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THE VOXAIR

The Winnipeg Military Community News Source Since 1952

17 Wing Mess Dinner Marks RCAF 95th Anniversary



(L-R) 435 Sqn Honorary Colonel Helen Halliday, 1 CAD Honorary Colonel Barry Rempel, MLA for St. Norbert and Special Envoy for Military Affairs, Mr. John Reyes, Mr Ralph Wild, Battle of Britain veteran, Shawn Nason, City Councillor-Transcona and Military Liaison for the city, Major Michael Ulloa, RP Ops, and Colonel Eric Charron, Commander 17 Wing pose for a photo during the RCAF Mess Dinner on April 4, 2019 at 17 Wing. Please see page 2 for complete story. Photo by: Cpl Brian Lindgren, 17 Wing Imaging

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RCAF Mess Dinner Hosts Battle of Britain Veteran



17 Wing Commander, Col Eric Charron speaks with the cooks during the RCAF Mess Dinner on April 4, 2019 at 17 Wing. Photo: Cpl Brian Lindgren, 17 Wing Imaging.

by Martin Zeilig, Voxair Photojournalist

Brigadier-General Mario Leblanc said he was slightly unconvinced when he first heard about the format for the RCAF Dinner, held to celebrate the upcoming 95th anniversary of the RCAF, on April 4 at the All Ranks Mess.

But after experiencing the choice cuisine prepared by the talented cooks at Wing Foods and spending some time mingling with colleagues in more social environment, the Commander, 2 Canadian Air Division, had a smile on his face and a different opinion.

"I was a little skeptical initially," BGen Leblanc said, while holding a small plate with a bruschetta sprinkled with a topping of tomato and donair canapé on pita bread. "What about our military traditions? I came with a bit of a negative view, but now that I'm here my impression is very positive. It's fantastic. I give it an A plus."

Others in the gathering of about 135 military personnel and invited guests, including the 100 year old guest of honour, Mr. Ralph Wild, the only living survivor of the Battle of Britain in Canada, had similar sentiments.

Despite its more casual setup, Second Lieutenant Darion James, the second OPI for the evening, said the dinner still followed a typical mess dinner in terms of speeches and a toast.

"It came together very quickly, within the last four weeks," he noted, mentioning that the OPI for the dinner, Warrant Officer Robert Pat-ey, wasn't able to be in attendance.

He pointed to the ten food stations set up to accommodate more people.

"They can move around and get whatever food they want," 2Lt James said, while the RCAF Band's clarinet quartet played a variety of tunes at the far end of the mess. "I'm pleased everything came together and everyone is having a good time."

Sub-Lieutenant Annie McCrady, a former French horn player in the RCAF Band who recently switched trades, praised the fact that the dinner brings people of all ranks together.

"It's awesome," she said. "It's such a nice touch from the leadership to do this. I used to do this gig as a musician."

Corporal James Scappaticci and a fellow cook from Food Services were standing behind one of the food stations, where stainless steel chafing dishes held mouth-

watering mushroom and squash ravioli with white wine and cream sauce, and a striped lobster stuffed with ravioli and cream sauce.

"Yesterday, we were preparing some of the bruschetta and canapés," said Cpl Scappaticci, mentioning that prior to joining the CAF, where he is "living his dream," he had worked at the Yellow Door Bistro in downtown Calgary, Alberta. "We have a very solid team here. It's nice to be part of it. I'm very excited to do it."

Jon Reyes, MLA for St. Norbert, and the Manitoba Government's Special Envoy for Military Affairs, said he was happy to be at the dinner and honoured to serve as Special Envoy.

"It's great to see familiar faces here," said MLA Reyes, a former member of the CAF.

"I think it's a wonderful opportunity to come together, and celebrate our RCAF Heritage," Major Padre Hope Winfield said. "I'm eager to hear the guest speaker, Mr. Wild."

"I think this is a great idea," Master Corporal Twigg, who works at REME, remarked. "It gives the cooks a chance to show their skills, and for us to have a good bite to eat."

Mr. Wild, who became a centenarian in September 2018 and has seven great grandchildren, said the base is like home to him.

He had a straightforward message.

"Do everything in moderation," Mr. Wild, a native of England who moved to Winnipeg after the war, said. "Do unto others as you would have them do unto you. As my father said to me: 'follow the Golden Rule.' There will be no fighting or arguments. He said argument is the same as war. There's no solution. In a discussion you listen to the other person. You compromise. You learn from each other."

RCAF Celebrates 95 Years of Service

From Lieutenant-General Al Meininger, Commander of the RCAF

The RCAF celebrates its birthday on April 1st. Here is the message that the commander of the RCAF sent to Air Force personnel to mark this year's anniversary.

On 1 April 2019, we celebrate 95 years of the Royal Canadian Air Force serving Canada and Canadians with pride and professionalism.

In February 1923, King George V bestowed the designation "Royal" on the Canadian Air Force and, a little over a year later, on April 1, 1924, the RCAF was established as a permanent component of Canada's defence force. The entire air force consisted of 62 officers and 262 non-commissioned members, scattered across the country under the command of Wing Commander William Barker.

As we look towards 2024, five short years away, I have established a project office to plan for our 100th birthday. Common themes are developing, and I will soon be providing direction and guidance on the scope of the celebration and associated activities. 2024 will definitely be a year to remember.

The past year has been a period of high engagement and productivity as you continue to provide the Canadian Armed Forces (CAF) with relevant, responsive and effective air and space power to meet the defence challenges of today and into the future. We have seen the arrival of our first interim fighter jets, the first deployment of the CH-148 Cyclone onboard a Canadian Navy frigate, the retirement of the CH-124 Sea King after 55 years of exceptional service, and a full transition to Cyclone maritime helicopter operations. Meanwhile, we are also preparing for the transition to a new fixed wing search and rescue fleet next year.

We returned to peacekeeping operations with our year-long deployment of an Air Task Force under Operation Presence, which also marked our first overseas deployment of the CH-147F Chinook. Our personnel in Mali are supporting the UN mission and saving lives, while furthering the RCAF's operational concepts for that fleet. Operation Impact, the CAF contribution to the Global Coalition and the NATO mission in Iraq, has been extended until the end of March 2021. While we welcomed home our Polaris air-to-air refueling crews from Operation Impact in January, our Hercules and Griffon crews continue to carry out stellar work for Canadians and our Coalition partners.

At home, you carry out our essential mission of defending North America in partnership with the United States in NORAD, while delivering on a wide range of operational effects for Canada—from aeronautical search and rescue services in one of the most challenging and diverse SAR environments in the world, to national disaster relief, to sovereignty missions.

We continue to grow our strengths as leader of the CAF Joint Space Program, a critical role underlined by the new space strategy for Canada released in March. We are now an integral part of the Combined Space Operations Center in California, with a member of the RCAF serving as the combined deputy director. The entire CAF

benefits from the increased use of space capabilities in support of domestic and deployed operations, including the use of URSA satellite imagery receiver system and the Sapphire military satellite.

Anchoring all these activities and achievements—and much more—are our people, our defence policy, our program and our posture. First and foremost are our people: you and your families are the lifeblood of our units and central to our mission success. RCAF leaders are working diligently to create the right conditions to support you, retain your exceptional talents, and attract new personnel with the right skills and energy to continue your excellent work and move us toward our second century of service.

I am extraordinarily proud to lead the aviators of the RCAF. I am grateful for your enthusiasm, your dedication and your unparalleled professionalism. You may be assured that your work is deeply appreciated by Canadians, by your colleagues throughout the CAF and DND, and by our allies.

On this, the 95th anniversary of the Royal Canadian Air Force, I wish you all a very happy birthday and I look forward, with all of you, to the year to come.



A Fairchild FC-2 Razorback at Camp Borden, Ontario, in 1927. The Razorback was in service with the RCAF from 1927 to 1938 and was initially designed for aerial photography. Camp Borden – now Canadian Forces Base Borden – in Ontario was the birthplace of military aviation in Canada. Photo: DND

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Cadets and Junior Rangers Learn About Life



A group of Cadets and Junior Rangers at the end of an intensive, but fulfilling weekend. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

A national gathering of Cadets and Junior Canadian Rangers were at 17 Wing, March 22-25, to participate in a new program designed to deal with their interactions and relationships with each other and the community as a whole.

The intensive programs, which dealt with 12 topics such as mental health/psychological first aid, were held in partnership with the Red Cross, said Captain Katherine Wortel, a facilitator on the course working with the Cadet Instructors Cadre (CIC) Branch in Regina, Saskatchewan.

Lieutenant-Commander Peter Kay, CIC J7 Training Officer at NDHQ in Ottawa, and Major John Henry, National Coordinator of Junior Rangers Program in Ottawa were also present for the four day event.

"We're trying to give them some great tools to understand some of the issues and the facts behind the issues they face as youth," Capt Wortel said following a closing smudge ceremony in the All Ranks Mess conducted by Devin Beaudry of the Defence Aboriginal Advisory Committee.

She added that the young people can also discuss these issues in their respective communities.

Some of the other topics dealt with were healthy relationships, substance abuse, and other forms of abuse that youth may encounter, like self-harm, said Capt Wortel, noting that the facilitators were Canadian Rangers and CIC officers from across the country, both full and part-time staff.

"I enjoyed this weekend," said Army Cadet Christina Pittens, 18, who's studying criminology with "an emphasis on law" at Carleton University. "The best part was having open conversations. Many people nowadays don't have open, tough conversations. It's really refreshing to have a bunch of people around who are as interested in society as you are."

Kiara, a grade 11 student from Newmarket, Ontario,

and a member of the Sea Cadets, said the weekend was a good opportunity to meet new people from all over the country.

"This weekend was really valuable knowing that our input will affect the program well into the future," said Winnipeg resident Emily, a student at River East Collegiate and a four year member of the Junior Canadian Rangers.

Meanwhile, Air Cadet Asli, a first year CEGEP student from Gatineau, Quebec said she didn't mind being part of a test group for the new program because it would benefit her fellow cadets who'd be taking the courses eventually.

"This will eventually be taught at every Ranger Patrol Group and Cadet Unit across Canada," Capt Wortel said. "We're trying to mimic what this program will look like when it comes out at the local levels. This was a trial. We're trying to make sure that the material fits in, how long our lessons are and fits in for the youth we're trying to reach. So, that's why we brought the youth in. So we can get their perspective on all the lessons."

The young people were also given a guided tour of the Canadian Museum for Human Rights, and spent some time shopping, Capt Wortel commented.

"It was very practical attending the museum because of what we learned this weekend," she stressed. "It's not very often that the Cadets and Junior Canadian Rangers get to collaborate and work on a program together, and just mingle. It's been great to see how all the youth from different parts of the country came together to give their voice to a program for all of them."

Registration Now Open for Comm Rec Summer Camps

by Martin Zeilig, Voxair Photojournalist

It's a good time to think about enrolling your children in the Summer Camps and Recreation Leader Training programs at 17 Wing Community Recreation, according to Colleen Preston, Community Recreation Coordinator. Registration at a reduced rate for military members, DND employees, and Comm Rec families opens April 10.

Registration for the general public will open April 24.

"We're pretty excited because we're doing the Summer Sports Camp and also an Aquatic Day Camp," she said, noting that Comm Rec was also doing a two tier leadership camp.

"With the Sports Camp, we made several changes in the program," Preston said. "We've partnered with about six different places around the city. We've partnered with Manitoba Theatre for Young People so they're coming in to deliver a program."

Masterworks Dance Studio, Cavalier Fencing, Gym-Kyds Gymnastic Centre, Assiniboine Curling Club and 17 Wing Archery & Karate Clubs also are partnered with Comm Rec to deliver their sports for the Summer Camps, she added.

"We've changed around some of our trips," Preston said. "We've changed around all of our hot lunches. We're fairly certain the parents are going to be happy with this and the kids are going to enjoy it. We're an open base, so, we're open to military personnel and DND dependents, and the general public."

The sports camp is designed for children ages 6-13.

"We split them into three groups," Preston said. She explained that the 6-8 year olds are called "Rookies." The 9-10 year olds are called "Varsity". The 11-13 age group are labelled "Elite."

Meanwhile, the Aquatic Day camp is for 10-14 year olds.

The leadership program for 15 year olds runs for two weeks. There's also a four week program for 16 year olds.

The regular sports day camp costs \$140.00 for members, and \$160 for non-members; while the aquatic day camp is \$150 for members and \$170 for non-members.

The youth leadership camp for 15 year-olds costs \$220 for members and \$250 for non-member. The 16 year old leadership program is \$440 for memberships and \$500 for non-members.

"In the first week of the 15 year old leadership program, they learn some theory and some practical skills," Preston explained. "They learn about leadership, the

culture of respect and inclusion, child vulnerability and adult protection. They also learn emergency first aid. In the second week, they're working with a recreation leader. They're there to get some hands on experience working."

The 16 year old program is much more comprehensive, she said.

"The first week is all theory," Preston observed. "The second week is all practical certifications—swimming, some aquatic certifications that relate directly to camp, first aid, standard first aid with CPR-C & AED, coaching, NCCP – fundamental movement skills, and the High Five Certification. The third week, they're in camp and are assisting. The fourth week, they're actually leading as though they're the actual rec leader."

High Five is a national standard for sport and recreation, founded by Parks and Recreation Ontario.

Comm Rec also uses the S.T.A.R. (Strength Through Active Recreation) program of physical literacy in all of their sports, Preston said.

She pointed out that the summer camps have a one leader to eight children ratio for the youngest group, and one to 10 for the older children. The first camp begins July 2, while the final camp date is on August 23.

For further information or to register go to:

www.CAFconnection.ca/winnipeg or call 204-833-2500 ext. 2057.

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Commander of Military Personnel Command Visits Winnipeg



Commander of Military Personnel Command, LGen Charles Lamarre, and Command Chief Warrant Officer Martin Colbert, present the CDS Commendation to MWO (Ret'd) Paul Lucas on April 4, 2019, at 17 Wing. Photo: Cpl Brian Lindgren, 17 Wing Imaging

By Martin Zeilig, Voxair Photojournalist

Following a morning of visits to various units at 17 Wing, Lieutenant-General Charles (Chuck) Lamarre, Commander, Military Personnel Command, held a town hall meeting on April 4 in the Netherlands Theatre. He took questions on and from the various capabilities under his command, including the Transition Centres, Medical Surgeon General, Non Public Funding, Properties, Morale and Welfare, and the Military Family Resource Centres.

Chief Warrant Officer Martin Colbert, Chief for Military Personnel Command, who works with LGen Lamarre in Ottawa, was also present.

A group of military and civilian personnel, including participants from CFB Moose Jaw and CFB Shilo, were in attendance at the hour long meeting about the Transition Centres.

"It was nice to see General Lamarre take time from his busy schedule to visit the people in Winnipeg," said Rick Carleton, Services Coordinator, Canadian Armed Forces Transition Centre Winnipeg. "The town hall was very engaging and informative."

Just prior to the meeting, LGen Lamarre presented a Chief of Defence Staff Commendation to MWO (Ret) Paul Lucas.

On March 2, 2016, Mr. Lucas, who was working at the CAF Recruiting Centre downtown as the Diversity Indigenous Recruiting Officer, was at a strip mall on Mo-

ray Street and Ness when he overheard a woman screaming in the parking lot.

"I came out and the woman was wrestling with another woman in a balaclava and brandishing a knife," Mr. Lucas said to The Voxair prior to receiving the framed Commendation. "So, I separated the two. I stood in front of the person brandishing the knife. I tried to talk them down, and protect the woman from the assailant. Then the assailant fled and I gave chase, but wasn't able to catch her. The Winnipeg Police arrived and took the reports. That's why I'm getting this award because the reports were filed and staffed upwards. You just instantly react and see the situation and try to protect the person that's being accosted. I would hope any citizen would do the same thing."

During his presentation, LGen Lamarre pointed out that the Transition Centres and Transition Units are fairly new having replaced the Integrated Support Centres and the Joint Personnel Support Units. The change-over occurred on December 10, 2018.

"We came out to see the folks in the Transition Group, and the people in the medical side of things, and also to have a chance to link up with the folks at the MFRC," LGen Lamarre said afterwards. "Today was a great meeting because it's the mixture of what you would expect to get at this point. Folks who are interested in knowing what is happening; folks who are living the experience. These people in the room with us here today are those who deal with the men and women on a day to day basis that are at the most difficult point in their lives. It was important for us to come here and talk to them about what's happening and will be happening, and to get their feedback on what is occurring right now. The back and forth will be useful to us as we continue to do the trial for the Transition Group that's ongoing right now."

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Sports Trivia

Sports Salaries Keep Climbing

by Stephen Stone

1. Who was the first baseball player to sign a one-season contract for a five-figure salary that paid him \$2,000 per month for six months?
2. Who was the first player/manager to sign a one-year, \$25-000 contract?
3. Who was the first major league ball player to earn more than \$50,000 per year?
4. Who was the first to be paid \$100,000 a year in MLB?
5. Who was the Chicago White Sox player to be the first to be paid a cool quarter-million bucks?
6. Who was the Philadelphia Phillie who first cracked the half-million benchmark on salary?
7. Who was baseball's first million dollar player?
8. In 1974, who left the Oakland Athletics via free-agency to sign with the New York Yankees for \$239,000, making him, at the time, the highest-paid pitcher in the major leagues?
9. In 1992 which New York Met inked a deal for 5,000,000 bucks?
10. Who was the first major league player to sign contracts worth \$20 million and \$30 million?
11. Which free agent did the Phillies sign in 2019 to the largest-ever contract, since surpassed by Mike Trout?
12. In 1962, Chicago Black Hawks owner James Norris offered Toronto Maple Leafs co-owner Harold Ballard \$1 million for which Leafs player?
13. Who was the first professional hockey player to earn \$1 million a year?
14. As of 2018, what is the average salary of a player in the Canadian Football League?
15. Who were the boxers in the fight that was the first to crack the million-dollar mark, grossing over \$2.7 million in 1927?
16. Who were the fighters involved in the first pay-per-view telecast that had a gate of \$14.8 million?
17. Who is currently the highest paid professional soccer player?
18. Who are the two NBA stars whose salaried contract was for \$33,285,709 in 2018?
19. Who was the leading money winner on the PGA tour in 2018?
20. Who was the highest paid NASCAR driver in 2018?

Sports Trivia Answers on page 10

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College Corner



Instrument Check Pilot School Completes their 6th Course for this Fiscal Year

The Instrument Check Pilot (ICP) School, part of the Barker College Department of Human Performance Education (DHPE), just completed its sixth course of the fiscal year. Adding 9 new graduates to the ICP ranks, the culmination of this serial brings the total to 64 new ICPs trained this year (to include one Hungarian, one British, and three US exchange officer pilots). For those who are not aware, ICPs are highly experienced and very well-trained aviation experts who conduct Instrument Rating Tests (IRTs) for pilots in the RCAF. Most of the pilots who attend this course already have years of instructor experience, yet still find the graduate-level curriculum of these two to three-week courses to be quite a challenge. Once they successfully complete the ICP course, they are then expected to set the example of Instrument Flight Rules (IFR) proficiency in their units, as well as to provide global IFR expertise and advice for their commanders and colleagues. In addition, they often work closely with Air Force Standards and the Division ICP at 1 Canadian Air Division to disseminate flying information, train their units on changes and updates to aviation, conduct infraction/violation investigations in response to reports from Transport Canada, and participate in the development, testing, and maintenance of instrument approaches at airfields worldwide. A big congratulations is in order for the Fiscal Year 18-19 ICP graduates; even though you successfully completed the course, the job only gets bigger from here!

RCAF Barker College News

St. Marguerite Bourgeoys Roman Catholic Faith Community Communauté catholique romaine

Easter Triduum Schedule Calendrier du triduum pascal

Holy Thursday – Jeudi saint
18 Apr/avr – 19 h (7 p.m.)
Good Friday – Vendredi saint
19 Apr/avr – 15 h (3:00 p.m.)
Easter Vigil – Vigile pascale
20 Apr/avr – No service, aucune messe
Easter Sunday – Dimanche de Pâques
21 Apr/avr – 16 h (4 p.m.)

17 Wing Community Chapel
Chapelle communautaire
de la 17 Escadre

Chapel of the Good Shepherd Protestant Faith Community Communauté protestante

Easter Services Messes de Pâques

Palm Sunday – Dimanche des Rameaux
14 Apr/avr – 11 h (11 a.m.)
Good Friday – Vendredi saint
19 Apr/avr – 11 h (11 a.m.)
Easter Sunday – dimanche de Pâques
21 Apr/avr – 11 h (11 a.m.)**

17 Wing Community Chapel
Chapelle communautaire
de la 17 Escadre

** A breakfast will served at 9:00 a.m. prior to the Easter Sunday Service.
To sign up please email laura.coxworth@forces.gc.ca by April 15.
Un déjeuner sera servi à 9 h, avant la messe du dimanche de Pâques.

Pour réserver votre place, veuillez envoyer un courriel à laura.coxworth@forces.gc.ca pas plus tard que le 15 avril.

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- 16 avril • Forum Local - Français pour l'avenir • Université de Saint-Boniface
- 16 avril • Le fermier de la Noosfère • Université de Saint-Boniface
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- 18 avril • Théâtre – Traversée • Théâtre Cercle Molière
- 25 avril • Fosse aux Lions : Grande finale • CDEM
- 26 avril • Le Rire zone • CCFM
- 27 avril • Dansons les décennies • FAFM

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Around The Wing



Members of the City of Winnipeg Fire Services visit 435 "Transport and Rescue" and 402 "City of Winnipeg" Squadrons to receive familiarity tours of the aircraft on March 22nd, 2019 at 17 Wing. Photo: Cpl Angela Gore, 17 Wing Imaging Winnipeg



City of Winnipeg fire trucks on the tarmac near a CT-142 Dash 8 aircraft while firefighters work with members of 435 and 402 Squadron on aircraft familiarity at 17 Wing Winnipeg on March 22nd, 2019 at 435 Squadron, 17 Wing. Photo: Cpl Angela Gore, 17 Wing Imaging Winnipeg

Joint Firefighter Training at 17 Wing

by 2Lt Becky Major

It's not often you see multiple firetrucks lined up on the ramp outside of Hangar 16.

Thankfully, this wasn't due to an emergency, but a result of joint training between the 17 Wing Fire Hall and local fire crews.

Firefighters from District 10, 11, 19, the District Chief of 10, and the Winnipeg Airport Authority from across the runway participated in the day organized by Cpl Chris Kiser in the hopes of improving relationships with their fellow firefighters.

"We all work on the same shift," explained Cpl Kiser, "so whenever we are called out, we work together with the same people."

The purpose of the tour was to show the civilian firefighters the CT-142 Dash-8 flown by 402 Squadron and the C-130J Hercules operated by 435 Squadron. On each aircraft, the firefighters learned the key points of each aircraft that they would need to know if they were called to respond to an emergency on either aircraft.

These key points included the entry and exit points, potential fire hazards, location of oxygen lines, how to shut down engines and how many people are typically on board. An opportunity like this is important so if there is an emergency, it will not be the first time these crews have seen these military aircraft.



Members of the City of Winnipeg Fire Services visit 435 "Transport and Rescue" and 402 "City of Winnipeg" Squadrons to receive familiarity tours of the aircraft on March 22nd, 2019 at 17 Wing. Photo: Cpl Angela Gore, 17 Wing Imaging Winnipeg

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April 17th

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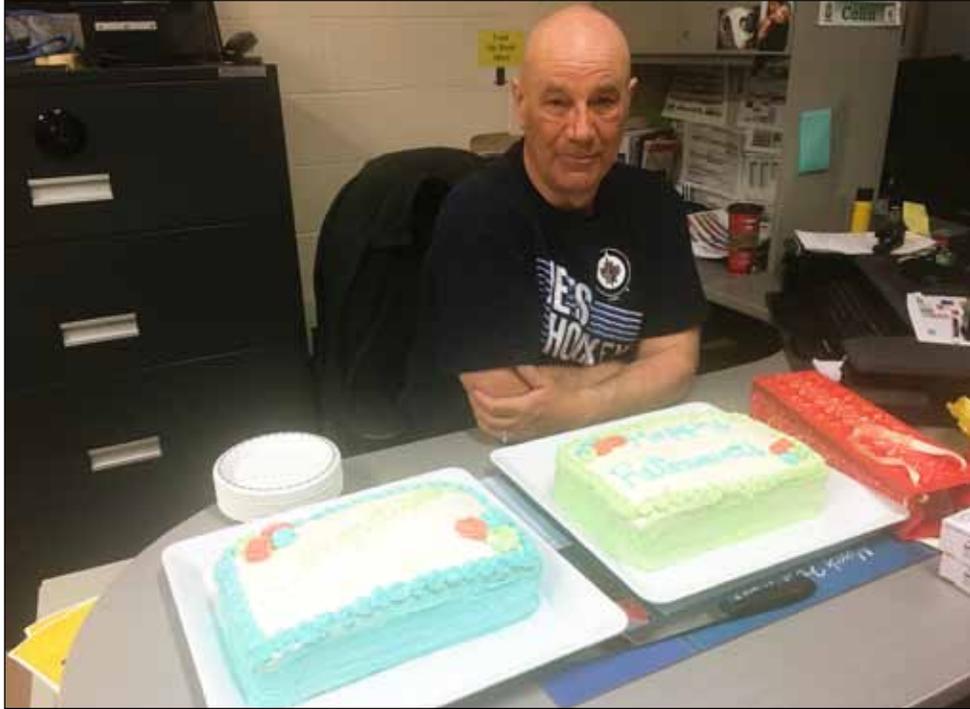
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LEFT: Bruce McLeod's retirement party was held Tuesday March 26. Bruce had instructed and worked in Comm Rec for over 12 years. He ran classes such as weight room circuit and fusion fitness, he played a zombie at Halloween in our haunted house and Santa at Christmas for our Holiday fun event, he also volunteered with us for the Fall Fair teaching fitness demo's. Bruce also volunteered for many years with the RCAF Run and many other organizations. Bruce was well respected by our staff and all of his participants, he had a great following of participants who are going to miss him along with all of us. All of his volunteer efforts are a testament to the type of individual that he is and he is a role model to those around him. We appreciated all of Bruce's hard work and contribution to our programs and we wish him all best in his retirement. Bruce mentioned he is going to be very busy in his retirement with some new hobbies. Photo: Submitted

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 Centre de la petite enfance et de la famille

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romeo.dallaire@dsfm.mb.ca

NAME	HUGHES, TREVOR //
BIRTH DATE	1985 //
RETIRED AS	WARRANT OFFICER //
	1 RCHA //
ASSIGNMENTS	CFS ALERT - 1996-1997 UNPROFOR (BOSNIA) - 1998-1999 KFOR (KOSOVO) - 1999-2000 OP ATHENA (AFGHANISTAN) - 2002-2004, 2010-2011 OP ENDURING FREEDOM (GULF OF ADAN) - 2013-2014 //
LOCATION	CFB SHILO //
TITLE	SECURITY GUARD //
START DATE	2017-PRESENT //

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Force Mentale et Sensibilisation au Suicide: Formation du Superviseur

It's one thing to look after your body. Just don't forget about your mind.

C'est bien de prendre soin de votre corps, mais n'oubliez pas votre esprit.

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

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

For more information or to register, contact Health Promotion at (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



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10 May 2019
0800 - 1600 hrs

10 mai 2019
08h00 à 16h00

- Evaluate your eating patterns
- Learn to read food labels to make better choices
- Plan and prepare for training and competition
- Learn how to adjust your eating to lose weight or bulk up

- Évaluez vos habitudes alimentaires
- Apprenez à lire les étiquettes des produits
- Sachez vous préparer en vue d'un entraînement ou d'une compétition
- Apprenez à modifier votre alimentation et vos exercices pour perdre du poids ou augmenter votre masse musculaire



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

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National Défense / Operation HONOUR

RESPECT IN THE CAF WORKSHOP

RESPECT DANS LES FAC

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

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

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

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



For more information or to register, contact Health Promotion at (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



Blast Off the Pounds

À l'assaut des kilos

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



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

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

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



For more information or to register, contact Health Promotion at (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



National Canadian Film Day

La Journée du Cinéma Canadien

THURSDAY April 18 JEUDI 18 Avril

Bldg33 - Theatre BÂT.33 - Théâtre

Doors open at 1830 hrs Show time 1900 hrs
Les portes ouvrent à 18 h 30 19 h au cinéma

Snacks available for purchase \$1 each

Des collations sont offertes à 1 \$ chacune

Featuring - En vedette

The Rocket traces the meteoric rise of hockey legend Maurice Richard (Dupuis), from his humble beginnings as a Montreal machinist during the Depression, to star of the Canadiens and the greatest scorer in hockey.



The film Maurice Richard porte à l'écran l'ascension fulgurante du légendaire joueur d'hockey Maurice Richard (Dupuis), de ses humbles débuts de mécanicien à Montréal pendant la Grande Dépression jusqu'à son statut de joueur vedette des Canadiens de Montréal et de meilleur compteur de tous les temps.

Free! Register online www.cafconnection.ca/winnipeg
Inscrivez-vous en ligne Gratuit! www.connexioncaf.ca/Winnipeg

17 WING WINNIPEG 17^e ESCADRE WINNIPEG



Each box contains a variety of high-quality fresh, nutritious fruits and veggies.

A community-based program designed to encourage healthier eating through the promotion of fresh fruits and vegetables!

Chaque boîte contient divers fruits et légumes frais, nutritifs et de qualité.

Small Box \$18
Large Box \$28
Petite boîte 18 \$
Grande boîte 28 \$

BOXES ARE PREPARED MONTHLY!
Il s'agit d'un programme communautaire qui a pour but d'encourager une alimentation saine grâce à une plus grande consommation de fruits et de légumes frais!

A bulk-buying program that aims to lower your grocery bill by buying bulk, fresh fruits & vegetables from local farms and distributors.
Afin de diminuer le montant de votre facture d'épicerie, les fruits et légumes sont achetés en grosses quantités auprès des fermiers et des distributeurs locaux.

ORDERS CAN BE PLACED ONLINE AT www.cafconnection.ca/winnipeg
PASSER SA COMMANDE PAR INTERNET À www.connexioncaf.ca/winnipeg

APRIL / AVRIL	MAY / MAI	JUNE / JUIN
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PICK UP / RAMASSER WED - APRIL 17 AVRIL - MER.	PICK UP / RAMASSER WED - MAY 22 MAI - MER.	PICK UP / RAMASSER WED - JUNE 19 JUIN - MER.
PICK UP BETWEEN 1600 - 1730 HRS • BLDG 33		RAMASSER ENTRE 16 H À 17 H 30 • BÂT. 33

Summer Sports Day Camp

Tuesday, July 2 to Friday, August 23

Before Care 7:30 am - 9 am / After Care 4 pm - 5:30 pm
Camp Day 9 am - 4 pm
JOIN US FOR A WEEK OF FUN, FRIENDSHIP & FITNESS
Sports • Crafts • Games • Swimming • Movies • Trips • Lunch & MORE!



ROOKIES • 6 - 8 YEARS
VARSITY • 9 - 10 YEARS
ELITE • 11 - 13 YEARS
MEMBERSHIP \$140 per week, per child
NON-MEMBERSHIP \$160 per week, per child
Registration: www.cafconnection.ca/winnipeg

Aquatic Day Camp

17 Wing Community Recreation

Sports & Games
INCLUDES:
- co-operative games
- LOG - relays, a regatta
- swim sport workout - diving
- synchronized swimming
- water polo - boating
- triathlon training

CAMP DAY 9 am - 4 pm
Before care 7:30 am - 9:00 am / After care 4:00 pm - 5:30 pm

AN ACTION-PACKED WEEK OF AQUATIC SPORTS & GAMES FOR YOUTH WHO LOVE THE WATER!
Monday, July 15 to Friday, July 19 OR Monday, August 12 to Friday, August 16

Youth 10-14 yrs
Pre-requisites: Must be ten years of age on the start date of camp & must be able to swim two lengths of the lap pool non-stop, no touching and tread water for one minute OR Be comfortable wearing a pfd and be comfortable in deep water

Membership \$150 per week per child
Non-membership \$170 per week per child
JOIN US FOR A WEEK OF FUN, FITNESS & FRIENDSHIP.
Sports, games, swimming, movie, lunch & more!
REGISTRATION:
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WE ARE ON...



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www.CAFconnection.ca/winnipeg

PROGRAMS WITH REGISTRATION

MONTH OF THE MILITARY CHILD KICK OFF DINNER

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

MAKE AHEAD MEALS

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

RESTORATIVE YOGA

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

SPRING EGG HUNT

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

LEARN TO...SPRING WREATHS

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

CARE FOR THE CARE GIVER GROUP

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

SPECIAL NEEDS CONVERSATION GROUP

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

CASE CONFERENCES

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

DEPLOYMENT ACTIVITY FOR KIDS AT BUILD A BEAR

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

DEPLOYMENT DINNER DATE

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

SPECIAL EVENTS

COMMUNITY COFFEE BREAK

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

PINK PANCAKE BREAKFAST

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

FAMILY SOCK HOP

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

ADULT PROGRAMS

Employment & Education Support Group

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

EMPLOYMENT SPEAKER SERIES

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

CAFE FRANCAIS

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

FRENCH LUNCH AND CHAT

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

CRAFT DROP-IN NIGHT

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

CRAFT DROP-IN AFTERNOON

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

SOUTH SIDE COFFEE

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

MATURE WOMEN'S GROUP

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

PARENT & FAMILY PROGRAMS

A PARENT COMMUNITY

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

A PARENT GROUP

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

Parenting Together At Night

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

NEW RECRUITS PARENTS CAFE

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

CHILDREN & YOUTH PROGRAMS

CREATIVE TOTS

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

CASE CONFERENCE CONFERENCE DE CAS

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



Exceptional Fun

Thursday, April 4 | 1900 - 2100
 Free. Drop-In
 Participants must arrive by 1930
 At MFRC 102 Comet St.

Fun and games for people age 16-30 with exceptional needs. Adult companion/worker must accompany participants.



Learn to... Apprenez à...

Spring Wreaths Couronnes de printemps

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

CHASSE AUX OEUF DE PÂQUES
SPRING EGG HUNT
 Saturday April 13 | Samedi 13 avril
 1430-1600 | 14 h 30 à 16 h
 \$2 per child | 2\$ par enfant
 événement français
 a 'french first' event*

Register by Wednesday April 3
 Date limite d'inscription : 3 avril
 Parent/Guardian required to stay.
 Parent ou tuteur doit demeurer sur les lieux
 *this event is in French but everyone is welcome

APRIL IS

MONTH OF THE MILITARY CHILD

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

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

Sports Trivia Answers

1. Detroit Tiger Ty Cobb in 1913. His previous contract was a \$27,000, three-year deal.
2. Ty Cobb in 1921. It was the first of six, one-year deals he signed with the Tigers.
3. George Herman "Babe" Ruth of the Yankees in 1922.
4. Joe DiMaggio of the Yankees in 1949.
5. Dick Allen in 1974. And he is not in the Hall of Fame.
6. Mike Schmidt in 1977 signed a deal worth \$561,500 and he is in the HOF.
7. Nolan Ryan in 1980 signed a four-year deal that paid him a cool \$1 million per year.
8. James Augustus "Catfish" Hunter.
9. Bobby Bonilla.
10. Alex Rodriguez - in 2001 the Texas Rangers signed him for a 10-year, \$254-million contract; in 2009 he signed with the Yankees for \$30 million.
11. Bryce Harper accepted a 13-year, \$330-million deal.
12. Frank Mahovlich. He walked out of the Leafs' training camp over a salary dispute that was later solved when Norris made the offer. The offer was cancelled and the cheque is in the Hockey Hall of Fame.
13. In 1972 Bobby Hull jumped from the NHL Chicago Black Hawks to the upstart WHA Winnipeg Jets. His contract was for \$2.75 million over 10 years, but he insisted on, and was given, \$1 million up front, making him hockey's first million-dollar player.
14. \$80,000. Peyton Manning is one of the NFL's highest salaried players and earns \$42.4 million a year. He could pay the entire roster of 12 CFL teams, if there were that many and he was so inclined.
15. Gene Tunney and Jack Dempsey. Tunney defeated Dempsey to retain his heavyweight title.
16. Muhammed Ali and Joe Frazier in 1971. Frazier handed Ali his first defeat in a 15-round decision.
17. Lionel Messi is paid an amazing \$822 million. He signed the contract in 2017 and it expires in 2022. Wow!
18. LeBron James and Stephen Curry.
19. Tiger Woods earned \$43.3 million in winnings and endorsements in 2018.
20. Dale Earnhardt earned \$22 million due to NASCAR's high salary and merchandise sales.

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MEAT DRAWS

Friday Night — 7:00 PM • Saturday Afternoon — 3:30 PM

LIVE BANDS

April 12 & 13 - Geoff Erickson & the Rockets

April 18 & 20 - Bryan James Band

April 19 - UNIT CLOSED

April 26 & 27 - The Blackwater Band

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Taroscopes

BY
NANCY

Aries (March 21 – April 19): You've reached a new level of maturity. Revelations arise as one life phase ends and another begins. Let go of excess so you can travel lighter. Through stories you can teach others. Show loved ones you care. Strengthen personal connections. Share essential life lessons you've learned.

Taurus (April 20 – May 20): You need a new challenge. Learn new skills. Blend what you know and what you're good at with new concepts. The future may be uncertain. If it feels like some of the things you'd hoped would happen will fall short of the mark, revise your plan as new information comes to light.

Gemini (May 21 – June 21): What you have learned has value. You're headed for a future that feels just right for you. Let your instincts guide you. Be creative. Explore options. Even if you hit a dead end you've gained knowledge. To find your answers, practice being still and meditating. Visualize success.

Cancer (June 22 – July 22): Past actions bear fruit. This leads to further opportunities. Pitch a new idea in a way that will lead to success. Change is required in how you present things. Use a balanced approach. You can be fair and just but also honest and pragmatic. Being positive doesn't mean you're a pushover.

Leo (July 23 – August 22): You may not be impressed with other people's choices but stop focusing on them and instead look at all you have, and hope for. Appreciate the love others give you. Listen to your elders when they speak of their dreams because their wishes probably affected how you viewed life.

Virgo (August 23 – September 22): When you help others you help yourself. It is the detours in life that teach us the most. Others can benefit from some of your "life hacks." You'll feel renewed energy, health and vitality as the season changes. Look past current financial and physical limitations to a bright future.

Libra (September 23 – October 23): Before something new can grow there is often a period of chaos, crisis and destruction. Maintaining a strong spiritual connection can help. It can be hard to leave what you know behind without knowing what lies ahead but keep calm and carry on with sincerity and hope.

Scorpio (October 24 – November 21): Get up. Dust yourself off and keep going. Avoiding complications and your own issues won't help you grow. Helping others is often a distraction. Instead of creating dependencies, teach and empower them so that they can learn how to be self-sufficient. Be constructive.

Sagittarius (November 22 – December 21): You miss those who supported you through past changes. But though some things are lost and people are gone, there is always something new coming along. So focus on the wonderful things you have now and the future that is possible. Worry less. Live more.

Capricorn (December 22 – January 19): Reach out to someone who you know has dealt with what you are currently going through. You can learn a lot about how to cope. There are so many phases in life. Keep moving and go with the flow. Look at sensible lifestyle changes. Establish and enjoy a new goal.

Aquarius (January 20 – February 18): Surround yourself with intelligent people who can help you reach your goals. Negotiate contracts that provide fair compensation for your work as well as providing good PR. Consider what you hide from others and sometimes even yourself. Meditate on why you do this.

Pisces (February 19 – March 20): Trust that the seeds you plant will grow. You'll see a return when you share your gifts freely. Not everything is an economic exchange. Reconnect to your spirituality. Network. Assert yourself when necessary. Stand in your truth. Life is a continual cycle of learning and teaching.

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"If you tell the truth, you don't have to remember anything."

- Mark Twain



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Friday 8pm-1am June-August

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MEAT DRAWS

Friday 5-7 pm

Saturday 2-5 pm

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Chaplain's Corner

A Universal Message of Passover – How to Attain True Empowerment

by Padre (Rabbi) Noteh Glogauer

This year, the Jewish holiday of Passover takes place sundown on Friday 19 through 27 April 2019.

In anticipation of the festival, I would like to share with you a significant message that has relevance to us all.

Passover is the first day of Jewish independence, and the first festival in the history of the Jewish people. It is first in rank and significance, for it brought the liberation of the Jewish people from enslavement and made it possible for them to live a free and independent life as a nation, governed only by the Torah (the Five Books of Moses) and its commandments dictated by God alone.

As such, Passover is especially meaningful for the Jewish people, and for members individually, at all times and in all places. For this reason also, every aspect of the festival and every detail attending the historical Exodus from Egypt, has a special significance in the way of a timeless message and practical instruction for the individual, the community and all mankind as a whole.

People want to feel empowered. Many civilizations, including the Egyptians, made that happen by conquering and enslaving others. Julius Caesar's famous quote, "Veni, vidi, vici - I came, I saw, I conquered" sums up the mentality that I am powerful if I can subjugate others.

The Torah tells us otherwise. The Hebrew word for Egypt, "mitzrayim," comes from the root, "metzarim," which means "narrow places." A person who thinks that they have to change or demean others is actually stuck in a narrow place. The Egyptians had a pantheon of thousands of gods whom they hoped would enable them to control the world. They worshipped one god that they hoped would make their crops grow well. Another god would make the sun shine. Yet another would guarantee them safe passage into the next world. Life was spent trying to manipulate people and forces outside of themselves in order to get what they wanted.

On Passover, God took the Jews out of Egypt and

took the Egyptian mentality out of the Jews. Someone who thinks that they will get what they want out of life by manipulating others, competing with others, working the stock market, and constantly thinking about how to make more money is a slave to the machinations of their mind.

Dr Lisa Aiken expounds on the message of Passover exposing how we can be stuck in a very narrow mindset with negative character traits where we get angry or impatient when we don't get what we want. We can overly value material things and money at the expense of being honest, ethical and responsive to people in our lives. We can be egocentric and jealous instead of appreciating that each of us is unique and has a unique purpose for being alive.

The purpose of life is not to compare ourselves with others, not to try to get what others have, nor to focus on getting others to do what we want so that we can feel good. Our job is to change our attitudes and ourselves so that we can be free to contribute what we were put here to do. God gave us freedom from Egyptian taskmasters so that we could be free to become better people who care about and appreciate others, who are honest and ethical, and who give more than they take.

A universal message applicable to all of us during this Passover season is that my life doesn't depend on changing those around me. My boss, my spouse, my friends, my children are not my source of happiness and fulfillment. It's how I treat them that matters. The only person that I can change in this world is me. On Passover, our takeaway message is that with God's help we can be

whoever we want to be. It doesn't depend on anyone else but me.

So the next time you think about who "made me" upset, who "got me angry," who "ruined my day," realize that we live in a world where upsets will always happen. The Almighty makes sure that you will have them in order to ensure that you grow out of a narrow mindset. In a world that emphasizes rights, Judaism emphasizes what my responsibilities are—to others, to myself, to my Maker. I cannot make sure that others will do what I want, so that leaves it up to me to make sure that my attitude is one of gratitude and appreciation and that my days are filled with doing meaningful things and working on myself to be happy with what I have.

Going out of Egypt wasn't only 3,300 years ago. We can remember, and do it, every day of our lives.

Les heures de Messes & Services religieux	Mass & Service Times
le 28 avril à 20 octobre 2019	28 April to 20 October 2019
communauté protestante Chapel of the Good Shepherd le dimanche à 9 h	Chapel of the Good Shepherd Protestant Faith Community Sundays at 9:00 a.m.
communauté catholique romaine Ste-Marguerite-Bourgeoys le dimanche à 11 h	Ste. Marguerite Bourgeoys Roman Catholic Faith Community Sundays at 11 a.m.
17 Wing Chaplain Services	Services d'aumônerie de la 17 ^e Escadre
17 Wing Community Chapel 2235 Silver Avenue, Winnipeg, Manitoba General Information Line: 204-833-2500 ext. 6800 Emergency Duty Chaplain (after hours): 204-833-2500 ext. 2633 via Military Police Dispatch Email: 17WingChaplains@forces.gc.ca	Chapelle communautaire de la 17^e Escadre 2235 avenue Silver, Winnipeg, Manitoba Renseignements généraux : 204-833-2500, poste 6800 aumônier de service d'urgence (après les heures ouvrables) : 204-833-2500, poste 2633 par l'entremise du centre de répartition de la police militaire Courriel : 17WingChaplains@forces.gc.ca

Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE: (English Only) 1100 hrs

COMMUNITY SERVICES:

Sunday School: It is held during the service for children ages 3 to 12. Childcare is provided on an as-required basis for children under 3 years of age.

Marriage: Contact the chaplain at least six months in advance if possible. A marriage preparation course is a requirement. *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 Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Laura Coxworth
(Pentecostal)
- Protestant Faith
Community Coordinator
ext 5785

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

TBD
ext 6914

JEWISH

CHAPLAIN

Padre Noteh Glogauer
(Rabbi)
ext 5272



**17 Wing Military
Community Chapel**
2235 Silver Ave
(west off
Whytefold/
Wihuri Road)

CATHOLIC

STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

SUNDAY MASS:

(Bilingual)
Spring/Summer Liturgy Timings: 9am
(Sunday after Easter - Thanksgiving Weekend)
Autumn/Winter Liturgy Timings: 4pm
(Sunday after Thanksgiving to Easter Sunday)

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

EMERGENCY DUTY CHAPLAIN
Contact MP Dispatch ext 2633.

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

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

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

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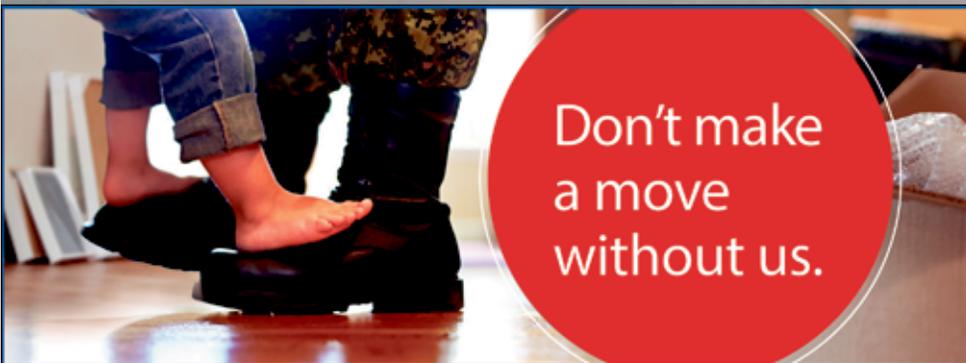
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