



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

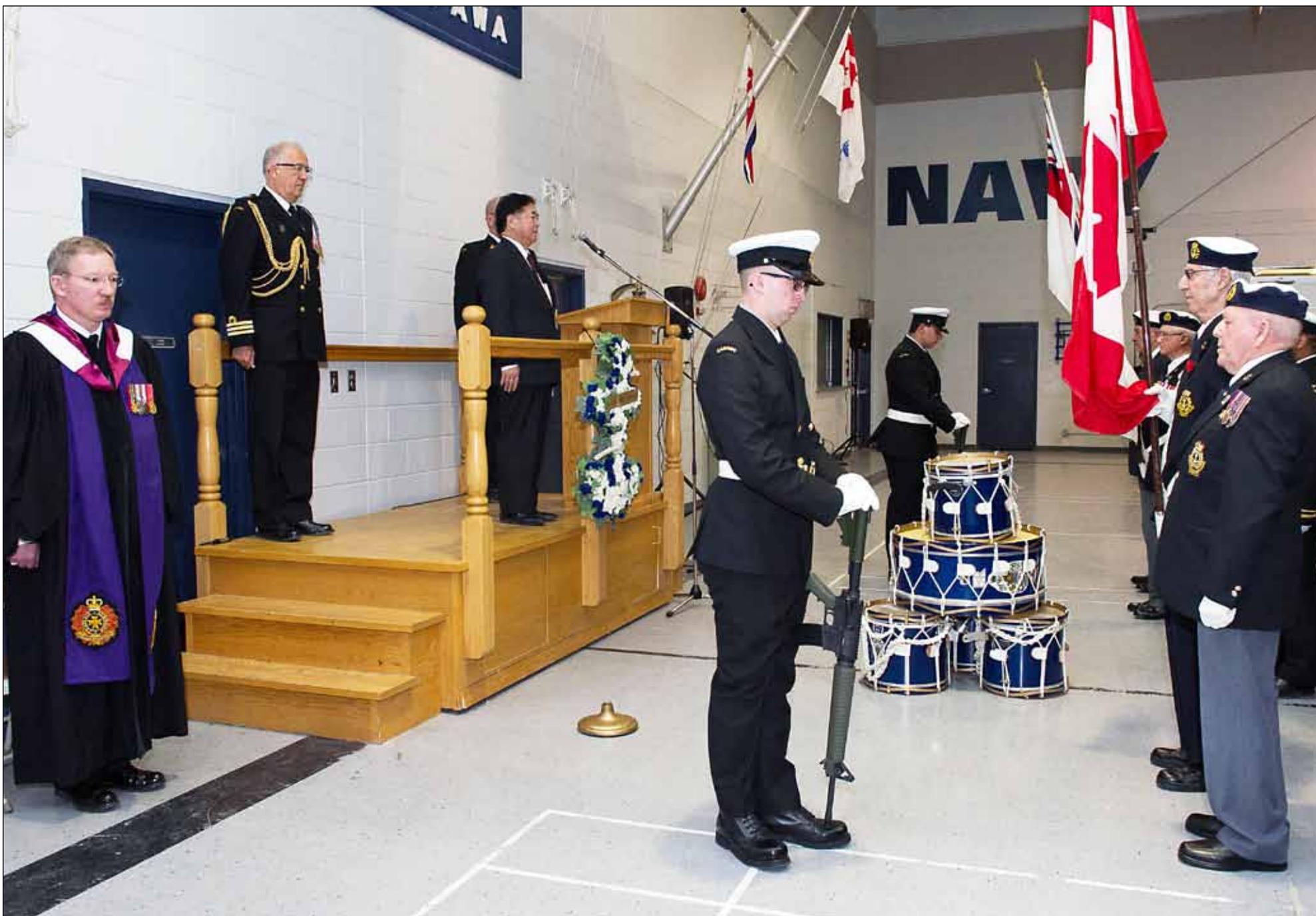
May 6, 2015

VOLUME 64, ISSUE 9

FREE

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# Battle of the Atlantic Remembered



The Lieutenant Governor General of Manitoba, the Honorable Phillip Lee, receives the Vice Regal Salute during the Battle of the Atlantic Ceremony at HMCS Chippawa on May 3rd, 2015. Photo: Cpl Darryl Hepner

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# Participants Have a Ball at WComd's Volleyball Tournament

By Martin Zeilig  
Voxair Photojournalist

There were plenty of bumps, sets, and smashes mixed with shouts of encouragement from teammates and spectators at the 2015 Wing Commander's Volleyball Tournament on Friday, April 24.

The A Division games took place in the gymnasium at the 17 Wing Fitness and Recreation Centre, while the B Division was held in Building 21.

The championship finals for both divisions were held in Building 90 with the Odds N' Sods, representing PSP Sports, besting the RCSU Diggers 45-38 to capture the A Division, while WCE-MECHS (representing the MECH Shop) took first place in the B Division after defeating the Bumpin' Ugliers.

This was the second year in a row that PSP has cap-



There were plenty of volleys, set-ups, smashes, and blocks, all in the spirit of friendly competition, at the Wing Commander's Volleyball Tournament on April 24. Photo: Martin Zeilig

tered the A Division Championship, and monogrammed T-Shirts were presented to players on the winning teams in a brief ceremony shortly after the final games.

"It was a long tournament," said a sweat soaked Master Corporal Kyle Dewald, team captain of the WCE-MECHS moments after his team clinched the B Division championship.

"We had a couple of close games, but every game was fun. And every game felt like game seven of playoff hockey. We had a good bunch of guys, and there was a good turnout."

With her high leaps and accurate smashes, Dawn Redahl, a PSP Fitness Leader, was a standout for the Odds N' Sods.

"It feels good to win, just like it did last year. Volleyball is the best team sport, I love it," the former University of Winnipeg Wesman women's team player remarked after the game.

She went on to praise the "great sportsmanship-like behaviour" displayed by all players throughout the tournament.

Corporal Lance Mueller, from 402 Squadron, who played for the Bumpin' Ugliers, was impressed with the camaraderie between the various squadrons.

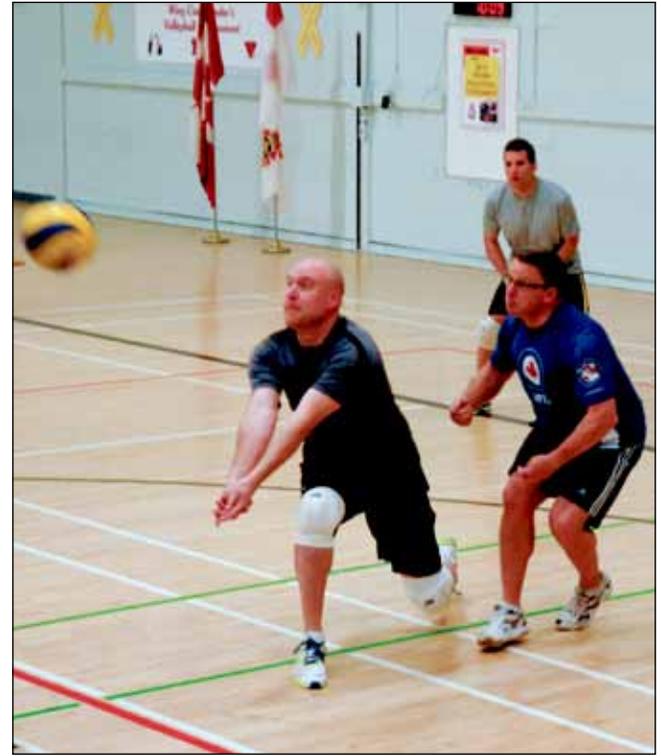
"It was good getting to know people you don't see that often in a work setting," he said. "It's also a recreational day out of the office. The organization of the tournament has been outstanding."

Earlier in the tournament, Corporal Andrew Burnett, who played for the WTISS Jimmies in the B Division, expressed appreciation to the PSP staff for organizing the tournament.

"It definitely builds cohesion amongst members on the Wing," he said during a break from his team's game versus the Walking Dead.

Chris Merrithew, PSP Sports Coordinator and the tournament's main organizer, was delighted to see so many teams turn out for the event.

"This year, we had 15 teams registered in the A Divi-



An intense game from A side action in the gym at Building 90. Photo: Martin Zeilig

sion and eight teams in the B Division," he said. "This is the most number of teams we've had in quite a few years. And it's been growing every year. It's nice to see it becoming more popular."

He also emphasized that the Tournament is an important way to build personnel morale, esprit des corps and team work.

"It definitely supports our health and wellness concept because sports and fitness go hand-in-hand. I want to thank all the teams that came out and participated."

## CFB Winnipeg Golf Club Open for 2015 Season

With the influx of warm weather we've been having, the CFB Winnipeg Golf Course has managed to open its doors a little earlier than usual this year. Make sure you take advantage of the balmy weather to go play a round or two. Green Fees for 2015 are: \$21 for 18 holes, \$15 for 9 holes for non-members, and \$14 for 18 holes and \$11 for 9 holes for Seniors. Value packs are also available at \$110 for a 9-hole ten pack, and \$210 for a 9-hole 20 pack. Check out [www.17wingwpggolf.ca](http://www.17wingwpggolf.ca) for more info



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Derksen Printers  
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17 Wing Winnipeg,  
PO Box 17000 Stn forces  
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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 Commander**

Now that we are fully into the new fiscal year, and the notional allocations become reality, I want to take a few lines to update you on the priorities for the Wing. This past year we were extremely successful throughout the Wing in investing in projects that have either enabled operations or improved quality of life for personnel and families. I have instructed the 17 Wing

Command teams that a similar but more aggressive approach should be taken this year in order to take immediate advantage of opportunities that present themselves.

On the personnel side, we have been given the green light to risk-manage up to 5% over-planning for civilian manning, and 20% for the Reserves. We will be pushing hard on this to take advantage of the yearly slippages as we are continuously short of personnel in various areas.

As usual, Wing Construction and Engineering (WCE) is advancing a multitude of projects for the Wing, which, in combination with the Government's Building Canada Plan, will see work done on the Quarters, roads, hangars, armouries, and much more.

## Un mot du Commandant

**By Col Joel Roy  
17 Wing Commander**

Alors que nous sommes établis pleinement dans la nouvelle année fiscale, et que nos allocation notionnelles deviennent réalités, je veux prendre quelques lignes pour partager avec vous quelques priorités de l'Escadre. Nous avons connu un grand succès l'an dernier dans toute l'Escadre en investissant dans des projets qui facilitent les opérations, ou bien améliore la qualité de vie pour le personnel et les familles. J'ai indiqué aux équipes de commandement de la 17e Escadre qu'une approche similaire, mais plus agressive encore, est prise cette année de façon à tirer profit des opportunités qui se présentent.

Du côté du personnel, nous avons reçu l'autorisation de gérer un risque de sur-planification équivalent à 5% en personnel civil, et 20% en personnel de Réserve. Nous travaillerons dur afin de prendre avantage des glissements annuels alors que nous sommes continuellement à court de personnel.

Comme par le passé, le génie construction de l'Escadre (GCE) avance une multitude de projets pour l'Escadre, qui, en combinaison avec le Plan de Construction Canada du gouvernement, toucheront les Quartiers, nos rues, les hangars, les manèges militaires, et bien plus.

Finalement, nous apportons la touche finale au plan de communication d'un formidable plan de développement des unités résidentielles pour l'Escadre sur lequel nous travaillons depuis plus de un an. Les investissements ont déjà commencé dans les maisons en rangées, et continueront pour au moins une décennie, remodelant le portfolio complet des maisons des unités résidentielles de l'Escadres. Ceci ne serait pas possible sans la belle collaboration et vision entre le personnel de Construction de Défense Canada (CDC), l'Agence de logement des Forces canadiennes (ALFC), l'Administration de l'Escadre, et GCE.

Les derniers mois ont vu quelques événements marquer l'Escadre et au-delà. Un de ceux-ci est l'accident qui a coûté la vie à Sgt Mark Salesse. Malgré le choc entourant ceci, j'ai grandement apprécié de voir tout le monde se rallier en support aux familles, amis et pairs. Plusieurs ont travaillé résolument afin que tous les as-

pects des cérémonies se déroulent rondement; milles merci à tous, particulièrement la 19e Escadre, pour avoir si bien pris les choses en mains.

La nouvelle de l'extension de la mission de l'Op Impact en Irak a aussi considérablement affectée l'Escadre. Non seulement le déploiement du personnel s'est vu allongé, et les tâches additionnelles du personnel à l'Escadre maintenue, mais la 17e Escadre s'est aussi vu demandée de prendre la responsabilité de superviser la montée de la prochaine JTF pour Op Impact, qui est en somme le QG en théâtre qui mène les efforts globaux du Canada pour Op Impact. Félicitations à la Branche de l'Admin de l'escadre pour cet effort très considérable avec des impacts positifs pour l'ensemble de l'Opération.

D'un côté plus léger, si vous avez raté le dernier dîner régimentaire de l'ARC, vous avez alors raté l'un des meilleurs auxquels j'ai eu la chance de participer. Les stations actives de nourriture organisées et maintenues par le personnel des Services l'alimentation de l'escadre étaient simplement fabuleuses... et ce n'était que comme entrées! Un superbe repas a suivi. Toute la soirée a bénéficié de l'excellente musique du Musique de l'ARC. Maj Pentney est venu combler le tout avec un défi qui a connu un grand succès; les convives aux différentes tables devaient construire durant la soirée un avion fait de bâton de Popsicle. Pour sûr, un événement mémorable.

Vous avez possiblement remarqué les échafaudages qui sont monté autour du Challenger sur Air Force Way. Capt Mick, avec l'assistance de plusieurs volontaires, s'y remet pour refaire une beauté aux avions du parc, avec un horaire ambitieux pour cette année.

Avec le retour des températures plus chaudes nous pouvons finalement commencer à enlever quelques couches de vêtements. Ça signifie aussi que je ne devrais plus avoir à m'embarrasser au curling pour un certain temps. Il faut toutefois garder en tête que nous sommes à Winnipeg; le WCWO et moi devons faire l'ouverture officielle du terrain de golf, mais il s'est mis à neiger avec des vents de 60km/h... ☹

Soyez prudent, gardez votre focus opérationnel, mais s.v.p. prenez le temps de profiter de ce que la région a à offrir.

Op Impact. Putting forth a great effort, kudos are owed to the Wing Administration Branch for pulling this request off, with tremendous impact on the operation.

Now onto the lighter side of things... If you were not at the latest RCAF mess dinner, you missed one of the very best I have had the privilege to attend. The food stations organised by the Wing Foods' staff were simply fabulous... and that was only for the hors d'oeuvres! A superb meal followed, and throughout, excellent music was provided by the RCAF Band. Maj Pentney topped it off with a very successful game that had the tables build airplanes from Popsicle sticks. It was definitely one event to remember.

You may have noticed scaffolding going up around the Challenger on Air Force Way. Capt Mick, with the assistance of several volunteers, is again set on fixing the pedestal aircraft with an aggressive schedule for the year.

With the return of the warmer weather we can finally shed some layers and move on to our summer activities. This means I shouldn't have to embarrass myself while trying curling for a while. Keep in mind that this is Winnipeg; the day the Wing Chief and I were to officially open the golf course last year it snowed with 60km/h winds. ☹

As we move forward, stay safe and remain focussed, but please take time to enjoy what the region has to offer.

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## Looking Forward to the RCAF RUN

# Running and Mental Health

By Martin Zeilig  
Voxair Photojournalist

In her role as Deputy Chair of the 2015 RCAF Run, Major Heather Collins sees a direct link between fitness and long-term well-being, and the role the run can play in connecting those two essential goals.

The RCAF Run, which takes place May 31st, is a highly regarded athletic event that highlights the link between physical fitness and the RCAF's operational readiness. It promotes healthy living and active lifestyles, and provides a top quality competitive running experience.

The RCAF Run is also a family oriented, active living event with family activities in the Race Village and the much anticipated 3km Family Fun Run/Walk, Maj Collins added.

"We at the RCAF Run see this event as one tool to reach out to people of all situations and promote physical activity and the mental health benefits of being physically active," Maj Collins, said in an email.

Sergeant Chris Downey, who will be the Solider On representative at the run again this year, is just one example of how it can help improve one's physical and mental health. Sgt Downey, who's based at CFB Gagetown, suffered severe injuries in Afghanistan in 2010 as the result of an IED explosion.

"Chris' recovery has truly been miraculous and we are happy to say that he has been returned to full duties and continues his career, currently posted to Canadian

Forces School of Military Engineering (CFSME)," Maj Collins said.

"We know there is a direct link between physical activity and fitness, and our ability to cope with stress and stressful situations. That link is highlighted in various stress management and Health Promotions that we promote. If we can help turn one person onto the road to recover from a physical or mental health challenge then we will have succeeded in providing them with a tool to healing."

Kathy Dmytrisin, Manager for 17 Wing Health Promotion, says that statistics from the American College of Sports Medicine really illustrate the benefits that physical activity can have. These include reducing the risk of heart diseases by 40 per cent, lowering blood pressure by 27 per cent, reducing the incidence of high blood pressure by almost 50 per cent, reducing the incidence of diabetes by almost 50 per cent, and reducing mortality and the risk of recurrent breast cancer by almost 50 per cent.

Physical exercise can also reduce the risk of developing Alzheimer's disease by one-third, plus decrease depression as effectively as medications or behavioural therapy, she said.

"Today's life environment seems to expose individuals to greater levels of stress," Dmytrisin says.

Meanwhile, Don Mills, the physical and exercise specialist at PSP Fitness and Sports, says that proper nutrition, as well as physical and mental grounding are essential not only when preparing for a race, but also in

one's general lifestyle.

"More evidence is showing a strong link between physical fitness and mental health," he said. "Being fit and having proper nutrition can make all the difference in the world. It will improve your mental health."



Running is a great way to improve both your physical and mental health. Photo: 17 Wing Imaging

## Looking Forward to the RCAF RUN

# RCAF Run Village Builds Community Bonds

By Michael Sherby  
Voxair Manager

Believe it or not, the RCAF Run is about a lot more than just running. It's also an excellent opportunity for the RCAF to engage with members of the larger community. And it's that opportunity that has been the guiding force behind the planning of the RCAF Run Village.

The organizers of the village, Capts Audrey Jordan and Hassan Choudhary, have been working since January to make sure everything is in place on May 31st for the run.

"There are a lot of different factors we have to take into account," says Capt Choudhary, the Deputy Director of the Race Village. "The number of people, and making sure there are activities for kids and different age groups."

Capt Jordan, the RCAF Run Race Village Director, hopes that the activities in the run village will be able to draw in families and spectators from across the city.

"The more people we get that come in from outside 17 Wing the better," she says. "I think people are excited, because it's the only time of the year where you can come onto the flight line. And so the more people we get coming into the village, the more we can build those bonds with the city and people who wouldn't normally have much contact with the military."

Indeed, the run village is not just for runners. There will be a ton of activities for the general public and kids to take part in. The gym floor of the 17 Wing Fitness and Recreation Centre will be kid central, as there will be face painting, temporary tattoos, a children's obstacle course, and two brand new bouncy castles that have just been purchased by community recreation.

Outside there will be activities for older children, as the members of the American Detachment at 17 Wing have teamed up with the SAR Techs from 435 Squadron to put on youth activities and an obstacle course.

"It's really nice to see this collaboration between the SAR Techs and the Americans," Capt Choudhary says. "Fostering these kinds of connections is one of the goals of the race."

There will also be booths from different businesses in the community who support the run, including the Winnipeg Jets, Blue Bombers, and Goldeyes sports teams.

Also present this year will be students from the University of Manitoba's Society of Automotive Engineers chapter. The engineering students design vehicles to enter in international competitions, and they will be displaying the scale aircraft and Formula 1 style race car that they've built from scratch.

Another exciting new feature of the Run Village this year will be the inclusion

of three banners advertising the RCAF's role in Op Impact, the CAF's contribution to the Middle East Stabilization Force. People will be able to write a message of support on the banners, which will then be shipped overseas to help boost troop morale.

"Anytime there's an even or activity put on by the RCAF, you want to link it to operations," Capt Choudhary says. "And this is kind of an initiative for the families and folks that attend the RCAF Run to recognize that it's in support of troops that are fighting in Op Impact."



This year's RCAF Run Village promises to have fun and activities for all ages. Photo: Wing Imaging

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# Big Bear to Bring Big Laughs to MFRC Comedy Night

By Martin Zeilig  
Voxair Photojournalist

Gerry "Big Bear" Barrett likes to crack that if he hadn't been invited to perform at the Inaugural Ball for U.S. President Barack Obama in 2013, he wouldn't have been able to afford the \$1,000 price of admission.

The guests at that re-election party sure got their money's worth from Barrett's performance though, he's a funny guy!

Barrett, an Aboriginal stand-up comedian and Elvis Presley Tribute Artist, will be one of seven comedians performing at the Stand-Up for Families Comedy Night on Friday, May 8 at 1930 hrs at the Junior Ranks Mess.

The other performers will be Dan Goldberg, Dan Glasswick, Mike Green, Chad Anderson, Ryan Ash, and the MFRC's own Heather Witherden. Tickets are \$10 each, and are available at the MFRC main reception room, the 17 Wing Fitness and Recreation Centre, and will also be available at the door before the performance.

"It's been a popular event over the years, and gives 17 Wing a chance to see the high level of talent that exists in Winnipeg as all of the comedians are Winnipeg Comedy Festival veterans," said Witherden, who will be hosting the event, and is a receptionist at the MFRC when she's not making people laugh with her stand-up comedy routines.

Barrett and Ash are the show's two headliners.

"This will be my first time performing at this particular event, but I did do a Christmas show at 17 Wing about four years ago," said Barrett, 53, an Ojibwe who grew up on the Saugeen First Nations in Ontario, has entertained at premier comedy clubs, corporate functions, and has showcased for Budd Friedmann of "An Evening at the Improv", as well as being morning DJ at radio stations across Canada.

"My speciality is my life's story as an Aboriginal person in an urban environment," he says.

Barrett said it will be an honour to perform at the Comedy Night, especially since he comes from a military family.

"My biological father was in the Korean War," he said. "My adopted father was a Captain in the Second World War, and my brother was a Captain in the RCAF. So, I have a fun time telling a lot of personal stories and singing funny songs."

Witherden pointed out in an email that Barrett is also an award winning writer who's currently working on several movie screenplays, television sit-coms, and his autobiography.

Meanwhile, the quick-witted Ryan Ash steps onto the stage with equal parts laser sharp focus and extreme ADHD, she wrote.

"Ryan loves nothing more than seeing a room unite with laughter," Witherden said. "His perception of the world is far from ordinary, but he takes delight in appealing to every demographic. His flair for vocabulary matched with the occasional outburst of hysteria keep his audience guessing and wanting more. Ryan is one of the young faces hotly accelerating through the ranks of the stand-up world."

Witherden views being a receptionist and doing stand-up comedy as a "symbiotic relationship", one feeds the other.

"My role as receptionist at the MFRC is a perfect complement to a life in comedy," says this wise-cracking mom. "Not only do I get to talk to people, but I'm able to create the perfect storm of fundraising by doing what I love, and inviting friends along for the ride."

Although the fundraiser is for families, some of the material being presented may not be, and the event is

intended for adults only cautions Witherden, who was recently featured in an Aboriginal Peoples Television Network series on women in Canadian comedy called 'She Kills Me'.

For further information, contact 833-2500, local 4500.



Stand up comedian and Elvis Impersonator Gerry 'Big Bear' Barrett won't be cruel, but he will leave you all shook up at the MFRC Comedy night. He's one of 7 comedians who will be performing. Photo: Submitted

## TDOs Help RCAF Excel in Education

By Martin Zeilig  
Voxair Photojournalist

Lieutenant-Commander James Cantafio, a Training Development Officer (TDO) at 17 Wing, has the type of job that can elicit puzzled looks on the faces of his friends and coworkers.

"When I meet both civilian and military people, they often ask me what I do," LCdr Cantafio, a member of the CAF since 1990, said during an interview in his third floor office at the Canadian Forces School of Aerospace Studies (CFSAS) located at 17 Wing.

"I often go for lunch to the All Ranks Mess where I speak with the students and staff. It's natural that people ask me, 'What do you do? What's a TDO?'" he said.

TDOs are integral to any training establishment to ensure that military instructors and students follow the Canadian Forces Individual Training and Education Systems (CFITES), said Major Glenn Northrup, Chief of Standards at CFSAS.

"It's experts like our TDOs who make sure we follow these processes correctly," he added. "By following the correct processes, this ensures the best possible instruction for our students."

In general, TDOs provide advice on training and organizational issues to increase the effectiveness and efficiency of the CAF.

"As a TDO, I advise on training plan boards to design training, conduct instructor monitoring to promote modern teaching methods, conduct needs assessment to determine learning requirements, and evaluate job requirements to align training with work," said LCdr Cantafio, who's been a TDO for almost 15 years.

"TDOs promote, guide, coordinate and advise on the systematic approach to training and education. We analyze operational job performance requirements, identify needs, suggest and implement solutions to performance problems."

As experts in military training, education and professional development programs, TDOs are also responsible for managing training programs, conducting human performance research and development, ensuring quality control, teaching in a variety of school settings, and managing learning resources.

"Informally, we talk with service personnel. We ask

them what they do, how they train, where they work, and how they do their job," LCdr Cantafio said.

One of the courses that he's helped to design and develop is the Air Force Officer Development Program (AFOD), which provides general but essential professional development for all RCAF officers.

"Military people are very good at fixing things like planes and maintaining aircraft. They are subject matter experts in what they do. TDOs are the experts in training, education, and learning, they are the professionals who connect with what people do on the job and with what they need to know to get the job done even better," said LCdr Cantafio.

He compares TDOs to lawyers, personal selection officers, or public affairs officers in terms of their advisory role for the Chain of Command. As LCdr Cantafio put it: "TDOs do it all when it comes to training and education at 17 Wing and the RCAF."

More information on TDOs and what they do can be found at: <http://www.forces.ca/en/job/pdf/trainingdevelopmentofficer-72>, or you can contact LCdr Cantafio at local 2271.



LCdr James Cantafio is a TDO in Winnipeg. Photo: Martin Zeilig

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# Congratulations to Women's Volleyball Team

After storming their way through the Prairie Region Volleyball Championships in March, the 17 Wing Women's Volleyball team continued their domination at the CAF National tournament at CFB Kingston. They won two out of four games in round robin play, and won their semi-final game against Quebec. Unfortunately they lost to the home team, CFB Kingston, in the finals, but overall they had an excellent tournament and earned their second place spot through hard work and teamwork.



The 17 Wing Women's Team took home second place at the CAF National Volleyball Tournament. From left to right: Capt Jillian Bristow (a pick-up from Cold Lake), Capt Melissa Couturier, Maj Sarah Degen (a pick-up from Moose Jaw), 2Lt Karina Dabolins, Capt Julia Rantz, Maj Lauren Banks, Cpl Sara Schartz, MWO Heidi Twellman, Capt Jennifer Finateri, Capt Heather Lewis, and Capt Melanie Rouillard-Lamy. Photo: CAF National Sports.



the 17 Wing Team spikes the ball over the net. Photo: CAF National Sports.



Two 17 Wing players go up for a block. Photo: CAF National Sports

## Rondelles Raise Money for MS!

By CWO Crystal Krammer  
Air Force Military Police Group

On May 3rd members of the 17 Wing Rondelles women's hockey team rallied around their teammate Master Seaman Cindy Walsh, to raise money for MS under the team name B&N for Cee Wal.

Cindy was diagnosed with Multiple Sclerosis in 2012 when she went blind in her left eye, and has had her share of ups and downs over the past two years dealing with it both physically and emotionally.

Coming to terms with having the disease and the repercussions, Cindy wanted to participate in the 2015 Winnipeg MS walk to raise money for a cure. Her fiancée convinced her to open the invitation to members of the hockey team and that was the start to a very exciting and humbling experience.

Ten teammates closed ranks around her and supported her quest to raise funds to help people suffering from MS and also to find a cure. The team started with a modest goal to raise \$2,000, but quickly surpassed that amount with aggressive fund raising strategies such as seeking personal donations from family, friends, co-workers and also self-donating.

To date the team has collectively raised over \$9,665.00 for the walk. The MS society of Winnipeg will be hosting the 2.5/5k walk at 1000 hrs at The Forks in Downtown Winnipeg.

"I would like to thank everyone for their participation, support and donations. Together we can find a cure for this disease and assist those who are affected the most by it. We superseded our fund raising goals," Cindy

said.

And the significance behind the team name you ask..... "our hockey cheer, Beer and Nachos."

Members of Team B&N for Cee Wal (Cindy Walsh's nickname) participating in this year's walk are: MS Cindy Walsh (Team Captain), CWO Crystal Krammer, Capt Heather Demchuk, Maj Amanda Ives, Courtney Skinner, MCpl Lindsay Williams, Pte Karlie Walsh, Capt Melissa Couturier, Capt Heather Smith, OCdt Clair Harland, Sgt Marie-Pier Laflamme; and Cpl Kate Marois.



The Rondelles women's hockey team raised over \$ 9,665.00 for the Winnipeg MS Walk. Photo: Supplied

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# Wing Clean-Up Day a Blast

By Martin Zeilig  
Voxair Photojournalist

"It's a beautiful day for collecting garbage," said Sergeant David Ouwendyk as he and his partner, Corporal Cory Dueck, paused for a moment outside the main entrance of Hanger 16 as they were depositing litter into a clear plastic garbage bag.

Both of those members of 435 Squadron were participating in the yearly 17 Wing clean-up on May 1.

Groups of people were scattered throughout the base, including on the tarmac by both hangers and on the sports field behind the fitness and rec centre and by the Tim Hortons on Ness, collecting a winter's worth of trash.

As an added incentive there were also vouchers for free food and drinks at the Wobbly Prop scattered

throughout the Wing, said Warrant Officer Ryan Marche, PMC of the Warrant Officer and Sergeant's Mess.

"We did it in a treasure hunt style and they were hidden in different locations throughout the Wing," he said in a telephone interview.

But base cleanliness was only one reason for the morning's activities, said 17 Wing Commander Colonel Joel Roy. Wing Ops, in coordination with Wing Chief Warrant Officer Mike Robertson, had placed several inert explosive devices at various locations around the base.

"The items are monitored," Col Roy said. "We know exactly what happens when they're found. So we can determine how well we're doing. It's a validation of the status of our training and security awareness. We wanted to add this little part to the cleanup. So we're not only going to have a clean Wing, but also be motivated and have a security awareness Wing."

Captain Bob Schofield, Force Protection Officer/Contingency Officer, said that protection levels were increased on Bases and Wings across Canada after the attacks in Quebec and Ottawa last fall.

"This has come from Ottawa that security levels should be promoted. Our personnel are our biggest resources for security awareness. So during Security Awareness Week in February there were events held to educate personnel about the need for security awareness," he said. "Here on the Wing, we're coming up with different exercises to validate security awareness. Today, we're not only cleaning up trash from the base, but we're seeing how personnel react to potentially dangerous situations."



Sgt David Ouwendyk (right) and Cpl Cory Dueck (left) collecting trash outside Hanger 16 during Clean-Up Day on the morning of May 1. Photo: Martin Zeilig



Members of the 17 Wing Comptroller Branch got their hands dirty cleaning up the sports field during the Wing Clean Up. Photo: Mike Sherby

## MFRC Career Fair All About Opportunities

By Martin Zeilig  
Voxair Photojournalist

A mix of employers from across 17 Wing Winnipeg gathered at display tables in the multi-purpose room of the Westwin Community Centre for the MFRC Learning and Career Fair on April 29.

The event was held for people looking for jobs or educational opportunities in the third quarter of their lives, noted John Bailey, Employment and Education Coordinator and Youth Program Coordinator for the MFRC, who helped organize the Fair.

It was open to all members of the defence team and their families.

"I think it's an excellent idea to hold the Fair," said John Clarey, Branch Manager/Financial Counsellor of SISIP Financial Services at 17 Wing, who was manning a table filled with information about career planning.

"We've been participating since 2008. One of the main reasons we're involved is to help the military community to be aware of the funding opportunities available through the CF Person-

nel Assistance Fund (CFPAF) and the Bank of Montreal Student Line of Credit Program to enhance their post-secondary education," he said.

"I've had some good conversations with people inquiring about our part time program," said Jennifer Powell, a recruitment officer for Red River College, at a nearby table. "We're here for people who are ready to return to school."

Lieutenant-Colonel Danielle Clouter, the Wing Admin Officer, said that she was impressed with the calibre of the exhibitors that were on display.

"It was not only geared to military spouses, but also to the military folk looking to transition to civilian life," she said after browsing the various tables.

Another Learning & Career Fair will be held in October.



Maj Elisa Cass of 2 Canadian Air Division learning about opportunities available for her dependents at the Canadian Border Services table during the MFRC Learning and Career Fair on April 29. Photo: Martin Zeilig

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# A Challenging Paint Job: Restoration of CC-144 Challenger is Underway

By Sgt Bill McLeod  
17 Wing Photojournalist

With the return of spring weather to Winnipeg work began on the second year of the 17 Wing Commander's multi-year initiative to refresh heritage aircraft on the Wing.

Contractors began constructing the scaffolding around the CC-144 Challenger on Air Force Way, across from 1 Canadian Air Division during the week starting April 20.

The initiative is being organized by Captain Ken Mick.

"The Air Heritage Park receives a lot of avid aviation buffs both young and old. It is our responsibility to revive these aircraft every so often so that they can remain on display for future generations," he says.

"We are hoping to get the Challenger done in time for the 2015 Royal Canadian Air Force Run but there are things we can't predict, like Winnipeg weather," he added.

The 2015 RCAF Run is on 31 May and the Half-Marathon, 10 km Run, and 5 km Run will all take participants past the display aircraft on Air Force Way.

The team doing the work is comprised of technical experts, the Aircraft Structures Technicians of 402 Squadron, led by Sergeant (Sgt) Robyn Arnold and Sgt David Hoover, members of the Base Train-

ing List (BTL), and volunteers from other Wing units.

"The BTL guys are a big help with some of the hardest parts of the ACS (Aircraft Structures Technician) job," said Sgt Arnold.

Some of the people working on the Challenger included Private (Pte) Kayla Wentzell, Aviator (Avr) Tony Purll, Avr Chris Ashton, Officer Cadet (OCdt) Fraser Forbes, OCdt Elizabeth Sisetski, Avr Kevin Lorin, OCdt J. Scott Osadchuk, 2<sup>nd</sup> Lieutenant (2Lt) Kathryn Gunter, Avr Jeremy Poitras, Pte Janice Irving, and Master Corporal Tyler MacInnis from 435 Squadron.

Some assistance with keeping the total cost down came from the community.

"Dave Gural, Regional General Manager of Endure Manufacturing and MEP Environmental Products Ltd., is a strong supporter of 17 Wing and the CAF as a whole and generously donated the paint for the Challenger aircraft," Capt Mick said.

Captain Mick says the team hopes to complete three aircraft during the 2015. The refinishing of the North American Harvard Mark II is set to begin in June, and either the CH-136 Kiowa or the CT-134 Musketeer will start the process in August or September.

"If the planets align we will complete three aircraft this season," says Captain

Mick.

The CC-144 Challenger is the Royal Canadian Air Force's twin-engined long range executive jet. It offers rapid transportation for Canadian and international VIPs and has a range of 5930 kilometres and a maximum speed of Mach .83, giving the Canadian Armed Forces the ability to quickly deliver passengers anywhere in the world.

The RCAF's Challenger fleet consists of 6 aircraft, 3 of which can be used in a medevac role. All 6 can be used in a util-

ity or administrative role.

CC-144612, the Challenger on display, was used exclusively throughout its life for testing and evaluation at the Aerospace Engineering & Test Establishment in Cold Lake, Alberta.

Last year, 435 (Transport and Rescue) Squadron, using their own resources and labour, completed a Dakota in the colours it would have worn to fly over Burma and 17 Wing completed refinishing the F-86 Sabre.



MCpl Tyler MacInnis, a volunteer from 435 Squadron, hand sands an area on the CC-144 Challenger on display at 17 Wing Winnipeg on 4 May, 2015. Photo: Sgt Bill McLeod

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# LGen Jonathan Vance to be Appointed New Chief of the Defence Staff

## RCAF News

Prime Minister Stephen Harper today issued the following statement announcing the upcoming appointment of the new Chief of the Defence Staff (CDS):

"I am pleased today to announce that Lieutenant-General Jonathan Vance, CMM, MSC, CD, currently Commander of Canadian Joint Operations Command, will be appointed Chief of the Defence Staff. He will replace General Tom Lawson who has been serving in the position since October 2012. The change of command ceremony and Lieutenant-General Vance's promotion to the rank of general will take place in the coming weeks.

"Lieutenant-General Jonathan Vance has had a distinguished career in the Canadian Armed Forces with significant experience defending Canadian sovereignty at home and around the globe. He has previously served as Deputy Commander, Allied Joint Force Command Naples in Italy. He also served as Director of Staff, Strategic Joint Staff, National Defence Headquarters as well as Chief of Staff Land Strategy, Canadian Army.

"He assumed his position as Commander of the Canadian Joint Operations Command in September 2014. As part of his duties, he has overseen both the air and ground deployments against the so-called Islamic State (ISIS) as well as Canada's contribution to NATO in response to Russia's aggression in Ukraine.

"Lieutenant-General Vance will provide strong leadership for the Canadian Armed Forces at a critical time in its history. His years working with key allied forces and partners, his combat experience, his strategic leadership, and his experience in counter-insurgency and counter-terrorism warfare will help position the Canadian Armed Forces for continued success.

"I would like to take this opportunity to thank General Tom Lawson for his 40 years of service to Canada and for his exemplary leadership. Since his appointment as Chief of the Defence Staff in late October 2012, General Lawson has led the Canadian Armed Forces through a challenging but positive period, which included the deployment of the Disaster Assistance Response Team (DART) in the aftermath of Typhoon Haiyan in the Philippines; land, air and maritime forces in support of NATO Reassurance Measures in the face of Russian aggression; Canadian Armed Forces personnel in support of the international coalition against the so-called Islamic State; and medical specialists into Sierra Leone to help address the spread of the Ebola virus.

"Through all of these demanding assignments, I could always count on clear and thoughtful advice from General Lawson, stemming from his experience, sound judgement, professionalism and unwavering dedication to both Canadian Armed Forces personnel and to keep-

ing Canadians safe at home and abroad. His legacy at the Department of National Defence will live on in these accomplishments and in the reforms and initiatives he championed to ensure our Forces remain the best in the world."



LGen Jonathan Vance, currently commander of Canadian Joint Operations Command, will be appointed Chief of the Defence Staff. In this archival photo, Lieutenant-General Vance addresses the audience during the Canadian Joint Operations Command change of command ceremony on September 9, 2014, in Ottawa. Photo: Cpl Pierre Habib

# Day of Mourning Remembers Victims of Workplace Accidents



LCdr Padre Jack Barrett lighting a candle on April 28 during a morning ceremony at the Wing Chapel to mark the annual National Day of Mourning. Also paying their respects are: (right to left) Lt (N) Padre Darryl Levy, Wing CWO Mike Robertson, WComd Col J. Roy, Wing Chief Administrative Officer LCol Danielle Clouter, Reverend Robert Humble, Capt (Reverend) Paul Gemmiti Photo: Martin Zeilig

By Martin Zeilig  
Voxair Photojournalist

The information from the Canadian Centre for Occupational Health and Safety is telling: In 2013 there were 902 workplace deaths recorded in Canada. Internationally, one worker dies every 15 seconds, this amounts to 6,000 workers a day dying from workplace related injuries or accidents.

Those are just some of the statistics mentioned by Padre Jack Barrett on April 28 during a ceremony at the 17 Wing Chapel to mark the annual National Day of Mourning.

The purpose of Day of Mourning is twofold: to remember and honour those lives lost or injured in workplace accidents, and to renew the commitment to improving health and safety in the workplace, said Padre Bar-

rett said during his sermon.

Beforehand participants lit candles to remember family and friends who had died in the workplace.

"While we remember the past and lives and injuries, the purpose is raise awareness so that our work sites become safer and that their sacrifices were not in vain," Padre Barrett said.

"Workplace related deaths, illness, and injuries often go unnoticed in the population because it happens over such a long period of time. It's incumbent upon employers and employees to work together to make work places safer and healthier. The numbers clearly demonstrate that much can still be done to improve workplace safety."

# Saluting the Maple Leaf



CWO Daniel Coutu and Maj Craig Bradshaw salute during the raising of the Canadian Flag that will be presented to CWO Coutu upon his retirement after 35.5 years of loyal and dedicated service. CWO Coutu will be retiring on 13 Dec, 2015, but his last day of work will be 12 June. CWO Coutu requested the flag be flown outside of 2 Canadian Air Division Headquarters in Winnipeg where he serves as the HQ CWO and the Firefighter Individual Training Qualification Manager. Photo: Supplied

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# SAR Training Goes Way Up North

By Sgt Bill McLeod  
Wing Public Affairs Photojournalist

There are hard lessons to be learned in the long dark Arctic night in a howling blizzard when your job is not just to keep yourself alive, but to keep the injured survivor of an aircraft crash alive too.

Master Corporal (MCpl) Carl Portman, a Search and Rescue Technician (SAR Tech) with 435 (Transport and Rescue) Squadron flying out of 17 Wing Winnipeg believes those lessons are better learned during an Arctic training exercise instead of the first time a SAR Tech attempts a live rescue at the height of the Arctic winter. To prepare SAR Techs for missions in Canada's north, MCpl Portman spent eight months organizing the first Arctic Operations Exercise for SAR Techs at Resolute (Nunavut) from 19 to 25 February 2015.

"I haven't done any Arctic training since my basic course," says MCpl Portman. "We do the same Arctic Survival Course that all aircrew do." When he spoke with the other SAR Techs at 435 Sqn he discovered that they hadn't done any Arctic training for seven years, on average.

The Canadian Forces School of Survival and Aeromedical Training (CFSSAT), also located at 17 Wing, began running serials of the basic Aircrew Operations Survival-Arctic (AOS-A) in 2013 after an 18 year hiatus. Until the course reappeared, only SAR Techs received Arctic survival training as part of their Qualification Level 5 course.

The Federal Government's renewed focus on Canada's North has meant more people and more activity than ever before in the Arctic.

"The government has made the Arctic a priority and you are now starting to see cruise liners and industry going up north," said MCpl Portman. "When you start putting people up there you are bound to start seeing more accidents and when you start seeing more accidents we are bound to be responding more."

The 6-day Arctic Operations Exercise, which was supported by Survival, Evasion, Resist and Escape (SERE) instructors from CFSSAT, showed the SAR Techs some of the challenges with operating in the extreme environment.

"Any zipper that didn't have a lanyard attached meant you had to take off your Arctic mitts to operate

it," he said. "On the day after we arrived at the Canadian Armed Forces Arctic Training Centre (CAFATC) the temperature dropped to -50 without including the wind chill."

MCpl Portman also noted problems with the Norwegian or 'octopus' heaters, which wouldn't operate due to what was likely a faulty batch of fuel bricks. There was some unfamiliarity with Coleman stoves, but isobutene and propane fueled stoves wouldn't work due to the extreme temperatures. MCpl Portman has already made a recommendation to have more than one batch of fuel bricks for the Norwegian heaters in the future. He also recommends more training is available to help people troubleshoot Coleman stoves.

During the exercise the participants also tried out a pop-up ice fishing shelter as wind protection for simulated casualties and found that it worked very well. Additional training included plotting and carrying out movements across the Arctic terrain, operating and maintaining snowmobiles in extreme cold weather, and carrying out medical exercises in extreme cold weather.

"The main objective of the exercise was to repeatedly put SAR Techs into situations similar to what is experienced during missions," he says. "By running these exercises it allows us to learn through experience—the safest, most effective way of conducting rescues in this environment."

MCpl Portman said that this exercise was opened up to SAR Techs across Canada, but due to manning the national SAR commitment they didn't get other units to participate this year. However, with SAR crews being called to support search and rescue efforts in the north, he hopes that more people will come to see the value in the training and participate in the years to come.

Cost is often the factor when it comes to training; however, one of the most positive aspects of this exercise is that many of the costs are minimized. "The entire cost of the exercise was \$1800, if you don't include the cost of the YFR (aircraft flying hours)," MCpl Portman says. The new Canadian Armed Forces Arctic Training Centre, part of the Natural Resources Polar Continental Shelf Program site, provided resources like rations, quarters, snowmobiles, and served as a base for the exercise to operate from.



Exercise members set up camp at -55 degrees under white-out conditions at the first Arctic SAREX for Search and Rescue Technicians. Photo: RCMP Constable Ron MacDougall

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Pressure ridges in the ice can make navigating the Arctic landscape difficult. Photo: RCMP Constable Ron MacDougall

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# RCAF Sergeant Recognized for Service in the Republic of Korea



Sergeant Marc Bellemere pauses for a photo beside a U.S. Blackhawk helicopter at Seongnam Airbase, a joint South Korea/U.S. airbase in Seoul, South Korea, before lifting off for a monthly flight to the Demilitarized Zone. Photo: DND

By Ron Simpson

Canada's military relationship with the Republic of Korea, commonly known as South Korea, dates to the start of the Korean War, on June 25, 1950. It is an extremely important relationship that is not widely known of because we do not have a significant military presence in South Korea. However, Canada maintains very important military relations with South Korea through the Canadian Defence Attaché and the Canadian Defence Attaché Assistant, both of whom represent Canada and the Canadian Armed Forces in Korea.

A resource management support clerk by trade, Sergeant Marc Bellemere is originally from Trois-Rivières, Quebec. He joined the Canadian Armed Forces in 1987, and is now posted to 17 Wing Winnipeg, Manitoba, as the financial services supervisor at the Comptroller Branch.

While serving behind the scenes in South Korea with our Commonwealth allies from Australia, New Zealand and the United Kingdom, personnel such as Sergeant Bellemere dedicate their missions to ensuring that those who paid the ultimate sacrifice a world away are never forgotten.

For his service in South Korea as both the Canadian Defence Attaché Administrative Assistant and the Assistant Liaison Officer for Canada to the United Nations Command Military Armistice Commission (UNCMAC) in Korea, Sergeant Bellemere has received the Korea Service Medal from the Minister of National Defense of the Republic of Korea, and The Army Commendation Medal from the Commanding General of the U.S. Army.

Sergeant Bellemere arrived in South Korea on Canada Day in 2011. Between July 1, 2011 and June 30, 2014, during his dual service, he proudly wore a distinct yellow

armband that was used to distinguish his service on the Demilitarized Zone (DMZ).

UNCMAC, which is headquartered in Seoul and Panmunjom, is responsible for supervising the 244 kilometre-long DMZ under the authority of the Armistice Agreement signed between South and North Korea on July 27, 1953. The DMZ serves as a buffer between South and North Korea, and cuts the Korean Peninsula roughly in half, crossing the 38th parallel on an angle, with its west end lying south of the parallel and its east end lying to the north. The DMZ was created as part of the Korean Armistice Agreement between North Korea, China, and the United Nations Command forces in July 1953.

This agreement remains the UN's longest running peacekeeping mission. Canada contributes one colonel (the Canadian Defence Attaché) and one sergeant (the Canadian Defence Attaché Administrative Assistant) who, together, form a liaison team to the UNC and participate in guard post and observation posts inspections, investigations of cease-fire violations, and other events and ceremonies including repatriation of war remains between the two Koreas, and visits by dignitaries and high-ranking military officials.

For three years, Sergeant Bellemere managed and controlled a challenging workload of program support services for the Canadian Defence Attaché which was much more than providing administrative support to the Attaché. Some of his many duties involved carrying out archival research; serving as liaison between the Canadian staff and other foreign attaché staffs; managing the representational responsibilities; maintaining efficient office filing systems and inventory of both domestic and foreign military policy and reference materials; and planning, organizing and providing logistical and administrative support for multi-national exercises, meetings, seminars, and conferences.

However, it is his duties and initiatives outside the office that deserve special mention. In his role as Canadian Defence Attaché Administrative Assistant, Sergeant Bellemere led and participated in numerous inspections on the DMZ.

UNCMAC has maintained a presence at the DMZ comprising individuals such as Sergeant Bellemere who, in addition to routine inspections, also conduct special investigations not only at the DMZ but also on the Northwest Islands, and monitor the South Korean military live-fire exercises.

Sergeant Bellemere was involved in the planning and logistics of Canadian veterans of the Korean War returning to visit Korea every year in April and November under programs sponsored by the Ministry of Patriots and Veterans' Affairs of Korea and the Korean Veterans Association of Korea. He supported these visits and

other commemorative activities through the Canadian Defence Relations Office, on behalf of Veterans Affairs Canada and the Department of National Defence.

One of these commemorative activities was the Imjin River Hockey Game Recreation, which was started through his initiative and played in early February 2013 at Seoul City Hall (the first-ever game played at City Hall). Sergeant Bellemere originated the idea in September 2011, during the preparations for the 50th Anniversary of Diplomatic Relations between Canada and Korea, held in 2013. This game honoured the Canadian soldiers who played on a makeshift rink on the Imjin River near the battlefields during the Korean War. Sergeant Bellemere also participated in a similar event on the Rideau Canal in Ottawa, Ontario, during the city's Winterlude festival in February 2013.

During his time as the Canadian Defence Attaché Administrative Assistant, Sergeant Bellemere had the opportunity to meet the Prime Minister of Canada twice, in March 2012 and February 2014, the Governor General of Canada in February 2013, the Premier of British Columbia, several members of federal and provincial parliaments, and several Senators, all of whom visited South Korea and participated in various activities and official ceremonies.

Sergeant Bellemere's exemplary service in South Korea has set the bar high, and with continued dedication from others in the position of Canadian Defence Attaché Administrative Assistant, the Korean War will indeed be the "Unforgotten War".

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## Health and Wellness Challenge Off To a Green Start

Members of 17 Wing Winnipeg were enjoying their salad days on Friday, May 1st as Health Promotion kicked off their annual Health and Wellness Challenge.

Things got started at 1200 hrs as over 40 people worked up an appetite with an hour long fitness class at the gym. This was followed by a free salad lunch provided by the Health Promotion staff. And they even provided a free, reusable container to eat the salad in.

Lines were long as hungry exercisers waited to build their own salad with spinach, lettuce, kale, tomatoes, and many other healthy lunch options.

Kathy Dmytrisin, the 17 Wing Health Promotion Manager, said that they chose to have salads at the kick off to encourage people to choose healthy alternatives to eat.

"The salad bar was a fun change from the usual snacks set out, and a reminder of the impact of eating well. Eating well at work can boost concentration, productivity and vitality. It can also help to reduce missed days of work by helping to

improve overall healthy."

The purpose of the Health & Wellness Challenge is to challenge people to make their choices count in the month of May, and to encourage them to make healthy choices. Dmytrisin says that the challenge can either highlight behaviours people were already engaging in, or else illustrate areas they could make changes to in their lives.

"The goal of the Challenge is to create awareness about healthy lifestyle choices and to support CAF personnel and families in taking steps toward improving their overall health and well-being."

And of course, there are some great prizes for those who sign up for the challenge and hand back in their tracking sheets at the end of the month. These prizes include an Android Tablet, a Lifetrack Zone Fitness Monitor, a single serve blender, and yoga mats.

For more information on the Health and Wellness Challenge, contact the staff of 17 Wing Health Promotion at local 4150.



PSP Fitness and Sports' Lee-Ann Brookes takes the attendees of the lunch hour fitness class through some gentle yoga exercises to relax after their work out. Photo: Mike Sherby

## Happy Birthday Kathy!



17 Wing Health Promotion Manager Kathy Dmytrisin celebrated her birthday in style last week. She proudly wore the tiara and medal that her loving staff made for her all day, and didn't even complain when they filled her office with balloons and streamers. Thanks for being a good sport Kathy, and hope you had a great birthday. Photo: Mike Sherby



**INTER-COMM**  
DEALING WITH CONFLICT AND IMPROVING COMMUNICATIONS IN PERSONAL RELATIONSHIPS

### INTER-COMM

A Course to Improve Communications in Relationships

Inter-Comm is taught in partnership with 17 Wing Health Promotion and the MFRC. This course is designed to assist people with developing skills required to hold a difficult conversation in their personal relationships. Through exercises and coaching, participants learn to understand conflict, listen actively and use collaboration and communication to support health and well-being in relationships. Please call Health Promotion at 204-833-2500 ext. 4150 to register.

**Un cours visant à améliorer les communications dans les relations Personnelles**

Inter-Comm est enseigné en partenariat avec le Programme de la santé de la 17<sup>e</sup> Escadre et le CRFM. Ce cours est conçu pour aider les gens à développer les compétences requises pour discuter de sujets délicats dans leurs relations personnelles. À l'aide d'exercices, les participants apprennent à comprendre les conflits, à écouter activement et à utiliser la collaboration et la communication pour entretenir des relations saines. Contactez Promotion de la santé au 204-833-2500, poste 4150 pour l'inscription.

**June 8 & 9, 0830 - 1600 hrs**

For more information or to register contact Health Promotion at local 4150.

**8 et 9 juin 0830 h à 16 h**

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







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# JUNE <sup>is</sup> RECREATION Month

ALL SESSIONS ARE FREE! ALL CLINICS/PRESENTATIONS ARE FOR AGES 14+.

**GARDENING IN A BOX** Monday, June 1<sup>st</sup> • 1830 hrs • Bldg 33 Activity Room  
Manitoba Eco Network will be sharing tips on how to grow a garden in a box. This presentation will cover everything from tips on constructing your box to how to grow your garden.

**WILDERNESS SUPPLY** Monday, June 8<sup>th</sup> • 1830 hrs • Bldg 33 Activity Room  
Hear tips on safety and learn great locations to hike and canoe/kayak locally from central Canada's canoe and kayak experts. Gear and rentals will be discussed as well.

**FREE FAMILY BBQ!** Thursday, June 11<sup>th</sup> • 1700 - 1930 hrs • In front of Bldg 90  
Come out for a hotdog and fun and games. All ages. No need to register, just drop by!

**SCARED TO LAUGH WORKSHOP** Monday, June 15<sup>th</sup> • 1830 hrs • Bldg 33 Activity Room  
Do you have to cross your legs when you cough or sneeze? Do you feel pelvic pain or pressure? We can help! Donna Sarna Physiotherapy specializes in women's health issues. The session will provide some exercises and techniques to alleviate and/or improve hip and lower back pain, pelvic pain or urinary incontinence.

**PICKLE BALL CLINIC** Tuesday, June 23<sup>rd</sup> • 1830 hrs • Bldg 90 Gym  
Steve Meszaros and his crew will be out to teach the exciting up and coming sport of Pickle Ball. This is a fun game with a huge social component. Come out and learn how to play or pick up tips on how to improve your game.

REGISTER ONLINE AT [WWW.PSPWINNIPEG.CA](http://WWW.PSPWINNIPEG.CA) OR BY CONTACTING [DEANNE.BENNETT@FORCES.GC.CA](mailto:DEANNE.BENNETT@FORCES.GC.CA) • EXT 7013



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204-833-2500 extension / poste 4500

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www.facebook.com/Winnipeg MFRC www.facebook.com/WinnipegMFRCYouth

## Upcoming MFRC Programs and Events

### SUMMER BBQS

Do you love being outdoors and spending time with fun people and meeting new friends? Do you enjoy summertime food like hot dogs and hamburgers and cooking on the BBQ? Summer is just around the corner, and with it comes the Annual MFRC Summer BBQs. We are looking for a group of people to organize and manage the BBQs from June until the end of August. Volunteers in past summers have had wonderful fun times, working together and meeting interesting new people in our community. Training and preparation will be provided prior to the start of the season. If you are interested in joining in on the fun, please contact Barbara Thuen, Coordinator of Volunteers at the MFRC at barbara.thuen@forces.gc.ca or 204-833-2500 ext 4519.

### MAKE AHEAD MEALS

Saturday, May 23 from 1:00 to 3:00 p.m. \$60.00  
Registration deadline: May 18, 2015  
Join us for an afternoon of food and fun. We'll be making five take home freezer meals from the book, 'Not your Mother's Make Ahead and Freeze' cookbook. This is a great way to get out of the dinner rut and create some new meals for your family. Registration and prepayment are required. Please bring a cutting board, sharp knife, large mixing bowl, mixing spoon, spatula, measuring spoons and cups and a can opener. We will be making five

meals in total. These include: Soy Ginger Pork Tenderloin, Zesty Italian Melts, Lazy Man's Lasagne, Maple Chicken and Oriental Baked Chicken.

### PERSONAL PROTECTION AND SAFETY AWARENESS

Wednesdays, May 13 and 27 from 7:00 to 9:00 p.m.  
Childcare is provided.  
Registration deadline: May 9, 2015  
Gain concrete tools for personal protection and safety in the Home. Whether you live in an apartment or own you home, these sessions will increase your sense of safety and allow you to feel more comfortable in your home and community. Guest speaker will be from the Winnipeg Police Community Relations Unit.

### GOT "SQUEAKY" CHEESE?

During the week of May 25, 2015, 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 for by Thursday, May 21 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 25 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

**STAND-UP FOR FAMILIES**  
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Junior Ranks' Mess (Red River Lounge) Mess des caporaux et soldats (Salon-bar Red River)

**7:30 pm • 19 h 30**

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À l'appui du  
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CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES

*featuring / avec...*

**GERRY "THE BIG BEAR" BARRETT**

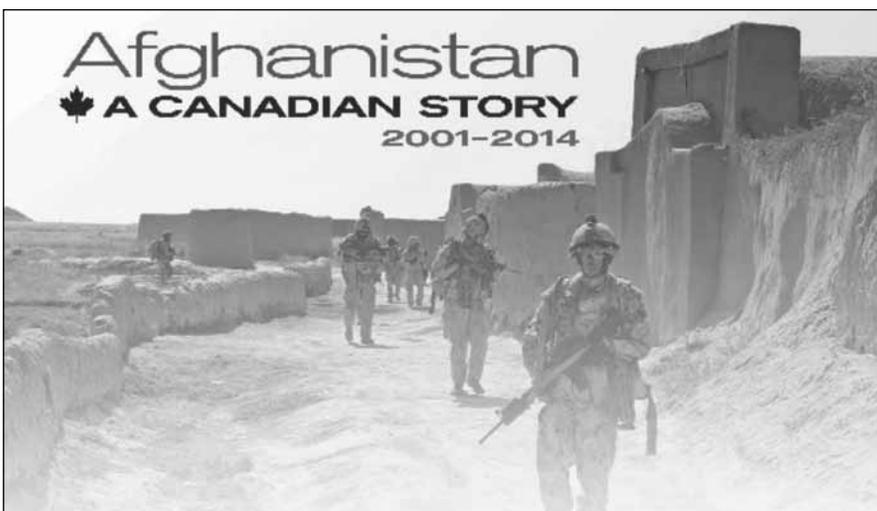
Gerry "The Big Bear" is a stand-up comedian & Elvis Presley Tribute Artist. You may have seen him on the Comedy Network, CBC-TV, or the Aboriginal Peoples Television Network. In 2013 he performed in Washington D.C. at an Inaugural Ball for President Barack Obama.

**& RYAN ASH**

Ryan Ash has been entertaining crowds across Canada for almost a decade. He's appeared 5 times at the Winnipeg Comedy Festival and in TV and movies for companies like NBC & Sony. And he's just such a nice boy!

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FOR MORE INFO, CALL/POUR DE PLUS AMPLES INFORMATIONS, COMPOSEZ LE : 833-2500 EXT/POSTE 4500



"Afghanistan: A Canadian Story" is a Canadian Afghan Mission Legacy Album which offers readers a chronological compilation of the personal stories and photos of almost 150 men and women, including military, RCMP, Corrections Canada and civilians, who served Canada in Afghanistan from 2001 to 2014.

"Afghanistan: A Canadian Story" est un livre commémoratif portant sur la mission canadienne en Afghanistan. Le livre offre aux lecteurs une compilation chronologique d'anecdotes et de photos personnelles d'environ 150 hommes et femmes, incluant les militaires, la GRC, le service correctionnel du Canada et les civils qui ont servi le Canada en Afghanistan de 2001 à 2014.

Net proceeds from book sales will go to the Edmonton Military Family Resources Centre, to be shared with military support services such as the Boomers Legacy Foundation, the Military Families Fund, the Soldier On Fund and Operation Dignity St Anne de Bellevue Veterans Hospital Foundation.

Les profits nets tirés de la vente des livres seront versés au Centre de ressources des familles militaires de la garnison d'Edmonton et répartis entre les services de soutien militaire tels que Boomers Legacy Foundation, Military Families Fund, Soldier On Fund et Operation Dignity St Anne de Bellevue Veterans Hospital Foundation.

For more information on the publication visit:  
www.afghanistancanadianstory.ca

Visitez le site:  
www.afghanistancanadianstory.ca

Cost: \$50.00 (Defence Team members receive a special rate of \$40.00 at the MFRC)

Cout: 50 \$ (l'équipe de la Défense peut se procurer le livre au cout de 40 \$ au CRFM)



Books are now available for purchase from the Winnipeg MFRC.  
Ces livres sont maintenant disponibles au CRFM de Winnipeg.



## Discounted Zoo Tickets

## Billets à prix réduit pour le zoo

### Defence Team prices

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	<b>17 \$</b>	

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MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

# Taroscopes

BY NANCY

**Aries (March 21 – April 19):** Your moods may be taking you on a roller coaster ride but try to temper what you say and do. It's shocking how far and fast news of a social misstep will travel. This doesn't mean you should deny your feelings just be mindful of the impression you'll leave if you overreact.

**Taurus (April 20 – May 20):** Everything is connected, the difficult and the wonderful, so don't try to avoid the tough stuff. By managing and figuring out solutions you'll find out how strong, smart, flexible and inventive you can be. Use what you already know. Avoid all or nothing, "black and white" thinking.

**Gemini (May 21 – June 21):** Push yourself to tackle a few outstanding tasks. Things can't stay on your "to do" list forever. And there's a "shelf life" on some fun pursuits too so don't delay. Do things just for the fun of it. When you create something special you're infused with a sense of joy.

**Cancer (June 22 – July 22):** Don't judge something or someone just because they are different. Engage in conversations that open your mind and facilitate your understanding of others. Talk about important issues. It might be a little uncomfortable but better to discuss things now than to leave it until it's too late.

**Leo (July 23 – August 22):** Something you once did is about to have a huge effect on your life. Even if it results ultimately in your being free to live a more authentic life, the intensity and unexpected nature of this shift will leave you feeling at a loss. Prepare to be tested by something that is beyond your control.

**Virgo (August 23 – September 22):** You may have to be the voice of reason when a situation gets out of hand. Experiment with different ways of sharing what you know. If you change how you deliver your message it will be easier for others to understand. Strive to be constructive, to stay connected and to heal.

**Libra (September 23 – October 23):** Work through intense feelings about an issue before you decide what to do next or before you discuss it with another. And find out where you stand before making important decisions. Communications should be honest and respectful. Compromise is needed on both sides.

**Scorpio (October 24 – November 21):** What you see may not be what you get, so think twice before making promises. Conflicting feelings are a red flag. Ask yourself if you have been overly influenced by others. Take charge of your life. Take responsibility for your decisions. Live life on your own terms.

**Sagittarius (November 22 – December 21):** Revisiting your past may reveal a few surprises. You might think your viewpoint and experience are factual but consider how someone unconnected would perceive things. If you have embellished your story you will have discredited yourself. Stick to the facts.

**Capricorn (December 22 – January 19):** If something seems out of place it's because you are changing. If something no longer fits - let it go. It's time to build a new foundation for your future. Be fair to others but also be fair to yourself. Help those who have helped you. Be honest about the realities of your life.

**Aquarius (January 20 – February 18):** Significant changes and long term commitments will result from the decisions you make now, so weight things up carefully. Though you want to avoid disappointments, you can't wait forever for the right moment. The time has come to take action. – "Just do it."

**Pisces (February 19 – March 20):** Pace yourself, but don't stop moving toward your goals. This is an exhausting time so do things that re-energize you. Dance, listen to music, take a walk in nature or meditate. Keep the promises you make to yourself and take care of your health. Synchronicity abounds.

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# Chaplain's Corner

## How Can I Help?

By Padre Darryl Levy

We live in a world that challenges us with how fast things can travel, how fast news flows, and how fast we can get from one place to another. There was a time years ago when only a select few would find their way to Mount Everest due to expense and length of voyage, and now it is not unusual to find a number of individuals dreaming of going to Everest and actually begin able to get there, and even more so being able to climb this iconic mountain. A mountain where dreams are borne and some dreams are shattered, simply by means of the forces of nature. On the mountain it is you against it, sometimes you win, you reach the summit, and other times it does.

I talk about Everest because as most of you know by now, Nepal experienced a mountainous earthquake this past week. The earthquake killed some climbers who were on Everest. The death toll continues to rise, although on the news today a four month old baby was recovered alive from some rubble. When I heard of the earthquake my mind immediately remembered that when I was on tour in the Golan Heights, the Force Commander, LGen Sharma, was Nepalese. It is a small world.

Some of you may be aware that our DART Team is already on site in Nepal helping where they can. Other Aid agencies across the country will likely send people to help as well. Something that many of you may not know is that the Chaplain Branch as a result of financial contributions from the Protestant Chapels contributes to various Wider Missions, one of which is the Emergency Relief Fund. This past week \$25,000 dollars from this fund was sent to Nepal to help with aid. This fund, one of 11 that the Protestant Chapels support is designed specifically for these type of situations, to able to help provide aid in times of international disaster.

So in situations like this where do you come in? How can you help? Some of you have in the past likely contacted various aid agencies and contributed financially to them; some have perhaps sent supplies to some of these hard hit areas. Both of these means are very good. You could also look at attending a Protestant Chapel and helping to support the Emergency Relief Fund if that is appealing to you.

Our reality of everyday life is the challenge of balance between international and at home. Whenever disasters like this happen it is a reminder to me to look right outside my own doorstep to what needs may exist even in my own community. And, it is also a reminder

to me to be extremely thankful. We are blessed to live in a part of the world that does not deal with many huge natural disasters. We don't encounter tsunamis. We do have some earthquakes but not of that magnitude. We generally don't have massive disease outbreaks or massive drought to deal with, and we have a huge resource which many forget about – fresh, clean water.

So, if you are able to help internationally, go for it. If you can help locally or provincially, that is wonderful too. In this city in which we live we don't have to go far to meet someone of a different culture, someone who originates from another part of the world. Our reality as members and families in the Canadian Armed Forces is that we can likely help at least one other person, even if it is to help them cross the street. Help comes in all forms, and I help where I can because I would like to know and think that when the day comes that I need some help, that someone will be willing to help me, even if it is just to cross the street.

When you help, perhaps if it is your tradition, say a prayer of thanks for the person you have just had the opportunity to help. Thank God that they have been part of your life experience and also give thanks for that which you have – friends, family, country, just to name a few.

May we not be afraid to help, because we simply do not know what lay around the corner. There may come a day when we have to deal with a disaster the size of which is in Nepal. So let us help where we can, even right here at home.



Photo: Vichaya Kiatying-Angsulee via freedigitalphotos.net



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## Faith and Life

### PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

**SUNDAY SERVICE** (English Only) 0900 hrs  
**COMMUNITY SERVICES**

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

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

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

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

### CHAPLAINS

**Padre Jack Barrett**  
(Anglican) - Wing Chaplain - ext 5417

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

**Padre InSeob Won**  
(Presbyterian) ext 5087

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

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

**Padre Christopher Donnelly**  
(United Church) - currently deployed



17 Wing Community Chapel  
2235 Silver Avenue  
(Near Whytewold)



### CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

### CHAPLAINS

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

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

**SUNDAY MASS** (Bilingual) 1100 hrs  
**COMMUNITY SERVICES**

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

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

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

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

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

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

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

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

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

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