



THE VOXAIR

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440 Sqn Rescues Men During Op NUNALIVUT



Major Muckosky, a pilot at 440 (Transport) Squadron, cleans the snow from the wing of a CC-138 Twin Otter aircraft prior to departing Hall Beach Airport, Nunavut during Operation NUNALIVUT 2017, February 23, 2017. On that flight the crew discovered two men whose snowmobile had broken down and were in serious danger due to the frigid temperatures. Please turn to page 2 for the complete story. Photo: PO2 Belinda Groves

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440 Sqn Crew Rescues Men in Arctic



Major Anders Muckosky (centre), pilot from 440 (Transport) Squadron, provides a briefing about the CC-138 Twin Otter capabilities during Operation NUNALIVUT 2017 in Hall Beach, Nunavut, February 24, 2017.

Photo: Captain Kim Task Force Public Affairs

by **Martin Zeilig, Voxair Photojournalist**

Captain Thom Doelman and his three colleagues from 440 Transport Squadron Yellowknife never expected to be involved in a rescue mission during their training flight onboard a Twin Engine Otter on the afternoon of February 23.

But, as the old saying goes, one should always expect the unexpected.

Capt Doelman was one of three pilots on the plane that day. The other crew members were Major Anders Muckosky, Pilot, Capt Dale Maedel, Instructor Pilot, and, Flight Engineer Corporal Jason MacKenzie.

They were on Operation Nunalivut, a CAF training exercise involving patrols and Arctic survival skill training in Hall Beach. Hall Beach is a community of about 736 people located 1,648 kilometres northeast of Yellowknife, the home base of 440 Squadron.

The crew of the CC-138, while performing a training mission in the vicinity of Hall Beach, NU, spotted two persons walking and waving. The crew landed and recovered two persons, says a report on the incident. The recovered people indicated that a third member of their party was missing. The Joint Rescue Coordination Centre in Trenton was advised and EMO Nunavut requested air support. 440 Squadron was tasked to search the area at first light the next day.

An update on February 24 noted that the missing person was found safe prior to air assistance taking off.

An article, "Military, local SAR team rescue Nunavut man in frigid temperatures," in Nunatsiaq online (February 27) goes into more detail.

"The search started after the Hall Beach RCMP detachment learned at 5:45 p.m., Feb. 23 that members of Canadian military had picked up two men on the land who had flagged them down. Personnel in a Twin Otter picked up the two men, identified by the Joint Task Force North as Tyler Amarualik and Eugene Gibbons, outside Hall Beach and flew them to the Hall Beach airport. Amarualik and Gibbons said their snowmobiles had broken down, their SPOT tracking device which hunters are urged to take along when they head out on the land, didn't work and said there was a third man-- Satuqsi-- with them dressed in winter clothing, who had started walking towards Hall Beach with rifle."

According to Nunatsiaq Online temperatures that day stood at around minus 34 C with blowing snow and wind-chill estimates of between minus 45 and minus 50. After a search of nearly 12 hours, ground searchers from Hall Beach found Satuqsi, who was frostbitten, hypothermic and requiring medical attention. He was flown to Iqaluit for treatment.

Capt Doelman said that his crew found the two stranded men, Gibbons and Amarualik, near an abandoned iron ore mine site.

done iron ore mine site.

"We did a low reconnaissance of the mine's landing strip, and that's when Corporal MacKenzie noticed somebody waving to us on the ice off the shore of Roche Bay," he said during a telephone interview with The Voxair on March 1.

They came back for another pass to investigate and noticed another person waving at them, added Capt Doelman, who was based at 17 Wing-- 435 Search and Transport Squadron and earlier at Wing Ops-- prior to his posting to 440 Squadron last August.



During Operation NUNALIVUT 2017 members of 440 (Transport) Squadron from Yellowknife, Northwest Territories located stranded residents from Hall Beach, Nunavut, February 24, 2017. (L to R) Captain T. Doelman, Major A. Muckosky, Corporal J. MacKenzie, Captain D. Maedel.

Photo: PO2 Belinda Groves

Yellow Ribbon Gala Supports Military Families

by **Martin Zeilig, Voxair Photojournalist**

As the chairperson of the board of directors of the Military Family Resource Centre, Lois Mallett knows the importance of events like the Yellow Ribbon Gala.

The 11th Annual Yellow Ribbon Gala, which attracted over 350 people, was held on February 18 at the Victoria Inn. The event is held in support of the MFRC, which supports programs and services for military families.

The Honourable Janice C. Filmon, C.M., O.M., Lieutenant Governor of Manitoba, and her husband, the former Premier Gary Filmon were in attendance, as well as representatives from all three levels of government, prominent business people, and Wing Commander Col-

onel Andy Cook and his wife, Tracey Cook, plus many other military leaders from CFB Winnipeg, said Mallett.

This year's guest speaker was Kim Mills, a military spouse from Edmonton, who is the author of the book, *She Is Fierce—Musings of a Canadian Military Family*. The Master of Ceremonies was military spouse Micheline Girardin.



The Lieutenant Governor of Manitoba, Her Honour Janice Filmon (Middle), Mr. Filmon (Left) and Military Family Resource Centre Executive Director Joel Roy (Right) listen to the MFRC Community Choir during the 2017 11th Annual Yellow Ribbon Gala on February 18, 2017 at the Victoria Inn Convention Centre, Winnipeg, Manitoba. Photo: Cpl Justin Ancelin

"Most of the staff at MFRC were on the planning committee," said Sherri Pierce, a Social Worker at the MFRC, who was chairperson of this year's YRG. "We had our first meeting in April last year, after last year's Yellow Ribbon Gala. I'm very pleased and very proud of the event and the volunteers and committee members."

Pierce said that the talk given by Mills was moving and relevant.

"She spoke about the perseverance of military families and about becoming the wife of a veteran before she was 21 years old," she said.

Pierce, then, quoted directly from Mills' speech: "Military families are already strong because we have to be."

"It was a beautiful evening," she added. "Everyone I spoke to enjoyed it. We had amazing support from the community for our Players' Choice Raffle. I'm proud of how hard our committee and volunteers worked. They're the reason this event happened."

Mallett observed that she's been involved with the MFRC since its inception in 1991.

She got involved because her late husband, Joseph, was in the CAF during the 'dark decades'-- when there was no support and families were categorized under "furniture and effects", she said during an interview with The Voxair on March 2.

"I wasn't sure if I was furniture or effects," Mallett joked. "Colonel Joe Sharpe at (former Wing Commander) 17 Wing saw the need for support to families. The Yellow Ribbon Gala is a testimony from the community that they're rallying around the military community and supporting the families. We need to integrate our families into the larger community because CFB Winnipeg makes this city a much greater city than it would be without it. The contribution of this base to Manitoba is huge-- financially, talent wise, the tax base and every other way."

It has taken politicians at all levels some time to recognize the contribution that's made here, she said.

"Our supporters have to have the passion and commitment and concern for families both within and without the militaries," Mallett continued. "We need all our leaders to recognize the contributions made by families."

The fact that Lieutenant Governor Filmon and political representatives were at the YRG shows that they pay more than just "lip service," she stressed.

"Their presence at our events is testimony to their concern and commitment," Mallett said. "The Gala has really become one of the major events of the season. It allows the military community to showcase themselves, and allows our supporters to do the same. It is our major fundraiser because DND gives us a percentage of our budget. The rest is up to us. There is no free lunch. Fundraising is important, so that the participants have a vested interest in their own well-being."

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435 Sqn Fuels the Fighters in Florida



A volcano belches smoke over the South American jungle during a training flight to Liberia, Costa Rica. Photo: Capt Devin Rand

by Captain Devin Rand, 435 Sqn Pilot

The Air to Air Refueling side of 435 Squadron had a busy first few months this year but at least it was in a location with weather more favourable than Winnipeg's.

In January, two CC-130T Hercules aircraft and crews deployed down to Tyndall Air Force Base and Homestead Air Reserve Base (ARB) in Florida for Exercises COMBAT ARCHER and ALOUETTE MOBILE.

Exercises TIPIC SAUVAGE and COUGAR SOUTH followed immediately after in February, also taking place at Homestead ARB. Crews from 435 Squadron will have been in Florida for approximately two months from early January until mid March. These crews included everyone from Aircrew and Technicians to Ops personnel.

The squadron also benefitted from augmentees sent from 424 and 426 Squadrons in Trenton and 413 Squadron in Greenwood. The augmentees gained invaluable experience from their time in Florida.

The winter exercises in Florida enable CF18 squadrons from Cold Lake and Bagotville to carry out essential flying and weapons training when the weather is less amenable in Canada. A large number of Canadians were at Homestead ARB from 425 and 433 Tactical Fighter Sqns from Bagotville and 435 Sqn from Winnipeg while 410 Tactical Fighter (Operational Training) Sqn from Cold Lake was based out of Key West for Exercise COUGAR SOUTH.

To date, 435 Squadron has flown over 100 hours and offloaded over one million pounds of aviation fuel to the CF18s. Fifty-three people deployed from 435 Squadron in support of these exercises, complemented by another 15 from 424, 413 and 426 Squadrons.

435 Squadron also got the opportunity to fly a trainer

down to Liberia, Costa Rica. This trip allowed crews to become more familiar with Central American airspace and procedures and also provided some great views; everything from the turquoise waters of the Gulf of Mexico to jungles and volcanoes.

435 Squadron technicians were also very busy during the exercises working long hours during hectic periods to keep the aircraft serviceable.

Some technicians also had the opportunity to represent Canadian values while deployed.

One morning while driving out to Homestead ARB to get the plane ready, squadron technicians AVR Lynn Williams, Cpl Nicholas Burley, and Sgt Robert Snow witnessed a motor vehicle accident just seconds after it took place. A pickup truck was on its side with its contents strewn across the highway and the technicians noticed that the occupants were still inside.

Stopping and providing assistance to the occupants, Cpl Burley and another Good Samaritan pulled two men and a woman out of the truck. Once the occupants were safe AVR Williams and Cpl Burley carried out a primary survey of their condition.

Sgt Snow witnessed smoke coming from the underside of the vehicle and after investigating further he saw flames and got everyone away from the vehicle to a safer position. Cpl Burley borrowed a fire extinguisher from a nearby police car in an attempt to put out the fire while AVR Williams assisted the woman from the vehicle by keeping her calm.

The techs continued to provide assistance to the occupants until after the fire department arrived. The 435 Sqn members continued to Homestead ARB when released and completed the required checks on the aircraft to make sure it could begin its mission on time.

Despite being away from loved ones and working long hours with only the odd day of rest, all 435 Sqn members were 'determined to deliver' making two very successful months for the squadron.



An amazing view of the Florida Keys from a 435 Sqn CC-130T. Photo: Capt Devin Rand

Sports Trivia

Alpine Skiing

by Tom Thomson and Stephen Stone

1. Who won all three men's alpine gold medals (slalom, giant slalom, downhill) at the 1968 Olympics in Grenoble, France?
2. Who won the first men's World Cup alpine ski championship in 1967?
3. Who won the first women's World Cup alpine ski championship in 1967?
4. Who was the top women's alpine skier at the 1968 Olympics?
5. Who is the only other men's alpine skier to win all three gold medals at a single Olympic Games?
6. Who were the "Crazy Canucks"?
7. Who is the only member of the "Crazy Canucks" to win an Olympic medal?
8. Who was the first North American to win the World Cup title in men's downhill?
9. Who is the only other Canadian to win a World Cup title in a men's alpine ski discipline?
10. Since Nancy Greene's wins in 1967-68, who are the only Canadian women's World Cup champions in any alpine ski discipline?
11. Who is the most successful World Cup alpine skier (all disciplines)?
12. Who is the second most successful World Cup alpine skier (all disciplines)?
13. Who has won the most Olympic medals in men's alpine skiing (all disciplines)?
14. Who has won the most Olympic medals in women's alpine skiing (all disciplines)?
15. Which country has won the greatest number of Olympic alpine skiing medals?
16. Who is the most successful men's downhill skier?
17. Who is the patron saint of skiers with a rescue dog named after him?
18. Where was the first mechanical ski lift invented?
19. What is the largest ski resort in the world?
20. Who introduced alpine skiing to Switzerland (in spite of Professor Moriarty)?

Sports Trivia Answers on page 14



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CIMIC Teams Build Community Relations on Exercise

by Natasha Tersigni, 38 Canadian Brigade Group Public Affairs



United States Army Reserve (USAR) Sergeant Major (SGM) Wayne Hattaway (left) speaks with a Gimli resident (right) during a CIMIC visit as part of Exercise ARCTIC BISON 2017. Photo: 2 Lt Stacie Nelles

To build relationships with local officials and residents during Ex ARCTIC BISON 2017 (Ex AB17), a Civil-Military Co-operation (CIMIC) team was deployed to local communities surrounding Lake Winnipeg. Their job was to gather information in support of information operations and to determine the capabilities and needs of the local populace.

Part of 38 Canadian Brigade Group's Influence Activity Company, CIMIC is utilized in operations and to identify and advise commanders on military activities that impact the civilian population and to establish relationships with community leaders.

For Ex AB17, the CIMIC team traveled ahead of the Arctic Response Company Group (ARCG) to visit communities along Lake Winnipeg and to speak directly to the public along with officials including RCMP officers, Conservation Officers and local politicians and leaders.

CIMIC acts as a liaison between the military and civilian agencies in order to support the mission. Many times it is presumed humanitarian aid, but it is always in direct support of the mission. Influence Activities is part of the Information Operations umbrella that includes CIMIC, Psychological Operations and Public Affairs," explained Lieutenant Joyelle Norris who is an

member of Brandon's 26th Field Artillery Regiment and, during the exercise, was the CIMIC team coordination officer.

"For this exercise we are being deployed in advance of the ARCG main body to inform any of the towns that the exercise is going through about what is happening. We want to ensure that our presence is known and that we have a positive reception and exit once the soldiers do pass through. We also want to de-conflict or prepare for any issues in advance."

One area that the CIMIC team focused on was meeting and speaking with local fisherman in communities to ensure that Ex AB17 did not interfere with their operations on Lake Winnipeg.

"Lake Winnipeg is a commercial fishing area and there are many sites where they do have huts and nets. We don't want to disrupt their operations when we go through and we want to cause the least amount of issues," added Lt Norris.

Being a member of the Influence Activities Company is a secondary duty in 38 Canadian Brigade Group. Members, both commissioned and non-commissioned, come from all trades and are trained in CIMIC's Psychological Operations capabilities.

Rangers and Reservists Partnership Beneficial

by Natasha Tersigni, 38 Canadian Brigade Group Public Affairs

With their extensive knowledge in patrolling isolated areas within Western Canada, members of the 4th Canadian Ranger Patrol Group (4 CRPG) make for excellent partners when it comes to assisting soldiers with domestic operations in remote areas.

This year 12 Rangers, two Ranger instructors, and one Ranger officer took part in Exercise ARCTIC BISON 2017 (Ex AB17). All the Rangers that participated are from northern Manitoba communities including seven from Gilliam, two from Lynne Lake, two from Grand Rapids and one from Snow Lake. During the exercise, Rangers were integrated into the three platoons and worked alongside Reservists as part of 38 Canadian Brigade Group's Arctic Response Company Group (ARCG) and regular force members.

"Out on the ice, the Rangers provided support to the ARCG for navigation, crossing obstacles like ice ridges and any other tasks that the ARCG platoon or company leadership wanted them to perform. For example, they performed a Ground Search and Rescue and assisted with the recovery of a snowmobile that fell through the ice. The Rangers also offered advice on route planning,"



Pictured left to right, Master Warrant Officer Joel Alo and Lieutenant Joyelle Norris talk with Manitoba Conservation Officer Evan Jones during a routine visit to Hecla Island as part of the CIMIC team's contribution to Exercise ARCTIC BISON 2017. Photo: 2 Lt Stacie Nelles

said Captain Wade Jones who is the Officer in Command of the Manitoba Ranger Company.

"By virtue of the location that they live in, Rangers are experts in their geographical areas. If you take a

southern soldier and put them in a Ranger's environment, that Ranger will know more about that environment so they can provide essential advice in assistance to a mission or operation."

Working together on the exercise allowed the soldiers and Rangers to share their individual skill sets with each other. While the Rangers are able to pass on their knowledge of the local areas, navigating and survival skills, Reservists on exercise mentored the Rangers on proper military protocol and conduct.

"The Canadian Rangers learn just as much from the soldiers because they are not familiar with military terms, living in arctic tents and just general military conduct like that. When we go out on exercise to train we don't use the same type of equipment, so they are in the learning process as well," added Jones.

"It is a two-way street for sure. We provide some advice and assistance to the ARCG and they train us so the next time we work with a military unit we can better understand their terminology and equipment."

Made up of 41 patrols located in sparsely populated northern and isolated areas of British Columbia, Alberta, Saskatchewan and Manitoba, the Canadian Rangers patrol for national-security and public-safety missions.

440 Sqn Helps Reservists Train for Arctic

by Natasha Tersigni, 38 Canadian Brigade Group Public Affairs

It is an opportunity that comes around only once per year for Army Reservists – to train alongside a CC-138 Twin Otter aircraft.

During Exercise ARCTIC BISON 2017 (Ex AB17) members of Yellowknife 440 'Vampire' Squadron brought their plane and crew to Gimli to participate in the biannual winter exercise. The unique experience allowed the soldiers on the ground to learn how they can be supported by the aircraft and the logistical abilities the plane can provide in a domestic operation.

The highly adaptable Twin Otter is used by the Canadian Armed Forces (CAF) for northern operations. Along with search and rescue missions, the plane is used for transport and logistical support. With the ability to land on skis in the winter and use tundra tires in the summer, the Twin Otter is a rugged aircraft that operates in some of the harshest weather conditions on the planet.

On Ex AB17, the aircraft crew's role was to provide essential assistance to troops on the ground.

"Our primary role within CAF is transportation and supply, so it fits with this exercise. The 440 Squadron's principal customer is the 1 Canadian Ranger Patrol

Group. We will take them out in the northern areas so they can do patrols on their sleds; very similar to how we provide support during these Brigade winter exercises," said Captain Andrew Oakes who is the Aircraft Commander of the Twin Otter.

Soldiers on the ice built a runway for the Twin Otter to land on as part of their training for this exercise, but with the mild temperatures the Twin Otter saw challenges in providing all the support and tasks that were planned.

"When the weather is warmer than -5 Celsius the snow gets sticky and it is not ideal. The temperature got on the plus side during the exercise. If the aircraft normally takes 2,000 feet to take off on the ice it will take four to five times that when you are up in the mild temperatures," explained Oakes.

"Had the weather and visibility cooperated fully we would have ideally taken troops and supplies in and out of their bivouac sites on Lake Winnipeg."

Towards the end of the week the temperatures dropped to appropriate levels and soldiers had the opportunity to see the Twin Otter in action. Aerial recce provided the bird's eye view of Lake Winnipeg, that was helpful in planning safe routes for troops traveling on the

ice, and on the final day of the exercise the aircraft crew conducted training with the ARCG in CASEVAC and re-supply. In a domestic operation, having the aircraft land on the lake would be integral for transportation in an emergency situation or routine re-supply trips.



Members from 17 Field Ambulance practice a CASEVAC drill as part of Exercise ARCTIC BISON in Gimli Manitoba, February 25, 2017. Photo: 2 Lt Stacie Nelles

Non-Stop Fun for Families at Winter Fest



Taking a break from the Prairie Exotics critter display.
Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Winter Fest 2017 was three hours of non-stop activities for kids and adults too, said Deanne Bennett, Community Recreation Coordinator / Personnel Support Programs / Canadian Forces Morale and Welfare Service.

The smiles and shouts of delight from children resounded throughout the closed confines of the South Side Community Centre, located at 347 Doncaster, on a sun soaked, snow melting Saturday, March 4.

Bennett and John Bailey, Employment, Education and Youth Coordinator Winnipeg Military Family Resource Centre, were the two main organizers of this year's Winter Fest.

More than 100 people, both military and civilian personnel and their families, were in attendance throughout Winter Fest, a combination of indoor and outdoor activities which included: bannock baking and s'mores roast, tram rides, an obstacle course, snowshoeing, a search and rescue technician display staffed by SAR tech Master Corporal Matt Davidson, skating, story-telling, a display of lizards, snakes, tarantulas, and reptiles by Prairie Exotics Zoo/Education/Rescue in Winnipeg, children's crafts, face painting, food prepared by 17 Wing Food Services, and continuous music by a three person ensemble from the RCAF Band.

"What better way to spend an amazing day than by having a military band playing wonderful music, beautiful families, outdoor activities and lots to do indoors too," enthused Kim Kovacs, a civilian volunteer at the MFRC,

who, along with Lois Mallet, President of the MFRC, and fellow volunteer Marie Virtue, were cheerfully dishing out the tasty chili in a side room at the community centre.

She said that being a volunteer is a wonderful way to give back to the military who give so much to our country.

Mallet noted that she's volunteered at Winter Fest for the past several years.

"I think it's good that they have a family event within walking distance of the Q's (military housing)," said Chantal Gagnon, whose husband is Captain Martin Labbe at 1 Canadian Air Division.

She was at Winter-Fest with her two red haired children Marie-Victoire, 4, and two year old Vivianne taking in the Prairie Exotics show.

"I'm happy that the MFRC provides these events throughout the year," said Gagnon, who is pregnant with her third child.

Joel Roy, Executive Director of the MFRC, said Winter-Fest is a great event for the community.

"What I like, in particular, is the collaboration between ourselves and PSP (Personnel Support Programs) and the other supports within and outside of the Wing to the benefit of our community," he emphasized. "I don't



RCAF trio featuring vocalist David Grenon seraded Winter-Festers all afternoon.

Photo: Martin Zeilig, Voxair Photojournalist

think there's any single entity on the base that could do this alone. When people commit themselves, we're able to provide this type of event for our community. It's a community event by the community making it happen."

He added that the event was held at the South Side CC, rather than at the Wing because people had been asking the organizers to see what could be done to support the community living in the area to increase attendance at such events.

"Everything we do is to help our people," said Roy, who also praised the organizers and volunteers for their efforts that day and throughout the year. "We're listening to our 17 Wing community."

John Bailey said it took him and Bennett a couple of months to organize Winter-Fest.

"It turned out great today," he added. "It's nice to do events here on the south side, so the families living here don't have to travel, and can feel included and engaged and part of the community, which is our role at MFRC and PSP. It's a partnership between the two of us."

Bennett, who was there with her almost three year old son, Micah, was also pleased with the turnout.

"We definitely got the crowd we were hoping to reach, the young military families-- a lot of whom live in the area," she said. "There was lots to do in a very relaxed atmosphere."



Need a hand with that? MCpl Matt Davidson shows off all his SAR Tech gear.

Photo: Martin Zeilig, Voxair Photojournalist

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Simon Pazdor enthalls 2 year-old Vivianne Simon Pazdor with a turtle as other youngsters look on.
Photo: Martin Zeilig, Voxair Photojournalist

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* Reprinted from the Voxair - Issue 6, Volume 1, September 12th, 1952



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The RCAF has established a dedicated team – the Air Force Intake and Liaison Team (AFI<) – to work with the Canadian Forces Recruiting Group to actively attract and enroll former trained members of the Canadian Armed Forces.

Working together, the two teams are focused on supporting RCAF occupations that face particular personnel shortages and can benefit immediately from the return of individuals who have the skills and experience that the Air Force needs.

The AFI<, which is based in Ottawa, works to identify and put into action initiatives that improve the re-enrollment of skilled former members into the RCAF. The team works closely with the Recruiting Group and the career managers to streamline and expedite the re-enrollment process. In addition, they can provide individual support and guidance to each re-enrollee's file, which helps ensure the process moves forward as smoothly as possible.

There are many advantages to re-enrolling fully qualified personnel.

The RCAF recognizes the qualities of leadership, maturity and experience that former personnel bring with them. Evidence has shown that these personnel can have an immediate and positive effect on Canada's aerospace capabilities – as well as on the health of stressed occupations. Returning members also contribute the fresh ideas and perspectives that they gain during the time they have spent outside of the military environment.

And as an added bonus, those returning also help to demonstrate to both the public and to serving personnel that the Canadian military remains an employer of choice.

If you are interested in receiving more information about this initiative, you can contact the AFI< through their website, by email or by telephone (at no charge).

Website: <http://www.airforce.forces.gc.ca/en/re-enrollment.page?>

Email: AFILT-EALFA@forces.gc.ca

Telephone (it's a free call!): Former officers 1-866-355-8195 and former non-commissioned members 1-877-877-2741

For general information on how to join the Royal Canadian Air Force, visit the Canadian Armed Forces recruiting website at www.forces.ca.



De l'Équipe d'attraction et de liaison de la Force Aérienne

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L'ARC a mis sur pied l'Équipe d'attraction et de liaison de la Force Aérienne (EALFA), une équipe spéciale qui travaillera en collaboration avec le Groupe du recrutement des Forces canadiennes pour attirer activement et recruter d'anciens militaires d'expérience des Forces armées canadiennes.

Ensemble, les deux équipes s'emploient à soutenir les groupes professionnels de l'ARC qui font face à une pénurie de personnel grave et qui pourraient profiter immédiatement du retour de personnes qui possèdent les compétences et l'expérience dont la Force aérienne a besoin.

L'EALFA, qui est établie à Ottawa, s'efforce de créer et de prendre des mesures qui améliorent le recrutement d'anciens militaires d'expérience dans l'ARC. L'équipe collabore étroitement avec le Groupe du recrutement et les gestionnaires des carrières pour simplifier et accélérer le processus de réenrôlement. De plus, les membres de l'Équipe peuvent fournir des conseils et du soutien aux militaires qui s'enrôlent de nouveau pour que le processus se déroule aussi bien que possible.

Réenrôler d'anciens militaires d'expérience s'accompagne de nombreux avantages.

L'ARC est consciente du leadership, de la maturité et de l'expérience que possèdent les anciens membres du personnel. Des données probantes montrent que ces personnes peuvent avoir un effet favorable immédiat sur les capacités aérospatiales du Canada, ainsi que sur l'état des groupes professionnels en difficulté. Les anciens militaires qui reviennent dans les forces ont aussi des idées et des points de vue nouveaux, qu'ils se sont formés pendant le temps qu'ils ont passé à l'extérieur du milieu militaire.

Par ailleurs, ces personnes montrent au public et aux militaires actuels que les Forces armées canadiennes demeurent un employeur de choix.

Si vous souhaitez obtenir plus de renseignements au sujet de cette mesure, vous pouvez communiquer avec l'EALFA par l'intermédiaire de son site Web, par courriel ou par téléphone (sans frais).

Site Web : www.airforce.forces.gc.ca/fr/reenrolement.page

Courriel : AFILT-EALFA@forces.gc.ca

Téléphone (sans frais) : anciens officiers, 1-866-355-8195, et anciens militaires du rang, 1-877-877-2741

Pour obtenir de l'information générale sur la façon de se joindre à l'Aviation royale canadienne, rendez-vous au site Web de recrutement des Forces armées canadiennes, au www.forces.ca.

Pilates Changes Life of Wing Instructor



Pilates instructor and former figure skating medalist Alan Cherniak. Photo: Martin Zeilig

by Martin Zeilig, Voxair Photojournalist

Alan Cherniak was employed for almost four years as general manager of a fibre optic data company. He really enjoyed the challenges in that line of work.

Then, he heard about Pilates, and his life changed.

For the past 17 years, Cherniak has been a full time Pilates instructor throughout the city of Winnipeg, in-

cluding at 17 Wing.

Pilates is a form of exercise, developed in the early 20th century by Joseph Pilates, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement, says information found online. It is also known as the Pilates Method.

"As of 2005, there were 11 million people practicing the discipline regularly and 14,000 instructors in the United States," says the material. "There is some evidence Pilates can help muscle conditioning in healthy adults."

Deanne Bennett, Community Recreation Coordinator / Personnel Support Programs / Canadian Forces Morale and Welfare Services, says Pilates helps develop core strength, which is important for functionality and prevention of injuries, "especially in the low back area."

Cherniak offers the chair version of Pilates for beginners and more advanced individuals.

"He reaches a wide range of people and abilities," Bennett said, noting that Cherniak teaches in Building 33 on Wednesdays (9:30–10:30) and on Thursdays (16:30 chair Pilates, 17:30 Beginners, 18:30 advanced classes). "He has a very loyal following, and a great personality and expertise in the subject. He's motivating."

Cherniak is a practitioner of Stott Pilates, a contemporary approach to the original exercise method pioneered by Joseph Pilates, says the organization's website.

"Co-founders Lindsay and Moira Merrithew, along with a team of physical therapists/physiotherapists, sports medicine and fitness professionals, have spent over two decades refining the Stott Pilates method of exercise and equipment," says the Stott Pilates information. "Stott Pilates incorporates modern exercise principles, and applies proven and accepted practices in biomechanics, rehabilitation and athletic performance enhancement."

"The following Five Basic Principles form the founda-

tion of the method from which our education and all of our programming is developed: Breathing, Pelvic placement, Rib cage placement, Scapular movement, Head & cervical spine placement."

Cherniak, who was born and raised in Gimli, Manitoba, said he didn't know anything about Pilates at first.

"I got permission from the one and only studio in Winnipeg to observe a class," he said during an interview. "Within 30 minutes I was so impressed, I knew I wanted to teach. I signed up for lessons the next week and a year later I took my training to certify (as an instructor)."

Cherniak underwent successful surgery for kidney cancer on December 22, 2016. He noted that in his youth he was a competitive figure skater who won two bronze medals at national competitions. He also taught figure skating.

"I left figure skating at age 25, and returned to university to study Business Administration," said Cherniak, 62, adding that he also works as a mail sorter on weekends at the Canada Post plant here. "Pilates is now my passion."

He then shows a reporter a video on his cellphone of one of his clients: Agnes, a 95 year old woman and retired nurse, who lives at a senior's residence, doing a hamstring stretch with a band placed over one foot while seated on a chair. This cheerful, white haired woman pulls on the band with slow steady movements until her foot is above her head.

"She is my inspiration," commented Cherniak, commenting that he also teaches Pilates at the University of Manitoba, St. Boniface Hospital, at other fitness centres, and privately. "In time and with practice, anybody can improve their physical fitness. I've got both military and civilian personnel in my classes here. I teach mat classes and chair Pilates."

For further information, contact Deanne Bennett at extension 7013.

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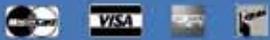
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Around The Wing



Royal Canadian Air Force Band member, Sergeant Alan Buchannan plays the bagpipes during the 2017 11th Annual Yellow Ribbon Gala on February 18, 2017 at the Victoria Inn Convention Centre. Photo: Corporal Justin Ancelin



17 Wing Commander Colonel Andy Cook discusses Dakota III FL547 with Colonel Cezary Kizskowiak, Defence, Military, Naval and Air Attaché with the Polish Embassy in Ottawa. The aircraft held by 17 Wing Heritage was built in Oklahoma City in 1943, transferred to the RAF during the Second World War, and renamed The Spirit of Ostra Brama and flown by a Polish crew from July-September 1944. Details to follow in a future issue of The Voxair. Photo: Bill McLeod, Voxair Manager



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A CC-138 Twin Otter aircraft from 440 (Transport) Squadron, Yellowknife, Northwest Territories takes off from Hall Beach Airport en route to Igloolik Nunavut, during Operation NUNALIVUT 2017, March 02, 2017. Photo by: PO2 Belinda Groves, Task Force Imagery Technician



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BMO Enhances Canadian Defence Community Banking Program

by **BMO Financial Group**

BMO Bank of Montreal announced an enhanced Canadian Defence Community Banking (CDCB) Program designed to better serve the banking needs of regular forces personnel, reserves, recruits, military families, veterans and retirees, as well as Department of National Defence (DND) civilian personnel and the RCMP on February 8, 2017. The new benefits incorporate suggestions from CDCB customers and apply to existing and new customers, and include:

- Free banking with the Performance Plan
- Free unlimited Interac e-Transfer transactions
- BMO Employee Pricing on a wide range of mortgage options
- No annual fee for the BMO Support Our Troops Mastercard

"BMO has a long history of assisting national defence personnel and we are pleased to offer this enhanced program to serve those Canadians who have served or continue to serve us, as well as their families," said Martin Nel, Head, Personal and Small Business Banking, BMO

Financial Group.

BMO has served as the Official Bank of the Canadian Defence Community since 2008. Through CDCB, the bank offers discounted banking rates and other special benefits, such as the Integrated Relocation Program Mortgage Offer and the BMO Support Our Troops Mastercard, through which a portion of each transaction goes to Canadian Forces morale and welfare programs.

"I am thrilled at these significant enhancements to a program that has already delivered a wide range of benefits to our Defence Community," said Commodore Sean Cantelon, Director General Morale and Welfare Services. "Through the Canadian Defence Community Banking Program, BMO has proven itself an enthusiastic and loyal partner, thoroughly committed to improving the lives of our members, veterans and their families. On behalf of the entire Defence Community I wish to express our most sincere appreciation for their stalwart support."

BMO has a long history of supporting national defence efforts. During the First World War, BMO estab-

lished temporary branches to pay troops at various encampments throughout Canada, and Canadian men and women in uniform overseas were paid through the bank's Waterloo Place office in London. During the Second World War, BMO's president George Spinney headed the National War Finance Committee, which oversaw the sales of Victory Loan bonds. During the post-war years when Canada had forces stationed in Europe, Bank of Montreal branches on the bases provided banking services for Canadian servicemen and -women and their families. BMO Bank of Montreal is the official bank of the Canadian Defence Community (CDC) in partnership with Canadian Defence Community Banking (CDCB). CDCB is specifically designed for the Defence Community and offers cost-effective banking plans with unique features tailored to the military lifestyle and needs. BMO is the presenting sponsor of the Canada Army Run, an annual event that brings together Canadians and the Canadian Armed Forces to raise funds for two official charities of the Canadian Armed Forces that provide assistance to ill and injured soldiers and military families in need.

Children and Families Affected by Trauma Workshop

by **Martin Zeilig, Voxair Photojournalist**

Creating Therapeutic Environments for Children and Families Affected by Trauma Workshop will be held on Saturday, March 18 at the Military Family Resource Centre.

The workshop presenter will be Leah Gudbjartson-Beaupre, B.R.S., M.S.W., R.S.W., Clinician Owner of Lifa Vel Counselling and Consulting in Portage La Prairie. Laurie Jackson, Family Liaison Officer with the MFRC, is the workshop's organizer.

According to information provided about the workshop it is aimed to assist parents in learning information and strategies to provide an environment for their children that focus on repairing the impact of trauma and to recover from difficult times.

The principles of the Neurosequential Model of Therapeutics (NMT) will use the Green, Yellow, and Red approach for parents to learn about the impact of trauma. The workshop will help children with opportunities to learn to repair the damage caused by trauma.

"One of the reasons that I organized the workshop was because I was dealing with several families who are impacted by someone with PTSD (Post Traumatic Stress Disorder) or (other) challenging situations," Laurie Jackson said. "There was significant concern about how this is affecting their younger children. So, I just happened to see that Leah was conducting a workshop for families and helping professionals-- helping people understand how our brains are impacted by trauma or signs of stress."

Gudbjartson-Beaupre has developed an approach to teaching children the emotional regulation of their moods rather than just acting them out in negative behaviours, she emphasized.

Jackson added that she will be in attendance at the workshop "to observe and learn the skills" for herself so as to be better equipped to support families.

"Caregivers provide the primary care environments

for children," Gudbjartson-Beaupre, who also teaches online courses for the University of Manitoba Faculty of Social Work "Distance Education Program", writes on her website, www.lifavel.com/.

The morning session of the March 18 workshop will be an education session for parents and caregivers, she said during a telephone interview.

"They'll be learning about trauma and its impacts, and I'll be introducing the NMT, and the Green, Yellow and Red approaches."

Gudbjartson-Beaupre pointed out that she created that particular coloured concept.

"It gives an easier language to parents and children to communicate the stress and survival mechanisms in the brain," she said.

A small foldout card provided by Jackson shows what a similar type of colour coded Mental Health Continuum Model is all about. For example, Green means one is Healthy: "Calm and Steady/normal fluctuations, Fit, Fed, rested in control physically, mentally and emotionally..."; Yellow means a person is Reacting: "Nervousness, anxiety, irritability, anger, impatience, trouble sleeping..."; Orange means someone is Injured: "Excessive anxiety/panic Angry outbursts..."; Red stands for Ill: "Excessive anxiety, Regular panic attacks, Angry outbursts, Noticeable fatigue, Severe memory lapses, Cannot concentrate, Cannot perform duties, Suicidal thoughts..."

"I've brought all that science into something that's understandable and easy to implement," said Gudbjartson-Beaupre, who explained that her three colours approach is not based on the MHCM, but parallels could be drawn between them. "A lot of the times, when you've activated alarm systems in the brain, it's easier to communicate in colour rather than by identifying emotions and feelings."

She will bring the children into the afternoon ses-

sion. "We'll work on strategies to help in calming everybody," Gudbjartson-Beaupre continued. "A lot of the strategies are thinking based, such as mindfulness and other cognitive strategies. I will be addressing occupational stress injuries and how that impacts a family. I'm really looking forward to meeting everybody at the MFRC, and helping them find new strategies to make their home a calmer place."

Spaces are limited. For further information, contact Laurie Jackson at ext. 4478, or by emailing lori.jackson2@forces.gc.ca

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17 WING FIRE CHIEF'S CORNER



Clothes Dryers and Fire Safety

Clothes dryer have become a very important part of our life and without them life would be difficult. There are some things to remember when using clothes dryers; the most important is the prevention of fire and life safety.

Because this appliance is electrical and uses heat to dry clothing, it has a potential as a starting point for fire. As is the case with any appliance it requires periodic maintenance checks on its condition. There are a few very simple steps in using a clothes dryer properly and safely and some that are little more in depth that require a bit of time.

These units come with various types of lint traps. They are a very important part of the dryer so it can be used safely and efficiency. Lint is produced by the drying of clothing and is accumulated in the lint trap. There is also a certain amount of lint that gets beyond the lint trap. It gets in and around the bottom of the dryer and the electric motor. With the dryer motor and blower fan running along with belts turning more dust and lint get drawn into this area, and are not seen because of the concealment within the dryer housing.

After your clothes are done drying you should immediately remove the lint trap and clean it. This is not only for safety but it also helps your dryer work more efficiently and saves you money. Either on the front or back of your dryer there is a service panel. This service panel will allow you access to the under side of your dryer where dust and an accumulation of lint has built up over time. Before removal of the access panel ensure the power to the dryer is off by unplugging the unit. Any electrical appliance while being worked on must be de-energized. After gaining access you will find that lint and dust has collected in and around the electric motor and throughout the bottom of the dryer. Taking a vacuum cleaner, clean this area. You may require a small, light bristled brush to get in some of the hard to get spots. Pay particular close attention to where the vent hose and blower connection meet.

Poor venting systems and improper use are among the major causes of fires involving clothes dryers. Improperly vented dryers can cause back-pressure and can result in lint and dust accumulation inside the appliance. If any metallic object is left in an article of clothing and makes its way into the heating element, it could short it out and possibly ignite clothing; lint and or dust build up.

Here are some items that have turned up in the heating elements when clothes dryer fires are investigated – coins, paper clip, staples, and even items of jewellery.

Clothes dryer vents are extremely critical in that they vent off heat from the dryer and prevent humidity and lint from being blown around your home. There are some important things to watch out for while installing your vent hose. Make sure that the manufacture's guide for installation and operating instructions are followed:

- Do not exhaust a clothes dryer's vent through a chimney.
- Use an exhaust duct system no longer than specified by the manufacturer.
- Ensure that there are no kinks or extreme bends in the exhaust duct system.
- Use only a non-combustible exhaust vent for your clothes dryer i.e. metal

And again a properly operated and vented clothes dryer will not only be a safe appliance but it will also save you money by quickly and efficiently drying your clothes.

If you have any doubts about the way your clothes dryer is operating or are unsure of how to maintain it, have it serviced by a qualified repair technician.

Nutrition Month a Good Time to Reassess Eating Habits

by Bill McLeod, Voxair Manager

The recently released Health and Lifestyle Information Survey (HLIS) of Canadian Forces Personnel 2013/2014 show that the majority of Regular Force CAF members (83%) are reporting 'very very good' eating habits but there are still concerns over some of the reporting.

In particular the study shows that skipping meals and underestimating the optimal fruit and vegetables in a good diet are common across CAF personnel.

On a positive note the study also shows that 20% of all Reg Force CAF personnel have reported taking steps to improve their nutrition. Those seeking to improve their knowledge or change their eating habits are more likely to be members between 50-60 years old who may already have health reasons to change.

According to the HLIS, skipping meals is a dietary behaviour associated with poor nutrition. The reporting shows that, on average, CAF members skip 3 meals a week and breakfast was the most skipped meal. The HLIS shows that half of Reg Force members skip breakfast once a week and 42% of members skip breakfast more than once a week.

In theory skipping meals would lead to a lower caloric intake but recent studies have shown that skipping breakfast is connected to lower diet quality and increased BMI and waist circumference.

More than half of Reg Force CAF members also underestimate the recommended number of daily fruit and vegetable servings.

According to the HLIS, those personnel believed they could eat less fruits and vegetables than what is recommended for their age and sex and still meet the recom-

mendations of Canada's Food Guide.

Not eating enough fruits and vegetables is correlated with negative health effects like cancer and cardiac disease. Health Canada says women 50 and under should eat 7-8 servings a day and men 50 and under should eat 8-10 servings a day. Both men and women over 50 should eat 7 servings a day.

Health Promotion offers various resources for any adult associated with the CAF community when they are ready to make lifestyle changes. Although there is excitement and enthusiasm at the onset of these lifestyle changes, in order for the changes to "stick," it is recommended to only make one or two small changes at a time.

If you are not used to eating breakfast, start your day with a little food first thing, even if you are not hungry. Whether it is a piece of fruit or toast, over time, your body will start to be hungry when you wake up. Breakfast doesn't have to mean consuming breakfast food either – some of the classic food associations with breakfast are high in sugar, fat or salt. Breakfast can consist of some leftovers from last night's supper. Think outside of the box!

Personnel Support Programs Health Promotion also wants to remind members that March is Nutrition Month and to check out their programs to help you learn about healthy eating on page 12 of The Voxair and on the Pop Up Message Board or contact them at 204.833.2500 ext. 4150 or Healthpromo@forces.gc.ca

Canada's Food Guide: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php#a3>

Take the Fight Out of Food: <http://www.dietitians.ca>

US Military Members Shuffle Up and Deal



USAF Staff Sergeant Lionel Kress lets the card do the talking. Photo: Martin Zeilig

by Martin Zeilig, Voxair Photojournalist

Don't worry if you've never played Texas Hold 'Em Poker because it's not that difficult a game to learn, says Staff Sergeant Lionel Kress.

SSgt Kress is the organizer of the 3rd Annual Winnipeg U.S. Military Texas Hold 'EM Fundraiser' from 16:00 -21:00 on Saturday, March 25th at the Wobbly Prop in Building 61.

Just show up at the event, all are welcome, and he'll teach you the rules.

"I know the rules," said Sgt Kress, a member of the U.S. Detachment, who works as a Tech Control at 1 Ca-

nadian Air Division. "I've played in a few tournaments in the Azores and Germany and elsewhere."

During Texas Hold 'Em poker every player is dealt two cards face down, called your 'hole cards'. Then there is a round of betting where you can check, bet or fold.

When all the betting has finished three shared cards are dealt face up in the middle of the table. This is called the flop.

A turn card is dealt followed by another round of betting and the last card, called the river, is dealt followed by a final round of betting.

All funds raised from the tournament will go towards the U.S. Detachment's Holiday Christmas Party and to a local school for supplies, said SSgt Kress, who works as a computer technician for the Detachment. "We usually choose a school to send gifts (pen, pencils, etc.) too."

Besides the card game, itself, there also will be a 50/50 Raffle, which you don't have to be present at the event to enter. It costs \$20.00 to "buy-in" to the fundraiser, and one dollar per ticket or eight tickets for \$5.00 for the raffle.

"It's something to do at the end of winter," said SSgt Kress, a native of Hartford, Connecticut, who's been posted here for just over a year now. "It's open to everybody."

Last year, 25 participants attended the fundraiser, he noted.

"So, because we're not allowed to gamble on the base, we have prizes for first, second and third place. But, we don't know yet what the prizes will be this year. Last year's prizes were a set of headphones and gift card to Joey's Restaurant. We have a good time. It's a chance to bond with people, to get to know your people. It's a friendly atmosphere."

For further information, contact SSgt Kress at tel. 4273; email: lionel.kress@forces.gc.ca

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Seed Starting

Feb 15, 2017

Have you always wanted to start your own seeds so that you are ready for spring planting? Join Master Gardener Mick Manfield as he explains how to start your own plants from seed, what equipment to buy that will help with successful seed starting and some useful tips and tricks on seed storing and seed viability.



PRE-REGISTER AT www.pspwinnipeg.ca

Square Foot Gardening

March 29, 2017

This workshop will cover the 10 basic principles of Square Foot Gardening and also show some different square foot garden layouts. It will also feature vertical square foot gardening techniques and cover succession planting as well. Square Foot Gardening will show how you can grow a large amount of food in a small space.

Square Foot Gardening is a simple, unique and versatile system that adapts to all levels of experience, physical ability and geographical location. Grow all that you want and need in 20% of the space of a conventional row garden. Save time, water, work and money!



Backyard Composting

April 26, 2017

Regardless of whether you are a garden enthusiast with a large yard or an apartment dweller, there is composting system that will work for you. All you need to get started is a compost bin and a little bit of knowledge. Join Master Composter Mick Manfield as he explains the basics of backyard composting.

For more information please contact Deanne.bennett@forces.gc.ca 204-833-2500 ext 7013

FREE CASUAL SWIM

SATURDAY MARCH 25
1300 - 1500

In support of the Lifesaving Society MB Provincial Lifeguard Competitions



STRESS: Take Charge!
Le stress: ça se combat!

Want to increase your stress hardness, enhance your performance, ramp up your resilience?

Stressed? Take Charge!
9 & 10 March 2017
0830 - 1600 hrs

Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

Le stress: Ça se combat!
9 et 10 mars 2017
0830 h à 1600 h



For more information or to register contact Health Promotion at local (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca

Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

March Break Camp

Monday March 27th—Friday March 31st

Ages 6-13 years

With membership \$140
Without membership \$160

Before care 0730-0900 hrs
Camp day 0900-1600 hrs
After care 1600-1730 hrs

swimming – sports – bowling – outdoor activities
Springers Gymnastics Club – egg drop – pizza & movies

For more info call 204-833-2500 ext. 2057 or 5139



Mettez fin au combat avec les aliments!
Ciblez le problème, renseignez-vous et demandez de l'aide.

Mars est le Mois de la nutrition!

- Manger devrait être une activité agréable et non pas une source de frustration et de confusion
- Cette année, à l'occasion du Mois de la nutrition, mettez fin au combat avec les aliments
- Trouvez un diététiste dans votre région : www.dietetistes.ca/trouvez



www.MoisdeLaNutrition2017.ca

NUTRITION MONTH EVENTS

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 Drink water, thirst can be disguised with feelings of hunger!	8	9 MFRC Hot Lunch	10 Order deadline for Good Food Box	11
12 Reduce portion sizes by using a salad plate!	13	14	15 Pick up Good Food Box	16	17 Saint Patrick's Day Fitness Circuit	18 Avoid foods with trans or hydrogenated fat
19	20 Keep tomatoes on the counter so they stay fresh and flavorful!	21	22 Beginner Beekeeping workshop	23 Chop your veggies before putting them away!	24	25
26	27	28 Take the Fight out of Food—Demo	29 Square Foot Gardening Workshop	30	31 Skip processed deli meats such as salami and bologna	

FAST FACTS

- It can take 8-15 tastes or more before a child will like a new food.
- Gas, bloating and burping can be caused by swallowed air, certain food or drinks, medicines and supplements.
- Emotional hunger craves fatty foods or sugary snacks, such as chips or baked goods.

Reliable websites:

- www.dietitians.ca
- www.eatrightontario.ca
- www.healthlinkbc.ca
- www.healthycanadians.gc.ca
- www.dietitians.ca/memberblogs

Schedule of Events

- March 9—MFRC Hot Lunch 1200-1300hrs in MFRC multi-purpose room. First come first serve. Donations gladly accepted.
- March 10—Order your Good Food Box. A bulk buying program that aims to lower your grocery bill by buying bulk fresh fruits & vegetables. Small box \$17, large box \$27, order at B90 or www.pspwinnipeg.ca
- March 15—pick up your Good Food Box between 1400-1730hrs at the Westwin Community Centre (833)
- March 17—Saint Patrick's Day fitness circuit at B90, 1200-1300hrs
- March 22—This session will include practical information on the basic equipment requirements, how to start and what to expect your first year. 1200hrs 2nd Floor CANEX, Rm220
- March 28—join a member from Wing Foods for a cooking demonstration on quick and easy meal ideas. Take the fight out of food and what to make for dinner. 1200hrs—2nd Floor CANEX, Rm220
- March 29—This workshop will cover the 10 basic principles of Square Foot Gardening and show some different garden layouts. Grow all that you want in 20% of the space of a conventional row garden. Save time, water, work and money! 1830hrs @ B90 Theatre
- April 26—Back Yard Composting—learn the basics of backyard composting and the system most appropriate for you. 1830hrs @ B90 Theatre

mars 2017

dimanche	lundi	mardi	mercredi	jeudi	vendredi	samedi
			1	2	3	4
5	6	7 Buvez de l'eau: la soif peut faire croire à un sentiment de faim!	8	9 « Hot Lunch »	10 Programme de la boîte verte.	11
12 Réduisez la taille de vos portions en utilisant une assiette à salade!	13	14	15 Programme de la boîte ramasser.	16	17 Circuit de fitness jour saint patrick-day	18 Évitez les aliments composés de matières grasses hydrogénées ou de gras
19	20 tomates sur le comptoir afin qu'elles demeurent fraîches	21	22 Débutant Atelier Apiculture	23 Coupez les légumes avant de les ranger	24	25
26	27	28 Mettez fin au combat avec les aliments manifestation	29 de base du Jardinage au Pied Carré	30	31 Évitez les charcuteries transformées telles que le salami et le saucisson de Bologne	

FAITS RAPIDES

- Un enfant peut devoir essayer un aliment de 8 à 15 fois (ou plus) avant d'y prendre goût.
- Les gaz, les ballonnements et les rots peuvent être causés par l'air avalé, certains aliments ou certaines boissons, des médicaments, des suppléments
- La faim émotionnelle donne lieu à des fringales d'aliments gras ou sucrés, comme des croquettes ou des pâtisseries.

sites web crédibles:

- www.dietetistes.ca
- www.sainealimentationontario.ca
- www.healthlinkbc.ca (en anglais seulement)
- www.canadiensensante.gc.ca
- www.dietetistes.ca/blogues

- mars 9—« HOT LUNCH » CFM 12 h 00—13 h 00. Les dons sont acceptés avec plaisir.
- mars 10—Commandez votre boîte verte. Il s'agit d'un programme d'achat en vrac qui vise à réduire votre facture d'épicerie grâce à l'achat de fruits et légumes frais. Petite boîte : 17 \$; grande boîte : 27 \$. Passer votre commande au bâtiment 90 ou sur le site Web suivant : <http://www.pspwinnipeg.ca/connexion/accueil.aspx>.
- mars 15—Passez chercher votre boîte verte au Centre communautaire Westwin (bâtiment 33), de 14 h à 17 h 30
- mars 17—Circuit de fitness jour saint patrick-day. B90 12h 00—13 h 00
- mars 22—Cette séance comprend des renseignements pratiques sur les besoins élémentaires en équipement, la façon de commencer et ce à quoi vous devez vous attendre la première année. Au 2^e étage du Canex, salle 220, à 12 h.
- mars 28—Joignez-vous à un membre des Services d'alimentation de l'escadre qui vous présentera des idées de repas rapides et faciles. Mettez fin au combat avec les aliments et facilitez-vous la vie au moment de la préparation des repas. Au 2^e étage du Canex, salle 220, à 12 h.
- mars 29—Cet atelier va expliquer les dix principes de base du jardinage au Pied Carré, ainsi que vous démontrer des dispositions différentes des Jardins aux Pieds Carrés. Cultivez autant de nourriture que vous voulez et don't vous avez besoin avec 20% de l'espace requis d'un jardin traditionnel planté en rangées. Épargnez du temps, de l'eau, du travail, et de l'argent
- avril 26—Compostage dans le jardin—Apprenez les notions de base du compostage dans le jardin et quel est le système le plus approprié en fonction de vos besoins.



Connect with us:

102 Comet Street / 102 rue Comet
204-833-2500 extension / poste 4500

www.cafconnection.ca

www.facebook.com/WinnipegMFRC

www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

Next Chapter

This group will help parents find themselves as they parent their children from kindergarten through the teenage years. This program is designed for parents with children ages 5 and up.

Tuesday, March 21 9:30 to 11:30 a.m.

Free, Drop-in program

Child care is provided for children 18 months - 5 years.

« Next Chapter »

Ce groupe de rencontre vous aidera pendant que vos enfants traversent cette période qui précède l'adolescence. Chaque mois, nous aborderons un nouveau sujet tout en s'amusant et partageant une collation avec d'autres parents. Ce programme est conçu pour les parents qui ont des enfants âgés de 5 ans et plus.

Mardi 21 mars 9 h 30 - 11 h 30

Gratuit Programme d'halte accueil

Présenté en anglais

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 and share your wisdom and expertise about navigating life's journey.

Monday, March 20 7:00 to 9:00 p.m.

Free

Registration deadline: March 17, 2017

« Groupe de dames – 45+ »

Joignez-vous à nous pour une soirée de café et de conversation touchant la force de l'âge. Si vous êtes une femme âgée de 45+ ans, vous aurez l'opportunité de rencontrer d'autres femmes et de partager avec elles votre sagesse et vos expériences de vie.

Lundi 20 mars 19h - 21h

Gratuit

Date limite d'inscription : 17 mars

Présenté en anglais

Happiness Project

Based on the International bestseller 'The Happiness Project'. Discuss and share ways to make our lives more fulfilling. Each group member will require a copy of the book to read and reflect. Books may be preordered for \$15.

Monday, March 20 1:30 to 3:30 p.m.

South Side Youth Centre 347 Doncaster St.

\$15 for first time participants

Registration deadline: March 13

« Happiness Project »

Basé sur le bestseller international, « The Happiness Project », nous discuterons et partagerons des moyens pratiques pour épanouir notre vie. Chaque participant doit se procurer une copie du livre pour lire et pour réfléchir. Le livre peut être précommandé au CRFM pour 15 \$.

Lundi 20 mars 13 h 30 - 15 h 30

Centre Jeunesse – sud 347, ch Doncaster 1

5 \$ pour le livre

Date limite d'inscription : 13 mars

Présenté en anglais

Op Deployment Family Dinner Date

If you have a loved one preparing to deploy, who is currently deployed or has recently returned from a deployment, toss your kitchen mitts and dish towels and allow us to prepare dinner for you and your family.

Thursday, March 23 5:00 to 7:00 p.m.

\$5 per adult, \$3 per child (5-12), kids 4 & under are free. Max \$20 per family.

Registration deadlines: March 20

« Op-Déploiement – Souper de famille »

Si vous avez un proche qui se prépare pour un déploiement, qui est actuellement déployé ou qui est revenu récemment d'un déploiement, on vous invite à enlever vos gants de cuisine et votre linge à vaisselle et nous permettrons de préparer le souper pour vous et votre famille.

Jeudi 23 mars 17 h - 19 h 5 \$ par adulte, 3 \$ par enfant (de 5 à 12 ans), gratuit pour les enfants de 4 ans et moins (max. 20 \$ par famille)

Date limite d'inscription : 20 mars

Volunteer Connection Evening

All MFRC Volunteers are invited to connect in a casual, social setting. It is an opportunity to meet other volunteers, share volunteer success stories, and to brainstorm new ideas and best practices for the Volunteer Program at the MFRC

Tuesday, March 21 7:00 to 9:00 p.m.

Free

Registration deadline: March 16

* Child care is provided for children 18 months to 5 years old with pre-registration.

Soirée « Volunteer Connections »

Tous les bénévoles du CRFM sont invités à se rencontrer dans un cadre social décontracté. C'est une occasion de faire des connexions, partager ses réussites, discuter des difficultés rencontrées et de réfléchir à de nouvelles idées et à de meilleures pratiques pour le programme de bénévolat du CRFM.

Mardi 21 mars 19 h - 21 h

Gratuit

Date limite d'inscription : 16 mars

* Préinscription pour la garde d'enfant.

Présenté en anglais

South Side Parent Group

A 'community' of parents discuss topics related to all the trials and tribulations of being a parent to kids of all ages. Drop in and have coffee and snacks and get to

know your neighbours, as your kids play and socialize with others.

Thursday, March 16 9:30 to 11:30 a.m.

South Side Youth Centre

Free

Drop-in program

Child care is provided for children 18 months to 5 years old.

« A Parent Group » côté sud

Joignez-vous à nous au Centre jeunesse côté sud en tant que "communauté" de parents afin de discuter de sujets variés ayant en commun les tribulations liées à être parents d'enfants de tous âges. Venez prendre un café et une collation et rencontrer vos voisins pendant que vos enfants jouent ensemble.

Jeudi 16 mars 9 h 30 - 11 h

Centre Jeunesse côté sud 347, rue Doncaster

Gratuit

Programme d'halte accueil.

Présenté en anglais

Babysitter Skills Course

Provides new babysitters with skills and tools to start working as a babysitter. Upon completion of the course, you may opt to be included on the MFRC Babysitters list.

Tuesday, March 28

Wednesday, March 29

1:00 to 4:00 p.m.

\$20

Registration deadline: March 21

Certification by Canadian Safety Council.

Must be 12 y.o. to register.

« Formation de gardien(ne) averti(e) »

Cette formation fournit les compétences et les outils nécessaires aux jeunes pour offrir un service de garde à la maison. À la fin du cours, vous pourrez choisir d'être ajouté à la liste des gardiens/gardiennes maintenue par le CRFM.

Mardi et mercredi 28 et 29 mars 13 h - 16 h (les deux jours)

20 \$

Date limite d'inscription : 21 mars

Présenté en anglais

12 ans et plus

March Break Day Camp

The staff of the MFRC would like to invite you to our March Break Camp! Camp will run from March 27th - 31st at the south side youth center (347 Doncaster Street). Camp activities include skating, outdoor games, fine arts, field trips and a pizza lunch on Friday! To register, please visit the MFRC Main Reception (102 Comet Street) between 08:30 - 16:30. For more information, please call 204- 833-2500 Ext. 2991 Camp Times: 9:00am - 4:00pm (Early/Late child care 7:15 to 9:00am & 4:00 to 5:00pm) Camp Participants: Open to youth aged 6-12 Costs \$130 Defense team members \$140 Civilians

« Camp pour la semaine de relâche »

Le personnel du CRFM vous invite à son camp pour la semaine de relâche ! Le camp aura lieu du 27 au 31 mars au Centre Jeunesse – sud (347, rue Doncaster). Camp activities include skating, outdoor games, fine arts, field trips and a pizza lunch on Friday! Pour l'inscription, visitez la réception du CRFM de Winnipeg (102, rue Comet) entre 8 h 30 et 16 h 30. Pour plus d'information, contactez le 204- 833-2500, poste 2991 Pour les jeunes âgés de 6 à 12 ans. Heures de camp : De 9 h à 16 h Service de garderie : De 7 h 15 à 9 h et de 16 h à 17 h. Coût : 130 \$ pour les familles des membres de l'Équipe de la défense 140 \$ familles civiles.

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---	--

Saturday **MARCH 25 MARS** samedi

12:00 pm **12 h**

WING CHAPEL ANNEX ANNEXE DE LA CHAPELLE DE L'ESCADRE

SPACE IS LIMITED
BOOK YOUR SPOT NOW!

LES PLACES SONT LIMITÉES
RESERVEZ VOTRE PLACE RAPIDEMENT!

\$5 PER PERSON
FREE for kids 5 & under

5\$ PAR PERSONNE
Gratuit pour les enfants de 5 ans et moins

MFRC CRFM PURCHASE TICKETS BY MARCH 17 AT THE MFRC
ACHÉTEZ VOS BILLETS AU CRFM D'ICI LE 17 MARS
204-833-2500 EXT/POSTE 4500

Today's Trivia Answers

1. Jean-Claude Killy (France).
2. Jean-Claude Killy.
3. Nancy Greene (Rossland, B.C.).
4. Nancy Greene (gold in giant slalom, silver in slalom).
5. Toni Salier (Austria, 1956).
6. Jungle Jim Hunter, Dave Irwin, Dave Murray, Steve Podborski and Ken Read. They earned their reputation in the late 1970s and early 1980s for fast and seemingly reckless skiing in the downhill event.
7. Steve Podborski (Toronto, Ont.) – bronze, downhill 1980.
8. Steve Podborski – 1982.
9. Erik Guay (Mont Tremblant, Que.) – Super G, 2010.
10. Betsy Clifford (Ottawa, Ont.) – Slalom, 1971; Marie-Michele Gagnon (Lac-Etchemin, Que.) – combined, 2014.
11. Lindsey Vonn (United States) – 20 World Cup crystal globes.
12. Ingemar Stenmark (Sweden) – 19 World Cup crystal globes.
13. Kjetil Andre Aamodt (Norway) – eight: four gold, two silver, and two bronze.
14. Janica Kostelic (Croatia) – six: four gold, and two silver; Anja Parson (Sweden) – six: one gold, one silver, and four bronze.
15. Austria – 114 (including 34 gold).
16. Franz Klammer (Austria) – five World Cup titles (1975-78, 1983) and Olympic gold (1976).
17. Saint Bernard of Menthon
18. Schollach, Schwarzwald, Germany – 1908. (The original mechanism is still in place.)
19. Les Trois Vallées – Courcheval, Méribel, Val Thorens, France with 600 km of runs and 183 lifts.
20. Sir Arthur Conan Doyle.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Be pro-active, not reactive. Before you decide to confront someone, check your facts. Harsh words wound and cause rifts so share your thoughts honestly but diplomatically. Respect differences of opinions and perspectives. Core values have deep roots for yourself and others.

Taurus (April 20 – May 20): Trying to understand things from another's perspective is challenging when you are firmly grounded in your own way of approaching things. You're determined to be practical and logical but remember to factor in the emotions. What seems illogical is often creative and magical.

Gemini (May 21 – June 21): You might tell yourself you want to wait for a better time before making a decision but this may be an excuse to avoid the fallout you fear. The status quo is stale. Push past your assumptions. Conflict can clear the air. Opt to create a new dynamic that facilitates positive change.

Cancer (June 22 – July 22): Be optimistic, realistic and honest. If you make assumptions about another and have expectations that don't correlate to their actual personality it can lead to disappointments. Pretending, as a way to keep the peace, might seem easier at first but the illusion of it all will be revealed.

Leo (July 23 – August 22): Catch up on paperwork when your workload is slow. Read, rest and review your goals. Would further education enhance your skill set? Get ready to meet future opportunities. You can change a setback into a chance to shine. Maintain a positive outlook. Practice patience.

Virgo (August 23 – September 22): Revisiting the past is only useful if you learn from it. Make your life a reflection of your positive beliefs about yourself. It's never too late to take charge and change direction if you don't think you're fulfilling your potential. Be persistent in your pursuit of happiness.

Libra (September 23 – October 23): As a catalyst for change you may aggravate people who are fearful of anything different. Don't get pulled into emotionally charged disagreements. When you advocate for others state the facts. Keep a cool head. Be prepared to deal with difficult situations and you'll do well.

Scorpio (October 24 – November 21): Focus on spiritual development. You seek a greater sense of purpose. Making a tangible contribution to the world fills you with hope. Expanding one's sense of autonomy is part of a soul's journey so give yourself credit when you are making self-directed choices.

Sagittarius (November 22 – December 21): You're full of energy. New opportunities excite you. Enjoy the chance for further fun. Maintain an optimistic outlook as you "follow your bliss." Celebrate when long term goals are reached. The seeds you planted are blooming beautifully. Count your blessings.

Capricorn (December 22 – January 19): Ask for what you want and you'll usually get it. What you value most is what you need to work towards. Others are on your side. Those you've helped in the past are eager to assist you whenever possible in whatever way they can. Wonderful news is on the way.

Aquarius (January 20 – February 18): Keep your wits about you, especially if others are pushing you to make a quick decision. Listen to your instincts. Hidden agendas and motives become obvious in time or when you ask the right questions. Break up a dull routine by spending time with friends and family.

Pisces (February 19 – March 20): When at a crossroad allow the best choice to reveal itself. Positive outcomes are possible. Letting go of one thing leads to new and better things. See mishaps and mistakes as learning opportunities. Be patient with yourself. Trust that you'll be in the right place at the right time.

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CRIBBAGE: Thursdays at 7:30 pm

DANCING: Friday 8:00pm-12:00am

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Chaplain's Corner

The Last Man on the Moon and His Relationship Advice

"If you think going to the Moon is hard, try staying at home." (Barbara Cernan)

by Padre Kevin Olive

This past January, the last man to walk on the surface of the moon, Eugen Cernan, passed away. (I will date myself with this next admission: my father, who was in the RCAF, got me a telescope for my birthday in preparation for the moon landings!) Cernan's death took me back down that nostalgic path where you unknowingly are trying to re-imagine your childhood. Thank God for Netflix and You Tube. You Tube is where you can find great videos of interviews as well as footage from the Apollo Missions. On Netflix, I would encourage everyone to watch the documentary, The Last Man on the Moon. The best movie in my opinion on the space program, the classic, The Right Stuff.

Even though Tom Wolfe's novel The Right Stuff which tells the story of the original seven American astronauts' meteoric rise from straightforward fighter jocks to rock star status, was not published until 1979 and the movie

of the same name not released until 1983, these men were already my heroes a decade earlier. Real He men. I guess if you define a real man or a woman as someone who puts their careers first and their family second.

Wolfe was sent by Rolling Stone magazine to NASA to cover the December 1972 Final Moon Mission of Apollo 17. The articles he published told the story of how challenging it was for men who walked on the moon, or at least orbited the moon, to readjust to life back on earth. The Right Stuff was in many ways Wolfe's attempt to explain the origins of these larger than life characters. But Wolfe was not naive to the down side for the families that were a part of the race to the moon – relationships were not a priority. It was almost impossible for these men to meet the demands of the space race and to live a balanced life. Home life was low on the priority for many of these men. Sixty percent of their marriages ended in divorce. The Astronaut's Wives Club published in 2013, tells of the daily pressures spouses had to deal with along with the issues of infidelity. Trying to portray a brave face for the camera and take care of every need of their home and children (sounds like a deployment to me!) took its toll. Moreover, would their husbands make it home alive?

In the Last Man on the Moon, Cernan is very candid about his failure to value his wife and his family. His relationship with his wife didn't break down due to an affair or anything salacious, it was simply a matter of neglect. I myself can admit that it is very easy to get caught up at times in the rush to live out our military missions and unknowingly neglect life on the home front. Perhaps this reality was best captured by the words of Cernan's first wife, Barbara: "If you think going to the Moon is hard, try staying at home." Whatever you truly value in

life you will invest time in to it. You will go to the gym religiously and make sure you go the extra mile with career courses and taskings. In all my years of helping



people trying to pick up the pieces of broken relationships, I have yet to meet one person who has said to me that they would do it the same way all over again. Working at your relationship with your partner or your children will be the hardest assignment you will have ever have in life. You can't make up for past mistakes, but you have all the time in the world to start investing now in those closest to you. What is your strategy for advancing the quality of your relationships? Oh, by the way, you must go slow about new changes or you might burn up in re-entry if you go in too fast!

Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE (English Only) 0900 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. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

Baptism: The Sacrament of Holy Baptism is available by contacting a Chaplain. Baptism Preparation is a requirement. *Please contact the Chaplain before setting the date for the baptism or arranging family travel.*

Protestant Chapel Guild: It meets the first Sunday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Lesley Fox
(United Church) - Faith Community
Coordinator
ext 5785

Padre Kevin Olive
(Pentecostal)
ext 5272

Padre Greg Girard
(Christian Reformed) Det. Dundurn
306-492-2135 ext 4299

17 Wing
204 833 2500



Administrative Assistant
ext 5087

17 Wing Community Chapel
2235 Silver Avenue
(Near Whytewold)

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

Padre Hope Winfield
(Roman Catholic Pastoral Associate)
- Wing Chaplain
ext 5417

Padre Paul Gemmiti
(Roman Catholic Priest)
- Faith Community Coordinator
ext 4885

Padre Emanuelle Dompierre
(Roman Catholic Pastoral Associate)
- Mental Health Chaplain
ext 5086

Padre Frederic Lamarre
(Roman Catholic Pastoral Associate)
ext 6914

SUNDAY MASS (Bilingual) 1100 hrs

COMMUNITY SERVICES

Religious Education: Classes can be available to children from Preschool to Grade 6.

Sacrament of Reconciliation: It is available by request and at special times of the year. Contact Padre Gemmiti.

Baptism: We recommend that you contact the chaplain's office for an appointment six months in advance. *Please contact the Chaplain before setting the date for the Baptism or arranging family travel.*

Marriage: Six months notice (1 year preferred) is required for weddings, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

MAIN OFFICES
Building 64,
Lower Level, North End.

EMERGENCY DUTY CHAPLAIN
After normal working hours s/he can be reached through the Wing Ops Duty Centre at 204-833-2700.

INFO PHONE NUMBER
For service times and contact with a chaplain of your choice, phone ext 6800 and follow the prompts.

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

CARE & SHARE BENEVOLENT FUND
Contact Wing Chaplain Office for further information.

Your 17 Wing Chaplain Team

From left to right:
Lt (N) Lesley Fox,
Capt Paul Gemmiti,
Capt Greg Girard,
Maj Hope Winfield,
Capt Emanuelle Dompierre,
Capt Kevin Olive,
Lt (N) Frederic Lamarre



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