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THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

June 13, 2012

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FREE

Wing Commander's Challenge 2012



This year's Wing Commander's Challenge had a great turnout and PSP staff made sure everyone was limbered up by stretching before approximately 700 people participated by either biking and roller blading for 10 KM's or running and walking for 5 KM's. Photo: Alison Dickey

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Rebooting the Paper

The Voxair Goes Digital



Well, it's been a long time coming but The Voxair is finally back online at www.thevoxair.ca. I'd like to sincerely thank all of our readers for their patience as we worked on this project.

Since I took over the job as Voxair manager in February, my top priority has been to update the Voxair and bring it into the digital age. With the launch of our new web page, we've taken a big step towards that goal, but we still have a ways to go from here. But first, I'd like to announce some new features that you can be expecting from us.

Along with access to a pdf copy of our latest issue, we have information about how to submit articles and news tips to us, links to other RCAF news sources, and a digital archive of past issues of the paper. The archive is small right now, but will be growing as fast as we can scan the old issues.

Also, those of you who've picked up the past couple of issues of the paper will notice that we recently added a crossword and Sudoku section. As a means to save space in the paper, we'll be putting the answers up on our website.

Finally, to go along with the new website, we also launched a facebook page. The main purpose of this page, besides giving our readers a forum to talk with us and each other, will be to upload all the photos we take that we just have the space to put in the paper. You can find our facebook page at www.facebook.com/thevoxair.

If you have any comments or ideas about how to make our long overdue transition to the web better please let me know. I can be reached at 833-2500 ext 4120, or send me an email through our web page.

Mike Sherby

VOXAIR

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Security Forces Ready for Anything



Even the Wing Commander, Colonel Blaise Frawley (L), and Wing Chief Warrant Officer Mike Scarcella had to show ID to enter Wing Headquarters. Photo: Sgt Bill McLeod.

By Sgt Bill McLeod
17 Wing Photojournalist

"We're exercising our ability to deploy," said Master Corporal Dave Taylor, 17 Wing Auxiliary Security Force (WASF) Platoon 2 I/C, as he observed and assessed the performance of WASF members as they stopped an officer attempting to bully his way past a check point at 17 Wing Headquarters.

The 17 WASF and the Vital Point Security Force (VPSF) conducted EX STRONG SENTRY, a joint exercise between the security forces, in Winnipeg on 17-18 May 2012. EX STRONG SENTRY focused on battle procedure, recall procedures, duress procedures, improvised explosive device vehicle searches, bomb threat procedures, challenging procedures, radio procedures, check points, and relief in place. The EX also trained the members on conducting individual searches,

detaining an individual, and handcuffing.

"The exercise proved beneficial to the entire Wing's awareness of security procedures in the event the Force Protection Level changes," said WASF Platoon Commander Sergeant Robbie Parrell. "Thousands of identification cards were checked and some members were directed to the ID section with expired cards."

"Hopefully this raises awareness of the entire defence team that everyone is responsible for security," added MCpl Taylor. "If people don't have proper ID to get in an area, they're not getting in."

During the exercise WASF and VPSF members had an opportunity to hone their shooting skills at the St. Charles Rifle Range with both day and night firing. "The night firing utilizing night vision devices proved to be a stepping block to improving our abilities at night

fighting," said Sgt Parrell.

WASF members working the gate were taught the proper standard operating procedures for civilian entry to the Wing which included the issuing of temporary passes and logging their entry.

At every check point throughout the two days WASF members were intentionally tested by the exercise scenarios. Bomb threats, members entering the Wing under duress, and military personnel with no identification were just some of the tests.

As for the officer who attempted to breach headquarters security without ID - he was quickly turned away.

For more information about 17 Wing please visit:

<http://www.rcf-arc.forces.gc.ca/17w-17e/index-eng.asp>

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Winnipeg Infantry Tactical Group Change of Command



Lieutenant-Colonel Sui Wut (L), Colonel Nic Stanton, Honourary Colonel Ray McFeetors and LCol Brett Takeuchi sign the Change of Command certificates. The Winnipeg Infantry Tactical Group (WITG) held a Change of Command Ceremony at Minto Armoury 26 May. Lieutenant-Colonel Brett Takeuchi handed command over to LCol Sui Wut. In addition, there was a Change of Regimental Sergeant-Major Appointment from Chief Warrant Officer Brian Boyd to CWO Jim Seggie. The WITG is made up of The Royal Winnipeg Rifles and The Queen's Own Cameron Highlanders of Canada. Photo: Corporal Bill Gomm

Victoria Cross Winners Honoured at Valour Road Ceremony



Winnipeg City Counsellor Harvey Smith (right), Clifton School student Clarisabel Cati-pon, and Manitoba Minister of Justice and Attorney General Andrew Swan (left) stand by the newly dedicated Victoria Cross plaque. Photo: MCpl Gregory Rutledge



The honour guard from the Queens Own Cameron Highlanders of Canada performed the present-arms during the playing of God Save The Queen.

On Sunday, 27 May 2012, soldiers from 38 Canadian Brigade Group and students from Clifton School unveiled three bronze plaques at the Valour Road Commemorative Plaza in Winnipeg. The plaques honour Victoria Cross winners Corporal Leo Clarke, Sergeant-Major Frederick Hall, and Lieutenant Robert Shankland, all residents of the 700 block of Pine Street prior to serving in WWI. It is believed to be the only street in the world where three Victoria Cross winners lived, and was thusly renamed Valour Road in 1925. The Victoria Cross is the Commonwealth's highest honour for valour in the presence of an armed enemy. Photo: MCpl Gregory Rutledge.

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Private D.G. Mallett shoots a bearing at St. Charles Range during his Basic Military Qualification (Land) navigation exercise. Photo: MCpl Gregory Rutledge



Basic Military Qualification (Land) candidates patrol to their next navigation point at St. Charles Range. Photo: MCpl Gregory Rutledge

By MCpl Gregory Rutledge
38 CBG

This article is part two of a two-part series examining the importance of Basic Military Qualification courses, and their impact on the development of individual soldiers and the Canadian Forces as a whole.

Winnipeg, MB – Serving in the Canadian Army (CA) poses a distinct challenge to those who don its uniform. The nature of modern-era conflicts demand versatility from the CA soldier like never before; they must be prepared to operate advanced military hardware on intuition, and make sound split-second decisions in perilous situations.

CA soldiers train to function equally well in kinetic combat operations (eg. Libya) and asymmetrical warfare (eg. Afghanistan), as well as aid civil powers during natural disasters (eg. Manitoba floods/Haiti earthquake) or during times of unrest (eg. 1970 FLQ crisis). To achieve mission success in such a diverse array of operational environments, the CA requires a rigorous training system to prepare its soldiers for today's and tomorrow's engagements.

The CA's 'Basic Military Qualification (Land)' [BMQ(L)] course serves to fulfil that purpose. It is the army's entry-level training program, which new troops destined for the CA must take following graduation from the general military induction course, Basic Military Qualification (BMQ).

BMQ(L) imbues an army recruit with the fieldcraft, teamwork, and weapons skills needed to begin performing at the highest level. 38 Canadian Brigade Group's Warrant Officer (WO) Sean Fisher, a combat engineer

with eleven years experience and the Course 2 I/C of a recently concluded BMQ(L) (which ran part-time from 06 Jan - 25 Mar 2012) described the objective of BMQ(L):

"I see our job with BMQ(L) is to prepare soldiers to function in the field. It builds on the basic skills they've learned on BMQ, in terms of their personal weapons handling, and focuses on their ability to function as part of a section in a field environment, as opposed to the individual skills they've learned on BMQ."

Private (Pte) Brendan Beaudry, a 17 year-old recent graduate of the 38 CBG BMQ(L) instructed by WO Fisher, joined the CA because he likes adventure and wanted to try something new.

"I like to challenge myself physically, and I thought it'd be a more interesting job, an out-of-the-ordinary kind of thing," said Pte Beaudry. He commented further on his BMQ(L) experience, "I like the weapons, such as grenades, C-9, and the C-6. I like learning about the recon patrols, the defence, section attacks, and all that kind of stuff is really cool."

In addition to operating state-of-the-art weaponry, communications equipment and armoured fighting vehicles, the conflicts of the contemporary global environment tests the modern army soldier with ever-changing rules of engagement (ROEs), enemy combatants that hide amongst civilian populations, and unforeseen crises that can arise at anytime. The CA requires disciplined troops with the capability to assess a situation, and take decisive action based upon their training.

WO Fisher understands this principle particularly well. In 2008, he hunted for buried improvised explosive devices (IEDs) in Afghanistan with the newly procured Expedient Route-Opening Capability (EROC) vehicle suite. WO Fisher recognized a shortcoming in the practices used to employ the new EROC kit, so he devised a more advantageous method that caught the eye of his

chain of command. For his efforts and outside-the-box thinking, WO Fisher received a CEFCOM Commander's Commendation. He sought to pass on the benefits of his lessons learned to the next generation of CA soldiers on his BMQ(L) course.

"Now I have firsthand experience of the importance of IA's and stoppages, and of conducting drills such as self-extraction drills and actions inside an explosive threat environment. My experience lends itself well in terms of providing credibility for me as an instructor, and gives me some insight that goes beyond the textbooks."

"I think your initial exposure to these skills develops your mindset as you move forward, and gives you the basic skill set that you're going to build on throughout your career. The skills you get now are the ones you're going to revert back to 3 years from now, 5 years from now, in times of crisis. They are the skills that are going to follow you through your career as a junior, then a senior NCO."

Pte Beaudry reflected similar sentiments, showing he obviously understood the lessons that WO Fisher strove impart upon his students.

"For the future, you've got to get the basics down, and you've gotta get them down perfectly. That's what the instructors are doing," remarked Beaudry. "It's important so that you get a faster reaction time when you're in danger. You shave seconds off of what could be a life threatening situation."

As the land-based arm of the Canadian Forces, the CA operates in concert with the Royal Canadian Air Force and the Royal Canadian Navy to defend our nation's sovereignty and interests in domestic and overseas environments.

Approximately 20,000 regular force personnel and 16,000 reservists currently serve in the Canadian Army.

Our Mistake!

In the RCAF Run story last issue, the 402 Squadron Pipes and Drums was incorrectly labelled as the RCAF Band. In the Aboriginal Awareness story, WO Martin was listed as joining the Canadian Forces in 1994, when in actual fact it was 1982. The Voxair and the authors of those stories would like to apologize for the mistakes!



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Environmental Sustainability at 17 Wing

Mike Sherby
Voxair Manager

Last week about thirty-five 17 Wing personnel gathered for an intensive two-day course on Environmental Sustainability.

Two Environment Canada Contractors specializing in energy management put on the course, which ran June 5 and 6. It was attended by numerous Wing CE engineers and trades people, as well as representatives from numerous units on the Wing, and focused mainly on sustainability and finding ways to incorporate energy savings into daily operations.

17 Wing Environmental Coordinator Laura Barz was part of the team that helped bring the course to the Wing. Barz, who has a degree in environmental studies from the University of Manitoba, says she was pleasantly surprised by the reception the course got.

"I was very encouraged by their enthusiasm," she says. "This was a good jump start to get the ball rolling and start getting people to think about these things."

The intensive two-day course went over everything from demystifying old wives tales about energy, like how turning off a light switch is supposed to take up more energy than leaving it on, to training personnel



Garth White, and energy manager with Environment Canada conducts an inspection of building 90 with other course participants. Photo: Mike Sherby.

how to do energy assessments and look for energy saving opportunities. Part of the course involved a tour of 17 Wing's Building 90 to try and see if there were any savings that could be found in the building.

"We talked about the good things we found that have been implemented as well as some things that could be improved on. One of the good things was the motion sensing lights in the racquet ball courts and in

the gymnasium as well."

Barz, who has been the Wing's Environmental Coordinator for 3 years now has just recently taken on the role of Wing Sustainability Officer. She says that part of her goal in her new position is to help people incorporate green initiatives into their everyday office routine.

"This is everybody's responsibility, from our engineers incorporating green planning into their current job duties, to those in the office shutting off the lights and turning off their computers in the evening. We really need to look at and focus on sustainability more than we have in the past. It's great for the environment and it saves money."

Stephen Dixon was one of the specialists who led the presentation. Dixon has more than 28 years of energy management experience, and says that we need to be smarter about how we use our energy.

"It's not about sitting around, freezing in the dark. Things like that are knee-jerk reactions. The trick is to just not use more energy than we need to, and to prioritize energy waste."

If you'd like to learn more about how you can implement environmental sustainability into your office duties, please contact the Wing Environmental office at +17WSustainabilityoffice@forces.gc.ca.

RCAF Commanders Commendation



Submitted



On 14 May 2012 the Commander of the Royal Canadian Air Force, Lieutenant-General André Deschamps was in town to present a brief to the Initial Leadership Seminar (ILS) and also to present LCol Gary Hook with the Royal Canadian Air Force Commander's Commendation.

The citation reads:

"Founder of the Flying Supervisors Course, Lieutenant-Colonel Hook has dedicated 13 years to the development and delivery of invaluable education to Officers and Senior

Non Commissioned members supervising Air Force operations. A Commitment over and above the significant demands of his primary duties, his unwavering desire to impart knowledge, places him amongst the elite in the Professional Development realm. Lieutenant-Colonel Hook has personified the core values of the Air Force: Professionalism, Excellence and Teamwork"

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Flying Tigers Make a Splash



Makaela Hurtubise pressing off the block with a great start. Photo: Clint Legg



Troy Legg finishing up the 100 m free coming in for the finish, he had a time of 1:21:35. Photo: Clint Legg

By: Clint Legg
Flying Tigers Swim
Team Volunteer Coach

As another swimming season is nearing its close, the 17 Wing Flying Tigers Swim Team (FTST) continues to rack up impressive finishes in high level Provincial and International swim competitions. On the last weekend in May, the team participated in an International swim competition, the Great Plains Invitational, held at the world class Pan-Am Pool in Winnipeg. The swimmers from the FTST battled it out in a field of over 400 athletes, and made finals (top 16) in every session. One of the most spectacular races came from FTST's Troy Legg, who blitzed up from a bottom seed to win his finals heat in the 100m Freestyle. Another strong showing came from Ryan Neilson who finished eighth in finals in the grueling 100m Butterfly.

The entire team performed exceptionally well under the pressure of an International event, with many swimmers demolishing personal best times with truly awesome performances. The level

of swimming on display was of a high calibre, a testament to the level of dedication and drive every athlete on the team puts into practice and training. Shaving a single second off a race time in swimming requires on average 100 hours of hard work in the pool. With swim times over the GPI weekend dropping faster than a prairie downpour, the FTST athlete's have clearly been working very hard.

With the Great Plains Invitational over, the team has set its sights on the next major competition, the Provincial Finals in June, and the Manitoba/Saskatchewan Championships in July. The team has attended numerous swim meets throughout the swimming year, roughly one a month since September, and these final three, (GPI, Provincials, Man/Sask) represent the culmination of an entire year of training and mental preparation. Some of the team's newer members only started swimming competitively in September, and are now representing the 17 Wing Community at the Provincial level. The team's training

staff is very proud of all the athletes' achievements, attitude, and sportsmanship, and is cheering on every swimmer as they head into the season's final competitions!

The 17 Wing Flying Tigers Swim Team (FTST) is a competitive team of swimmers training at 17 Wing Winnipeg. Practicing at Building 90 six days a week, the team is made up of roughly twenty age group athletes from ages 8 to 17 years of age, and numerous Masters; adult swimmers competing in the Canadian Masters Swim League. The team's focus is on providing military dependants a fun, competitive, professionally coached and affordable opportunity to swim at a high level of skill and competition. The team's training is directed by Head Coach Niall Martin and volunteer coaches, George Meldrum, Mike Hurtubise, and Clint Legg. The team promotes a developmental atmosphere, if you have the will to swim fast and compete, we provide the way. Find out more about the team and competitive swimming on FTST.CA

Dundurn Member Squashes Expectations at CF Nationals



Pte Emma Moore from CFB Dundurn finished in sixth place at this year's CF Squash Nationals. Photo: Submitted.

Mike Sherby
Voxair Manager

Pte Emma Moore definitely didn't take the beaten path to the 2012 CF Squash Nationals. You see, unlike most athletes participating in the Nationals, the athletic Ammo Tech from Dundurn had never played squash competitively before.

It all started when Pte Moore was attending the regional Badminton tournament. As luck would have it, the squash tournament was running at the same time. After the Badminton Tournament finished, Pte Moore was asked if she'd ever played squash.

"I'd played a little bit when I was on my QL3s in Borden, but nothing organized. And they said we only had one girl to send to nationals, and they had a budget for two, so they asked if I was interested," says Pte Moore.

And Moore, a true athlete who had recently played in the regional volleyball tournament gave it a shot. After playing a few practice rounds in the tournament, the staff was impressed enough to offer her a spot in the nationals, and that kicked off a month of rigorous training for Pte Moore.

Mark Fulkerson, the Fitness, Sports, and Recreation Coordinator at Det Dundurn, teamed up with local support and helped to hire a coach from the local YM/

YWCA to help Pte Moore along.

Fulkerson says that helping her with her training is all part and parcel of his job.

"When stuff like this comes along, it's really a combined effort. But we did the best we could for her, and she repaid us for having a very good showing at the nationals for us."

Pte Moore admits that she was a little nervous about the prospect of playing against opponents who have been at the sport much longer than her, but she kept her focus on the task at hand.

"I didn't want to go to Nationals and get my butt kicked or anything. So I got hooked up with a coach in the city, saw her about 4 times in 2 weeks, and I was on my way."

Pte Moore had pretty reasonable expectations going into the tournament, but she says she ended up doing better than expected.

"I knew I had no business winning. I ended up finishing 6 out of 9, which was better than I thought. I figured if I came in second last I'd be happy," she says with a laugh.

On the whole, Pte Moore says she enjoyed playing in the tournament very much, and her time at the nationals certainly hasn't squashed her ambitions.

"I'm definitely going to stick with squash and not do badminton next year."

Dundurn RCAF Run



Jason J. Johnston (Centre), Deputy PSP Manager finishing last of last and being jogged in by CO Major D. Arndt (R) and MWO G. Nichol (L). Nothing like accomplishing the task of finishing an RCAF Run with a little help from your friends. As Jason stated, "Trying to be a good role model and push yourself within your limits; today, after touching the stop sign on the highway and turning back, with the wind in my face...it was hard, I will be sore for the next few days; but I finished."

440 Squadron Awards Ceremony



The Maintenance section received a Wing Commander's commendation from Col Frawley for their continued efforts to safely produce serviceable aircraft all while staffed at levels much lower than some other Squadrons. Cpl Jean received a Wing Commander's commendation for going beyond what was expected of him, and the resulting discovery of a unserviceable engine driven boost pump. He was absent during the presentation.



Cpl Smith received his Good Show award for Flight Safety - he prevented a possible accident by stopping a snowmobile from approaching a running propeller.



Cpl Myers received his For Pro award for Flight Safety from Col Frawley. Cpl Myers went above and beyond and discovered a propeller component that was unsafe and out of specification.



MCpl Doucette received his bar on his CD - 22 years of service from the Commander of 17 Wing/AFTC, Col Frawley.



Lt Pessotto received a WCmdr's coin from Col Frawley for her continued hard work and leadership in the 440 Sqn Orderly Room.



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Wing Commander's Challenge



Commander of 17 Wing/AFTC, Col Blaise Frawley and CWO Mike Scarcella high five participants as they complete the races. "The health and fitness culture on this Wing is actually very prominent, I see a lot of people out exercising on a regular basis and the gym parking lot is always full," said Col Frawley. Photo: Alison Dickey.



The Wing Commander's Challenge is organized by PSP staff in order to give back to the Wing and get people out exercising. Afterwards, they could enjoy a drink and snack in building 21. "The turnout today has been phenomenal, we had just over 600 register for the event but with people dropping in, I'm guessing it was at least 700 if not more," said organizer James Follette. Photo: Alison Dickey.

435 Squadron at Red River College Air Fair



Bill Fraser, Chair of Aviation and Aerospace at Red River College Stevenson Campus stands in front of a CC-130 Hercules from 435 Squadron that was on display as part of the College's celebration of a successful 10 years of offering the Aircraft Maintenance Engineers program. "We're guessing that we've had approximately 5,000-7,000 people show up today," said Fraser. Photo: Alison Dickey



"We had four air crafts that people could go and tour around on including the Hercules from 435 Sqn., the 727, the DC-9 and the CL-215 Water Bomber," said Fraser. The air crafts on display drew a large crowd of onlookers curious to learn a little bit more about how these giant machines can fly so gracefully through the sky. Photo: Alison Dickey

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Winnipeg pays tribute with Diamond Jubilee Candlelight Service of Remembrance



Master Warrant Officer Troy Zuurro and Lieutenant Colonel June Zuurro walk through the ranks of the fallen at the Diamond Jubilee Candlelight Service of Remembrance held at Brookside Cemetery's Military Field of Honour, Stone of Remembrance on Sunday, 3 June 2012. Photo credit: MCpl Colin Aitken.

By: Gloria Kelly

It was a beautiful spring evening on June 2, as hundreds of Winnipeggers attended Brookside Cemetery's Military Field of Honour to honour both Queen Elizabeth II on the occasion of her Diamond Jubilee, as well as Canadian military veterans who have and continue to serve Canada and the crown.

At the Stone of Remembrance, Lieutenant Governor Philip Lee presided over a Candlelight Service of Remembrance, while sea, air force and army cadets from across Winnipeg lit over 12,000 flickering candles, placing them on the grave markers of veterans resting in the Field of Honour. Members of the public attending the ceremony were encouraged to light and place candles as well, especially if there was a grave with special signifi-

cane to them.

Brookside's Military Field of Honour is the oldest and largest in Canada with over 12,000 markers standing row on row in a stately park like setting.

The procession to the Stone of Remembrance was led by 17 Wing Winnipeg Padre, Lt Mark Kalvaitis, following RCAF band piper Sgt Matthew MacIsaac. RCAF band vocalist Sgt David Grenon led the assembly in O Canada and God Save the Queen, while bugler Sgt Michael Plummer played Alert and the haunting Last Post.

In his opening prayer Lt Kalvaitis asked that veterans and those who continue to serve be remembered as they so willingly give of themselves in service to the monarch and country.

Lt Governor Lee said people of all ages are joined by remembrance and that "These small candles represent the light of hope and courage."

For Manitoba's Justice Minister and Attorney General, Andrew Swan, attending the service on behalf of the province, the evening had special meaning. He said every person here in the Field of Honour has a story to tell, one of which was his grandfather. Following the ceremony he visited that grave marker to pay tribute and to place a lighted candle.

Brigadier General Pierre St-Amand, Deputy Commander 1 Canadian Air Division, mentioned how the Field of Honour invokes sorrow in all of us for those we have lost, but also pride for our members who continue to serve.

Silver Cross Mother, Della Morley, accompanied by sea cadet, CPO1 Francine Charter, also laid a Diamond Jubilee commemorative wreath at the foot of the Stone of Remembrance.

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1. Bonus offer is limited to new accounts and is awarded after your first BMO AIR MILES MasterCard purchase. Applications must be received by August 31, 2012. Limit one Bonus offer per Account. The Bonus reward miles will be applied to your Collector account within 45 days after your first card purchase. If you cancel your card within 30 days of opening your account and your annual fee is related, the Bonus AIR MILES will be cancelled. 2. A short-haul flight is a return flight with origin and destination within the same province having a departure date during low season of Jan. 8-Feb. 28; Apr. 1-May 31; Sept. 16-Dec. 15. All Rewards offered are subject to the Terms and Conditions of the AIR MILES Reward Program, are subject to change and may be withdrawn without notice. Some restrictions apply. To redeem for Travel Rewards, you must have accumulated sufficient AIR MILES reward miles in your Dream Balance. Collectors must pay taxes, fuel surcharges and other applicable charges and fees on air travel Rewards. Travel Rewards may be subject to a minimum advance booking and availability from participating Suppliers. For complete details, see current Program Terms and Conditions available at airmiles.ca or call the AIR MILES Customer Care Centre at 1-888-AIR MILES. 3. Merchandise Rewards include all taxes, shipping and handling costs. AIR Rewards offered are subject to the Terms and Conditions of the AIR MILES Reward Program, are subject to change and may be withdrawn without notice. Quantities may be limited and some restrictions may apply. No cancellations, exchanges or refunds for tickets, certificates or merchandise once booked or ordered. See www.airmiles.ca for details. Manufacturers warranties apply to merchandise Rewards.

1. L'offre de prime est valable à l'ouverture d'un nouveau compte de carte MasterCard BMO AIR MILES seulement et la prime est accordée après le premier achat réglé avec la carte. Votre demande doit être reçue au plus tard le 31 août 2012. Limite d'une prime par compte. Les milles de récompense en prime seront portés à votre compte d'adhérent dans les 45 jours suivant le premier achat réglé avec la carte. Si vous annulez votre carte dans les 30 jours suivant l'ouverture de votre compte et que vous obtenez le remboursement des frais annuels qui s'y rapportent, les milles de récompense AIR MILES offerts en prime seront annulés. 2. Dans les présentes, on appelle « vol de courte distance » un vol aller-retour dont le lieu d'origine et la destination sont situés à l'intérieur d'une même province et dont le départ s'effectue en basse saison, soit du 8 janvier au 28 février, du 1er avril au 31 mai ou du 16 septembre au 15 décembre. Toutes les récompenses sont offertes sous réserve des modalités du Programme de récompense AIR MILES; elles peuvent varier et être retirées sans préavis. Certaines restrictions s'appliquent. Pour obtenir des billets d'avion, vous devez accumuler suffisamment de milles de récompense AIR MILES dans votre solde Rêves. Les adhérents doivent payer les taxes, les suppléments de carburant et les autres frais applicables aux voyages par avion obtenus en échange de milles de récompense AIR MILES. Pour les récompenses liées aux voyages, il est possible que les réservations doivent être faites à l'avance et qu'elles soient assujetties à la disponibilité des produits et services des fournisseurs participants. Consultez les modalités du Programme de récompense AIR MILES. Elles peuvent varier et être retirées sans préavis. Certaines restrictions peuvent s'appliquer et les quantités peuvent être limitées. Il n'est pas possible d'annuler, d'échanger ou de se faire rembourser un billet, un chèque-cadeau ou un produit une fois qu'une réservation a été effectuée ou qu'une commande a été passée. Tous les détails sur airmiles.ca. La garantie du fabricant s'applique aux produits offerts en récompense.

Sun, Insect and Gardening Safety Tips

A Reminder from the Community the Community Health Nurse at 17 Wing, Winnipeg:

Sun safety:

- **Fact:** The ultraviolet rays of the sun (and tanning beds) can damage the skin and cause skin cancer.

- **Prevention tips:**

- o Avoid being in the sun between 11:00 hrs and 16:00 hrs-this is when the sun rays are the strongest.

- o Perform outdoor activities in shaded areas or in the early evenings.

- o Wear protective clothing: e.g. hat, long-sleeve shirt, long pants if you must spend time in the sun.

- o If unable to cover-up, use sunscreen with a Sun Protection Factor (SPF) of at least 15, 15-30 minutes before spending time in the sun. Reapply sunscreen to exposed areas as indicated by the product label.

- o Ask your pharmacist about medication that may make your skin more at risk of burning in the sun.

- o The skin of children and teens is at greater risk of being damaged by ultraviolet rays. Avoiding the sun and using sunscreen are especially important for these groups.

- o Keep infants in shaded areas, hydrated, and protected from the heat and the sun. Note: DO NOT apply sunscreen to infants less than 6 months because their skin is too sensitive and absorb the sunscreen.

Insect safety:

- **Fact:** The arrival of warm weather is usually accompanied with the arrival of insects such as mosquitoes and ticks. Certain types of mosquitoes and ticks can carry and transmit serious infections to humans and pets.

- **Prevention tips:**

- o Read the instructions on the label of the insect repellent container before its use for adults and children. Some products provide protection against mosquitoes but not for ticks.

- o Choose an insect repellent registered in Canada and a product that suits your needs. E.g. the higher the concentration of the repellent (DEET), the longer time it will protect you.

- o Use insect repellent and wear light-coloured protective clothing: e.g. long-sleeve shirt, long pants when mosquitoes are most active (dawn & dusk) or where ticks are likely to be present (near the ground, brush, edge of lawn, tall grass). Note: Light-coloured clothing is less attractive to mosquitoes and also allows you to easily identify and remove ticks.

- o DO NOT apply insect repellent to infants less than 6 months because their skin is too sensitive.

- o Products containing active ingredients other than DEET, registered in Canada, can provide some protection against mosquitoes but are less effective. These products include: P-menthane 3,8-diol, soybean oil, citronella.

- o Check your clothes, body and your pets for ticks when returning from areas where ticks can be present. In Manitoba, certain ticks are known to potentially transmit Lyme disease and certain mosquitoes are known to transmit the West Nile virus. Visit the Manitoba Health websites (see address below) for more information.

- o Remove standing water on your property. Mosquitoes develop in standing pools of water.

Gardening safety:

- **Fact:** Gardening can be relaxing and rewarding. Despite these benefits, gardening can lead to injuries e.g. via use of sharp tools, machinery; and expose individuals to infections such as tetanus (lockjaw).

- **Prevention tips:**

- o Wear protective clothing and equipment e.g. sturdy boots or shoes, gloves, long pants, goggles to protect against flying debris, insects and chemicals

- o Avoid gardening between 11:00 hrs and 16:00 hrs to prevent sunburn and overexertion

- o Use insect repellent and wear light-coloured protective clothing: e.g. long-sleeve shirt, long pants when mosquitoes are most active (dawn & dusk) or where ticks are likely to be present (near the ground, brush, edge of lawn, tall grass). Note: Light-coloured clothing is less attractive to mosquitoes and also allows you to easily identify and remove ticks.

- o Tuck-in your shirt in your pants, and your pant bottom into your socks or boots to prevent ticks bites.

- o Read and follow the instructions of gardening tools, equipment or chemicals. Keep tools, equipment or chemicals out of children's reach.

- o Get vaccinated against tetanus (lockjaw). Tetanus bacteria can live in the soil (dirt) and enter your body when the skin is broken. Tetanus booster (needle or shot) is recommended every 10 years for adults.

- o Pace yourself and drink plenty of fluids, especially water.

Health Canada. It's Your Health

June 22 is Bike to Work Day!

Initiated by the City of Winnipeg and Bike to the Future, the purpose of Bike to Work Day is to promote cycling as an alternative way to commute. As you may be aware, 17 Wing and the MFRC will be participating in Bike to Work Day and will have a special "pit stop" near the Wing Chapel during the morning of the 22nd. The 17 Wing Sustainability Office encourages you to not only cycle to work on this event day but to also consider this method of commuting every other day as well. This is because in addition to it being great for your health, cycling can also benefit the environment. Tailpipe emissions from vehicles contain chemicals such as carbon dioxide, nitrogen oxides, hydrocarbons, sulphur dioxide, particulate matter and ozone.

These chemicals have been linked to causing acid rain, destroying the ozone layer and contributing to climate change. In addition to the environmental implications, these chemicals can also affect your health by contributing to smog and other particles in the air, which can trigger respiratory illnesses such as asthma. Therefore, while it is great to cycle to keep in good physical shape, taking your bike instead of your car or the bus will benefit the environment too.

If you would like more information on cycling, there are a lot of resources avail-

able that can assist with making your biking experience more safe and enjoyable. For instance there are new bicycle friendly mapping tools that can determine the best and safest route for you to take to work or anywhere else in Winnipeg that you may want to travel to. These maps can be found online at www.biketothefuture.org and are also available in hardcopy at most of the City's cycling shops. In addition, there are many excellent resources that provide information on cycling safety. The Bike to the Future website has some excellent tips on cycling and if you would like to go even further, the Winnipeg Leisure Guide now offers a cycling commuter course for those wanting improve their cycling skills and confidence. Another great Winnipeg initiative that was created by one of our own 17 Wing staff members is Bicycle Valet Winnipeg. For those who are concerned about the security of their bike, Bicycle Valet Winnipeg is available at most large events in the City and will watch over your bike for free. For information on what events they will be working at this year, visit www.bicyclevaletwinnipeg.ca.

With all of these great resources and initiatives, your cycling commute to work should be a breeze! See you at the 17 Wing "pit stop" on June 22nd.



Faces of The Legion



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various photos: Combat Camera 2012

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Sudoku & Crossword

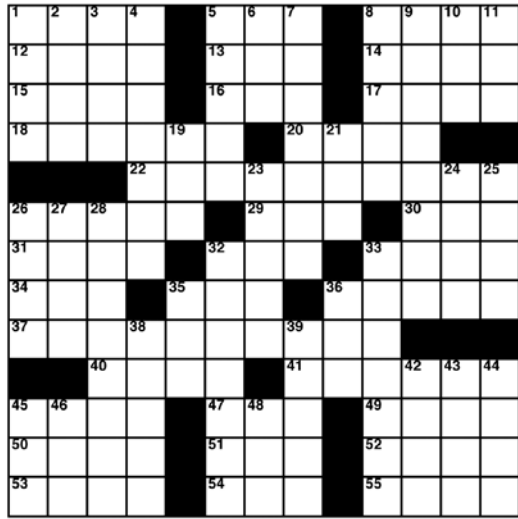
Canadiana Crossword

A Cache of Cronenbergs

By Bernice Rosella and James Kilner

ACROSS

- 1 Dotard
- 5 Mythological bird
- 8 Merganser
- 12 Arab oil org.
- 13 Khan, for one
- 14 Colt's mom
- 15 Command
- 16 Wager
- 17 Mild curse
- 18 Soluble salt
- 20 Horse hue
- 22 1983 Cronenberg movie
- 26 The _____, 1979 Cronenberg movie
- 29 Cancelled
- 30 Song
- 31 Tosses
- 32 Seek political office
- 33 Belgian river
- 34 Pan-Arab org.
- 35 Conifer
- 36 Insensitive
- 37 Distinguished director David
- 40 k.d., for one
- 41 Planks
- 45 Journey
- 47 Self
- 49 Biblical mariner
- 50 Missive
- 51 Trotted
- 52 The Dead _____, 1983 Cronenberg movie
- 53 Placed the ball
- 54 Apple variety
- 55 Eve's amour



DOWN

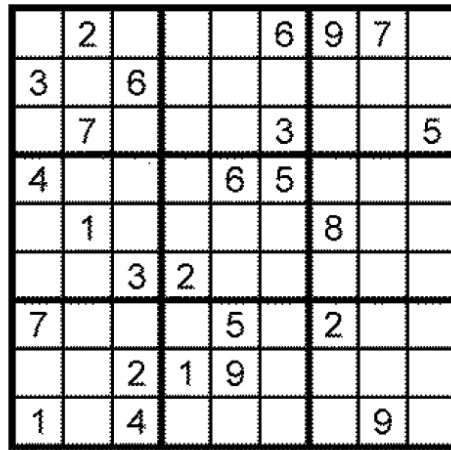
- 1 Qatar capital
- 2 German auto

- 3 Work station
- 4 Spanish eighths
- 5 1976 Cronenberg movie
- 6 Spanish exclamation
- 7 French auto
- 8 Defame
- 9 Flowering tree
- 10 Historical period
- 11 Marry
- 19 Stopper
- 21 Strange
- 23 Lapsed townie
- 24 Universal
- 25 Ogles
- 26 Duceppe's parti
- 27 Bellow
- 28 Outmoded
- 32 Dead _____, 1988 Cronenberg movie
- 33 Gauzy fabric
- 35 Bog
- 36 Assassins reward (Celtic)
- 38 _____ Lunch, 1991 Cronenberg movie
- 39 Black
- 42 Cross
- 43 Actor Andrews
- 44 Noah's eldest
- 45 A. Nobel creation
- 46 Ova
- 48 Space

For Puzzle Results Please Visit:
www.thevoxair.ca

My Sudoku

Rated: Beginner



Using the numbers from 1 to 9 please fill in the blank cells. Each number can be used only once in each row, column, and 3 X 3 block. Each puzzle is rated for degree of difficulty as :
Beginner * Advanced * Master

©My Sudoku #10 vol 1

Philatelist's Corner With Alf Brooks



This year has seen Canada Post issuing a number of stamps and miniature sheets to mark the sixtieth anniversary of Queen Elizabeth's ascension to the throne of Great Britain. One of the last issues is a \$2 stamp and miniature sheet. The stamp shows two portraits of the Queen, one early, one more recent.

Stamp collectors will be reminded of an earlier issue. In 1897 Queen Elizabeth's great-great grandmother, Queen Victoria, celebrated her Diamond Jubilee. Canada then issued a set of sixteen stamps, values a half cent to five dollars, picturing a young and an older Queen Victoria.

Winnipeg Goldeyes Tickets!

The 17 Wing Community Recreation Association has obtained six season tickets for the upcoming 2012 season. These tickets are available to CF military personnel and Community Recreation Association members.

If you are interested in purchasing some tickets please visit building 90 front desk to put your name down on your chosen dates, with the number of tickets you would like to purchase.

Cost per ticket per game is \$12.00

There will be a draw for the games and tickets you have selected. You will be contacted if your name has

been drawn. Please note that, depending on demand, we may restrict the number of tickets you may purchase.

For more information about this ticket offer, you can contact the front desk building 90 local 5139 or Tina Bailey, Comm Rec Director at local 2059.

For more information about the Winnipeg Goldeyes please check out the following website:

<http://www.goldeyes.com/pdfs/2012schedule.pdf>

Look out for the upcoming community Recreation draw for Winnipeg Blue Bombers games and the Winnipeg Jets tickets draw!

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Red River Ex and the CF



Cpl Brown of 38 Brigade explains the water portion of the Youth Challenge at the Red River Ex in 2011. Photo: Sgt Bill McLeod.

By Sgt Bill McLeod
17 Wing Photojournalist

Canadian Forces members and equipment will be on hand at the Red River Exhibition once again this year to give Canadians a better idea about what they do. The Ex will take place from 15-24 June at Exhibition Park, right beside the Assiniboia Downs.

The Red River Ex will be honouring service members on 19 June with a Hero's Day. Entrance to the park will be free for military members, police, and firefighters. Members will be asked to show valid ID.

Visitors to the Ex will see military equipment like the Light Armoured Vehicle (LAV) III from 2nd Battalion of the Princess Patricia's Canadian Light Infantry from Canadian Forces Base Shilo, the cockpit of a CF-18 fighter jet manned by members of the Royal Canadian Air Force, and the Royal Canadian Navy's rigid hulled inflatable boat.

Canadian Rangers will have a display of their equipment and will meet and talk with members of the public.

A Youth Challenge course will be set up and manned again this year by the 38 CBG, and they will also be providing

a number of other displays, including the ever popular exhibition of small arms used by the Canadian Forces.

Canadian Forces members will be on hand to talk to fair goers and answer questions about their jobs. Interactive recruiting displays will also help answer questions about the Canada's military and the numerous jobs and trades in the Forces.

The Canadian Forces will also be providing entertainment at the Ex this year. The world renowned Royal Canadian Air Force Band ensemble 'Jetstream' will perform two shows on the main stage on Hero's Day, 19 June. The ensemble will perform at 4 p.m. and at 5:30 p.m. Some of the members performing are fresh from their win on the Global TV show 'Canada Sings'.

The Mounted Troop of the Lord Strathcona's Horse (Royal Canadians) will also perform at the Ex this year. The 20 horse, 25 member Mounted Troop is coming from Canadian Forces Base Edmonton to put on two shows. The troop will perform on Friday, 22 June and Sunday, 24 June, at 4 p.m. Ex goers are welcome to drop by the stables to see the horses and talk to the riders.

Goldeyes Home Opener



The 17 Wing Flag Party marched into position on the field on 29 May 2012 as part of the Winnipeg Goldeyes Baseball Team Home Opener Event at Shaw Park Stadium in Winnipeg.



Sgt David Grenon and Sgt Cindy Scott of the RCAF Band ensemble 'Jetstream' perform with Goldie, the Goldeyes mascot at the season opener which featured the participation of 17 Wing members. 17 Wing/AFTC also provided ceremonial support in the form of a fly-by and a SAR Tech threw out the first pitch. Photos: Cpl Piotr Figiel



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Heart & Stroke
BIG BIKE
Grand vélo du Coeur

Put Your Heart Into It
Join WINGIN' IT

Date: Thursday, 21 June 2012
Time: 1430 hours
Where: Legislative Bldg

For more information or to register contact:
Health Promotion @ local 4150 or 4995

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

Date: Jeudi, 21 Juin 2012
Heure: de 14 h 30
Endroit: Palais législatif du Manitoba

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

HEALTH AND PHYSICAL FITNESS FOR LIFE
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BIKE TO WORK DAY 2011

Bike To Work Day

www.biketoworkdaywinnipeg.org

Friday, June 22
Join us for breakfast on the Yellow Ribbon Trail
By the Wing Chapel
0630 – 0900 hours

Journée "Au travail à vélo"

Vendredi le 24 juin
Joignez-vous à nous sur la piste
«Yellow Ribbon Greenway»,
à côté de la chapelle de l'Escadre
de 6h 30 à 9h

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
Promotion de la santé dans les Forces canadiennes

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and
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Just don't forget about your mind.**

**Mental Fitness & Suicide Awareness,
Supervisor's Training**

This course is to promote mental fitness and to lessen the incidence of mental health injuries including deliberate self-harm and suicide within the military community.

15 August 2012
0800 – 1600 hrs
Bldg. #135 – Room #132

For additional information and to register contact:
Health Promotion at local 4150

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
Promotion de la santé dans les Forces canadiennes



www.mfrc.mb.ca

204.833.2500 ext. 4500



Upcoming MFRC Programs

ADULT PROGRAMS

MFRC AGM

Wednesday, June 13, 7 p.m.

Boardroom, 102 Comet Street

Our Annual General Meeting for the Winnipeg MFRC will be held on Wednesday, June 13 at 7 p.m. in the Boardroom at the MFRC. Appetizers will be served as a range of topics will be covered and discussed. If you would like to have a say and see what is in the works for the MFRC, please stop in. All community members in attendance will be entered into a draw for an Adult Leather Jacket. Draw will be made at the end of the meeting.

NEXT CHAPTER

Thursday, June 21, 9:30 to 11:30 a.m.

Register by June 15

Are you in the "next Chapter" of your parenting life? Do you have school aged kids, and are you looking to socialize with other parents who have school age kids? This group will help you as you go thru the middle years before the teen years! Each month we will discuss a different topic to discuss while having some fun and food with friends. This program is designed for parents with children ages 6 and up. Child care will be provided if you have other younger children.

CREATIVITY CAFE

Tuesday June 19, 10 to 11:30 a.m.

\$5 per person

Register and pay by June 14

Spring is a time when everything seems to have grown and sprouted up. Well, your kids are no exception! Come out this month as we make an easy portable growth chart.

AROUND THE WORLD IN 11 MONTHS

Thursday June 14 5 p.m. Register by June 8.

\$5 per person (free for 2 years old and under)

No need to pack your bags...just bring your family as we visit Mexico for a FIESTA! We'll provide the passport, dinner and entertainment! Each month staff from the MFRC will be taking you on a wild adventure to a different part of the world. At each event we'll be stamping your passport. The more events you attend the more stamps you'll get, the more stamps you get, the better the prize at our December event.

DEPLOYMENT SUPPORT NETWORK

Monday June 18, 7 to 9 p.m. Register by June 11

Is your loved one away? Would you like to connect with others experiencing a deployment? Join us once a month for a chance to meet new people, make new friends and learn new coping skills in a fun, social setting.

MFRC BOOK CLUB

Tuesday June 26, 10 to 11:30 a.m.

Would you like to expand your book library? Come and join the MFRC's book club. Each month a different host will pick a book to read. During the session, we will discuss the book and answer questions regarding its content. Please call the MFRC for information on the chosen book and where you can get a copy.

FRENCH CONVERSATION WORKSHOP

Thursday, June 21, 6 to 7:30 p.m.

This group will meet to improve its French language

skills. You will have the opportunity to discuss a number of topics in French. Participants must have obtained an intermediate level to attend. Register today, it's free! For more information, call ext. 4515.

SISIP VOLUNTEER APPRECIATION

Thursday June 14 in the evening

Assiniboine Park Conservatory

The SISIP Volunteer Appreciation is a recognition event for volunteers and their families. You must pre register for this event as entrance is restricted to our guest list. For more information, call ext. 4519.

THE BIG COOK

Wednesday June 20 at noon

\$30, Register by June 13

Join us for an afternoon of food and fun. We'll have lunch from 12 to 1 pm, followed by the preparation of 3 take home meals from the book "The Big Cook". This is a great way to get out of the "dinner rut" and create some new meals for your family. Registration and prepayment are required. This month we'll be making 'Lazy Man's Lasagne', 'Taco Toss' and 'Maple Chicken'.

and exchange them for a couple of "new to you" books. When you have finished reading them, come back again and find some more books to read. If there are a lot of participants, there should be a steady supply of new reading material for everyone. Come and check out the two bookshelves of used books any day that the MFRC is open. Happy Reading!

CHILDREN'S PROGRAMS (0-5 YEARS OLD)

DATE NIGHT CHILD CARE

WESTWIN CHILDREN'S CENTRE

Wednesday, June 13 5-7:30 p.m.

Children under 2: \$10, children over 2: \$8

Half price for each additional child from the same family.

Register by June 8.

Leave the kids with us while you enjoy some "grown up" time. For children 1-5 years old: school age children may wish to visit the MFRC Youth Centre. Please call 833-2500 ext. 2491 to register.

CREATIVE TOTS

WESTWIN CHILDREN'S CENTRE

Thursdays, June 14, 21, 28

9:30 to 11 a.m.

This program moves to 102 Comet St. on 28 June for the summer.

Parents/caregivers and children 0-5 come and join us for free play, art, songs and stories. This free drop in program is a great way to meet others and introduce your child to a group setting. Parent participation required. Please bring a peanut free snack for your child.

FUNtastic

Summer Camp for preschoolers

9 - 13 July 2012, 1 to 3:30 p.m.

102 Comet St.

\$50 per child

This program is for children 3-5 years old (or who have not yet entered grade 1). All 5 senses will be used to explore science, art and outdoor play. Registration deadline: 29 June 2012 Call 833-2500 ext. 2491 to register.

CHILDREN & YOUTH (6-18 YEARS OLD)

YOUTH CENTRE BBQ

Friday, June 15, 5 - 9 p.m.

North Side Youth Centre, 102 Comet Street

As a final send off to our loyal Youth Centre attendees, we will be holding a BBQ at the North Side Youth Centre on Friday, June 15th from 5pm - 9pm. The cost is \$5 per participant and includes a hotdog or hamburger, drink, chips and dessert. We will be having carnival games and prizes, as well as other activities for all children 6-12 years old that would like to attend. Sign up before Wednesday, June 13th at your Youth Centre.

*Membership/ Medical forms must be completed! Please see staff for more details.

Thank you all for your continued support of our MFRC Youth Centre's. We will

see you again on September 10th, 2012. Have a great summer!

Stay tuned for more information on the Summer Green Team Drop-In Programs offered at the South Side Youth Centre.

Saturday, June 23, let's celebrate St-Jean-Baptiste Day at 17 Wing!



with live music by



The Winnipeg Military Family Resource Centre is pleased to invite you to the St-Jean-Baptiste Party which will be held on:

Saturday, June 23 at 4 p.m.
17 Wing Officer's Mess

- **BBQ meal:** Hamburger, Hot-dog and Poutine! Meal tickets available for purchase at the door.
- **Kids activities:** magic show, balloon animals, face painting & crafts
- Prizes
- Casual attire

For more information about the St-Jean-Baptiste festivities, please call Mélanie Lyrette at 833-2500 extension 4515.

Please note that all are welcome to attend, Francophone and Anglo-
phone.

Join us to celebrate French Canadian culture!



USED BOOK EXCHANGE

Are you a book worm? Do you love to read? Are you running out of good books in your own library? The MFRC has set up a used book exchange library for people just like you! Bring in your gently read books,

Chaplain's Corner

The Sky is the Limit!

17 Wing Chaplains invite children to SKY


Padre Gordon Mintz
Hangar Line Chaplain

It's time to gly the friendly skies! You know ~ off to the wild blue yonder!! Are you ready for a VBS adventure of a lifetime? Welcome to SKY! The 17 Wing Chaple communities and Chaplains are delighted to announce that this year's Vacation Bible School (VBS) is themed "SKY!" AT Sky VBS, taking off from Tue 3 July – Fri 6 July, kids discover that by trusting God, everything is possible. The Thrill! The Joy! The Freedom! They sky is the limit. Let your imagination take off, and picture kids of 17 Wing families having a blast in a safe, supervised environment! Kids taking flight in the reality of God's love and gaining meaning and relevance to their everyday lives! Your kids having an amazing time making new friends, playing wild games, trying unbelievable experiments and lip-smacking snacks, learning incredible music, and letting their imaginations soar!

Children ages 5-12 are invited to join us. We'll take-off each morning at 9 am and come in for a landing at 11:45 am. You and your kids won't want to miss a minute of the excitement! Each day will feature Up & Away Sing and Play pre-flight briefing where the theme of the day is introduced in songs and skits, Wild Blue Adventures where the stories of the Bible really take flight, Skydive Diner where healthy snacks are served to keep the flight crew in peak performance, All Star Games which will feature outdoor teambuilding games, Imagination Station where safe science experiments show off the wonder of our amazing earth and sky, Chadder's Sky High Movies featuring our Bible Buddy cartoons and movies. Since everything is hands-on, kids might get a little messy, be sure to send them in play clothes and safe shoes. Plus, we'll help kids discover how to see evidence of God in everyday life – something we call God Sightings. Parents, grandparents, and friends are invited to joining us in the VIP Flight Deck section each day at 1130 am, because that's when we'll be having our daily Fly Away Finale – a daily post-flight briefing and celebration of God's love you won't want to miss.

VBS activities will be held in the 17 Wing Winnipeg Chapel. (2235 Silver Ave, off Whytewold/ Wihuri). If you wish to get more information on the program being offered check out the website at <http://group.com/childrens-ministry/vbs/sky>. For more information, or to volunteer (subject to screening and police check), please contact Padre Gord Mintz (Gordon.Mintz@forces.gc.ca) or Ken McLeod (kmcleod1@mts.net). For registration information contact Catherine Landry at the Chaplain's office (204-833-2500 x5087 or Catherine.Landry@forces.gc.ca). The cost is only \$10/child to a max of \$25/family as it is subsidized by the chapel communities.

Come and join us! Tell your friends and family! The Sky's the Limit!!



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Padre Mark Mawson (Wing Chaplain)
Roman Catholic Office 833-2500 ext 5417
Padre Ray Laudenorio
Roman Catholic Office 833-2500 ext. 5272/6914
Padre Frederic Lamarre
Roman Catholic Office 833-2500 ext. 5956
Ms Catherine Landry
W Chap Admin Assistant
Office: 833-2500 ext 5087

Masses (English only)

Tues, Weds, Thurs 1210 hrs
Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS

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

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

Padre Frank Staples (UCC)
Det. Dundurn. Office 833-2500 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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Aries (March 21 - April 19): Sadness and happiness are all part of the cycle of feelings people go through. Without one you could not appreciate the other. Focus on all you have, all that is possible and what brings you joy. A sense of happiness is often determined by how you see your circumstances.

Taurus (April 20 - May 20): Even if you're eager to settle an issue, be patient. You may find you don't have as much control as you thought you did. A breakdown in power or a disconnection from those with power could change your sense of security and test your faith in your ability to exert your will.

Gemini (May 21 - June 21): You've got a strong sense of being able to take charge of your life now. Look for new opportunities as they are out there. Someone is eager to connect with you and wants to relate to you. Expect relationships to develop or deepen. Do things to enhance your sense of security.

Cancer (June 22 - July 22): You can accept what is happening and the people around you without judgment but you don't have to opt to stick around. You're not in charge of fixing everything. Be aware of how things outside of you influence how you feel and behave. Be proactive instead of reactive.

Leo (July 23 - August 22): You might want to forget about the past but others won't let you. If you have over-indulged or acted without thought for others it becomes evident now. If you've helped others unconditionally you'll reap rewards now. If what you want keeps changing you'll never be satisfied.

Virgo (August 23 - September 22): A sense of completion prevails as one door closes. Decide what you want to do next and how you'll do it. There is a wealth of possibilities and you have a greater appreciation of what is best for you. Allow yourself to go through the full range of feelings that surface at this time.

Libra (September 23 - October 23): When assessing a person's character and "fit" use logic but also allow your gut to guide you. If you want to be happily settled in a fulfilling life, do this as well. Listen to what your instincts say. Follow your heart but be practical as well. You can't negate reality.

Scorpio (October 24 - November 21): It's easy to go overboard when you're enjoying yourself especially if you've felt deprived before. So don't neglect your duties. Balance the mundane with the exciting or you could limit your options. Think positive. There are still more adventures ahead. Pace yourself.

Sagittarius (November 22 - December 21): Finally you realize how you can achieve something you've always wanted. You can do the work to make it happen if you can maintain your focus. Keep looking for ways to stay motivated and new ways to integrate positive changes.

Capricorn (December 22 - January 19): You're coming to see people at a deeper level and to understand what others have shared with you. To enjoy vitality and good health you need to embrace moderation. Avoid excess in all areas of life. This includes excessive thinking. You can only review things for so long.

Aquarius (January 20 - February 18): Take time to fully integrate what you have learned in the past then apply it to what you're working on now. When what you want is really important to you, but feels impossible, take things one step at a time. Each small success will motivate you to keep going.

Pisces (February 19 - March 20): You've set your course now stick with it. You're in the home stretch. Your hard work is paying off. Changes are inevitable but right now they have a positive effect. You now feel like you are able to fully express all aspects of yourself. Fully commit to a new way of being.

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