Olympic gold medal in Sochi, Russia.

The run took National Defence personnel and about 700 Winnipeggers from Fort Whyte in southwestern Winnipeg through the open field near Lake Cargill, through the forests of Assiniboine Park and back to Fort Whyte for the finish. The terrain with its rolling hills and open expanses punctuated with clusters of tall tree forests would have been picturesque – a runner's dream – in any other season except winter. Especially this win-

ter!

The marathon was particularly punishing as Manitoba is on track to recording one of its coldest winters ever. The runners fought off severe cold, blowing snow, and packed snow on the trail to reach the finish line.

Brigadier-General Christian Drouin, the deputy commander for force generation at 1 Canadian Air Division, located in Winnipeg, led the run – flanked by Brigadier-General Bruce Ploughman, the commander of 2 Canadian Air Division.

"My belief is that the message to our troops about staying fit is more effective when leadership takes the time to participate in a run like the Hypo Half," said Brigadier-General Drouin after the run.

"My boss, Major-General Pierre St-Amand, is himself a prolific runner, and troop fitness across the Division is one of his key objectives. He has energized the annual Air Force Run in Winnipeg to new levels under his command."

Brigadier-General Ploughman said he was impressed with the level of organization that went into the run.

"My message to folks is we 'fight fit'," he said. "We've come along way in the Canadian Armed Forces. I recall when it was acceptable to smoke on board ships in the days when I flew Sea Kings on board Navy ships, but those days are gone. So, are we done? Heck, no. We

still have some ways to go."

As well as the implicit message to RCAF personnel about fitness, Brigadier-General Ploughman also said he appreciated that the half marathon raised money for a worthy cause.

The Hypothermic Half Marathon is an annual event that is held in major cities all over Canada. Running Room, the sporting goods retailer, organized the first run in 2003 with proceeds donated to charity. In Winnipeg, the benefactor is "FortWhyte Alive", an environmental, education and recreation centre. The centre includes a large park with lakes, nature trails, forests and wetlands located in southwest Winnipeg along the migratory path of Canada geese.

"The military in Winnipeg are our great friends," said Rachael Munday, the regional manager of Running Room in Winnipeg and race director for the 2014 Hypothermic Half Marathon. "It was wonderful to see so many people from different backgrounds, including senior military officers, come to the event. I hope they will keep coming back in the future."

Royal Canadian Air Force members can now look forward to May 25, 2014. That's when the 2014 Royal Canadian Air Force Run will occur at 17 Wing Winnipeg. Now in its sixth year, the RCAF Run is a fun and family-oriented event that is open to all ages and ability. Non-military families are also welcomed to participate. Registration details for the RCAF Run can be found at: www.rcafrun.ca



Left to right: Cpl Scott Howden (A1 Director 1 CAD), CWO Andre Normandin (17 Wing/AFTC CWO), BGen Bruce Ploughman (2 CAD Commander), Col Mike Barker (A4 Maint Director (1 CAD)), PO1 Nicole Durant (2 CAD CWO EA), Col Jean-Pascal Leveseur (1 CAD COS), CWO Mike Scarcella (1 CAD CWO), Col Michel Brisebois (A5 Director (1 CAD)), Joanna Jarrett (PSP Facility Coord) and LCol Helen Wright (1 CAD Div Surg)
Photo: Cpl Gabrielle DesRochers

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A Look Back at the Burma Squadrons

By Bruce Tulloch
Voxair Photojournalist

With 435 Squadron's 70th anniversary, and the Burma Squadron Association's 67th reunion, fast approaching (May 23-25 2014), The Voxair thought it would be a good time to take a look through the squadron's vast archives and detail a little bit of history of the Squadron's work in Burma and beyond.

On August 30, 1945, when 4 DC-3 Dakota aircraft from 435 "Chinthe" Squadron completed its last operational mission in Burma, dropping supplies to British guerrillas, the war in Europe had already been over for almost four months. Members in the China-Burma-India (CBI) theatre had been promised they would be going home with the soldiers in European theatre. The 435 Squadron was one of two Burma Squadrons, the other being 436 Squadron, and flew 15,681 sorties delivering over 27,000 tons of freight and 14,000 passengers during the course of their deployment.

70 years later, the main concern of the 435-436 Burma Squadrons Association is the legacy of the Burma Squadrons rather than the length of its mission. The Association formed in 1946 in Toronto, and was comprised mainly of 436 members; by the next year, membership had grown to over 500 and the reunion had become an annual event.

In addition to their outstanding service record, the Burma Squadrons were distinct in that their crest features a chinthe, a legendary leogryph beast (lion-like creature), that protected Burmese temples. Squadron members were issued bush hats, which provided greater protection from the elements (rain and sun) rather than the standard wedge cap. "Today at our reunions we still wear bush hats in memory of that campaign and to distinguish us from veterans of other command areas," noted Bob Farquarson, CBI veteran and author of "For Your Tomorrow: Canadians and the Burma Campaign, 1941-1945".

Bob notes that most of their missions involved flying in supplies right up to the front line, everything from

spare parts for trucks to "a new pipe for the colonel or false teeth for the cook". He says that they occasionally experienced small arms fire or enemy fighter attacks, but that by and far the biggest dangers were the monsoon rains and clouds.

"Our experience in Burma was so intense and focused that it left an indelible mark on us," Bob says. "High pressure flying, day after day, and knowing that if we didn't get through, the Army would starve or run out of ammo gave us purpose. Moreover, it was a unique experience; relatively few Canadians had fought in Burma and that increased the bond."

He and the current 175 surviving 435-436 Burma Squadrons Association are preparing for what could be the last reunion, as less than 60 members are able to participate fully in the association's activities. "This reunion in 2014 will be our last unless some of the post-war members take up the torch. But we have had a good run and we will go down proud to the last of what we did in Burma."

The association did succeed in getting the Burma Gallery installed in the Canadian Warplane Heritage Museum in Mount Hope, Ontario.

Post-war, 435 Squadron formed in Edmonton flying C-119 and Dakota aircraft on transport duty for western Canada and parachute training in Rivers, Manitoba. During the Arab-Israeli wars, the squadron airlifted members of the United Nations

Emergency Force from Italy to Egypt.

Like the rest of the world, the Sixties were a decade of change for 435 Squadron. In 1960 it was re-equipped with C-130 Hercules aircraft and, during the 1962-63 conversion of 1 Air Division Europe squadrons from Sabre to Starfighter aircraft, ferried 137 CF-104 aircraft from Canada to Europe. On 1 February 1968 the squadron was integrated into the Canadian Armed Forces.

In 1994 435 Squadron was reformed in 17 Wing and operates 4 CC-130E and CC-130H(T) Hercules out of Hangar 16. Hangar 16 is a Recognized Federal Heritage Building and also houses the squadron's vast personal archives and historical room.

For more information about the Burma Squadron Association's 67th reunion, please contact Natalie Fonden-Gasc at (204) 833-2500 ext 5070.



The Association began in 1946 when veterans of the Burma Campaign, mostly from 436 Squadron, met in Toronto. As a result of that small meeting, a much bigger reunion followed the next year, as seen above. Photo: Supplied

Lace up your runners, the RCAF Run is just around the corner

The Royal Canadian Air Force will host the 6th Annual Royal Canadian Air Force (RCAF) Run on Sunday May 25th, 2014 in Winnipeg, the heart and home of Canada's Royal Canadian Air Force. This year's event will also celebrate the Royal Canadian Air Force's 90th Anniversary and longstanding connection with our local community. In addition, the event will raise funds for the Soldier On program and the Military Families Fund.

This event is open to the general public and once again participants will have the opportunity to run along the Wing's flight line that has launched aircraft in support of search and rescue missions, relief operations, NORAD aerospace control and diverse missions around the globe. Along the length of the flight line there will be static displays of RCAF aircraft and equipment. This event is also one of many initiatives within the Canadian Armed Forces that help to promote health and physical fitness which are key operational requirements for our members. Through this event the Royal Canadian Air Force and members of the general public can celebrate and run or walk their way to a healthier and fitter lifestyle in our 3 km Family Fun Run/Walk, 5 km and 10 km races or our premier events, the Half-Marathon and Half-Marathon 2-person relay. For more information and to register, please visit www.RCAFRun.ca



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The Voxair Takes a Look at Herc Maintenance

By Bruce Tulloch
Voxair Photojournalist

The ALMA Observatory in Chile may have the world's highest supercomputer, but 17 Wing has the world's highest gas station. And it is the only RCAF squadron capable of refuelling fighter aircraft in flight.

Air-to-Air Refuelling (AAR) is just one of the duties of the 435 Transport and Rescue Squadron and their Hercules aircrafts. Whether they are CF-28 Hornets or allied aircraft on domestic (NORAD or Defence of Canada) or international (NATO or Coalitions) missions, every year over 700 aircraft are filled with nearly 2,000,000 kilograms of fuel.

It's a task that's a difficult as it seems when you're cruising at 556 kilometres an hour.

"We go full throttle and the F-18s have to go almost as slow as they can to be able to match our speed. It's like trying to refuel a Ferrari with a Yugo" explains Cpl Campos, an Aviation Technician, as he and his colleague, MCpl Esser, investigate for a leak in a pod hose. "This system works good though," he says.

To refuel, the Hercules releases a metal parachute, the refuelling drogue, which is carried by the wind and draws out the hose. The fighter jet hooks up to the drogue as the two aircraft match speeds, and then refuel at a rate of up 900 kgs per minute. This process is complete in less than five minutes.

As you might guess there is no such thing as a routine day for the only Air Force squadron capable of refuelling fighter aircraft in flight, or for the technicians working to keep the aircraft operational.



MCpl Chris Wilson stands beside one of the Hercules' turboprop engines. Photo: Bruce Tulloch

MCpl Esser explains the unpredictable nature of the job, "It almost changes minute by minute and in a lot of cases for us, a priority changes and we have to completely change what we were working on. We not only repair the pods and the tanks, but we also do brakes, tires, all that kinda stuff for the Hercules fleet. We run quite a bit over here.

"There isn't a regular day; we come in, we got a couple of snags to fix, we have to launch a plane for a mission like we just did and nothing serious going

on [today]; and then there's the extreme end of the spectrum where we got a plane broken down up north, we have mission standing up, and this, that and a SAR launch. That's when life gets crazy." MCpl Wilson says with enthusiasm for the challenges.

The four massive Hercules aircraft at 17 Wing can each carry up to 78 combat troops, 17,000 kgs of fuel for AAR (in addition to its own fuel needs), or 12,000 kgs of equipment, and yet requires only 800 metres of runway to land. Combined with a low air displacement, the turboprop engines are better suited to these shorter missions than a jet engine would be. MCpl Chris Wilson, Aviation Systems Technician, explained the difference, "If you wanted to move something to Europe, you need a jet, but if you want to go from point A to B or don't have a prepared runway, the turboprop is best."

The other main duties of the 435 Squadron are to conduct air transport (fuel, vehicles, and personnel) and Search and Rescue (SAR) missions assigned by the Joint Rescue Coordination Centre (JRCC) in Trenton, Ontario. In 2012, the latest figures available, 50 SAR missions were conducted, including 6 to locate missing civilians (hunters and campers) 17 missions for missing or in-distress marine vessels.

Ask the **MP**



The purpose of our monthly column is to provide a forum where members of the 17 Wing Community can ask the MP questions related to policing, legal issues and community programs. If you have any topics you have been curious about and would like us to respond submit your question to the 23 MP Flt Community Relations representative MCpl KAVANAUGH at tanner.kavanaugh@forces.gc.ca. All questions will be answered and those we feel would be beneficial for the community as a whole will be published. This month's question is:

What types of things can I do to ensure the security of my home and family?

Becoming the victim of a home break-in can leave a family feeling vulnerable and violated. Therefore it is important to protect your property and your family. Contrary to popular belief, the majority of home break-ins occur during the day between business hours. Thieves will typically try and steal items that are small and valuable. These are commonly referred to as quick convertibles because they can carry by hand in order to get away quickly and then sell easily such as: iPhone, tablets, laptops, cameras, cds and dvds.

Home break-ins are not done randomly as there is a selection process that takes place. Thieves typically select homes that are unoccupied, with the easiest access, the greatest amount of cover, the best escape routes and where there is the least likely chance of detection from neighbours or pets. 'Target Hardening' is the process of making your home and property a less likely choice for would be thieves. Below are some obvious and some not so obvious ways to secure your home and make it a hard target.

1. Install a quality alarm system with motion detectors and door chimes. You can also consult your home insurance company for their recommendations. There are some new alarm systems that you can monitor your home security cameras on your smart phone while you are away.

2. Secure doors and windows. For home owners this can be done by using a solid door (wood or metal) metal doors/door jambs, heavy duty strike plates with minimum 3" screws. For windows,

install shatter proof glass or install security bars across the windows. It is also important to have window coverings that mask your belongings from various views around your property and erect fencing that is not see-thru.

3. Be cautious of the people you let in your home (trades people, Kijiji buyers, door to door salespeople etc.) as they may be surveying your home for a potential break in.

4. If you have a garage, utilizing it will make it more difficult for thieves to know your comings and goings. Many people have garage door openers in their vehicles so thieves have access to the garage if they can get into your vehicle. Also avoid leaving vehicle keys or keys to your residence inside your vehicle.

6. Don't store spare keys in common places such as: under door mats, in potted plants or under garden rocks. Give it to a trusted neighbour or install a numeric keypad door lock.

7. Install bright exterior security or motion detecting lighting. They are a great deterrent and it can also save you money as the light only goes on when needed. Light up dimly lit areas such as backyards and garage access points.

8. Use timers to leave lights on inside your home when leaving your property to create an illusion of occupancy.

9. If you are going away arrange to have your mail and newspapers picked up, your grass cut, the leaves raked or the snow removed as necessary and your garbage cans put back near your house after they have been emptied

10. Remove bushes or shrubs near windows and access points as they act as cover for someone trying to break in

11. Hide external home wiring such as copper. Not only will thieves steal the copper but they will cut off phone/alarm lines before they break in

12. Don't leave phone voicemail messages indicating you will be away and avoid sharing your travel plans on social media websites such as Facebook, Twitter etc.

Should you need any further information on home security please contact the 23 MP Flt Community Relations Rep MCpl Tanner Kavanaugh at tanner.kavanaugh@forces.gc.ca or 204.833.6830.



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Air Expeditionary Wing Prepares to Take-off to High Readiness

By Capt Christopher Daniel

About a hundred members of the Royal Canadian Air Force (RCAF) participated in Exercise UNIFIED RESOLVE 14 at CFB Petawawa, Ont. from February 11 to 25.

Airmen and airwomen from 17 Wing Winnipeg, 8 Wing Trenton, 4 Wing Cold Lake, 2 Wing and 3 Wing Bagotville, 1 Wing's 408 Tactical Helicopter Squadron out of Edmonton, 1 Canadian Air Division, 2 Canadian Air Division, and the Canadian Forces Aerospace Warfare Centre worked together in this computer-assisted exercise to prepare themselves to become familiar with the operating environment for the upcoming Exercise MAPLE RESOLVE 14 in Alberta.

"This exercise includes participants from both the Canadian Army and the RCAF," said Lieutenant-Colonel (LCol) Jay Nelles, Air Expeditionary Wing (AEW) 1401 Commander. "As a deployable capability, we exercise command and control along with processes and procedures that enable RCAF air operations to be conducted in a deployed environment. We're training to a level that will allow us to effectively operate even in austere conditions, that despite minimal assistance and limited resources we are capable of meeting the requirements for RCAF operations."

The RCAF component of the exercise is comprised of the Air Task Force (ATF) and the AEW.

"The ATF serves as an operational level headquarters that provides command oversight to the AEW, which operates in the tactical level. The ATF is also responsible

for the integration of RCAF deployed assets into a joint and coalition environment," said LCol Denis O'Reilly, ATF 1401 Commander. "The ATF is there to enable responsive, reliable, and effective RCAF operations alongside our coalition partners in a manner that brings credibility to the RCAF and the Canadian Armed Forces."

In Exercise UNIFIED RESOLVE, the ATF provided direction and guidance to the AEW in a high control role, enabling the AEW to achieve their training objectives as the primary training audience.

"As a new concept in the RCAF, the ATF has a secondary objective to consolidate the headquarters staff, who are working together for the first time. This includes the production of our procedures and the development of lessons learned that can inform further development of the ATF concept," said LCol O'Reilly.

According to Major John Coffin, the Officer Commanding the Operational Support Element for the AEW, "one of the main objectives of the AEW and the ATF is to have members come together and train using already established standing operating procedures and further develop them for future use."

Captain Philip Galbraith, Mission Support Element Logistics Officer for the AEW, said that the exercise afforded him the opportunity to "learn about how to effectively work within a command post and how the different elements of the AEW come together as a team in solving challenging and complex situations."

Through Exercise UNIFIED RESOLVE, the ATF and the AEW take a step forward in its preparation to take-off to high readiness, so that if the Government of Can-

ada wishes to send RCAF capabilities abroad, the AEW will always be ready and capable to support air essential operations anywhere in the world.



During the two-week exercise, participants reacted to computer-generated complex scenarios which simulated an army brigade working within a fictitious but realistic scenario. It allowed soldiers to practise full-spectrum operations, including deliberate attacks, mobile defence and assistance to Non-Governmental Organizations. Photo: MCpl Faye Worthy

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**THIRD
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Flying Tigers Excel at Provincial Swim Meet

By Bruce Tulloch (with files from Michelle Neilson)
Voxair Photojournalist

In the Chinese Zodiac 2014 is the year of the horse, but in the pool, 2014 is turning to the year of the Flying Tigers. After a great membership drive and a hugely successful Swim-A-Thon, the 17 Wing Flying Tigers Swim Club kept the momentum going into the Manitoba 2014 Provincial Short Course Championship Swim Meet held February 28th to March 2nd at the Pan-Am Pool.

In order to compete in the Provincials, swimmers had to first qualify with a valid time at a swim meet or time trial sanctioned by Swim Canada (through Swim Manitoba), just like the Olympics.

The Flying Tigers were ecstatic that nine of their members qualified for this year's competition. While two swimmers were unable to compete due to injury, the remaining seven brought home 13 medals and a set a number of personal best (PB) times.

In their first Provincials swim Rachel set her personal best in the 50m Butterfly and Mahyar earned a new provincial qualifying time for his PB in the 50m Freestyle. While they competed individually, the competition was all about the team said Rachel.

"Having swam in provincials on other clubs, but only making it there on relay teams, it was awesome to go for my own individual events this time! It was a great team building experience to cheer each other on, especially when someone from our team got a medal."

Amongst the junior swimmers, Sydney earned her first 'AA' qualifying time and Bronze medal in the 1500m Freestyle by taking almost a minute off her PB time. Qualifying times are rated 'A', 'AA', 'AAA', and 'AAAA' for Provincial, Man/Sask, Western, and National levels.

Shaylin did everything short of capturing a medal, setting personal best in every event, earning 22

point toward the team total, and a 'AA' time in the 100m Individual Medley (IM). "The team worked hard," she said, "We had to earn every medal, ribbon and personal best time that we received."

Ten-year-old Angel, who is already in her second Provincial meet, finished in the top 20 in all her events, including taking 5th place in her very first 100m Butterfly. Angel shared her teammates' all-for-one camaraderie. "I like being a part of the team because you get to cheer your team on for their swims and they cheer you on too! It was fun (at the Provincial meet) watching the team swim, and get their medals and ribbons," she said.

The senior swimmers Haley and Ryan earned PBs and medals in all their events. Haley won Gold in the 400m Freestyle and Silver in the 100m Butterfly, 200m Butterfly, and 200m Freestyle, 200m.

Ryan roared into March, winning the Boys High Point Award in the 14-15 age category with 3 Gold, 3 Silver and 2 Bronze medals, while setting PBs in 8 events, and earning new 'A' times in the 100m Butterfly and 100m IM and 'AA' times in the 50m Butterfly and 100m Freestyle.



Left to right: Ryan, Angel, Mahyar, Sydney, Haley (absent: Rachel, Shaylin, Makaela, Callysta). Photo: Supplied

Canada's Newest Astronaut Visits 17 Wing



Maj Jeremy Hansen talks to a full theatre on February 27th. Photo: Bruce Tulloch

By Bruce Tulloch
Voxair Photojournalist

Major Jeremy Hansen, Canada's newest astronaut, spoke to an audience which included members of the Canadian Forces School of Aerospace Studies (CFSAS) and about a dozen enraptured young children at 17 Wing on February 27.

With a two story image of the Canadarm and Can-

ada's most popular astronaut, Chris Hadfield, as his backdrop, Major Hansen took everyone down the path that led to him becoming an astronaut.

Major Hansen's talk neatly encapsulated space and how it relates to science, the military, and opportunity. Throughout his speech, there were three central themes: humility, wonder, and perspective.

Perspective is a word he returned to often, beginning with why he was training to go to the International Space Station.

"For me it's about leaving our planet, exploring and going to see something with my own eyes," said Major Hansen. "I've got a little bit of an explorer in me and I know all of you as folks in the military have a little bit of an explorer in you too. You all have the drive inside of you to contribute something a little bit bigger, to know what's over the next horizon, over the next mountain, over the next mountain range, and that's what drives me to go to this place, the ISS, just like Chris Hadfield did a year ago."

His enthusiasm electrified the room as he talked about how changing perspectives in aeronautics creates even greater wonder within him. All the while a time-lapse earth orbit video played on the screen behind him.

"What an incredible place just to hang out and stare at the planet going by and that's an important perspective," Major Hansen said. "You see a rock flying through space largely covered by water, cities dotted across the planet and then you see if you look out across the horizon, this little green band, the edge of the earth's atmosphere, that's the extent of our atmosphere."

Major Hansen connected immediately with the saucer-eyed kids in the audience by telling them that there are so many more opportunities now than there used to be.

For an astronaut, Major Hansen is about as down to Earth as a person can get. He delivered his speech from the floor rather than the podium, weaving facts and wisdom into personal stories, and talked about his accomplishments as something anyone can do if they're pas-

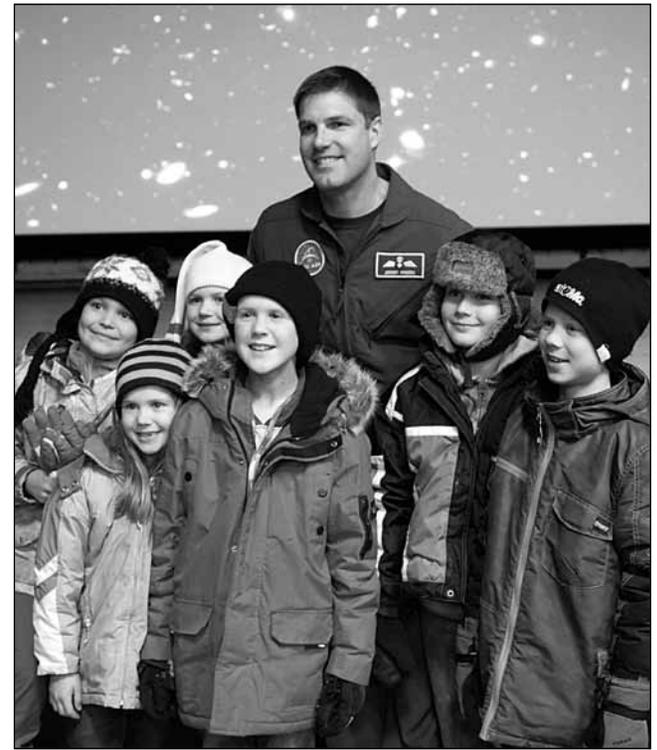
sionate enough. He is quick to give credit where credit is due, especially when it comes to his Canadian Armed Forces family.

"I have a new family now, I belong to the space family, but my heart belongs to the military," he said.

He also talked about the strong role that the Air Cadets program played in his decision to pursue a career in flight.

"A shy young farm boy I had to get in front of my peers and call out drill commands and I was scared out of my mind, but I learned leadership," he said. "That did everything for me. I don't believe I would have been ready or accepted to join the RCAF if it hadn't been for the Air Cadet program. It prepared me to join the RCAF and follow my passion to fly the CF-18."

As for his next adventure, blasting off into space, Major Hansen says he expects to fly to the International Space Station within the decade.



Maj Hansen poses with some young attendees: Riley, Brodie, Grace & Fiona Kotzer, and Daniel & Becca Zubricki. Photo: Bruce Tulloch

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DAAG Starts National Meeting with Smudging Ceremony

Bruce Tulloch
Voxair Photojournalist

On a bitterly cold Winnipeg morning, the Defence Aboriginal Advisory Group (DAAG) National Executive meeting started off on the right foot with a unanimous decision to hold the ceremonial smudge indoors rather than outside of the Officers' Mess.

To open the meeting, first the Eagle Staff was presented. With its three sections, the staff appears more like a complex work of art than a simple pole. In addition to eagle feathers representing First Nations, the staff is also comprised of a Narwal tusk for the north, flags for each province and territory, and a red sash for the Metis.

Once the staff was present, Bill Ballantyne, an elder from the Brokenhead First Nation blessed the meet-

ing with words of wisdom, a prayer in Cree, and a sage smudge.

The sincerity and warmth of his opening words instantly connected with group as he thanked them and told of his own special connection to the military. "I am very honoured to be here," he said. "As Tommy Prince in my family." Thomas George "Tommy" Prince was his wife's uncle, and one of Canada's most decorated Aboriginal soldiers in World War II and the Korean War.

Ballantyne explained the prayer process and began with his personal spirituality, "Look to be humble, as the Creator is looking after me."

Some members at the meeting were relatively new to traditions of a smudge while for some it is already part of their daily lifestyle.

Smudges traditionally are made with sage, cedar or tobacco (sweetgrass).

"We're burning sage today," the elder explained, "but could burn sweetgrass."

Through the experience of Tommy Prince and their conversations, he talked about healing and the spiritual journey and how neither are necessarily obvious paths.

"Tommy said to me, 'Things happened to me I did not understand. I see people who were not there.'" He explained, "We go through a lot of turmoil that we don't understand as youth. But the spirituality is within... We see shadows, presence borne of the spirit world, each of us in different ways, and it's not wrong."

Elder Ballantyne concluded by asking the Creator, "to guide everyone in whatever they're doing, that it may go right."

The Defence Aboriginal Advisory Group (DAAG) is one of the four main advisory groups that are part of the employment equity that is represented here at 17 Wing. Every base has its own DAAG and they meet nationally every three years. This year the meeting was held February 26-27 in Winnipeg.



Bill Ballantyne, an elder from the Brokenhead First Nation performs the smudging ceremony. Photo: Bruce Tulloch



The Eagle Staff is presented. Photo: Bruce Tulloch



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CAF Appreciation Day with the Jets



Members of the Winnipeg Jets posed at centre ice with members of the Canadian Armed Forces following NHL action against the Ottawa Senators as military personnel was honored at the MTS Centre on March 8th. Photo: Lance Thomson/NHLI via Getty Images



Jason Spezza #19 of the Ottawa Senators and Andrew Ladd #16 of the Winnipeg Jets get set for the ceremonial puck drop during Canadian Armed Forces Appreciation Day at the MTS Centre on March 8th. Photo: Lance Thomson/NHLI via Getty Images

Oh deer!



A couple of young deer take shelter from the cold beneath the wing of a plane at the Stevenson Parade Square. Photo: Mike Sherby

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Studying Arctic Sleep Patterns at CFS Alert

By Lieutenant Irina Jakhovets

Canadian Forces Station Alert, located on the northern tip of Ellesmere Island, is the perfect place to study the effects of round-the-clock darkness on sleep habits and circadian rhythms. From mid-October to late February the sun does not rise above the horizon at this most northerly, permanently inhabited location in the world, and total darkness lasts from the end of October to mid-February.

On January 14, 2014, Defence Research and Development Canada (DRDC) personnel arrived at CFS Alert – during the 24-hour darkness period – to gather data for their Arctic Circadian Rhythm Sleep Study.

Thirteen Canadian Armed Forces members volunteered to participate in the three-week study. The participants were required to wear an ActiGraph watch and record data about their sleep habits in a log book every day for the duration of the study. They also had to participate in two 24-hour melatonin data collection sessions.

After a week of getting used to a bulky ActiGraph watch, and remembering to complete the daily log, the volunteers participated in their first melatonin data collection.

Melatonin is a hormone produced by our body that acts as a regulator of the sleep/wake cycle. CFS Alert's 24-hour darkness period in the winter time makes it the perfect place for such a study.

While it is known that disruptions to circadian rhythms can have an adverse effect on performance, the specific nature of the disruptions caused by con-

tinual darkness are less well understood. The scientists planned to investigate the effect of 24 hour darkness on people's circadian rhythm and sleep habits and then develop and evaluate the effectiveness of individualized treatments to correct the disruptions.

At 8:30 a.m. on Saturday, January 18, 13 lounge chairs were set up in the main gymnasium while the DRDC staff awaited the arrival of the subjects.

The participants were sequestered for 24 hours in a dark gym, lit only by coloured Christmas lights and a big projection screen. As light affects melatonin production, the subjects were not allowed to use any electronic devices or be exposed to light levels above five lux.

Lux is the unit of measurement used to describe the intensity of light. For instance, a full moon on a dark night measures about 0.27 to one lux, office lighting measures about 320 to 500 lux and full daylight, but not direct sunlight, measures about 10,000 to 25,000 lux.

The participants found that staying awake during the day was the real challenge since they were only allowed to sleep between 11 p.m. and 7 a.m. the next morning. They also had to provide saliva samples every two hours; this consisted of chewing on a cotton swab for 45 seconds and then letting it sit in their mouths to absorb the saliva for an additional 45 seconds. At 11 p.m., the participants were allowed to go to bed, but they were wakened every hour and 40 minutes for the next sample.

Once all the samples had been compiled and analysed, members were told about their results. Everyone was anxious to know if they would require treatment or

not.

The treatment consisted of wearing a visor with an 8,000 lux green light shining into their eyes. Essentially, this was a portable sun lamp that would help decrease inopportune melatonin production, and help the participants realign their sleep patterns.

Eight of the 13 participants needed light treatments and were affectionately nicknamed 'aliens' because of their green glowing eyes. The other five became the control group.

The second 24-hour data collection, which studied responses to the light therapy treatment, occurred after ten days of treatment.

The process was the same as it had been the previous Saturday. Once all data was collected and analysed, members were again given their melatonin profile and were finally able to remove their ActiGraph watch.

The preliminary results showed that there was some improvement in the circadian rhythms of the treatment group, although, at the time this article was written, the final results were pending.

DRDC staff plan to return to CFS Alert in June to complete the same protocol during the 24-hour sunlight period to see what effect 24 hours of light has on circadian rhythm compared to 24 hours of darkness.

While those of us stationed at CFS Alert may not miss the 'aliens' walking around the station, we look forward to the impact these studies will have on managing the sleep pattern changes seen up here in CFS Alert, as well as across the Canadian North.



Study subjects were tired but happy after providing saliva samples every two hours for a 24-hour period in CFS Alert's gym. Note the Christmas lights that, along with a projection screen, were the only source of illumination during the 24-hour period. From left to right are Cpl Trevor Hill, MS Shane Barker, Pte Seon Kyu Han, Lt Irina Jakhovets, Cpl Keriean Gairy, MCpl Max Mahmodani, Cpl Justin Chamberlain, Cpl Trevor Mclean, Cpl Jason Perrin, MCpl Chris Hodge, Lt (Navy) Kaighley Brett and Sergeant Colin Farmer. Photo: Brenda Fraser

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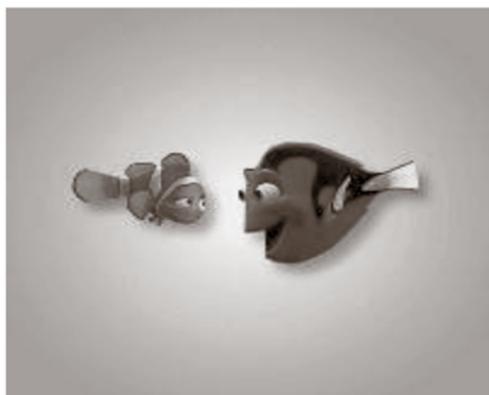
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CFB Winnipeg Golf Club Tees Up for Another Season

The CFB Winnipeg Golf Club will soon be open for the 2014 Golf season.

The Golf Club's Annual General Meeting will be held at the WO & Sgt's Mess on Wednesday, 9 April 2014 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!

2014 Golf Club membership fees are very reasonable and are as follows:

Regular Membership:	\$325 (includes GST);
Ordinary Membership:	\$345 (includes GST);
Associate Membership:	\$370 (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 2013 and you take out a 2014 membership, you will receive a 10% discount on your membership fees.

Also, if you were a Golf Club member in 2013 and renew your membership in 2014 and you bring in a new member (not a member in 2013) to the Golf Club, you will receive a 10% discount on your 2014 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 (when open) or the PSP Manager at local 4299.



Image courtesy of antpk / FreeDigitalPhotos.net

Canada's Pathway to the Stars Began with the Silver Dart



The Silver Dart, built by the Aerial Experimental Association, with Douglas McCurdy at the controls, on February 23, 1909. Photo: DND photo archives

By Joanna Calder

On February 23, 1909, the Silver Dart took flight in Nova Scotia. That first powered flight changed travel in Canada forever; air travel became a reality and an industry was born.

February 23 has been designated Canada's National Aviation Day – an opportunity to recognize our aviation pioneers and celebrate Canadians who make safe air travel possible.

The 20th century found a youthful Canada building its nationhood. The Dominion of Canada was still closely aligned with Great Britain and, even though the British Empire was beginning to fade, close links remained between the former colonies and Britain. The advent of two new forms of transportation – the automobile and the airplane – would both have a profound effect on Canada.

I believe that it will be possible in a very few years for a person to take his dinner in New York at 7 or 8 o'clock in the evening and eat his breakfast in Ireland or England the following morning.

– Alexander Graham Bell, "Flying Machines of the

Future", 1892

"Four years after the Wright brothers achieved the first power-sustained controlled airplane flight, Alexander Graham Bell, J.A.D. [Douglas] McCurdy . . . Frederick Baldwin [both of whom were engineers], Lieutenant Thomas Selfridge [an American army officer] and Glenn Curtiss [an American motorcycle racer], with financial backing from Bell's wife Mabel, founded the Aerial Experiment Association," Senator Joseph Day told his fellow senators on February 23, 2009 – the 100th anniversary of the Silver Dart's flight.

The AEA was formed in Halifax, Nova Scotia, in September 1907, under Dr. Bell's leadership. The team used the Curtiss factory at Hammondsport, New York, as their summer base and Dr. Bell's laboratories in Baddeck as their winter

headquarters.

"The AEA began conducting experimental flights with Bell's first idea – a large tetrahedral kite called the Cygnet. Subsequently, Bell devised plans for airplanes, or aerodromes as he called them. The Silver Dart was their fourth flying machine, after some success with the Red Wing, the White Wing and the June Bug," continued Senator Day.

The first successful powered, heavier-than-air, controlled airplane flight in Canada took place at Baddeck, Nova Scotia, on February 23, 1909, when the Silver Dart took to the air, piloted by J.A.D. McCurdy.

The launch of the Silver Dart was "helped by volunteers on skates, many of whom were students given the day off for this momentous occasion," said Senator Day. It "was pushed onto the ice at Baddeck Bay, a sub-basin of Bras d'Or Lake. After gliding along the ice, the Silver Dart lifted off, rose nine metres and flew for one and a half kilometres at 65 kilometres per hour.

"The flight represented unprecedented success in Canadian aviation as the result of hard work, determina-

tion and innovation."

The day after the Silver Dart's first flight, Mr. McCurdy flew four miles in a complete circle returning to his starting point. Not only were these flights the first in Canada, they were also recognized by the Royal Aero Club of the United Kingdom as the first successful heavier-than-air flights by a British subject anywhere in the British Empire.

Mr. McCurdy and Mr. Baldwin formed the Canadian Aerodrome Company to continue their aviation experiments. They sought the interest of the Department of Militia and Defence for possible military applications of the aircraft and were given permission to make some flights during the annual militia training camp.

They shipped the Silver Dart to what is now Canadian Forces Base Petawawa in Ontario and, on August 1, 1909, made four demonstration flights. However, the biplane was wrecked in a heavy landing during the final flight. Militia Department officials and officers who witnessed some of these flights were not impressed. It was decided to await the outcome of similar tests and experiments which were being conducted in Britain.

Mr. McCurdy and Mr. Baldwin offered to sell their aircraft to the government and instruct officers to fly them, but they were rejected.

In the next few years, one officer at Militia Headquarters made repeated efforts to have the Department form an aviation section, but these proposals were declined because "no funds were available".

When the First World War began August 4, 1914, Canada had neither pilots nor aircraft in the armed forces. In fact, when the war broke out, Douglas McCurdy spoke to Colonel Sam Hughes, Canada's Minister of Militia and Defence, about forming a Canadian Air Force. Colonel Hughes, who was not yet a believer in airpower, declared, "My boy, the aeroplane is the invention of the devil . . . and will never play any part in such a serious business as the defence of the nation!"

That would change, however, as the employment of aircraft during the war took on greater and greater importance. A failed effort was made to form a Canadian Aviation Corps in the autumn of 1914, but Canadian men flocked to join Britain's Royal Flying Corps, the Royal Naval Air Service and later – when those two organizations amalgamated – the Royal Air Force.

In the post-war years, those Canadian airmen built the foundation of the organization that on April 1, 1924, became the Royal Canadian Air Force.

With files from Transport Canada and the Handbook for Air Force Non-Commissioned Members.

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As Canadian Forces Morale and Welfare Services strengthens its focus on serving the million-strong community, the Services Directory will be a key resource in raising awareness of the many programs and services that exist. We have found that many in the CAF community have never even heard of some of the amazing programs that exist for their benefit. This new online resource will prove invaluable as we endeavour to ex-

pand our reach to serving members, veterans, military families, Defence Team members and retirees.

Canadian Forces Morale and Welfare Services encourages all CAF community members to explore the Services Directory for themselves, and learn more about the great services that may be available to them.

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IN MY HOUSEHOLD, NO ONE EATS THEM

Be a leader and trendsetter, add them to your meals and snacks. It can take up to 20 attempts for children to accept new foods; the same may be true for adults. Don't give up! Studies show serving more variety can help increase intake, especially in males and children.

VEGETABLES & FRUIT COST TOO MUCH

When compared to meat or snacks such as chips, chocolate bars, or pop, vegetables & fruit are cheaper per serving and provide a big nutrient bang for your buck. Using more vegetables & fruits in meals and snacks can actually save you \$\$\$!

I'M PRETTY SURE I GET ENOUGH

Take another look! Many people over-estimate portions of vegetables & fruit while under-estimate portions of "other" foods. Bigger is better when it comes to vegetables & fruit: Eat larger portions of them!

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Being healthy and fit is not only a work requirement but it is also very important to achieve your own personal goals. Consuming the recommended daily servings of vegetables and fruit is a major component in achieving health and fitness.

THEY TAKE TOO MUCH WORK & TIME

Many vegetables & fruit are nature's fast food, being ready to grab-and-go. Taking advantage of ready-to-eat or quick cooking options and using time saving cooking methods are great ways to put together quick, healthy

meals.

I EAT OUT A LOT, SO I DON'T HAVE A LOT OF CHOICE

Eating out doesn't excuse you from opting out of vegetables & fruit. You can usually make substitutions, even if the choice isn't on the menu: ask for more side veggies or fruit for an appetizer.

FRUIT HAS TOO MUCH SUGAR

Along with naturally occurring sugars, fruit carries many essential nutrients. Our bodies need this sugar and the nutrients to function. Plus, eating whole fruit provides fibre, which keeps us fuller for longer and helps with weight loss.

I'M YOUNG & HEALTHY AND EAT WHAT I WANT

Vegetables and fruit are important to keep your organs and body parts healthy, including those involved in your sex life and physical appearance.

I TAKE SUPPLEMENTS

We still don't know about everything in vegetables & fruit that make them so good for us. What we do know is that they are nutrient dense foods, and most nutrients are best absorbed in their whole-food state. This can't be imitated in supplements.

Aim for 4 Vegetables & 3 Fruit or more per day!

Week: 1	Vegetables Servings	4 Total	Fruit Servings	3 Total
Sample	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	2	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	2
Mon Mar 10:	<input type="checkbox"/>		<input type="checkbox"/>	
Tue Mar 11:	<input type="checkbox"/>		<input type="checkbox"/>	
Wed Mar 12:	<input type="checkbox"/>		<input type="checkbox"/>	
Thu Mar 13:	<input type="checkbox"/>		<input type="checkbox"/>	
Fri Mar 14:	<input type="checkbox"/>		<input type="checkbox"/>	
Sat Mar 15:	<input type="checkbox"/>		<input type="checkbox"/>	
Sun Mar 16:	<input type="checkbox"/>		<input type="checkbox"/>	

Week: 2	Vegetables Servings	4 Total	Fruit Servings	3 Total
Sample	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	3	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	2
Mon Mar 17:	<input type="checkbox"/>		<input type="checkbox"/>	
Tue Mar 18:	<input type="checkbox"/>		<input type="checkbox"/>	
Wed Mar 19:	<input type="checkbox"/>		<input type="checkbox"/>	
Thu Mar 20:	<input type="checkbox"/>		<input type="checkbox"/>	
Fri Mar 21:	<input type="checkbox"/>		<input type="checkbox"/>	
Sat Mar 22:	<input type="checkbox"/>		<input type="checkbox"/>	
Sun Mar 23:	<input type="checkbox"/>		<input type="checkbox"/>	

JOIN THE CHALLENGE

March 10 - 23

4&3 or more per day!

TO SERVE DAILY, YOU NEED YOUR DAILY SERVINGS
STAY STRONG, EAT YOUR VEGETABLES AND FRUIT



www.forces.gc.ca/4-3

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Complete tracker and return to Health Promotion (B63, Rm 147) by March 28th, 1600 hrs for a chance to win a prize!



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March is National Social Work Month

It's National Social Work month! This is an opportunity to highlight the way social workers contribute to our society and our community. It's also a chance to consider how a social worker can help you as a military member or family.

What do social workers do?

Social workers are concerned with helping people, as individuals or in groups, families and communities. They work towards greater social justice and towards reducing inequalities perpetrated through poverty, prejudice and discrimination, un (and under) employment, violence and systemic oppression.

Social worker can be found working in a wide variety of roles. Some focus on children and work within child protection agencies, schools and youth serving organizations. Other social workers may be found working alongside other health-care professionals, in hospitals, personal care homes and clinics.

Social workers all wear many hats within their positions at their agencies. Social workers may be called upon to provide counselling and support, to engage their

community by providing outreach and education, to act as an advocate to ensure that the people they work with are able to access the services they require.

Are there Social Workers at the MFRC?

The Winnipeg Military Family Resource Centre has three full-time social workers who are able to assist military members and their families in a number of ways.

Counselling is available for military families, spouses and children on any subject of concern and can be arranged for individuals, couples or families. Concerns may be related to the military lifestyle, but may also include (and are not limited to) mental health, self-esteem, relationship difficulties, parenting, children's issues, grief and loss or any other concerns that one might have. Counselling is confidential and free of cost.

Support groups and educational sessions are also conducted on an on-going basis; keep an eye on Community Connections, as well as the Winnipeg MFRC Facebook page to stay up to date on what's happening.

The social workers at the MFRC are also knowledgeable about community resources and may be able to help

members and families identify and access resources and other supports in the community.

23 Health Services Mental Health Department also has several social workers on staff as part of the mental health team. They are available to provide mental health services that promote wellness and provide timely interventions to support and empower CF members and their families. They provide professional, confidential counselling to military personnel and members of their families who are experiencing personal difficulties at home or work. Contact the mental health department at (204) 833-2500 ext. 5086.

How do I access MFRC services?

If you are in need of these services or are interested in learning more about the MFRC and its social workers, please contact MFRC social workers at (204) 833-2500: Haley Schroeder ext. 4512, Sherri Pierce ext. 4056, or MFRC/Integrated Personnel Support Centre Family Liaison Officer, Laurie-Anne Johnson, at ext. 4478.

Mind Over Matter

Many people, when they hear the word meditation, conjure up images of a group of monks sitting around in silence or a yoga studio full of cross-legged people with their index fingers and thumbs together, chanting "ohhmmmm" in unison. These images limit our ideas about the practice. Meditation is so much more and has so much to offer.

There are multiple forms of meditation, including attention-focus, mindfulness and simply intentionally paying attention to the world around us. One does not need a meditation-specific wardrobe, special equipment or even a lot of time to participate and there are many ways meditation helps us be better versions of ourselves.

Meditation can improve physical health. Tension-related pain, such as headaches, ulcers and insomnia may be reduced. Meditation can improve our immune systems and boost energy. There are also benefits to emotional health, as meditation can contribute to increased positive mood and decrease depression, anxiety and stress. Meditation even promotes social health, as empathy and compassion, as well as increasing social connectedness.

Through meditation, we can increase our awareness of our selves and our bodies and improve our ability to regulate both our emotions and our attention. We can become better at soothing ourselves when we experience negative or unpleasant emotions, although these feelings may be more intense when we first begin our meditation practice. As we become more aware, managing uncomfortable feelings becomes easier and we are more able to deal with them and move forward.

Meditation can not only help us manage and release stress that we carry in our lives, it can also help us protect ourselves by preventing stress from getting into our systems.

If you are interested in trying meditation in a non-threatening environment, why not check out Meditation Mondays at the MFRC. This drop-in group will take place March 17 and 31, from 12:15 - 12:45. We will be exploring different types of relaxation activities, including meditation, mindfulness and guided imagery. For more information, please contact Sherri Pierce at (204) 833-2500 ext 4056 or sherri.pierce@forces.gc.ca

Information for this article was sourced and adapted from: emmasapala.com, huffingtonpost.com, artofliving.org and lifehacker.com.

Let's Talk about Special Needs!

MFS (Military Family Services) has put together a team to build and enhance services for CAF families living with Special Needs and we are looking for your successes and struggles!

We need those who are caregivers for an individual of any age living with a special need, (diagnosed or undiagnosed) or a person with special needs to call (or email) us and let us know how things have gone for their families while living within the Canadian Forces community. We would like to hear about your successes, your struggles and anything in between. The special need can fall under any of the following categories: mental, physical, emotional or social. These stories will help the Special Needs National Working Group develop strategies to help you and your family succeed in the unique military lifestyle.

We are looking forward to hearing from you! All stories will be confidential and used for strategy building only.

You may also want to consider joining the Special Needs Discussion Group who will be meeting on Wednesday, March 19 to view TEMPLE GRANDIN, a film about an autistic woman who has become an expert in her field.

Please call or e-mail Sherri Pierce @ (204) 833-2500 ext 4056 or sherri.pierce@forces.gc.ca to share a story or to save your spot at the movie! Thank you for helping us create programming to support families living with special needs.

Pirate Party!



Several families enjoyed a variety of pirate themed activities at MFRC's recent Pirate Party. Shown here are children "walking the plank" and "swabbing the deck". They were also able to make pirate hats/flags, parrots, dig for treasure, dress like a pirate and go on a treasure hunt! A good time was had by all!

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Taroscopes

BY
NANCY

Aries (March 21 – April 19): You, like so many others, don't have it all figured out. Still, you can be proud of what you do know for sure. Live in the moment for tomorrow will bring some unexpected developments. Let go of what no longer suits you: attitudes, possessions, habits and relationships.

Taurus (April 20 – May 20): You'd like a break to relax and have fun but promises you've made or projects in progress are creating extra work for you. Gossip will upset you and may lead you to withdraw to sort out who your real friends are. What behavior is acceptable to you? Demand fair treatment.

Gemini (May 21 – June 21): Be flexible and fast to keep ahead of all the things you have to do. Logically review a situation as some of your assumptions may be misplaced. Though it may feel as if time is running out, take a break if you need to. You'll feel more up to the task once you return to it.

Cancer (June 22 – July 22): Work at establishing stable relationships for you'll feel comfortable about exploring your feelings more then. Look for fun ways to make something lasting and special. Add personal touches to a project. Give your imagination and self-expression free rein in creative pursuits.

Leo (July 23 – August 22): Comparing yourself to others isn't a good practice. Your assumptions may not be valid and may lead you to over-react. The fallout from something you did in the past may not be what you expected. Deal with it. You'll be glad you addressed the issue and took the necessary action.

Virgo (August 23 – September 22): Trying too hard to do the "right" thing or to always be productive is exhausting. If you are helping someone do it because you want to not because you believe there will be a payoff at the end. Being responsible is important; but remember to schedule leisure time as well as work.

Libra (September 23 – October 23): It's best to let nature take its course; but giving it a helping hand once in a while won't hurt either. Spend time with grounded people who are responsible and flexible. They can help you explore new options that allow you to stretch past self-imposed limitations.

Scorpio (October 24 – November 21): What you've planned may take more work than expected. Help may be unreliable. Don't take any of this personally though. Everyone is busy. Express your frustrations constructively. Find ways to release nervous or anxious energy. Keeping things locked inside won't help.

Sagittarius (November 22 – December 21): Add personal touches to your home or surroundings. Someone's perception of you may surprise and/or upset you. If past choices no longer suit you, take a leap of faith into something new. Rely on your support group for assistance and feedback.

Capricorn (December 22 – January 19): You may feel shocked and a bit lost for words by the things that are happening at this time. Someone's passage or a radical change in circumstances affects you deeply. Your old ways no longer seem so great. Consider someone's well-meaning advice. It shows they care.

Aquarius (January 20 – February 18): Repeating the same old patterns limits your creative spirit. Change the color or lighting in your environment to stimulate new ideas. Do something for the sake of doing it, not because it will produce an income. Others can provide things you need. Accept help.

Pisces (February 19 – March 20): "Feel the fear and do it anyway." To be more authentic, reclaim aspects of yourself that you let go of. You can make your own happiness a priority as well as being empathetic to others. Change your surroundings to reflect your beliefs. Create a space where you can do what you love.

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Canadiana Crossword

Games People Play

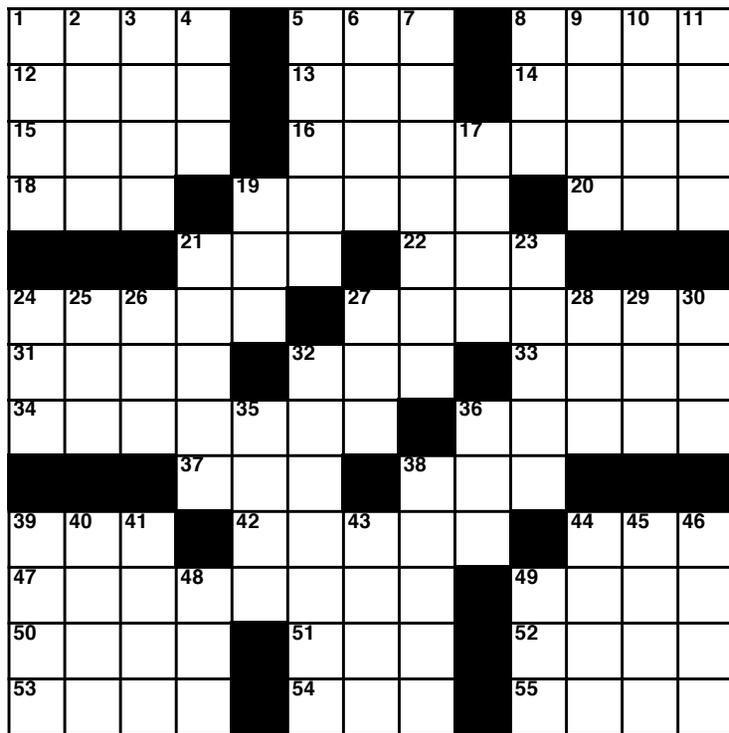
By Bernice Rosella and James Kilner

ACROSS

- 1 Pleased
- 5 Banking acronym
- 8 Kids card game
- 12 Belgian river
- 13 Caspian or Sargasso
- 14 Common cookie
- 15 Of the verb to lie
- 16 Card game in which players peg
- 18 Bro
- 19 Metric weight
- 20 Pal of Winken and Blinken
- 21 Take a seat
- 22 Tweedy topper
- 24 Popular pub game
- 27 Game using black blocks with white dots
- 31 Winged
- 32 Cleopatra pal
- 33 Singer Jones
- 34 Popular rummy game
- 36 Board game with cards and markers
- 37 Word before tai
- 38 Lettuce
- 39 Consume
- 42 Manly
- 44 Some sophs goals
- 47 Word game with lettered tiles
- 49 Whip
- 50 Formal for grads
- 51 ___ autres
- 52 Prefix denoting outside
- 53 Abominable snowman
- 54 Printer's concern
- 55 Playlet

DOWN

- 1 Weir's game
- 2 Falsifier



- 3 The Orient
- 4 Lair
- 5 Race or tie
- 6 Shore bird
- 7 Mainmast platform
- 8 Watch retainer
- 9 Arab nation
- 10 Lily bulb
- 11 Weeded
- 17 Gymnast's concern
- 19 Poet's it is
- 21 Vapour
- 23 Skirts
- 24 Webster, familiarly
- 25 Words before mode, in Montigny
- 26 Sought office
- 27 Mil. medal
- 28 Plus preceder
- 29 Assn.
- 30 ___ Paulo
- 32 Friendly
- 35 Metrical foot
- 36 Deplore, in a way
- 38 Yanofsky's game
- 39 Catch sight of
- 40 Area measure
- 41 Hoof it
- 43 ___ Kaddiddlehopper
- 44 With gammon, popular board game
- 45 Italian wine growing region
- 46 Assassinated
- 48 Friend, in Falaise
- 49 ___ hommes

Philatelist's Corner with Alf Brooks

1914-1918

This year, 2014, would be a good time to start a different collection. In the year marking the beginning of "The Great War," now known as World War I, and in the five following years, there will be many stamps issued by many countries to mark the centenary of the events of the War. You will have many hundreds of stamps before you come to 2019, the one-hundredth anniversary of the Treaty of Versailles and the other treaties that ended it all. Where to start?

Canada issued War Tax stamps during the War. More recently stamps with a "Great War" connection have been issued to commemorate Vimy Ridge and John McCrae. And there are others. Look to Canada and other postal authorities to build an interesting collection.



Together in Church

CATHOLIC

CHAPLAINS

Padre Ray Laudensorio
Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre
Roman Catholic Office 833-2500 ext. 5956

Masses (English only)

Tues, Weds, Thurs 1210 hrs
Sunday 1100 hrs



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

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

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

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

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

PROTESTANT

CHAPLAINS

Padre Jack Barrett (Wing Chaplain)
(Anglican) 833-2500 ext 5417

Padre Christopher Donnelly
(United Church) Office 833-2500 ext 4885

Padre Darryl Levy
(Baptist) Office 833-2500 ext 5785

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn. Office 306-492-2153 ext. 4299

Sunday Services (English Only) 0900 hrs

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

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

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

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

FOOD BANK

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

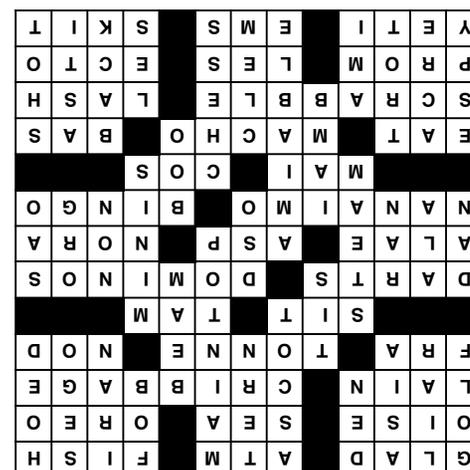
EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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

Crossword Answers



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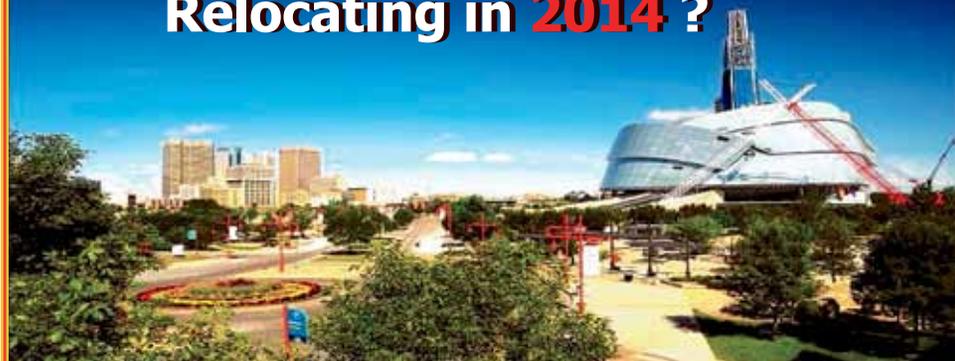
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