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THE VOXAIR

The Winnipeg Military Community News Source Since 1952

Hurry, Hurry Hard!



17 Wing Commander, Col Eric Charron and 17 Wing Chief Warrant Officer, CWO Jerome Rossignol throw the first curling rock to kick off the 2019 17 Wing Commanders Curling Bonspiel on March 22, 2019 at Heather's Curling Club, Winnipeg, Manitoba. Please see page 3 for complete story and more. Photo: MCpl Justin Ancelin, 17 OSS/Imaging

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claims Silver
in Stone Soup
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VOXAIR



Wing Begins Preparation for Nijmegen Participation



Lieutenant Christopher Maclean leads the 2019, 17 Wing, Nijmegen marching team at 17 Wing on March 20th, 2019. Photo: Cpl Bryce Cooper, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

Corporal Bryce Cooper and Corporal Muhammed Saad are both hoping to be part of the 17 Wing team at the 103rd International Four Days Marches Nijmegen, Netherlands, from 16-19 July, 2019.

Cpl Cooper, who works as an Imagery Technician, and Cpl Saad, from 402 "City of Winnipeg" Squadron, were among 50 personnel in attendance in the canteen at Building 129 on March 14 for a presentation given by Lieutenant Chris Maclean, the leader of this year's 17 Wing Nijmegen contingent, and Master Warrant Officer Michael Tintor, the team second in command.

The Four Days Marches are a walking achievement event that tens of thousands of walkers participate in annually.

"On those days, people from all over the world come to Nijmegen to walk in and around the city and its beautiful wooded surroundings," notes the Four Days Marches website. "Thousands of spectators cheer on the walkers along the route every day. After four days of walking, a glorious entry along the Via Gladiola awaits the walk-

ers, followed by the distribution of their well-deserved Four Days Medal."

The participants are mostly civilians, but there are also a few thousand military participants. Armed Forces and Cadets from all over the world send contingents to take part in the marches. Military participants have numbered around five thousand the last few years, usually marching in teams.

This year, 17 Wing was selected as one of the Canadian Armed Force's 14 teams, Lt Maclean said.

"The difficulty of the march requires extensive training, so selection for this team requires an exempt PT test result and, through the training program, completion of a minimum 500 kilometres marching with the team."

"Training begins in earnest in April, and participants need to be available Mondays, Wednesdays, and Fridays," he said. "Initially, the training will only require half days, but by May will take up full days, limiting availability of your unit's member for primary duties."

May will also include marching the 2019 RCAF Run half marathon as a team.

Lt McLean, a competitive cross fitness athlete and trainer, also noted that there are only eight spaces available for the team because "we have a team lead, a 2 I/C, and a medic."

Final selection of team members will be based in part on the number of training days attended, as well as the successful completion of the compulsory team assessments, completion of the two 40 km compulsory marches scheduled for June 7 & 8, he explained.

"We'd like to have a training team of 25-30," he said. "So, there will be some winnowing the number down. We hope that some people will filter themselves out because they didn't realize how much time commitment there will be."

"We're going to be learning how to take care of our

feet and about nutrition, but the biggest thing is getting those kilometres in because the feet and the mind have to get used to it," Lt Maclean said.

"We are going to represent the CAF and Canada," he added. "We will be ambassadors. I want people who want to be there as part of a team. I want people who want to work together. They're not going to think it's a burden to go and get someone water. They're going to enjoy helping one another."

"I want people who already have a baseline of physical fitness," he continued. "I definitely would like to see people who are looking forward to going to see another country, especially one so connected to Canada through all the conflicts we were part of. People who will appreciate that experience."

As part of the experience, the Canadian contingent will conduct a memorial parade and tour of Vimy Ridge, including the tunnel systems, plus visit the Groesbeek Canadian War Cemetery and Memorial, a military war grave cemetery located in the village of Groesbeek, eight km southeast of Nijmegen.

Cpl Cooper participated in the Nijmegen Four Days Marches several years ago.

"I trained at CFB Shilo and we deployed from there," he said. "It was extremely challenging. I want to do it again because anything that challenging is inherently rewarding too."

Cpl Saad said taking part in Nijmegen is a once in a lifetime opportunity.

"I want to go because I've been in the CAF for over 10 years, and I'm at that point in my life where I would like to participate in this event. Not only for the physical aspect but also because of the historical aspect of it as a soldier," he admitted.

Please see page 7 for more pictures.

Wing Foods Ladles Soup to Help Schools Feed Children

by Martin Zeilig, Voxair Photojournalist

Master Corporal Fraser Ashmead, a chef at 17 Wing Food Services, wasn't disheartened that his Roasted Roma Tomato & Bell Pepper Soup did not win the People's Choice Award at the 2019 Stone Soup competition on March 13 at Manitoba Hydro Place.

It placed second in that category, not bad considering that there were a total of 12 entrants from various restaurants in Winnipeg in the annual event.

Three hundred and fifty people sampled soup during the two hour lunchtime friendly competition.

"It's fun to compete and be part of a fun thing to do," said MCpl Ashmead, noting that Wing Food Services won the People's Choice award at last year's competition with his chipotle corn chowder creation.



Winnipeg Goldeyes baseball team mascot Goldie is first in line to try 17 Wing's Roasted Roma Tomato and Red Pepper Soup during the annual Stone Soup competition. The Stone Soup competition is a fundraiser supporting the Child Nutrition Council of Manitoba held at the Manitoba Hydro Building, Winnipeg on February 13th, 2019. Photo: Cpl Bryce Cooper, 17 Wing Imaging

Stone Soup is the annual fundraising event for the Child Nutrition Council of Manitoba, Wendy Bloomfield, Chair of the CNCM, said.

The CNC of Manitoba is a charitable organization dedicated to helping school children learn, grow, and succeed by supporting breakfast, snack, and lunch programs, notes the organization's website.

"We support over 270 school breakfast, snack and lunch programs throughout Manitoba," Bloomfield said. "We raise over \$20,000 a year for child nutrition programs. The number of programs and the number of schools and the number of children in the program keeps increasing every year. So, the demand for us to provide money to schools to support those programs increases all the time."

The Turkey Brie Asparagus Soup from The French-way Café, made by Chef Ashley Hebel, captured first spot in the People's Choice category.

There was also a Celebrity Choice Award--the winner of which received a silver ladle.

The celebrity judges were Doug Speirs, Winnipeg

Free Press humour columnist; former Winnipeg North NDP Member of Parliament and former MLA Judy Wasylycia-Leis; Josh Romanski, Winnipeg Goldeyes outfielder; and, Big Daddy Tazz, comedian.

The celebrity judges' award winner was a Smoked Brisket Black Bean and Sosken Stout from Brazen Hall, created by Chef Ryan Cruz.

17 Wing Commander Colonel Eric Charron complimented MCpl Ashmead and his assistant, Corporal Melissa Persaud, for their contribution to Stone Soup.

"This Roasted Roma Tomato and Red Pepper Soup is very nice," he said between spoonfuls of the soup. "They've been working on this since Monday."

Grilled pieces of bread and melted Gruyere cheese were set aside on a serving tray to go along with the soup, which MCpl Ashmead ladled out of a large iron cauldron.

"It's a marriage made in heaven," Col Charron said as he dipped the bread and melted cheese into the soup. "The flavours mix in your mouth; the tanginess of the Gruyere and the creaminess of the soup."

Robert-Falcon Ouellette, MP for Winnipeg Centre and former member of the Canadian Armed Forces, commented that Wing Foods always puts on a good spread.

"They're raising funds and that's great," he said. "It's a very nice tomato basil soup, and the grilled cheese sandwich that came along with it was amazing."

He also noted of the fundraiser that we have still have "a long way to go" remove the blight of child poverty.

"In 1988, the Parliament of Canada wanted to eliminate child poverty and here we are in 2019 still trying to do something about it," Ouellette said.

Cpl Persaud said this was her first experience at something like Stone Soup and that it was a pleasure working with MCpl Ashmead. MCpl Ashmead observed that it took about three days to prepare the soup-- from the preparation of a good stock to getting the veggies ready.

"This is my own recipe," he said. "We pooled together with the cooks and we went with what we felt would have the best chance to compete today."

Please see page 7 for more pictures.

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Full House at the Wing Commander's Curling



Competitors are piped in to open the 2019 17 Wing Commanders Curling Bonspiel on March 22, 2019 at The Heather Curling Club, Winnipeg. All photos: MCpl Justin Ancelin, 17 OSS/Imaging

by Martin Zeilig, Voxair Photojournalist

Wearing a patterned Dale of Norway wool sweater, a tartan Scottish beret with floppy red fringes and with a big smile on his face, 17 Wing Commander Colonel Eric Charron seemed to be making a fashion statement at the Wing Commander's Curling Bonspiel at the Heather Curling Club on March 22.

He wasn't the only person having a blast on and off the ice that day at the fun event.

A total of 132 military and civilian personnel participated in the 32-team tourney. Teams paid an entrance fee of \$20.

"Some teams had extra players of five or six, so every came out and rotated through," Rick Phillips, 17 Wing Sports Coordinator and the tournament's organizer, said.

He noted that 32 was the perfect number of teams because with eight sheets of ice, it meant that 16 teams can curl at once followed by the next 16 teams. All games were four ends in length rather than the traditional eight ends.

"A lot of the teams that came out only curl once a year, and it's at this tournament," Phillips said. "There are a lot of different levels of skill."

The action started at 0800 hours with a break at noon for lunch. After lunch, there was a competition to see who could slide a curling stone closest to the button.

"We had a lot of good prizes, curling sweatshirts, hats, toques, curling bags and curling socks," Phillips said. "There was a wide arrange of prizes for everybody. The majority of people coming out received prizes. We make sure that the prizes aren't just for the good curlers. This is one of our better tournaments because everyone comes out in the spirit of fun. It's a great way to end the winter."

Warrant Officer Andreena Clifford, 1 Canadian Air

Division, was relaxing in the observation lounge sipping lemon flavoured water from her water bottle while watching the third game between 402 "City of Winnipeg" Squadron and the A6 Team 2.

"I'm augmenting 402 Squadron," she said, noting that her husband, Corporal Eugene Clifford, was the skip of 402 Squadron's squad.

"The best part of this tournament is the fun," she said. "There are some really great curlers out there."

Rick Harris, Senior Manager PSP, curling on a team named the Sheet Disturbers, was also pleased by the turnout.

"The bonspiel has been re-



Competitors keeping their eye on the button and brooms off the ice at the 17 Wing Commanders Curling Bonspiel.

ally good," he said. "It's fantastic that we can have that many teams from units where they have a day away from work and meet and intermingle with other members of the Wing. It's great. It's nice to get out in a relaxed setting and enjoy the company."

Col Charron admitted that he is not an expert at the roaring game.

"I curl once a year," he said, while mentioning that his choice of apparel, especially the droopy red fringes, drew a few good-natured laughs from fellow curlers. "Curling brings out everybody, folks that have never tried it before. Sweeping a broom when somebody is shouting 'hard' can bring on a sweat. This was a fun competition. It's all about mingling and interacting."

It was a sweeping success.



May the Force(d one) be with you! Competitors getting into the spirit, and costume at the 17 Wing Commanders Curling Bonspiel.



Competitors hop to the sweeping at the 2019 17 Wing Commanders Curling Bonspiel at The Heather Curling Club, Winnipeg.

"LGBT Purge" Class Action Settlement: Who is eligible for compensation?

LGBT PURGE CLASS ACTION SETTLEMENT NOTICE

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APRIL 25, 2019**

from Litigation Implementation Team, DND

Current or former Federal Public Servants, Canadian Armed Forces (CAF) and Royal Canadian Mounted Police (RCMP) members who were directly affected by unfair federal policies due to their sexual orientation, gender identity or gender expression during the period now known as the LGBT Purge (between the mid-50s to the mid-90s) may be eligible to submit a claim for financial compensation and individual reconciliation measures. Claims can be submitted to Deloitte, the court appointed administrator, until April 25, 2019.

In June 2018, the Federal Court approved the Final Settlement Agreement (FSA) in a class action lawsuit launched against the Government of Canada on behalf of CAF and RCMP members and Federal Public Servants who were discriminated against, harassed, investigated, sanctioned, released, or forced to terminate their employment due to their sexual orientation or gender identity during the LGBT Purge.

The settlement includes all current or former members of the CAF, current or former members of the RCMP, and current or former Federal Public Service Employees,

who were alive as of October 31, 2016 and who were affected by one or more of these unfair measures, between December 1, 1955 and June 20, 1996. Family members of a deceased individual who was directly affected by actions stated above may be eligible to receive individual recognition measures, however are not eligible for financial compensation.

The Final Settlement Agreement includes financial compensation at four levels between \$5,000 and \$100,000 and individual reconciliation measures that include the Canada Pride Citation, Personal Letter of Apology, Records Access and File Notation. Class Members who experienced exceptional harm, such as PTSD, or who were sexually assaulted may be eligible for additional amounts. The claims period started on 25 October 2018 and individuals have until 25 April 2019 to submit a claim to Deloitte to request compensation and/or individual reconciliation and recognition measures.

For information on eligibility and how to submit a claim, please visit Deloitte's website (www.lgbtpurgesettlement.com) or call 1-833-346-6178.

Yellow Ribbon Gala a Fun Fundraising Event



17 Wing Commander, Colonel Eric Charron addresses the 2019 Annual Yellow Ribbon Gala Dinner at the Victoria Inn, Winnipeg on February 16th, 2019.

Photo: Cpl Bryce Cooper, 17 Wing Imaging

by Kelly Lalonde, MFRC Staff

The Winnipeg Military Family Resource Centre was thrilled to host the 13th Annual Yellow Ribbon Gala on Saturday, February 16 at the Victoria Inn Hotel and Convention Centre here in Winnipeg.

This annual event is unique in Winnipeg as it brings together the military and civilian communities allowing the MFRC to showcase the programs and services offered to the nearly 4,000 military families in and around Winnipeg and Thunder Bay, ON. The annual event also serves as a platform to share both the positive aspects and the challenges that military families can sometimes face.

This year, the 420 guests were reminded of the hardships that a family of a Canadian Armed Force member may endure as a result of service.

Ms. Anita Cenerini, the 2018 National Silver Cross Mother, shared her deeply moving story of her family's experience with her son's service. She also told of how the emotional support provided by Laurie Jackson BSW, RSW, Family Liaison Officer with the MFRC, has helped her on her journey.

LGen (Retired) Alain J. Parent also shared his personal experiences of the toll the military lifestyle can take on a family, even when not deployed or away from home. His diverse career had taken him across Canada

and throughout the world, but he shared ways of balancing the demands and joys of military and family life.

Events like the Yellow Ribbon Gala are truly a community partnership. This event was made possible with the support of our community and business partners, our volunteers and 17 Wing.

The MFRC would like to publicly thank 17 Wing for the support and assistance given to MFRC throughout the year and in preparation for the Yellow Ribbon Gala. We appreciate all that you do for us and are grateful to have such a wonderful partnership with 17 Wing.

The event support and expertise provided by Adrienne Popke with 17 Wing Publishing, Cpl Bryce Cooper with 17 Wing Imaging and Padre Laura Coxworth with 17 Wing Chaplains was outstanding and sincerely appreciated.

Additionally, the event is also unique in having live music throughout the evening. Thank you to the many musicians who shared their talents; the Royal Canadian Navy Band of HMCS CHIPPAWA who provided light and ambient music during the cocktail reception, MCpl Greg McTavish who provided the piping to begin the evening's program, the MFRC Community Choir for sharing your song selections and the Royal Canadian Air Force Band - Jet Stream, who provided elegant dinner music and then had guests dancing the night away to their repertoire of past hits and favorites from the top of the charts.

A special thank you to Ms. Micheline Girardin for acting as our Master of Ceremonies. We value your professionalism, your touch of humour and the personal stories you shared of your own family connection to the CAF.

And an extra special thank you to the helping hands of our MFRC volunteers. We can't thank you enough!

As a not for profit, registered charity, fundraising dollars are critical to our objectives and having the generous support of these businesses, we are able to direct all proceeds directly into the programs and services military families have access to. Fundraising events are deemed a success not only when attendees enjoy a great evening but also when they raise money.

Thank you to our event partners whose monetary and in-kind contributions allowed us to raise the funds needed for the additional services we provide at the MFRC. Please consider supporting our partners when you are making your purchasing decisions in the community.

Our partners include: Gold Partner - Emergent Biosolutions; Venue Partner - Victoria Inn Hotel & Convention Centre, Wine Partners - Commissionaires, CP Rail and Winnipeg Airport Authority; Cocktail Reception Partner - Magellan Aerospace; Silver Partners - Bank

of Montreal, Deer Lodge Centre and Manitoba Hydro; Printing Partner - Premier Printing; Player's Choice Raffle Partner - Fountain Tire; Candy Bar Partner - Peerless Garments; Sparkling Wine Partner - Liquor Mart; Bronze Partners - AIRPRO SAR, B.A. Robinson Co. Ltd., CARSTAR, Dream Day Décor, Evolution Presentation Technologies Ltd., Maple Leaf Foods, Mordens' of Winnipeg, Qualico, Shelter Canadian Properties Ltd. and West Jet; Prize Partners - MC College, Safeway Charleswood Centre, The Repay Robertson Thuen Team at Coldwell Banker and VIA Rail; Friends of the MFRC - Shopper's Drug Mart Charleswood Centre and St. James Burger & Chip Co.

Part of the FUN in fundraising events are the silent auctions and raffles. The MFRC is grateful for the generous support of our community for contributing to our silent auction and raffle, both through the donation of prizes as well as the purchase of raffle tickets and silent auction bids. Thank you to: 17 Wing Community Recreation, Academy Lanes West, Across the Board Game Café, Boston Pizza Charleswood, Boston Pizza Moray, Carlos and Murphy's, CARSTAR, Chaeban Ice Cream, Chapters, Corina Wappler (Arbonne Consultant), Catherine Coughlin (Crafty Creations Canada), Fort Whyte Alive, Holiday Inn Airport West, Joy Horst (Scentsy), Kite and Kaboodle, Manitoba Children's Museum, Manitoba Museum, Maple Leaf Foods, Master's of London, MC College, McNally Robinson, Melissa Perkins (Tupperware), Rainbow Stage, Ray Duque Automotive Care, Ross Robinson, Rumor's Comedy Club, Safeway Charleswood Centre, Salisbury House, Shelmerdine's, Shelter Canadian Properties Ltd., Sherwin Williams, The Almond Tree, The Keg, The Old Spaghetti Factory, The Real Escape, The Repay Robertson Thuen Team at Coldwell Banker, Via Rail, Vince Mirabelli (Remax First Choice Realty), West Jet, Winnipeg Blue Bombers, Winnipeg Goldeyes Baseball and Winnipeg Jets/True North.

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17 Wing Commander's Honours & Awards



17 Wing Commander, Col Eric Charron & 17 Wing Chief Warrant Officer, CWO Jerome Rossignol present the Special Service Medal - Expedition Medal to PO2 Christopher Fairfax during the Wing Commander's Honours & Awards Ceremony on March 12, 2019 at 17 Wing.
All Photos: LCol John Schwindt, except where noted



MCpl Jeremy Gore received the Special Service - Expedition Bar.



Cpl Steven Arbour received the Special Service - NATO Medal.



Maj Kelly Freitag received the Canadian Forces Decoration 2nd Clasp.



Capt Yves Pruneau received the Canadian Forces Decoration 2nd Clasp.



Maj Alexandre Wakeham received the Canadian Forces Decoration.



Capt Mazine Kapralik received the Canadian Forces Decoration.



Maj Lianne Anderson received the Wing Commander's Commendation.



WO Michael Purll received the Wing Commander's Commendation.



MCpl Blythe Ing received the Wing Commander's Commendation.



Cpl Brian Ross received the Wing Commander's Commendation.



Capt Joseph Park received the Wing Commander's Coin.



MCpl Brent Thompsen received the Defence Aboriginal Advisory Group Award.



LS Dan Della-Vedova received the Special Service - NATO Medal.



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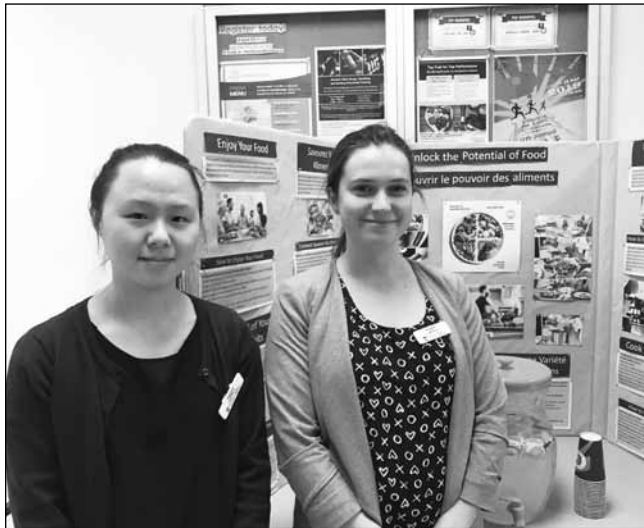


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Nursing Students Help Military Learn New Food Guide



U of M Nursing students Susan Song and April Stampe in the Canex lobby promoting Nutrition Month. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

April Stampe and Susan Song say they have learned something new while working on a project about nutrition for Health Promotion.

The two fourth year nursing students at the University of Manitoba have put together a display to inform about Nutrition Month. They are on a nine week long clinical rotation here.

"We're highlighting the New Canada Food Guide," Stampe said. "We're focussing on their new plate where they have the three food groups instead of the four. The meat and alternatives and milk and alternatives are combined into one forming the protein section. With that section you have the focus on the plant based product."

The New Canada Food Guide recommends eating a variety of health foods each day, says the Government of Canada Food Guide website.

Eating plenty of vegetables and fruits, choosing whole grain foods, eating protein foods, and making water your drink of choice are the main take aways from the new Food Guide. An image of a plate on the website shows is half vegetables or fruit, one quarter proteins, and one quarter whole grain foods.

"Healthy eating is more than the food you eat," says the Food Guide.

"Be mindful of your eating habits. Cook more often. Eat meals with others. Enjoy your food. Limit foods high in sodium, sugars or saturated fat. Eat well. Live well."

Stampe and Song started by doing some research into the new Food Guide getting to know what changes were made from the previous one.

"Then, we put together a poster highlighting all those changes and recommendations," Song said. "It showcases the different part of a nutrition label and how to read the label. Then, we also put together a couple of interactive activities. So, we had a name the food group activity where participants could spin a wheel and then they could name the food group to which that food be-

longed to."

They also did a "create your own plate" activity where participants could make their own plate of food based on the new recommendations, she added.

"With the plate, you wanted half with vegetables and fruit, and another quarter was with the protein foods and the other quarter was with the grain foods to show the new food guide recommendations," Stampe explained.

So far, their project has been on display at the Fitness and Recreation Centre and at 1 Canadian Air Division, she said, noting that they'll also display it at the All Ranks Mess, at a "Lunch and Learn" at the Canex, as well as at 2 Canadian Air Division HQ, and, finally, on the main floor of the Canex.

"I like working here," Song said. "I'm really thankful to have had the rotation here. I didn't know much about the Canadian Armed Forces. So, getting the chance to do my rotation here has been a really great experience."

Stampe stressed that she's definitely learned something new from this project on the New Canada Food Guide.

"For me, one of my biggest challenges is finding the time to make food," she confessed. "I rely on my parents a lot to make food, because I'm still at home. The whole idea of cooking at home with the new Food Guide means you know exactly what goes into it. I brought chili today and yesterday for lunch."

"Just having those pre-made meals in the freezer ready to go is very helpful. That way you know what you are getting. So, having that food pre-made in advance lets you control what you're putting into your body."

Diane Brine, Manager, Health Promotion, said she and her two HP colleagues, Deanne Bennett and Candace Maxymowich, are "thoroughly appreciating" having Stampe and Song work on the project.

"They've really enhanced our ability to provide programming to the members at 17 Wing," she said. "I was very excited when I saw the finished product of their project. It's very well done. They put a lot of work into it."

"They also helped us with Bell Let's Talk," she added. "They help us showcase what we do, which is quite different from what other organizations do. It allows us the opportunity to do those extra projects that we just couldn't do because of the operation tempo we're under."

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Sports Trivia

APRIL FOOLS

by Stephen Stone

1. Which player was red-carded and sent off for head-butting in the final of the 2006 FIFA World Cup?
2. Which player received a nine-match suspension for biting an opponent in the 2014 FIFA World Cup?
3. What is the greatest number of own goals ever scored in a single soccer match?
4. Which golfer submitted an incorrect scorecard costing him the opportunity of a playoff in the 1968 Masters Tournament?
5. At the 2008 LPGA State Farm Classic, this player shot 67, 65, and 67 in her first 3 rounds. She forgot to sign her scorecard and was disqualified. Who was she?
6. Which golfer was leading the 1985 U.S. Open on the final day by four strokes, double-hit a chip shot on the fifth hole scoring a quadruple bogey eight and lost the tournament by one stroke?
7. Which LPGA golfer had to make a one-foot putt on the 72nd hole to seal her first major title at the 2012 Kraft Nabisco Championship, had the putt lip out, and lost the title in a playoff?
8. Which golfer's infidelity is estimated to have cost shareholders in companies he endorsed between 5 and 12 billion dollars in lost share value?
9. Which golfer needed a double bogey six to win the 1999 Open Championship at Carnoustie, Scotland to become the first Frenchman to win the tournament since 1907?
10. This Dallas Cowboys defensive tackle really goofed in the Super Bowl XXVII. He recovered a fumble on the Dallas 38 and rumbled toward the Buffalo Bills end zone for an apparent 62-yard touchdown. He held the ball straight out to the side as he approached the goal line. The ball was swatted out of his hand by Buffalo receiver before he could score. Who was the Dallas tackle and the Buffalo receiver?
11. This first base umpire's blown call in the ninth inning of game six of the 1985 World Series gave the Kansas City Royals a chance to win the game and play in game seven. The Royals beat the St. Louis Cardinals in game seven to win their first ever World Series title. Who was the umpire?
12. In the 1992 World Series, Dion Sanders of the Atlanta Braves was tagged by Kelly Gruber of the Toronto Blue Jays to complete a triple play. Although video replay (on TV as it was not in use by MLB until 2015) showed the tag was made, the second base umpire called Sanders safe. Who was the umpire?
13. On June 2, 2010, Detroit Tigers pitcher Armando Galarraga was robbed of a perfect game with two out in the ninth inning against the Cleveland Indians by the first base umpire. Who made that bonehead call?
14. Which pitcher gave up Joe Carter's come-from-behind home run in game six of the 1993 World Series, that gave the Toronto Blue Jays victory in both the game and the Series?
15. This MLB player was caught twice in the 1989 season with the hidden ball trick at first base – once by Greg Brock of the Milwaukee Brewers and the second time by Dave Bergman of the Detroit Tigers.
16. On August 10, 1995, a game was forfeited to the St. Louis Cardinals because unruly fans threw souvenir baseballs on the field. Who was the manager and the team that forfeited the game?
17. Which heavyweight boxer was disqualified from a world title fight for biting his opponent on both ears?
18. In the 2013 Stanley Cup playoffs, this Los Angeles Kings goalie mishandled the puck giving it to a St. Louis Blues player who was killing a penalty in overtime. He scored, giving the Blues a 2-1 victory. Who was the goalie and who scored the goal?
19. In 2008, which Toronto Maple Leafs goalie allowed Rob Davidson of the New York Islanders to score a short-handed goal on a 197-foot shot from behind his own goal?
20. Just to show even the best can have a brain cramp, which Chicago Black Hawks star scored an empty net own goal?

Sports Trivia Answers on page 14

Around The Wing



Lieutenant Christopher Maclean leads the 2019, 17 Wing, Nijmegen marching team at 17 Wing on March 20th, 2019.
All photos: Cpl Bryce Cooper, 17 Wing Imaging



Lieutenant Christopher Maclean leads the 2019 17 Wing Nijmegen marching team at 17 Wing on March 19th, 2019.



The tables are set for the 2019 Annual Yellow Ribbon Gala Dinner at the Victoria Inn, Winnipeg on February 16th, 2019.



Sgt Cindy Scott sings with the 17 Wing Choir during the 2019 Annual Yellow Ribbon Gala Dinner at the Victoria Inn, Winnipeg on February 16th, 2019. Photo: Cpl Bryce Cooper, 17 Wing Imaging

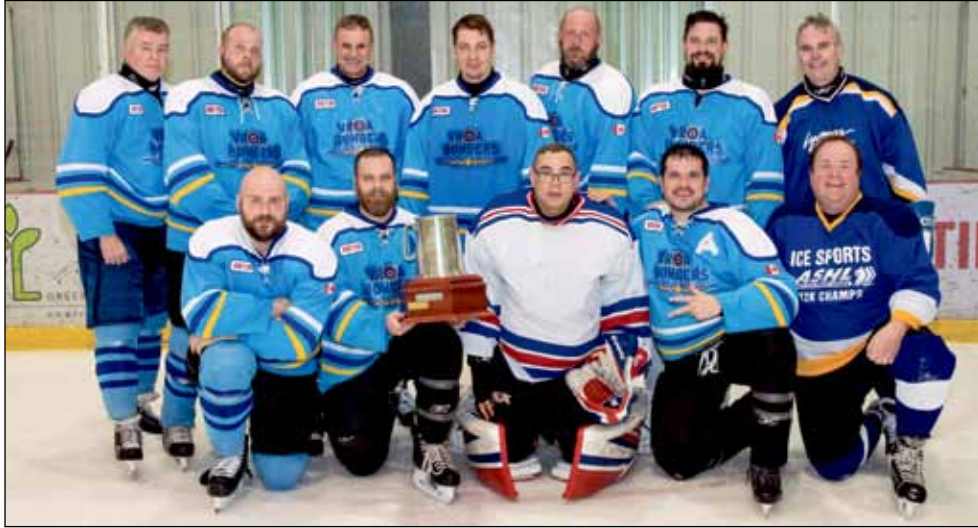


17 Wing Commander, Colonel Eric Charron speaks with a Winnipegger during the annual Stone Soup competition.



17 Wing Food Services, Master Corporal Fraser Ashmead and the Winnipeg Goldeyes baseball team mascot Goldie during annual Stone Soup competition.

Around The Wing



The Mynarski Bombers pose for a team photo following their winning the C Division in hockey at 17 Wing Winnipeg on March 20. All photos: Bill McLeod, Voxair



The Wing Construction Engineering Beavers pose for a photo after they finished second in the C Div in 17 Wing Hockey on Mar 20.



MCpl Gallant, team captain for the Mynarski Bombers, accepts the trophy for winning the C Div in hockey from the 17 Wing Sports Coordinator, Rick Phillips on Mar 20 at the Bell MTS Iceplex.



The Wing Construction Engineering Beavers (red jerseys) met the Mynarski Bombers (blue jerseys) in the finals of the C Div in the Intersection Hockey on Mar 20. The Bombers defeated the Beavers 5-1, although the competition was fierce throughout the game.



The 38 CBG HQ team defeated the RP Ops Yellowjackets to win the B Div in 17 Wing hockey on March 20 at the Bell MTS Iceplex.

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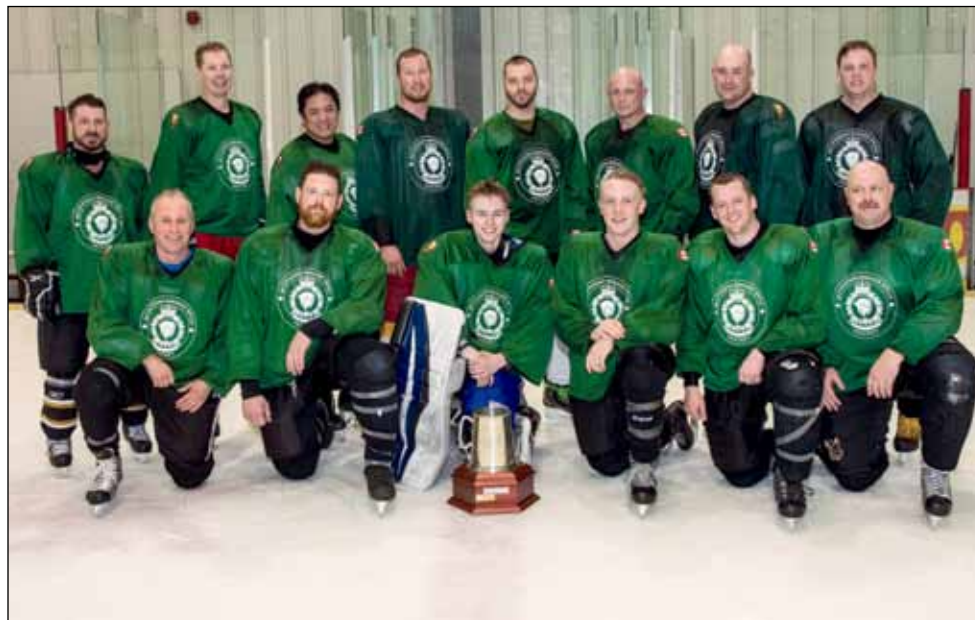
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Around The Wing



The RP Ops Yellowjackets finished in second place in the B Division in intersection hockey at 17 Wing Winnipeg on March 20 at the Bell MTS Iceplex.



38 CBG HQ team won the B Div of intersection hockey at 17 Wing Winnipeg on March 20 at the Bell MTS Iceplex.

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LCol Desrochers accepts the trophy on behalf of the 38 CBG HQ team for winning the B Division from 17 Wing Sports Coordinator Rick Phillips on March 20 at the Bell MTS Iceplex.



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Who we serve

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Where you can go for help

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À qui s'adressent nos services

Tous les vétérans, les militaires, les
membres de la GRC et leur famille.



Ce que nous faisons

- examiner les plaintes et y répondre
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CALENDRIER COMMUNAUTAIRE

27 mars • Capteur de soleil

• **Bibliothèque de Saint-Boniface**

28 mars • Activité à la Biblio-Chouette

• **Bibliothèque de Saint-Boniface**

29 mars • La Ligue d'improvisation du Manitoba
– demi-finale • **CCFM**

29 mars • Ce soir ça s'passe • **CJP**

29 mars • Apéritif communautaire

• **Union Nationale Française**

2 avril • Mardi Jazz – Keith Price • **CCFM**

9 avril • Mardi Jazz – Jocelyn Gould • **CCFM**

4 avril • Soirée chansonnier • **USB**

5 avril • La Ligue d'improvisation du Manitoba – finale
• **CCFM**

7 avril • Le Club de l'A.R.A.C. • **Accueil Colombien**

Exposition:

4 au 29 mars 2019 • Nous • **USB**

14 mars au 16 mai • Ralentir le temps • **CCFM**

Pour plus d'informations et pour voir le calendrier au complet, visitez le <http://www.sfm.mb.ca/calendrier>

Learning From the Past to End Racial Discrimination

by Martin Zeilig,
Voxair Photojournalist

Winnipeg military members were invited to the screening of the 45 minute docudrama, *Long Road to Justice-- the Viola Desmond Story*, which was shown in the Netherlands Theatre, Building 135, on March 21, the United Nations International Day for the Elimination of Racial Discrimination.

Captain Sonny Brown, Military Co-Chair of the CFB Winnipeg Defence Visible Minority Advisory Group, introduced the film.

The International Day for the Elimination of Racial Discrimination is observed annually on 21 March. On that day, in 1960, police opened fire and killed 69 people at a peaceful demonstration in Sharpeville, South Africa, against the apartheid pass laws.

"Racist extremist movements based on ideologies that seek to promote populist, nationalist agendas are spreading in various parts of the world, fueling racism, racial discrimination, xenophobia



Members of the military and surrounding community watch a screening of the *Viola Desmond Story* for International Day for the Elimination of Racial Discrimination on March 21st, 2019 at 17 Wing.
Photo: Cpl Angela Gore, 17 Wing Imaging

and related intolerance, often targeting migrants and refugees as well as people of African descent," says the UN website.

The United Nations General Assembly has reiterated that all human beings are born free and equal in dignity and rights and have the potential to contribute constructively to the development and well-being of their societies.

"E. Tendayi Achiume, in her recent report on nationalist populism, analyzed the threat posed by nationalist populism to the fundamental human rights principles of non-discrimination and equality," notes the UN. "She condemned nationalist populism that advances exclusionary or repressive practices and policies that harm individuals or groups on the basis of their race, ethnicity, national origin and religion, or other related social categories."

"In her report on glorification of Nazism online, Ms. Achiume identified recent trends and manifestations of glorification of Nazism, neo-Nazism and other practices that contribute to fueling contemporary forms of racism, racial discrimination, xenophobia and related intolerance. She highlighted States' obligations under human rights law to counter such extreme ideologies online, as well as the responsibilities of technology companies in the light of human rights principles."

Born and raised in Halifax, Viola Desmond trained as a teacher but soon joined her husband Jack Desmond in a combined barbershop and hairdressing salon, a beauty parlour on Gottingen Street.

While expanding her business across the province, Viola went to New Glasgow in 1946. She had car trouble and while it was being repaired she decided to attend a movie. In Nova Scotia, black people were expected to sit in the balcony but being unaware of the policy she took a seat on the main floor. When asked to leave she refused and the police were called. They arrested her and dragged her from the theatre damaging her hip. At that point she decided she was going to fight the injustice and bring attention to Canadian segregation.

She was pardoned 63 years later based on the injustice of her conviction.

"Today, we commemorate this day not only to foster remembrance but to also honour those whose suffering and/or deaths eventually contributed to bringing some positive change in the world," Capt Brown, 34, who is originally from Sierra Leone in West Africa, said in his opening remarks. "Canada, which has since become an increasingly diverse nation, was one of the first countries to support the United Nations initiative to designate 21 March as IDERD and launched its first national annual campaign against racial discrimination in 1989."

He also pointed to the "huge progress" Canada has made collectively as a nation towards eliminating racial discrimination while recognizing that we still have a long way to go.

Capt Brown noted that this year's theme is Addressing Intersectionality-- Achieving Equality.

"It's only fitting then that we are going to be screening the documentary on Viola Desmond," he continued. "Viola Desmond embodies the Canadian values of commitment to diversity, inclusion and equality."

Today, 50 years after her death, she serves as an inspiration to many and she's also on the 10-dollar bill, Capt Brown observed.

"We celebrate our inclusivity as a military and public service," said 17 Wing Commander Colonel Eric Charron following the screening. "In our society, there is still discrimination. And, the CAF and public service being a microcosm of Canadian society, we have to recognize that there are still individuals, even in our midst, who are still not making that leap that racial discrimination is not acceptable. We have to bring this into the light."

College Corner



Aerospace Studies Program 71 Visits Aerospace Industries in the US

From 18-22 February 2019, the students and staff from the Aerospace Studies Programme Serial 71 travelled to St Louis, Missouri and Dallas, Texas on a Military Industrial Visit to meet with representatives in the aerospace industry based in those cities. At Boeing, the group had the opportunity to see the F18 Super Hornet and 777 Wing production lines. At Lockheed Martin, students spent a full day visiting each of the Mission and Fire Control and Aerospace divisions and had the opportunity to tour their F35 production line. And finally, the group spent a day at L3 Technologies, visiting their upgrades and overhaul facility. The students were fortunate to be accompanied by Brigadier General Leblanc, Commander of 2 Canadian Air Division, who signed on as the tour commander and lent his insight and experience to the discussions with industry representatives. The Aerospace Studies Programme provides graduates the skills to identify, acquire, test, and evaluate new capabilities and technologies for the RCAF. During the 11-month program, the students gain the advanced technical background and project management skills necessary for effective engineering and project leadership.

As part of the course, students tour various national and international military and industrial organizations. In addition to this visit to companies in the US, students participate in Military Industrial Visits in Canada and Europe.





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4 & 5 April 2019
0830 - 1600 hrs
4 et 5 avril 2019
08h30 à 16h00

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Blast Off the Pounds À l'assaut des kilos

7 May - 24 July 2019
7 mai - 24 juillet 2019



In the Blast Off the Pounds (BOP) program you will take part in courses on healthy eating, injury prevention and training principles as well as instructor-led PT sessions! While coached throughout this program, the objective is to become equipped with the tools to work out safely on your own and make the right choices to lead a healthy and active life.

Dans le cadre du programme À l'assaut des kilos, vous participerez à des cours sur la façon de manger santé, de prévenir les blessures et de s'entraîner. Les séances de formation seront données par un instructeur. Vous serez encadré pendant tout le programme dont l'objectif est de fournir aux participants les outils nécessaires pour s'entraîner seuls en toute sécurité, et pour prendre des décisions éclairées qui mènent à l'adoption d'un mode de vie sain et actif.

Make the commitment, sign up today!
Engagez-vous et inscrivez-vous maintenant!



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Formation du Superviseur

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Just don't forget
about your mind.

C'est bien de prendre
soin de votre corps,
mais n'oubliez pas
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25 April 2019 0800 - 1600 hrs
25 avril 2019 08h00 à 16h00

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Online order payment by credit card only.
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PICK UP / RAMASSER WED • 23 JAN • MER.	PICK UP / RAMASSER WED • FEB 20 FÉV • MER.	PICK UP / RAMASSER WED • 20 MAR • MER.	PICK UP / RAMASSER WED • APR 17 AVR • MER.
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10 May 2019
0800 - 1600 hrs

10 mai 2019
08h00 à 16h00

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- Plan and prepare for training and competition
- Learn how to adjust your eating to lose weight or bulk up

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National Défense nationale Operation HONOUR

RESPECT IN THE CAF WORKSHOP RESPECT DANS LES FAC

17 April 2019 0800 - 1600 hrs
17 avril 2019 08h00 à 16h00

The "Respect in the CAF" workshop is intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support victims.

L'atelier « Respect dans les FAC » vise à promouvoir le respect au sein des FAC en favorisant la prise de conscience et la compréhension pour encourager les membres à lutter contre l'inconduite sexuelle et à soutenir les victimes.

This course is Coded! Il s'agit d'un cours auquel on a attribué un code!



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aux autres drogues, au jeu excessif et au jeu électronique

11 & 12 April 2019
0800 - 1600 hrs
& 0800 - 1200 hrs

11 et 12 avril 2019
08h00 à 16h00
et 08h00 à 12h00

Recognize and respond to early warning signs and develop effective interview skills.
This training is course coded and is required for all military in a supervisory role.
DAOD 5019-7

Reconnaître les premiers symptômes et savoir y réagir. Apprendre à faire des entrevues efficaces.
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17 Wing Winnipeg
17^e Escadre Winnipeg

Registration for Spring Swimming Lessons 2019

Memberships -- begins Wednesday March 13
Non-memberships -- begins Wednesday March 20
Classes begin the week of Tuesday April 2

Inscription pour les Cours de Natation du Printemps 2019

Adhèrent -- commence le mercredi 13 mars
Non-adhèrent -- commence le mercredi 20 mars
Les classes débuteront le mardi 2 avril



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PROGRAMS WITH REGISTRATION

MONTH OF THE MILITARY CHILD KICK OFF DINNER

Spaghetti dinner. Lactose free and vegetarian options. Wednesday 1730 – 1930 April 3. Adults \$3 Kids 12 and under eat free! Register by March 27

MAKE AHEAD MEALS

Prep meals so they are ready to go from the freezer. Sat. 1300 – 1500 April 6. \$40 register by April 1.

RESTORATIVE YOGA

Move, Stretch. Relax. Mon. 1900 - 2000 April 8 \$10 Register by April 1

SPRING EGG HUNT

Bilingual event! for families. Songs and stories followed by an egg hunt. Saturday 1430 – 1600 April 13 Register by April 3

LEARN TO...SPRING WREATHS

Come make an Easter or spring themed wreath. Wed. 1800 – 2000 April 10 Register by April 3

CARE FOR THE CARE GIVER GROUP

If you are supporting and/or taking care of a military member who is ill or injured, this is a chance to find support from others and learn techniques to help you cope better. Thurs. 18 April 1800 - 2000 Free. Register by April 11 call 204-833-2500 ext. 4478

SPECIAL NEEDS CONVERSATION GROUP

Meet with others in our community to discuss challenges and rewards of managing special needs, as well as networking and sharing information about services and resources. Thurs. 1900 - 2100 April 25. Free. Register by April 14

CASE CONFERENCES

Prepare for your case conference. Presented by a legal professional. Wed. 1800 – 2000 April 17

CASE CONFERENCE CONFERENCE DE CAS

Learn how to prepare for yours!
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 Wednesday April 17 6 - 8 pm
 Register by April 10
 Open to everyone in the DND community



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Thursday, April 4 | 1900 - 2100
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Fun and games for people
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 must accompany participants.



Learn to...
 Apprenez à...

Spring Wreaths Couronnes de printemps

Wed. April 10, 6 - 8 pm
 \$10 Register at
 the MFRC by April 3



DEPLOYMENT ACTIVITY FOR KIDS AT BUILD A BEAR

You and your child/teen will create a very special stuffy. Sun. 1000 – 1200 April 28. Register by April 22 \$10 per child.

DEPLOYMENT DINNER DATE

If you have a loved one preparing to deploy or is currently deployed or has recently returned from a deployment, allow us to organize dinner for you and your family. Tues. 1700 - 1900 April 30. Register by April 22. \$5 per adult and \$3 per child (5-12), under 4 free with a max \$20 per family.

SPECIAL EVENTS

COMMUNITY COFFEE BREAK

Visit with community members, pick up resources, register for programs and meet with staff. We have door prizes, occasional special guests and announcements. Thurs. 1000 - 1100. Feb 7. Free. Drop-in.

PINK PANCAKE BREAKFAST

Come celebrate diversity and stop homophobia, transphobia, transmiogyny and all forms of bullying. Wed. 0700 – 0900 April 10

FAMILY SOCK HOP

Close the month of the Military Child. Friday 1800 – 2100 April 26. \$5 per family at the door.

ADULT PROGRAMS

Employment & Education Support Group

This small group environment is dedicated to offering a socially supportive atmosphere for spouses who are looking for employment. Tuesdays, 0930 – 1130. Free. Drop-in.

EMPLOYMENT SPEAKER SERIES

New topic weekly. Follow us on Facebook to find out the topic. Tuesdays, 1300 – 1500 Free. Drop-in.

CAFE FRANCAIS

Join us for a coffee and chat in French. This is a perfect opportunity to practice your French. Wednesdays 930 - 1130. First and Second Wed. at MFRC. Fourth Wed. École Roméo Dallaire. Free. Drop-in.

FRENCH LUNCH AND CHAT

Bring your lunch to the MFRC and enjoy French conversation. For confident, intermediate level and advanced level. Thursdays. 1230 - 1315 Free, Drop-in.

CRAFT DROP-IN NIGHT

Are you a knitter, scrap-booker, card maker or other crafter? Pack up your supplies and work on it in our space, in the company of other crafters. We have 8 ft. tables! You have room to work! Mon. 1830 - 2000 April 15. Free. Drop-in.

CRAFT DROP-IN AFTERNOON

Are you a knitter, scrap-booker, card maker or other crafter? Pack up your supplies and work on it in our space, in the company of other crafters. We have 8 ft. tables. You have room to work! Wed. 1330 – 1500 April 17. Free. Drop-in.

SOUTH SIDE COFFEE

French or English, parent or not, kids at home or empty nest...everyone is welcome! Wed. 930 -1100 April 17.

MATURE WOMEN'S GROUP

Join us for an evening of coffee and conversation as we discuss topics geared to midlife. If you're a 45+ woman this is a great way to meet others while sharing your wisdom and expertise about navigating life's journey. Mon. 1900 – 2100 April 29 Free. Drop-in.

PARENT & FAMILY PROGRAMS

A PARENT COMMUNITY

A 'community' of parents will discuss topics related to parenting children of all ages. Fridays 0930 - 1130. Free. Drop-in

A PARENT GROUP

Join us for parenting discussions and networking. Wed, 1800 - 2000 April 10 & 24 Free. Drop-in.

Parenting Together At Night

Join us for a parenting group in the evening. Wed., 1830 – 2030 April 17. Free. Drop-in.

NEW RECRUITS PARENTS CAFE

Calling parents of a new military member! Come learn about the services the MFRC can offer you and your family. Light refreshments will be served. Sat. 1100 - 1200 April 27. Free. Drop-in.

CHILDREN & YOUTH PROGRAMS

CREATIVE TOTS

Facilitated play group at our 'South Side'. Parents are required to stay. Bilingual. South Side Youth Centre, 347 Doncaster St. Tues. and Thurs. 0900 - 1100. Free. Drop-in.

APRIL IS

MONTH OF THE MILITARY CHILD



KICK OFF DINNER

Wednesday 3 April
 5:30 - 7:30 pm
 MFRC 102 Comet St.
 RSVP by March 27
 Kids 12 and under free
 Others \$3

FAMILY SOCK HOP

Friday 26 April 6 pm - 9 pm
 Everyone welcome
 South Side Youth Centre
 347 Doncaster St.
 \$5 per family at the door

CHASSE AUX OEUFs DE PÂQUES SPRING EGG HUNT

Saturday April 13 | Samedi 13 avril

1430-1600 | 14 h 30 à 16 h

\$2 per child | 2\$ par enfant

événement français
 a 'french first' event*

Register by Wednesday April 3

Date limite d'inscription : 3 avril

Parent/Guardian required to stay.

Parent ou tuteur doit demeurer sur les lieux
 *this event is in French but everyone is welcome



Sports Trivia Answers

1. Zinedine Zidane of France was sent off for head-butting Marco Materazzi of Italy. Italy won the game on a penalty shootout.
2. Luis Suarez of Uruguay bit Giorgio Chiellini of Italy hard enough to leave teeth marks. Suarez was also banned from any football-related activity for four months and fined 100,000 Swiss Francs over the incident. It was his third biting offence.
3. In October 2002, SO l'Emyrne scored 149 own goals in a match against AS Adema for the national championship of Madagascar. The match was part of a four-team round robin playoff. SOE had been held to a 2-2 draw in their previous match against DSA Antananarivo during which the referee awarded a late and disputed penalty. The draw knocked SOE out of the title race. SOE decided to protest in their next match by kicking the ball into their own goal after each kick-off while the AS Adema players stood looking bemused. It was reported that spectators descended on the ticket booths to demand a refund. It's in the Guinness Book of World Records.
4. Rober DeVicenzo of Argentina. DeVicenzo birdied the 17th hole of the final round, but playing partner Tommy Aaron incorrectly marked a 4. DeVicenzo failed to catch the error and signed the scorecard which dropped him out of a tie with Bob Goalby. It was Goalby's only major championship. On discovering his mistake, DeVicenzo's comment was, "What a stupid I am."
5. Michelle Wie.
6. T.C. Chen of Taiwan earned the nickname "Two-Chips Chen" for the shot and lost to American Andy North. Chen also scored the first ever double eagle in U.S. Open history.
7. K. Kim of Korea lost the championship to Sun-Young Yoo, also of Korea, who won with a birdie on the first extra hole.
8. Eldrick Tont "Tiger" Woods.
9. Jean Van de Velde held a three-stroke lead going into the 72nd hole but shot a triple bogey seven to send the Open into a four-hole playoff with Paul Lawrie of Scotland and American Justin Leonard. Lawrie won his only major title after coming back from a ten-shot deficit at the end of the third round.
10. Dallas – Leon Lett; Buffalo – Don Beebe.
11. Don Denkinger.
12. Bob Davidson.
13. Jim Joyce, who later issued an apology to Galarraga for the missed call. Galarraga accepted, saying, "Nobody's perfect."
14. Mitch William of the Philadelphia Phillies. Williams was traded to the Houston Astros before the 1994 season.
15. Ozzie Guillen of the Chicago White Sox.
16. Tommy Lasorda and the Los Angeles Dodgers.
17. On June 28, 1997, Mike Tyson bit Evander Holyfield twice in the 3rd round of their heavyweight championship fight. Referee Mills Lane deducted two points from Tyson for the first bite and disqualified him after the second.
18. In goal – Jonathan Quick. The scorer was Alexander Steen who scored both St. Louis goals in the game.
19. Vesa Toskala. It was Davidson's only goal of the season and only his third in 187 NHL games.
20. On January 12, 2014, during a delayed penalty in a game against the Edmonton Oilers, Patrick Kane was deep in the offensive zone, flipped the puck to the point where no teammate resided and watched as the puck slid the length of the ice only to wind up in his own net. The Black Hawks still won the game 5-3.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): You're starting to feel stronger, more comfortable and able to appreciate what you have. An attitude of gratitude helps you see what is truly important to you. What can you let go of? Some may not understand your new priorities. Take a live and let live attitude. No excuses required.

Taurus (April 20 – May 20): Make a list of all you wish to see and do. You can't do everything at once but with a plan in place you won't miss out. Before you join in a discussion make sure you understand the complexities of the situation. Things are not always as they seem. Your assumptions could trip you up.

Gemini (May 21 – June 21): You know when people are padding their tales of woe. Yet you enjoy hearing how far people will stretch the truth. But, attempts at manipulations can wear you out. Set some boundaries. Your own reputation won't suffer when you refuse to facilitate foolishness. Just say, "No."

Cancer (June 22 – July 22): When you listen closely during discussions you discover how revealing an exchange can be. You might be angry at what you hear but it's empowering to get more information on where others are coming from. You can't change anyone but you can decide who you will associate with.

Leo (July 23 – August 22): You're confident in your ability to handle a situation but resist the urge to orchestrate things. Others are savvy to your charming ways and may not always be willing to play along. Some of your choices are leading to unexpected outcomes. Assumptions about your image may be off.

Virgo (August 23 – September 22): You've got a new lease on life. Double check to be sure your beliefs are well founded. Find out where others are coming from; your empathy increases when you strive to understand their reality. Exploring your inner psyche and how you relate to the world is enlightening.

Libra (September 23 – October 23): You have the necessary knowledge and can provide clear, logical insights that build bridges and encourage team work. Others appreciate and respect what you bring to the table. Advocate for others and find win/win solutions. New beginnings are a chance to meet new friends.

Scorpio (October 24 – November 21): Let your instincts and intuition guide you. You'll feel more at home and happy with the changes that result. Strive for a holistic approach to problem solving. You are body, mind and spirit. The interconnectedness you feel with others must also be considered and honored.

Sagittarius (November 22 – December 21): It's not constructive to keep carrying old emotional baggage. The past cannot be changed no matter how much you wish it or worry about it. Live and learn then leave it behind. You'll feel free and full of energy living in the present. Be fully engaged in your own life.

Capricorn (December 22 – January 19): You know where you are who you are and what you want. Now you need to decide on the changes required to move ahead. Re-evaluate your assumptions. You can create the life you want when you let go of limiting beliefs. Stay away from disrespectful or negative people.

Aquarius (January 20 – February 18): Keeping something to yourself has changed you. This is a heavy load to bear alone. You are a student of life. You've learned from your experiences. You couldn't have known everything at the outset anyway. Relax. Life is a journey. Find ways to manage your stress better.

Pisces (February 19 – March 20): You must live your life in a way that aligns with your beliefs. Whether you follow a plan, are pro-active or randomly reactive, you must do what works for you. A mentor or role model can help you stay focused on constructive ways to meet your needs. Daily practice works wonders.

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"You find that you have peace of mind and can enjoy yourself, get more sleep, and rest when you know that it was a one hundred percent effort that you gave – win or lose."

- Gordie Howe

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APRIL 5 – McGiver

ANAVETS DAY

APRIL 6 – Big Dance Band (7:30 - 11:30)

H.M.C.S. Chippawa

APRIL 12 & 13 – Geoff Erickson & The Rockets



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ANAVETS DAY
SHOULDER TO SHOULDER**

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2:30 pm - 12:30 pm

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Meat Draw – 50/50 – Donkey Races

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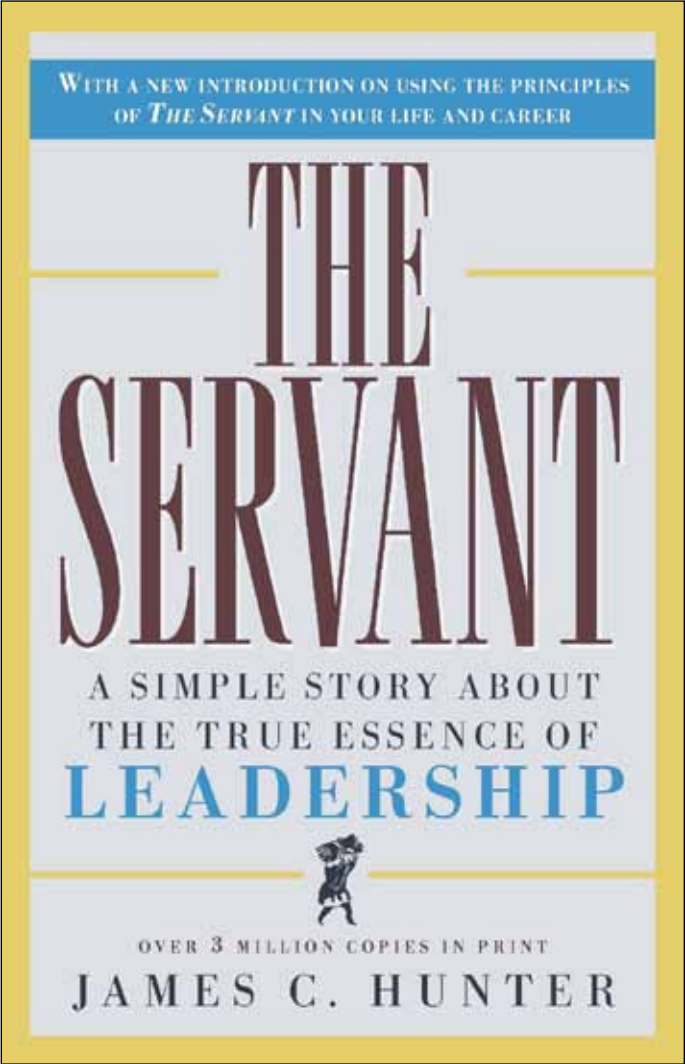
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Chaplain's Corner

Servant Leadership



by Padre Kevin Olive


What's the first thought that comes to mind with the title of this article? Okay, the Chaplain wants to articulate this old idea, that leadership for a "religious" person should embody the practical tenants of their faith, such as from the Christian perspective when Jesus uses the term "I did not come to be served but to serve and give my life as a ransom," or, "Greater love has this when someone lays down their life for a friend." You might also conclude that this form of leading by serving is perhaps symbolic of what faith practitioners should emulate, but in the reality of the day to day work force, that's not the way to run an organization, in particular an organization like ours! Despite these iconic images of a Shepherd leading their sheep, the Servant Leadership model is proving to be one of the main go-to management styles in many of the worlds' leading corporations.

James C Hunter, in his best seller, "The Servant: A Simple Story About the True Essence of Leadership," argues that "Our top-down pyramid style of management is a very old concept borrowed from centuries of war and monarchies." This model of leadership places the shareholders or management at the top of the pyramid and the workers at the bottom of the pyramid. In other words, the workers mainly exist to complete the mission. What's the problem with this model? This model sees the workers as simply a resource to get the job

done (the mission). Of course, today in the CAF we understand that it is Mission first and people always, but it is important that we understand how that breaks down.

The old model used the leadership paradigm of power and position (rank) to get the best out of people and thus complete the mission. It is true to say that the "workers" will get the job done under this construct, but morale will be low and success will be minimal. What research indicates is that the highest morale and the greatest accomplishments come within organizations that promote a style of leadership called influence leadership (Servant). Influence is not necessary based on rank but stems from the idea that the more people perceive that you actually care about them and use your rank to serve them, the inevitable outcome will be that your people will not just get the job done, they will go above and beyond. If you can't get that outcome, then ultimately they may be in the wrong organization since serving the CAF is the common goal for all of us. Why Servant Leadership? Because it is impossible to sustain the mission without positive morale and positive morale is only maximized as relationships are developed along with tasks. Others before self, I think I've heard that somewhere? I like to use this phrase now that I am serving in the Air Force...it's not "Rocket Science" but most people can figure out when you are more about yourself than them.

Faith *and* Life

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GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY SUNDAY SERVICE: (English Only) 1100 hrs COMMUNITY SERVICES: Sunday School: It is held during the service for children ages 3 to 12. Childcare is provided on an as-required basis for children under 3 years of age. Marriage: Contact the chaplain at least six months in advance if possible. A marriage preparation course is a requirement. <i>Please contact the Chaplain before setting the date for the wedding or arranging family travel.</i> Baptism: The Sacrament of Holy Baptism is available by contacting a Chaplain. Baptism Preparation is a requirement. <i>Please contact the Chaplain before setting the date for the baptism or arranging family travel.</i> Protestant Chapel Guild: It meets the first Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.	CHAPLAIN Padre Noteh Glogauer (Rabbi) ext 5272  17 Wing Military Community Chapel 2235 Silver Ave (west off Whytewold/ Wihuri Road)	STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY SUNDAY MASS: (Bilingual) Spring/Summer Liturgy Timings: 9am (Sunday after Easter - Thanksgiving Weekend) Autumn/Winter Liturgy Timings: 4pm (Sunday after Thanksgiving to Easter Sunday) CHAPLAINS Padre Hope Winfield (Roman Catholic Pastoral Associate) - Wing Chaplain ext 5417 Padre Paul Gemmiti (Roman Catholic Priest) - Catholic Faith Community Coordinator ext 4885 TBD - Mental Health Chaplain ext 5086

MAIN OFFICES
Administrative Assistant
204-833-2500 ext. 5087
Building 64,
Lower Level, North End.

EMERGENCY DUTY CHAPLAIN
Contact MP Dispatch ext 2633.

INFO PHONE NUMBER
For chaplaincy services and related information, phone ext 6800 and follow the prompts.

WEBSITE
Those with access to the DIN can visit 17Wing.winnipeg.mil.ca, then click '17 Wing', then 'Services'.

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