



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

April 14, 2010

VOLUME 59, ISSUE 7

FREE

## Dream Machine



Photo Credit: WO Angela Temple

Cpl Mark "Edge" Ejdrygiewicz and MWO Jim Seggie (left to right) with The Barracuda, a dream project of fallen soldier Cpl Michael Seggie. The Barracuda won "Outstanding in Class" at the 2010 World of Wheels held in the Winnipeg Convention Centre. Read more about it on page 9.

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# New HERCs Take To The Sky

## Lockheed Martin Unveils New Aircraft Six Months Ahead Of Schedule

### DND Public Affairs

Canada's first CC-130J Hercules aircraft, tail number 130601, made its maiden flight on March 3, 2010.

The flight took place at the Lockheed Martin Corporation's manufacturing facility in Marietta, Georgia.

The new tactical airlift fleet will begin its introduction into the Canadian Forces in June 2010 with delivery of the first aircraft six months ahead of the original schedule. The contract for 17 CC-130J Hercules aircraft was awarded to Lockheed Martin in December 2007 and was recently

amended to include provisions for fleet maintenance.

The CC-130J Hercules will be based at 8 Wing Trenton, Ont. and will enhance the Canadian Forces' capability to deploy personnel and equipment, both at home and abroad.

Delivery of the new Hercules marks the beginning of another core fleet replacement in line with the Government of Canada's commitment to getting the Canadian Forces the equipment they need to carry out their missions.



Hercules tail number 130601 lifts off on its first flight.  
Photo Credit: John Rossino, Lockheed Martin.



Canada's first CC-130J Hercules taxis out from Lockheed Martin Corporation's facility onto the runway in preparation for its first flight.  
Photo Credit: John Rossino, Lockheed Martin.

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# A Grand Occasion

## AFOD – 1000 Strong and Growing

**Maj Anthony Ament**

SUBMITTED

In March of 2010 another significant milestone was reached in the delivery of The Air Force Officer Development (AFOD) program when the 1000<sup>th</sup> participant registered for a Block 2 serial. Combined with over 300 students who have signed on for Block 3 serials, The Canadian Forces School of Aerospace Studies (CFSAS) has, in just three years, effectively eliminated the delivery gap in air force officer professional development (PD) education.

In 2005 the air force identified that formal PD course were only available to approximately half of the officers wearing light blue uniforms. The old residential instructional model would have required a significant influx of staff instructors, as well as additional classroom and 17 Wing accommodation resources in order to meet the mandate to deliver PD education to all of the officers who needed it. Therefore, in 2006, CFSAS was authorized to cease delivery of the residential courses in order to pursue an alternative approach, relying heavily on distance learning (DL) delivery methodologies, in order to correct this long-standing throughput deficiency.

The AFOD program is being developed, administered and managed by the Canadian Forces School of Aerospace Studies here at 17 Wing Winnipeg. At this time only the Blocks 2 and 3 of the program are available. Block 4 is currently under development and scheduled for release early in 2011. Blocks 5 and 1 will be developed subsequent to Block 4.

AFOD is not just another course. It is a continuous education program for air force officers from the time they finish their basic training, and are recognized as part of the air force, until the point they are promoted to Major. The AFOD program consists of five distinct blocks. Block 1 covers an introduction to the air force and will be designed for the officer who has completed basic training but has not yet com-

pleted Air Force Occupational Classification training. Block 2 is intended for officers in the initial two years of their first occupational posting. Blocks 3, 4 and 5 respectively cover subsequent two year periods in an officer's career. Blocks 1 to 4, the first two thirds of AFOD instruction will be delivered through on-line courseware. The final Block of material will be delivered here in Winnipeg, on a three-week residential culminating phase of the program.

Successful completion of the AFOD program prepares participants for promotion to major and attendance at the Canadian Forces Command and Staff College. Graduate Officers are prepared for Flight and Detachment Commander or other leadership roles within their classifications. They will have a pan-air force understanding of aerospace doctrine, operations, leadership and management that will enable them to operate effectively in air force and joint/combined HQs for both static and deployed operations.

The advantage of the AFOD program is not just that it is able to double the throughput of officers through the program. The complete re-design of instructional material to support the blended learning approach (DL plus residential) has resulted in a significant reduction in total instructional hours, and incorporation of much of the most recent material developed by the Canadian Forces Air Warfare Center and the Canadian Forces Leadership Institute (among others). Through the use of innovative tools now available on-line, the material provided is designed to be more interesting and relevant to the officer at specific points in their career. It is readily available to officers at work, at home, and anywhere around the world where adequate internet access exists. Success so far can be most easily measured by what previous participants in the program have said about AFOD.

- I like the more casual style in which the information was presented in this module.
- Alleviates the 'death-by-PowerPoint' attitude I had before I started this course.

### SCAN Seminar

The Wing Personnel Selection Office will be hosting a Second Career Assistance Network (SCAN) seminar. The objective of this seminar is to provide both military personnel and their spouses with up to date information pertaining to the benefits and services available to retiring members. Additionally, the seminar will address aspects of transition to a second career outside of the CF. Please note: SCAN presentations from 1300-1600 on May 10 will focus on issues pertaining to medical release. Details of the seminar are as follows:

**DATE:** 11-12 May 10

**TIME:** 0800-1600

**LOCATION:** Wing Theatre (Bldg 90)

**DRESS:** Appropriate civilian attire

**WHO:** Military members and their spouses

Details for registration and the seminar agenda can be found on the WPSO website at: <http://17wing.winnipeg.mil.ca/WAdmin/PSO/scan.htm>

### Séminaire du SPSC

Le Bureau de sélection du personnel de l'Escadre (BSP Ere) tiendra un séminaire du Service de préparation à une seconde carrière (SPSC). Ce séminaire vise à informer les militaires et leurs conjoints des avantages et des services offerts aux militaires qui prennent leur retraite des FC. On y abordera également les aspects liés à la transition vers une deuxième carrière à l'extérieur des FC. Noté : La présentation SPSC de 13h00 – 16h00 le 12 mai, portera particulièrement sur les questions liées à la libération pour raisons médicales. Voici les renseignements pertinents :

**DATE :** les 11 et 12 mai 2010

**HEURE :** de 8 h à 16 h

**LIEU :** Amphithéâtre de l'escadre (bâtiment 90)

**TENUE :** Tenue civile appropriée

**PUBLIC CIBLE :** Militaires et leurs conjoints

Pour en savoir davantage sur les inscriptions et le programme du séminaire, visiter le site Web du BSP Ere à <http://17wing.winnipeg.mil.ca/WAdmin/PSO/scan.htm>

- Comprehensive, concise, logical, and informative.
- Presented in an easy to read, easy to understand format that made it very easy to learn.
- Good use of the DL technologies available - not just a page turner.
- Enjoyed the way the topic was presented.
- Ideas presented were well described and in a matter efficient for learning.

Reaching the milestone of 1000 participants in AFOD Block 2, while maintaining a standard of instruction that is relevant and accessible to all and, most importantly, providing education that is appreciated by the participants represents a proud moment for the staff of CFSAS. The future of air force professional education has arrived.

For more information on AFOD, including how you can gain access the AFOD material visit the DIN AFOD Website using the following address.

(Note: only registered participants in the program, who successfully pass all of the Challenges, receive official credit for programme completion)

[http://17wing.winnipeg.mil.ca/cfsas/afod/Visitor/AFOD\\_visitor\\_e.htm](http://17wing.winnipeg.mil.ca/cfsas/afod/Visitor/AFOD_visitor_e.htm)

## Free Air Show

**Air Show**

Grand Forks Air Force Base will be opening its gates for a **FREE Air Show on May 22nd**

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The Deadline for submissions for the next issue of VOXAIR is:

April 16th

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# Going The Distance

**Lt Donna Riguidel**  
ASSISTANT WING PUBLIC AFFAIRS OFFICER

On May 30, 2010, runners will line up at 17 Wing Winnipeg to once again challenge the beast known as the Air Force Half-Marathon.

For the first time in the history of the AF Run, racers will have the chance to try their speed and endurance against a champion - three time winner of the Manitoba Marathon, Michael (Mike) Booth.

For some people, a goal of simply finishing their first half-marathon event can be enough – just crossing that line regardless of chip time (official results).

The twenty point nine-six kilometres (13.1 mile) distance is often the first “major” distance that runners try, and the Half has gained popularity and respect in recent years.

For Mike Booth, his first half-marathon, during the 1999 Manitoba Marathon, the goal was much loftier.

“I won it,” he smiles.

He started running as part of a

Track-and-Field day at Silver Heights High School.

“It was an opportunity to get a day off school, and then it turned out that I had a talent for it,” he said.

Although originally a middle distance runner, he was drawn to the longer races and eventually progressed to the Half and Full Marathon events.

Starting with the win in 1999, he competed in every MB Marathon, except for 2008, when he was in Toronto. Since that original Half-Marathon win, he has gone on to win three full Manitoba Marathons (three in a row 2004-2007). In 2009, he came in third, with a time of 2:35:26.

After spending 10 years of his life running full time, he now juggles working, school and running – a sentiment echoed by many runners out there.

“Really I am training whenever I can. Nowadays I run by feel, every event presents a different challenge,” he says.

There was a time he would schedule multiple events in a year, but now he finds it easier to focus on one or two big events in a season.

This year it's the Air Force Run and the Manitoba Half and even with his record, he feels he has a lot in common with the other runners out there.

For example, doubts during the race.

“Every Half or Full I do, after a couple of hours, I always think ‘This isn't going well, I need to drop out’. Running is completely relative. Even when I am finishing in 67 minutes, the thoughts are the same,” he explains.

For the new runners out there, he offers some advice.

“It's important to seek advice from someone, a website, book or local clinic. Lots of stores offer them,” he says,

As for this year, he is optimistic.

“Sometimes after taking a break, you come back energized. I haven't lost a lot of fitness. I think my chances are good,” he says.

For a chance to run with (or against) Mike Booth, go to [www.airforcerun.ca](http://www.airforcerun.ca) and sign up today.

To get coached by Mike Booth, go to [www.endurancematters.com](http://www.endurancematters.com)



Mike Booth running a marathon. Photo Credit: Submitted.

## Si vous avez le temps, nous avons besoin de vous

**2lt Gregory Kuhn**  
AFFAIRE PUBLIQUES DE LA 17<sup>EM</sup> ESCADRE

À vos marques, prêts... Nous acceptons maintenant les demandes d'inscription de bénévoles en vue de la Course de la Force aérienne 2010, qui approche à grands pas. C'est l'occasion de se joindre à une équipe enthousiaste de bénévoles qui s'apprête à accueillir des coureurs en provenance de partout au Canada pour les épreuves de 5 km, de 10 km et pour le semi-marathon.

« Le succès spectaculaire de la Course de l'année dernière n'aurait pas été possible sans la participation enthousiaste de plus de 200 bénévoles et cadets », fait remarquer le Major Rob Clark, commandant adjoint de l'École d'études aérospatiales des Forces canadiennes et président de la Course de la Force aérienne 2010.

Nous avons besoin de bénévoles enthousiastes pour toutes sortes de tâches, par exemple : commissaire de course, préposé aux postes de ravitaillement en eau, préposé à l'inscription et au ramassage des coureurs, et bien d'autres encore. Si vous avez le temps, nous avons besoin de vous!

Aucune expérience n'est requise!

« Souvent, on a l'impression que le travail qu'on peut effectuer est plutôt insignifiant, que notre absence va passer inaperçue. C'est faux! Chacun joue un rôle appréciable dans le succès final de la course annuelle; chacun a lieu d'être fier de sa participation », indique le Sergent Christian Ritchot, coordonnateur des bénévoles pour la Course de 2010.

L'édition de cette année, qui se déroulera le 30 mai à la 17<sup>e</sup> Escadre et aux alentours, est ouverte au grand public tout comme aux militaires.

« Joignez-vous à un événement bien spécial, appuyez les œuvres charitables des FC, et amusez-vous! Inscrivez-vous dès maintenant », souligne le Maj Clark.

Pour en savoir davantage ou offrir ses services comme bénévole, visitez [www.airforcerun.ca/fr](http://www.airforcerun.ca/fr) ou téléphonez au bureau responsable de la Course de la Force aérienne en composant le 833-2500, poste 6759.

## If You Have the Time – We Have a Job For You

**2lt Gregory Kuhn**  
17 WING PUBLIC AFFAIRS

On your mark, get set... we are now accepting volunteer applications for the upcoming 2010 Air Force Run. It's the chance to join a dedicated team of volunteers as we welcome runners from across Canada competing in the 5km, 10km and ½ marathon events.

“The spectacular success of last years' Air Force Run would not have been possible without the tremendous effort by more than 200 volunteers and cadets,” said Major Rob Clark, Deputy Commandant of the Canadian Forces School of Aerospace Studies and Chairman of Air Force Run 2010.

Whether it is working as a race marshal, water stations worker, or during race registration and pick-up; we are looking for enthusiastic volunteers to fulfill these roles and many more. If you have the time – We have a job for you!

No experience necessary!

“Too often people think that they play only a small part; that they would not be missed. Are they ever wrong! Everyone plays an important role in the success of each year's run and should take pride in their involvement,” said Sergeant (Sgt) Christian Ritchot, 2010 Air Force Run Volunteer Coordinator.

This years' Air Force Run, held on and around 17 Wing on Sunday, May 30<sup>th</sup>, is open to both the public and military members.

“Be part of a terrific event, support great CF charities and have some fun! Sign up today,” said Maj Clark.

For more information on volunteering for the 2010 Air Force Run; please visit [www.airforcerun.ca](http://www.airforcerun.ca) or call the Air Force Run head office at 833-2500 local 6759



Training for a marathon is a physically and mentally gruelling challenge. Photo Credit: Submitted.

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## Philatelist's Corner by Alf Brooks

### William Hall, Victoria Cross

On February 1 Canada Post issued a stamp to honour William Hall, the first Black, the first Canadian, and the first member of the Royal Navy to receive the award. Hall was born in Nova Scotia. He joined the Royal Navy and was aboard the HMS Shannon when he volunteered to participate in an action at the siege of Lucknow during the Indian Mutiny in 1857. His action there was described as "almost unexampled in war." He was discharged in 1876, retiring to Nova Scotia. His medals are on display at the Nova Scotia Museum.

Alf Brooks is a member of the Winnipeg Philatelic Society. The Winnipeg Philatelic Society is the oldest stamp club in Western Canada. It is the umbrella organization of The Winnipeg Youth Stamp Club, The Creative Retirement Stamp Club, The Scandinavian Collector's Club of Winnipeg and The British North America Philatelic Society Manitoba Regional Group.

The club meets every 1st and 3rd Thursday of the month 6:30 p.m., except July and August. In June and December the club meets only on the first Thursday. Meeting take place at The Scandinavian Centre, 764 Erin Street in Winnipeg.

For more information about the WPS, please visit: [www.wps.mb.ca](http://www.wps.mb.ca).

With files from the WPS.



## DND Policy On Cell Phones And Headsets For Drivers



Operating a cell phone while driving is extremely hazardous. Photo Credit: Josep Altarriba, stock.xchng.

DND policy on cell phones and headsets are outlined in Rules And Regulations For Drivers Of DND Vehicles. Driver's Policies: The driver shall not use cell phones while MSE vehicles are in motion. Drivers while driving MSE vehicles shall not wear commercial headsets. Operational headsets are permitted when required. Use of Cell Phone While Operating MSE.

1. The use of cellphones (or any two-way communication equipment) while driving a vehicle has recently become a high profile issue due in large part to a number of vehicle collisions in both Canada and the United States.

2. DND and the CF have recognized that certain vehicles require two-way communication equipments to carry out their operational tasks, i.e.: AFVs, SMP, SNIC, etc. Whenever possible this equipment should be operated by individuals other than the driver, i.e.: Crew Commander/Co-driver.

3. Drivers/operators of DND vehicles are not authorized to use cellular phones or non-DND communications equipment. The use of telemetric devices such as DVDs, the Internet, "Blackberries", and the programming on "On Star" and GPS's while the DND and rental vehicle is in motion are prohibited. They shall safely stop the vehicle prior to using this equipment. This includes usage for emergency situations and applies to bot DND issued and personnel two-way equipment.

4. Drivers/operators of DND vehicles are authorized to use DND installed communication equipments while the vehicle is in motion, provided that the use pertains solely to the operational requirements of the vehicle, i.e.: SNIC equipments. Due care and control of the vehicle must be maintained while using this equipment. Supervisors must ensure that drivers/operators are adequately trained on the use of this equipment prior

to being dispatched.

5. CB radios are authorized under the following conditions: a. CB radios are restricted for the MOSID 00171 operating Standard Commercial Highway Tractor Trailer and Bus only. b. Under no circumstances CB Radios are to be utilized at Base Areas, thus eliminating possible radio interferences. c. The purchase and maintenance of CB radios will be under the responsibility of the Transportation unit and will be part of the Equip. Issues Scale (EIS) of the vehicle and control under SCA. d. The military radio protocol procedures rules will applu. e. If one of the above rules in not obeyed by the TA, D Tn will cease the utilization of CB radios immediately.

-Submitted by: NSE Safety, courtesy of The Contact



Image: Department of National Defence

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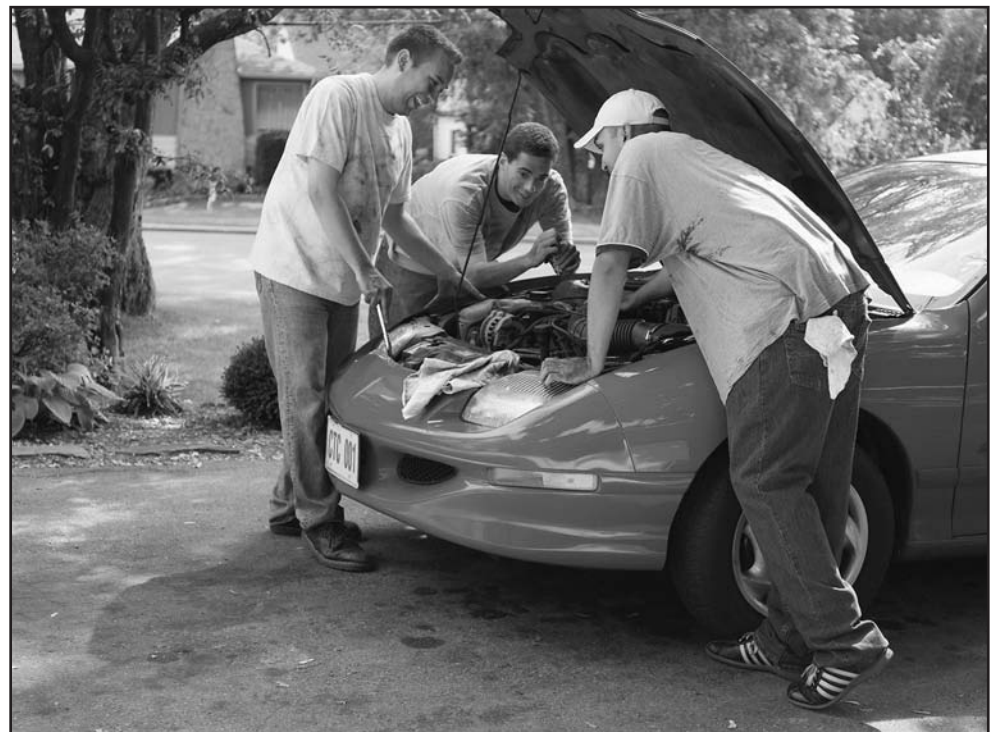
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## Spring Car Maintenance Tips



(NC)—Winter driving can take a toll on your car, so it's important to conduct spring maintenance to keep it running safely and reliably. Experts at Canadian Tire suggest the following tips to ensure your car is tuned up and ready for spring:

- Remove winter tires and replace them with all-season tires. Winter tires can wear down quickly if left on in the warm weather. Make sure your tires are balanced and aligned for a smooth ride.
- Wash excess salt, sand and dirt from the body of the car, especially the undercarriage. If left un-washed, this can lead to rust. After washing, polish your car with a protective wax to protect the paint and keep it looking like new.
- Check and fill up car fluids as needed, including windshield washer fluid, engine oil, transmission fluid and coolant.
- Replace wiper blades to eliminate streaks and ensure proper visibility.
- Take your car to a certified service expert for a complete spring tune-up and check-up to identify any potential issues that could impact the life of your vehicle.

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# It's Spring Cleaning Time

## Household Hazardous Waste Disposal Help

**Laura Barz**

ENVIRONMENTAL COORDINATOR, 17 WING CONSTRUCTION ENGINEERING

As the spring cleaning season is approaching, many of us may not realise that some of the materials we want to dispose of should not actually be placed with our regular garbage pickup. If not disposed of correctly, many of these items have the potential to negatively impact human health and the environment.

While 17 Wing has developed a comprehensive program to manage the disposal and recycling of hazardous products that are generated by the Wing, because of liability and cost issues, the Wing does not allow privately generated commercial or domestic hazardous waste to be brought on to the Wing for disposal or recycling. However, there are options available to citizens of Manitoba who generate hazwaste for disposal in a legal and environmentally friendly manner.

In cooperation with the City of Winnipeg, Miller Environmental Corporation has a free household hazardous waste program which allows citizens to have their privately generated hazardous waste safely and effectively disposed of. To utilize the service offered by Miller Environmental Corporation, you can take your waste to the following:

Miller Environmental Corporation  
1803 Hekla Avenue  
Phone: 925-9615

Open from 9 a.m. - 4 p.m. on the first Saturday of each month from October to March.

Open from 9 a.m. - 4 p.m. on the first and last Saturday of each month from April to September.

Examples of household hazardous waste include: aerosol

cans, antifreeze (radiator/windshield washer fluid), batteries (including automotive batteries), bleach, BBQ and camp-



photo courtesy: Ivan Prole, Stock.xchng

ing fuel, compressed gas cylinders/propane tanks, chemical lawn fertilizers, gasoline, household cleaners and disinfectants (toilet, oven or drain), herbicides (weed killers), motor oil, oil filters and plastic oil containers, insect repellent, pesticides/insecticides (insect and rodent killers), paint brush

cleaners/solvents, oil-based paints (oil-based/alkyd). Latex paints can be put out for regular garbage collection if the lids are off the cans and the paint is dry and hard.

### Computer Equipment and Electronics

Numerous household electronic items can contain heavy metals such as lead, mercury and cadmium and will not be picked up with your regular garbage collection. These items include: televisions, computer monitors (cathode ray tube (CRT) and flat panel display types), desktop computers (CPUs, hard drives, mice, keyboards and cables), laptops, desktop printers, DVD players, VCRs, stereos, microwaves, scanners, copiers and fax machines, phones and cell phones, rechargeable batteries.

Electronic collection depots are conveniently located throughout Winnipeg. Visit <http://www.greenmanitoba.ca> or call 311 for the location of a depot in your area.

### Rechargeable Batteries & Cell Phones

The Rechargeable Battery Recycling Corporation offers free recycling of used portable, rechargeable batteries and cell phones. Collection boxes are available at local businesses including The Source, London Drugs, Home Depot, Staples and Canadian Tire.

For any additional questions or comments, please contact the 17 Wing Environment Office or the following:

City of Winnipeg Recycling and Garbage Information Line

204-986-8888 - Code 9811

Green Manitoba Website

<http://www.greenmanitoba.ca>

City of Winnipeg Waste Disposal Website

<http://winnipeg.ca/waterandwaste/>

# C'est Temps Pour La Ménage de Printemps

## Élimination Des Déchets Ménagers Dangereux

**Laura Barz**

COORDINATEUR ENVIRONNEMENTAL, 17<sup>E</sup> ESCADRE

La période du ménage du printemps approche, et nombre d'entre nous ne savent pas que certaines matières ne doivent pas être jetées avec les ordures ordinaires. S'ils ne sont pas éliminés correctement, beaucoup de ces articles pourraient avoir des effets nuisibles sur la santé humaine et l'environnement.

Quoique la 17<sup>e</sup> Escadre ait mis sur pied un programme complet pour gérer l'élimination et le recyclage des produits dangereux qu'elle génère, pour des raisons de responsabilité civile et de coûts, l'Escadre ne peut se permettre de recueillir les déchets commerciaux ou ménagers dangereux générés par les particuliers en vue de leur élimination ou de leur recyclage. Cependant, les citoyens du Manitoba qui souhaitent se débarrasser de déchets dangereux disposent de divers moyens le faire en toute légalité et sans danger pour l'environnement.

En coopération avec la ville de Winnipeg, la société Miller Environmental Corporation a mis en place un programme

d'élimination gratuite des déchets ménagers dangereux qui permet aux citoyens de se débarrasser de leurs déchets dangereux sans danger et efficacement. Pour vous prévaloir des services de Miller Environmental Corporation, vous n'avez qu'à déposer vos déchets à l'adresse suivante :

Miller Environmental Corporation

1803, avenue Hekla

Téléphone : 925-9615

Ouvert de 9 h à 16 h, le premier samedi de chaque mois, d'octobre jusqu'en mars.

Ouvert de 9 h à 16 h le premier et le dernier samedi de chaque mois, d'avril jusqu'en septembre.

Exemples de déchets ménagers dangereux : bombes aérosol, antigel (antigel pour radiateur, liquide lave-glace), piles (y compris les batteries de voiture), eau de javel, combustible pour barbecue et réchaud de camping, bouteilles à gaz comprimé et citernes à propane, engrais de gazon chimiques, essence, nettoyants et désinfectants ménagers (pour la toilette, le four ou le drain), herbicides (désherbants), huile pour moteurs, filtres à huile et contenants d'huile en plastique, insectifuges, pesticides et insecticides (insectes et rongeurs), nettoyants et solvants

à peinture, peinture à l'huile et peinture alkyde. La peinture au latex peut être placée avec les ordures ordinaires si le couvercle des bidons est enlevé et que la peinture est sèche et solide.

### Matériel informatique et électronique

De nombreux articles ménagers électroniques contiennent des métaux

lourds, comme du plomb, du mercure et du cadmium, et ne sont pas ramassés par le service normal de collecte des déchets. Parmi ces articles figurent notamment ce qui suit : téléviseurs, écrans d'ordinateur (à tube cathodique et écrans plats), ordinateurs de bureau (unités centrales, lecteurs de disque dur, souris, claviers et câbles), ordinateurs portatifs, imprimantes de bureau, lecteurs DVD, magnétoscopes à cassettes, chaînes stéréophoniques, four à micro-ondes, scanners, photocopieurs et télécopieurs, téléphones et téléphones cellulaires, piles rechargeables

Des dépôts de collecte d'articles électroniques sont situés un peu partout dans la ville de Winnipeg. Visitez le site [www.greenmanitoba.ca](http://www.greenmanitoba.ca) ou composez le 311 pour savoir où trouver un dépôt près de chez vous.

### Piles rechargeables et téléphones cellulaires

La Société de recyclage de piles rechargeables offre gratuitement des services de recyclage des ordinateurs portatifs, des piles rechargeables et des téléphones cellulaires. Des boîtes de collecte sont placées dans diverses entreprises locales comme The Source, London Drugs, Home Depot, Staples et Canadian Tire.

Si vous avez des questions ou des commentaires, veuillez communiquer avec le Bureau de l'environnement de la 17<sup>e</sup> Escadre. Voici d'autres sources d'information :

Service d'information sur le recyclage et la collecte des ordures de la ville de Winnipeg

204-986-8888, poste 9811

Site Web de Green Manitoba

<http://www.greenmanitoba.ca>

Site Web sur l'élimination des déchets de la ville de Winnipeg:

<http://winnipeg.ca/waterandwaste/>

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# A Royal visit for the MFRC

**2Lt Gregory Kuhn**  
17 WING PUBLIC AFFAIRS

Wednesday, March 31, 2010, was an auspicious day for both the Winnipeg Military Family Resource Centre (WMFRC) and WMFRC Childcare Centre here at 17 Wing. It was the day they hosted the Honourable Philip S. Lee, Lieutenant Governor of Manitoba, and his staff

"It is not often that you receive a visit from Manitoba's Royal representative; in fact, today was the Lieutenant Governor's first time at 17 Wing," said Mr. Don Brennan, Executive Director of the WMFRC.

"This visit gave His Honour an opportunity to have a 'first hand' look at the programs and services we offer to serving members and their families in the Canadian Forces," said Mr. Brennan.

The Winnipeg MFRC, established in 1991, offers support and programs to the military and reserve force families from Thunder Bay, ON to Southport, MB. Some of the services that the MFRC offers include: employment and education; information and referral; deployment support and transition care; prevention support and intervention; along with teen and children programs.

"I wanted to demonstrate my commitment to the military and their families by visiting the Winnipeg Military Family Resource Centre to familiarize myself with the work that takes place to support those who do so much for our country," said the Honourable Philip S. Lee.

His Honour will be visiting 17 Wing for a formal tour and visit with the Wing Commander and his staff in the near future.

For more information on the Winnipeg Military Family Resource Centre or the Childcare Centre, please visit [www.mfrc.mb.ca](http://www.mfrc.mb.ca)



The Honourable Philip S. Lee meets with MFRC Executive Director Don Brennan. Photo Credit: Cpl L. McDonald



The Honourable Philip S. Lee takes time out to visit with the children at the MFRC's Childcare Centre. Photo Credit: Cpl L. McDonald.



The Honourable Philip S. Lee stands in front of the MFRC prior to his visit. Photo Credit: Cpl. L McDonald.



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# The Barracuda Project

**MWO Jim Seggie**  
17 Wing

During the weekend of 26 – 28 March 2010, a very special entry won “Outstanding in Class” at the Annual World of Wheels in the Winnipeg Convention Centre.

The car shown is a 1968 Plymouth Barracuda Sports Coupe that was the pride and joy of Corporal Michael Seggie, who was killed in action while serving in Afghanistan with 2 PPCLI on 3 September 2008. This is the car that won “Outstanding in Class”.

The official start date of this project was 9 May 2009, but in reality, the project was set in motion by two soldiers who shared a common interest, American muscle cars. The soldiers are Cpl Mike Seggie and Cpl Mark “Edge” Ejdrygiewicz.

Mike’s dream was to rebuild this car and to help is Cpl Mark “Edge” Ejdrygiewicz, formerly 2PPCLI and now a member of 1 CFFTS Winnipeg. Countless hours have been spent by Cpl Ejdrygiewicz and members of the CFB Shilo Car Club restoring it to the condition it is now.

Restorations will include body work, a rebuilt engine and

transmission, an upgraded differential, a modern stereo system, new paint, a new interior and new rims and tires.

The World of Wheels is an annual event that showcases vintage automobiles from all over North America. Despite the weather conditions that Manitobans have to endure during the winter, there were automobiles on display that are second to none anywhere in the world.

The Barracuda will be fully restored in time to show at the 2011 World of Wheels.

We hope to see you there!

## 17 Wing’s Newest Recruits



The pair of Geese have built a nest right next to Col Boilard’s parking spot. The geese are very territorial, and are best left alone. Photo Credit: Karen Packer

Last week a Canada Goose, along with her mate, chose the back of B 137 to lay her eggs. The nest, along with the Geese, is situated beside the WComd’s parking spot.

A barricade has been erected around the nesting area to protect, not only the Geese, but personnel entering WHQ.

IAW The Wildlife Act, Division 6 of Schedule A, the nest can not be moved/removed.

Please use caution, resist the urge to cross the barricades and please do not feed them.



Cpl Mark “Edge” Ejdrygiewicz with the 1968 Plymouth Barracuda. Photo Credit: WO Angela Temple.



**Jim Rondeau**  
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## HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE

### Are You Ready To Take The Challenge?

Celebrate the Canadian Forces Health and Physical Fitness Strategy by encouraging your Unit to take the **Active Living Challenge!** For April and May, see how healthy and well your Unit can live and notice what a difference a short period of time can make in the lives of your colleagues, staff and family!

#### What's involved?

The Active Living Challenge encourages you to live your best life! See how many wellness indicators you can check off each day! Have you ever been to one of the noon hour fitness classes at Building 90? Give it a try and get 5 points! Have you always intended to drink 8 glasses of water a day? Here's your chance! Do it for the entire challenge and get 50 points! You can even gain points by doing something nice for your neighbour or volunteering.

#### Here's how you do it.

Each day there are 20 opportunities to live well. For each one you do you get to collect a point. You can also identify two additional healthy behaviours/choices for 2

additional points. If you happen to do any of the bonus activities you have the opportunity to collect an additional 5 points per activity per month. This means that each day you can collect 22 points and over the course of the challenge you could collect 1300 points!

It's easy! It's fun! Everyone can participate! And most importantly, you are doing something great for yourself! If you can live well for 50 days in a row, you can live well and practice health conscious choices every day of the year.

#### How do I sign up?

Each Unit needs to identify a representative responsible for registering participants through PSP Health Promotion. Have this person contact Health Promotion at 204-833-2500 local 4150 to order the materials your Unit will require to participate in the Active Living Challenge. As soon as we hear from you, we will send you a log book for each participant. Prizes will be awarded to individuals and Units with the most participation. Make it an active spring and live well!

### Hockey Trivia

- |   |   |
|---|---|
| 1. What colours were the first jerseys of the Montreal Canadiens?                 | 11. What league did the Peterborough Pirates play in?                               |
| 2. How did the Maple Leafs get their name?  | 12. What movie was filmed at the Cambria County War Memorial?                       |
| 3. Who is Delores Claman, and what part did she play in hockey?                   | 13. What record was set against goalie Lorne Anderson?                              |
| 4. Who was the first defenceman to win the Art Ross trophy?                       | 14. Mike Rodden was the first person elected to which two Halls of Fame?            |
| 5. Which Toronto team did the Blackhawks defeat in their first NHL game?          | 15. Whose skate was in the crease as he scored an overtime goal in the 1999 finals? |
| 6. What Flyer holds the record for the most penalty minutes in a season?          | 16. Al Hill has the record for scoring the most points in his first game? How many? |
| 7. What are the dimensions of an NHL ice surface?                                 | 17. What Montreal team did Boston defeat in the Bruins first NHL game?              |
| 8. "Hockey Association of St Louis" was the parent company that owned which team? | 18. Why did pucks get returned to the ice during the war years?                     |
| 9. What two goalies have the most wins and losses in a single season at 48?       | 19. What leagues champion won the Lester Patrick Cup?                               |
| 10. What team won the most consecutive regular season games?                      | 20. How was the Dudley 'Red' Garrett trophy created and who wins it annually?       |

Check page 12 for the answers

17 Wing 17<sup>e</sup> Escadre

Take the Active Living Challenge  
Relevez le Défi vie active

12.4 - 31.5 2010

Des petits changements peuvent avoir un effet important!

See what a difference little changes can make!

Pour de plus amples renseignements ou pour s'inscrire, contactez la Promotion de la santé au 833-2500 poste 4150  
For more information or to register please contact Health Promotion at 833-2500 ext 4150

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## Eating Fresh And Healthy, For Cheap

### The 17 Wing Good Food Box Club

Community Recreation is running a pilot 'Good Food Box Program' for Military families, individuals and Community Recreation Association members.

If the pilot works well we will implement the program monthly.

What is a good food box?

It is a bulk-buying program that aims to lower your grocery bill by buying bulk, fresh fruits and vegetables from local farms and distributors.

Can anyone buy a box?

Yes, anyone can buy a box. In fact the more people who buy into the program, the more people will benefit.

How much does the box cost?

Large box or family box \$25.00

Single box \$15.00

Where can I pay for my box?

Recreation Centre building 90, monitor desk. An order form will need to be completed.

You can pick up your order form from the Monitor desk building 90.

How often could I purchase a box?

The boxes are prepared monthly

You need to order your box by the 15th of April. Your box will be available to collect on the 21st of April from building 33 Westwin Community Centre

Where and when do I get my box?

We are looking at once a month from either building 33 or the Recreation Centre

Who prepares the box?

We are joining the West Broadway Good Food Box Club, they also offer sweat hours to volunteers in their area 2 hour = 80% of the cost of the box.

Currently available to the West Broadway volunteers only.

Supporting sustainable, accessible and affordable healthy living for our local community, combined with supporting our neighboring communities in Winnipeg.

## Manger Frais Et Sain, Pour Pas Cher

### 17e Escadre Boîtes De Bonne Bouffe

Vous devez passer avant le 15 avril votre prochaine commande en vue d'obtenir une boîte de bonne bouffe. Vous pourrez chercher la boîte le 21 avril, au Centre communautaire Westwin (bâtiment 33).

Où et quand puis-je obtenir ma boîte?

Nous visons de distribuer les boîtes une fois par mois, au Centre communautaire Westwin, situé à côté du Centre de loisirs.

Qui prépare les boîtes?

Étant donné le grand nombre de personnes disposées à participer au programme de la

boîte de bonne bouffe, nous continuerons de passer des commandes. Afin d'assurer la continuité du programme et de réduire les coûts, nous sommes à la recherche de bénévoles qui aideront à mettre les fruits et les légumes dans les boîtes. La tâche sera exécutée le 21 avril et prendra environ de 30 minutes à 2 heures, selon le nombre de bénévoles présents.

Nous cherchons aussi des bénévoles qui seront sur place au moment où les personnes passent chercher leur boîte, le même jour à 16 h. Si vous désirez donner un coup de main, veuillez communiquer avec Tina Bailey, par téléphone, au poste 2059, ou par courriel, à [Christina.bailey@forces.gc.ca](mailto:Christina.bailey@forces.gc.ca).

## ARE YOU A VETERAN OF THE SECOND WORLD WAR AND WOULD LIKE TO SHARE YOUR STORY OF SERVICE?

### THE MEMORY PROJECT: STORIES OF THE SECOND WORLD WAR

is providing every living Second World War veteran with the opportunity to share their memories through interviews and digitized memorabilia. These stories will be shared with Canadians through an extensive online digital archive at:

[WWW.THEMEMORYPROJECT.COM](http://WWW.THEMEMORYPROJECT.COM)

### Join the Legacy!

If you're interested, or know a veteran who would be interested in this project, please contact us toll free at:

**1.866.701.1867**

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### Heading in the right direction?

Now is the time to look into Canadian Forces in-service career opportunities supported through Canada's colleges, institutes, polytechnics, cégeps, and university colleges.

Through the Non-Commission Member Subsidized Education Plan (NCM-SEP), you can study full-time at a Canadian college to prepare for a Canadian Forces occupation. You can also complete fully-subsidized college programs and courses on a part-time basis.

Reach your potential now and enhance your career prospects by completing a Canadian Forces-accredited program at a college near you. For a list of NCM-SEP programs and career opportunities suitable for support through Education Reimbursement, contact the local Base/Wing Education Office.



Association of Canadian Community Colleges

# Clothing Online – A Great System Is Being Improved

Linda Feaver  
SUBMISSION

Clothing Online provides a proven and efficient delivery system for CF distinctive environmental uniforms (DEU) to all active Canadian Forces personnel using e-business and timely 'home' delivery.

Since its inception in 2001, more than 90,000 registered users have been accessing the easy-to-use site. An on-line survey has reported that overall customer satisfaction remains constant at 89 % after five years of analysis.

The Clothing Online system automatically collects data on usage figures as well as the points each customer accumulates. Points are allocated annually, based on the dress of the day-Tier I (DEU) or Tier II (CF Operational clothing).

Historical usage analysis has highlighted areas where efficiencies can be made, benefitting the user and saving the department money. It is a win-win situation, especially in the current constrained economic climate.

As of 1 April 2010, the accrual of points has been adjusted, and users will see that some clothing items have been removed, some added, and others reduced in annual entitlement quantities.

The total allowable accumulation of points will be reduced from 1200 to 300 points. Tier 1 (DEU) members will see their annual allocation of points reduced from 600 to 500 points annually. There will be no change to the annual allocation of points for Tier 2 (Op Clothing) members.

With the introduction of new clothing, some items will be discontinued or restricted to certain users. For example, distinct environmental T-shirts for Sea, Land, and Air per-

sonnel will be introduced, and the grey T-shirt and shorts will be restricted to recruits only. Similarly, Navy personnel who had access to two scarves – one white and one black – may now acquire only the black scarf.

Personnel should note that, based on usage data, the maximum quantity of some items for purchase in one year has been reduced. That said, individuals may still purchase additional clothing items on-line at the published prices.

An individual may petition for increased points allowance through the chain of command, if special work related circumstances warrant additional points.

For further information, please consult the FAQs on the Clothing Online site <https://www.logistikunicorp.com/> or contact DSSPM 2-C7, Mr. Richard Lepage (Richard.lepage@forces.gc.ca) Clothing Online administrator.

# Vêtements En Ligne – Un Excellent Système En Voie D'amélioration

Linda Feaver  
SOUJIS

Vêtements en ligne fournit un système de distribution efficace et éprouvé pour les uniformes distinctifs d'éléments (UDE) du personnel des Forces canadiennes en service à l'aide des affaires électroniques et de la livraison « à domicile » rapide.

Depuis sa création en 2001, ce site convivial a accueilli plus de 90 000 utilisateurs inscrits. Un sondage en ligne a révélé que la satisfaction globale de la clientèle demeure stable à 89 % après cinq ans d'analyse.

Le système de Vêtements en ligne recueille automatiquement des données sur l'utilisation et les points accumulés par chacun des clients. Les points sont alloués

chaque année selon les tenues du jour (palier 1 [UDE] ou palier 2 [tenue opérationnelle des FC]).

L'analyse rétrospective d'utilisation a souligné des domaines où des économies peuvent être effectuées, ce qui est à l'avantage de l'utilisateur et permet au Ministère d'économiser. C'est une situation où les deux parties sont gagnantes, particulièrement dans le contexte de ralentissement économique actuel.

Dès le 1<sup>er</sup> avril 2010, l'accumulation des points sera ajustée. Les utilisateurs s'apercevront que certains articles ont été supprimés ou ajoutés et que les barèmes de distribution annuels ont été réduits dans d'autres cas.

Le nombre total de points accumulés

autorisés passera de 1200 à 300 points. Les militaires du palier 1 (UDE) verront leur allocation de points réduite de 600 à 500 points par année. L'allocation annuelle de points pour les militaires du palier 2 (tenue opérationnelle) ne sera pas modifiée.

Étant donné que de nouveaux articles sont ajoutés, certains ne seront plus offerts ou seront réservés pour certains utilisateurs. Par exemple, les t-shirts distinctifs d'éléments pour le personnel de la Marine, de la Force aérienne et de l'Armée de terre seront ajoutés, et le t-shirt et les pantalons courts gris seront limités aux recrues. Dans le même ordre d'idées, le personnel de Marine qui pouvait obtenir deux foulards, un noir et un blanc, peut désormais se procurer le foulard noir seulement.

Les membres du personnel devraient noter que, selon les données d'utilisation, la quantité annuelle maximale de certains articles a été réduite. Cela dit, les militaires peuvent encore acheter des articles supplémentaires en ligne au prix affiché.

Chaque personne peut demander une augmentation du nombre de points alloués au moyen de la chaîne de commandement si des circonstances particulières relatives au travail justifient des points supplémentaires.

Pour de plus amples renseignements, veuillez consulter la FAQ sur le site de Vêtements en ligne (<https://www.logistikunicorp.com/>) ou communiquer avec le DAPES 2-C7, M. Richard Lepage (Richard.lepage@forces.gc.ca), l'administrateur de Vêtements en ligne.

## Hockey Trivia Answers

1. Blue and White
2. Conn Smythe named them after the Maple Leaf Regiment in WWI.
3. She composed the Hockey Night in Canada theme song, now used on TSN.
4. Bobby Orr, 1970
5. Toronto St Pats, 1926 by a 4-1 score.
6. Dave Schultz, 472 Minutes
7. 200 by 85 (feet)
8. St Louis Eagles, 1934, former Ottawa Senators franchise
9. Martin Brodeur for wins and Gary 'Suitcase' Smith for losses
10. 1993, Penguins 17 games.
11. British Premier Leagues.
12. Slap Shot
13. Fastest three goals in a game by Bill Mosienko at 21 seconds.
14. Hockey Hall of Fame and Canadian Football Hall of Fame.
15. Brett Hull of the Dallas Stars, as they defeated the Sabres.
16. Five
17. The Maroons, in 1924, first NHL game in the US.
18. Rubber shortage
19. Western Hockey League.
20. Dudley Garrett was killed while serving on the HMCS Shawinigan off the coast of Nfld in WWII. The ship was torpedoed by U Boat U-1228. He was 20 and was a defenceman for the Rangers The trophy is for the rookie of the year in the AHL.

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## 19<sup>th</sup> Annual Week of the Early Childhood Educator (ECE)

This year in Manitoba from April 26-30 we celebrate the 19<sup>th</sup> annual Week of the Early Childhood Educator.

You may be asking yourself who are Early Childhood Educators and what do they do? They are professionals who are specially trained to understand child development and how to meet children's needs. They have learnt how to provide guidance to children and how to create stimulating environments for children to explore and interact. ECEs can work with infants as young as 3 months old, toddlers, preschoolers or school age children up to 12 years. They can work in group child care centres, nursery schools or family child care homes. They are part of a team that partners with parents to help chil-

dren develop to their full potential.

This year we would encourage you to think of the ECEs that play such a vital role in the lives of your children. These special people deserve our thanks and appreciation for the hard work that they do.

The Winnipeg MFRC would like to thank the Early Childhood Educators at the MFRC Nursery School and MFRC Childcare Centre for their dedication to and hard work. We can't say enough about how wonderful you all are.

Some of this information has been provided by the government of Manitoba website on childcare.

## Air Command Band Makes Sweet Music



The Air Command Band received the MFRC's Bison Award in March for their assistance with the success of the Yellow Ribbon Gala. Don Brennan, MFRC Executive Director made the presentation on behalf of all staff on March 23, 2010 in the band room.

## Volunteering, Getting By Giving

National Volunteer Week is the biggest celebration of volunteers and volunteerism in our country. The 2010 campaign lands on the week of April 18-24, Please be sure to take a moment to celebrate the achievements and hard work of all the volunteers around you!

Volunteering.....Getting by Giving

Are you looking for a job but don't have the experience? And you can't get the experience because you can't get a job?

Do you need more skills, or more connections, to find work?

Are you thinking of changing your line of work or maybe going back to school but have no idea what to do?

Try Volunteering!

"Give my time away? How will that solve my career problems?" you ask. Good question. But when you think about it, volunteering makes a lot of career sense.

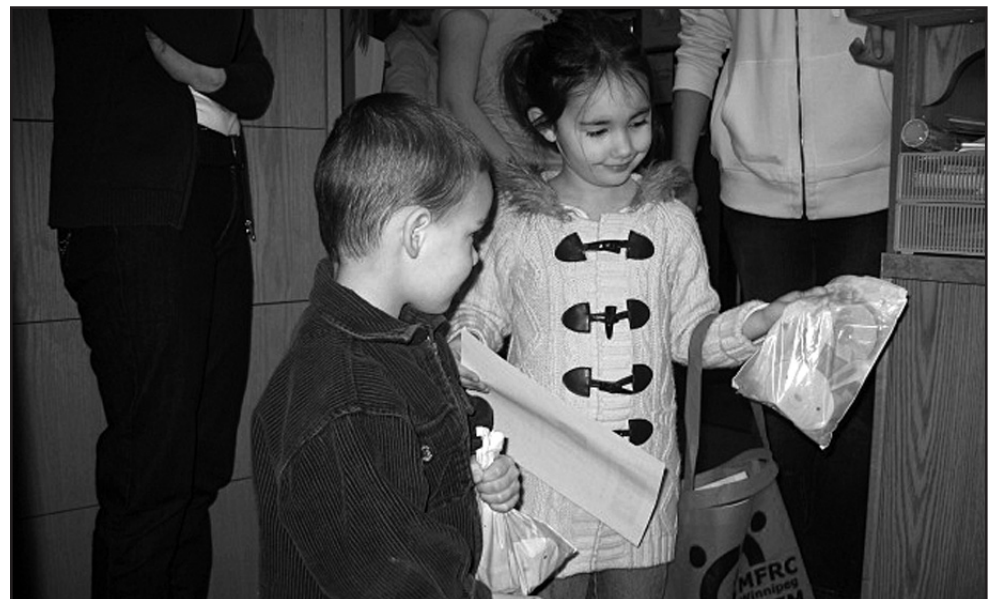
Think of it as an investment!

Volunteering is one of the best investments you can make with your time. The more you give, the more you get. But the rewards are not the kind you measure in dollars and cents. On top of the difference you can make in the lives of others, volunteering pays many career-building dividends.

Here's how..

## Easter Eggstravaganza

On Thursday, April 1, 2010 children attended the Easter Eggstravaganza at the Winnipeg MFRC. Families participated in a scavenger hunt following clues to help save the Easter bunny who was kidnapped by Humpty Dumpty. The activities included decorating cookies, made a craft and collected eggs along the way.



Volunteering helps you:

- Get more work experience to put on your resume
- Show off the skills you already have
- Learn new skills
- Meet people and make connections that may help you get work
- Try out career ideas by working in fields that interest you
- Demonstrate your maturity to future employers

As if that weren't enough, volunteering also:

- Lets you express your values and beliefs through community service
- Makes you feel great
- Costs nothing

How's that for an investment in your future?

What do you have to offer?

Plenty!

From designing a computerized database to simply sharing a mile with someone who is ill or having a tough time, everyone has unique contributions they can make. You may not be aware of them yet, but you have lots of skills and personal qualities that you can use to help others. And you can build your resume in the process.

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# Chaplain's Corner

## Maintaining And Controlling Our Anger

Anger. We all experience anger. It is a normal human emotion that has a purpose: to change something. Anger drives us to change the circumstances that have become the source of conflict and stress. We need anger. We also need to maintain control of our anger.

We all know the cost of unmitigated anger. Anger that refuses to die becomes hostility, and hostility which is unresolved becomes a damaging fire which is very difficult to extinguish. It can have a life of its own that owns us and consumes us.

Hostility takes a huge toll on a person, both internally and externally. Like a British Columbia wildfire, it threatens to do great damage, and large amounts of resources are required to contain the blaze. Hostility is usually the product of anger directed towards a person who has caused suffering. Yet the firebreaks are quickly breached, and the hostility spills over to others. The person harbouring hostility may not initially feel anger towards someone or something unrelated to the original source of anger, but hostility can quickly be directed to another person without substantial reason. The result of this is a damaged relationship. Hostility damages relationships beyond the person to whom the anger was intended. It is like the wildfire that jumps attempts to contain it and destroys life and property. This is the external damage.

There is also a large cost internally in continuing to harbouring hostility. It takes a great deal of internal resources to continually feed the fire of hostility. The rational for the

original anger often gives way to a much more damaging process. It is like the person who, having used up the firewood, keeps the fire in the hearth going by chopping up the furniture. Soon the house is barren, and the flame still needs to be fed. Increasing resources are devoted to maintaining and justify the hostility. Soon even the body begins to break down under the stain of keeping this level of emotional negativity alive.

So what do we do if we find ourselves going down this road? One must decide if the cost of the hostility is worth the price. It is not, but rational decisions are often swept away by the emotion. Here is what we can do. We can make sure that we take care of ourselves by eating and sleep right. We can use our spirituality and find forgiveness and extend the same. Often the current expression of hostility is related to a deeper and earlier cause. It is wise to allow oneself the liberty of exploring those connections.

All of the above is easier said than done. The chaplains have all too often seen the damage of hostility, and know that the fire is easier to contain now than put out later.

As the ancient wise man has written: Fools set a city aflame, but the wise man turns away from anger. For lack of wood the fire goes out.

May God bless you and keep you from this evil.

-Padre Bob Granholm

## In Memoriam



The Canadian Army regrets to announce the death of Cpl Darren James Fitzpatrick at the University of Alberta Hospital Saturday as a result of wounds he sustained in Afghanistan on March 6.

Cpl Fitzpatrick, of Prince George, B.C., was a 21-year-old Infantryman and a member of the 3rd Battalion, Princess Patricia's Canadian Light Infantry, based at CFB Edmonton.

This was Cpl Fitzpatrick's first operational tour. He joined the Canadian Forces in 2006 and had been serving in Afghanistan with the Operational Mentor Liaison Team since last October.

Cpl Fitzpatrick was critically wounded by an improvised explosive device during a joint Canadian/Afghan dismounted patrol 25 km West of Kandahar City in Zharey district on March 6. He was treated at the Role 3 Multinational Medical Unit at Kandahar Airfield and was then moved to the Landstuhl Regional Medical Center in Germany. Cpl Fitzpatrick was evacuated from LRMC to the University of Alberta Hospital in Edmonton on Friday.

Cpl Darren James Fitzpatrick passed away late Saturday afternoon, March 6th, surrounded by his family.

## Together in Church

### CATHOLIC

#### CHAPLAINS

**Padre Lance Magdziak**  
Roman Catholic Office 833-2500 ext 5272

**Administrative Assistant**  
Carol Cochrane Office 833-2500 ext. 5087

**Masses (English only)**  
Sunday 1100 hrs

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

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

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

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

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

### PROTESTANT

#### CHAPLAINS

**Chaplain Bonnie Mason**  
(Presbyterian) Office 833-2500 ext 5417

**Padre Bob Granholm**  
(Mennonite Brethren) Office 833-2500 ext 4885

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

**Padre Ken MacRae**  
(Presbyterian) Office 833-2500 ext 4277

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

**Padre Curtis Duclos (Baptist)**  
Det Dundurn Office (306) 492-2135 ext 4299

**Administrative Assistant**  
Carol Cochrane Office 833-2500 ext. 5087

**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'.

#### INTERFAITH PRAYER ROOM

Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.



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**The Deadline for the next issue is April 16**

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[bonnie.korzeniowski@leg.gov.mb.ca](mailto:bonnie.korzeniowski@leg.gov.mb.ca)

### Aries (March 21 - April 19):

You're getting that urge to start something new again. Finish a few things before embarking on another project. Proving to yourself that you can "do it" will have psychological benefits. Let things change, grow and develop naturally instead of trying to force speedy results.

### Taurus (April 20 - May 20):

Even if you are diplomatic you may not get what you want. Past unfairness has led to issues that will hamper your attempts at keeping to your own agenda. See things from another perspective. Doing this might mean you have to adjust your own plans a bit but it will be worth it.

### Gemini (May 21 - June 2):

You may be faced with roadblocks when you'd rather be free to simply enjoy all that life offers. Being open to experiences is great. Set personal standards that keep things within parameters that fit for you to deal with doubts and avoid regrets. Build a strong support network.

### Cancer (June 22 - July 22):

It's wise to check and double check but don't procrastinate. There is work to be done and you need to get rolling right away. Sure it would be lovely if things were simple but in this instance they are not. You'll feel great, more relaxed once you've accomplished your task.

### Leo (July 23 - August 22):

Something must be faced no matter how difficult. Trying to avoid, to hide or let it slide won't work. No matter the cause, the consequences can't be avoided. There are ways to repair what has been neglected or broken. But think before you speak or you could end up making things worse.

### Virgo (August 23 - September 22):

Slipping into assumptions is easier but it's worthwhile to work at looking for alternative ideas and options. Practise mental discipline. You've got more than you realize so don't take things for granted. Observe patterns and look at the big picture before taking action.

### Libra (September 23 - October 23):

It's important to honour your feelings but it's also important to keep moving towards the future. This is easier to do if you spend more time with caring, dependable people. Purge the non-constructive stuff (mental and physical). It may be messy work but it's very rewarding.

### Scorpio (October 24 - November 21):

You seek others reassurance and support as you search for happiness and a spiritual connection with someone special. Even with good advice you seem to end up repeating patterns. Constant challenges may seem more interesting, but is this what you really want?

### Sagittarius (November 22 - December 21):

No matter what you're experiencing at this time you have the ability to prevail. A challenge is at hand and though we all have limitations don't let assumptions be one of yours. Trusting there is more ahead is easier if you don't get bogged down by negative thoughts.

### Capricorn (December 22 - January 19):

Take time to consider who you are and what you want. Use this expanded self-awareness and logic to set goals that reflect your desires and utilize your strengths. It is essential to be honest with yourself. Be open to new opportunities and experiences.

### Aquarius (January 20 - February 18):

Interesting conversations and exciting activities stimulate you. You are drawn to adventures but before you commit to any, consider carefully if each choice is right for you. Take action and replace unhealthy habits with healthy ones that boost your confidence.

### Pisces (February 19 - March 20):

Fears and self-doubt can blur your thinking. Get to the heart of the matter by cutting through the distracting dramas in your mind and life. Put less energy into meeting other people's expectations and more into expressing more of who you really are. Enjoy simple pleasures.

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