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# THE VOXAIR

The 17 Wing Community news source since 1952

## 10<sup>th</sup> RCAF Run Set to Kick-off



Lieutenant Isabell-Ann Dassylva, Mission Support Squadron Adjutant, and Warrant Officer Dave Hodgson, 435 Squadron, display 2018 RCAF Run race shirts. Learn what's new this year in our article on page 5.  
Photo: Sgt Daren Kraus

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HOLDS TRI-  
ZONE 2018 IN  
MANITOBA

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# CASARA Volunteers in Manitoba Hold Tri-Zone 2018

by Bill McLeod, Voxair Manager

Bleeding from pulsing neck wounds, chest punctures, and head lacerations, a group of four teenagers waited patiently in the wreck of a small aircraft near Beausejour, MB, on the morning of May 5. Overhead a small aircraft circled trying to home in on the electronic locator transmitter (ELT) ejected when the airplane crashed.

Thankfully, this scene was just one of four exercise scenarios for Tri-Zone 2018 that brought together 60 pilots, observers, and ground crew of the Civil Air Search and Rescue Association (CASARA) in Manitoba. The three CASARA zones in Manitoba include, Winnipeg, Brandon, and The Pas. The exercise also included the participation of 435 Transport and Rescue Squadron, 249 Royal Canadian Air Cadet Squadron (RCACS), and members of the RCMP.

From the headquarters of the exercise in St Andrews, CASARA crews flew scenarios that included searching for a missing Second World War Hudson bomber, a missing King Air whose last known position was exiting the St Andrews control zone on its way



**Captain Cindy Buss, Commanding Officer of 249 Royal Canadian Air Cadet Squadron in Beausejour, Manitoba, grabs a selfie with a 435 Sqn CC-130 Hercules as the aircraft locates the crash site. Photo: Bill McLeod, Voxair Manager**

to Steinbach, a mid-air collision between the Hudson bomber and a Beechcraft near Beausejour, a SARSAT report of a 406 MHz ELT, and a report of two missing boys on the Assiniboine River near Poplar Point.

The Civil Air Search and Rescue Association is a national volunteer organization dedicated to the promotion of aviation safety and helps provide search support services to the National Search and Rescue Program.

CASARA is a non-profit volunteer civilian organization, dedicated to the development and maintenance of the capability of using light aircraft and crew to assist in searching for crew and passengers of lost aircraft. In Canada, the RCAF has the primary responsibility for aircraft search and rescue and CASARA assists them, as well as the RCMP, Parks Canada, and local municipalities.

CASARA is funded by the Department of National Defence and is certified for search readiness in Manitoba by 435 Transport and Rescue Squadron, located at 17 Wing Winnipeg.

This year also saw the participation of 249 RCACS Beausejour, acting as mass casualties. When CASARA members went looking for a good spot to hold one of their scenarios Captain Cindy Buss, Commanding Officer of 249 RCACS offered up the hayfield behind her house, a few acres of flat grassland surrounded by trees on three sides.

Fifteen out of the 50 total cadets of the unit participated in the exercise. Staff members of the RCACS also assisted and the Parent Sponsoring Committee came out in force to make sure the cadets had water and a barbecue lunch ready for them.

"They are quite excited," said Capt Buss of her cadets. "It's the first time they're working with CASARA. They came out (earlier in the year) to do a day training with us and they thought this would be the perfect location (for one of the exercise scenarios)."

Lieutenant Myles Drynan, one of the staff of 249 RCACS, who has a background as a paramedic and in fire safety, provided the incredibly realistic moulage (injury special effects) to his cadets. Some of the cadets had the ability to pump blood through their wounds.

Unfortunately, at the crash site in Beausejour, the CASARA light aircraft was unable to locate the beacon. According to Bill Karras, Zone 1 Commander of CASARA Manitoba, there can be obstacles associated with properly locating an ELT beacon.



**Dan Perron, CASARA Tri-Zone 2018 Exercise Coordinator, briefs CASARA members prior to the beginning of the flying day on May 5 at the headquarters in St Andrews, Manitoba. Photo: Bill McLeod, Voxair Manager**

"Finding ELTs is an art, not a science," he said. "They can bounce off rail lines, and off power lines and towers. Sometimes we have to go with the old technol-



**Sergeant Greg Grandy, Search and Rescue Technician with 435 Transport and Rescue Squadron, parachutes in to provide medical assistance to simulated casualties at the CASARA Tri-Zone 2018 Exercise on May 5, 2018. Photo: Bill McLeod, Voxair Manager**

ogy. The Mark 1 eyeball."

The highlight for the four cadets who happened to be casualty actors at the time, Hannah McRorie, Kataryna Saxler, Ethan Niemczyk, and Sean Roberts, was when the 435 Sqn CC-130 Hercules, commanded



**Master Corporal Louis Labrecque and Sergeant Greg Grandy, Search and Rescue Technicians with 435 Transport and Rescue Squadron, treat simulated injuries on cadets from 249 Royal Canadian Air Cadet Squadron after parachuting in to the scene, a Civil Air Search and Rescue Association (CASARA) simulated crash site. Photo: Bill McLeod, Voxair Manager**

by Major Jesse McGrath, located the simulated crash site. After dropping streamers and a message bundle, two Search and Rescue Technicians parachuted into the site to provide medical assistance.

As soon as the 435 Sqn SAR Techs, Sergeant Greg Grandy and Master Corporal Louis Labrecque, hit the ground and secured their equipment, they began a triage of the injuries and began treating the most serious injuries first. The cadets supplied realistic responses to their injuries. One cadet had an inability to talk correctly and another was loudly concerned about the condition of her brother.

The SAR Techs applied dressings, supplied oxygen, and removed the most serious still alive casualties from the crash site, marking the end of the exercise scenario.

Everyone on site was then treated to a barbecue lunch by the Parent Sponsoring Committee of 249 RCACS before CASARA members began return-

ing to St Andrews, 435 Sqn members prepared to drive to Winnipeg, and cadets started setting up the next realistic scenario.

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# Reserve Employers Get a Look at CAF in Manitoba on Executrek



Executrek participants disembark the CT-142 Dash 8 aircraft after a familiarization flight at 17 Wing Winnipeg, MB, on May 9, 2018. Photo: Sgt Daren Kraus

By Martin Zeilig, Voxair Photojournalist

“Over the next two days, talk to the aviators, sailors and soldiers you’ll meet,” said Captain (Navy) Matt Davies, Regional Liaison Officer, Ontario Canadian Forces Liaison Council. “They want to tell you about the work they so proudly do to protect Canada. You’ll meet some very fine Canadians while you’re here and you too will be proud of your Canadian Armed Forces.”

Capt (N) Davies, Vice President and product manager for Professional, Media and Cyber Liability for Chubb in Toronto, was speaking to 45 business executives, educators, government representatives and some military (mostly) Reservists at a lunch in the Combined Mess on May 9 during day one of the two day third annual RCAF Executrek.

The guests were from Quebec, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia. Lieutenant-Colonel Denis Roy, CFLC Liaison Officer for Manitoba and Northwestern Ontario was, as he has done previously, organized this year’s event.

“This is an opportunity to learn what the Armed Forces do for us,” said Kelvin Shepherd, President and CEO of Manitoba Hydro and a volunteer member of the CFLC, just prior to the presentation by Capt (N) Davies. “So, I encourage you to talk to them. You’ll be impressed by their professionalism. It will be a success if you come away with a new experience.”

“We establish relationships with organizational leaders in business and academia in Canada,” Capt (N) Davies said about the CFLC during his power point presentation. “We educate organization leaders on the Canadian Forces’ Navy, Army and Air Reserve and encourage them to support individuals within their organization to attend military training and participate on operations with minimal personal impact on the Reservist nested in the CAF but with autonomy.”

The Council is supported by a network of senior military field services officers across Canada and overall administration is provided by a Secretariat based in Ottawa, operating under the leadership of the Chief of Reserves and Employer Support, a two star Flag or General Officer, he said.

Dedicated Provincial and Regional Liaison officers work with the National/ Provincial Councils to provide the necessary connections to the military to support the mission of the CFLC.

“The Council encourages civilian employers and educational institutions to grant military leave, without penalty, to Reservists to allow them to participate in their military activities, duties and training,” Capt Davies explained. “For Reservists, a company that supports their part-time military career through military leave and other HR practices is attractive and encourages loyalty and retention. We

remind organizations that having a policy values the skills of Reservists and may attract Reservists to apply within your organization. We remind employers to try to exceed job protection legislation. We offer assistance to organizations to help them write their military leave policy.”

In their civilian lives, Reservists are the first responders, school teachers, university professors, business owners, nurses, doctors, pharmacists, lawyers, engineers, bankers, insurance professionals, technologists, bus drivers, chefs or your plumbing contractor, Capt (N) Davies said.

“They are students-- from high school to PhD candidates,” he continued “They come from all backgrounds, and communities, and reflect Canadian society as a whole.

The range in age from 17 to 60.”

During their tour, the visitors visited Hanger 16 where they were given a briefing by a member of 435 Transport & Rescue Squadron and a static tour on a C-130 Hercules. They also had a static tour on board a CT142 Dash-8, which is used by 402 Squadron to train Air Combat Systems Operators, a demonstration of ACSO and AES op (Airborne Electronic Sensor Operator) training in the Procedural Crew Training (PCT) room in the RCAF W/C William G. Barker VC Aerospace College (Canadian Forces School of Aerospace Studies), 20 minute flights over Winnipeg in both a C-130 and CT 142, a Tactical Aviation Brief by Major Woodward in Namao Hall, a tour of 1 Canadian Air Division, which included a visit to the Command Air Operations Centre, a tour of the Andrew Mynarski V.C. Museum and later a dinner hosted by 2 Canadian Air Division.

On May 10, the guests were, among other things, given a briefing by Acting 17 Wing Commander Lieutenant-Colonel Brian Quick, a briefing on the Defence Air Reserve, a 2 Canadian Air Division Briefing, a tour of CFSAS, A tour of the Canadian Forces School of Survival and Aeromedical Training, an Air Maintenance Briefing, and Static Tours and Briefings of A CF-18 Hornet, a King Air and Grob, a Jet Ranger and Bell 412. Several guests participated in a mock FORCE fitness evaluation at Building 21 with PSP staff.



Master Corporal Nick Dentakos, 435 Squadron Search and Rescue Technician, briefs Executrek participants on search and rescue capabilities, 17 Wing Winnipeg, MB, on May 9, 2018. Photo: Sgt Daren Kraus

For Ken Webb, the Honorary Colonel of 38 Combat Brigade Engineers, who’s with CFLC Manitoba and the Chairperson of the Manitoba Apprenticeship Certification Board, the tour was a way to show the high quality of training and skills that the Regular Forces and Reserves have.

He was interviewed following the demonstration in

## Sports Trivia

### Lord Stanley’s Cup

by Stephen Stone

1. Which team has won the greatest number of Stanley Cups? How many?
2. Which team has won the second greatest number of Stanley Cups? How many?
3. When did Toronto last win the Cup?
4. Who scored the fastest goal in NHL playoff history?
5. Gordie Howe set the record for fastest goal in the playoffs at 9 seconds on April 1, 1954 vs Toronto. Whose record did he beat?
6. Who scored the fastest overtime goal in NHL playoff history?
7. Who scored the fastest two goals from the start of an NHL playoff game?
8. Who scored the fastest two goals in an NHL playoff game?
9. Who holds the record for most career playoff penalty minutes?
10. Who holds the record for most career playoff games without winning a Stanley Cup?
11. Who holds the record for most career playoff games?
12. Who holds the record for most consecutive playoff seasons?
13. Who has won the most Stanley Cups as a player?
14. Who has won the most Stanley Cups as a non-player?
15. Who has won the most Stanley Cups combined as a player or non-player?
16. Who holds the record for most career playoff goals, assists and points?
17. Which players hold the record for most points in a single playoff game?
18. Which goaltender holds the record for most career playoff wins?
19. Which goaltender holds the record for most career playoff shutouts?
20. Who is the only NHL head coach to win a Stanley Cup final game playing in net?

Sports Trivia Answers on page 14

the PCT room at CFSAS.

“They are tremendously advanced,” offered the professional engineer, who mentioned that he spent 10 years in the CAF as a military engineer. “What we just saw also demonstrates that training in the CAF is second to none.”

Paul Johnson, who works for MTU Maintenance Canada in Vancouver, BC, agreed with Webb.

“I’ve been very impressed by the knowledge and enthusiasm of people working here, and the whole utilization and importance of the Reserves in Canada and what they offer industry,” he said

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# Grease Interceptor Failure Moves Meals to Officers' Mess



**Captain Joel MacDougall, 17 MSS Flight Foods Officer, is confident that things will go without a hitch in Wing Food Services temporary move to the Officer's Mess. Photo: Martin Zeilig, Voxair Photojournalist**

by Martin Zeilig, Voxair Photojournalist

Despite a recent failure of the grease interceptor, it's still business as usual for Captain Joel MacDougall, 17 MSS Flight Food Officer, and the crew of cooks and other staff at the Combined Mess in Building 61.

They don't miss a beat. Meals are now being served to hungry members of 17 Wing in the Officers' Mess.

The grease interceptor, part of the septic system in Building 61, is a plumbing device that collects grease and prevents it from going down the drain, Capt MacDougall explained during an interview on May 15, one day after the problem was discovered. Grease interceptors are outside the facility a few feet under the ground and are very large, notes information found online.

Fancy Yu, Warrants' and Sergeants' and Junior Ranks Mess Manager, is ready to adapt.

"It's no inconvenience on my end," she said. In fact, she believes this is a good opportunity for food options for the weekly Thursday after work Pub Nights.

"For the longest time, I've been very comfortable with the food provided to us (by MSS Flight Food) -- chicken wings," Yu said. "I'm now forced to look to some other options. I'm looking into food trucks but there are some regulations I have to follow to see if I'm allowed to do it."

She added that finding a food alternative depends on how long it will take to repair the grease interceptor.

"If the systems fail here, I have to have a plan to make sure I can support our operational requirements," Yu said. "We're able to react this way because we have seamless cooperation between RP Ops, PSP and 17 MSS to ensure continued feeding operations at 17 Wing," said Capt MacDougall.

He also observed that the grease interceptor problem was identified while repairs were being done to the drainage system in the kitchen.

In order to facilitate the required repairs, a collaborative approach had to be taken while the kitchen was closed, Capt MacDougall said.

"The parties were able to de-conflict schedul-

ing requirements to execute the contingency feeding plans," he observed. "We all got together right away. We couldn't miss any meals here. The key to this is RP Ops getting on board with their work order, and to support the continuous feeding operation."

Capt MacDougall also pointed out that along with CE and RP Ops, 17 MSS Food Service was able to ensure that they had a fully functional kitchen at the Officers' Mess that could support "our feeding requirements."

The feeding began at the Officers' Mess at 0630 hours on May 22, and will continue there until further notice.

"We have been moving all of our daily operations from the Combined Mess here at Building 61 over to the Officers' Mess," Capt MacDougall said. "We will have our truck come over here to pick up the required items and transfer them there. So, we'll have two or three days of required items at the Officers' Mess."

At the same time as they were getting ready for the move, his staff was still preparing food and feeding people at the Combined Mess.

"There will be no impact to anybody," Capt MacDougall continued. "It would be irresponsible not to have a contingency feeding plan when working in (and with) aging infrastructure. I can do what I do here because of my Commanding Officer, Lieutenant-Colonel Brian Quick and Regimental Officer, Major Alex Wakeham. I appreciate the coordination from my team and chain of command."

Life for MSS Food Services continues as normal. All thanks to advance planning and fast acting professionals.

# PSP Challenges the Wing to Walk Across Canada



**Manager, Fitness, Sports and Recreation, Chris Merrithew, and Comm Rec Coordinator Colleen Preston lead a group of walkers up the hill on the Sports Field for the kickoff of the 17 Wing Health and Wellness Challenge on May 17.**

All photos: Bill McLeod, Voxair Manager

by Martin Zeilig, Voxair Photojournalist

Corporal Vanessa Rowell and Master Corporal Myrella Dich, who both work for the Wing Comptroller, were taking some steps along the outdoor fitness trail at 17 Wing in their journey across Canada during the Health and Wellness Challenge on a grey and breezy May 17.

A total of 15 million steps would be required for such a trip across "our beautiful country," noted Diane Brine, Manager, Personnel Support Programs (PSP) Health Promotion-- which, along with PSP Fitness, Sports and Recreation, organized the Challenge.

Along with about 25 other military and civilian personnel, Cpl Rowell and MCpl Dich were taking part in the Walk Across Canada portion of the Challenge. A total of about 40 people took part in the entire multi-activity two hour session.

"It's a really worthwhile event," Wing Commander Colonel Andy Cook said of the H&W Challenge during his opening remarks in the lobby of Building 90-- the Fitness and Recreation Centre.

He also complimented Health Promotion for holding the Walk Across Canada, which runs till June 30.

Members can sign up and keep track of their daily and weekly steps on a chart. At the end of the third

week they can send their subtotal to Health Promotion and continue to track their steps for the remaining three weeks, notes provided information.

"The more we can keep ourselves healthy, the better we can take care of our families," Col Cook continued. "It's great see so many turnout from 17 Wing and CFB Winnipeg and take part in the Challenge."

The Wing Commander's Challenge was held in past years, but it was cancelled this year, Ms. Brine noted.

"We only found out about two weeks ago that it wasn't going to happen," she said. "So, we decided to go ahead with the Health and Wellness Challenge kickoff anyway."

Apart from the outdoor Step Challenge, participants could also take part in an hour long spin session on the stationary bicycles in the downstairs Spin Room, yoga in the multipurpose room, and badminton in the gymnasium.

A free salad bar with mini-bagels and various types of spreads and beverages were available in the lobby.

"I think it's great to get out of the office," MCpl Dich said to a reporter during the outdoor walk around the fitness trail. "We normally don't take many breaks but I do take lunch hour fitness classes at the gym."

"I'm taking my steps any chance I get to go outside and walk," Cpl Rowell added, noting that she also likes

to go kayaking and running for physical fitness and recreation.

Civilian employee Ivan Chunesingh, who also part of the Comptroller's RACS team, was on the Steps Challenge too.

"I think it's wonderful to get out in the fresh air and meet some nice people," he said. "When you're sitting at a desk for extended periods of time, you need exercise breaks like this."

PSP fitness instructor Sean Kochalyk, who was leading the spin class, said he was pleased with the way things turned out.

"I was a little concerned that not many would show up," he remarked following the spin class, which attracted about 10 people. "But, it was quite a good turnout."

Civilian worker Carol Loader, who's worked for the past nine years in the Comptroller's office, observed that this was her first time taking a spin class.

"I thought it was fantastic," she said, mentioning that she also plays tennis and golf during the summer. "It's always a good idea to encourage physical activity. It's great role modelling."

Meanwhile, Ms. Brine explained that the first Health and Wellness Challenge took place eight years ago at Canadian Forces Bases across Canada.

Now, it just occurs at the local level, she said.

"We're choosing to keep it going here," added Brine, noting that this was the first year for the Steps Across Canada Challenge



**Lee-Ann Brookes lead the yoga class, part of the 17 Wing Health and Wellness Challenge, at the Building 90 Fitness and Recreation Centre on May 17.**



**PSP Fitness Instructor Sean Kochalyk encourages the spin class to dig in at the kickoff to the 17 Wing Health and Wellness Challenge on May 17.**

# RCAF Run Celebrates its Tenth Anniversary

by Ashley Demers, Voxair Photojournalist

With the 2018 RCAF Run less than a week away, organizers are preparing and putting together final touches on the event's plans. This year's RCAF Run is the tenth annual, and a few changes are being made.

T-shirts and participation medals are taking on a special new design, and there have been slight changes in both the 5 km route and start time. The opening ceremonies will still be held at 8:30 a.m. on May 27, and the half marathon and 10 km runs will still start at 9 a.m. and 9:30 a.m. respectively, but the 5 km run will now begin at 10 a.m. The Family Fun Run will begin at 11 a.m.

Participants in the 5 km race will also see a cyclist as a trail guide to help prevent them from getting lost, an issue that has occurred in the past.

In terms of family events, the MFRC will be hosting some new children's activities in the Race Village and in Building 90, and mascots from some of the city's professional sports teams will be attending. PSP Youth Challenges will still be offered on the fitness hill, as usual.

Chief of Staff for the Organizing Committee, Lieutenant-Colonel Heather Collins, is hopeful that these changes will ease the flow of the day and make it more enjoyable for all attendees. She is excited to see the day play out.

"We're celebrating that this is a keynote community milestone, to reach 10 years," says Collins. "We've raised close to a quarter million dollars for our two causes."



The new medal design for the 2018 RCAF Run was on display at the Bldg 90 Fitness and Recreation Centre on May 17 during the kickoff to the 17 Wing Health and Wellness Challenge. Photo: Bill McLeod, Voxair Manager

As always, the run's proceeds will be donated to the Soldier On program and the Support Our Troops fund, and so far, it seems as though it will be a successful year. Last year the race hit just over 2,000 people, and this year's registration numbers are slightly ahead of last year's pace. The run is expected to once again exceed 2,000, and potentially reach up to an impressive 2,500.

Collins wants to acknowledge and appreciate the public's support of this event, and let them know how important their participation is to these two critical programs.

"The public's support is valuable not just to themselves, being a healthy living, physical activity event," says Collins, "I can't reinforce enough the continued need for the funding for Soldier On and the Support Our Troops fund."

"For ill and injured members, the Soldier On program is a key step in their recovery, and it continues to promote that physical activity within their new reality. [Support Our Troops] bridges the gaps for a lot of military families to provide important and needed support."

Registration for the RCAF Run is currently still open for the 3 km Family Fun Run, but only until May 24. Those who are already registered in other events are able to pick up their race kits Friday and Saturday, May 25 and 26, from Building 90.

## Canadian Rangers in Manitoba Share Their Knowledge



Captain Wade R. Jones shows a map of Ranger bases across western Canada. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Captain Wade R. Jones, Officer Commanding, Manitoba Canadian Ranger Company, 4th Canadian Ranger Patrol Group, recalled an incident that illustrates the resourcefulness of the Canadian Rangers.

It happened in February 2003 while he was on an exercise with the Rangers at Whiskey Jack Lake in the vicinity of Lac Brochet, a small First Nations community in the boreal forest of northern Manitoba, just over 1000 kilometres by air northwest of Winnipeg.

A snowmobile had broken down as the group of 18 Rangers were heading back to Lac Brochet. Capt Jones, who is responsible for all the Rangers in Manitoba, went back to see what happened.

"A Ranger, Gabriel, an older gentleman said 'My throttle cable broke'. I thought that was pretty serious but he said 'I'll have it sorted out within an hour.'"

He explained that Gabriel put a tarp over himself and the engine part of the snowmobile and weaved the two ends of the frayed metal throttle cable back together. After about an hour, Gabriel was able to drive the snowmobile back to Lac Brochet.

"That's the kind of ingenuity we have in the Rangers," said Capt Jones. "By virtue of being in the north we believe that all Rangers have good outdoor skills. But that's not always the case anymore. So, we spend a lot of time getting those skilled Rangers (like Gabriel) teaching the younger people."

Canadian Rangers are adult members of the Canadian Armed Forces who live in different remote, isolated and coastal communities across Canada, says the Government of Canada website. They are part-time reservists who are responsible for protecting Canada's sovereignty as well as defending her coastal interests.

"Canadian Rangers provide a military presence in support of Canada's sovereignty," notes the online information. "They report unusual activities, collect data of significance in support of military operations, and conduct surveillance and sovereignty patrols as required."

"Canadian Rangers are located in 200 remote, isolated and coastal communities across Canada. The majority of Canadian Ranger patrols are located north of 60 and along Canada's east and west coasts."

4th Canadian Ranger Patrol Group (4 CRPG), which is Headquartered in Victoria, BC, is responsible for Canada's four western provinces and reports to the 3rd Canadian Division (3 Cdn Div), says the government website. The 5000 square foot Manitoba HQ, which contains offices and a warehouse, is located at 2800 Saskatchewan Avenue -- some two kilometres west of 17 Wing. Capt Jones works for Lieutenant-Colonel Russ Meades, Commanding Officer of 4CRPG.

"Canadian Rangers of 4th CRPG have been instrumental in the past in helping local enforcement officials by patrolling the West Coast and waters of Canada; watching for illegal immigrants in Canada's waters; conducting many search and rescue (SAR) operations; and assisting in community evacuations."

Canadian Rangers are easily identified by their bright red sweatshirts and red ball caps or toques. Canadian Rangers are also provided with a red brassard (armlet), a red t-shirt, and an orange safety vest. All Canadian Rangers participate in a 10-day Basic Ranger Qualification Course that includes seven days of hands-on training in the local community. Topics covered include rifle training, general military knowledge, navigation, first aid, search and rescue, and communications.

Capt Jones noted that at the present time there are 213 Rangers in Manitoba-- 168 men and 46 women with 80 percent of the total being First Nations, Inuit

and Metis. There are nine full time staff, including Capt Jones, at the Manitoba Rangers HQ.

"The first thing that comes to mind about the Rangers is their dedication," said Capt Jones, a native of Newfoundland. "They all have full or part time jobs, and we come to take more of their time away."

He also praised the diversity of the Rangers' skill set, everything from airplane mechanics, teachers, doctors, nurses, loggers, fishers, and trappers, among other professions.

"We recruit by word of mouth but a better way is the Rangers themselves in uniform doing good things in the communities." Capt Jones, added. "We're mandated for 12 full training days per year. The majority of our time is spent out on the land where they have expertise."

The military teaches Rangers basic military skills and general service knowledge, he noted, while also mentioning that many Canadian Rangers are also involved with the Junior Canadian Ranger Program "as positive role models and educators for the youth" in their communities.

Capt Jones spent 25 years in the Regular Forces before joining the Canadian Rangers and has now spent 42 years in uniform. He will be retiring later this year.

During a brief tour of the facility, one sees clothing, tents, life preservers, dry bags, small quantities of sleep bags, boxed items and other equipment either stacked in boxes on the high metal shelving in the large warehouse. Several snowmobiles rest in once corner of the warehouse.

"There are still people in Canada who know nothing about us," Capt Jones said. "We're in the news all the time. Canadian Rangers are a good bang for the taxpayers' buck. What we get in return for those part time Rangers is huge."

He pointed out that over the past 15 years, Canadian Rangers have responded to the forest fires in Saskatchewan, flooding in Quebec, evacuation in lower Hudson Bay (in Northwestern Ontario), the 2016 forest fires in northern Alberta, and many other emergency situations.

"There's a long list of things that Canadian Rangers have contributed to all across Canada; and they don't get the national recognition they deserve," Capt Jones commented. "Rangers, themselves, want to be recognized for who they are and what they do. It's been a privilege and an honour for me to work with them."

# CFS Met Graduates Course and Recognizes Member

The Canadian Forces School of Meteorology (CFS Met) conducted the 1801 session of the Meteorological Office Supervisor course which graduated 11 candidates on the 27th of April.

The Meteorological Office Supervisor course is taught at CFS Met located at 17 Wing Winnipeg, Manitoba. The aim of the course is to prepare Meteorological Technicians at the Master Corporal and Sergeant rank level

for their supervisory responsibilities. These skills are required to manage meteorological personnel and resources within their respective units. Met Office Supervisors provide support to the weather observing program, operations at Wings, Tactical Helicopter Squadrons, Field Artillery Units, HMC Ships, Special Operation Units as well as the All Source Intelligence Cells at the Brigade level. These positions require a variety of knowledge and

a specialized skillset to maintain a continuous weather observation program. Supervisors are responsible for adhering to national and international regulatory standards through the maintenance of observational instruments and enforcing quality control standards.

MCpl C. Couture received the CFS Met Certificate of Academic Distinction, awarded for the highest academic mark on course.



CFS Met graduates of the Met Office Supervisor course 1801  
 Back row L-R: Sgt G.E.W. Szikora, MCpl D.W. French, Sgt A. Bezanson (Instr)  
 Middle row L-R: Sgt M.A. Pellerin (Instr), Sgt M.E. Foulkes, MCpl C. Couture,  
 MCpl J.R.J. Kurz, Sgt P.J. Shears-Lush, Sgt D.R. Burns, MCpl E.J. Hurak,  
 Sgt K.A. Gosbee, MCpl G.C.A. Lee  
 Front row L-R: MCpl K.L. Jasper (Instr), MWO B. McDonald (Stds MWO), LCol W.A.D. Snyder  
 (Cmdt RCAF W/C William G. Barker VC Aerospace College), Maj S.J.P. Thivierge (Cmdt CFS  
 Met), WO S.D. Manning (CI)  
 Missing: MCpl I.M.S. Campbell (Instr), Sgt C.B. Petrie



After a 252 day tour from 8 June 2017 to 11 February 2018, CWO M.P. Taylor was presented his first Rotation Bar for the General Service Medal - EXPEDITION by Maj S.J.P. Thivierge, CFS Met Commandant. CWO Taylor is proud to have represented the CAF overseas and to have earned this decoration.

## 2018 Indspire Awards Honour Indigenous Role Models for Youth

by Mcpl Linda Lobster, OR 2I/C MB CR Coy

The 2018 Indspire Awards were held in Winnipeg on Friday, March 23rd 2018 to honour the significant contributions of Indigenous people in Canada. Indspire, provides educational support and programs for future indigenous generations to succeed. They also promote self-esteem and pride in the Indigenous community and provide outstanding role models for Indigenous youth.

MCpl Linda Lobster, Nisichawayasihk Cree Nation

and Dylan Duck, Sayisi Dene First Nations, both members of the 4th Canadian Rangers Patrol Group, were selected to form part of a 4 person colour party along with Cpl Evan Maytwayashing, Lake Manitoba First Nation from 2 PPCLI and Cpl Patrick Laurin, Métis from 17 Wing Winnipeg, were also selected. These 4 members represented the Department of National Defence and the Canadian Armed Forces showcasing the level of diversity that is present within the CAF.



Mcpl Linda Lobster, MB CR Coy HQ and CR Dylan Duck, Tadoule Lake Patrol during the Indspire Awards held in Winnipeg on 23 March 2018. Photo: Supplied



Cpl Evan Maytwayashing, 2 PPCLI, MCpl Linda Lobster, 4 CRPG, Cpl Patrick Laurin, 17 Wing, pose with a guest during the 2018 Indspire Awards held 23 March 2018 in Winnipeg. Photo: Supplied

## The RCAF Runs in the Family



The RCAF Run shirt modelling team of Lieutenant Isabell-Ann Dassylva, Mission Support Squadron Adjutant, and Warrant Officer Dave Hodgson, 435 Squadron are also husband and wife. They modelled the new shirts on May 8 at 17 Wing. Photo: Sgt Daren Kraus



Best wishes to all veterans, runners and volunteers as you participate in the 10th annual Royal Canadian Air Force Run.

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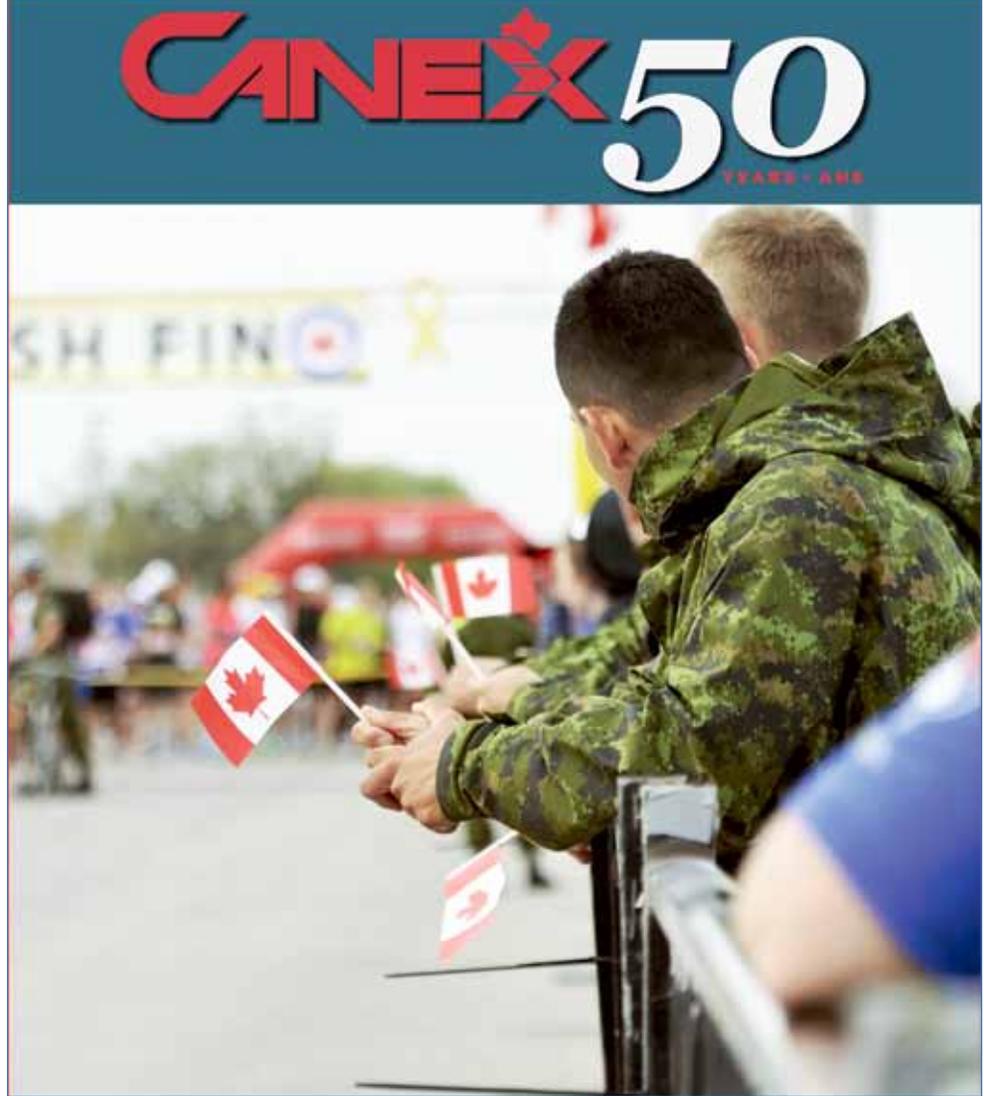


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10 KM | 5 KM | PROMENADE FAMILIALE DE 3 KM

# Around The Wing



402 Squadron Commanding Officer, Lieutenant-Colonel John Schwindt, accepts newly created plaques from wood carver (RAF Ret'd) Geoffrey Cross. These plaques recognize the accomplishments of the students from the initial Air Combat Systems Officer and Airborne Electronic Sensor Operator courses at the squadron. Photo by Cpl Justin Ancelin



Members of Wing CE Flight build a new play structure at the 17 Wing Westwin Community Centre on May 17. Photo: Bill McLeod, Voxair Manager

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# Around The Wing



Sergeant Steve Delage, 435 Squadron Search and Rescue (SAR) Technician, briefs the Manitoba Legislative Internship Program interns on the SAR diving capabilities, 17 Wing Winnipeg, MB, on May 4, 2018. Photo: Sgt Daren Kraus



## École francophone

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[romeo.dallaire@dsfm.mb.ca](mailto:romeo.dallaire@dsfm.mb.ca)



LEFT: Manitoba has an interesting phenomenon occurring in the Interlake Region where snake dens in limestone crevices come alive in the spring and snakes return in the fall. The snakes were just beginning to come alive on May 12 when this photo was taken and they should continue as warm weather increases. Photo: Bill McLeod, Voxair Manager



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### VETERAN FAMILY PROGRAM

For Medically Releasing CAF Members, Medically Released Veterans and their Families



### LE PROGRAMME POUR LES FAMILLES DES VÉTÉRANS

Pour les membres des FAC en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille

The Veteran Family Program supports medically releasing Canadian Armed Forces members, medically released Veterans and families. If you are transitioning visit your local Military Family Resource Centre, [CAFconnection.ca](http://CAFconnection.ca), or call the Family Information Line at 1-800-866-4546.

Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez [ConnexionFAC.ca](http://ConnexionFAC.ca) ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au 1-800-866-4546



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# 17 WING FIRE CHIEF'S CORNER



## Kidde recalls Dual-Sensor (Photoelectric and Ionization) Smoke Alarms

Starting date: March 21, 2018  
 Posting date: March 21, 2018  
 Type of communication: Consumer Product Recall  
 Subcategory: Household Items  
 Source of recall: Health Canada  
 Issue: Product Safety  
 Audience: General Public  
 Identification number: RA-66226

Joint recall with Health Canada, the United States Consumer Product Safety Commission (US CPSC) and Kidde

**Affected products: Kidde Dual-Sensor (Photoelectric and Ionization) Smoke Alarms – Models PI2010CA and PI9010CA**

Product description: This recall involves two models (PI2010CA and PI9010CA) of Kidde dual-sensor (photoelectric and ionization) smoke alarms manufactured between September 10, 2016 and October 13, 2017. The model number and date code are located on the back of the unit. The affected smoke alarms have a pill shaped design on the front of the unit. The affected models have a yellow cap visible through the opening on the side of the alarm.

To identify the presence of the yellow sensor cap:

1. Consumers should remove the alarm from the wall/ceiling and visually inspect.
2. Consumers should check the brand name and look for the unique design of the PI2010CA and PI9010CA smoke alarm.
3. Consumers should then locate the locking tab on the back of the alarm, turn the alarm on its side and look at the opening closest to the locking tab.
4. If a yellow cap can be seen in the opening the unit is affected and must be replaced. Consumers should not attempt to take apart the alarm, open the casing, or otherwise remove the yellow cap themselves.
5. If no yellow cap is present, consumers should reinstall the smoke alarm and no further action is needed.

Hazard identified: A yellow cap can cover one of the two smoke sensors, which compromises the smoke alarms' ability to detect smoke.

As of March 7, 2018 the company has received no reports of incidents or injuries in Canada or the United States. There has been one report from a consumer who identified the yellow protective cap before installing the smoke alarm.

Number sold: Approximately 40,000 units of the affected products were sold in Canada and approximately 452,000 units were sold in the United States.

Time period sold: The recalled products were sold from November 1, 2016 to January 25, 2018.

Place of origin: Manufactured in China.

Companies: Walter Kidde Portable Equipment Company Inc., Mebane, North Carolina UNITED STATES

What you should do:

Consumers should immediately contact Kidde to receive instructions on how to identify the presence of the yellow sensor cap and request a free replacement smoke alarm if their smoke alarm contains the yellow cap. They should remove and discard the affected smoke alarm only after they receive and install the replacement alarm.

Consumers may contact Kidde toll-free at 1-833-551-7739 from 8:30 a.m. to 5 p.m. ET Monday through Friday, and Saturday and Sunday from 9 a.m. to 3 p.m., or online.

Please note that the Canada Consumer Product Safety Act prohibits recalled products from being re-distributed, sold or even given away in Canada.

# 233-ALLÔ

CENTRE D'INFORMATION

233-2556 1-800-665-4443

## CALENDRIER COMMUNAUTAIRE

- 23 mai • **AGA de Pluri-Elles**  
• 204-233-1735 poste 206
  - 24 mai • **Vernissage – A Bird's eyes**  
• La maison des artistes visuels francophones • 204-237-5964
  - 24 mai • **26ème Gala**  
• Festival des vidéastes du Manitoba • 204-957-5437
  - 24 mai • **Club de pétanque**  
• Union Nationale Française • 204-202-4897
  - 25 mai • **Cinéma Pyjama – Baby Boss** • CRÉE  
• 204-237-9666
  - 26 mai • **Jeu – Biscuits et Caveaux** • Musée de Saint-Boniface • 204-237-4500
  - 29 mai • **Soirée francophone des Goldeyes** • SFM  
• 204-233-2556
  - 29 mai • **Mardi Jazz – Marco Castillo** • CCFM  
• 204-233-8972
  - 30 mai au 28 juin  
• **Conditionnement Physique en français**  
• DAS • 204-925-5662
  - 31 mai • **Théâtre – Marathon de création**  
• Théâtre Cercle Molière • 204-233-8053
  - 1er juin • **Grand Rassemblement préscolaire**  
• FPM • 204-233-2556
  - 1er juin • **Ce soir on joue** • CCFM • 204-233-8972
  - 2 juin • **Soirée Camerounaise** • Sous le baobab  
• 204-233-2556
  - 5 juin • **Mardi Jazz – Suzanne Kennelly** • CCFM  
• 204-233-8972
  - 6 juin • **Formation continue**  
• Université de Saint-Boniface • 204-233-0210
  - 6 juin • **Chefs en plein air 2018** • Francofonds  
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- Pour plus d'informations et pour voir le calendrier au complet, visitez le <http://www.sfm.mb.ca/calendrier>

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# cafconnection.ca/winnipeg

## 2018 Commuter Challenge – Are you up for the Challenge? June 3-9, 2018

Want to do your part in lowering greenhouse gas admissions? Already doing your part? Here is your chance to win great prizes for caring for the environment.

Winnipeg has participated in the Commuter Challenge for the last 14 years. Of those, the city has won for the most participants 13 times! Last year over 7000 Manitobans participated, this made up for 40% of the national total!

17 Wing has registered a team for the last 7 years. The number of registered commuters has been low and I know that many of you ride, cycle, walk, carpool or tele-commute to work every day. We can do better! Why not get credit for it and help the city win? Did I mention there were some great prizes?

### Here's how it works:

During the week of Jun 3-9, log your commute to and from work on the website [commuterchallenge.ca](http://commuterchallenge.ca). Anything but 'drive alone' counts. Need to drive alone to work – why not walk to the gym or a meeting? That counts too! You can log all your trips at once at any time during the challenge or log in daily. It is up to you. The important thing is to log your commutes.

### It's easy to register.

Use our special URL: <https://commuter.commuterchallenge.ca/register/nyBn5h> to join the 17 Wing Winnipeg – CFMWS team.

### Why participate?

It's great for the planet

Commuting by car is the largest single source of greenhouse gas emissions in Manitoba. Greenhouse gas emissions are the leading cause of climate change and air pollution.

### You will save money

According to CAA, the average cost to own and operate a vehicle can range from \$8,500 - \$11,500 or higher each year based on the typical 18,000 km driven. Compare this to the cost of a monthly bus pass year-round (\$900 - \$1000) or better yet, save all your money by using your bike to get around! Savings don't stop there either – the financial benefits related to health care costs and reducing the need for your community to continue expanding roads.

### Actively commuting is active living

Today more and more people are becoming increasingly sedentary in their lifestyle. A recent Manitoba in Motion study found that less than half of all Manitobans get enough physical activity. Using active and sustainable transportation – like walking, cycling and riding the bus – allow people to incorporate at least some physical activity into their everyday commute. It's also a great stress reliever!

### This year's prizes include:

- Winnipeg Transit annual pass | a value of over \$1,000
- 2 Weekend Passes to Winnipeg Folk Fest | a value of over \$450
- 2 VISA passes to Folklorama | a value of over \$550
- Free donuts for a year, courtesy of Oh! Doughnuts | a value of \$400
- One night's stay in the luxurious Fairmont Winnipeg
- 1 year Family Membership to FortWhyte Alive, with tons of great extra swag
- One year casual membership to Peg City Car Co-op
- 10-class pass from Serene Yoga
- 6 VIP passes to the 2018 Fringe Festival
- 2 x 60 minute float sessions from JellyFish Float Spa, plus 2 craniosacral sessions
- \$25 gift certificate to Clementine Cafe
- 90 minute float session from FLOAT.calm
- 2 tickets to the 1st production of Prairie Theatre Exchange's 2018-2019 season



### Alcohol, Other Drugs and Gambling: Supervisor's Training

5 - 6 June 2018  
0800-1600 hrs & 0800-1200 hrs

Recognize and respond to early warning signs and develop effective interview skills.

This training is course coded and is required for all military in a supervisory role. DAOD 5019-7

### Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif: formation des superviseurs

5 et 6 juin 2018

Reconnaître les premiers symptômes et savoir y réagir.  
Apprendre à faire des entretiens efficaces.

Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code. DAOD 5019-7

To register, contact Health Promotion at (204) 833-2500 ext.4150 or [healthpromo@forces.gc.ca](mailto:healthpromo@forces.gc.ca)

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

## Blast off the Pounds À l'assaut des kilos

4 Jun—28 Aug 2018 4 juin – 28 août 2018

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-lead 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.

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## Respect in the CAF Workshop -Respect dans les FAC-

12 June, 2018 – le 12 juin, 2018  
0800-1600 hrs/ 08h00 – 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 please contact Health Promotion at local 4150  
or [healthpromo@forces.gc.ca](mailto:healthpromo@forces.gc.ca)

Operation  
HONOUR



Canada



## Step Challenge—Walk Across Canada!

It would take approximately 15,000,000 steps to walk across our beautiful country. Let's do it TOGETHER!

It's not too late to join the Health & Wellness Challenge. This year's challenge started May 17 and continues until the end of June. Sign up through your unit STF Representative or by contacting the Health Promotion office.

Health and wellness need not be complicated. A brisk walk can help you live a healthier life. Some of the benefits of walking include:

- Maintain a healthy weight
- Prevent or manage heart disease, high blood pressure, type 2 diabetes
- Strengthen your bones and muscles
- Improve your mood
- Improve your balance and coordination

The faster, farther and more frequently you walk, the greater the benefits.

This year, we are challenging members to walk across Canada with us. It will take approximately 15,000,000 steps to complete the journey from Newfoundland to British Columbia. Tracking sheets and pedometers are available at the Health Promotion office. Don't worry if you enjoy other types of physical activity too. We have a step conversion chart for you.

Bragging rights are on the line. There will be awards for the Large and Small Unit participation and one of the person who logged the most steps during the challenge. We will also be holding random prize draws for all participants.



## Connect with us:

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# Upcoming MFRC Programs and Events

### Did You Know?

Your Military Family Resource Centre is open to ALL military families. This includes you as a full-time member, reservist or veteran as well as your family as you define it -single or in a relationship, with or without children. Follow us on Facebook and Twitter @WinnipegMFRC as that is where we post our most current events in the community.

### TIRED AND WIRED

We have all been there at least once – dead tired but unable to sleep. Tired and wired is an educational workshop teaching you strategies to tame stress and sleep soundly. This is a FREE workshop. Call the MFRC to register by June 4. Session is on Friday, June 9, 1830 - 2030

### FINDING EVERY DAY JOY WITH "THE HAPPINESS PROJECT"

Based on the international best seller 'The Happiness Project', participants will discuss and share practical ways to make their lives more joyful and fulfilling. As you require a copy of the book for reading and reflection, you can preorder them for \$15. Next session is June 18 Please register by June 13.

### CAFÉ EN FRANÇAIS

Join us Wednesday mornings from 930 – 1100 for a coffee and chat in French. This is a perfect opportunity to practice your French.

30 mai – MFRC/CRFM 102 rue Comet st (Childcare available for a fee)

6 Juin South Side Youth Centre/Côte Sud 247 rue Doncaster st

13 Juin – Ecole Romeo-Dallaire, 81 ch Quail Ridge Rd.  
20 juin South Side Youth Centre/Côte Sud 247 rue Doncaster st

### DINNER TOGETHER- DEPLOYMENT DINNER

If you have a loved one preparing to deploy or is currently deployed or has recently returned from a deployment, then allow us to prepare dinner for you and your family. Meal themes will be announced in the Keeping in Touch email and on the Facebook page closer to the date of the dinner. Held Wednesday, June 18 – Register by June 14

\$5 per adult and \$3 per child (5-12) under 4 free with a max \$20 per family

Call 204-833-2500 ext 4500 to register for programs or for more information

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# Sports Trivia Answers

1. Montreal Canadiens - 23.
2. Toronto Maple Leafs - 13.
3. 1967.
4. Don Kozak, L.A. Kings - 6 seconds - April 17, 1977 vs Boston Bruins. Kozak broke Gordie Howe's record set in 1954.
5. Dickie Moore of Montreal had set the record at 10 seconds seven days earlier on March 25, 1954 vs Boston.
6. Brian Skrudland, Montreal - 9 seconds - May 18, 1986 vs Calgary Flames.
7. Dick Duff, Toronto - 68 seconds - April 9, 1963 vs Detroit.
8. Norm Ullman, Detroit - 5 seconds - April 11, 1965 vs Chicago. Ullman scored at 17:35 and 17:40 of the second period.
9. Dale Hunter, three teams - 729.
10. Dale Hunter, three teams - 186.
11. Chris Chelios, three teams - 266.
12. Larry Robinson, Montreal and L.A. Kings - 20.
13. Henri Richard, Montreal - 11.
14. Scotty Bowman, four teams - 14.
15. Jean Beliveau, Montreal - 17.
16. Wayne Gretzky, four teams - 122 goals, 260 assists, 382 points.
17. Patrick Sundstrom, New Jersey Devils - 8 points (3 goals, 5 assists) - April 22, 1988 vs Washington Capitals, Mario Lemieux, Pittsburgh Penguins - 8 points (5 goals, 3 assists) - April 25, 1989 vs Philadelphia Flyers.
18. Patrick Roy, Montreal, Colorado Avalanche - 151.
19. Martin Brodeur, New Jersey - 24.
20. Lester Patrick, New York Rangers - April 7, 1928 vs Montreal Maroons. After the Rangers' starting goalie, Lorne Chabot, was lost to an eye injury, the Maroons refused to allow the Rangers to substitute either of two goalies who were sitting in the stands. The 44-year-old Patrick took over saying, "Boys, don't let an old man down." The Rangers won the game 2-1 in overtime and the series 3-2. All games were played in Montreal since the circus was occupying Madison Square Garden.

# Taroscopes

BY NANCY

**Aries (March 21 – April 19):** As your attitude about life and the world changes, you could get that feeling that it's the first day of the rest of your life, all the time. Living in the moment isn't as easy as it seems but you can do it. Seeking a deeper understanding of yourself and your beliefs takes courage and patience.

**Taurus (April 20 – May 20):** What you'd hoped for can happen but it will take time and effort. External influences will be greater than expected. Economic shifts create challenges. Being practical, realistic and flexible is wise. Never underestimate the need for autonomy or the strength of the human spirit.

**Gemini (May 21 – June 21):** Take care of yourself. A little pampering will do wonders. Update your goals. What can you do to make your dreams come true? What are your strengths? Trust your intuition. Balance bravado with cautious optimism. Incorporate function and beauty into your environment.

**Cancer (June 22 – July 22):** You're determined to get the most out of every day. If people won't take you seriously, find a way to work around them. Having goals is good but enjoying the journey is what's most important. Using tried and true methods usually works but sometimes it takes a fresh approach. Go for it.

**Leo (July 23 – August 22):** Work smarter not harder. Delegate when you can. If you're not getting the support you'd hoped for, be patient. Opposites attract but this can lead to a clash of wills. Cultivate diversity in your work and personal relationships as it broadens your mind and opens your heart.

**Virgo (August 23 – September 22):** Staying the course sometimes requires caring and kindness more than passion and pizzazz. When you feel safe you're more likely to take a risk and try something new. Financially, things will improve. Dealing with someone who's out of touch with reality is frustrating.

**Libra (September 23 – October 23):** Set your standards high. Strive to beat your personal best. You'll inspire others to try harder as well. Innovative ideas and creative solutions result from cooperation and compromise. Balance is key so commit time to all parts of your life, even the less exciting aspects.

**Scorpio (October 24 – November 21):** Your tremendous focus helps you succeed when you pursue your passion. Be mindful of those around you though. Harmonious relations, respect, and being responsible are essential. When you reach out and try to understand others you set a good example. Go the extra mile.

**Sagittarius (November 22 – December 21):** Reality doesn't usually match your expectations exactly. Still high standards are a great motivator. Tactfully express your thoughts and needs, even the less popular ones, otherwise they will surface when you least expect them to. Keep it real. Honesty is the best policy.

**Capricorn (December 22 – January 19):** What can you do to leave the world a better place? Make adjustments to your goals because you are changing. When you are inspired and excited you're unstoppable. Discover the strength in making connections with others. "No wo/man is an island."

**Aquarius (January 20 – February 18):** Things start falling into place once you determine what you want. Dream big. Trust your instincts to know what your next project should be. When your heart and soul are in sync there's nothing you can't do. Energy, enthusiasm and inspiration strike. Ready! Set! Go!

**Pisces (February 19 – March 20):** Focus on positive outcomes. Others appreciate your energy and interest. Your attitude is a catalyst. Get organized so that the essentials are done leaving you time to have fun. Expand your circle of friends. Revisit and update your life plan. Happiness is the ideal goal for you.

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## Your 17 Wing Chaplain Team



# Chaplain's Corner

## Onward and Upward

“There are far better things ahead than we leave behind”—C. S. Lewis

by **Capt E. Dompierre, MH Chaplain 23 CF H Svcs Centre**

What a life military members lead: we leave, we arrive, we are deployed, we move. These changes are sometimes hoped for, desirable, wanted. Sometimes they are shunned like the plague. In any case, whether we like them or not, they are a source of stress and upheaval. On the eve of my own departure to a new province, new position and new responsibilities, I am feeling a whole range of emotions that I never thought I could feel at the same time. I am leaving behind people for whom I have a great fondness and with whom I have developed deep ties through the course of our meetings. I watch my children as they go through this leave-taking (once again) with some regret; goodbye friends, sports teams, reassuring habits. I had my first experience as a clinician at my posting in Winnipeg, and it was here that I put in my years of service which have brought me closer to retirement. I am starting my final decade of service. The countdown has begun. It was also here that I truly realized, like never before, the importance of taking care of my physical, mental, emotional and spiritual health. With the years of service, I learned that developing roots starts from within, and without that step, operational stress intensifies tenfold. Thus the need to come back to the source and build a serene, adaptable, rich inner world and a flexible identity that does not feel needlessly threatened. In short, it's funny, but I'm trying to look back to be able to come full circle. I don't feel I can. There is no circle to close. I note that leaving Winnipeg, like everything I have left behind before, is not the end. It is merely the next step in my full, exciting and sometimes exhausting life. What happened before is essentially leading me to where I need to go. Leaving is a little like making a choice: what we were and the choice not made cease to be. This is certainly what makes the process sometimes difficult and painful. But in my faith environment, we believe that after death comes the resurrection. I believe that this applies to my situation here. For this reason, I am not spending much time looking back and I am not holding too many expectations going forward. I am simply trying to contemplate on what lies within, which is the result of all the requirements and richness my military career has held for me. As for the rest, I choose to emulate Him, whom I serve above everyone and everything; I give myself up to a will that is greater and more powerful than my own and that wishes me nothing but infinite good. I know with certainty that there was good in everything, as there will be in the future. Finally, I wish you a happy summer, filled with joy and memorable moments to bring you great happiness.

“Il y a beaucoup mieux que nous laissons derrière nous”—C. S. Lewis

par **Capt E. Dompierre, MH Chaplain 23 CF H Svcs Centre**

Quelle vie que celle des militaires. Nous partons, nous arrivons. Nous sommes déployés, nous déménageons. Tous ces changements sont parfois souhaités, souhaitables, désirés. Ils sont parfois fuit comme la peste. En tous les cas, qu'on aime ou pas, ils sont source de stress et de chamboulement. À la veille de mon propre départ pour une nouvelle province, une nouvelle position avec des responsabilités nouvelles, je ressens une gamme d'émotions que je n'aurais pas cru pouvoir aller de pair. Je laisse derrière moi des personnes que j'apprécie profondément avec lesquelles des liens profonds se sont développés au fil de nos rencontres. Je regarde mes enfants vivre ce nouveau départ (un autre de plus) avec certains regrets: adieu amis, équipes sportives, habitudes sécurisantes. Winnipeg aura été pour moi le « posting » qui m'aura vue vivre ma première expérience à titre de clinicienne, qui m'aura aussi accompagnée dans les années de services qui font que je suis maintenant plus près de la retraite alors que j'entame ma dernière décennie de service; le compte à rebours est commencé. C'est aussi ici que j'aurai pris vraiment conscience, et comme jamais, de l'importance de prendre soin de ma santé physique, mentale, émotionnelle et spirituelle. Avec les années à servir, j'ai appris que s'enraciner ça se passe d'abord en soi et que sans cette étape, le stress lié aux opérations se décuple. De là la nécessité de revenir à la source et de développer un monde intérieur serein, souple, riche et une identité flexible qui ne se sent pas menacée pour un rien. Bref, c'est drôle mais je tente de regarder derrière afin de boucler la boucle et je m'en sens incapable. Il n'y a pas de boucle à boucler. Je constate que partir de Winnipeg, comme tout ce que j'ai laissé derrière moi avant, n'est pas la fin. Il s'agit plutôt de la suite de ma vie bien remplie, passionnante et parfois épuisante. Ce qui était auparavant n'est au fond que ce qui doit me mener là où je dois aller. Partir c'est un peu comme choisir, on meurt à ce que l'on a été comme on meurt à ce que l'on ne choisit pas. C'est certainement ce qui rend le processus parfois difficile et douloureux. Mais dans le milieu de Foi auquel j'appartiens, on croit qu'après le mort vient la résurrection. Je crois que ça s'applique à ce dont je fais mention dans cet article. C'est pour cette raison que je ne regarde pas longtemps derrière et que je ne me crée pas trop d'attentes en regardant devant. J'essaie seulement de contempler ce qui est en moi et qui résulte de toutes les exigences et des richesses que m'a permis mon service militaire. Pour le reste je choisis de faire comme Celui que je sers avant toutes personnes et toutes choses; je m'abandonne à une volonté plus grande et puissante que la mienne et surtout à une volonté qui me veut un bien infini. Je sais avec certitude que tout a eu du bon et que tout ce qui vient le sera aussi. En terminant, je vous souhaite une saison estivale pleine de joie et de moments mémorables qui puissent vous apporter un bonheur profond.

## Faith and Life

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**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 Lesley Fox**  
(United Church)  
- Protestant Faith  
Community Coordinator  
ext 5272

**Padre Laura Coxworth**  
(Pentecostal)  
ext 5785

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

### JEWISH

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- Wing Chaplain  
ext 5417

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

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

**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.*

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Contact MP Dispatch ext 2633.

**INFO PHONE NUMBER**  
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**WEBSITE**  
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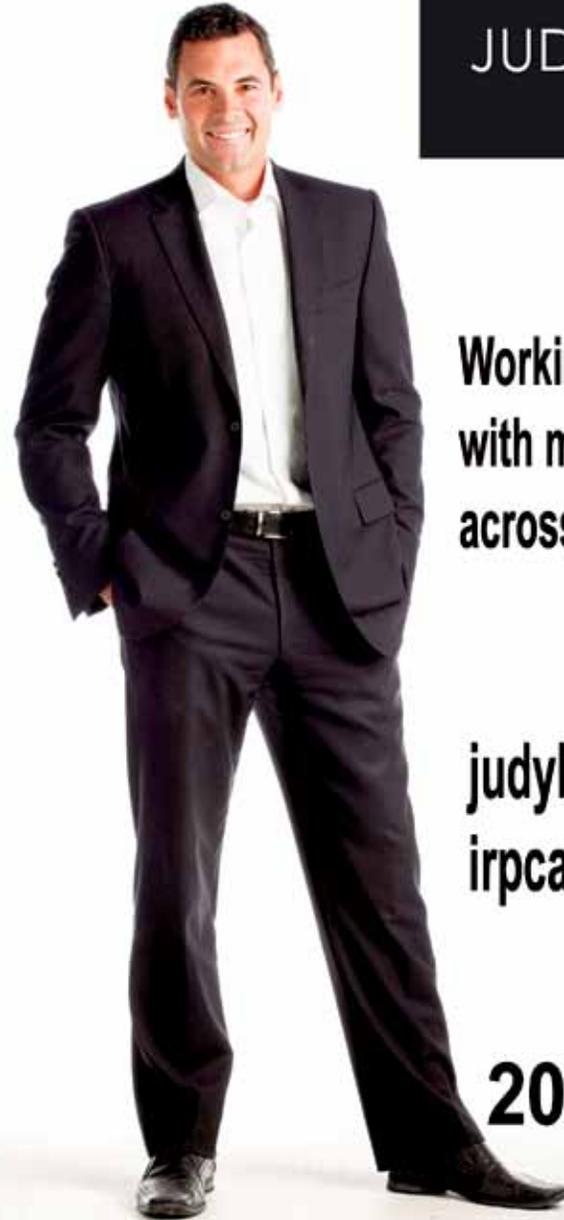
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