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THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

May 18, 2011

VOLUME 60, ISSUE 10

FREE

Fighting the Breach



Photo Credit: 2Lt Bill Westbrook, 3 CFFTS

While this Elie, Man., resident hopes for the best, these staff and students from 3 Canadian Forces Flying Training School (3CFFTS) are hard at work helping the small community prepare for the worst. More than 100 personnel from 3 CFFTS volunteered every day since Tuesday, May 10 to help affected residents prepare for the impending flood. For more on the actions the CF has taken to help flood beleaguered Manitobans see page 6.

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Stand-up for Families MFRC fundraiser a success



Paul Rabliaskas entertained the crowd with his high energy performance.



Headliner Dan Licoppe brought down the house at the end of the night.

MFRC Staff

The Winnipeg Military Family Resource Centre hosted its second annual Stand-up for Families comedy fundraiser as part of its 20th anniversary celebrations.

The fundraiser, held Friday, May 13, was a hit with the approximately 100 audience at the Gas Station Theatre, an atmosphere that lent itself to a very successful show.

MFRC Executive Director Don Brennan said that events such as these are important for the MFRC. "They help members of the community understand what the MFRC does and the role we play in supporting military families," he stated.

LCol Richard Pamplin, CO of 435 Squadron, the

Master of Ceremony for

Stand-up for Families spoke about how the MFRC supports families and some of the programs offered before the show.

Funds raised at the comedy night will go toward providing programs and services to the approximately 3,500 families the MFRC supports in Winnipeg, Southport (Portage la Prairie) and Thunder Bay, On.

The MFRC was fortunate to have three very talented Winnipeg comedians perform.

The MFRC's own Heather Witherden had the crowd in stitches with her observations of balancing family life in a busy household.

Paul Rabliaskas, one of the fastest-rising comedians in Winnipeg, entertained everyone with his witty, fast-paced humour.

Headliner Dan Licoppe, who has performed on NBC's Last Comic Standing and Comedy Now, as well as other several other TV and radio shows, had the audience roaring with laughter.

Thank you to everyone who purchased tickets for the Stand-Up for Families comedy night in support of the families of those who serve in our Canadian Forces. The Winnipeg MFRC is a provincially incorporated, registered charity.

The funds raised through the comedy night will help provide programs and services for military families.

For more information about the programs and services delivered by the Winnipeg MFRC's programs, visit <http://www.mfrc.mb.ca>, www.familyforce.ca or call 833-2500 extension 4500.

Laughing Our Way to Mental Wellness

Kathy Godfrey

Health Promotion Director

Celebrating 60 years, Mental Health Week is nothing to laugh at, but laugh we did. On May 3rd, the 17 Wing Helping Professionals presented a mental wellness information afternoon that highlighted a presentation by Heather Witherden.

Heather Witherden is a Winnipeg comedian who has appeared on CBC radio, at the Fringe Festival and the Winnipeg Comedy Festival. Participants received a glimpse of Heather's slightly twisted sense of humour as she shared the ups & downs of raising 3 sons and her recent transition from full time mom to full time career woman with a pay cheque. Never regretting her decision to stay home to raise her children, she credits the experience for giving her the material for her comedy. Whether it is finding out that she finally has something in common with her 14 year old son – they are both growing moustaches or her description of criss-crossing

her neighbourhood with 3 crying children as a form of population control, Heather's comedy is honest and genuine. Heather quickly becomes the friend with whom you can call when you're having a bad day and need a reality check.

Part of her honesty, I believe, comes from her struggle with depression, something she is not afraid to discuss. After her performance, Heather talked about how she got into comedy. She credits a friend for not letting her stay comfortable in her slippers and house coat and making her step up to the mic. She challenged the audience not to let people suffer in silence and not to be afraid to ask those easy questions that might get us difficult responses. A simple "How are you really doing?" could save a friend's life.

After Heather's presen-

tation, participants were invited to visit the booths set up by the various Helping Professionals on the Wing. Information from Health Promotion, Operational Stress Injury Social Support Program, Joint Personal Support Unit/Integrated Personal Support Centre, 17 Wing Health Services, Military Family Resource Centre and the Canadian Mental Health Association was available.

Heather was also performing at the Stand Up for Families fundraiser on May 13 at the Gas Station Theatre in support of the Military Family Resource Centre.

What are the signs of depressive illness?

Depression becomes an illness, or clinical depression, when the feelings described above are severe, last for several weeks, and begin to interfere with one's work and social life. Depressive illness can change the way a person thinks and behaves, and how his/her body functions.

Some of the signs to look for are:

Feeling worthless, helpless or hopeless, sleeping more or less than usual, eating more or less than usual, having difficulty concentrating or making decisions, loss of interest in taking part in activities, decreased sex drive, avoiding other people, overwhelming feelings of sadness or grief, feeling unreasonably guilty, loss of energy, feeling very tired, thoughts of death or suicide. Source: CHMA

If you or someone you know has been experiencing a number of these symptoms, we hope this will help you understand what is happening and encourage you or your friend to seek professional help.

If you or someone you know would benefit from additional information on Mental Wellness, contact the 17 Wing Helping Professionals team. We are here for you!



Heather Witherden got a lot of laughs during a recent presentation as part of Mental Health Week.

VOXAIR

OFFICE HOURS

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CONTACT

Ad Sales/Main Office
(204) 833-2500 ext 4120
Accounting
(204) 833-2500 ext 4121

Submissions/Reporter
(204) 833-2500 ext 6976
voxair@mts.net
+VOXAIR@PersSvc@Winnipeg

VOXAIR STAFF

LCol JR Zuorro
Editor-In-Chief
(204) 833-2500 ext 5281

Rick Harris
Managing Editor
(204) 833-2500 ext 4299

Maureen Walls
Voxair Manager

Michael Sherby
Production
Coordinator / Layout

Misra Yakut
Accounting

Traci Wright
Proofreading

Capt Jeff Noel
Wing Public Affairs Officer

Sgt Bill McLeod
Wing Public Affairs
Photojournalist

Printed By
The Winkler Times
(204) 325-4771

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Correspondence should be addressed to:
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Recreation, For Every Age and At Every Stage

Ryan Cane
National Recreation Manager

For the third year, Canadian Forces Personnel and Family Support Services (CFPFSS) celebrates "June is Recreation Month (JRM)".

In her community at CFB Kingston, Major Leslie Hacault from the Directorate of Army Training will celebrate with a family bike ride. Major Hacault, her husband and seven children like to explore their community on wheels. She says it's a great way to include every age in an activity. "Participating in recreational activities with family members, be it your children, your spouse, aunts, uncles or grandparents creates lasting memories that can help sustain a family through the rougher moments in life," says Maj Hacault. "This time together brings us closer, often some of the most important and memorable discussions with our children take place during these times."

Recreation plays an important role in the Canadian Forces both operationally and in family support. Services offered by Personnel Support Programs (PSP) offer opportunities to improve physical and mental health, develop a wide range of skills, promote community integration and build family relationships. JRM provides an opportunity to celebrate these benefits and educate the community about the importance of participating in recreation and leisure activities.

This year's theme, "Recreation, For Every Age and At Every Stage", was chosen to promote the benefits of active lifestyle from childhood to adulthood. Thanks

to the generous support of Canadian Defence Community Banking (CDCB), CFPFSS is holding an exciting contest that will engage the whole family in recreation. One lucky winner will receive a family recreation trip to Toronto for a family of eight (8). This amazing prize includes transportation to Toronto, three nights' accommodation, all meals and tickets to attractions. "We are prepared to bring you and your family from any part of Canada to Toronto for a recreation weekend. For example, we can fly grandma and grandpa from Halifax, your child from Ottawa and your family posted in Moose Jaw," explains Natacha Tremblay, CDCB Program Manager. "Recreation programs are important to our CF community and we are pleased to support this program."

Visit www.cf-rec.ca from June 1st to June 30th to learn more about the prize package including contest rules and enter to win.

For the Hacault family, the benefit of recreation is something that her family will enjoy together all year long. "Recreation and fitness should be viewed as a life skill no matter what stage you are at," says Maj Hacault. "Recreation can be as simple as swinging on the swing set with Grandma and Grandpa or walking down to the mailbox with your spouse while holding hands and in our case...pushing a stroller."

Les loisirs... à tout moment, pour les petits et les grands

Ryan Cane
gestionnaire national des loisirs

Pour la troisième année, les Services de soutien au personnel et aux familles des Forces canadiennes (SSPFFC) célèbrent « Juin est le mois des loisirs (JML) ».

Dans sa communauté, à la BFC Kingston, le Major (Maj) Leslie Hacault, de la Direction – Instruction de l'Armée de terre, célébrera ce mois par une promenade à bicyclette avec sa famille. Le Maj Hacault, son époux et ses sept enfants aiment explorer leur communauté à vélo. Comme elle le raconte, c'est une bonne façon d'intégrer des personnes de tout âge à une activité. « Participer à des activités récréatives avec des membres de la famille, que ce soit vos enfants, votre conjoint, vos tantes, vos oncles ou vos grands-parents, crée des souvenirs inoubliables qui peuvent aider à soutenir la famille dans les moments difficiles, raconte le Maj Hacault. Ce temps passé ensemble nous rapproche. C'est souvent pendant ces promenades qu'ont lieu les discussions les plus importantes et mémorables avec nos enfants ».

Les loisirs jouent un rôle important dans les Forces canadiennes, tant sur le plan opérationnel que du soutien à la famille. Les services dispensés par les Programmes de soutien du personnel (PSP) offrent des occasions d'améliorer la santé physique et mentale, de perfectionner une vaste étendue d'habiletés, de promouvoir l'intégration dans la communauté et de renforcer les relations familiales. La campagne JML offre une occasion de célébrer ces bienfaits et de renseigner la communauté sur l'importance de participer à des activités de loisirs et de détente.

Le thème de cette année, « Les loisirs... à tout moment, pour les petits et les grands », a été choisi pour promouvoir les bienfaits d'un mode de vie actif de

l'enfance à l'âge adulte. Grâce à l'appui généreux des Services bancaires pour la communauté de la Défense canadienne (SBCDC), les SSPFFC organisent un fabuleux concours qui favorisera la participation de toute la famille à des loisirs. Une personne chanceuse gagnera un voyage de divertissements en famille à Toronto pour huit (8) personnes. Ce prix incroyable comprend le transport à Toronto, trois nuitées, tous les repas et des billets d'entrée à des lieux d'attractions. « Nous avons tout prévu pour transporter votre famille et vous, où que vous soyez au Canada, jusqu'à Toronto, pour y passer une fin de semaine d'agrément. Par exemple, nous assurerons le transport par avion de grand-maman et grand-papa qui vivent à Halifax, de votre enfant à Ottawa, et de votre famille affectée à Moose Jaw, explique Natacha Tremblay, gestionnaire du programme des SBCDC. Les programmes de loisirs sont importants pour la communauté des Forces canadiennes et nous sommes heureux de soutenir ce programme. »

Visitez le www.cf-rec.ca entre les 1^{er} et 30 juin pour en savoir plus sur l'ensemble du prix, y compris les règlements du concours, et vous y inscrire, et ainsi courir la chance de gagner.

Pour la famille Hacault, les bienfaits des loisirs dureront toute l'année. « Les loisirs et le conditionnement physique devraient être considérés comme une dynamique de la vie, peu importe à quelle étape vous vous trouvez, affirme le Maj Hacault. Pratiquer un loisir n'a pas besoin d'être compliqué. Cela peut être aussi simple que de se laisser aller sur une balançoire en compagnie de grand-maman et grand-papa, ou de marcher jusqu'à la boîte aux lettres avec votre conjoint, main dans la main... en ce qui nous concerne, les mains derrière la poussette. »

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17 Wing Squashes the Competition

Wing plays host to Men's Squash League Closing Tournament; takes first place



Pictured (L-R): Mr. John Bailey, 2 Lt Nick Woods, Maj Mike Wolter, Mr. Don Brennan, LCol James Todd, Capt Dale Dieleman, Maj Doug Chess (Missing: Mr. Bruce Christie, BGen Rich Foster, Maj Alex Lloyd, Maj Gerry Whyte, Maj Bruce Gundling, Dr. Bob Cronin, 2 Lt Jeremy Maltais) Photo: Maj Doug Chess

Maj Doug Chess

On Saturday, 30 April 2011, 17 Wing hosted over 40 squash players who competed in the Squash Manitoba Men's Interclub Squash League Closing Tournament. The tournament marked the final day in an 8-month long competition between various teams from across Winnipeg and Portage La Prairie.

The 2010-2011 Interclub League has 5 teams and includes one team representing 17 Wing. Each team consists of 6 competitors ranging in skill level from "B" through "E", based on their Squash Manitoba ranking. A team is normally comprised of members from each skill level as follows: one "B", two "Cs", two "Ds" and one "E". Teams also carry spare players to fill vacancies where needed. A

handicap is applied when players' skill levels do not match, but this is only permitted within a difference of a single skill level.

The League meets Wednesday evenings from September to April, and conducts team challenge matches between players in each skill category. The season consists of four round-robin events. Team members earn points for every game won in a best 3 of 5 match format using the Point a Rally Scoring to 11 (PARS 11) system. An additional match point is awarded to the person who wins their respective match and all points are tracked throughout the season. At the conclusion of the fourth and final round of competition, the total points earned are used to seed the teams for the Closing Tournament.

This year, 17 Wing's own Team Thunder finished the season in first place, and was the top seed going into the final tournament. The Closing Tournament is a double elimination event with two main draws: the Championship Draw and the Consolation Draw. Teams compete using the same format as the regular season, with the winning teams advancing to the Championship Final. Teams that experience a loss in the first round of competition move on to the Consolation Draw.

After earning a qualifying round "bye" as the top seed, Team Thunder's first challenge was Team Storm who defeated Team Lightning to advance to the first semi-final match. Thunder defeated Storm 4 matches to 2 with a score of 17-10 to advance to the Championship Final

where they faced the Eradicators from the University of Winnipeg. Team Thunder swept the Eradicators 6 matches to 0, dropping only 6 games to win the Interclub title for a third straight year with a final score of 24-6.

As Captain of Team Thunder, and Interclub League Organizer, I would like to extend my personal thanks to the members of my team for their hard work and dedication, to all the players in the League for their active participation and cooperation throughout the season, and to Squash Manitoba and 17 Wing PSP personnel for their ongoing support to our League. With all of these integral pieces working together, the season was a huge success.

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The Training and Education Centre (Building 135) will be hosting an Education Fair 25 May 2011 from 0900 to 1600.

Come out and ask your questions directly to the school representatives. Close to 20 military friendly institutions and government departments, with a focus on distance and part-time learning opportunities, will be in attendance, including:

- Apprenticeship Manitoba
- Certified General Accountants of Manitoba
- Red River College
- Royal Roads University
- University of Athabasca
- University of Manitoba

Take the mystery out of applying for Individual Learning Plans. A brief on the Education Reimbursement Programs available to Regular and Reserve Force members will be held at 1045. This will be followed by a presentation on the Prior Learning Assessment Recognition (PLAR)/ Recognition of Prior Learning (RPL) process and how it can benefit you, at 1115 by Lois Morin, a Program Consultant for the Adult Learning and Literacy Program with the Government of Manitoba.

Songez-vous à retourner aux études? À améliorer vos compétences?

Le Centre d'instruction et d'éducation (bâtiment 135) tiendra un Salon de l'éducation le 25 mai 2011 de 9 h à 16 h.

Venez poser vos questions directement aux représentants des institutions. Près de 20 institutions et ministères gouvernementaux qui sont bien disposés envers les militaires seront présents pour présenter leurs possibilités d'apprentissage à distance et à temps partiel. Parmi les exposants, il y aura :

- Apprentissage Manitoba
- Certified General Accountants of Manitoba
- Red River College
- Université Royal Roads
- Université d'Athabasca
- Université du Manitoba

Démystifiez ce qu'il faut faire pour établir un plan d'apprentissage individuel. Il y aura un exposé sur les programmes de remboursement des frais d'études qui sont offerts aux membres de la Force régulière et de la Réserve à 10 h 45. Par la suite, à 11 h 15, Lois Morin, consultante pour le programme Apprentissage et alphabétisation pour adultes du gouvernement du Manitoba, donnera un exposé sur le processus de l'évaluation et la reconnaissance des acquis (ÉRA) et de l'instruction et expliquera comment ce processus pourrait vous être utile.



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- Exposé sur les programmes de remboursement des frais d'études à 10 h 45
- Session d'informations sur le processus de l'évaluation et la reconnaissance des acquis (ÉRA) à 11 h 15

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WEDNESDAY,
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- Close to 20 military-friendly learning institutions in attendance
- Wing Commander's Coffee Break at 1000 hrs
- Brief on Education Reimbursement programs at 1045 hrs
- Info session on the Prior Learning Assessment Recognition (PLAR) process at 1115 hrs

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CF Steps up for OP LUSTRE

Last week Prime Minister Stephen Harper visited communities in southern Manitoba and witnessed the effects of flooding that is afflicting the province this spring. He was accompanied by Premier of Manitoba Greg Selinger.

"Today I saw first hand the damage caused by severe flooding along the Assiniboine River and observed the remarkable work and dedication of the men and women in the Canadian Armed Forces who have stepped in to help fellow Canadians in distress," said the Prime Minister. "I was particularly taken by the

efforts of Manitobans who are showing firm resolve and great perseverance in the face of such adversity."

Operation Lustre is the Canadian Forces joint response led by Canada Command and conducted through Joint Task Force West to the flooding on the Assiniboine River in southern Manitoba.

This domestic humanitarian relief mission incorporates Army, Navy, Air Force and Reserve Force assets to deliver much needed assistance to communities affected by these floods.

In coordination with the Government of Canada and

the Provincial Government of Manitoba, a high readiness Army unit based out of CFB Shilo, Man., is deploying to the affected areas to assist in multiple tasks, including the provision of planning and coordination assistance; provision of support to preserve essential infrastructure, reinforce existing dykes and observe and monitor the sandbag dykes; provision of essential logistical and material support; and, assistance in the voluntary evacuation of civilians where the flood poses a threat to their lives.



A CH-146 Griffon from 408 Tactical Helicopter Squadron, based at CFB Edmonton, flies past a CC-130 Hercules from 435 Transport and Rescue Squadron, at 17 Wing Winnipeg. Photo: Sgt Daren Kraus.



A city of tents has been erected in the parking lot in front of Wing Headquarters to help house some of the many CF Members who have come from across Canada to help fight the flooding in Manitoba. Photo: Cpl Piotr Figiel



At Portage La Prairie, Man., Prime Minister Stephen Harper walks to a Griffon helicopter from 408 Tactical Helicopter Squadron (located in Edmonton) to fly over the flooded region of Manitoba during Op Lustre. Photo: Sgt Bill McLeod.

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OP LUSTRE continued



Trucks and extra equipment for OP LUSTRE stand ready in a parking lot beneath an ominous sky. Photo: Mike Sherby

Get Ready for the 2011 Air Force Run



Get out your runners and start stretching because the Air Force Run is only a few weeks away. This year's run will be held on May 29th. Stop by www.airforcerun.ca to get more info, and we'll see you at the run!

Quitting never felt so good!

Winners of the March 1st I Quit Challenge Announced



MCpl Timothy Gillespie accepting his 1st prize cheque for \$200 from Diane Brine (left) and Health Promotions Director Kathy Godfrey (right). Photo: Michael Sherby



Capt Brian Flynn (center) accepting his cheque for \$100 from SISIP Manager John Clarey (left) and Health Promotions Director Kathy Godfrey (right). Photo: Michael Sherby

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Shane Gibson
Voxair Journalist

The annual March 1st I Quit Challenge has wrapped up, and three local members of the CF Community are now healthier, and wealthier, for it.

The March 1st I Quit program is designed to encourage and entice smokers to give up the habit by giving them a solid date to quit, solid support to quit, and it also offers the possibility to win a little money in the process.

At 17 Wing Winnipeg MCpl Timothy Gillespie came in first place

and took home \$200, Capt Brian Flynn won \$100 for his second place finish and Gord Wells walked away with \$75 for his third place finish. MS Dale Harper also won \$50 as a supporter.

Nationally 1090 tobacco users and 2180 supporters registered for the challenge this year with 34 smokers registered in Winnipeg. The names of three local quitters, and one local supporter of a quitter were all randomly drawn from those who took part in the annual March 1st I Quit Challenge run jointly by Health Promotions, Canex and SISIP Financial Ser-

vices.

Although the March 1st I Quit Challenge is only run once a year, Health Promotions also offers the Butt Out tobacco cessation program all year long, which offers CF members and civilians working in the forces help to quit smoking by focusing on behaviour modification and offering free smoking cessation medication for CF members.

For more information about the Butt Out program contact Winnipeg Health Promotions at extension 4150.

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

Three Cheers for Volunteers/Hurray pour les volontaires



SISIP Winnipeg Branch Manager John Clarey (center) presents, on behalf of SIISP Financial Services, a cheque in the amount of \$4,000 in support of the annual 17 Wing Volunteer Appreciation event. Accepting the cheque are (left to right): Barbara Thuen, MFRC; Don Brenan, MFRC Executive Director; Rick Harris, PSP Manager; and Tina Bailey, Community Recreation Director.

Le RARM et la 17e Escadre de Winnipeg planifient actuellement l'Appréciation annuelle pour leurs bénévoles.

Cette année, l'événement aura lieu le samedi 11 juin 2011, au La chappel de la 17 Ere

Le comité organisateur a besoin de votre coopération pour savoir qui inviter. Grâce à votre apport, l'évènement sera un succès.

Nous demandons au commandant d'unité, superviseurs, collègues et voisins de nommer un employé qui fait du bénévolat dans la communauté de la 17e Escadre ou dans sa communauté locale.

Les noms des bénévoles peuvent être soumis pour reconnaître leur travail bénévole

ou pour être nommer pour leur contribution exceptionnelle à la communauté de la 17e Escadre et recevoir un prix.

Vous trouverez en annexe une copie du formulaire de présentation en Français et en Anglais.

Les nominations seront acceptées jusqu'au mardi 24 mai à l'édifice 90 ou au CRFM.

Les formulaires complétés peuvent être faxés au 489-8587 / 833-2755

Les personnes contacts pour cet évènement sont :

Barbara Thuen, CRFM poste 4519

Tina Bailey, Récréation communautaire poste 2059

SISIP and 17 Wing Winnipeg are pleased to announce the Annual SISIP Volunteer Appreciation Ceremony. This year, the event will take place on Saturday, June 11, 2011, at the 17 Wing Chapel

The organizing committee needs your help to send out invitations. With your support, this event will be a success.

We are asking unit Commanding Officers, supervisors, co-workers, friends and neighbours to nominate those who have volunteered in the 17 Wing Community or in their local communities.

Volunteers' names can be submitted for recognition of their volunteer work, or they can be nominated for their exceptional contributions to 17 Wing and be considered for special awards.

French and English nomination forms can be found in the attachment. Nominations will be accepted until Tuesday 24th May, 2011, and can be dropped off at the MFRC or Bldg 90. They may also be faxed to 489-8587 / 833 2755

Contacts for this event are:
Barbara Thuen, MFRC,
local 4519

Tina Bailey, Community
Rec, local 2059



LEARN MORE ABOUT ALCOHOL, OTHER DRUGS AND GAMBLING
— TWELVE MODULES AVAILABLE

APPRENEZ - EN PLUS SUR L'ALCOOL, LES AUTRES DROGUES ET LE JEU EXCESSIF
— DOUZE MODULES DISPONIBLES

For more information, contact your local Strengthening the Forces Health Promotion Officer or visit our website at www.17wing.ca/health-services/energy-health-promotion, poste 4150

Pour plus d'information, communiquez avec votre directeur local de promotion de la santé Energiser les Forces ou rendez-vous sur notre site internet www.17wing.ca/health-services/energy-health-promotion, poste 4150

Supervisor's Training Alcohol, Other Drugs and Gambling
24 May 2011
0800 hrs - 1600 hrs
Bldg. #135, Room #132

Recognize and respond to early warning signs and develop effective interview skills.

This training is course coded and is required for all military or civilians in a supervisory role.
CANFORGEN 043/09

For more information or to register contact
Health Promotion local 4150

Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif: formation des superviseurs
24 mai 2011
0800h à 1600h
bâtiment 135, chambre 132

Reconnaitre les premiers symptômes et savoir y réagir. Apprendre à faire des entrevues efficaces.

Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code.
CANFORGEN 043/09

Pour s'inscrire, composez Promotion de la santé le 4150

Put your heart into it join WINGIN' IT

DATE: Wednesday, 15 June 2011
TIME: 1300 - 1500 hrs
WHERE: The Forks

For more information or to register contact:
Health Promotion @ local 4150

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

Date: mercredi, le 15 Juin 2011
Heure: de 13 h 00 à 15 h 00
Endroit: La Fourche

Renseignements et inscriptions: Promotion de la santé Téléphone: poste 4150 ou 4995

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Building Family Rituals While You Are Deployed

Family life changes during a deployment. Following treasured rituals and creating new ones can help your family feel close to you throughout your separation. Rituals ground families and give members a sense of security and belonging. They remind families that they are still a family, even when they are apart.

The importance of rituals

Family rituals are customs and traditions that your family takes part in together regularly. They can be special, such as celebrating a birthday each year with a chocolate frosted layer cake, or more routine, such as sharing the evening meal. Rituals are important because they:

Strengthen family connections.

Give children a sense of security that comes from knowing what to expect, and when.

Give a family its own "personality" and sense of being unique and special.

Reinforce a family's values.

Help family members cope during challenging times, such as a deployment.

If your family has important rituals, ask them to continue these while you are gone, if possible. But also come up with some new ones to follow during your deployment. Doing so will help bridge the miles that separate you. Look at the following ideas, and pick a few you think would be meaningful to you and your family. Be sure to stick with them throughout your deployment so they will take on the meaning and importance of family rituals.

Before deployment

- Give your family a scrapbook to hold the letters, drawings, maps, and other souvenirs you send home.

- Hide small gifts or notes throughout your home. Jot down the location of each item and bring the list with you. Every few weeks during your deployment, send home a treasure map or a clue to lead your family to one of the gifts or notes.

- If you have small children, make tapes of yourself reading their favorite storybooks. Ask your partner to play these for your children before bedtime each evening when you are away.

- Have your children help you pack, if there is time. Being involved this way will help them think and talk about your deployment and ask any questions they may be wondering about.

- Mark on a map or globe where you will be as well as the locations of your family and relatives who live in other states or parts of the world. This will help your children understand that you really won't be that far away. Just remember not to mark your location if it is classified.

- Ask your children for a special keepsake, such as a drawing or photograph, to bring with you on your deployment. Give your children a photograph of you in a special frame to keep near their beds.

- Agree on a phrase you will each say before going to sleep. It could be as simple as, "Sweet dreams, good-night," or a phrase from a favorite storybook ("I love you all the way to the moon and back again"). Think of your children and spouse while you say it, and ask them to think of you when they say it. Younger children may need to be reminded of what to say at first, but soon it should become routine.

- Put your name on the prayer list at your place of worship, if this is your custom. This will give your family and the entire community the opportunity to pray for you each weekend.

During deployment

Depending on the circumstances of your deployment, you may not have the time or ability to focus on your family relationships. But even if you can't connect with your family as much as you'd like, small gestures are enough to keep those family bonds strong.

Send home recipes for your family to cook and enjoy eating together. Every few weeks, send home "Mom's (or Dad's) Dish of the Month." You don't even have to be a cook to do this. The recipe can be as simple as a list of ingredients (chocolate ice cream, chocolate fudge, whipped cream. Assemble in a bowl and enjoy!); or it can be more involved, such as a full meal. Encourage your family to send pictures of each other preparing and enjoying your dish and to write you a letter describing the experience.

Ask your family members to read your letters aloud at the dinner table. Eating together as a family is an important way to maintain connections. There's no reason why this should end if you are away. Instead, try to be there "virtually." Even when there is no letter, ask family members to bring you into their dinnertime conversation.

Photograph or videotape your typical day to send home. This will give your family a feel for what your days are like, helping them to feel closer to you. Ask them to do the same for you.

Write a running letter. Start it in the morning and carry it with you throughout the day, adding sentences describing what you're doing. Finish it in bed that night and mail it the next morning. Try to do this regularly and ask your family members to do the same.

Share a letter. Write the first paragraph of a letter or story, then send it to your family to add another paragraph. Continue adding to the letter throughout your deployment.

Think of each other at a regular time each day. Set up a time each day, adjusting for the time difference, when you will stop what you're doing for a moment and think about each other. You may want to set your watch alarm so the moment doesn't slip past.

Share what you know. Have a regular "show-and-tell," where you teach your children something new in an e-mail, letter, or on the telephone. Your show-and-tell can be about something new you learned at work, or it could be about something you've known for a long time (how to tie a square knot, for example.) Ask your children to do the same. They can tell you about something new they learned in school, figured out on their own, or discovered from a book or a friend.

Surprise your children with lunchbox notes. Write and send home a batch of short "I love you" notes. Ask your spouse to periodically tuck one into your children's lunchboxes or under their pillows at night. Also send individual e-mails to your children. For a young child, you can create a Word document with big letters that can be printed.

Have an ongoing trivia contest. Through e-mail or letters, ask your spouse or children trivia questions and have them do the same for you. Make it especially meaningful by asking questions about your family ("Where was Grandpa born?" "What was your first word?"). Reveal the correct answer in your next letter or e-mail.

Ask your family to email you a picture a day of them doing an activity together. The activity can be as simple as playing soccer in the backyard, completing their homework or walking the family dog.

When you're home again

Returning home from a long deployment comes with its own set of challenges as you and family members become reacquainted. The rituals you created and followed during your separation should make this process easier because it helped keep the connection between you and your family strong.

Return to your old family rituals. If you cooked pancakes on Sunday mornings and tucked your children into bed at night before you were deployed, start up these traditions again. However, if you find that your children have outgrown some of your rituals, find something to replace them. For example, instead of reading to your children at bedtime, play a game of cards or checkers

MFRC UPCOMING EVENTS

MOMS' NIGHT OUT

Tuesday, May 24 6:30-9:30 p.m.

Register by May 20

Join us for an evening out without kids. Each month we will have a different theme to enjoy. Come and have some fun, food and chat with other moms. Sometimes, an evening out with other ladies is all you need to recharge and re-energize. Registration is required. This month's theme is treats for your feet.

CAKES, COOKIES, AND CUPCAKES

Sunday, May 29, 2 to 5 p.m.

\$10 per session

Register by May 25

In this program, you will learn to frost cupcakes, make royal icing for cookies, use fondant for cakes and create a celebration cake to finish these sessions.

FAMILY MOVIE

Friday, May 27, 7 p.m.

17 Wing Theatre, Building 90, \$2 per person

Register and pay by May 25

\$2 per person

Come out for a night at the movies. We'll be showing Yogi Bear. Everyone is invited, including newcomer families and deployed families. Popcorn and drinks will be provided. For more information, please call 833-2500 extension 4500.

FRANCOPHONE FAMILY ACTIVITY

Saturday, May 28, 11 a.m. to 2 p.m.

Register by May 25

Bring your lunch and enjoy time outside at Birds Hill Park. In case of rain, the event will be held the next day. Everyone is welcome. Participants must have an intermediate understanding of French.

SLEEPOVER AT THE MUSEUM

Friday, May 27 Drop off between 6 and 6:30 p.m.,

pickup 8:30 to 9 a.m. Saturday.

\$35 per child

Have you ever wanted to spend the night in a museum? Here is your chance! Our sleepover at the museum will take place on May 27th 2011 at the Manitoba Museum. We will explore the galleries, hear bedtime stories beside the tepee, watch a planetarium show and play in the science centre. An evening snack of pizza and juice and a light continental breakfast are included. This event is guaranteed to be lots of fun. See you there! Open to children 6-13years old.

KIDVENTURES

Join the Kidventures staff for a summer filled with excitement. This year the themes is the Great Outdoors. Explore marshes, meadows and forests, learn how to build a fire and how to survive if you get lost. Learn about the world around us. Be creative with our arts and craft sessions. The summer is sure to be filled with adventures. Information and the registration package is available at www.familyforce.ca. Select Winnipeg, and then click on Children & Youth, then click on Kidventures Summer Camp.

instead.

Continue some of your deployment rituals. There's no reason you can't adapt these to fit your new circumstances. Lunchbox notes, treasure hunts, and show-and-tells will be just as fun -- if not more -- with you home.

Look through your family's scrapbook together. Take out the scrapbook you gave to your family before your deployment and flip through the pages together. Tell your children and spouse the stories behind the objects and the photographs. Ask your family members to share their memories of receiving your souvenirs and photographs and putting them in the scrapbook.

Chaplain's Corner

Lessons from the Animal Kingdom

The other day, I was quietly contemplating what I was going to write about in this article. Others in my office would tell you that I was taking a nap, but really ... I was contemplating. I could talk about the plummeting price of roses, now that Mother's Day has passed, or how the media still poking fun at newly elected MPs who campaigned in Las Vegas, or how the Vancouver Canucks are giving their fans more heart attacks. It's not easy finding a spiritual angle in all of this.

Instead, let me focus on something new in my life ... dogs. For reasons that sometimes elude me, our family recently adopted a puppy from the local Animal Rescue Shelter. Her name is Zoey. She's a Heinz 57 puppy that seems to be a cross between a German shepherd and a kangaroo. Needless to say, life has been anything but predictable ever since.

Now, I can hear you saying that the padre really has lost it when he is trying to spiritualize a dog, but hear me through. Adopting a puppy has been a wonderful experience for our family. It has made me look at things with brand new eyes. For those who have children (we have 5), you will remember watching your baby discover the world one delightful discovery after another. Your baby was amazed with things you have long taken for granted. If you allowed yourself, the delight of your baby became contagious, and you found yourself appreciating the common things of life.

So it has been with Zoey. In the process of house training her (she was already paper trained), we came to appreciate those million and twelve flyers we got every week (not to mention all the hardwood floors in our place). In the middle of the winter, when Zoey was discovering and perfecting her digging skills in the backyard, she broke through the snow and ice and discovered grass (having spent most of her puppy life in the shelter, she did not have much exposure to grass). She took such delight in something I had not given a second thought ever since the first snowfall a few months ago. Last week, she spent at least ten minutes chasing a bee ... another first for her (fortunately – for her – she never caught it). Not only did it make me appreciate the delicacy of Mother Nature and the reminder that summer is approaching, it also made me really appreciate the fact that we do not have skunks in the neighbourhood.

Yesterday, I took Zoey for a "walk" ... a word she has come to recognize very well, just like "Treat," "Sit," "Out-side," and "Quickie" (somehow it does not feel right to teach a dog the word "pee" or it's complimentary word ... honestly – try to picture yourself saying that word to your dog when guests are around). Anyhow, we headed out for a walk, and about 3 minutes later, Murphy proved to be the eternal optimist when the rain started to pour. My initial instinct was to head back home, but I looked at Zoey, who didn't care a bit – she was delighted with the walk and would not let some rain (or lots of rain for that matter) ruin it. She pranced about, looking for a squirrel or a wind-blown leaf to chase, or to check out the many dogs along our route. So I thought, "Why not? If it's all good for a dog, then who am I to complain?" We continued on our walk and eventually came home soaking wet, but happy. I had forgotten the freshness of rain. I had also forgotten what spring rain smelled like (I haven't forgotten what rain-soaked dogs smell like).

Before you think that I am starting a new Vox-Air column for pet owners, there is a spiritual truth in all of this. Being a chaplain, I often encounter depressed people ... people who feel they are in a rut. They try to look for some pizzazz or spark to get their life going again. Often, they find themselves looking for the missing piece in the wrong places, spending too much money and losing too many friends along the way. Often, the missing piece is right in front of them ... an activity they stopped a while ago, or a friend they have not seen in a while.

Perhaps what we need are new eyes to see with, or a new attitude to rediscover the many delights and surprises that surround us. Not seeing them does not mean they are not there. It means we need to find a new perspective. Just like that old cereal commercial daring the customers to "taste it again for the first time," can we "discover or experience life again for the first time?" If a baby or a puppy can do it, so can we.

Take care and God bless.

-Padre Mark Mawson



Photo: sxc.hu

Together in Church

CATHOLIC

CHAPLAINS

Padre R. Laudenorio
Roman Catholic Office 833-2500 ext. 5272

Padre Mark Mawson
Roman Catholic Office 833-2500 ext 5956

Masses (English only)
Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS

Padre Bonnie Mason
(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm
(Mennonite Brethren) Office 833-2500 ext 4277

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

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

Padre Curtis Duclos (Baptist)
Det Dundurn Office (306) 492-2135 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. Time is required to give sufficient instruction about the meaning of baptism.

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

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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

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 - 1 - metal quad cane - \$10.00
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 - 1 - one lift chair, mocha, for large person - \$600.00
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Taroscopes

BY NANCY

Aries (March 21 - April 19):

As your sense of excitement returns you find renewed interest in things you'd thought were no longer an option. You now see what wasn't obvious before; mainly because you are no longer caught up in other people's dramas. Make decisions with your eyes wide open.

Taurus (April 20 - May 20):

You are proud of your reputation as one who does a good job. And you'll be facing an even bigger work load so stay focused. Ultimately your final goal needs to be what you really want or you won't be able to push yourself to do your best. Do what it takes to minimize stress.

Gemini (May 21 - June 21):

Strike while the iron is hot. When you get a good idea put things in motion. Don't allow fear, self-doubt or negative self-talk to dissuade you. See yourself as succeeding. Meet the tough challenges. Reality is often better than expected. Move out of your comfort zone.

Cancer (June 22 - July 22):

Focus on the positive. You can't always get what you want but maybe that's for the best. When you look at the world from the optimist's perspective, life is easier. You don't have to do all the work. Ask others to share the work, you may be pleasantly surprised by the help you receive.

Leo (July 23 - August 22):

You'll find you have to juggle more to keep everything going. Step back and take a detached look at your life. Find a way to balance the various aspects of each day. You can't always win. Allow yourself some leeway or losses. But stay true to yourself for that is really what matters.

Virgo (August 23 - September 22):

Pick up, clean up, and clear away outstanding paperwork. Demand fair treatment and you'll get it. You may have to forfeit a few things but you still come out ahead. Pamper yourself when you're tired. The only thing holding you back is yourself so ditch the doubts and fears.

Libra (September 23 - October 23):

If you're tired, take a break. Slow down so you can review how things have gone and determine how you want to proceed. Some options are no longer viable. Still there is lots you can accomplish. After a brief respite, set your course and get rolling again.

Scorpio (October 24 - November 21):

Expect the unexpected and you won't be shocked when it happens. A difficult period ends. Opportunities appear. Explore ventures that give you a chance to grow in a new direction. This would be a good time to seek a new home and/or work environment.

Sagittarius (November 22 - December 21):

Integrate healthy habits that reflect a balanced lifestyle. Yes, this takes work but if you strive for improvement you'll feel a sense of success and be glad of the results. When you weigh the pros and cons before acting you're happier with your decisions.

Capricorn (December 22 - January 19):

You know you are doing what is best for you but it may not feel as good as you'd hoped. What is missing? Find ways to work this into your life. Patiently sift through your memories for clues if you don't know what you want. Past experiences are great teachers.

Aquarius (January 20 - February 18):

When given a choice you need to consider your core beliefs and hold to them. If you allow yourself to be honest you'll easily be drawn to what is right for you. None of the choices are right and wrong in themselves, but the ones best for you align with who you really are.

Pisces (February 19 - March 20):

Keep your eyes open. Opportunities will be popping up when you least expect them. Deal with any feelings that you don't deserve this. It's time to reinforce boundaries if others try to foster a sense of futility in your dreams. Make your own happiness and personal goals a priority.

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