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# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

February 22, 2012

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FREE



Photo: Cpl Piotr Figiel

Attendees at the 2012 Yellow Ribbon Gala enjoy some light music with their dinner. The Gala attracted over 350 people, and featured a key note speech by the Chief of the Defence Staff, Gen Walter Natynczyk, as well as a very moving speech by journalist and author Melissa Fung.

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# An inside look at BMQ Courses

**MCpl Amy Franck**  
38 CBG

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

Regardless of how long a soldier serves in the Canadian Forces (CF), whether we be Regular or Reserve Force, every one of us can remember, with a smile or grimace, at least one personal experience from our basic military training. Chances are, we can think of many, and the clarity of our recollections speaks volumes about the important function this course played in preparing us for our careers that lay ahead.

For any institution requiring employees to travel far from home, and manage situations where lives hang in the balance, the gravity of maintaining a high standard, entry-level training program cannot be understated. None recognize the significance of this principle more than those responsible for teaching the next generation of Canadian soldiers.

Having recently instructed on a 38 Canadian Brigade Group (38 CBG) Basic Military Qualification (BMQ) course based out of Minto Armouries in Winnipeg, Master Corporal John Robins, a Reservist with two tours to Afghanistan, reflected on his own basic training experience 12 years ago.

"It really set the foundation for the rest of my military career. Everyone, I think, remembers their instructors from basic training. These are the people who start you out in your infancy of being a soldier, and establish the groundwork for how you're going to wind up."



**Master Corporal Scott McManus of 38 Service Battalion directs recruits during C-7 rifle training as part of their Basic Military Qualification (BMQ) course. Photo: MCpl Gregory Rutledge**

By design, BMQ prepares Canadian soldiers to tackle future challenges. For the BMQ graduate, the immediate challenges are the progressive levels of training immediately following basic training. With each successive course the soldier's capabilities builds towards high-tempo service in domestic and overseas environments. As the first link in this all important chain of military courses, BMQ forms the foundation upon which all subsequent levels are built.

"I think the main idea that I get from BMQ is they're trying to turn you into a soldier. It's a pretty tough transition, I find, for a lot of people," commented Pri-

ate Ferran Cardinal, a 25-year-old recruit holding a BSc in Exercise Science and Sport Management, and recent graduate of the 38 CBG BMQ course at Minto Armouries.

"I definitely see that it's obviously one of the most important courses you probably will ever have to take in the military. What they're teaching us on BMQ is basically discipline, which is the biggest thing in my opinion. Teamwork is a very big thing as well, and understanding no man or woman left behind."

From insurgent attacks in Afghanistan to rising floodwaters in Manitoba, threats faced by today's Canadian soldiers go far beyond what the average Canadian deals with in their day-to-day employment, and it's crucial to ensure CF recruits are properly trained to meet these challenges head on. In movies and

books, no training program holds the same mystique (or sense of dread as "Basic Training" or "Boot Camp". Fictional portrayals of basic military training programs often depict the brutal treatment of recruits at the hands of sadistic instructors, however those of us who accept the challenge of CF training know the reality is quite different. Training conditions are carefully tailored to prepare the recruits for the difficult and high-pressure environments that CF soldiers are regularly required to operate in.

"We have to indoctrinate our soldiers with stress, it's part of the effective training program," said MCpl Robins on the difficult conditions imposed on recruits during BMQ. "Part of the stress is helping these soldiers realize that their barriers are self imposed. This is something that you have to discover as a young soldier, and start training yourself to push past your self imposed limits, so that when faced with an incredibly stressful situation on operations, you know what you can do."

It's indisputable that the military is not a typical institution, but an exceptional

one tasked with confronting extraordinary situations. It is important to remember that every soldier in the service of Queen and Country originated from the general populace. Not a single soldier was born wearing the uniform of our country. The only difference lies in the specialized, professional training we soldiers receive, and what that training enables us to do in promoting global and domestic security.

The overall success of the any military relies upon the fundamental skills held by each man and woman in uniform, and it all begins with their initial military induction training. Today's version, the CF BMQ course, fulfills this critical function by instilling the next generation of CF recruits with a strong foundation of skills, and prepares them to face tomorrow's challenges head on.

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# Sacrifice medal awarded to Wing Member

Corporal Miguel Chavez, a member of 2nd Battalion Princess Patricia's Canadian Light Infantry, was presented the Sacrifice Medal at 17 Wing Winnipeg by Brigadier-General M.P. Galvin, 2 Canadian Air Division (CAD) Commander, on 7 February 2012.

During an intimate ceremony in the Warrant's and Sergeant's Mess attended by family and senior members of 2 CAD, the 17 Wing Command Team, the Joint Personnel Support Unit, and 2 PPCLI, Cpl Chavez also accepted his Certificate of Service. After 9 years military service Cpl Chavez is transitioning to civilian life as a student studying Communication Engineering.

"I like to get to know a little bit about someone I present a medal to," said BGen Galvin. "Lieutenant-Colonel Grimshaw, your former Company Commander described you as calm and competent, someone with a cool and collected head on the battlefield. I have never served in the army, but this seems to be a very good recommendation for a soldier in Afghanistan."

On 2 March 2006 in Kandahar Corporal, then Private, Chavez was employed as an

air sentry in a Light Armoured Vehicle (LAV) III that was conducting a convoy task. Cpl Chavez was seriously injured when he was thrown from his vehicle after it rolled 2 or 3 times upon impact with a local vehicle.

Cpl Chavez returned to Canada where he was determined to heal and return to Afghanistan to finish what he was unable to do on Task Force 1-06. Cpl Chavez returned to Afghanistan not only once, but twice more. Approximately 6 months after being injured Cpl Chavez returned on Task Force 3-06 with the 1st Battalion, The Royal Canadian Regiment, and again on TF 1-08 with the 2nd Battalion, Princess Patricia's Canadian Light Infantry.

The Sacrifice Medal was created to provide a tangible and lasting form of recognition for members of the Canadian Forces and those who work with them who have been wounded or killed by hostile action as well as Canadian Forces members who died as a result of their service.

For more information about the Sacrifice Medal please visit:

<http://www.gg.ca/document.aspx?id=113>



BGen M.P. Galvin (l) presents the Sacrifice Medal to Cpl Miguel Chavez (r) at 17 Wing on 7 February 2012. Photo: Sgt Bill McLeod

# How security aware are you?

**Sgt Bill McLeod**  
17 Wing Public Affairs

Commissionaire Warrant Officer Ivan Peters of 23 Military Police Platoon had a chance to ask that question to members of 17 Wing and 1 Canadian Air Division with an office mock-up during Security Awareness Week from 6-10 February 2012.

During the mornings of 8 and 9 February, random members of the Wing at 16 Hangar and 1CAD were invited to find 10 security infractions inside an office that Commissionaire Peters had intentionally made insecure. Cmre WO Peters is the Physical Security Advisor for the Wing.

The mock infractions included passwords and logins written down on post it notes; improper storage of classified documents; improper locks on cabinets; locks with keys left in them or unlocked combination locks; money stored with confidential documents; and combination lock changes not changed on schedule.

According to Cmre Peters, members of the Winnipeg Defence Team did very well

on the challenge. "It went fantastic," he said. "We had maximum participation. We tested everyone from a Private up to a Lieutenant-Colonel."

The average score for the Winnipeg Defence Team members was 6 to 8 infractions found and a total of 42 members were tested over the two days of the exercise. The first day was cut a little short when 16 Hangar was secured for operational reasons, but the second day at 1 CAD was extended.

Only one member, Captain Eugenia Zdorova of 1 CAD, managed to score a perfect 10 out of 10. For the rest of the members it was a good reminder of why physical security is important and how it can be compromised with a little inattention.

For more information about Security Awareness Week please visit:

<http://vcds.mil.ca/sites/page-eng.asp?page=12621>

For more information about 17 Wing please visit:

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



Captain Jeff Chester finds an unsecured secret file in a drawer while observed by Commissionaire Warrant Officer Ivan Peters at 1 Canadian Air Division. Photo: Sgt Bill McLeod

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# “The War was Fake but the Cold was Real”



Members of yellow squad conduct final assault on an anti-government radical unit during Swedish Winter Warfare Course in the Arvidjuar Training Area. Photo: courtesy of the Swedish Army

**Pte Steve Cox**  
Saskatchewan Dragoons

This past January, I was selected to train in Sweden with the Swedish Ranger Battalion in order to further enhance my winter warfare skills. To be the youngest person on the Swedish Winter Warfare Course was an amazing experience and getting the opportunity to be involved in an overseas course with multinational classmates will never be topped.

I departed Canada on January 7<sup>th</sup> and after long journey arrived at Norrbotten Barracks, home of the Swedish Ranger Battalion. Norrbotten Barracks is located approximately 1,000 km north of Stockholm. The first morning of the course we received a quick outline of the

training followed by the issue of equipment. We then deployed to the Arvidjuar Training Area where all the field training would take place.

The exercise started with an icy splash. We had to jump into a frozen lake to learn about the effects of hypothermia. This was the “ice bath”. We then had to crawl out on our own and change into dryer gear in a hole we had dug earlier. Later, we learned to handle and fire the AK-5 Swedish assault rifle in various positions—both on and off skis. Of course, we also climbed mountains with a full pack and full fighting order. Every other day, we slept alone in the “dark scary forest”, with only a sleeping bag and our gear in minus 15 degree weather.

My class included three students from Sweden, four from Canada, two from Germany, another two from Swit-

zerland and one Latvian. They were a mix of officers and NCOs—I was the only junior NCM and youngest person by about 10 years. I was extremely lucky to have the opportunity to participate as a Reserve Force Private.

On the weekends, we had the opportunity to meet the local Laplander people and eat traditional meals—usually fresh reindeer meat. While the meal was being prepared, we were lucky enough to enjoy a traditional Swedish sauna.

I feel that the skills that I have learned can easily be used in the Canadian North and as well in my civilian life. I learned a great deal about myself, the Swedish military and Swedish culture.



A Member of the Swedish Rangers demonstrates the Ice Bath, Arvidjuar Training Area. Photo: courtesy of the Swedish Army

## Inaugural presentation of Diamond Jubilee Medal



Sixty Canadians from across the country and various walks of life were presented with The Queen Elizabeth II Diamond Jubilee Medal during the inaugural presentation ceremony on February 6, 2012, at Rideau Hall.

This event marked the 60th anniversary of Her Majesty Queen Elizabeth II's accession to the Throne as Queen of Canada.

Governor General David Johnston presided over the ceremony, along with the Prime Minister Stephen Harper.

“The recipients who are honoured by this medal have made Canada better,” said the Governor General.

“Individually, they have improved the well-being of many in our communities, and together, they have helped to create a smarter, more caring nation. They represent a mosaic of individual experiences and accomplishments. Like Her Majesty, they inspire others to take up the call to service.”

This commemorative medal will be presented throughout the year to 60,000 deserving Canadians to

celebrate significant contributions and achievements and to recognize those who, like Her Majesty, have dedicated themselves to service to their fellow citizens, their community and their country. To ensure that the awarding of this national honour is done in a broad and inclusive manner, governmental and non-governmental partner organizations have been identified to nominate candidates from their community or organization.

You can read the complete list of recipients and a brief citation for each at <http://www.gg.ca/document.aspx?id=14414&lan=eng>.

For more information about The Queen Elizabeth II Diamond Jubilee Medal, visit <http://www.gg.ca/document.aspx?id=14019&lan=eng>.

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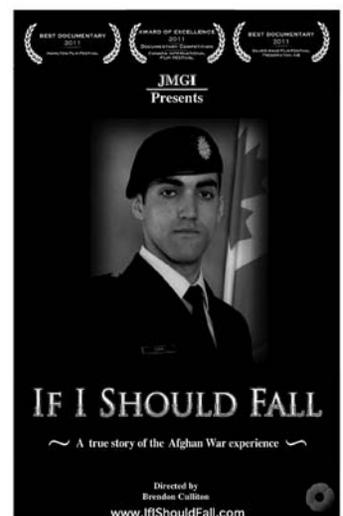
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# Canadian Ranger Receives the Queen's Diamond Jubilee Medal



Left to right: Prime Minister Stephen Harper, MCpl Keven Iles, Governor General David Johnston. Photo: Sgt Ronald Duchense

## Capt Wade Jones

As a representative of 4<sup>th</sup> Canadian Ranger Patrol Group and all Canadian Rangers for their significant contribu-

tions to national sovereignty, Canadian Ranger Master Corporal Keven Iles and his wife Lucille attended Rideau Hall on 7 February 2012. MCpl Iles was one of 60 invited recipients of the Queen's Diamond Jubilee medal. Governor Gen-

eral David Johnston and Prime Minister Stephen Harper presented him his medal and in the words of MCpl Iles "It was a humbling experience and a proud moment to represent the Canadian Rangers and my community. To be grouped with such a distinguished group is indeed a great honour."

MCpl Iles has been a member of the Canadian Rangers, the Manitoba Canadian Ranger Company Snow Lake Patrol for 7 years. He and his wife Lucille, live

in The Pas, Manitoba where he has a private business and volunteers with the local fire department, medical emergency services as well as an active member of Search and Rescue Manitoba. A dedicated Ranger and community serving individual, MCpl Iles was both humbled and excited by the experience. While in Ottawa he also was treated to a tour of the Parliamentary Buildings and a very rewarding visit to the National War Museum.

National Defence / Défense nationale

March 1<sup>st</sup> / Le 1<sup>er</sup> mars

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# CC-130J Hercules reaches 5,000 hours of flight time



A CC-130J Hercules flies near 8 Wing Trenton, Ont. Photo: Cpl Darcy Lefebvre.

## Capt Wulfric Wilson

The CC-130J Hercules is racking up the flying hours after little more than a year-and-a-half in service.

On Friday, Feb. 3, 2012, Canada's fleet of J-model Hercules rolled over to 5,000 hours of flight time - a remarkable achievement considering the first J-model was only delivered to 8 Wing Trenton, Ont., on June 4, 2010. The 5,000th hour for the fleet took place during a CC-130J flight from Florida to Alberta on Feb. 3 in support of Royal Canadian Air Force fighter jet training activity.

"These milestones are important markers in the transition from our leg-

acy Hercules to our new workhorse, the C-130J," said Lieutenant-Colonel Colin Keiver, commanding officer of 436 (Transport) Squadron. "I am particularly proud of the fact we achieved the 5,000 hour mark in 19 short months, prior to a declaration of initial operating capability. It speaks volumes about the support and dedication of all members of the squadron, the wing and the RCAF at large."

The RCAF wasted no time deploying the J-model Hercules after first receiving it in 2010, which is one of the reasons the flying hours have increased so quickly. Since its delivery, crews have flown the J-model Hercules in various theatres of operation including Afghanistan, Libya and throughout Canada for various domestic

operations including Operation Boxtop, the resupply of Canadian Forces Station Alert.

"These achievements have been made possible, in no small way, due to the significant efforts of the CC-130J maintainers at 436 Squadron who continue to excel with a still-growing cadre of experience," said LCol Keiver. "The squadron has much to celebrate."

With 13 of 17 aircraft delivered to date, and the 17th and final aircraft scheduled for delivery in May 2012, the fleet has steadily increased both the level and scope of its operations. Today, the fleet is regularly flying six aircraft a day in support of both 436 Squadron and 426 (Transport and Training) Squadron.

This has been made possible, in no small way, due to the significant efforts of the CC-130J maintainers at 436 Squadron who continue to excel with a still-growing cadre of experience.

The first 5,000 hours are a testament to the dedication of the men and women of the RCAF as well as the incredible capabilities of the CC-130J. While it isn't certain where the crews, maintainers, and aircraft will be operating in the future, it is safe to say that they will continue to deliver exceptional results for Canada.

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# For whom the bell tolls

## The history of the “Rivers” bell



The Rivers bell remains in the Officers' Mess at 3 Canadian Forces Flying Training School. Credit: 3 CFFTS.

Bruce Forsyth, CD

A ship's bell is an essential component of any ship. Usually made of brass with the ship's name engraved on it, the ship's bell is used to indicate time on board a ship and regulate the duty watches. They are also used in foggy conditions, are a prized possession and are often the only conclusive means of identifying shipwrecks.

The “Rivers” bell has its own unique place in the history of ship's bells. A strictly land-based bell, the Rivers bell was a gift from the Royal Canadian Navy to the Canadian Joint Air Training Centre at Royal Canadian Air Force Station Rivers in November 1951. Year after year, the bell hung in the corner of the officers' mess, cheer-

fully being rung to signal a promotion with “drinks all around” for all mess mates.

However, like most ship's bells, which travel from port to port along with their respective ships, the Rivers bell was not one to be tied down to one location either. One night in 1955, personnel from RCAF Station Moose Jaw took it upon themselves to “liberate” the Rivers bell, transporting it across the prairie to their mess back in Moose Jaw and installing it on a “theft proof” steel beam mount.

The base commander, Group Captain Jack Sproule, was none too happy about this turn of events. To rectify the situation G/C Sproule led a “rescue party”, to retrieve the bell one weekend in September 1955. Mingling with the Sunday morning church crowd, the rescuers succeeded in penetrating the officers' mess, disabled the phones and secured the mess occupants, including

the orderly officer. With hack saws and a bit of muscle power, the rescuers succeeded in retrieving their bell.

The bell was tossed over the nearest perimeter fence, stored in the trunk of a car, and ferried back to RCAF Station Rivers. Once back, G/C Sproule stored so securely, that when RCAF Station Rivers closed in 1971, Lieutenant-Colonel Bill Svab, who designed the “security measures”, had to be consulted on its removal.

The Rivers bell was then relocated to the officers' mess at RCAF Station Portage La Prairie.

Although CFB Portage La Prairie closed in September 1992, 3 Canadian Forces Flying Training School remains at the Portage site, providing primary pilot selection and training for all Air Force pilots. To this day, the Rivers bell remains in the officers' mess, where service members still ring it to celebrate wing graduation parades.

La guerre de 1812 - La lutte pour le Canada

### La guerre de 1812

La contribution des soldats noirs dans la lutte pour le Canada

Les Noirs en Amérique du Nord britannique ont servi sous les drapeaux bien avant la Confédération canadienne de 1867. En effet, nombre d'entre eux, dont le fermier du Haut-Canada Richard Pierpoint, avaient été au service de la Couronne pendant la révolution américaine. Au début de la guerre en 1812, M. Pierpoint demanda avec instance, d'abord sans succès, qu'une unité de milice composée de Noirs aidât à défendre le district de Niagara. Une petite compagnie de milice fut finalement formée en juillet 1812, qui combattit lors de plusieurs batailles importantes, notamment celle de Queenston Heights. Par la suite, ce « Coloured Corps » fut employé à la construction d'ouvrages militaires, comme le fort Mississauga dans la péninsule de Niagara. Dissous au début de 1815, ce corps d'armée aura constitué un bel exemple de la participation des Noirs à la défense d'un tout jeune Canada.

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Un soldat du « Coloured Corps »  
1812, York, Ontario. © The Canadian War Museum

Richard Pierpoint, vers 1770-1780  
Fermier et soldat pendant la Révolution américaine.  
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Battle of Queenston Heights, October 13, 1812  
Illustration de John Cook (1982)

Canada

The War of 1812: The Fight for Canada

### The War of 1812:

The Contribution of Black Soldiers in the Fight for Canada

Blacks in British North America had a tradition of military service that long predated Canadian Confederation in 1867. Many, including Upper Canada farmer Richard Pierpoint, had served the Crown during the American Revolution. At the outset of war in 1812, Pierpoint urged, at first unsuccessfully, that a black militia unit help defend the Niagara district. By July 1812, a small black militia company had been formed that would fight at several major battles, including Queenston Heights. The Coloured Corps later worked on military construction, helping to build Fort Mississauga in the Niagara peninsula. Disbanded in early 1815, the Corps was a prominent example of black service in defence of early Canada.

Proud of Our History  
February is Black History Month  
[www.multiculturalism.gc.ca/blackhistorymonth](http://www.multiculturalism.gc.ca/blackhistorymonth)

Coloured Corps  
Milice 1812, York, Ontario  
© The Canadian War Museum

Battle of Queenston Heights, October 13, 1812  
Illustration de John Cook (1982)

Richard Pierpoint, c. 1770-1780  
Fermier et soldat pendant la Révolution américaine.  
© Bibliothèque et Archives Canada

Canada

## Correction



In our February 8 edition of The Voxair we made an error in the spelling of MCpl B Nymoen's name as well as giving him the incorrect rank. We would like to apologize to MCpl Nymoen for this error.

# That's a lot of Popcorn!



Scouts Canada recently donated 4 pallets of popcorn to Community Recreation programs at building 90. Each pallet contains 3,888 packets of popcorn that will be used for upcoming programs like Winter Fest, happening on March 3rd at the Westwin Community Center. Photo: Alison Dickey

# School's out! For the day...



Children enjoy craft time by sewing hearts onto sticks at the Building 90 multi-purpose room. The kids had an in-service from school because of Louis Riel Day. Photo: Alison Dickey



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# Hey, Ho! Let's go

## Air Command Band Rocks the Festival Du Voyageur



On Friday, Feb 17, the RCAF Jet Stream Band played to a full house at the opening night of the Festival Du Voyageur. The crowd got up out of their seats during the first song, and the dancing didn't stop. The band played a collection of popular French and English pop songs to the delight of the crowd. Photo: Michael Sherby


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# Cadet Flag Party kicks-off Manitoba's Diamond Jubilee Commemoration



Manitoba Premier Greg Selinger met with the Cadets after yesterday evening's ceremonies to thank them for their assistance in the start up of the province's Diamond Jubilee celebrations.

The raising of the Queen's Diamond Jubilee Flag at the Manitoba Legislature on Monday, February 6th, signalled the start of the province's commemoration of the 60 year reign of Elizabeth II as Canada's monarch.

Six military Cadets, two each from the Army, Navy and Air Force Cadet units in Winnieg, raised the flag in the early morning and then furled it in the evening which

signalled the powering-on of a spectacular lighting display that lit up the

Legislative building and a magnificent Diamond Jubilee ice sculpture erected on the grounds. The lighting display can be seen each evening from 6 p.m. to 10 p.m. until Sunday, February 12.

After the lighting of the display, the Cadets presented the Diamond Jubilee Flag to Manitoba's Lieutenant Governor Philip Lee who will have it placed on display in the Legislature building.

The Cadets participating in the flag ceremonies were:

From the Royal Canadian Army Ca-

dets: Cadet Master Warrant Officer Sandy Buzahora, age 17, a member of the 2701 Princess Patricia's Canadian Light Infantry Cadet Corps; and

Cadet Master Warrant Officer Devon Guindon, age 18 of the 1226 Fort Garry Horse Cadet Corps.

From the Royal Canadian Air Cadets: Cadet Warrant Officer Second Class Kevin Gonzalez-Contreras, age 18, a member of the 6 Jim Whitecross Royal Canadian Air Cadet Squadron; and

Cadet Warrant Officer Second Class

Jonathan Rodger, age 17, also a member of the 6 Jim Whitecross Royal Canadian Air Cadet Squadron.

From the Royal Canadian Sea Cadets: Cadet Petty Officer First Class Michael Pillion, age 17 of the 49 Royal Canadian Sea Cadet Corps J.T. Cornwall V.C.; and

Cadet Petty Officer Second Class Samantha Pillion age 15, also from the 49 Royal Canadian Sea Cadet Corps J.T. Cornwall V.C.

- Army Cadet League of Canada

**The PSP Community Recreation Spring guide is now available.**

Visit [www.cfcommunitygateway.com](http://www.cfcommunitygateway.com) for more information.

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# Military Community loses a valued member



Members of Manitoba's military community are mourning the passing of Colonel Douglas Ludlow, CD, who passed away Tuesday morning, January 31, 2012 at the St. Norbert Nursing Home where he had resided for the past several years.

Colonel Ludlow had a long history with the military both in England and Canada. Born in Watford, Hertfordshire, England, he enlisted as a private in the British Army in 1948, emigrated to Canada in August 1951 and took up residence in Winnipeg.

In 1955, he enrolled in the Queen's Own Cameron Highlanders of Canada as a second Lieutenant and by 1969 he had attained the rank of Lieutenant Colonel and was appointed commanding officer of the Camerons in January 1965. He served in that position until August 1969.

Lieutenant Colonel (Ret'd) Ken McCuaig, a past pres-

ident of the Canadian Infantry Association and a former Cameron Commanding Officer remembers him as a keen supporter of the Infantry and a strong advocate for the Reserve component. LCol McCuaig remembers him "stressing that the Reserve component of which the Camerons are part, provide the only Canadian military footprint to most communities across the country and regularly make valuable contributions to their communities like fighting the Red River floods".

Colonel Ludlow went on to serve as District Army Cadet Coordinator for Winnipeg in December 1969 following which he was appointed Senior Staff Officer (Reserves) responsible for Logistics and Administration for Land Reserves throughout the Prairies.

In June 1973, he was promoted to the rank of Colonel and appointed Commander, Manitoba Militia District (Manitoba and Northwestern Ontario). Five years later he was appointed by the Chief of the Defence Staff as the Senior Staff Officer (Land) to the Chief of Reserves.

Following his retirement from active service, he was appointed Honorary Lieutenant Colonel of his regiment,

The Queen's Own Cameron Highlanders of Canada in November 1993 and served with distinction until December 2008.

Lieutenant Colonel (Ret'd) Reg Churchward, a former Cameron Commanding Officer, says "during his tenure as Honorary Lieutenant Colonel, he distinguished himself as a champion for his regiment and its soldiers. He worked tirelessly to better his regiment and its soldiers".

In 2008, he was recognized for his many contributions to the Canadian Army and was presented with a Chief of the Defence Staff Citation in a special ceremony in Minto Armoury. His retirement as Honorary Colonel was recognized by the members of the Cameron Regimental Senate and Advisory Board and his many friends at a retirement dinner in his honour at the Fort Gary Hotel in January 2009. Most recently he was made a Life Member of the 78th Fraser Highlanders, Fort Garry Outpost.

- From The Queen's Own Cameron Highlanders of Canada Advisory Board

Canadian Forces Leadership Institute  
Institut de leadership des Forces canadiennes

**ONE DAY ONLY!**

17 Wing Base Gym  
Tuesday, February 21<sup>st</sup>, 0800 - 1500hrs

The Canadian Forces Leadership Institute (CFLI) invites you to visit them where they will be offering numerous publications. Subjects include Leadership doctrine, The Profession of Arms, Lessons learned, Cultural intelligence, Strategic leadership, etc.

**Books | DVDs**

Publications and media will be made available at no cost.

**UN JOUR SEULEMENT!**

Gymnase de la BFC Esquimalt  
Mardi 21 Février, 0800 - 1500hrs

Le leadership des Forces canadiennes Institut (FCIL) vous invite à les visiter, où ils seront offrant de nombreuses publications. Les sujets comprennent la doctrine du leadership, la profession des armes, leçons apprises, l'intelligence culturelle, le leadership stratégique, etc.

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Les publications sont disponibles sans frais.

www.cda.forces.gc.ca/cfli-ilfc

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# Think about your heart

(NC)—It's the central organ of our entire body, but how many of us take our own heart for granted?

It operates for us day and night, constantly pumping the necessary oxygen and blood nutrients right up to the brain, and right down to the end of our toes.

If you don't think about your heart much you aren't alone – but it should be the opposite, healthcare specialists say. Anyone who wants to live a long and healthy life should be doing everything possible to strengthen and protect his or her vital organs, especially the heart.

Current data shows that heart disease and stroke are two of the leading causes of death in Canada. The poorest cardiovascular conditions lead to more than 50,000 strokes across the country every year. This means someone has a stroke every 10 minutes.

"Getting your annual checkup is a good start," says

Dr. Doug Tkachuk at LifeLabs, a leading diagnostic centre. "Doctors will assess your health and determine if a course of action, or a change in lifestyle is needed. Don't be surprised if, in addition to different testing, a guideline for healthy eating, enough rest, and regular aerobic exercise is also recommended."

**Testing advances**

Medical science continues to study the warning signals for cardiac disease, giving us better and better ways to identify early, our heart's condition as well as the risk factors. Doctors now, for example, have the support of a few different tests. Artery inflammation and inflammation enzymes can be checked. Cholesterol build up can be tested and so can the level of the heart-healthy essential fatty acids. If you take ASA (acetylsalicylic acid) as a preventative, there is even a test to make sure it is

working.

"Checking for inflammation of the artery walls is a serious marker for catching heart disease early," Dr. Tkachuk continued. "If inflammation is ignored, the all-important arteries can weaken and rupture letting plaque seep into the bloodstream. In an effort to mend this injury, your arteries send out sticky cytokines to capture the leaking blood cells. As they clump together

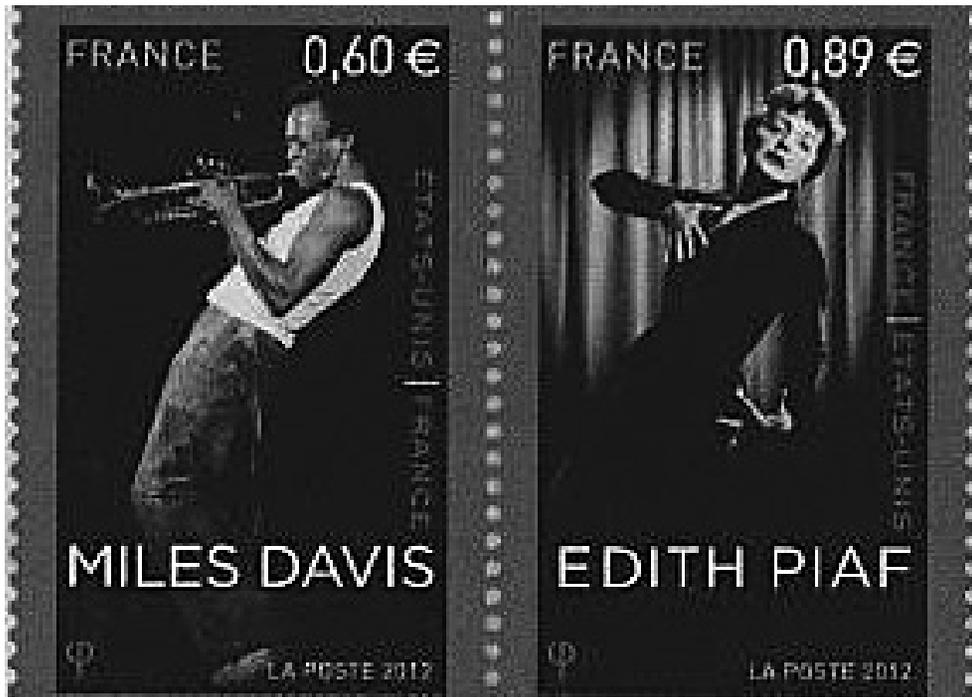


however, a clot can form large enough to block the artery and cause a heart attack."

Dr. Tkachuk also points out that since this type of damage can occur with no symptoms at all, doctors are now including inflammation testing for the most accurate assessment of a patient's heart condition.

[www.newscanada.com](http://www.newscanada.com)

## Philatelist's Corner with Alf Brooks France-USA Jazz Issue



Jazz was born and largely evolved in the United States, and was soon adopted by the French, who soon spoke of "le jazz hot;" they were great disciples of American jazz and developed their own style.

This year France and the USA make a joint release of two stamps honouring two giants of jazz: Edith Piaf, "The Little Sparrow," whose singing style represents France for many Americans. Trumpeter Miles Davis lived for some time in France, where, he said, he discovered the sensation of being treated as a human being.



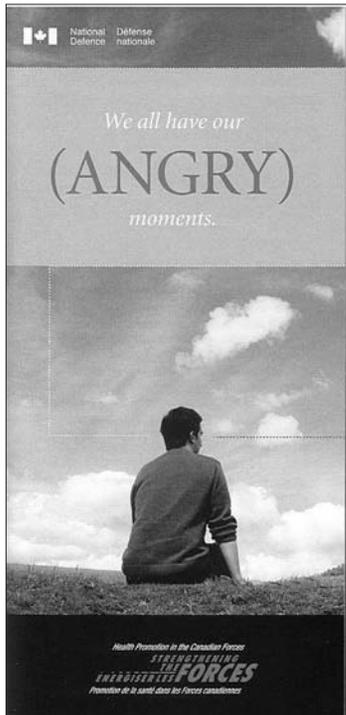
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Bldg. #135 Room #132

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**Managing Angry Moments**  
27 February & 5 March 2012  
(MAM)

(Must attend both days.)  
**0800 hours to 1600 hours**  
Building #135, Room #132  
MAM is neither a counselling nor a treatment program. Through education, it aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

For more information or to register contact Health Promotion local 4150

**Gérer les moments de colère**  
27 février & 5 mars 2012  
(GMC)

(Doivent assister aux deux jours.)  
**0800h à 1600h**  
bâtiment 135, chambre 132  
GMC n'est ni une thérapie ni une thérapie ni un traitement. Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptation qui vous conviennent.

Pour s'inscrire, composez Promotion de la santé le 4150



**Top Fuel  
FOR Performance**

**Top Fuel for Top Performance  
Workshop**  
7 & 8 March 2012  
0800—1600 hrs  
Bldg. #135, Room #132

Find out when, what and how much to eat to get the most out of your food and activity!

For more information or to register contact Health Promotion local 4150

**Bouffe-santé pour un rendement assuré**  
7 & 8 mars 2012  
0800h à 1600h  
bâtiment 135, chambre 132

Venez découvrir quand, quoi et quelle quantité manger pour retirer le maximum de vos aliments et de vos activités!

Pour s'inscrire, composez Promotion de la santé le 4150



**Bouffe-santé  
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## Celebrating National Social Work Month in Canada, March 2012

**Laurie-Anne Johnson, BA MSW RSW**  
Family Liason Officer/MFRC Social Worker

The other day, a soldier stood outside my office, and said to me "So what? You say you support people and families and communities... but what the heck does that mean?" To which I replied: "Excellent question!"

Most people know what doctors and nurses do, or what child care workers do. They have a pretty good idea of what teachers do. But they might be less certain of what social workers do.

We don't prescribe medication like anti-depressants; we don't diagnose learning disabilities, or mental health disorders; that's for psychiatrists and clinical psychologists. But social workers can work closely with psychiatrists, clinical psychologists, nurse case managers and other professionals in providing care.

Social work is a unique profession. In Manitoba, the title "social worker" is protected by law, and only those who are Registered Members of the Institute of Social Work can call themselves social workers. Social workers usually have at a minimum a Bachelor of Social Work degree (BSW) from an accredited university. At the Winnipeg Military Family Resource Centre, both the Social Worker and Family Liason Officer (at the Integrated Personnel Support Centre) both have advanced clinical training and are Masters of Social Work (MSW). The Registered Social Worker designation (RSW) provides consumer protection to those using social work services from the MFRC.

Social workers are focused on practical solutions for their clients and are trained to view people's problems as "person in environment".

This means, a social worker will ask questions about a person's workplace, a person's housing situation, financial problems, issues around racism, gender, language and sexual orientation. Social workers believe in individual choices and responsibility, but they also think that society itself may be the source of difficulties.

Here's one example: during divorce, a father may think that he will be shut out of custody and access with his children. Social workers know the great value of having an involved father, and will advocate on his behalf to ensure his rights and responsibilities are recognized.

A military family may be moving into Winnipeg, and have a special needs child. They may find out that it is hard to access services in Winnipeg that match the services they had in their last posting. Social workers can find out resources and advocate for the family so special needs supports can be put into place as quickly as possible.

As Winnipeg Military Family Resource Centre social workers, we offer free and confidential counselling to individuals, families, couples and children who are going through a troubled patch, or who may want a "tune up" to ensure everyone is on the right track. Please feel free to contact us if you have any further questions about social work.

Every March, social workers around the world are recognized for the work they do in helping people overcome various difficulties and challenges. The social workers of the MFRC don't have to wait for one month a year: we appreciate the recognition shown to us by 17 Wing and our community as practical, qualified and supportive helpers to members of the Defence Team.

## Upcoming MFRC Programs

### ADULT PROGRAMS

#### CREATIVITY CAFE

Tuesday, February 28<sup>th</sup>, 10 to 11:30 a.m.

\$5 per person

Register and pay by February 21. This month, you'll be able to choose between making a keychain or pendant. Come and create one of a kind works of art with a little bit of ink and plastic. A sample will be available for viewing. Care is available for children 12 months and older. Please advise if it is needed when registering.

#### A PARENT COMMUNITY

Friday, February 17<sup>th</sup> & 24<sup>th</sup>, 10 a.m. - 12 p.m.

A community of parents will discuss topics related to parenting children of all ages. Socialize while your children socialize with others. Childcare is provided for children 18 months and older.

#### DROP-IN COFFEE AND CONVERSATION

Tuesday, February 21<sup>st</sup> & 28<sup>th</sup> at 2 p.m.

This event is designed to enable volunteers, members of the community and MFRC staff to know one another better and discuss programs and services offered by the MFRC.

#### FRENCH COFFEE

Wednesday, Feb 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>, 10 to 11 a.m.

Join us every Wednesday morning for a coffee and chat with Francophones! Free childcare is available.

#### CHILDREN'S PROGRAMS (0-5 YEARS OLD)

##### CASUAL CHILDCARE

WESTWIN CHILDREN'S CENTRE

Tuesdays, 9 to 11:30 a.m.

Thursdays, 1 to 3:30 p.m.

Children under 2 - \$10, and children over 2 - \$8. Half price for each additional child from the same family. Must book 24 hours in advance. Call 833-2500 ext 2491.

Need a break? This program provides care for children while you take some time for yourself. Children must be at least 1 year old to attend the Tuesday session and 18 months for the Thursday session. Peanut free snacks and diaper supplies should be sent.

##### ENGLISH NURSERY SCHOOL

WESTWIN CHILDREN'S CENTRE

Monday, Wednesday, Friday, 9 to 11:30 a.m.

\$60 per month + \$15 annual registration fee.

This program is for children ages 3 and 4. It offers a play based program paying attention to all areas of child development. Children must be toilet trained and three years old to register.

### FRENCH IMMERSION NURSERY SCHOOL

MFRC SOUTH, 2300 CORYDON AVE

Tuesday and Thursday, 1 to 3:30 p.m.

\$60 per month & \$15 annual registration fee.

This program gives children the unique opportunity to be exposed to a French environment during our Nursery program. Children must be toilet trained and three years old to register.

LET'S GO!

### WESTWIN CHILDREN'S CENTRE

Tuesdays until March 20<sup>th</sup>, 1:15-2:15 p.m.

Do your children have more energy than your four walls can handle? Join us Tuesday afternoons for a chance to let loose and get moving! Children and parents will have the opportunity to play together with large muscle toys. There will also be parachute and cooperative games, music, movement and a lot of FUN!

### CREATIVE TOTS

WESTWIN CHILDREN'S CENTRE

Thursdays, February 16<sup>th</sup> & 23<sup>rd</sup>, 9:30 to 11 a.m.

Parents/caregivers and children 0-5 come and join us for free play, art, songs and stories. This free drop in program is a great way to meet others and introduce your child to a group setting. Please bring a peanut free snack for your child. For more information, call 833-2500 extension 2491.

### SATURDAY MOTHER GOOSE

WESTWIN CHILDREN'S CENTRE

Saturday, February 18<sup>th</sup>, 25<sup>th</sup> 10 to 11 a.m.

Mother Goose is aimed at parents and their young children (Infant-5 years old). We explore the power and pleasure of rhyme, song and story along with an opportunity for some free play and socialization.

### CHILDREN & YOUTH (6-18 YEARS OLD)

#### ADRENALINE ADVENTURES

Friday, February 24<sup>th</sup>, 6-8 p.m.

Both Youth Centre's will be heading to Adrenaline Adventures for a thrill seeking night of tubing and snowboarding (Be sure to bring your own gear). Cost is \$15 per participant and includes unlimited tubing or snowboarding and a small hot chocolate. Be sure to have permission form and monies in by Wednesday, February 22 to secure a spot! We will not be accepting any late registrations. \*Membership/ Medical forms must be completed! Please see staff for more details.

WinterFest	Fête de l'hiver
Saturday, March 3, 2012	Samedi le 3 mars 2012
12 to 3 p.m.	de 12 h à 15 h
Westwin Community Centre	Centre communautaire de Westwin
<b>Activities include*:</b> sleigh rides, snowshoeing, children's activities, ice skating, swimming, and much more!	<b>Activités offertes*:</b> promenades en traîneau, raquette, activités pour enfants, patinage, baignade à la piscine, et encore plus!
* weather dependent	* si la température le permet
<b>Refreshments provided</b>	<b>Collation comprise</b>
Defence team: \$2 per person \$6 per family	Équipe de la défense: 2 \$ par personne 6 \$ par famille
Public: \$3 per person \$10 per family	Public: 3 \$ par personne 10 \$ par famille
Tickets are available at the MFRC and Building 90.	Les billets sont en vente au CRFM et à l'édifice 90.
Tickets must be presented at time of entry. Tickets available for sale at the door.	Les billets doivent être présentés à l'entrée. Des billets seront également en vente à l'entrée.
For more information, contact Dana at extension 4507 or Tina at extension 2059	Pour de plus amples informations, contactez Dana au poste 4507 ou Tina au 2059.
Presented by / Présentée par	

## Chaplain's Corner

# Grating Expectations

I was reading the news headlines this morning, and I noticed the turmoil in Greece as they continue to struggle in trying to reign in their spending and balance their books. It made me think about the folks in our community here in 17 Wing who are also going through the same kind of struggles ... managing debt and trying to make ends meet, especially now that all the bills for last Christmas have come in. I have talked with many who are dealing with these issues, and so have the other chaplains.

As I write this, the price of roses is skyrocketing with the approach of Valentine's Day. My son was debating whether or not to send a rose to a friend in Ontario. A single rose would have cost \$80 to send! He wondered aloud why he couldn't just send it the day after when some sanity returns to the flower marketplace. After all, isn't it the thought that counts? Now, he is the kid who buys Halloween candy on Nov 1 and gets double the amount for the same price. His sweet tooth doesn't care what day it is. Indeed, he may be onto something.

Why doesn't the thought count? Usually, for most people, there is something that gets in the way ... expectations. Perhaps it is what someone expects of you, or perhaps it is your own expectations for yourself. Either way, these expectations can be very powerful. Why spend \$1500 for Christmas gifts when you only have \$500? Because you (or your kids) expect certain things for Christmas. Why spend \$80 to send a \$5 rose? Because you (or your sweetheart) is expecting one. One family told me they spent \$3000 to fly home for Christmas. It was not to see the family ... they'd rather not see them. Did they have the money? No ... it just added \$3000 to their already big debt. It was not because someone was sick at home ... everyone was healthy. The reason? Their parents expected a visit.

Someone told me of a recent visit to their friend's house. She could not get over how big the house was, how fancy the neighbourhood was, and how "perfect" everything seemed to be. She could also not get over the fact the house owner didn't have the salary to live where they did. Sounds like a SITCOM ... Single Income, Two Cars, Oppressive Mortgage. Again, the power of expectations (of needing to live a certain lifestyle) forcing people to overspend.

Did you know that the two top reasons for relationship failures are financial difficulties and a lack of communications? Nearly every break-up can be traced back to one or both of these reasons. The challenge with expectations is that they often fly under the radar. Most people don't even know they are there, and how they can manipulate you. They hijack authentic communications, and often result in financial problems. Expectations are a terrible "two for one". They also can bring a lot of hardship, guilt, and disappointment when they are not met.

Where is the spiritual angle to this? Spirituality is about how you make your life meaningful ... how you can authentically be you. If your true self is being hijacked by "unseen" forces, an important first step then would be to become aware of these unseen expectations ... get them onto the radar. If the thought really counts ... and it does ... then what is the best way to convey or communicate this thought that won't generate the stress and hardships? How can you manage these expectations? Is there another, perhaps more creative way to express that thought? Did the house owner really need the mansion to impress others of his value, or could that value be expressed in a more authentic way? Can you tell that special someone you love them in a way that does not require \$80 roses?

For many churches, today is Ash Wednesday ... the beginning of the season of Lent. The idea of Lent is to improve yourself as you prepare to celebrate Easter. Most people will give up desserts, or coffee, or cigarettes. As great as these ideas are, perhaps you may want to consider improving yourself by looking for and addressing the expectations that are affecting you. It is all about living authentically. Who knows ... it could be exciting to find new ways to show others (and yourself) how much you value them ... ways that are about you, and not about what others expect of you.

Take care and God bless.

- Padre Mark Mawson



## Together in Church

### CATHOLIC

#### CHAPLAINS

**Padre Mark Mawson (Wing Chaplain)**

Roman Catholic Office 833-2500 ext 5417

**Padre Ray Laudenerio**

Roman Catholic Office 833-2500 ext. 5272/6914

**Padre Frederic Lamarre**

Roman Catholic Office 833-2500 ext. 5956

**Ms Catherine Landry**

W Chap Admin Assistant

Office: 833-2500 ext 5087

#### Masses (English only)

Tues, Weds, Thurs 1210 hrs

Sunday 1100 hrs

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

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

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

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

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

### PROTESTANT

#### CHAPLAINS

**Padre Will Hubbard**

(Anglican) Office 833-2500 ext 5349

**Padre Gord Mintz**

(Anglican) Office 833-2500 ext 5785

**Padre Frank Staples (UCC)**

Det. Dundurn. Office 833-2500 ext. 4299

**Sunday Services (English Only) 0900 hrs**

**Sunday School** is held during the service for children ages 3 to 12, except on the last Sunday of each month. Childcare is provided on an as-required basis for children under 3 years of age.

**Marriages** Contact the chaplain at least six months in advance. A marriage preparation course is a requirement.

**Baptisms** The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

**Protestant Chapel Guild** meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

#### FOOD BANK

The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

#### EMERGENCY CHAPLAIN

After normal working hours, the Emergency Chaplain can be reached through WOps Duty Centre, 833-2700.

#### OTHER PHONE NUMBERS:

For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click on 'Services'.



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- MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

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# Taroscopes

BY NANCY

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

You realize things aren't as clear as you thought. Though you've been patient you're starting to get frustrated. Focus on your financial and physical health so you'll be ready for a new adventure. An awareness of the passing of time and all that is lost haunts you. You are not alone.

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

Even if you've got a great idea it may be hard to get people to listen. You've got a lot going for you but there's always room to grow. Why not listen to and benefit from the expertise of others. Fine tune your idea. Do the ground work. Connect with those who can help you in the future.

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

You've got good friends who will listen to you and give honest feedback. Making a shift is easier when you've mulled it over with others. You are not stuck in a hopeless situation. Explore your feelings to understand how your fears hold you back and what motivates you to move on.

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

Things can get out of hand and move so quickly that a crisis hits before you can move to remedy things. Expect rapid changes and the need to rush to meet deadlines. You sense trouble is brewing because you are attuned to those around you. What appeared cast in stone is not.

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

You can't figure out how it happened, but something is very wrong with your current situation. Knowing who to trust is difficult. You may feel uncomfortable but this situation is of your own making. What you once thought looked really good looks odd or all wrong at this point in time.

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

If you're going through a rough patch, be assured this is just a phase and that good times lie ahead. You can cope and you will manage as situations arise. Though it might feel as if you're always stuck on the outside looking in, soon it will be your turn to celebrate and have fun.

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

You've worked hard and earned a good reputation. As a result you can expect more authority. This is a great opportunity with greater responsibility and new duties. Luckily you're up to it. Don't forget to maintain a healthy life balance. A pet can help you get enough exercise.

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

You can study all you like and think you know a lot, life will still drop a few surprises in your lap. Seek out a wise teacher to help you understand the phase you are going through. The mentor you need is waiting to hear from you. Know yourself and the future becomes clearer.

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

It might be tempting to keep up the ruse that all is well and to wear a mask of contentment. But if the veneer is thin it will crack. Be prepared to answer some hard questions. You could have the opportunity to speak honestly with someone who is wise before their time.

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

It's easier to feel confident and sure of yourself when you're in your core group. Still you must strike out into new territory. It might be tempting to take the easy way out; to avoid effort and reap the guaranteed rewards of doing the familiar but it will feel limiting.

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

Conflict and games are a part of life. Some people are interfering and have hidden agendas. Others are childish and fill life with drama. Be careful around people who have ego issues. For now it's more of a game but this could change. Walk carefully through this circus of fools.

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

There is a lot of work to do but this is an opportunity for you to learn how to pace yourself. Getting things done now will free you up to enjoy yourself later. An admirer may step forward and express their interest or a friendship could develop into something deeper. Enjoy.

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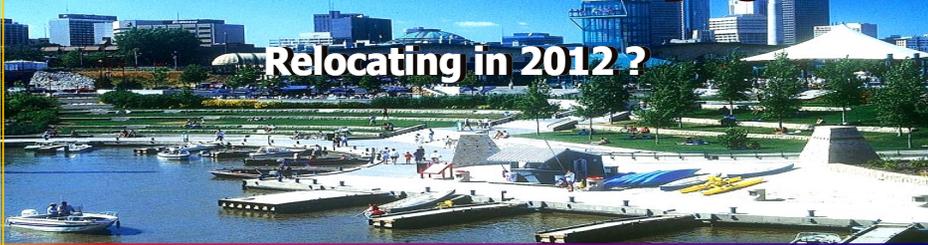
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