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THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

May 21, 2014

VOLUME 63, ISSUE 10

FREE

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Remembering Afghanistan



Maj Pete Ardley, the Honour Guard Commander, salutes as the Canadian flag flies high in the wind. The National Day of Honour was commemorated across Canada on Friday, May 9th, including a ceremony held by the men and women of both 1 and 2 Canadian Air Divisions at 17 Wing Winnipeg, MB. On that day, a moment of silence was held to reflect upon the sacrifices made during the Afghanistan mission. For more, see pages 10-11. Photo: MCpl Colin Aitken

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RCAF Run Introduces Expanded Race Village

By Gloria M. Kelly
National Defence Public Affairs Office

The 2014 RCAF Run will be an event with a difference this year and will offer those who take part a unique opportunity.

Because 2014 is the 90th anniversary of the Royal

Canadian Air Force we are enhancing activities with an expanded Race Village plus interactive aircraft displays and inviting the community to come gain a better understanding of what the RCAF is all about, says Col Joël Roy, Commander 17 Wing Winnipeg.

But, you have to register in advance to take advan-

tage of this great opportunity as the race is limited to the first 2500 people who sign up. Sign up is available at www.rcafrun.ca

“Opening up the base to the public at large is not something that happens very often,” said Col Roy. “The RCAF Run day is a great time to come out and not only talk to the men and women who fly and maintain the aircraft but to also see them up close and in some cases take a tour.”

“There is something about big planes that kids find fascinating,” said Col Roy. “This year we aim to let them get up close, explore and have fun.

Everyone who runs or walks the course will at one point come along the flight line where there will be an impressive static display of aircraft in addition to those that will be open to the public.

Before or after the race or family walk a visit to the Race Village is a must and a great place for families. For the younger set there will be a colorful bouncy castle, a fun obstacle course, face painting and more.

Youth will be encouraged to take a fun fitness challenge at fitness hill and those who are up to the fun may find themselves being cheered on by members of the Winnipeg Blue Bombers.

“Our three local professional sports teams are all involved this year,” said Col Roy. In addition to members of the Winnipeg Blue Bombers, visitors will get to meet team mascots and there are some suggestions one of those well-known icons will take part in the 5km race.

The race village will have interesting displays, including panels depicting the 90 years of the RCAF. “It’s a rich history,” said Col Roy. “Winnipeg has been part of that history from the start.”

No race village would be complete without something to snack on and again this year there will be food available.

So, mark your calendar for Sunday 25 May and come enjoy a run or walk around 17 Wing.



Major Scott Frost with son Matthew enjoy the bouncy castle at the 2013 Royal Canadian Air Force run. Photo: Cpl Paul Shapka



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

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The Voxair
17 Wing Winnipeg,
PO Box 17000 Stn forces
Winnipeg, MB R3J 3Y5
This newspaper is printed using environmentally safe inks.
Publications Mail Agreement No. 1482823

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A Word from the Wing Commander



By Col Joel Roy
17 Wing / AFTC Commander

Did you miss all the fun over the last few weeks?

As anticipated, the month of May is proving to be packed with interesting but demanding activities. As this article is published, several of us are involved with the visit of the Prince of Wales and the Duchess of Cornwall. We are also currently preparing for the 435 Sqn 70th anniversary combined with the Burma

17 Wing/AFTC Commander
Col Joel Roy

veterans reunion, as well as the RCAF Run, all coming in just a few days. The Air Expeditionary Wing is now well into its collective training and confirmation in Cold Lake.

But all of this did not prevent us from enjoying some of what military life offers. Just to highlight a few events:

The MFRC hosted a much appreciated "cabane à sucre" event. All the families that participated were treated to a great brunch, thanks to several volunteers and the efforts of the MFRC staff.

The Officers' Mess hosted a well-attended Casino Royal evening; games, prizes, excellent food and music, and of course, martinis (shaken, not stirred) were enjoyed by exquisitely dressed participants.

Even the golf course (finally ☺) opened its doors; those like me who could not resist were out there on Saturday May 3rd, despite strong winds and alas, a few snowflakes falling... which actually provided the timely excuse for not finding my ball.

Weather cooperated on the 4th for all who joined the Battle of the Atlantic celebrations. On this occasion the sculpture named "Prairie Sailor" was dedicated. You have the chance to see it if you stop by HMCS Chippawa. This event was followed by the "Decoration Day" at the legislature, to commemorate D-Day. After depositing a flower on the Cenotaph, participants marched to a short

reception at the Legislature with the Lieutenant Governor.

The National Day of Honour (NDoH) on the 9th saw most of the Wing/AFTC join their affiliated Legions for celebrations while others here joined the parade organized by 1CAD on the Wing. Det Dundurn welcomed regional representatives from municipal and provincial levels, as well as other military units at the Det for the parade. 440 Sqn joined the celebrations organized by JTFN while CFSSAR joined those of 19 Wing Comox. The NDoH was followed by the traditional Bosses Night, kindly hosted by the Junior Ranks.

The missions never stop, of course. Participating in these events allows everyone to enjoy being part of the RCAF and to feel somewhat at home. These are excellent occasions to share our values and commitment to our country, our community, and recognize those served before us. Its events like these that become the stories you hear of the "good ol' days".

With the upcoming happenings on the Wing in the next few weeks it's time to start building your own stories.

See you there ☺!

2CAD Welcomes New CWO

By MWO Paula Tremblett

On Thursday May 8, 2 Cdn Air Division's CWO Luc Tremblay officially passed the Division CWO appointment over to CWO Debbie Matthews, former 15 Wing Moose Jaw CWO. The ceremony took place before a packed house in the Officers' Mess at 17 Wing Winnipeg, Manitoba, which is the home base for 2 Cdn Air Division.

CWO Luc Tremblay joined the Canadian Armed Forces in October 1979 as Communication Research. In February 1986, under the Continuous Occupation Transfer Plan, he became an Airborne Electronic Sensor Operator (AES Op). Over his 34 plus years serving the CAF, he dedicated himself in pursuit of excellence and was a key player in taking his occupation to the statures it continues to hold today throughout the CAF.

After nearly two years as the Divisions CWO he can be quoted as saying "I made the toughest decision of my life. Yes I will retire 20 May and yes I will leave next week." After taking the opportunity to thank all 2 Cdn Air Division for their professionalism and dedication, he said "I would be remiss if I did not acknowledge the support of my 2 bosses, Tracey and General Ploughman, thank you both for your support!" Like his large personality he never missed an opportunity to amuse people around him. Throughout his address he continued to joke and say "I am sure there will be more stories and probably a few lies that come out at the Warrant and Sergeant's Mess after lunch!", but all in attendance agreed he was a highly respected AES Op, leader, mentor, friend, confidant and airman!

After CWO Tremblay's address the ceremony continued with the official change of appointment signing, where again laughter continued and then was followed by BGen Ploughman's address. He commenced with "What is the most important relationship in a unit? Commander and Chief - the command team. Two voices, one message. Go everywhere together, because if you don't, the troops will suspect something is up, normally with the Commander and not the Chief. Easy to say, but we probably all know of examples where it was difficult to

do. It's about mutual trust and respect - always. Chief Tremblay - Luc- I think we did pretty darn good on this one." It is fair to say, CWO Luc Tremblay's presence will definitely be missed by all of the RCAF!

BGen Ploughman followed with the welcoming aboard of CWO Matthews and her spouse Chris, and in continuing with a very upbeat and amusing ceremony he said "In fairness you've already been on, or as the navy says "in" the ship - we've just moved you to a better cabin."

CWO Matthews first joined the Canadian Armed Forces in March 1984 as a Medical Assistant under the Youth Training Employment Program. One year later she enrolled in the Regular Force as a Supply Technician. Like her predecessor, she too has had a very successful career over the years. CWO Matthews said "I take on these new responsibilities knowing that I have the love and support of my husband, so to Christopher, thanks for letting me continue to live my dream."

BGen Ploughman, Sir, I look forward to serving as your Divisional CWO and I know from my diverse background and somewhat unique path my

career has taken and not to mention my size 2 combat boots, that as the challenges present themselves there won't be anything that we can't tackle as a team, and I am excited by what the future has to offer."



Incoming 2CAD CWO Deborah Mathews (Left), 2CAD Commander BGen Bruce Ploughman (Center) and outgoing 2 CAD CWO Luc Tremblay sign the Change of Appointment certificate at the 2 Canadian Air Division Change of Appointment on the 8th of May, 2014 in the Officers Mess, 17 Wing, Winnipeg. Photo: Cpl Justin Ancelin

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SECURITY GATE ENTRY

17 Wing Shines at CAF Badminton/Squash Championships

By Bruce Tulloch
Voxair Photojournalist

They may not have had the highest medal count, but for four members of 17 Wing, the CAF National Squash and Badminton Tournament proved to be an excellent exercise in team work and friendly competition.

After competing in squash for a number of years where she earned five Silver medals, Captain Audrey Jordan made a successful return to badminton at this year's National tournament capturing another Silver medal in the Women's Singles Division. The Flight Test Engineer with 1 CFFTS also qualified in the Mixed Doubles Division for Badminton with partner Sergeant Bill Woods of Edmonton, but he was recovering from surgery so unfortunately the team was unable to compete.

Meanwhile, Corporal Sheryll Yang hadn't played badminton competitively for many years, since attending York University in Toronto, but before the tournament, she told Voxair that she believed that it would be a most positive experience.

And it was, just not in any foreseeable manner. While unable to capture Gold, Silver, or Bronze, the Records Clerk for the 4th Canadian Ranger Patrol Group Manitoba Company was honoured with the Sportsmanship Award for Badminton.

"It rattled me a little, as I was not expecting anything!"

"It was a very humbling experience," continued Cpl Yang about the honour. "It is very encouraging to know it is within my grasp to win. It's all about confidence."

Over on the men's side, success was measured in experience, if not hardware, as neither 17 Wing representative reached the podium in Squash. Captain Pierre-Alban Hery competed in the Men's Open Division as the 2nd Open Seed; he had earned his ticket to the Nationals by winning the Gold medal in the Prairie Regional Badminton/Squash Tournament.

Sergeant Kurt Hunter who earned a spot on the Prairie Region Squash Team as Junior Level representative by taking home the Silver medal was introspective about the experience.

"For me, every day I got stronger," he said, "and I managed to win 3 matches."

The event's closing ceremonies were attended by Lieutenant-General Yvan Blondin, Commander of the Royal Canadian Air Force. Despite having a busy schedule, LGen Blondin, who is the CAF badminton patron took the time to attend the closing ceremony and address the Members.



Left: LGen Blondin's closing address. Top right: Sheryll Yang (left) receiving sportsmanship award. Bottom right: Audrey Jordan (center) receiving Silver Medal. Photos: Supplied



CFB Winnipeg Golf Club Tees Off for Another Year With the WComd

The CFB Winnipeg Golf Club is officially open for the season. Memberships start at \$325. Call local 6909 for more information.



17 Wing and Air Force Training Centre Command Team of Chief Warrant Officer Michael Robertson, Colonel Joel Roy, and the Executive Assistant Captain Josh Leveque prepare to tee off on the first day of golfing at the CFB Winnipeg Golf Club on May 9, 2014. Photo: Sgt Bill McLeod



17 Wing/AFTC Commander Colonel Joel Roy, takes his first swing of the year on the first day of golfing at the CFB Winnipeg Golf Club on May 9, 2014. Photo: Sgt Bill McLeod

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Art Show Examines Military Life from the Family Side

By Bruce Tulloch
Voxair Photojournalist

Marrying into the military can be a real culture shock. It's one thing to be on the outside looking in, but it's another to be married to someone on the inside. It makes for a complex relationship to be sure, with different rules for each partner. A new art show, "Access Granted/Denied Access", featuring three military family members, including organizer Shelley Vanderbyl, who is married to 17 Wing Member Captain Danny Vanderbyl, showcases this dichotomy.

Vanderbyl's "Beyond My Husband's Quarters" series captures her experience with the boundaries (real and perceived) of being a military spouse.

"For me the title, 'Access Granted/Denied Access' relates to the process of being given permission to enter some spaces and not others, even being given permission and having someone take it back before finding the proper protocol to allow me to finish making the project," said Vanderbyl. "And 'Beyond My Husband's Quarters' is about journeying outside my comfort zone and exploring areas of CFB Trenton that aren't typical areas that a military spouse would be in."

Vanderbyl said when she married into the military, she wasn't quite sure what to expect, and was apprehensive about the experience.

"When I moved to Trenton after marrying Danny, I stayed mostly off the base," she said. "I didn't know anything at all about the military, except that Danny was in it!"

In 2009, barely a year into their marriage, Capt Vanderbyl, was sent back to Trenton, Ontario for the bar-

ter qualification course to become a Search and Rescue First Officer (copilot) on Hercules aircraft. Staying on base, Shelley met another military wife who hadn't left her room in the Quarters without her husband, except to dine.

"She was just afraid to get out; she was unsure of where to go, and where she was allowed to go," recalls Vanderbyl. "I could see myself identifying with that impulse; and I was determined to overcome it, face my intimidation and focus on highlighting the things I could relate to among the unfamiliar."

Marrying into the military life can be very difficult, especially for those who have no prior knowledge of it. From the uncertainty of where you'll be living, to the stress that long absences can cause in a relationship, military spouses carry a heavy burden of responsibility with them that may not always be recognized or acknowledged.

Vanderbyl says that she needed to test her limits and find her own path on this journey.

"I looked for beauty in unlikely places," she explains. "Beginning by just testing things out; nobody told me where I could and couldn't go. This series is a reflection of that journey - of being granted or denied access to places."

Inspired by the Impressionists and how they were "able to convey the atmospheres of the places around them," Vanderbyl's style has been described as soft and dreamlike.

There are two other artists who are also participating in the art show. Allison Foster, also a military spouse, is presenting her latest work, "Portraits of Can-

nadian Faces."

"Mothering Medals" by Sandra Brown, whose brother is in the CAF, explores the idea of presenting military-style medals to mothers who face a different set of hardships.

The opening event will be held May 23rd from 6-10pm at the Edge Gallery, 210-611 Main Street. Refreshments will be served. Guests can RSVP, share their thoughts about the show or any of the works, and find more information at shelleyvanderbyl.com/access-granted.

The exhibition can also be viewed until May 29th during the Edge Gallery's opening hours: Noon - 6pm on Thursdays and Fridays; 2pm - 6pm on Saturdays; and Noon - 5pm on Sundays.



A piece from the Access Granted/Denied Access exhibition. Photo: Supplied

17 Wing Looks at Supporting Service Dogs

By Bruce Tulloch
Voxair Photojournalist

17 Wing is going to the dogs. And you have recently departed CWO Andre Normandin to thank for that. When Captain Audrey Jordan introduced him to the Manitoba Search and Rescue (MSAR)'s Courageous Companions program, despite a busy schedule he found time to help get the ball rolling by proposing the idea of a partnership between the two organisations to the command team. On the 28th of May, MSAR will be meeting with Veterans Affairs Minister Julian Fantino.

For the past decade The Manitoba Search and Rescue (MSAR) has been researching, developing and implementing service dogs in all areas of need: autism, dementia, seizure dogs, therapy, bipolar, depression, disability and assistance, as well as post-traumatic stress disorder (PTSD). After a study of over 370 dogs with more than 200,000 hours of training, MSAR created the Courageous Companions Program to provide service dogs for Canadian Armed Forces Members.

17 Wing's involvement began with Capt Jordan's participation at this year's CAF Badminton/Squash Regional Championships. It was at the regionals that she had a chance reunion with Sergeant Shirley Jew. In January, Sgt Jew, who has a service dog to treat her PTSD, made headlines when Air Canada was forced to apologize after refusing to allow her service dog, Snoopy, to board her flight. Sgt Jew has also been involved in multiple regional and national tournaments for a number of sports as a player, coach, and trainer.

"When I saw her again at the 2014 badminton re-

gionals in cold lake, she was with a service dog," recalled Capt Jordan. "I was fascinated at the fact that we could use service dogs for PTSD."

"I have had friends diagnosed with PTSD, so it would be wonderful to use service dogs for soldiers suffering from it," she says.

Shortly after returning to Winnipeg, Capt Jordan mentioned the program and that Sgt Jew would be in Winnipeg to CWO Normandin. A meeting was set up with Sgt Jew and George Leonard, Search Commander and Master Trainer with MSAR.

"George and Shirley are really excited about the program and gave it all their energy," recalled Capt Jordan.

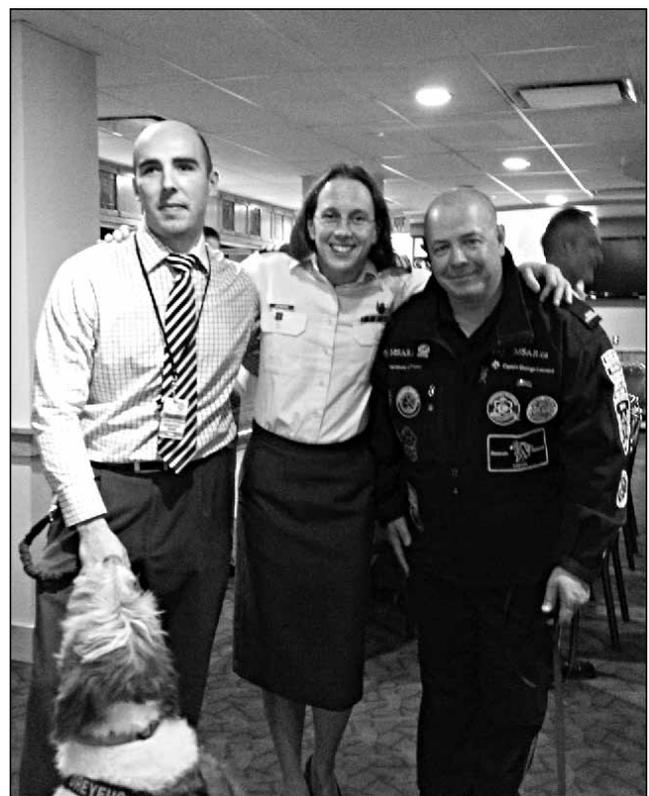
CWO Normandin was immediately impressed with the program and invited Sgt Jew and Mr. Leonard to his Change of Appointment Ceremony in order to introduce them to the command team before he left Winnipeg.

"Some of the guys from MSAR know CWO Normandin," explained Leonard. "He was of one of the first door-kickers, if you will. The next thing I know, I'm having dinner with the guy and bam, we're at the Change of Command ceremony."

To date 23 service dogs have been placed with Manitoba veterans and while no formal procedure is yet in place with 17 Wing yet, the two groups have been working closely together.

Even though his tenure was short, through Courageous Companions, CWO Normandin's service to 17 Wing will have a lasting impact.

Said Mr. Leonard, "You can tell he loves his job and he's committed to his country."



Steve Saindon (left) & George Leonard (right) of the MSAR Courageous Companions program with Capt Audrey Jordan (center) and a service dog (bottom left). Photo: Supplied

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Shine On Arctic Sun

By Capt Bonnie Wilken
Op NU 14 Public Affairs, JTFN

Every "spring" in the High Arctic, military personnel from across Canada make the long journey to the top of the world to conduct sovereignty operations in a austere environment.

Although perhaps lesser publically known than Operation NANOOK, Operation NUNALIVUT is one of Joint Task Force (North)'s premier High-Arctic operations in Canada.

"I look at Operation NUNALIVUT as the "jewel" of our operations. When we talk about sovereignty; it means in my view, the ability to get where we need to be, to survive and to operate on the land. And that's what we are doing right now with this operation, and we're doing it very well," says Brigadier-General Greg Loos, Joint Task Force (North) Commander.

Operation NUNALIVUT combines air, sea, and land operations with Canadian Rangers from 1 Canadian Ranger Patrol Group (1 CRPG) who provide mentorship and their expertise on the land to southern troops.

"I'm personally very excited to have the opportunity to command this operation. We have a Company (minus) from the 1st Battalion Royal 22e Regiment (1RR2eR), the famed "Van Doos", conducting a long-distance sovereignty patrol. We have a combined team of Clearance and Combat divers operating out of Gascoyne Inlet and a team of divers working at Beechey Island to film the wreck of the Breadalbane. Also, to top it off, for the first time in the operation's history we've hosted the 109th Airlift Wing's ski-equipped LC-130's," said Lieutenant-Colonel (LCol) John St. Dennis, Task Force NUNALIVUT Commanding Officer.

The maritime component of Op NUNALIVUT consisted of a Combined Dive Team, made up of 18 Clearance and Port Inspection Divers from the Fleet Diving Unit (FDU(A)) Atlantic and four Combat divers from 5 Canadian Mechanized Brigade Group. They started ice diving operations on 11 April after cutting through five feet of sea ice in frigid conditions in Gascoyne Inlet.

An additional team of divers, an Underwater Archaeologist from Parks Canada and an Industry representative from SeaBotix Inc. operated out of an ice camp positioned over the wreck of the Breadalbane in the vicinity of Beechey Island.

"Six days of ROV [remotely operated vehicle] diving this year have given us an up-to-date view of an incredible wreck that preserves a moment of time in Canadian history. We've learned a huge amount about the wreck during this project, and it's rare to have such a detailed view of a shipwreck from 1853. We anticipate more discoveries and insights as we pore over the collected information," said Jonathan Moore, Senior Underwater Archaeologist, Parks Canada.

A Company (minus) from 1st Battalion Royal 22e Regiment (1RR2eR) consisting of approximately 70 soldiers from Valcartier, Quebec departed Resolute Bay on 13 April to start an ambitious long-distance patrol in the vicinity of Bathurst Island.

After a grueling multiple-day patrol on snowmobile, C Company, (1RR2eR) troops arrived at Sherard Osborne Island, known as Ice Camp 1 for the operation. They used the camp as a staging area for various northern patrols, but also conducted a combined weapons range. Ice fortifications were built on site. Overall, the soldiers deployed on this operation left it with an even higher level of expertise than what they had when they arrived.

The CC-177 Globemaster III and CC-130J Hercules were used to move troops from their home base to the area of operations, this strategic airlift combined with the flexibility of the ski-equipped Twin Otters from Yellowknife-based, 440 (Transport) Squadron were key enablers for Operation NUNALIVUT. The American LC-130 added its heavy-lift capacity to the operation, and



Gascoyne Inlet, Nunavut. 14 April 2014 – Leading Seaman Keith Slade, a Clearance Diver from Fleet Diving Unit (A) checks the cables running from the Defence Research and Development Canada's camp to underwater sensors. Photo: Master Seaman Peter Reed

its abilities dovetailed seamlessly with 440 (Transport) Squadron's Twin Otter Airlift.

"Conducting joint and combined operations with our allies is a valuable learning experience for both sides, but in this case, the capabilities of our respective aircraft complement one another seamlessly," said Major Bert Bolderheij, Royal Canadian Air Force, Air Task Force Commander for Operation NUNALIVUT.

"The sheer diversity of the groups operating out here allows them to learn from each other and also for Joint Task Force (North) to continue to grow and shape Operation NUNALIVUT to best fit the operational objectives of the Canadian Armed Forces. This year's Operation NUNALIVUT was highly successful and I anticipate the 2015 operation will be even more exciting as we build on the lessons learned from the 2014 serial," said LCol St. Dennis.

RCAF Run Features Strong Charitable Connection

By Gloria M. Kelly
National Defence Public Affairs Office

Runners and walkers who add wings to their running shoes to take part in the 2014 RCAF Run and 3km Family Fun Run/Walk will be doing their part to support two charities near and dear to military members.

Each year funds raised by the RCAF Run go to support Solider On and the Military Families Fund.

Solider On was founded in 2006 to empower retired and serving members of the Canadian Forces with an illness or injury (visible or non-visible) to accept their new normal by adopting an active lifestyle through participation in physical, recreational or sporting activities.

The Military Families Fund was created in April 2007 by General Rick Hillier, the former Chief of Defence Staff to assist military families faced with unforeseen and often immediate needs that have resulted due to conditions of service.

Both funds are non-profit and supported by a generous Canadian public and fund raising events such as the

RCAF Run.

This year MCpl Chris Downey. Stationed at Cold Lake, will be on hand Race Day representing Soldier On.

Seriously injured in an IED explosion on 3 May 2010, MCpl Downey says Soldier On played a pivotal role in his recovery to the point where last winter he was one of two injured Canadian soldiers who took part in the Walking With The Wounded (WWTW) Allied South Pole 2013 Challenge, that also included Prince Harry.

Participation in the South Pole trek had special meaning for MCpl Downey. "It was an amazing experience, especially when you were the lead skier and the first person to set foot on that piece of the earth. I would do it again in a heartbeat. I am still trying to find words to describe it."

Amazing as it may seem, MCpl Downey did not know about Soldier On until after he was injured. His assisting officer Major Karla Swift pointed him in that direction and the rest is history.

From very beginning his goal was to run the army half-marathon. That he achieved and much more. While he says he really does not like running he does eight or more runs a year and each is a goal in itself.

He is now planning a trek to the North Pole with other wounded soldiers and he hopes one day to go back to the south pole.



MCpl Downey (right) will be on hand at this year's RCAF Run representing Soldier On. Photo: Supplied

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HMCS Chippawa Commemorates Battle of the Atlantic

By NCdt Ryan Quinn
HMCS CHIPPAWA

The annual commemoration for the Battle of the Atlantic took place at HMCS Chippawa on Sunday, May 4th attended by sailors and officers of HMCS Chippawa, Naval veterans, Sea Cadet Corps, the Navy League and many other military and civilian guests. The Minister of Heritage and Official Languages the Honourable Shelly Glover, The Lieutenant Governor of Manitoba, The Honourable Philip S. Lee. C.M., O.M. were present and laid a wreath on behalf of their organizations. Together, everyone remembered those lives lost during the Battle of Atlantic.

This year, four hundred civilian and military guests attended the commemoration ceremony. The roll call reminded the audience of the 31 ships of the Royal Canadian Navy and of the 70 Canadian merchant vessels that were lost during the battle. The Battle of Atlantic commemorates these vessels and the Canadian sailors and officers that fought for the freedom of Canada and her allies.

Commanding Officer of HMCS Chippawa, Lieutenant Commander Paul Stiff commented that the commemoration ceremony is a “way we can say thank you to those who volunteered and who sacrificed so much”. He then reiterated the importance of being mindful of our naval history, and added that we must look ahead and recognize the importance of the current missions of our forces at home and abroad.

Following the commemoration, HMCS Chippawa had the honour of dedicating the

Prairie Sailor Statue. Second World War naval veterans Petty Officer Bob Watkins and Engine Room Artificer Harold Hughes poured water at the base of the Prairie Sailor statue that was taken from the High Arctic where Canada’s oceans converge. The water represented all of the waters on which Canadian sailors served.

During the Second World War, Winnipeg became the third most significant recruiter of sailors and naval officers to the Royal Canadian Navy, after Victoria, BC and Halifax, NS. The monument, sculpted by Winnipeg artist Helen Granger Young and cast in bronze by Studio West Foundry in Cochrane, AB, is meant to honour members from the prairies who have served and continue to serve in the Royal Canadian Navy. These members have earned the designation of “Prairie Sailor.”

The Battle of the Atlantic was arguably the most important battle of the Second World War. With the German U-boats tightening their grip on Britain’s main supply line, it was up to the Royal Canadian Navy, the Royal Canadian Air Force and allied forces to repel the attacks and clear the way for merchant vessels to resupply Great Britain. The efforts of the Royal Canadian Navy and merchant navy ultimately enabled allied forces to land on the beaches of Normandy, the event that marked the beginning of the end of the war. In September 1939, the RCNVR began accepting volunteers and put more than 100,000 men in uniform, becoming the third largest navy in the world at war’s end.



The Commanding Officer of HMCS Chippawa LCdr Paul Stiff (center) and The Minister of Canadian Heritage and Official Languages, The Honourable Shelley Glover (right) lay a wreath on behalf of the Government of Canada during the Battle of the Atlantic Parade on the 4th of May, 2014 at Her Majesty Canadian Ship (HMCS) Chippawa, Naval Reserve Unit, Winnipeg, Manitoba. Photo: Cpl Justin Ancelin



HMCS Chippawa Leading Seaman’s ‘Pipe the Side’ while the Lieutenant Governor of Manitoba, the Honourable Philip S. Lee departs the ceremonies at the conclusion of the Battle of the Atlantic Parade on the 4th of May, 2014. Photo: Cpl Justin Ancelin



The official Party, guest, family and friends attend the ceremony held at the Prairie Sailor Statue Memorial during the Battle of the Atlantic Parade on the 4th of May, 2014 at HMCS Chippawa. Photo: Cpl Justin Ancelin

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Wreaths Across Canada Moves West

Craig McPhee knows a good thing when he sees it. While visiting Arlington National Cemetery in Virginia in 2007, McPhee noticed recent headstones with Remembrance Wreaths on them. The Wreaths had been placed by Wreaths Across America, a non-profit organization whose ultimate goal is to honour all veterans' graves across the US each and every year with a Remembrance Wreath. 1992 - 5,000 Remembrance Wreaths placed at Arlington Cemetery. In 2013 - more than 143,000 Remembrance Wreaths were placed at Arlington Cemetery and another 540,000 Across the Country for National Wreaths Across American Day.

In 2007, McPhee, a retired RCAF veteran for 26 years, started Wreaths Across Canada (W.A.C.) as a grassroots organization with the same goal for Canadian Veterans. He quickly had some heavy hitters on board including former CDS General Rick Hillier as Honorary Chairman, who told McPhee, "You can throw my name around." As a result, financial support was provided by Foundations as well as numerous smaller donors, which gave W.A.C. its initial impetus.

In 2010, Remembrance Wreaths Across Canada added a Newfoundland and Labrador Branch which placed 900 Remembrance Wreaths on veteran's graves in the Field of Honour at Mount Pleasant Cemetery in St. John's. The President of W.A.C. Mount Pleasant Cemetery, Wayne Evans called McPhee and wanted to be the first Province to join W.A.C. In 2011, the first national Remembrance Wreaths were laid at the National Military Cemetery at Beechwood Cemetery in Ottawa and continue to be placed annually by W.A.C. on the first Sunday in December at 1:30 p.m.

Former CDS General Walter Natynczyk was the speaker at the formal inaugural ceremony on Sunday December 4th, 2011. He was visibly moved at the sight of more than 2,800 Remembrance Wreaths, one on every veteran's grave in the cemetery. Before the event Gen Natynczyk advised McPhee, "I only have one hour." However after the ceremony, the General spent more than two hours with those families who had loved ones honoured that day. As he shook McPhee's hand, and said "Craig, I cannot believe what you have done today. You have started a new tradition in Canada. Thank you." Since then, W.A.C. has been endorsed by Gen. Tom Lawson, the current CDS, and LGen Thibeau, the VCDS, who have both attended the Service of Remembrance as guests of honour.

And as a fitting tribute, the trucking industry wants to help grow W.A.C. in Winnipeg. Winnipeg-based Bison Transport has committed to help raise funds and to provide resources to assist in bringing Wreaths Across Canada into Manitoba.

To that end, we are looking for a few active/retired veterans to head up the Winnipeg Branch. Civilians are welcome and strongly encouraged to get involved. We need to fill the following offices: President, Vice President, Treasurer (CA), Secretary,

Directors for: Operations, Logistics, Ceremonies, Communications, Fundraising and Volunteers.

McPhee stated "Having a veterans involved gives continuity to our service."

If you are interested in being on the Board of Directors, or just in helping out please reply by email or by mail to the following address:

Wreaths Across Canada Inc.
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Stittsville, ON K2S 1R6
Email: wreathscrosscanada2008@gmail.com
http://wreathscrosscanada.ca
Tel: 613-435-4294 or 613-436-3456



Wreaths are laid to honor CAF veterans. Photo: <http://wreathscrosscanada.ca>

Great Strides in Military Women's Opportunities, But "More Work to be Done"

By Sara Keddy

The world according to Colonel Lise Bourgon, commander of 12 Wing Shearwater, Nova Scotia, is an "awkward" thing to describe, if you're asking her to talk about her Royal Canadian Air Force career - as a woman.

"I've listened to others and wondered: What are my qualifications? How can I succeed? Have children? Be a good spouse?" she said during an International Women's Day event at 14 Wing Greenwood, Nova Scotia, on March 20.

"There is nothing you or I don't know - there are no secrets. But there are some keys."

Lieutenant-Colonel Andre Gloumeau, the champion for women at 14 Wing, invited Colonel Bourgon to speak about her experiences as a female leader in the RCAF.

"Today is a chance to take stock of how we've done. Women have had crucial roles in every conflict Canada

has been involved in, however, we still have not attained our goals," said Lieutenant-Colonel Gloumeau as he introduced Colonel Bourgon.

"Are these things problems? Can they be fixed? How do we do it? We want a diverse and strong workforce, and every one of you has a role to play in that. There are leadership and management issues, but they affect every one of us."

Colonel Bourgon, who works with those leadership and management issues every day, says that the RCAF ranks "third or fourth in the world" in terms of gender integration. Women currently make up about 15 per cent of the CAF; the goal is 25 per cent. Societal, role-based issues are, however, still very much a factor, she says. "Women have the babies." Men and women in the Canadian Armed Forces have benefitted from work in recent years to improve leave without pay, career and educational opportunities, transfers between Regular and Reserve Force status, work hour flexibility and maternal, paternal and family-related leave.

Nevertheless, Colonel Bourgon says there is more work to be done to retain Canadian Armed Forces members and to attract the new generation. Job-sharing, increased work hour flexibility and flexible leave without pay options add up to a better work/life balance.

"When we lose men and women, we lose quality people, experience and training time," she said. "That's retention. Recruitment? We have to attract younger females...and we have to increase our visibility...where women make an impact, [for instance] in the recruiting centres [and] at Royal Military College.

"Women can join the military. We have to show them it's possible."

And what of the earlier keys she spoke of, some of the advice she wished she had had early in her career?

"Pick the right spouse - that makes all the difference," she said. "They need to support you 100 per cent of the time, in raising children, through deployments and sharing responsibilities."

She added that, chances are, if you're a military woman, you have a military partner.

"Service couples are challenging with career management planning; there are dual careers, and something has got to give," Colonel Bourgon said.

"Plan your pregnancies, if you can," she advised. "[And you have to realize that] you can't do it all. Accept, delegate, compromise. You have to be happy, and you have to sleep."

And, in the end, she said, "Give it your best shot. Aim for balance: family, spouse, work, you."



Colonel Lise Bourgon, commander of 12 Wing Shearwater, Nova Scotia, speaks during an International Women's Day event at 14 Wing Greenwood, Nova Scotia. Photo: DND

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17 Wing Pays Tribute to Those Who Served In



The flag party lets the Canadian Flag and the Canadian Armed Forces flag fly in the wind as O' Canada plays in the Garden of Memories on the National Day of Honour. Photo: MCpl Colin Aitken



Members of the Canadian Forces bow their heads in prayer during the National Day of Honour ceremonies outside of 1CAD, in the Garden of Memories at 17 Wing. Photo: Pte Darryl Hepner



Canadian Armed Forces members, and members of the public gather at the Garden of Memories on the National Day of Honour. Photo: MCpl Colin Aitken

By Bruce Tulloch
Voxair Photojournalist

With the military mission in Afghanistan over, and all of the troops home, Friday, May 9 2014 was chosen as a National Day of Honour to remember those who served in the war.

Some of the many memorial services that took place across the city included the Wing Commander and Executive Branch visiting the Deer Lodge Centre, troops from the 38 CBG holding a service at the Brookside Cemetery, and right here at the 17 Wing Garden of Memories 1 and 2 Canadian Air Divisions hosted a ceremony of remembrance.

Over 200 serving men and women of the CAF, along with many civilians, showed up on a calm, sunny afternoon to pay tribute to those who served in Afghanistan, and especially those who did not come back.

1 CAD Commander MGen St-Amand addressed the crowd shortly after noon, talking about the sacrifices made during the war.

"Thank you to the 40,000 Canadians who went to Afghanistan to try to make this world a better place," he said. "There is no doubt that Afghanistan is a better place today than it was before."

The National Day of Honour was announced by the government in March, and legions, squadrons, wings, and bases across the country quickly organized ceremonies and spread the word, including St. James Legion #4 and 17 Wing's 402 Squadron.

402 Squadron has been affiliated with St. James Legion #4 for the past 15 years. "Some Members belong to the Legion," explained 402 Squadron Chief Warrant Officer Daniel MacLeod, "but we bring our pipes and drums and colours and parade along with the Legion over to the Cenotaph on Remembrance Day and that's the affiliation."

The 30-minute service was well-received, but the short timeline and few details provided by the national government made for "a rather hurried up organization" according to St. James Legion #4 President Ronn Anderson. Other than "do something to honour the vets" the only other guideline was to conclude the ceremony with two minutes of silence at precisely 12:30 PM to coincide with all other events across the country.

"So we organized a short service to honour the vets and their families," explained Anderson. "It's very important in that the country, up until now, has not honoured all of these people that served."

The importance of the day could not be understated.

"Today's a big thing," said Sergeant Todd Sinser, one of over 100 Members from 402 squadron in attendance. "I was over in Afghanistan in 2002, at the time I was with Princess Patricia's Light Infantry, and it was a new experience for us, going from a peacekeeping mission over to a combat mission."

"For myself it's about looking back at all the friends I've lost and the job we did back there. It's important to remember the sacrifices that were made; there are a lot of Members that didn't come back one hundred percent."

The OPI for 17 Wing/AFTC Day of Honour events was Major Bill Dalke. Maj Dalke echoed Sgt Sinser's sentiments.

"Today I will be thinking of all who served in Afghanistan but more specifically, I will be remembering especially those whom I knew and are no longer with us."



Members of the St. James Legion Color party (left to right: Art King, Doug Thomas, Phil Gelinas, Ken Arsenault) stand on parade during Day of Honor ceremonies on May 9, 2014. Photo: Cpl Paul Shapka

Afghanistan During National Day of Honour



Sergeant at Arms Ken Arsenault salutes during Day of Honour ceremonies held at St. James Legion, Winnipeg, May 9, 2014. Photo: Cpl Paul Shapka

Deer Lodge Veterans host 17 Wing Executive on Day of Honour

By Sgt Bill McLeod
17 Wing Photojournalist

17 Wing and Air Force Training Centre Executive members, led by the Command Team of Colonel Joel Roy and Chief Warrant Officer Michael Robertson, were hosted by veterans of Deer Lodge Centre at a luncheon and small ceremony on the National Day of Honour on May 9, 2014.

Upon arrival at Deer Lodge, military members spread out across the room and joined the veterans already seated in the common area. Following introductions, Deer Lodge officials and Colonel Roy spoke to the assembled veterans.

"More than 40,000 Canadian Armed Forces members served in Afghanistan between October 2001 and March 2014," said Colonel Roy. "It was the largest and most significant deployment of our personnel since the Second World War."

"Our military engagement came at a cost," he added. "One hundred and fifty eight Canadian Armed Forces personnel, one diplomat, one DND contractor and one journalist were killed. Thousands of others were injured in the line of duty. Their sacrifices and the sacrifices of their loved ones will not be forgotten."

Colonel Roy then led the group in two minutes of silence at exactly 12:30 p.m. local time.

Other 17 Wing/AFTC units also observed the two minutes of silence at Legions where they were observing the National Day of Honour. The Wing Administration Branch was at the #7 Legion in Transcona, 402 Squadron was at #4 Legion in St. James, Wing Telecommunications and Information Services Squadron was at #100 Legion in Charleswood, 1 Canadian Forces Flying Training School was at ANAF #283, and the Canadian Forces School of Survival and Aeromedical Training was at #252 Legion on Osbourne St.

1 and 2 Canadian Air Divisions commemorated the National Day of Honour at the Garden of Memories on Air Force Way. Unaffiliated 17 Wing members also attended this service.

At the conclusion of the commemoration at Deer Lodge Centre more than one staff member said that the veterans really looked forward to meeting with Canadian Armed Forces members from 17 Wing and participating in patriotic activities.

The National Day of Honour was announced by the Government of Canada in March for May 9 as a day to one time event to commemorate the veterans of the Afghanistan combat mission. Later on this year the Afghanistan Memorial Vigil will be on display at the Manitoba Legislature.

The Afghanistan Memorial Vigil contains 190 plaques representing the 201 fallen. The Vigil was on display in the hall of Honour on Parliament Hill and was open to visitors on the National Day of Honour. The Vigil is travelling to 19 other cities across Canada and one stop in Washington, D.C. The Memorial Vigil will be at the Manitoba Legislature in September.



17 Wing Winnipeg personnel bow their heads during the two minutes of silence while attending the National Day of Honor Ceremony on the May 9, 2014 at Charleswood Legion, Branch 100, Winnipeg, MB. Cpl Justin Ancelin



17 Wing/AFTC Commander Colonel Joel Roy thanks veteran Betty Orestes for her service at Deer Lodge Centre, during the National Day of Honour. Photo: Sgt Bill McLeod



17 Wing troops at the Cold Lake AEW camp salute during the National Anthem. Photo: Cpl Jean Archambault



17 Wing/AFTC Chief Warrant Officer Michael Robertson talks to veteran Fraser Gellely at Deer Lodge Centre, during the National Day of Honour. Photo: Sgt Bill McLeod

17 Wing Cleans Up



17 Wing Members take time to do a spring clean up of the base on May 16, 2014. Photo: Bruce Tulloch



Left to right: Cpl Fontaine, Cpl Johnston, Cpl Waldick, MCpl Ostash. Photo: Bruce Tulloch

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Wing Commander Holds Honours & Awards

The 17 Wing / AFTC Commander's Honours and Awards took place on May 13, 2014, in building 76. All photos by: Pte Darryl Hepner.



Canadian Forces members stand at attention during O Canada.



17 Wing/AFTC Comd Col Joel Roy (left) and WCWO Mike Robertson (right), present Capt P.E Hitchcock (middle) with the Special Service Medal / NATO bar (SSM Medal).



Maj J D Chess receives the Canadian Forces Decoration. (CD 2nd Clasp)



Maj Villeneuve receives the Canadian Forces Decoration. (CD 2nd Clasp)



MWO Alderson receives the Canadian Forces Decoration. (CD 2nd Clasp)



Sgt Matthews receives the Canadian Forces Decoration. (CD 2nd Clasp)



Sgt Vipond receives the Canadian Forces Decoration. (CD 2nd Clasp)



Cpl Bower receives the Canadian Forces Decoration. (CD 2nd Clasp)



LCol Beal receives the Canadian Forces Decoration. (CD 1st Clasp)



LCol Spott receives the Canadian Forces Decoration. (CD 1st Clasp)



Maj Kohli receives the Canadian Forces Decoration. (CD 1st Clasp)



Capt Mockford receives the Canadian Forces Decoration. (CD 1st Clasp)



WO Stuart receives the Canadian Forces Decoration. (CD 1st Clasp)



Sgt Delamere receives the Canadian Forces Decoration. (CD 1st Clasp)



Sgt Drake receives the Canadian Forces Decoration. (CD 1st Clasp)



MCpl MacDonald receives the Canadian Forces Decoration. (CD 1st Clasp)



Capt MacPherson receives the Canadian Forces Decoration.



Sgt Mihalchan receives the Canadian Forces Decoration.

Wing Commander's Honours & Awards

The 17 Wing / AFTC Commander's Honours and Awards took place on May 13, 2014, in building 76. All photos by: Pte Darryl Hepner.



Sgt Pilgrim receives the Canadian Forces Decoration.



PO2 Udholm receives the Canadian Forces Decoration.



MCpl Pirie receives the Canadian Forces Decoration.



MCpl Vail receives the Canadian Forces Decoration.



Cpl Beverley receives the Canadian Forces Decoration.



Cpl Sexton receives the Canadian Forces Decoration.



LCol Lamarche receives the CJOC Commanders Commendation



MWO Nolan receives the 1CAD Commanders Commendation



WO Lazarowich receives the 2CAD Commanders Commendation



WO Marcotte receives the Wing Commanders Commendation



WComd Col Joel Roy (left) and WCWO Mike Robertson (right) present CWO Nesbitt (middle left) and Capt Maclean (middle right) with the 4 Wing Commanders Commendation.



Capt Kostyuchenko receives a Commissioning Scroll



Capt Weavers receives a Commissioning Scroll



Lt Dreger receives a Commissioning Scroll



Lt Tibbel receives a Commissioning Scroll

Congrats to all honours and awards recipients!

Philatelist's Corner with Alf Brooks

Canadian Maritime Disaster

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WCompt Branch Hosts WComd's Coffee Break at Officers Mess



17 Wing Commander Colonel Joel Roy (left) meets with Members of The Winnipeg Chapter of the Portuguese Association of War Veterans. Photo: Bruce Tulloch



17 Wing Members chat at the WComd's Coffee Break on May 13, 2014. Photo: Bruce Tulloch



There was a large turnout at the WComd's Coffee Break on May 13, 2014. Photo: Bruce Tulloch



17 Wing Commander Colonel Joel Roy (left) and CWO Michael Robertson (right) present outgoing Officer's Mess PMC Maj David Treanor (Centre) with the Gavel. Photo: Bruce Tulloch

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By Jen Seipp
Canadian Forces Morale and Welfare Services
 "What programs and services are available to me?"

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That's why Canadian Forces Morale and Welfare Services created the Morale and Welfare Services Directory, a one-stop-shop online resource that details all of the services provided to defence community members, in an organized fashion. By visiting the Services Directory, CAF community members can select their category, and be directed to a listing of all of the services that they may be eligible to access –all on one simple webpage.

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 expand 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.

Visit the Morale and Welfare Services Directory and take advantage of the fantastic programs and services that are there for you and your family!



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Join 17 Wing Health Promotion for the Commuter Challenge...

- Is a week-long event during Canadian Environment Week (June 1-7, 2014)
- Is a friendly competition between Canadian cities and workplaces
- Encourages Canadians to leave their cars at home
- Rewards walking, cycling, carpooling/ride-sharing, taking transit and telecommuting
- Celebrates active and sustainable transportation
- Is locally hosted by City Coordinators who support

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How It Works

You register under our team name: "17 Wing Winnipeg Health Promotion" before the Commuter Challenge week (June 1-7, 2014)

- You walk, cycle, carpool, take transit or telecommute during the event week

- To be included in the final results you need to make at least one sustainable commute during Commuter Challenge week; of course you can commute sustainably every day

- You log your commute by first signing-in starting June 1, 2014

- Registration and logging will be accepted until Wednesday, June 11, 2014

- On your log page, you will see your impacts adding up

- As a workplace coordinator, you will see all of your workplace results and impacts.

- Tracked impacts are emission reduction, calorie consumption, distance and fuel cost savings

- Results are updated daily so you can see which workplaces and cities have the highest percentage of healthy commuters

Active and Healthy Transportation Walking

Walking is one of the best and easiest ways to improve your overall fitness. If you set a steady pace, you'll get a good cardiovascular workout and improve the tone of your muscles. If you haven't done a lot of walking in a while, do some warm-up stretches before you start. Wear comfortable shoes and socks. Walking continues to be the most popular physical activity in Canada, with 82% of adults aged 18 and older reporting participation in this activity during the previous 12 months (Physical Activity Monitor 2000, Canadian Fitness and Lifestyle Re-

search Institute).

Cycling

Cycling is easy to do, and is the most efficient zero-emission vehicle. If you have not cycled to work before, ask an experienced cyclist to cycle with you. It can be more fun and safer. Leave early and take a bottle of water. The average person can bike 18 km/hour.

Public Transportation

One bus replaces an average of 45 cars, drastically reducing air pollution and easing congestion on roads. Sit back, relax, and let someone else do the driving. Read the paper or a novel, catch up on paper work, chat with friends, or take a nap! Remember: public transit is the safest mode of urban transportation in Canada (Canadian Urban Transit Association 2001).

Carpool

A carpool can be any driver plus one or more persons of legal driving age in the vehicle. By driving with a friend or neighbour who normally drives alone, you'll reduce your expenses – and cut your greenhouse gas emissions in half! Carpooling reduces the number of cars on the road, so there's less traffic congestion and air pollution. For help finding a carpool buddy, see the Links section of the Web site for various ride-matching companies. Other ideas include:

1. Put up a map of your area in a coffee or lunch room.
2. Ask people to write their name and work number (or extension number) on a Post-It note. Affix the note to the map with a push pin, to the area in which they live.
3. See which employees live close to each other, and encourage them to set up a carpool.

4. Determine who will drive, how the fuel costs will be split, and what time the morning and afternoon pickups will be.

Telework

With the advancement of communication technologies, teleworking is quickly becoming one of the most popular ways of working. Check with your manager to learn more about the teleworking opportunities available to you. If you work from home, the distance you did not travel to a local office counts as kilometers in the Commuter Challenge.

Running

Running efficiently combines exercise and commuting. When commuting, ensure you're not carrying a heavy load, use a small, lightly packed backpack that has both a chest and waist strap. Commuting by running is an activity that can be done without really thinking about it. It's as easy as putting on running shoes and going out the door.

In-line Skating

Remember to wear a helmet, knee and elbow pads for protection, and follow the rules of the road. If you've never in-line skated on city roads before, go out for a few test runs first. Remember to wear bright/ reflective clothes so that drivers can see you!



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 Promotion de la santé dans les Forces canadiennes



Put your heart into it
 Join "WINGIN IT"

Date: Thursday, 19 June 2014
 Time: 1430
 Where: Legislative Bldg

Mettez-y du Coeur
 Joignez-vous à l'équipe "WINGIN' IT"

Date: Jeudi, 19 Juin 2014
 Heure : de 14 h 30
 Endroit : Palis législatif du Manitoba

All it takes is a minimum fundraising commitment of \$50 per rider to participate. Each Big Bike ride takes only 20 minutes to complete, but it is an experience you won't forget!

Il suffit de s'engager à verser une somme minimale de 50 \$ pour prendre place à bord du Grand Vélo dans le cadre de cette activité de collecte de fonds. Chaque tour de vélo ne dure que 20 minutes, mais on vous promet une expérience inoubliable.

For more information or to register, contact: Health Promotions @ local 4150
 HealthPromo@forces.gc.ca

Pour de plus renseignements ou pour vous inscrire, contactez: Promotion de la santé au local 4150

Transportation will be provided for this event



Bike To Work Day

www.biketoworkdaywinnipeg.org

Friday, June 20 2014
 Join us on the Yellow Ribbon Trail
 @ Whytewold & Silver
 0630 – 0900 hours

Journée "Au travail à vélo"

Vendredi le 20 juin 2014
 Joignez-vous à nous sur la piste
 «Yellow Ribbon Greenway»,
 @ Whytewold & Silver
 de 6h 30 à 9h



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 you're done.



Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

www.facebook.com/WinnipegMFRC www.facebook.com/WinnipegMFRCYouth

FUNtastik Summer Camp July 14-18 1:00 to 4:00 p.m. \$60.00

This program is for children 3—5 years old. All five senses will be engaged in activities exploring science, art and the great outdoors! Swimsuits; outdoor clothing and a snack are required.

To register please call
204-833-2500 ext 2491.
Registration deadline: July 4, 2014

A summertime tradition is back.

The Limited Edition Camp Combo™!

Camp season is almost upon us! And back by popular demand, the **Mabel's Labels Limited Edition Camp Combo™** is packed with a collection of UV resistant, waterproof labels and tags designed especially for everything that goes to summer camp.

This essential summer combo is perfect for clothes and footwear, toiletries, swim gear, backpacks and more. But don't miss out – it's **only available from April 8 – June 30, 2014.**

Get ready for camp and help support our fundraiser, too. Plus, get **early bird pricing of only \$37.95** until April 30th – then just \$39.95.

Customize and order now at www.mfrcwinnipeg.mabelslabels.com

Labels for the stuff kids lose!®

Please note that due to anticipated demand dispatch times may be as long as 2-3 weeks.



The staff of the MFRC Kidventures Summer Day Camp welcome you to join us as we race around this great country of ours! The Amazing Race Canada will be 8 fun filled weeks of learning, seeing and experiencing this place we call home! If this sounds like something your children would enjoy then you are in luck! We encourage you to register starting Tuesday, 1 April 2014.

Le personnel du Camp de jour estival Kidventures du CRFM vous invite à vous joindre à eux pour parcourir notre grand pays! Kidventures offre 8 semaines de d'apprentissage, de nouvelles expériences et de plaisirs sous le thème de la découverte du Canada! Si vous croyez que votre enfant pourrait jouir de cette expérience, voilà votre chance.

REGISTRATION

Defence Team Families: Tuesday, 1 April 2014
Civilian Families: Tuesday, 15 April 2014
To register, please visit the MFRC Office
(102 Comet Street) between 08:30 - 16:30.
For more information, please call 833-2500 Ext. 4500

INSCRIPTION

Familles de l'Équipe de la défense: Mardi 1 avril 2014
Familles non-militaires: Mardi le 15 avril 2014
Pour l'inscription, passez au CRFM (102, rue Comet)
entre 8 h 30 et 16 h 30.
Pour information, composez le 833-2500 poste 4500

CAMP FEES

Defence Team: \$120.00 per week (\$96 for 4 day week \$ 72 for 3 day week)
Civilian: \$135.00 per week (\$108 for 4 day week \$81 for a 3 day week)
A non-refundable deposit of \$25.00 per child per week is due at the time of registration. If all 8 weeks are booked a \$200.00 non refundable deposit is required. Balance is to be paid before 13 June 2014 (Post-dated cheques accepted). Eligible for Fitness Tax Credit

Coût

Équipe de la défense: 120\$/semaine (96 \$/semaine de 4 jours, 72\$/semaine de 3 jours)
Familles non-militaires: 135 \$/semaine (108 \$/semaine de 4 jours, 81 \$ /semaine de 3 jours)
Une caution non remboursable de 25 \$ par enfant, par semaine, est due au moment de l'inscription. La balance doit être acquittée d'ici le 13 juin 2014 (chèques post datés seront acceptés à cette fin. Admissible au crédit d'impôt pour la condition physique des enfants

PARTICIPANTS

Children 6-12 years old.
No exceptions.
Children must be finished kindergarten and be entering Grade 1 in the fall.

CAMP LOCATION

Westwin Children's Centre in the Westwin Community Centre
642 Wihuri Road

PARTICIPANTS

Enfants de 6 à 12 ans. L'enfant doit avoir terminé la maternelle pour et commencé la 1ère année en septembre. Aucune exception.

EMPLACEMENT

Centre pour enfants de Westwin dans le Centre communautaire Westwin.
642, ch. Wihuri

HOURS OF OPERATION

09:00 – 16:00
Extended Care is available from 7:15-9:00am & 4:00 - 5:00pm. Cost included in camp fees. After 5 pm, \$5 will be charged for every 15 minutes of tardiness.

HEURES D'OUVERTURE

De 9 h à 16 h
Un service de garde additionnel est disponible de 7 h 15 à 9 h et de 16 h à 17 h ; ce coût est compris dans les frais de camps. Après 17 h, 5 \$ sera chargé pour chaque bloc de 15 minutes de retard.



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Upcoming MFRC Programs and Events

MFRC Annual General Meeting (AGM)

Wednesday, June 18 at 7:00 p.m.

Childcare is available

Family members of military personnel are invited to attend our annual AGM. This is an opportunity to guide programming for the next year and participate in the election for new members of our Board of Directors. A community coffee break will be held after the meeting.

Perennial Plant Exchange

If you have plants that have outgrown your space or you have something special that you would like to share you can bring them to this perennial plant exchange. Please be sure to label the plants and indicate if they prefer sun or shade.

Wednesday, May 28

5:00—7:00 p.m.

Got "Squeaky" Cheese?

During the week of May 26, 2014, the Winnipeg MFRC will be placing an order for fresh cheese curds from Bothwell Cheese and will be delivering them right to the MFRC. Orders must be placed and paid by Friday, May 23 at the MFRC. No orders will be accepted after this date.

Cheese curds will be available to be picked up sometime during the week of May 26 from the front desk of the MFRC. An email will be sent to everyone who placed an order to confirm the date and time for pick up.

\$7.50 for 1 lb

SCRAPBOOKING WORKSHOP

Saturday, June 14 from 1:00 to 4:00 p.m.

Cost: \$20.00

Additional Stress Free Child Care funds available to deployed families.

Registration deadline: May 30, 2014

Join us for some afternoon craft time. We will be making a 4X7 'wallet album' which will hold 13-15 pictures. You will receive enough paper to make 2 albums. Our instructor will be teaching us how to make this great gift idea. You will also take home the instructions to make more at home. Please bring a good quality adhesive and paper cutter if you have one.

NEXT CHAPTER

BODY SCIENCE FOR PARENTS OF TWEENS AND TEENS

Tuesday, May 20

9:30 to noon

Are you in the next chapter of your parenting life? Do you have school aged kids, and are looking to socialize with other parents? This group will help you find yourself as you go through the middle years before the teen years. This months topic will be Body Science for parents of tweens and teens. Parents want their tweens and pre-teens to make safe, responsible decisions around their bodies and their relationships. Talking with young people about sexual values and the facts around sex and reproductions helps them make informed choices. This workshop will feature discussion as well as videos with RN and sexual health educator, Meg Hickling. Free child care for children 18 months to five years.

PERSONAL CLASSIFIEDS

FOR SALE

- Complete Mens Air Force Mess Kit. Jacket, Pants, Shirt, Vest, bow tie, Suspenders. Size 50. Asking \$400
- Ladies Air Force Mess Kit Skirt, size 12-14. Asking \$20
- Call (204) 221-0225

FOR RENT:

Spacious **3-bedroom** condo available for rent located on Apple Lane. Close to all levels of schools and Unicity Mall with bus stops located nearby. Space is fully renovated and **furnished**. Large master bedroom with walk-in closet, 1½ bathrooms, kitchen with stainless steel appliances, open concept living/dining room and finished basement with in-suite laundry. It also includes a small fenced backyard. Rent is **\$1600** plus utilities, which includes: one parking space, alarm system and access to the condo swimming pool. Sublet from July 2014 – July 2015. No pets, no smoking please. Contact Brenda at brenda.watts32@gmail.com for more information.

FOR SALE:

Golf Bag only 1 yr old
Irons 2.3.4.5.6.7.8.9. Sand and Pitching (50 Degree Loft) Wedge
3 Wood Big Blast (15 D Loft)
5 Wood Nike (19 D Loft)
4 Wood Jazz (16 D Loft)
7 Wood Maltby (22 D loft)
Titanium Driver (10.5 D Loft)
All regripped 1 year ago and have hardly been used, also an umbrella.
Asking \$200.00 but will entertain offers. Contact # 204-504-5026.

FOR SALE:

Winter tires and rims.
6 weeks old, fits Volvo s40,s 60 etc
\$1400 retail, asking \$900.00 or best offer.
Call 204-885-6522 for Brandon, leave message.

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Contact Andrew, (204) 896 1815.

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Early Bird starts at 7:00 pm
SENIOR'S BINGO: Thursdays at 1:30 pm
CRIBBAGE: Thursdays at 7:30 pm
DANCING: Friday & Saturday evening 8:00-12:00 pm
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

Taroscopes

BY
NANCY

Aries (March 21 – April 19): You know what's right for you and what makes you feel loved and appreciated. Though it would be nice for someone else to do all the work, it's not that simple. Ultimately you want to call the shots. Accept who you are. Live life on your own terms and by your own rules.

Taurus (April 20 – May 20): Life is full of complex lessons – and there's no rewind and replay option. Still you can learn how to do better and to get the results you want in future. The right system will facilitate your success. Sincere communication can save a situation you thought was beyond repair.

Gemini (May 21 – June 21): Be mature when emotions run high even if others are not. Listen carefully to what is said for clues about what to expect next. Deal with issues promptly. Make decisions that are in sync with how you feel and what you know. Don't let fear and doubt hold you back. Focus on facts.

Cancer (June 22 – July 22): Sifting through a complex situation leads to information overload. It will never seem simple again. You may wonder how you could have missed the obvious. In truth some people are better at masking their agendas and methods. Don't beat yourself up for being a caring soul.

Leo (July 23 – August 22): Key people in your life are suddenly moving on. If you've established solid relationships distance won't separate you. Life is full of extremes for you at this time. Maintain your optimism but don't be naïve. And don't take advantage of generous people to appease your loneliness.

Virgo (August 23 – September 22): Don't despair at injustice. Guard against using negative words to express your feelings. Expect improvements and assistance with your situation. Be pragmatic and straightforward in your dealings with others. "Stay calm and carry on." Revisit an unresolved issue.

Libra (September 23 – October 23): Consider how you succeeded in the past and apply the same process to what you're tackling now. Listen to your own heart and soul they have all the answers in your current situation. Emotional connections, a sense of chemistry and magnetic attractions predominate at this time.

Scorpio (October 24 – November 21): There will never be a perfect time. If you've been waiting – it's here – wait no longer. Have faith. Trust in the journey, it's as important as the destination. Self-worth is an essential ingredient in enjoying all phases of life. Embrace the joys and the lessons.

Sagittarius (November 22 – December 21): Your foolproof plan could meet with an unkind fate if you've not factored in independent variables. Nothing is a sure thing. You're not in charge of everything. Still, even if others aren't convinced about your project, if you think it's worth doing – do it.

Capricorn (December 22 – January 19): Don't try too hard to control things or maintain the status quo. Time stands still for no man. Map out a step-by-step method to deal with worries and doubts. You've come full circle and are facing a challenge similar to one you've overcome in the past. Persevere.

Aquarius (January 20 – February 18): If you're exhausted, stop fighting where you're at and wishing for something else. "It is what it is." Reconsider your assumptions about life and your expectations. Time is precious – don't waste it. Ask for assistance if you've "painted yourself into a corner."

Pisces (February 19 – March 20): Some things must end so that there's room for new opportunity. Though it might not be what you wanted to do right now, be realistic. Yes this will slow you down but it won't stop you. Consider positive changes you can make yourself and implement them when possible.

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Canadiana Crossword

A Canadian Kennel

By Bernice Rosella and James Kilner

ACROSS

- 1 Lapses of consciousness
- 6 Recede
- 9 Roman 205
- 12 Cede
- 13 Yellow trailer?
- 14 Cultivate
- 15 Hockey venue
- 16 Scottish _____
- 18 Irish _____
- 20 Objectives
- 21 Fisherman's fling?
- 23 Lady suffolk, maybe
- 24 _____ Apso
- 25 Taj Mahal locale
- 27 Wedding figure
- 29 French _____
- 31 Chinese _____
- 35 Salon service
- 37 Italy's capital, familiarly
- 38 Count follower
- 41 Pro _____
- 43 Armed conflict
- 44 Cruising, maybe
- 45 Chemical compound
- 47 Brittany _____
- 49 Common orange
- 52 Conger
- 53 Religious fig.
- 54 Goodnight _____
- 55 Undergrads
- 56 Take rays
- 57 Favourite of Elizabeth II

DOWN

- 1 Accounting pro
- 2 Bruins' Bobby
- 3 Conductor
- 4 Lucy Maude creation
- 5 Aver

| | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | |
| 12 | | | | | 13 | | | 14 | | | |
| 15 | | | | | 16 | | | 17 | | | |
| | | 18 | | | 19 | | | 20 | | | |
| 21 | 22 | | | 23 | | | 24 | | | | |
| 25 | | | 26 | | 27 | | 28 | | | | |
| 29 | | | | 30 | | | 31 | | 32 | 33 | 34 |
| | | | 35 | | | 36 | | 37 | | | |
| 38 | 39 | 40 | | | 41 | | 42 | | 43 | | |
| 44 | | | | 45 | | | 46 | | | | |
| 47 | | | | 48 | | | 49 | | 50 | 51 | |
| 52 | | | | 53 | | | 54 | | | | |
| 55 | | | | 56 | | | 57 | | | | |

- 6 Admiration
- 7 Pub staple
- 8 Refuse entry
- 9 Porcelain
- 10 Campus figures
- 11 Word after vice
- 17 Grant a second audience
- 19 Twixt
- 21 Carpet feature
- 22 Sense of self
- 24 Romanian money
- 26 Hockeyist Aucoin
- 28 Bleacher bleat
- 30 Whopper, so to speak

- 32 On the other hand
- 33 Actress Thurmond
- 34 Swiss river
- 36 Swiped
- 38 Military establishments
- 39 Media chief Leonard
- 40 Pelt providers
- 42 Hyper
- 45 Second Greek letter
- 46 Starchy root
- 48 Adherent
- 50 CPR employee
- 51 Honolulu handout

Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | | | | 7 | | 3 | 1 | |
| 9 | | | 4 | 3 | | 2 | | |
| 1 | | | | | | | | |
| | | | | 1 | 4 | 8 | | |
| | | 5 | 9 | | 2 | 7 | | |
| | | 6 | 7 | 5 | | | | |
| | | | | | | | | 1 |
| | | 3 | | 2 | 9 | | | 5 |
| | 7 | 1 | | 4 | | | | 8 |

Crossword Answers

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| I | G | R | O | C | | N | A | T | | S | R | S |
| E | N | E | R | I | | E | T | S | | L | E | E |
| L | E | V | A | N | | L | E | I | N | A | P | S |
| | | E | A | T | | O | R | A | B | A | S | A |
| R | A | W | | M | | E | T | | E | S | I | B |
| A | M | O | R | | E | S | N | R | I | | | |
| A | H | A | U | A | | H | | E | L | D | O | P |
| | | E | E | C | | M | E | | A | G | R | A |
| A | S | A | V | H | | L | | E | W | E | | N |
| S | D | N | E | | R | E | T | T | E | S | | |
| R | E | I | R | | R | E | T | | A | N | | A |
| E | O | H | | A | | S | E | | T | A | | G |
| C | C | | | | B | B | | E | S | A | | C |

Sudoku Answers

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 2 | 6 | 3 | 4 | 9 | 1 | 7 | 5 |
| 5 | 7 | 9 | 6 | 2 | 1 | 3 | 8 | 4 |
| 1 | 3 | 4 | 7 | 8 | 5 | 6 | 9 | 2 |
| 2 | 6 | 1 | 8 | 5 | 7 | 9 | 4 | 3 |
| 3 | 4 | 7 | 2 | 9 | 6 | 5 | 1 | 8 |
| 6 | 5 | 8 | 4 | 1 | 3 | 2 | 9 | 7 |
| 4 | 8 | 5 | 9 | 6 | 2 | 7 | 3 | 1 |
| 7 | 9 | 6 | 1 | 3 | 4 | 8 | 5 | 2 |
| 9 | 1 | 3 | 5 | 7 | 8 | 4 | 2 | 6 |

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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'.

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Almer N. Jacksteit, B. Comm., LL.B, Counsel

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