



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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CAF Women hit the ice for Prairie Regional Tourney



17 Wing Winnipeg plays CFB Edmonton during the first round of the 2016 Prairie Region Women's Hockey Championships, on February 1st, 2016 at the MTS Iceplex, Winnipeg, Mb.
Photo: Cpl Darryl Hepner, 17 Wing Imaging, Winnipeg

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Operation Caribbe 2016 Begins

National Defence

Her Majesty's Canadian Ships (HMCS) Moncton and Summerside departed Halifax, Nova Scotia, 27 January 2016, to participate on Operation Caribbe 2016. This marks the start of Canada's 10th year of contributions to Operation Martillo, the multinational campaign against transnational criminal organizations in the Pacific Ocean and Caribbean.

Her Majesty's Canadian Ships (HMCS) Moncton and Summerside departed Halifax, Nova Scotia, yesterday to participate on Operation Caribbe 2016. This marks the start of Canada's 10th year of contributions to Operation Martillo, the multinational campaign against transnational criminal organizations in the Pacific Ocean and Caribbean.

As part of Operation Caribbe 2015, the Canadian Armed Forces contributed four CP-140 Aurora surveillance aircraft, five maritime coastal defence vessels (HMC Ships Brandon, Goose Bay, Nanaimo, Shawinigan and Whitehorse), two Halifax-class frigates with their embarked CH-124 Sea King helicopter (HMCS Winnipeg and Vancouver), and one Iroquois-class destroyer (HMCS Athabaskan) with her two embarked CH-124 Sea King helicopters.

HMC Ships Moncton and Summerside are the first of several Canadian Armed Forces assets that will participate on Operation Caribbe 2016. Throughout the year, the Royal

Canadian Navy will deploy warships from both the East and West Coasts, while the Royal Canadian Air Force will provide CP-140 Aurora aircraft from various long-range patrol squadrons.

"The Canadian Armed Forces' ongoing success of Operation Caribbe has helped establish great relations and enhanced cooperation with our allies and partners in the region," said Lieutenant-General Stephen Bowes, the commander of Canadian Joint Operations Command. "Year after year, our sailors, airmen and airwomen deployed on Caribbe have provided operational excellence, and I trust that we will continue to serve with honour and distinction in 2016."

HMC Ships Moncton and Summerside will look to follow-up on the success of HMC Ships Brandon and Whitehorse. The ships assisted in the seizure and disruption of more narcotics during a 44-day deployment in the fall of 2015 than any other duo of maritime coastal defence vessels in the history of Operation Caribbe, with a combined total of approximately 9,800 kilograms.

Operation Caribbe is one of the many activities undertaken by the Government of Canada and the Department of National Defence/Canadian Armed Forces as part of Canada's broader commitment to engagement in the Americas. This annual operation directly supports the Canadian Armed Forces' mission to defend against threats and security challenges to Canada, North America, and our defence and security partners.

The Canadian Armed Forces have conducted Operation Caribbe since November 2006 and remain committed to working with Western Hemisphere and European partners to address security challenges in the region to disrupt illicit trafficking operations.

Canada's 10th year of contribution to the multinational campaign against transnational criminal organizations in the Pacific Ocean and Caribbean.



The aircrew of a CH-124 Sea King helicopter deployed with Her Majesty's Canadian Ship Winnipeg swap crews during Operation Caribbe on June 19, 2015. Photo: Operation Caribbe, DND

From Winnipeg Policeman to 38 Brigade Soldier

By Martin Zeilig Voxair Photojournalist

Major Mike Lagace admits that he took "a chance" on going full time with the Canadian Armed Forces.

That was back in 1998.

It's a decision Maj Lagace, Senior Public Affairs Officer-Department Head 38 Canadian Brigade Group, Winnipeg HQ, hasn't regretted for one moment.

"I was hoping for adventure and learning," Maj Lagace, a former City of Winnipeg Police Officer, said during an interview in his second floor office at 17 Wing Headquarters. "It has far exceeded my expectations. The military supported my Masters of Business Administration in Public Relations and Communications from Royal Roads University, Victoria, B.C., but, it's the relationships I've forged with people over the years that has made my military life so special."

One of those special moments is highlighted in the form of framed certificate that sits on the nearby windowsill. In May 2015, 38 Canadian Brigade Group Public Affairs team headed by Maj Lagace received a Commander's Commendation from the 38 CBG Command Team.

The certificate signed by outgoing Commander Colonel Ross Ermel and Brigade Sergeant-Major Al Boucher reads, in part: "For notable and results driven support to the Commander's effort to raise the profile of 38 (CBG)... the Public Affairs Branch distinguished itself. Through Exercise BISON WARRIOR 2014, the Afghanistan Day of Remembrance, the Afghanistan Memorial Vigil, Exercise ARCTIC BISON 2015, the Minnesota Twins Military Recognition Day... and a multitude of other well-coordinated media events throughout the Brigade, the Public Affairs Branch is commended for their dedication, professionalism and successes in telling the Brigade's story. Their skill and ability to operate independently brought credit to the Brigade and the (CAF) through internal correspondence, social media, and local and national news coverage."

Another letter (November 9, 2015) addressed to Maj Lagace comes from Lieutenant Colonel D.K. Ratz, CD, the Commanding Officer of the Lake Superior Scottish Regiment in Thunder Bay, Ontario. The letter thanks Maj Lagace for the "style and humour" in his talk, "The Canadian Forces and Assistance During Domestic Operations," which was well received by people attending the 4th Annual Military Symposium.

"Your presentation was a major factor in its success," LCol Ratz remarked.

During his career with the City of Winnipeg Police Services, 1979-'98, Maj Lagace- who with his wife, Lorraine, has three adult children and one young grandson-- did a variety of policing duties. These included being a detective, Crime Prevention Officer- Community Services Division, Community Police Officer, Internal Communication Manager/Media Liaison Officer- Public Information Unit, among other jobs.

"I did a lot of cool jobs," said Maj Lagace, a graduate of St. Paul's High School, who noted that he did a tour of duty for eight months in 2000-'01 with the NATO Battle Group Public Affairs Officer-- Bosnia-Herzegovina Operation Palladium (Roto 7).

"That's where I learned about my passion for telling others about our organization- about the police. I joined the Military Reserves in 1990 and was picked up as public affairs officer because of my community relations work.

"After the southern Manitoba flood of 1997, I was doing 100 plus days a year with the Army Reserves, plus working full time with the police. The demands were too great and my kids were still teenagers. So, I needed more time at home. I became a full time Reservist in 1998."

Other highlights in his career include being Media Relations Officer during the Oka Crisis of 1990, receiving a certificate of commendation and superior rating from General Meating for Maj Lagace's work done during the Flood of the Century, Op Mandolin-Pan Am Games 1999, being awarded the Queen Elizabeth II Golden Jubilee Medal in 2002 for his developed strategy, to name a few such milestones.

"I took a chance on going full time," said Maj Lagace, who's the senior photographer for Golf Manitoba/PGA Tour Canada, "but it's worked out very well. You get to travel and experience everything with this job, see what the army does and promote it to Canadians."



**Major Mike Lagace, former WPS Officer turner PA Officer.
Photo: Martin Zeilig**

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Global Challenges Make WTISS Stronger

By Sgt Patrick Borduas
Designated Desktop Services Supervisor, 17 WTISS



Sgt Patrick Borduas and MCpl Russell Acorn are installing an internet satellite dish to provide communications for Op Reassurance Air Task Force at the United States Air Force Base Spangdahlem in Germany February 12, 2015.

Photo: Sgt Rachel Boucher, 2 AES Bagotville

From July 2014 to June 2015, 17 Wing Winnipeg, with support from 8 Wing Trenton, was put on High Readiness for the RCAF. The 17 Mission Support Element (MSE) was created to support any continental or expeditionary mission by the RCAF.

As part of the MSE, most members of 17 Wing Telecommunications and Information Services Squadron (WTIIS) formed the main body of the Communication and Information Services (CIS) section, with the remainder augmenting the MSE Headquarters.

A few weeks prior to the high readiness mandate and during our qualifying exercise (Ex Maple Resolve), MSE personnel were informed that they were going to be deployed to Europe as part of the Air Task Force (ATF)

of Op Reassurance. This operation had been created to show a presence of Force in response to the Russia-Ukraine crisis. Having successfully established satellite communications while on exercise, the CIS members deployed from Canada with confidence in their ability to complete the MSE communications mandate.

Arriving in Campia Turzii, Romania, the MSE took over from 2 Air Expeditionary Squadron (2 AES) who had setup a basic working camp in support to the ATF. Although communications were established for CIS members, a great deal of work was still required in addition to maintaining current communications. As a portion of the camp was set in a flood zone, it was CIS's turn to tear down and relocate the threatened installations. Members had to rewire modular tents installed on a concrete pads constructed by the Romanians. However, the biggest challenge was the transition from Romania to Lithuania for the Baltic Air Policing Roto 36. While maintaining communications for Campia Turzii, the same crew had to set up communications to Siauliai,

Lithuania, and again from Siauliai to the American base in Spangdahlem, Germany.

Throughout Op Reassurance, the CIS team had on many occasions demonstrated its creativity and resourcefulness to better serve operational and welfare needs. In Romania, they created a dedicated video teleconference link between ATF and their families. To minimize cost, the CIS team familiarized themselves with different pieces of equipment, local internet providers, and internet connections including landline to satellite. Their efforts resulted in thousands of dollars in roaming fees being saved, for which the CIS team received a Commander's Award.

17 WTISS' members have covered mainly communications and electronics related positions, but it was not the case for everyone. Maj Boudreau was appointed the officer in charge of the MSE (MSE OC). He was responsible for all sections belonging to the MSE. As a MSE Operations Sgt, I liaised between various sections to make sure all needs and requirements were met.



Volunteers of Op Reassurance Air Task Force building a new home for a grandmother and her grandchildren in Cruz-Napocca, Romania, August 17, 2014.

Photo: Sgt Patrick Borduas, 17 WTISS Winnipeg

Some Tips to Help You be Kind to Your Heart

By Health Promotions

Valentine's Day is just around the corner. With all the emphasis on hearts and kindness it is not a surprise that we would be writing an article about being kind to our hearts. February is Heart Month and is the Heart & Stroke Foundation's key opportunity to reach millions of Canadians and alert them to the risks of heart disease and stroke. Today, heart disease or strokes are responsible for taking 1 life every 7 minutes in Canada. A look at Canadians reveals that 90% of us have at least one risk factor for heart disease.

One of these risk factors is stress. Stress is our body's signal that we are having difficulty coping with life's stressors. Stressors can take on many forms and are in every aspect of our lives. Stressors are found in the workplace, working within tight deadlines; at home, dealing with sick children; outside, the weather or traffic; and within ourselves, negative self-talk.

People with high levels of stress or prolonged stress often have high cholesterol or increased blood pressure. When under stress, instead of making heart healthy meals at home, we frequently grab processed food high in fat, sodium or sugar. We sleep less and the quality of sleep suffers. When we don't eat well or sleep well, our ability to handle stressors decreases and we become more stressed. It is like we are in a never-ending loop.

The good news is we can do something about stress. Life's stressors will always be there, but we can minimize our reaction to these stressors. Try these tips for a

healthy heart from Heart & Stroke Foundation.

If you have two minutes:

- Stretch away tension. A common sign of stress is muscle tension in your neck and jaw. Find a quiet spot to stand or sit with your eyes closed. Slowly move your head from front to back, side to side, and in a full circle. Stretch your mouth open and slowly move your lower jaw from side to side and front to back. (If this activity causes pain, or if you have had injuries to your neck, back or jaw, check with your health provider first)

If you have 10 minutes:

- Take a walk. Forget about having another coffee on your break; physical activity relieves stress and walking energizes your body and spirit. Even 10 minutes is enough to make a difference. As a bonus, bring a friend to add a little social time.

- Meditate. There are lots of meditation techniques that can help relieve stress; all involve slow, deep breathing and concentration. Try this relaxation moment: Find a private room and close the door and sit in a chair. Either close your eyes or gaze down at the floor. Relax your shoulders and your jaw. Gently place your hands on your belly and bring your breath all the way down so that your hands lift slightly. Breathe out just as slowly. Continue breathing slowly and deeply for about three minutes. Allow your thoughts to come and go – don't try to control them, just witness them without judgement. Slowly come out of your deep breathing by opening your eyes or lifting your gaze. Stand up and stretch your arms

up over your head and shake your arms and legs.

- Make an appointment for help. Call your family doctor or clinic. Military members and their families can call the Canadian Forces Members Assistance Program (CFMAP) 1-800-268-7708 or the Family Information Line 1-800-866-4546. Both of these lines provide free, confidential counselling and information. For civilian members of the Defense Team contact the Employee Assistance Program 1-800-268-7708.

If you have 30 minutes:

- Talk to your boss, partner or friend. If your workload seems out of control try to speak to your supervisor about developing some flexibility in your job demands. Your social support network can help keep you grounded and provide a sounding board.

- Tackle something big. You may believe you perform better under pressure, but are you just making an excuse to procrastinate? In fact, putting things off can be more stressful. Put aside time to make a start on a looming project, even if it's just to plan your attack.

Interested in finding out more about managing stress? Sign up for Stress Take Charge! This 2 day course offers practical tips on stress relief and taking control of your stressors. Stress Take Charge! is one of many programs offered through Health Promotion. For more information on these heart friendly practices or to sign up for Stress Take Charge! please contact Health Promotion at 204-833-2500 ext. 4150 or HealthPromo@forces.gc.ca

Logistics Branch 48th Birthday Celebrated at 17 Wing (Winnipeg)

**By Bill McLeod
Voxair Manager**

17 Wing celebrated the 48th birthday of the Logistics Branch on February 1, 2016 with an informal gathering at the Officers' Mess.

Over 100 members of the branch gathered for coffee and a birthday cake.

Lieutenant-Colonel Danielle Clouter, Wing Administration Officer, was the senior Logistics Officer in attendance at the celebration.

"As logisticians, we are recognized internationally as providing first rate support to enable operational mission success across all three CAF elements. Rather than delivering a prepared speech, I'd like to make today interactive to reinforce our knowledge of the Logistics Branch" she said.

LCol Clouter then asked a variety of questions about the significance of the cap badge (two interlocking chains), the non-commissioned member trades, the officer military occupational structure, the motto (Service Second to None) and went on to explain the Branch history before cutting the cake with Master Warrant Officer Wanda MacArthur, the Acting Wing Administration Branch CWO.

In 1968, the Canadian Army, Royal Canadian Navy and the Royal Canadian Air Force were merged to form the Canadian Forces. Various units were reorganized at that time, in particular the Logistics Branch was formed from the Royal Canadian Army Service Corps, the Royal Canadian Ordnance Corps, the Royal Canadian Postal Corps, the Royal Canadian Army Service Corps clerical trades, and the Royal Canadian Army Pay Corps.



MWO Wanda MacArthur and LCol Danielle Clouter prepare to cut the cake at the 17 Wing Officers' Mess to celebrate the 48th Anniversary of the creation of the Logistics Branch on February 1, 1968.

Photo: Bill McLeod

Hairforce Christmas Contest Winner!



Congratulations Major Tony Watson! The winner of the annual Hairforce barbershop Christmas draw. Enjoy the game!

Photo: Terri Townshend

JUMPSTART Funding through PSP Community Recreation!

Looking for funding for your child / children to participate in sports or physical activity programs?

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- Is your family in a demographic which would be considered in financial need?

If you can answer "Yes" to all 3 questions, then you will need to provide the following information as part of the application process

- Your contact information (name, postal code, telephone number and email address).

- The first name, last name, gender and date of birth of your child.

- The details of the sport or physical activity in which your child would like to participate.

- The amount that you are requesting from Jumpstart.

- The name of the non-profit/charitable/service organization (Payee) running the sport or physical activity

program.

Funds or equipment are provided directly to the Payee on behalf of the qualifying youth or child.

- Proof of financial need. Any one of the following will suffice as proof of financial need—income assessment, prior year T4 statement or three consecutive pay stubs. Instructions will be provided in the application on how to upload a copy of these documents.

PSP 17 Wing Winnipeg Community Recreation have a range of programs available to you and your family, this funding will help to support your children to access our programs or any other program which you choose.

You can access a copy of our program by visiting the Front desk of building 90 or contact 5139, we will be happy to send you a copy.

For further information regarding the Jumpstart funding please contact either of the following: Deanne Bennett PSP Recreation Coordinator Deanne.bennett@forces.gc.ca or Christina Bailey PSP Manager, Fitness, Sports and Recreation Christina.bailey@forces.gc.ca

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Women of the Northwest Dominate PR Hockey Tournament



4 Wing Cold Lake was the winner of the Prairie Women's Hockey Championship finals at the MTS Iceplex in Winnipeg MB, on 3 February 2016. Photo: Cpl Gabrielle DesRochers

By Martin Zeilig
Voxair Photojournalist

Aviator Karlie Walsh, a member of the 17 Wing Rondelles, only played one game with CFB Cold Lake at the 2016 Prairie Region Women's Hockey Championship, February 1-3 at the MTS Iceplex.

But, that game was the championship final and her "adopted" team, CFB Cold Lake, won 7-1 over Edmonton. Avr Walsh was picked up by Cold Lake after their goalie was injured on a career course and was unavailable to her team, Avr Walsh said during a post game interview in the hallway outside her team's joyous dressing room.

All three teams had one victory and one loss after the round robin portion of the tournament. During the first game in the round robin portion, Winnipeg won, 4-3, over Edmonton.

In the second game, Cold Lake and Winnipeg were tied at three going into the third period. "Then, Cold Lake scored three unanswered goals to win 6-3," said Merrithew, noting that Cold Lake also defeated the 17 Wing Rondelles 5-3 in the semi-final.

Then, in a complicated tie breaking procedure, which is based on points for and against, it was determined that Edmonton was first and they received a bye to the Championship setting up the final between Cold Lake and Edmonton, explained Chris Merrithew, 17 Wing PSP Sports Coordinator, who organized the championship.

In 1998, 17 Wing hosted the first ever CAF Women's National Hockey Championship, commented Merrithew.

"It's great to see the continuous development of the women's hockey program in the CAF," he stressed. "There was some outstanding hockey over the three days. There was a lot of parity amongst the teams. Cold Lake contin-

ued to jell throughout the tournament as they had a few floaters (pickup players) on the team. But, they all came together at the end with an outstanding performance."

Merrithew also praised the trainers, massage therapists, officials (refs and linesmen were all members of the CAF), and the other volunteers who all contributed to the success of the championship.

"You can always tell when it's a good tournament by the amount of fun people are having," said Lieutenant Colonel Danielle Clouter, who gave out the medals at ice level following the final game. "It was planned very well. There's a lot of work behind the tournament and Chris (Merrithew) and his team are second to none."

Sergeant Crystal Hache, team captain and a forward with CFB Edmonton, called the Iceplex an outstanding

facility.

"We've never played in facilities like this," she said.

Sgt Hache also conceded that it would have been better to have won gold, "but silver is okay. Women's hockey (in the CAF) has come a long way."

Lieutenant-Colonel Michele Claveau, who played defence for 17 Wing, said the calibre of hockey in the tournament was excellent. "It's a step above our league play in Winnipeg," she admitted, noting that the refereeing was first rate too.

LCol Claveau, who's originally from Ottawa, mentioned, too, that she was invited to the tryout camp of the very first Canadian Women's National hockey team in 1991. "I played goalie then," she said.

Meanwhile, Captain Kristin Gehlert, coach of the Rondelles, said that her squad lost Sergeant Madeleine Voyer to an injury the week prior to the Regionals.

"We have another 11 players who were unable to attend due to courses, deployments and maternity leave and injury," she added, noting that she also played "in parts" during the tournament. "Needless to say, we have a growing program, which speaks to the popularity of women's hockey and overall growth of the game. For this competition, I stressed defence, defence, defence; protecting our zone."

The 17 Wing team consisted of goalies Avr Karlie Walsh and MCpl Alix Ferwida.

Defence: Lt Stephanie Ramsay, LCol Michele Claveau, Maj Amanda Ives, LS Ainsley Adams, Cpl Laura Kurys

Forwards: CWO Crystal Krammer, MS Cindy Krammer, Capt Melissa Couturier, Capt Joanne Van Damme (from CSU Calgary), 2Lt Juanita Lonny, MCpl Holly Young, Cpl Jenson Gilby, Cpl Shauna Van Lierop, MCpl Amie MacDonald

Civilian employee Misty Burrows was the assistant coach.



Garrison Edmonton finished second place at the Prairie Women's Hockey Championship finals at the MTS Iceplex in Winnipeg MB, on 3 February 2016. Photo: Cpl Gabrielle DesRochers

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17 Wing Men's Hockey Team Plays with Heart if not Depth



The 17 Wing Winnipeg team and Garrison Edmonton play during the 2015 Prairie Regionals in Winnipeg. This year's event was held in Moose Jaw.

Photo by Cpl Jean Archambault

By Martin Zeilig
Voxair Photojournalist

It was their lack of numbers that eventually caught up to the 17 Wing Men's Hockey Team at the CAF Prairie Regional Hockey Championships at CFB Moose Jaw, January 16-21, according to the team's two player/coaches Second Lieutenant Adam Gorman, who works at 1 Canadian Air Division, and Corporal Matt Sankey, a forward.

But, that didn't stop the 16 man squad -- two goalies, four defensemen, 10 forwards -- from playing with a lot of heart and at high compete level. From October to March, 17 Wing plays in the non-contact Winnipeg Jets Hockey League at the MTS Iceplex.

Besides 17 Wing and Moose Jaw, CFB Edmonton, 4 Wing Cold Lake, CFB Wainwright and CFB Shilo also participated in the competition.

Winnipeg, who wore Manitoba Moose jerseys, finished the tournament with two wins and two defeats. They lost in a semi-final match to CFB Edmonton, 12-0, who, themselves, lost, 4-3, in the championship game to Moose Jaw.

"Edmonton ran into a hot goalie and had penalty trouble in that final game," said 2Lt Gorman, who played defence while signalling line changes for his team at the same time.

Cpl Sankey, a forward, noted that the rink in Moose Jaw was smaller than a regulation North American size (200' x 85') hockey rink. "It took time to get adjusted to it," he said.

But, there were some perks. "We stayed in a hotel, and the mess at the base was open all day so you could show up at anytime to eat," said Cpl Sankey, 26, a native of southern Ontario, who works at the 17 Wing Fire Hall.

But, it was the team's first game of the competition that stands out most in their memories. "It was our best game of the tournament," Cpl Sankey said, noting that the score was 8-7 vs Cold Lake in that match. "The referees were good, and the play was back and forth. It was a very fast game."

17 Wing was ahead for the entire game until the final five minutes, 2Lt Gorman added. Then forward Corporal Kenny Keating took over and tied it up on a great Bobby Orr-like individual effort, Cpl Sankey continued.

He was referring to the impressive goal scored by Boston Bruin's defence man Bobby Orr on May 10, 1970 that gave Boston its first Stanley Cup since 1941.

"The subsequent photograph by Ray Lussier of a horizontal Orr flying through the air, his arms raised in victory -- as he made the shot, he had been tripped by Blues' defenceman Noel Picard while watching the puck pass by goaltender Glenn Hall -- has become one of the most famous and recognized hockey images of all time," says the website, *Bobby Orr the Goal*.

Cpl Keating was tripped by a Moose Jaw player as he dipsy-doodled through the middle over the blue line, near the hash marks, with the puck, Cpl Sankey said.

"He scored as he was falling and in mid-air," he added. "The crowd went wild."

Then, with 12 seconds left on the clock a face off took place in Cold Lake's end.

Cpl Sankey won the draw over to the slot where Private Devon Spencer took a backhanded slapshot hack at a loose puck that found its way into the top corner of the net past the surprised and disappointed goalie to win the game for us, noted 2 Lt Gorman.

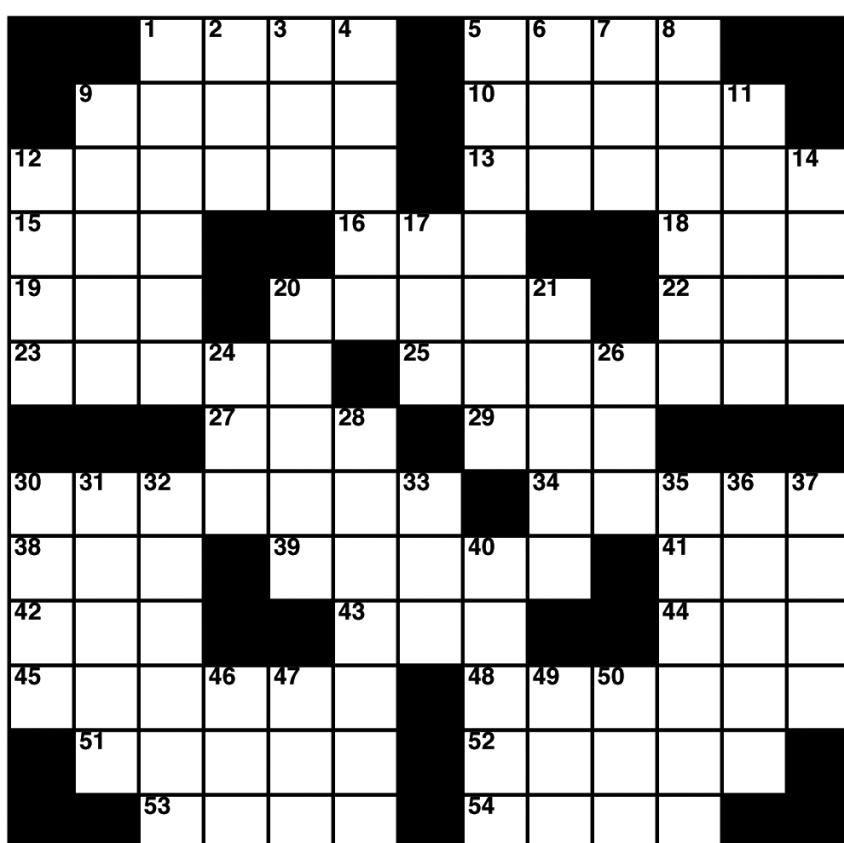
"The shot knocked the goalie's water bottle off the top of the net and onto the ice," Cpl Sankey added.

Now, that's a highlight reel goal.

Team Roster:

Maj Craig Bradshaw (goalie)
Lt (N) Mike Machnee (G)
2Lt Adam Gorman (Defence) (player coach)
Capt Dan Bennett (D)
Avr Mason Smith (D)
Capt Kyle Miller (D)
Cpl Matt Sankey (Forward) (player coach)
Cpl Kenny Keating (F)
Cpl Matt Browning (F)
MCpl Reagan Kruger (F)
Cpl Matt Jenkins (F)
Maj Jimmy Behn (F) (USAF)
Pte Devon Spencer (F)
Cpl Ian Boutcher (F)
Cpl Andrew Hitchcock (F)
Maj Ryan Lizotte (F)

- ACROSS**
- 1 Common duck
 - 5 Lord of the realm
 - 9 River of song
 - 10 Handsome heron
 - 12 Canadian physics Nobelist 1990
 - 13 Heart parts
 - 15 Tope lead in
 - 16 Food fish
 - 18 Everyone
 - 19 Hanoi holiday
 - 20 Cavity
 - 22 Diseased
 - 23 Japanese city
 - 25 Canadian chemistry Nobelist 1986
 - 27 Here, to Henri
 - 29 None
 - 30 Canadian medicine Nobelist 1923
 - 34 Soil
 - 38 Repent
 - 39 Oak in the making
 - 41 Rid or chap follower
 - 42 Irish paramilitary org.
 - 43 Promissory note
 - 44 Cup
 - 45 Canadian chemistry Nobelist 1992
 - 48 Light source
 - 51 Slowly, to Liszt
 - 52 Ordinary
 - 53 Mule or fallow
 - 54 Cry of pain
- DOWN**
- 1 Corolla maker
 - 2 Wing
 - 3 Back then
 - 4 Very slowly, to Sibelius
 - 5 Canadian peace Nobelist 1957
 - 6 Sense of self
 - 7 Go wrong
 - 8 Engage
 - 9 Ewers
 - 11 Count
 - 12 Balkan dictator, once
 - 14 Goddess who outwrestled Thor
 - 17 Pharaohs power symbol
 - 20 Connective tissue
 - 21 Foreign
 - 24 Akin to kaboodle
 - 26 Flower petals
 - 28 Tooth
 - 30 Hat part
 - 31 About hearing
 - 32 Approached
 - 33 Gunk
 - 35 Distant
 - 36 Canadian chemistry Nobelist 1983
 - 37 Gigantic
 - 40 Reddish
 - 46 Toronto Ex
 - 47 Shoshonean
 - 49 Denotes three
 - 50 Rupture
 - 51
 - 53
 - 54



- 4 Very slowly, to Sibelius
5 Canadian peace Nobelist 1957
6 Sense of self
7 Go wrong
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RCAF Band goes Back to School



Sergeant David Grenon gets the kids into the groove while former Killer Dwarf Sgt Mike Hall lays one down.
Photo by Cpl Jean Archambault

By Martin Zeilig
Voxair Photojournalist

During a performance of the Mark Ronson/Bruno Mars pop hit, Uptown Funk, Corporal Richard Monzon jumped off the stage and began bopping down the aisle.

He elicited cheers and a series of high fives from the 500 grade seven and eight students, teachers and assistants sitting or standing on the hardwood gymnasium floor at River Heights School on February 1.

This was the opening concert in the RCAF Band Winnipeg School Tour.

The other educational institutions the band toured were Guyot School, Carpathia School, and Robert H. Smith School. The band did a similar school tour in 2015.

"Don't believe me, just watch," sang Cpl Monzon, who was holding a microphone in one hand while prancing through the throng of joyous heading bopping, some dancing, students as the RCAF Band played the pop smash hit.

"It's Saturday night and we in the spot. Don't believe me, just watch."

Cpl Monzon moved with a high tempo groovy grace hitting all the high notes-- just like Bruno Mars in his video of the song.

It was a funky sound for a military band.

During their hour long afternoon performance at River Heights, the band also played songs from Disney animated movies the Little Mermaid and Frozen, as well as by Tom Cochrane, Macklemore, Pharrell Williams and numerous other spirited contemporary numbers.

Apart from Cpl Monzon's high energy number, RCAF Band lead vocalists, the dulcet voiced Sergeant David Grenon and Sergeant Cindy Scott, did most of the singing.

"It was really cool to hear all the things I listened to as a kid," said Levi, 13, a grade eight student, just after the concert.

He was referring to the Disney songs performed by the band.

"I like how they can do all the pop songs," added Levi.

Ethan, 12, who's in grade seven and plays in the school band, also appreciated the band's selection of songs, especially Uptown Funk because "it was so much fun to dance to."

"I thought they were great last year," said Hannah, 13, a grade eight student, who plays flute in the school band. "But, they were even better now. It was really good."

Her friend and classmate, Bronwyn, 13, said the concert was put together well.

"It was fun to listen to and to sing along," she emphasized.

Meanwhile, Leslie, a grade eight immersion teacher, who helped organize the concert, said it was a great opportunity for the students to see the musical skills they're learning about in music class.

She first saw the band perform two years ago at Jets Day at the MTS Iceplex.

"So, I contacted them about whether they did school presentations," Leslie said. "and, they said yes. They said they had availability last year and this year. Last year, it was incredible. The students had no idea what to expect. They thought it was going to be a classical jazz presentation."

Instead, it was contemporary pop music that appealed to the students, she added.

"It was an awesome crowd today, a great response from the public," Sgt Grenon said. "It was a great way to start this year (of concert performances) for Jet Stream."

"We prepared this show especially for younger kids," said lead guitarist Sergeant Mike Hall, whose axe strings must have been smoking after some of his wicked finger licks, "but, it clearly worked for these (older) students too. They knew every song."

Thanks to one hot band.

MONDAY – THURSDAY

Lunch	1130 – 1300 hrs
Afternoon	1500 – 1900 hrs

(Hours may be extended to 2200 hrs depending on attendance)

FRIDAY

Lunch	1130 – 1330 hrs
Afternoon	1500 – 2400 hrs

The Voxair Heads North



Look for our reporting on EX Arctic Ram as reporter Martin Zeilig joins 38 Brigade Group in Resolute Bay next week.
Photo by Bill McLeod

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DROP OFF CENTRE FOR ALL YOUR VEHICLE NEEDS



By Bill McLeod
Voxair Manager

Fountain Tire and CANEX are working together to make things easier for you.

As part of a new service if you have arranged to get work done at Fountain Tire the 17 Wing CANEX is now a pick up and drop off location.

For most jobs that will mean parking your vehicle at CANEX in the morning and leaving your keys with the store clerk, walking in to work and then picking up your vehicle from the CANEX at the end of the day.

Jose Ferreira, Owner/Manager of Fountain Tire at 3020 Portage Ave, says he wants to look after the Defence Team members at 17 Wing.

"The pick-up and drop off is not just for people buying a new set of tires," he says. "We will pick up cars for oil changes, brake jobs, tire rotations-anything we do."

David Yanick, the Manager of the new 17 Wing CANEX, has made some changes as well.

"The deal for the CANEX Payment Plan we used to have with Fountain Tire was just for tires and wheels," he said. "Now we have expanded it to include parts and vehicle accessories. If someone needed a new top or roll bar for their 4X4 we could put that on the Payment Plan."

According to David there are conditions that have to be met to access the Payment Plan.

"The Plan has to be used on a tangible item," he said. "For example, getting your brakes done could go on the Plan because there are parts involved in the purchase but getting your cooling system flushed wouldn't be eligible."

There is also a minimum amount for the CANEX Payment Plan of 500 dollars.

All appointments and arrangements for repairs, service, and pick-ups and drops-offs should be made in person at Fountain Tire or by calling (204) 888-0808, but if you have any questions about how the CANEX Payment Plan works you can talk to the manager, David Yanick.



Drop off/Pick up point at CANEX, 700 Wihuri at Whytewold.
Photo: Bill McLeod

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		FEB 9 FÉV • Volley-ball / Volleyball
		FEB 16 FÉV • Yoga
		FEB 23 FÉV • Pickleball
		MAR 1 MARS • Orientation en salle de musculation Weight Room Orientation
		MAR 8 MARS • Hockey-balle / Ball Hockey
		MAR 15 MARS • Zumba
		MAR 22 MARS • Basket-ball / Basketball
		MAR 29 MARS • Orientation en salle de musculation Weight Room Orientation

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Apprendre et grandir ensemble

1 CAD Member Serves as CAF Chief Official for Swimming

By Martin Zeilig
Voxair Photojournalist

Sergeant Michelle Neilson started out as an official in the world of competitive swimming when her son, Ryan, now 17, was a young boy and had just joined the swim team at 22 Wing North Bay.

Now, Sgt Neilson, who works at Combined Air Operations Centre 1 Canadian Air Division Headquarters, is the Canadian Armed Forces Chief Official for Swimming.

"I'm a swim mom," she said during an interview with The Voxair on January 26. "The team policy at North Bay was that parents had to help out on the deck of the pool. So, I started at the bottom of the officiating ladder. Once I moved to Winnipeg, my son joined the 17 Wing Flying Tigers Swim Team and the previous chief official mentored me up the officiating ladder."

Most sports in the CAF Sports Program have a Chief Official who is appointed by the Manager, CAF Sports, CAF Sports website.

"The Chief Official selects regional officials for the National Championships, coordinates scheduling officials at the National Championships and performs a number of administrative duties. Most importantly, as highly qualified officials in their respective sports, the Chief Officials are rule and regulation experts. They provide technical expertise to the athletes, coaches, officials, and to the jury of appeal for the National Championships and the National Sports Managers. Without Chief Officials, the CAF Sports Program and its competitions would not be as successful as they are today."

Sgt Neilson works primarily in the military swimming community.

"I can provide clinics and briefs and officiate for time trials," she said. "I also officiate at the CAF National Swim Masters Championships."

This year's competition, which will be in Markham, Ontario (near Toronto), April 1-3, and held in conjunction with the Ontario Masters Provincial Swimming Championships.

"The CAF will have one team in that competition," commented Sgt Neilson, whose 6'3" son will be competing at the Pan Am Pool in the Manitoba Provincial Swim Championships at the end of February and in the Manitoba-Saskatchewan Interprovincial Swim Meet in Saskatoon in March.

She explained that being a referee is the last officiating position one learns.

"You start out as a timer behind the blocks with a stop watch, and then there's another six or seven positions in between," said Sgt Neilson, noting that in late January she refereed a swim meet at the Pan Am Pool, the New Year's Invitational Meet, which was hosted by the Manitoba Marlins Swim Club.

Those other officials include, a chief stroke and turn official, clerk of the course (who keeps track of the entire meet), a chief timer in charge of all the timers, starter, meet manager (who organizes the entire event), a chief finish judge and chief judge of electronics.

"All of these are Swim Canada officials," said Sgt Neilson, a Swim Canada level four official, adding that this can lead up to becoming an official at international meets sanctioned by FINA (International Swimming Federation based in Lausanne, Switzerland).

"I'm a referee, and it's all volunteer. As a referee, you're in charge of the whole pool; the swimmers, the pool decks, the other officials. You make sure all the officials are qualified and know what to do. You're making sure racers have a fair start and a fair race. You also declare disqualifications. So you have to know all the rules. These can go from what swimsuits participants wear to the strokes they have to take. There are certain ways your arms and feet and the turns have to be."

She appreciates the support provided by the CAF.

"I think it's a great thing that we keep our military members active, and provide these opportunities for us to participate and compete," Sgt Neilson stressed.

She's there to support those efforts.



Sergeant Michelle Neilson, 1 CAD, is now Canadian Armed Forces Chief Official for Swimming.
Photo: Martin Zeilig

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New 23 Health Services CO Brings Experience to Position

By Martin Zeilig
Voxair Photojournalist

Major Guy Langevin, the Commanding Officer of 23 CF Health Services Centre, didn't succeed in his first attempt to enlist in the Canadian Armed Forces at age 34.

He didn't give up on his goal.

Now, more than 23 years later, Maj Langevin, can reflect back on a very rewarding career. He recently took over as CO of 23 Health Services, after the retirement of Lieutenant-Commander Linda Forward.

There's no life like it.

"Before I joined the military, I worked in a nursing home in Quebec for a few years," Maj Langevin said during a recent interview in his rather spare second floor office. "I finished a degree in Business Administration at the Université du Québec. Afterwards, I worked for a lumber company as a human resources administration officer. Then, I worked in the human resources department as Administration Officer for Inco Limited (now Vale) in North of Quebec."

In 1992, when gold price dropped below \$300/ounce, the mine had to lay off many workers and I was one of them.

"At the time, my brother, Denis, was in the military in Comox as an IS Tech," said Maj Langevin, who's married with an adult son and a daughter and now four grandchildren. "He said I should join military. I replied that at 34 years old they would likely not take me. He responded, 'There's no restriction on age anymore.' So, I went to the recruitment centre in Rouen-Noranda, Quebec. But, they didn't support my application."

But, there was a lieutenant working at the recruiting centre who had worked for Maj Langevin at Inco a few years earlier.

"He said that the captain who was in charge wouldn't recommend me because of my age," explained Maj Langevin, who lives with his wife just outside of the city.

"I replied 'Okay. So be it.' The mining company gave me a decent separation package, so, my family and I packed up and moved to Comox to be near my brother. We bought a pickup truck and drove across the country, and rented a house in Comox."

Then, his brother encouraged him to visit the recruiting centre in Victoria to fill a new application.

"They recruited me as an Air Navigator," Maj Langevin said. From that point on he did basic training in Chiliwack, B.C., followed by his first posting here at CFB Winnipeg where he reported to CFANS for Air Nav training.

"When I started flight training, I became air sick, very uncomfortable flying and then not successful in my training," Maj Langevin admitted, "so, I requested an occupational transfer to the Healthcare Branch. Then, I went to CFB Borden to do my training as an Health Care Administrator and later to complete my certificate in Health Services Management. My first posting after that was at CFB Valcartier with 5 Fd Ambulance."

His first overseas deployment was to Bosnia, during OP Palladium roto 4, as the Adjutant with the National Support Element.

"When I returned in 1999, I got posted to Winnipeg with 17 Field Ambulance for two years" Maj Langevin said, "then, I was posted to the medical clinic on base in 2000 for two years and then I redeployed to Bosnia as the National Medical Liaison Officer to help close down the mission on OP Palladium roto 13. When I returned, I was part of the former 2 HSG HQ, located in the 2nd floor of 1 CAD Bldg."

He's been elsewhere too: CFB Bagotville as CO of their Health Clinic for over two years; to Ottawa as Staff Officer Resource Management for three years; and, to Scott Air Force Base in Illinois where he worked under the Command Surgeon of the U.S. Transportation Command (USTRANSCOM).

He calls working in the USA a valuable experience.

"I learned a lot about the U.S. Military and the great respect the population have for the military," said Maj Langevin, who received the U.S. Defence Meritorious Service Medal from the U.S. Secretary of Defence for spear heading the project to decrease operating costs and standardized procedures for the Theater Patient Movement Requirement Centers in America, Europe and Pacific.

"Contrary to my expectation of such a large organization, they're very flexible. If they see something wrong, they'll put in briefing notes, cost comparison and a recommendation to implement the changes will happen within a few months."

He's in charge of a staff of close to 100 pers, both military and civilian, at 23 CF Health Services C and Dets; Moose Jaw, Dundurn and Thunder Bay.

"I'm impressed with the work ethic of everyone across my AOR," Maj Langevin emphasized. "I'm also very happy with the support the clinic gets from the Wing Commander. Colonel Cook is a caring person and that's what we appreciate and what we need."

17 WING FIRE CHIEF'S CORNER



Winter Storms and Extreme Cold

Most of Canada and the United States is at risk for winter storms. Severe storms can cause dangerous or life-threatening conditions. The dangers include blinding wind-driven snow, extreme cold, ice road conditions, avalanches, and downed trees and power lines. It is important to prepare for these hazardous conditions.

Before:

- Stay informed of winter weather forecast.
- Keep a sufficient supply of heating fuel. Consider storing a backup fuel such as a good supply of dry seasoned wood for your fireplace or wood stove.
- Winterize your home. Insulate walls and attics, caulk and weather-strip doors and windows, and install storm windows or cover windows with plastic.
- Allow faucets to drip a little during cold weather to avoid freezing.
- Learn the location of water control valves in the event a pipe bursts.
- Winterize your car. Keep a shovel, a windshield scraper and a small broom in your vehicle.
- An emergency kit is also a great idea, including a blanket, a few snacks, water and a first aid kit, rock salt, sand, extra socks, hats, and mittens.

During:

- Conserve Fuel
- Stay safe and dry in doors
- If you are outside, cover your mouth, keep dry and avoid over exertion. Dress for the weather, wear layers, mittens and a hat.
- Watch for signs of frostbite, including loss of feeling and white or pale extremities. If you detect any symptoms, seek immediate medical attention.
- Watch for signs of hypothermia, including uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. Get the victim to a warm location, remove any wet clothing; put the person in dry clothing and wrap their entire body in a blanket; warm the center of the body first, give warm, non-alcoholic or non-caffeinated beverages and seek medical attention.
- Drive only if absolutely necessary. If you must drive travel during the day; don't travel alone; keep others informed of your schedule; and stay on main roads.
- If a blizzard traps you in your car, pull off the highway and stay in your vehicle. Run the engine and heater about 10 minutes each hour to keep warm. When the engine is running, open a downwind window slightly and periodically and clear snow from the exhaust pipe. In extreme cold, use any available means to insulate and maintain body heat. Make sure at least one person is awake at all times to watch for help.

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- Check your neighbors or anyone who may need assistance.

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Major Guy Langevin, Commanding Officer of 23 Health Services Centre. Photo: Martin Zeilig



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PRIZE 1 ~ 1^{ER} PRIX

total value \$1530 ~ valeur totale : 1 530 \$

STAYCATION & DINING OUT PACKAGE ~ FORFAIT HOTEL ET RESTAURANTS

Inn at the Forks Deluxe Spa for 2 Package (Includes 1 night accommodation in a deluxe room w/breakfast for 2, valet parking & a couples massage), Restaurant Gift Card Package (listed below) and 60 lbs. of Maple Leaf Foods bacon.

Forfait spa de luxe pour deux à Inn at the Forks (comprend une nuit dans une chambre de luxe, petit déjeuner pour deux personnes, service voiturier et massage de couple), forfait restaurant, et 60 lb de bacon de Maple Leaf Foods.

Captain's Table; Mona Lisa Ristorante Italiano; Carnaval Brazilian BBQ; Food Evolution; 295 York; Mon Ami Louis; Muddy Waters Smokehouse; Sydney's; Chop Steakhouse & Bar (2 complimentary beverages/et deux breuvages gratuits); The Keg Steakhouse and Bar; Clay Oven; Rae and Jerry's; The Gates on Roblin.

PRIZE 2 ~ 2^E PRIX

total value \$1109 ~ valeur totale : 1 109 \$

MINI TRAVEL PACKAGE ~ FORFAIT MINI-VOYAGE

VIA Rail Canada Travel Credit of \$500, The Fairmont Winnipeg (1 night stay) and 60 lbs. of Maple Leaf Foods bacon.

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PRIZE 3 ~ 3^E PRIX

total value \$501.96 ~ valeur totale : 501.96 \$

FAMILY HOCKEY PACKAGE ~ FORFAIT HOCKEY EN FAMILLE

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Draw Time/Heure du tirage : **approx. 2245 hrs ~ vers 22 h 45**

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Taroscopes

BY NANCY

Aries (March 21 – April 19): Change is inevitable. Try to be patient. Though it may be difficult it's worth cultivating this practice. Stay away from anyone who tries to manipulate you with high drama antics. Ultimately, your happiness is your job. Other people are responsible for their own joy. Leave them to it.

Taurus (April 20 – May 20): Your version of life is a reflection of your perception. People are different and so are their realities. You can be a stable solid centre for others to depend on during times of crisis, or you can show a lack of empathy and judge others based on your expectations; it's up to you to decide.

Gemini (May 21 – June 21): You can't maintain the status quo. The structures in your life are shifting. This can leave you freer to express yourself, but others will be eager to have their say as well. Consider your own actions and words. Are they helping in a situation or are they hindering your progress?

Cancer (June 22 – July 22): A difficult situation could get worse before it gets better. However, you are not a victim. Take charge and facilitate a resolution. Learning to weather emotional storms is wiser than trying to avoid them. Life will never be without waves, in fact, this is often what makes it interesting.

Leo (July 23 – August 22): You're eager to acquire a big ticket item: a car, business, degree or home. Making a solid investment is key. Your heart longs for a fast, easy fix. Consider well your options and finances. Assess the long term value and the trade-offs you'll have to make to get what you want.

Virgo (August 23 – September 22): Stop waiting for the perfect moment. Do what you want to do now. Yes, this could mean a lot more work initially but it will be worth it. Get organized. Clear out clutter and you'll feel lighter. Just say, "No!" to emotionally needy people who want more support than you can give.

Libra (September 23 – October 23): Graciously accept help but don't keep score. When you offer assistance don't assume the person can reciprocate equally. Sometimes people just can't be there for you and vice versa. Still your good deeds often result in favors returned, sometimes in unexpected ways.

Scorpio (October 24 – November 21): You can use what you already have and create something interesting. Keep busy so that you're not tempted to cave to a whim that leads to regrets. Avoid those who urge you to give up on your goals. Research anything being sold with a lot of flash and fancy claims.

Sagittarius (November 22 – December 21): Radical changes can be disappointing and can leave you feeling "out in the cold." Life is short though, if a situation can't be fixed, move on. View setbacks as challenges. You're in a position of power in most things so manage what you can and let the rest go.

Capricorn (December 22 – January 19): Time to complete an outstanding project. Though you love your family and friends they can be distracting. Find a work space where you won't be interrupted. Don't assume others are as sensible or dependable as you are. Double-check another's commitment level.

Aquarius (January 20 – February 18): Make sure you are in on decision making conversations when you're in a group. Being part of a team is great as long as you are appreciated for your unique abilities and skills. Following another's lead loses its appeal if they don't respect you or your contributions.

Pisces (February 19 – March 20): Find a balance between what you must do and what you really want to do. Be creative in addressing situations. Things can change instantly. Appreciate what you have and be open to an even brighter future. Listening to up-beat music while doing chores keeps you motivated.

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Chaplain's Corner

Forgiveness: Let us begin the journey home...

By Capt Charles Baxter, Chaplain (Dundurn)

One of the essential and most important concept in Christian, and indeed in virtually all major faith traditions, is that of forgiveness and forgiving. We hear and say this in The Lord's Prayer, read of it often in Scripture and many other inspired texts and letters. Often, however, we find it to be something not so easy to complete. We are made in the image and likeness of God but yet the ability to move beyond and look forward encounters impediments and things that pull us back. Memories of past injuries, insults and incidents do not fade away quickly or easily. While we often think of these events of the past in terms of others causing injury to ourselves it is often the things we did in our own past that the mind, the consciousness indeed our own very soul remains fixated and focused upon. Until we can truly forgive ourselves, there will always be difficulty in being able to do so for other people in our lives.

Among the first and most common impediments to true forgiveness is how we understand the word itself! An Orthodox priest, Hieromonk Jonah instructs us that "forgiveness means overlooking the sin or transgression, and restoring a bond of love. It does not mean justifying the offensive action or accepting it as right, nor does it mean justifying one's own anger or sinful reaction. Forgiveness means laying aside our judgments of the other person and our own sinful reactions, and accepting others for who they are."

We can often confuse forgiveness with the concept of "pardon." In many places, most notably like the United States, Presidents and State Governors may have the authority to grant a "pardon" to a convicted criminal and grant them a release from punishment. In a legal sense this means that from the moment the pardon is granted it is as if the individual had never done anything wrong. The records are expunged and the slate is wiped clean. This is not what forgiveness means. The injury or transgression is acknowledged and not magically erased. But

as we just read, it does mean to overlook and restore. And this is where the real work begins with doing these very things for our own spirit and our very own self.

Bishop Kallistos Ware gives us a terrific perspective on this. "A valuable insight into the significance of forgiveness in the Lord's Prayer is provided by the literal sense of the verb "forgive." The primary idea conveyed by this word is "let go," "set aside," "leave behind." It denotes such things as release from captivity, the cancellation of a debt, or the remission of punishment. Unforgiving people grasp, retain, and hold fast; forgiving people let go. Yet, if we let go the memory of an offence, does this not suggest that we condone the evil that has been done? That, surely, cannot be the correct meaning of forgiveness. In the words of Archbishop Desmond Tutu, 'Forgiveness does not mean condoning what has been done. It means taking what has happened seriously and not minimizing it.' To condone an evil is to pass over it, to ignore it, or else it is to pretend that it is not an evil, to treat it as if it were good. But to forgive is something altogether different. There can be no genuine forgiveness that is not truthful and realistic. Let us not practice any evasion. If an evil has been done, then this has to be frankly admitted.

Father Jonah continues "when the bond of trust is broken, we tend to objectify and judge. We do not see the transgressor (including ourself) as a person, but only as an object of anger and hurt. This is our sinful reaction. We then categorize people in terms of their transgression against us. The longer we nurture the anger and alienation, the more deeply the resentment takes hold in our heart, and the more it feeds on our soul. Resentment is a cancer that will destroy us if we don't forgive! It also leaks out and damages our relations with others when we slander and gossip and try to draw others to our own side. Of course, no one should want to hear such things—but we do!"

So when our resentment and anger is directed in-



ward (and often outward at the same time) where does one begin to heal the soul from this damage and spiritual disease? Scripture tells us that this "can be done with prayer and fasting." We are called to awaken from a type of conscious slumber a kind of sleep-walking through life where the anger and resentments keep our emotions high but our awareness and comprehension very low. Just as in the famous parable, the prodigal son "comes to himself" and seeks to return to his father. This is indeed the first and most vital step to take.

Bishop Kallistos Ware instructs wisely on this parable. "It is said of the prodigal, 'while he was yet far off' — is that not true of us? We are far off from our true home, but God runs out to meet us, He puts His arms round us, He unites us to our home, He invites us into the feast." He continues "God is seeking us far more than we are seeking Him. God does not just come out to meet us half way, He comes out far more. If we take one step towards Him, He takes a hundred towards us. So, (the prodigal son parable) is not just a story of repentance. It is a story of the way in which our repentance is accepted. It is a story of the loving father and how He goes out in search of His child and how He loves both His children, both the one that went astray and returned and the one who remained at home."

Let us begin today, then, to start our own personal journey away from the negativity, hurt and resentment by holding on to the evils of the past and take a step towards something better and brighter. However and wherever we choose to worship God will "see us from afar off" and come to embrace us and welcome us home.

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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.

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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.

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

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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.



Your 17 Wing Chaplain Team

From left to right:

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Capt P Gemmiti,
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