



Experiencing life in the Army



Family, friends and employers of members of Fort Garry Horse had the opportunity to experience Army life for a day during the Regiment's ExecuTrek/Family trek on March 21, 2009. See page 3 for more details.

Submitted by Fort Garry Horse

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Several Canadian Air Force members aim for space

By Karen Christiuk

Several current and former members of Canada's Air Force are one giant step closer to becoming astronauts.

The Canadian Space Agency (CSA) announced their top 16 candidates in the National Astronaut Recruitment Campaign on March 16, 2009. Making the short-list for the elite program are seven current Air Force members and one former member. Maj Desmond Brophy, currently on an officer's exchange at Edwards Air Force Base, California; Capt Jeremy Hansen and Maj Stuart Rogerson from 4 Wing Cold Lake, Alta.; Capt Jameel Janjua and Capt Joshua Kutryk from 3 Wing Bagotville, Que.; Maj Mark McCullins from 8 Wing Trenton, Ont.; Capt Keith Wilson, currently in the Military Medical Training Plan at the University of Manitoba, and former CF-18 fighter pilot Kenneth Welch will find out in May if they

will be one of the two final candidates selected to be members of Canada's Astronaut Corps.

The group was chosen from more than 5,000 applicants and went through a series of gruelling interviews and tests before being selected for the competition.

Maj Mark McCullins says it's no accident there are a number of Air Force officers in the ultimate race for space.

"It is a testament to the fact that the people skills we learn in the Air Force, as well as how to function in an aerospace environment, is obviously very highly sought after by the selection committee," says Maj McCullins.

Capt Keith Wilson agrees, "The Air Force training is second to none. My training as a search and rescue helicopter pilot and test pilot has prepared me well to handle stressful situations, remain calm and task-oriented. Just as important though, are the academic op-

portunities available through the Canadian Forces. Since joining the Canadian Forces at the age of 18, I have completed two Bachelor's degrees, graduated from the Empire Test Pilots' School, and am now sponsored by the Canadian Forces to become a physician."

There is also a shared camaraderie and sense of teamwork among the group.

"It's great to be going through the process with some of my close friends," says Capt Jeremy Hansen. Capt Hansen is one of six of the current and former Air Force members in the campaign who are trained fighter pilots, which they hope might help them in the competition.

"My fighter pilot training has taught me to deal with high stress and high pressure situations," said Capt Hansen, who had his first exposure to flight training when he obtained a glider pilot's license and then a private pilot's license as a young Air Cadet.



Capt Jameel Janjua says being part of the space program would allow him to give back to Canada by serving the country.

"Being a fighter pilot embodies a lot of the core values of the Canadian Forces: teamwork, communication, high ethical standards, devotion to the mission and to your country, precision, and conducting your task and mission," says Capt Jameel Janjua, who is also a fighter pilot.

Capt Janjua says he wants to be an astronaut because it's a way of continuing to give back to Canada by serving the country and because it's in his nature to want to explore space.



Capt Jeremy Hansen is hoping his fighter pilot training will help him in the competition.

"Human exploration of space addresses our fundamental desire to look beyond society as we know it now and civilization," says Capt Janjua.

Capt Keith Wilson says his dream of being an astronaut is a natural extension of his passion for aviation.

"It also offers an unparalleled opportunity to contribute to the advancement of science and technology for future generations," adds Capt Wilson.

Capt Wilson and the other candidates say, to get



Capt Wilson says that becoming an astronaut is a national extension of his passion for aviation.

to this stage, you need to "do something you love" and "look for excellence in everything you do."

"You need to work hard in school and chart a course in life that you're truly interested in," says Capt Hansen. "You have to find a career path that you're passionate about and will be challenged by. Those experiences are what will prepare you to be an astronaut."

For biographies of all candidates, visit http://www.asc-csa.gc.ca/eng/media/news_releases/2009/0316.asp

True North CEO new CFANS Honourary Colonel

By Lt Donna Riguidel
Assistant Wing Public Affairs Officer

During a ceremony held here March 20, Jim Ludlow, President and CEO of True North Sports and Entertainment Limited, was officially invested as the new Honourary Colonel of the Canadian Forces Air

Navigation School.

Drawing comparisons between working at True North and being in the military during his address, HCol Ludlow stated that, "The people that work for me make sacrifices but none of them have to contemplate going to Afghanistan. These

freedoms allow the Moose and True North to do what they do and we are eternally grateful."

"We take special individuals in the community and ask them to help us out," said Col Scott Howden, Commander of 17 Wing Winnipeg, as he welcomed the Air Force's newest Honourary Colonel.

"You have the ability to be a mentor to the students at CFANS and a great connector, a great spokesperson

for us."

As President and CEO of True North Sports and Entertainment Limited, HCol Ludlow provides strategic, management and financial leadership to that company and its wholly-owned subsidiaries, the MTS Centre and the Manitoba Moose.

For more information on the Canadian Forces Air Navigation School, visit <http://www.airforce.forces.gc.ca/17w-17e/schools-ecoles/page-eng.asp?id=461>



Col Scott Howden, 17 Wing Commander and LCol Marc Ferron, Commandant of CFANS sign the scrolls investing Jim Ludlow as the Honourary Colonel of CFANS.

Correction:

In the WPSO Corner in the March 25, 2009 issue of Voxair, Carol Prosk's name was incorrectly spelled. We apologize for the error.

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The deadline for
the next Voxair is
April 10, 2009

Family, friends and employers experience life in the field

By John Towns
Voxair staff

In the field – it's a phrase the families, friends and employers of soldiers are usually intimately familiar with. "When we were in the field last weekend..." or "Sorry, I can't make it, I'll be in the field" are a refrain which I have heard numerous times from my friends who carefully divide their free time between their social lives and 38 Canadian Brigade Group.

I, as I imagine most family members, friends and employers of Canada's Reservists, have found myself curious about this field. Where is it? What do they do in this field? I had, of course, a vague idea – there were rifles, field rations... possibly some digging in this field, but I was always interested in a more complete picture.

Which is why I, along with 25 other relatives and employers of members of the Fort Garry Horse, boarded a bus bound for Shilo on March 21, to get an inside look of what the members of the regiment actually get up to, as part of the unit's Executrek and Family Trek.

LCol Dave Atwell, Commanding Officer of the regiment, says that the idea behind bringing family members and employers of soldiers out into the field is to give the civilians a chance to see what the soldiers are doing when they ask for some time off of work and miss a family dinner or two.

"Really what I'm hoping they'll take away from today is a better understanding of



One of the participants in the Executrek / Family Trek takes a turn on the SAT range in the basement of McGregor Armoury.

why the Reserve soldiers are doing this. Why this is important to them," he said.

"And with that better understanding, maybe a little more support for the soldier – support from the job, support from the family, so that the soldier can feel not as conflicted sometimes about taking the time necessary to do activities and training with us."

While the Executrek, which brings employers into the field, has been something the regiment has run for many years in the past, the Family Trek is something that has only happened once

before, but was just held at the regiment's home at McGregor Armoury.

This was the first time family members had been brought to Shilo to see exactly what their loved ones get up to in the field.

The day began with a bus ride on which LCol Atwell gave a briefing which basically explained the nature of Canada's Reserves to us in terms which civilians understand. That is to say, he took the time to explain most of the acronyms that tend to make up a great deal of military speak.

Upon arriving in Shilo,

we were first treated to lunch in the form of Individual Meal Packs (IMP).

This was arguably the most popular part of the time in Shilo, with questions flying back and forth, and the members of the regiment happily demonstrating the proper way to eat an IMP – for example, putting juice crystals in an empty bread bag filled with water will avoid giving your canteen a juice-flavoured aftertaste that allegedly lingers for months.

Lunch was followed by a demonstration on how to properly create and detonate a C4 demolition charge (four of which subsequently exploded with an incredibly satisfying thump), and a look at some of the members of the Fort Garry Horse on the range firing C6 and C9 machine guns mounted on top of G Wagons.

Then it was back on the bus where we headed back to McGregor Armoury for a tour of the Fort Garry Horse Museum and some time on the SAT range, where the civilians got a chance to experience the closest thing most of us will ever get to firing a C7.

The day was unquestionably a hit with the civilians involved. Carl Smorang, whose son, Capt Barclay Smorang was unable to be present for the event because he was training in Edmonton, said that this kind of thing really made clear a lot of what his son has been talking about when he speaks about time in the field.

"We hear these stories about going out in the field

and you know, we have all sorts of questions, like where did they sleep, what kind of stuff they did, what they eat and that kind of thing," he said.

"To have the chance to go out and see, and actually sort of experience what it is that these guys are doing was really eye opening.

"Even the weather was something I didn't expect," continued Smorang.

"It seems really obvious looking back, but just to prepare for the slop and the snow and the cold is something that they have to be really conscious of, because

this is what they have to slop through all the time."

That kind of understanding was exactly what Cpl Dean Pescitelli, whose mother, father and girlfriend all came out to Shilo for the day, was hoping his family would take away from the day.

"They get to come out and see what we're doing, so when you come home and talk about what you did over the weekend, you're not just talking gibberish to them," said Cpl Pescitelli. "They'll have something to relate it to, they'll have a better picture of what I do."

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University of Manitoba research group, in collaboration with the Operational Stress Injury Clinic and the Institute of Biomedical Sciences 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.

Your role: participate in a psychological and trauma-experiences assessment (Session 1), receive training to control your emotional reactions (Session 2), and take part in a Magnetic Resonance Imaging (MRI) brain imaging experiment of emotional picture evaluations (Session 3).

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Winnipeg SAR Tech receives Star of Courage

By 2 Lt Greg Kuhn
Wing Public Affairs

“That others may live,” is not just a motto for search and rescue (SAR) technicians, but their way of life...and far too often their heroism goes unnoticed and unrewarded.

However, on March 16th, Winnipeg’s own Sergeant David Cooper was awarded one of Canada’s highest honours for bravery, the Star of Courage. This decoration is only given to those who display “conspicuous courage in circumstances of great peril.”

The commendation reads

“on February 16, 2007, Sgt David Cooper and Sgt Dwayne Guay, parachuted in extreme weather conditions to rescue a man who was stranded on an ice floe in the Arctic Ocean. After a difficult landing due to the strong winds, the two search and rescue technicians made their way to the victim, provided first aid, and set up shelter until help could arrive, some 11 hours later.”

The Right Honourable Michaëlle Jean, Governor General of Canada, will present the award to Sgt’s Cooper and Guay in a ceremony at Rideau Hall later

this year.

Since the inception of the three decorations of bravery in 1972, only 43 SAR technicians have ever been honoured for their acts of heroism. If you asked those that serve...it is just another day at work.

For more information on how to become a SAR Tech, visit http://www.forces.ca/html/searchandrescuetechnician_reg_en.aspx

For more information on the Star of Courage, visit <http://www.vac-acc.gc.ca/remembers/sub.cfm?source=collections/cmdp/mainmenu/group02/sc>

Tech SAR de Winnipeg est décoré de l’Étoile du Courage

Par 2 Lt Greg Kuhn
Affaires publiques de l’Escadre

« Pour sauver des vies n’est pas qu’une simple devise pour les techniciens en recherche et sauvetage (SAR), c’est un mode de vie. Et bien trop souvent, leur héroïsme passe inaperçu et n’est pas récompensé.

Le 16 mars, le Sergent David Cooper de Winnipeg a toutefois été décoré d’une des plus grandes distinctions pour bravoure du Canada, l’Étoile du courage. Cette décoration n’est décernée qu’à ceux et celles qui font preuve d’actes de courage remarquable dans des situations très périlleuses ».

On peut y lire la mention suivante : « Le 16 février 2007, le Sgt David Cooper et le Sgt Dwayne Guay ont été parachutés dans des conditions météorologiques



Sergent David Cooper.

extrêmes pour sauver un homme coincé sur un floe dans l’océan Arctique. Après un atterrissage difficile en raison des forts vents, les deux techniciens en recherche et sauvetage ont rejoint la victime, lui ont prodigué les premiers soins et ont con-

struit un abri en attendant que les secours arrivent, quelque onze heures plus tard. »

La très honorable Michaëlle Jean, gouverneure générale du Canada, présentera cette récompense au Sgt Cooper et au Sgt Guay à l’occasion d’une cérémonie qui se tiendra à Rideau Hall, plus tard cette année.

Depuis la création des trois décorations pour bravoure en 1972, seuls 43 techniciens SAR ont été honorés pour leurs actes d’héroïsme. Toutefois, si vous leur posiez la question, ils vous répondraient que cela fait partie de leur quotidien.

Pour obtenir de plus amples renseignements sur la façon de devenir technicien en recherche et sauvetage des Forces canadiennes, consultez le site http://www.forces.ca/html/technicien-technicienneenrechercheet-sauvetage_reg_fr.aspx

Pour de plus amples renseignements sur l’Étoile du courage, consultez le site <http://www.vac-acc.gc.ca/souvenir/sub.cfm?source=collections/decorsations/menu/groupe02/sc>

I’ve asked for language training, but...

WPSO Corner

By Leanne Beckwith

Where to begin? Well, you’ve happened upon the right article.

The 17 Wing Language Training Centre (LTC), located in the Learning and Career Centre, Bldg 135, on the second floor, room 208, is available to help you get started. The LTC offers second language training, in French and English, to all military members and their dependants over 18 years of age, at no cost.

DND employees may also participate in second language training (MSLTP and MAQ only); however the cost will vary from free to 25 per cent of the course depending on factors.

The 17 Wing Language Training Centre (LTC) offers various courses ranging from the Continuous Intermediate level (CCNI) courses in both French and English and Continuous Superior level (CCNS) courses, to the Military Second Language Training Program (MSLTP) Progress Level (PL/NP) courses, to the Maintenance of Skills (MAQ) courses.

The CCNI, CCNS and the MSLTP courses focus on second language training ranging from beginner to advanced skill levels. Classes are based on training modules that are categorised into Progress Levels (PL) or Niveau de Progres (NP).

Our in-class instruction utilizes the modules to study vocabulary, verbs, spelling, conjugation, grammar, syntax, reading and pronunciation.

The CCNI and the CCNS courses take place over an 11 month period. An initial test, called the placement test, is administered to all potential course candidates, before application to the CCNI, the CCNS or the

MSLTP courses.

The placement test is done over the phone and takes approximately 10 to 30 minutes. The test assessment indicates at what level a candidate should begin language training.

Once the pre-requisite course has been completed or an assessment at a higher progress level has been met, candidates interested in the continuous courses can discuss their application with their Career Manager.

Those who are assessed at a higher than the minimum progress level required for the course have the option of being integrated onto a Continuous Intermediate or Superior Level course at a later date.

The objective of the Continuous Intermediate Level Course is to achieve a BBB profile or higher on the SLE tests.

The objective of the Continuous Superior course is to achieve a CBC profile or higher on the SLE tests.

The Continuous Intermediate Level Courses in French and English are available to all ranks.

The Continuous Superior Level course (French only here at 17 Wing) is available to all Officers and to Warrant Officers and above.

Our second type of course offered is the Military Second Language Training Program (MSLTP) which are offered by Progress Levels. Simply stated, the series of MSLTP classes add up to the curriculum of the Continuous Courses.

The MSLTP Progress Level classes are offered in full-time or part-time blocs depending on the availability of students as well as the LTC’s classroom schedule. Each course offered requires a minimum of three military members.

Progress Levels 1 to 4 are comprised of 150 hours each of in-class instruction, which for a full-time bloc

is 25 training days (0730 – 1545 hrs each day).

The part-time bloc would require 38 days (0730 – 1215 hrs each day). Progress level 5 encompasses 180 hours of instruction and upon its’ completion, students should achieve a SLE profile of AAA or higher. Subsequently, the completion of PL 6 and 7, can allow students to achieve a profile of BBB or higher.

The Maintenance of Skills (MAQ) courses operate a little differently, as eligible candidates are required to have a valid Second Language Evaluation (SLE) profile in order to apply. Maintenance of Skills (MAQ) courses, are offered in one, two or three week sessions and will appeal to both Francophone and Anglophone members.

The curriculum for Francophone candidates focuses on Writing skills in English whereas Anglophone candidates focus on their Oral Interaction skills in French.

The in-class instruction focuses mainly on writing and oral interaction for the respective courses, however reading, writing and conversation are all an integral part of student’s learning.

The availability of courses and their scheduled dates are dependant upon the interest and demand from candidates and they can vary from year to year.

We encourage anyone who is interested in second language training to let us know their needs and availability by email or by phone, so that we can do our best to create a course schedule that will benefit all 17 Wing Personnel and their respective units.

You can also visit our webpage on the DIN at http://17wing.winnipeg.mil.ca/WAdmin/LTC/index_e.htm for information on courses, links to our course schedule and application form.

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A moment, please, from the Wing Admin Branch ...

By Maj Dan Morrison
Wing Personnel Officer

Tough to find one these days, whether at home, at work, in the car, moments are rare and more and more, the precious few that you do have, are interrupted by phones and email.

Glen Hunt, also known as the author of the rant from a television commercial, is the author of a poem entitled Moments, which many will recognize from its recital in a recent automobile television commercial.

Moments

A Moment If You Please,

Moments Can Be Short, Moments Can Be Long,

There Are Moments of Joy, Moments Of Sorrow, Moments Of Passion,

Moments You'll Never Forget, Moments You've Already Forgotten, Moments You Didn't Get,

There Are Awkward Moments, Senior Moments, Moments Of Truth, And Momentary Lapses In Judgment, People Who Ask For A Moment, Share A Moment, I Need A Moment You Got A Moment? Wait A Moment,

You Can Take A Moment, Make A Moment, Spoil A Moment And

If All The Stars Line In The Right Moment, That Moment Can Be Perfect,

Moments Can Define You, Moments Can Delight You,

And Moments Can Change Your Life,

Here's To The Moment And Squeezing All You Can

Out Of Every Last Single One Of Them

Pursue the Moment

I recently had a conversation with a co-worker about the old days when, as young unit and squadron AdminOs, we would regularly get together for lunch at the Mess and, over a sandwich, and between jabs at each others' favourite sports teams, get to know each other and build a network which became an invaluable resource for brainstorming problems at work, or simply to vent frustrations.

Perhaps I'm no longer as connected to that pack as I used to be, but I don't see that happening as much anymore in the workplace; those lunches and coffees have been replaced with text messages and wing-wide emails.

Then it occurred to me, we didn't have computers in our offices back in the early 90s, we had one Sqn computer.

Back then, if we wanted to reach out to anyone, we had to go for a walk and sit down face-to-face.

It seems that those human moments are becoming the dinosaurs of the workplace, and are being replaced by more efficient email and voicemail, but face-to-face contact is still essential to true communication.

That is the premise of an article by Edward Hallowell, published in Harvard Business Review (HBR) Jan-Feb 1999, entitled The Human Moment at Work.

Hallowell was a business

executive and a psychiatrist, who was concerned that human moments were disappearing, creating a deficiency of human contact, and that this trend was not only counter-productive in the workplace, but was having a detrimental affect on all aspects of peoples lives.

I thought enough of this article to keep a copy for the last 10 years, but alas can't afford the royalties to reprint it in its entirety. The article describes two scenarios that I'll share below:

"The chief financial officer of an international consulting firm holds a cell phone to his ear while waiting for the shuttle from New York to Boston. He listens to the messages that have piled up since he phoned in three hours earlier. After he flips the phone closed, he sits down to wait for his plane and starts to brood. A valued employee has asked for a transfer to another division. Questions begin to ricochet through his mind: What if the employee complains that the CFO is a lousy boss? What if the employee plans to take his team with him in the move? What if, what if...? The CFO becomes lost in a frightening tangle of improbable outcomes, a thicket that will ensnarl his mind the entire flight back to Boston. The minute he gets home he will dash off an e-mail to the employee and eagerly await a reply—which, when it comes the next day, will likely upset him further by its ambiguity. More brooding will ensue, making it

difficult for him to focus on his work.

At an electronics company, a talented brand manager is growing increasingly alienated. The problem started when his division head didn't return a phone call for several days. She said she never got the message. Then the brand manager noticed that he hadn't been invited to an important meeting with a new advertising agency. What's wrong with my performance? he wonders. The man wants to raise the question with the division manager, but the opportunity never seems to arise. All their communication is by memo, e-mail, or voice mail, which they exchange often. But they almost never meet. For one thing, their offices are 50 miles apart, and for another, both of them are frequently on the road. During the rare moments when they do see each other in

person—on the run in a corridor or in the parking lot at corporate headquarters—it is usually inappropriate or impossible to discuss complex matters. And so the issues between them smolder."

What these gentlemen are missing is the opportunity to meet with each other in person, the chance to share the same physical space and the same emotional and intellectual attention.

As the author explains, "Human moments require energy. Often, that's what makes them easy to avoid. The human moment may be seen as yet another tax on our overextended lives. But a human moment doesn't have to be emotionally draining or personally revealing. In fact, the human moment can be brisk, businesslike, and brief. A five-minute conversation can be a perfectly meaningful human moment. To make the human moment

work, you have to set aside what you're doing, put down the memo you were reading, disengage from your laptop, abandon your daydream, and focus on the person you're with. Usually when you do that, the other person will feel the energy and respond in kind. Together, you quickly create a force field of exceptional power."

Don't get me wrong, I love new technology, and I'm not suggesting for a minute that you shut down your computers or abandon your wireless handheld device.

I am suggesting that you take a minute before you hit send on your next email to consider a conversation in stead; also make the effort every day to stick your head out of your office, your cubicle, lift your head up as you pass folks in the hallway, and talk to them ... you'll be glad you did, and so will they!



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Employers of Reservists receive recognition

By Corporal Bill Gomm
38 CGB photojournalist

The Canadian Forces Liaison Council (CFLC) presented awards during the Winnipeg Chamber of Commerce luncheon on 15 March to formally recognize the special contributions of supportive employers and educational institutions.

These organizations have provided Reservists time off to serve, whether it is for a few days, a few weeks or several months for training and operational deployments in Canada or overseas.

MCpl Dylan Lee, an Avionics technician for 402 Squadron and an Avionics Tech for Aveos, nominated his employer for the award.

"I think it's great for the company," said Rob Snape, Manager, Resource Aircraft Maintenance for Aveos. "This is the second time we have received the award. We put it up for display for all our employees to see."

Currently, MCpl Lee is

serving overseas.

The (CFLC) is a group of civilian business leaders who volunteer their time and efforts to promote the Primary Reserves, Canada's part-time military, by highlighting the benefits of Reserve Force training and experience to the civilian workplace.

For MBdr Robert Orchard, who is with 26 Field Artillery Regiment in Brandon and a Cold Room Attendant for Simplot Canada, his employer has always been supportive.

"They are a good employer. They support the Reserves; support me at short notice with anything I need," said MBdr Orchard.

"I've never had a problem getting time off."

"When I got back, they said to take whatever time off I needed and I could come back whenever I'm ready. When I went back to work, they had a bunch of yellow ribbons up all over the plant, got me a cake and a welcome home party."

For the support he received

from Simplot, MCpl Orchard nominated his company for the CFLC award.

"It's a great honour to receive an award for something we feel very important to support," said Tomkins. "For us to allow Rob to go do his duty for the country is not a hardship for us. It's nothing compared to what he had to give up, leaving his wife, leaving his home to go overseas to serve the country."

Simplot Canada was recently selected for a National Award as the most supportive employer in Manitoba.

"Being nominated for the national award? That's fantastic," said Tomkins.

"Being recognized for something we feel is our responsibility as an employer and our responsibility as a company in Canada.

"To be able to be recognized for that, makes us very proud, makes the company proud and makes the plant proud."

Also recognized were Garden Valley School Division, for Sgt Mark Wilson; The Winnipeg Remand Center, for Maj Don Steenson; MTS Allstream Inc. for LCol Dave Atwell; St Boniface General Hospital, for Lt Diane MH Hyra-Kuzenko; and Standard Aero for Sgt John Helgeson

This year marks CFLC's 15 year anniversary. This year also marks 30 years since the establishment of a formal employer support program for Canada's Reserve Force in 1978.

CFANS student receives US Army commendation

By Lt Donna Riguidel
Assistant Public Affairs Officer

For Flying Officer (FgOff) Melissa Axelrad of the Royal New Zealand Air Force, it was just work. It just happened that work was located 12 metres from one of the most tension filled borders in the world – the Demilitarized Zone separating North and South Korea.

"I won it for doing my job," said FgOff Axelrad of her tour of duty with the United Nations Command Military Armistice Commission (UNCMAC) in Korea. A large part of that job was maintaining communication between the two countries, which have been divided since 1948.

Shortly after her tour there ended, FgOff Axelrad, currently a student at the Canadian Forces Air Navigation School (CFANS) here, learned she was being awarded the United States Army Commendation Medal for meritorious service.

"I knew it was coming. I heard the paperwork had been put through," she said after being presented with the medal during a CFANS graduation held on March 6.

Although she won the commendation for exemplary service in passing messages and participating in meetings between the two countries' armies, she also helped out with the border crossings.



Royal New Zealand Air Force Flying Officer Melissa Axelrad receives the US Army's Commendation from BGen R. Pitrie.

"There were lots of rules; some seemed excessive, such as never go outside wearing civilian shorts or anything that exposes you. Security had to come with us and know where we were, they were always armed," says FrOff Axelrad.

"You had to be careful, if the North Koreans don't feel you are following their rules, they will refuse to cooperate."

Although she adjusted to the rules and the environ-

ment quickly, she said that many of those transferred in noticed a dramatic change in atmosphere. "They said you could really feel the tension," she explains.

When asked how life in Winnipeg compares to spending each day in a demilitarized zone, FgOff Axelrad stated that "It was really cool to experience a real winter... but I have never been colder than -10. The snow was nice, but it was a little too cold."

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Timing is everything

By Capt Yvonne DeCaire
Wing Public Affairs

During a fire, an aircraft acts like a small dark tube that just keeps getting hotter and hotter.

Add smoke and that cramped atmosphere, and it's pretty nasty, says Sgt Dennis Matthews, 17 Wing's Deputy Fire Chief.

In concert with Winnipeg Airport Authority firefighters, the military firefighters form a joint team that respond to all aircraft fire and rescue emer-

gencies at 17 Wing/James Armstrong Richardson International airport.

Sgt Matthews, who has been a firefighter for 15 years, says firefighting is a little different on an aircraft.

"For one, timing is vital," he says. "Once the aircraft is on fire it takes about 90 seconds before that fire and smoke are inside the aircraft. This means the fire truck needs to be on site and active within two minutes of the call."

For the firefighters, the aircraft presents some large chal-

lenges. "In an aircraft everything is going to create toxic fumes so we wear our breathing apparatus," says Sgt Matthews. "This means we are carrying bulky gear which makes getting around the interior of a plane difficult. People will panic in almost any fire," says Sgt Matthews.

"The most important thing is for passengers to listen to the aircrew and follow their directions. If the evacuation becomes disorganized, people can get hurt or even exit into the fire itself."

Take fire alarms seriously

By Capt Yvonne DeCaire
Wing Public Affairs

The fire alarm is sounding and people are filing down the hall and out of the building. "Probably another false alarm," you tell yourself. You've just gotten into a really good episode of '1000 Ways to Die' on TV. There's only ten minutes left, "I'll go out after the program is over. They'll only just be getting organized then." Wait, is that smoke coming in under the door??

Believe it or not, this could be a not so uncommon story.

The 17 Wing Fire Fighters

have found people sitting in their rooms watching TV when they respond to alarms.

"It really makes you wonder what they are thinking," says Sgt Matthews, 17 Wing Deputy Fire Chief.

"Luckily, no one has been injured yet."

He said that it is really important that all alarms be treated like the real thing.

"People need to file out of the building in an orderly fashion. If it's cold outside take your coat, it could be an hour before we figure out what the problem is and let people back

inside."

It is also vital that all doors are left unlocked, as the fire department has to physically check every room to ensure there are no fires, injured persons, or other reasons for the alarm.

All it takes is one small fire. In Manitoba for 2006 there were 16 fatalities and 376 injuries resulting from fires.

Fires can spread quite quickly inside a building and people are trapped and often succumb to smoke inhalation.

Don't be a victim - respond appropriately.

Before you file your tax return...

By Pierre Goulet, CFP, FMA, FCSI
SISIP Financial Services, Ottawa

The deadline for filing your 2008 tax return is April 30. Depending on your situation, non-refundable tax credits can help reduce your tax base. Here are a few simple tips you should keep in mind.

Those of you who make donations to your favourite charity will get a tax credit when these are claimed on your tax return. Keep in mind that the federal credit is 15 per cent on the first \$200 and 29 per cent on amounts above \$200. In addition, there are corresponding provincial credits based on your province's tax rates.

Charitable donation receipts can be transferred to your spouse. The higher income earner should claim all donations if the province of residence has a provincial surtax and the higher income earner is subject to it. This way you will get the maximum credit against the income in the highest tax bracket. If surtaxes do not apply, either spouse can claim the donations.

Medical expenses are also transferable between spouses.

Medical expenses can include amounts paid outside of Canada and they must be more than three per cent of your net income or \$1,962, whichever is less. Therefore, the spouse with the lowest income should claim all expenses.

You can claim the expenses of all immediate family members (child, spouse, parent, grandparent, brother, uncle, niece...) who depended upon you for support during the tax year. The total of these expenses must be more than the lesser of \$1,962 or three per cent of the dependent's net income for the year up to a maximum of \$10,000.

You can claim medical expenses paid in any 12-month period ending in 2008 that were not claimed in the previous year.

You can claim fees paid for post-secondary courses. Each claim must be \$100 or more for each educational institution and the institution should provide you with an official tax receipt or a form T2202A. A portion of the education amounts can also be transferred from spouses and children. To find out what amount is eligible, complete the

calculation on the back of your T2202A or schedule 11 in your income tax forms.

If your spouse or common-law partner earned less than \$9,600 last year, follow the calculation on line 303 of your return to see what amount you can claim.

If you were single, divorced, separated, or widowed you can claim a maximum amount of \$9,600 minus the income for any dependent. This amount is called the amount for an eligible dependent and is found on schedule 5 of your return.

Age and pension credits are based on your age and whether you are receiving a pension and can also be transferred to your spouse.

All of the above mentioned credits and further explanations are in your General Income Tax and Benefit Guide 2008. Take the time to read the portions of the guide that apply to your claims. It may save you money or prevent you from making a costly mistake.

This article is for general information purposes only and is the opinion of the writer.

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Jennifer Doering-Keiver

Program offers assistance during difficult times

By John Towns
Voxair staff

When Cpl Jayson Nickol dropped the puck at The Manitoba Moose's Military Appreciation Night on March 7, he was surrounded by his friends and family, including his former teammates from the 2003/2004 St Vital Vics MMJHL hockey club.

It was the most fitting group to surround him – after all, the tagline for the night was Military Families: The Strength Behind The Uniform. But the strength behind the uniform isn't limited to the unwavering support and love offered by the families and friends of Canadian soldiers, as Cpl Nickol, who joined the Royal Winnipeg Rifles in 2005, was forced to find out in June 2008, when he was wounded in Afghanistan.

"Basically we were in-

involved in a firefight and I got shot in the leg and my femur was shattered," recalled Cpl Nickol.

It was at this point that the Canadian Forces began the process of treating him medically and offering him support through what was going to be one of the most difficult times of his life.

After being stabilized in KAF, Cpl Nickol was flown to Landstuhl, Germany, to spend time recovering in the Landstuhl Regional Medical Center (LRMC), a hospital operated by the US Department of Defense that serves as the primary treatment centre for injured soldiers coming from Iraq and Afghanistan. Cpl Nickol speaks very highly of the treatment he received at the LRMC.

"It's a superb military facility. It's unreal, I would like to see Canada open up something like that on our

own in case in the future we aren't doing joint ops with The States," he said.

"If we could have something like that in each major city in Canada it would be a major plus for us."

In addition to medical treatment, the CF has set up a program for injured personnel which Cpl Nickol also thinks is an excellent idea – the Assisting Officer, who is an officer assigned to each deployed soldier and is trained to step in in case the worst happens.

"The Assisting Officer, basically, is something that when you're either injured or killed, you're assigned an officer that takes care of arranging all your medical needs or repatriation, and helps out your family," summarized Cpl Nickol. "Basically they'll get you anything you need when you come back."

Cpl Nickol's assisting officer was Capt Colin Malmstrom, and Cpl Nickol has nothing but positive things to say about the job he did, and the Assisting Officer program in general.

"He did an amazing job," said Cpl Nickol. "Basically his job was to assist in anything me or my family needed, from providing information on when I was being flown home from Germany, to getting something for me when I was in the hospital. He always got the stuff we needed done and did it right away. Like I said he did an amazing job. Even now, he's helping me with getting back to work. I'm really glad the CF has something like this in place."

Cpl Jayson Nickol, far right, was pleased with the assistance given to him and his family during his recovery.



Memory Project records history

By Capt Yvonne DeCaire
Wing Public Affairs

"I have veteran plates on my car. On one occasion I had a young man who came up to me in a parking lot to shake my hand and say thank you. I am proud to have served my country overseas," said retired Flight Officer Edmond Wirth.

This and many stories can be heard around the room in any group of veter-

ans. Unfortunately, stories of the average Canadian taking the time to let them know that we remember are very few. The stories of World War II (WWII) are getting lost, tragically due to the advanced age of many of our veterans.

At the Memory Breakfast on 19 March I had the privilege to sit with our veterans, most of who fought in WWII or Korea. The room is buzzing with stories of sea

battles, trench warfare, and aircraft crashes. You can see they haven't forgotten as they relive the tales, like it was yesterday.

The Dominion Group held the breakfast in the hopes of getting more veterans to take part in the speaker's bureau or try and record their documents and tales. Unfortunately, many of them have difficulty even today recounting the many horrors that they survived,

and the comrades they left behind.

Jill Paterson with the Dominion Institute relates that getting copies of documentation from these Veterans is vital to keeping the memory alive. "This is a great resource to many teachers who want to ensure that their class has a relevant and accurate site to learn from...we're hoping that this will help our country to appreciate the sacrifices that were made."

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T Bay Admin Gp takes part in HIGHLAND HAMMER II

By Cpl Bill Gomm
38 CBG photojournalist

The Thunder Bay Administration Group (T Bay Admin Gp) took part in Exercise HIGHLAND HAMMER II in the city of Thunder Bay, while operating from the City Armouries from 20-22 February 2009.

Starting with Exercise HIGHLAND HAMMER I, which had been held two weeks prior, the soldiers of the T Bay Admin Gp had taken classroom lessons and had practiced room-clearing drills.

The exercise began with a day of convoy driving and learning to deal with Improvised Explosive Devices

(IEDs) and casualties.

LCol Brent Faulkner, Commanding Officer of the T Bay Admin Gp, said those who had recently returned from Task Force 1-08 "jumped at the chance of using their skills that they learned during their tour."

One of the critical training tasks was for the soldiers to administer first aid to soldiers involved in a roadside bomb attack.

"It was good to see how the soldiers learned about caring for the injured from the time of the IED strike to removing the injured person from the vehicle and the subsequent treatment," said LCol Faulkner.

Inside the armoury, soldiers finished constructing a kill house—a wood structure used specifically for room clearing drills—which was put to use during the evening's training segment.

Once light again, soldiers mounted up for a subsequent convoy move through the city, but as they returned to the armoury the convoy was ambushed by multiple simulated roadside bombs and enemy fire, which forced the soldiers to seek cover in the armoury.

"We are lucky in the Admin Gp that we have training staff that are dedicated and have a good imagination," said LCol Faulkner.

Int Ops train for current ops

By Cpl Bill Gomm
38 CBG photojournalist

"I'm a data guy. I relate to data, not map symbols," said Pte David Berube, a collator with 5 Platoon (Pl), 6 Intelligence (Int) Company (Coy).

Members of 5 Pl, 6 Int Coy and 1 Canadian Air Division A2 staff took part in the final portion of Exercise ACORN REGENESIS, 14-15 March.

"Over the last two weekends, we've been conducting Exercise Acorn Regensis," said 2Lt Scott Wiley, Platoon Commander 5 Pl.

"The exercise is designed to practise core intelligence skills used by our soldiers overseas and operations in Canada."

To many in the Canadian Forces, the intelligence trade seems to be shrouded in mystery, which leads to a lot of soldiers having no real understanding of what Int Ops do.

"Most people in the Canadian Forces don't know what our job is," said MCpl Jonathan Elmhurst, 5 Pl. "They know we do Intelligence but they don't know the job specifics of the different ranks."

Skills such as collation are preformed at all rank levels and are a primary skill but usually this work is done at the Corporal and Master Corporal levels.

The job consists of properly filing away information and intelligence into files and data bases so it can be retrieved later in a quickly and very timely fashion which is a principle of Intelligence.

"Managing the information in the right the folder, that's the hardest," said Pte Berube. "There is a naming convention to follow and there is a database that all the information has to be entered into."

"If we have to create a

report then a report is done, based on events and locations, which helps a lot when giving a detailed briefing."

At the higher rank levels such as MCpl, Sgt and WO, analysis is added to the list of core skills.

These analyses are used to creating briefings, which are then presented to various levels of command depending on the operation.

"Went not to bad, still improving every single time I do a briefing," said Pte Berube. "I need to improve on correlating to the map because I'm a data guy."

"The training is going great, we are very pleased to have members from 1 CAD A2," said 2Lt Scott Wiley. "It's nice to train with them and to show them what the reserves are doing."

Next up for members of 5 Pl is to take the exercise out to Edmonton to train other members of 6 Int Coy.



Cpl Bill Gomm

Cpl Kevin Rostek kicks open the door to the next room while Pte Ethan Rice, left, and Cpl Patrick Seymour, right, provide cover.

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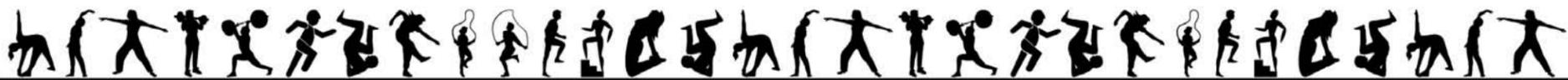
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Regional champions

The 17 Wing Stingers will represent the Prairie Region at the National Volleyball Championships 25 to 29 April at 19 Wing Comox. After giving up the first set, the team game back and won three straight sets to defeat Cold Lake in the finals of the Prairie Regionals. Back row, from left: Rick Phillips (coach), Pte Kim Robichaud, OCdt Rebecca Sparkes, Lt Julia Rantz, Capt Natasha Lewis, Capt Dianne Hanley. Front row from left: 2Lt Nicole Pye, Cpl Maria Toone, Capt Melissa Couturier, 2Lt Karyne Lacelle, Lt Thesa Wheaton.

Encouraging CF members to make healthier choices

By John Towns
Voxair staff

From March 16 to 20, you probably noticed a few changes in the menu, as well as a few changes in the décor at the Mess, as 17 Wing Food Services worked with Health Promotion to promote a Healthy Choices menu.

Food Services and Health Promotion roll out the Healthy Choices menu several times each year as part of the Set Your Sights On Healthy Eating blitz to provide Wing personnel with both healthy meal alternatives and education about healthy eating.

MWO Terry O'Hara, Deputy Wing Foods Officer, says that Food Services used more whole wheat pastas and fish dishes, as well as whole grain bread products to encourage people to eat healthier.

They also tried to stay away from heavy cream sauces, instead opting for lighter, vegetable-based sauces, and tried to offer more meat-free dishes than normally.

He says that the response from not only the diners was positive, but the cooks enjoyed preparing the alternative meals as well.

"I definitely think that

this is something that people would like to see continuing. The diners, I think, enjoyed the different choices, especially those folks that live in quarters," he said. "As far as the staff perspective goes, the cooks have been enjoying doing a few different products that we haven't done on our normal cycle menu."

Elanor Murphy, who works as a cashier in the Mess, says that many of the people coming through her till have been very receptive to the healthier choices.

"Whenever I've been working, there's been a lot of people picking the healthier choices," she said. "A lot of people are enjoying it. I think it's something that could really catch on."

One such diner was Sgt Geoff Postle, who came through with a plate of salmon and green beans. He feels that the healthier choices are something that should be pushed all year.

"I've only been here a couple of times during the week, because I work off and on, but what I've been having has really been good," he said.

"It's something that should be offered all year, for sure. Eating healthy is something we should always strive for."



Sgt Geoff Postle was among those sampling the Healthy Choices menu items at the Mess between March 16 and 20.

According to MWO O'Hara, Food Services is now working to include a number of the more popular healthy choices on its regular menu.

"Right now we're running a three-week cycle menu, and we're looking at adding some of the menu items that we received good feedback on when we do changes to our current menu," he said.

"Some of the choices that we were serving this week are items that we'll be looking to integrate into our normal menu, so you'll be seeing them again."

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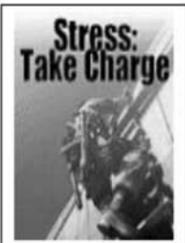


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We've got the routes, the date and the time. All we're missing is YOU! We need YOU to help us reach Mach Speed by running May 31 at the Inaugural Air Force Run. For the early bird registration special race off to www.airforcerun.ca before April 7.



2009 WComd Curling Bonspiel

The WComd Curling Bonspiel took place on Friday, 20 Mar 09 at the Assiniboine Memorial Curling Club. There were eight teams participating in this year's competition. The winning team was Mixed Up, consisting of Sgt Allan McCauley, Capt Dave Foyers, Capt Colin Marlow, and Capt Mike Chaytor. Team Mixed Up defeated team Brew Crew 2 - 0 in the final. The bonspiel also included a closest to the button skills competition. The winner of the skills competition was CWO Dale Horwill.



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

Members bring home medals

By OCdt Jennifer Doornink
Wing Public Affairs

“I am happy of the final result but not so much with my overall performance” remarked Capt Martin Jutras after a lengthy two hour match that saw him take the gold medal in the men’s open category at badminton regionals held March 19 – 23 at 4 Wing Cold Lake.

“I will need to work on many aspects of the game” commented Capt Jutras about his training regime before going to Nationals in Kingston, Ontario at the beginning of May.

Along with Capt Jutras’ gold, Team Winnipeg’s Capt Jean Lizotte won the bronze in the men’s open category. PO2 Tim Hunchak won gold in the men’s seniors category while WO Jamie Burke won silver in men’s masters category.

OCdt Jennifer Doornink won silver in the women’s category and along with

Capt Lizotte, claimed the gold medal in mixed doubles. Not to be outdone, Capt Jutras and Capt Lizotte won gold in the men’s doubles category.

Of the 20 players who participated in the Regionals from Edmonton, Cold Lake, Moose Jaw and Winnipeg, 10 will represent the Prairie Region at Nationals, including five Team Winnipeg members.

At the Nationals, all Prairie Regional team members will compete not only in their respective categories but in doubles and mixed doubles as well.

The Squash Regionals, held concurrently at 4 Wing Cold Lake saw PO2 Donna Pelchat and 2Lt Jill Sicard represent Team Winnipeg in the women’s category.

There, 2Lt Sicard won silver and will represent the Prairie Region at the Nationals which will also be held concurrently in Kingston with badminton.



Capt Martin Jutras gets ready to receive a serve during the gold medal match of regional badminton tournament held at 4 Wing.



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154-2025 Corydon Avenue
Email: ccrump@cruiseShipCenters.com
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17 Wing Intersection Volleyball

After seven months of regular season games and playoffs, the 2008/09 Intersection Volleyball season came to a conclusion 26 Mar 09 with Odds N Sods defeating You Got Served in two straight games in the final. The final game was played between first and second seeded teams. The second seeded team upset the top team to become the 08/09 Intersection Volleyball Champions. In this picture (Odds N Sods): Mike MacNeil, James Follette, Catherine Chatterley, Ron Nichols, Rick Phillips. Missing from this photo: Cpl Maria Toone, Bob Stewart, Walter Hildebrande.

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For more information, contact your local **Strengthening the Forces** Health Promotion Office or visit our website at www.forces.gc.ca/health/Services/Engraph/health_promotion_home_e.asp

Pour plus d’information, communiquez avec votre Bureau local de promotion de la santé **Energiser les Forces** ou visitez notre site internet www.forces.gc.ca/health/services/engraph/health_promotion_home_f.asp

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SUPERVISOR TRAINING PART 1 & 2

1. Recognizing & Responding to Early Warning Signs
2. Developing Effective Interview Skills

(This training is now course coded and is required for all military in a supervisor role.)



**23 April 09
0800 – 1600 Hrs
Learning Centre, Rm #111**

To Register or for more Information contact
Health Promotion @ local 4150/4160
Register Early, Spots are Limited!

Check out what PSP has to offer:

www.pspwinnipeg.ca

Honours and awards



Sgt Andrew G. Rusconi receives the Canadian Forces Decoration from 17 Wing Commander Col Scott Howden.



Pte M.Doreen Pym receives the Canadian Forces Decoration.



MCpl Darrell K. Jillett receives the Canadian Forces Decoration.



Sgt Peter Dmytriw receives the Canadian Forces Decoration First Clasp.



MCpl William C. Stamper receives the Canadian Forces Decoration First Clasp.



MS T. Carelyn A. Masepela receives the Canadian Forces Decoration First Clasp.



Sgt Robert Selman receives the Canadian Forces Decoration First Clasp. He also received the Wing Commander's Commendation.



Major J.H.P. Yves Auger receives the Canadian Forces Decoration First Clasp.



Sgt Brian E. Herlick receives the Canadian Forces Decoration Second Clasp.



MWO Gerrit E. Holleman receives the Canadian Forces Decoration Second Clasp.



Sgt Denise J. Benson receives the Canadian Forces Decoration Second Clasp.



Sgt Timothy J. McMeekin receives the Land Forces Western Area Commendation.



Sgt Allison Bugden receives the Chief of Air Staff Commendation.



Sylvia L. Thordarson receives her retirement certificate after 25 years of service.



Rick Franklin receives the Wing Commander's Commendation.



WO James Gray receives the Wing Commander's Commendation.



MWO Mike Robertson receives the Wing Commander's Commendation.



Sgt Laurie Coleman receives the Wing Commander's Commendation.



Sgt David J. Cooper receives a Star of Courage Letter for his bravery during a rescue mission.



Ted Porter receives his Retirement Certificate after 27 years of service.

Photos: Cpl Lavonne McDonald



204.833.2500 ext. 4500

Fax: 204.489.8587 • Email: wpgmfrc@autobahn.mb.ca
 102 Comet Street PO Box 17000 Stn Forces, Winnipeg, MB R3J 3Y5



Underwraps

During deployments, communication is the key to success for both family and member. What better way to keep that connection than a care package from home! Join us each month for Underwraps, a chance to wrap up and send all the goodies you have been saving! From time to time we also get donations from civilian families who are not connected to the military that you may include in your packages. We will have everything you need to get your parcel on its way... paper, markers, tape, addresses, great care package ideas, refreshments and other families going through the same thing. Come share your ideas. The Youth Centre will be open for drop-in for the school age kids (6 -12 years old) and if desired by the group, we can bring someone in to watch the little ones in the parent education room. The first Underwraps will be held Saturday, May 2 from 1 to 3 pm – Topic Coping With Separation
 Please register by calling 833-2500 Ext 4500 and advise if childcare is required at that time.

Kidventures – summer day camp for school aged children

This year Kidventures is opening its doors to discovery. Join us while we discover Winnipeg's history, its landmarks, its culture, and its traditions. Registration packages will be available April 6 from the front desk of the MFRC. Registration will begin May 6 at 7 pm in person at the MFRC.

Support Our Forces Merchandise

- Yellow Ribbon Red Shirts \$15.00
- Yellow Ribbon Red Golf Shirts \$24.00 Sale
- (X-small, small, X-large and XX-large available)
- Yellow Ribbon Magnets \$4.00
- Yellow Ribbon Window Decals \$4.00
- Yellow Ribbon Rhinestone Brooch \$12.00
- Yellow Ribbon Pins \$3.00 ea or 3 for \$8.00
- Yellow Ribbon Key Chains \$5.00
- Ball Caps \$15.00
- Toques \$12.00
- Soldier Bear (Light, Dark, Black, or Polar) \$20.00
- Yellow Ribbon Lawn Signs \$10.00
- Yellow Ribbon Dog Tags \$5.00
- Sherlock Maps City of Winnipeg \$14.00 lg
- **NEW** Fleece Jackets \$5.00 sm \$40.00
- Men's and Women's sizes available
- All prices include GST.



New at the MFRC - Yellow Ribbon Fleece Jackets. Available in men's and women's sizes, only \$40. Perfect for spring days and cool summer evenings.

Operational Stress Injury Social Support (OSISS) briefing

On Saturday 25 Apr 09 at 1300 hrs in the 17 Wing Theatre, Bldg 90 (The Gym) there will be a briefing by the OSISS Team from Winnipeg. Melissa Bryden the Family Peer Support Coordinator and David Follette the Peer Support Coordinator provide support to those suffering from operational stress injuries as a direct result of military service. This will be a very informative briefing and is open to all military members, their family and friends. Please call 833-2500 Ext 4500 to register.

Posted out?

Are you anticipating, or have you already received a posting message this spring? If so, stop by the MFRC. We have Posting Information Packages for all CF locations. Sign one out, or stay and look it over in the reference library. We can also assist you in contacting your new MFRC directly. Call 833-2500 ext 4506 for more information.

Check us out online

Open 24 hours our web page is always being updated with new information regarding our programs and services. Check it out today!! www.mfrc.mb.ca
 Search Facebook for Winnipeg MFRC and join our group. This page is up-to-date with upcoming programming. Not only is it a great way to find out information about the MFRC, but maybe you'll be able to reconnect with friends.

Resource Library

Did you know the MFRC has a large reference library that covers topics ranging from Employment and Education to Family Separation and Reunion to Information and Referral. Almost all items can be signed out to be taken home, or take a coffee break and enjoy them in the comfort of our library.



Stress-free childcare services

The Winnipeg MFRC is trying a new service on a six month trial basis for families of deployed military members. We are offering free childcare one Saturday morning and one Sunday afternoon per month for children ages birth to 12 years old at the MFRC Childcare Centre, 630 Wihuri Rd (formerly Whytewold).

This is a service that you will have to pre-register each time the service is used and a Short Term Care Form will have to be completed for each session requested. One form must be filled out for each child that requires childcare. The form can be e-mailed to each participant by calling 833-2500 Ext 4500, and then dropped off at our centre or you can drop by and fill one out. Once you have signed up for a session, it is up to you to cancel the session if you can't make it for whatever reason. If you are a no show, you will not qualify for the next two sessions. Snack will be provided by the parent/caregiver taking into consideration that the MFRC Childcare Centre is a peanut free facility.

Dates available for May:
 Saturday, May 2, 9 am to noon and Sunday, May 24 1 to 4 pm

Children's Gear Sale

Do you have some baby or kids items that you no longer need?

Are you looking for some gently used kids items?

Come to our Children's Gear Sale to find some bargains!

Admission is free.

Rent a table for only \$10.

Saturday, April 18
 10 am-1 pm, Building 90 (gym)

Call the MFRC for details or to register a table.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APRIL 2009			1 1 pm - School Break Deployment Get Together 3:45 pm - Drop-in Zone 6 pm - Kool Kids 7 pm - Grief & Loss Support 8 pm - Teen Drop-in	2 10 am - MFRC Coffee Break 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	3 10 am - A Parent Community 3:45 pm - Drop-in Zone	4 1:30 pm - Easter Craft 1:30 pm - Drop-in Zone
5	6 3:45 pm - Drop-in Zone	7 9:30 am - Creative Tot 1 pm - Casual Child care 2 pm - Volunteers' Coffee & Conversation 3:45 pm - Drop-in Zone 6 pm - Kool Kids 6 pm - Visit to Minto 8 pm - Teen Drop-in	8 10 am - Parent Group 3:45 pm - Drop-in Zone 6 pm - Kool Kids 6:30 pm - Mom's Night Out 7 pm - BOD Meeting 8 pm - Teen Drop-in	9 9:30 am - Mother Goose 9:30 am - Casual Child care 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	Good Friday Closed	11 1:30 pm - Drop-in Zone
12	 Easter Monday Closed	14 9:30 am - Creative Tot 1 pm - Casual Child care 2 pm - Volunteers' Coffee & Conversation 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	15 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	16 9:30 am - Mother Goose 9:30 am - Casual Child care 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	17 10 am - A Parent Community 3:45 pm - Drop-in Zone	18 1:30 pm - Drop-in Zone Children Gear Sale 10 AM TO 1 PM
19	20 3:45 pm - Drop-in Zone	21 9:30 am - Creative Tot 1 pm - Casual Child care 2 pm - Volunteers' Coffee & Conversation 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	22 10 am - Parent Group 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	23 9:30 am - Mother Goose 9:30 am - Casual Child care 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	24 10 am - A Parent Community 3:45 pm - Drop-in Zone 6 pm - Sleepover at the Museum	25 8 am - Sleepover at the Museum Pick-up 1:30 pm - Drop-in Zone
26	27 3:45 pm - Drop-in Zone	28 9:30 am - Creative Tot 1 pm - Casual Child care 2 pm - Volunteers' Coffee & Conversation 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in	29 3:45 pm - Drop-in Zone 6 pm - Kool Kids 7 pm - BOD Meeting 8 pm - Teen Drop-in	30 9:30 am - Mother Goose 9:30 am - Casual Child care 3:45 pm - Drop-in Zone 6 pm - Kool Kids 8 pm - Teen Drop-in		

The end does not have to be the end

By Padre Kenneth MacRae
17 Wing Winnipeg

“Why do you look for the living among the dead?” (Luke 24:5) These words were spoken by angels to women who came to the tomb of Jesus.

These women thought that if they could somehow get inside the tomb they could properly anoint the body of Jesus for a proper Jewish burial.

They were not prepared to find the tomb already opened and the body of Jesus gone. Nor were they prepared to learn that Jesus had

risen from the dead.

Eventually their shock turned to joy.

Their hope was restored and their grief turned into a time of celebration.

Most of us have probably experienced the grief and agony before Easter.

Our husband, wife, child or best friend dies and it seems as if a part of us has died as well.

We go through a divorce or separation and come home to a small quiet apartment and think of the relationship that we could have kept if ... (fill in the blank).

We return home to our

base after failing out on a course and feel very confused. Our hopes and dreams can sometimes be dashed and we wonder if we can ever experience joy, or love ever again.

Easter can remind us that the end does not have to be the end.

A loved one may die but that does not mean that we have to stop loving that person or have to stop loving all the other people around us.

The end of a marriage or relationship does not mean the end of all relationships.

The end of a course or phase of training may sim-

ply mean a new direction is in store for us.

The resurrection of Jesus did not mean that the disciples could go on living as they did before.

Their relationship with Jesus changed. Their roles and their life changed dramatically.

As much as we sometimes wish we could roll back time, it cannot be done.

Our faith in God can give us the strength and the courage to face a new day and the new challenges before us. It is never too late to experience the new life that God can give to us.

In Memoriam

Trooper Marc Diab



On 8 March 2009, Trooper Marc Diab was killed when an improvised explosive device detonated near an armoured vehicle

during a patrol in the Shah Wali Kot District.

The CF personnel were conducting security operations in the area when the explosion occurred.

Trooper Diab, a member of The Royal Canadian Dragoons, was serving as a member of the 3rd Battalion, The Royal Canadian Regiment Battle Group.

Our thoughts and prayers are with the family and friends of our fallen comrade during this very difficult time.

Corporal Scott Francis Vernelli



On 20 March 2009, Master Corporal Scott Francis Vernelli was killed when improvised explosive device detonated in the vicinity of a

dismounted patrol in Zhari District, west of Kandahar City.

MCpl Vernelli was serving with November Company, 3rd Battalion, The Royal Canadian Regiment Battle Group, and is a member of the 3rd Battalion, The Royal Canadian Regiment based at CFB Petawawa.

Our thoughts and prayers are with the family and friends of our fallen comrade during this very difficult time.

Corporal Tyler Crooks



On 20 March 2009, Corporal Tyler Crooks was killed when improvised explosive device detonated in

the vicinity of a dismounted patrol in Zhari District, west of Kandahar City.

Cpl Crooks was serving with November Company, 3rd Battalion, The Royal Canadian Regiment Battle Group. He is a member of the 1st Battalion, The Royal Canadian Regiment based at CFB Petawawa.

Our thoughts and prayers are with the family and friends of our fallen comrade during this very difficult time.

Trooper Corey Joseph Hayes



On 20 March 2009, Trooper Corey Joseph Hayes was killed when the vehicle he was riding in struck an

improvised explosive device in Shah Wali Khot district, north-east of Kandahar city.

Trooper Hayes was serving with Reconnaissance Squadron, 3rd Battalion, The Royal Canadian Regiment Battle Group.

Trooper Hayes is a member of The Royal Canadian Dragoons based at CFB Petawawa. Our thoughts and prayers are with the family and friends of our fallen comrade during this very difficult time.

Trooper Jack Bouthillier



On 20 March 2009, Trooper Jack Bouthillier was killed when the vehicle he was riding in struck an improvised explosive device

in Shah Wali Khot district, north-east of Kandahar city.

Trooper Bouthillier was serving with Reconnaissance Squadron, 3rd Battalion, The Royal Canadian Regiment Battle Group. Trooper Bouthillier is a member of The Royal Canadian Dragoons based at CFB Petawawa.

Our thoughts and prayers are with the family and friends of our fallen comrade during this very difficult time.

17 Wing Easter Services

Good Friday
Protestant service- 11 a.m.
Roman Catholic service 2 p.m.

Easter Sunday
Protestant service- 9 a.m.
Catholic Mass- 11 a.m.

Easter Monday
Maunday Thursday service 7 p.m.

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.

Food Bank

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

Emergency Chaplain

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

Other Phone Numbers:

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

Interfaith Prayer Room

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



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MLA for St. James

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TAROSCOPES

BY
NANCY

Aries (March 21 - April 19): You feel confident and open to possibilities. You'll find a variety of solutions that could work for you. Pick one and do it. Don't limit who you connect with. Show what you can do and what you know. What appears to be luck is due to help from another. Show your appreciation.

Taurus (April 20 - May 20): Your attempts at taking charge may not be going as well as you'd hoped. You can plan all you want but if those in power have other ideas you're going to have to find other ways to be satisfied with what you've got. Or consider finding what you want elsewhere. The choice is yours.

Gemini (May 21 - June 21): It seems like no matter what you do you are barred from finding peace and quiet. However, this isn't a time when you are in a position to do anything to improve matters for yourself. Since you have to wait, visualize a better place. Be ready to leap when doors start to open.

Cancer (June 22 - July 22): You want to get things in order, and you want to do it your way. Persist and you'll see good results. Inspiration hits. In hindsight, you see when you've been asleep at the wheel. Make the necessary corrections to get back on track. You are the master of your own destiny once again.

Leo (July 23 - August 22): You are surrounded by caring people who want to see you happy. Pass on these feelings of support and kindness. Assist others who are less fortunate. You will be seen as helpful and considerate. You can bring fun and add vitality to a situation. When you give, you receive.

Virgo (August 23 - September 22): There are so many things happening that you're not sure what to do first. The impossible seems to be happening. Because you're full of energy and passion, you may seek out the unusual. The same old, same old, just won't do for you right now. Explore new experiences.

Libra (September 23 - October 23): All your hard work may not result in the speedy changes you'd hoped for but don't give up. Instead expect to succeed. It may disappoint you that it isn't easier, but minor set-backs are just challenges. Remember - our work is a reflection of us but not all of who we are.

Scorpio (October 24 - November 21): You've only been partially successful in making your world reflect your inner vision. Yes you can make things happen but you're not totally in charge. If you're not happy, don't fake it, but don't blame others either. Find ways to enjoy the simpler things in life.

Sagittarius (November 22 - December 21): You may be experiencing troubled dreams or difficulty sleeping. Your unconscious may be encouraging you to deal with an unfairness you've seen. Your happiness is linked to your associations. Strengthen positive connections and drop those that drain you.

Capricorn (December 22 - January 19): Others may be able to manipulate the system better, but because you are dependable and sincere someone may ask you to speak on their behalf. You have a good chance of being heard so don't give up. Those who play mind and word games aren't as clever as they appear.

Aquarius (January 20 - February 18): If you've been hoping for an equitable relationship, it's here. A new one will be established or an existing one cemented. You'll be experiencing joy at a new level. Accept what is offered. Spring is in the air and there is a spring in your step. You're really truly happy.

Pisces (February 19 - March 20): Knowledge is power. Find out what and who you need to know to get ahead. Then swing into action. Soon, you'll be so busy doing what you love you may not see love coming. Be on the lookout, and if you are already attached, expect the connection to become stronger.

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Early Bird starts at 7:00 pm
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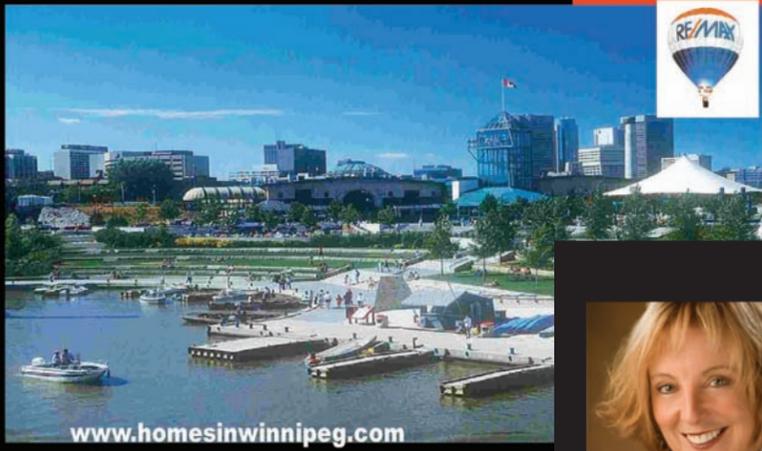
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