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CDS Presides Over 1CFFTS Graduation



Chief of Defence Staff (CDS), General Tom Lawson was the special guest and reviewing officer at the recent 1 CFFTS graduation of the ACSO 1201 course. On the left, General Lawson salutes the troops during the March Past and on the right he speaks to the graduates of the class. For more information, please see page 2. Photos: Cpl Jean Archambault

IN THIS ISSUE:	PARALYMPIC ATHLETES INSPIRE 17 WING	WING COMMANDER PRESENTS HONOURS AND AWARDS	402 SQUADRON WELCOMES NEW HONOURARY COLONEL	WING COMMANDER'S VOLLEYBALL TOURNAMENT DRAWS A CROWD	BREAKFAST TELEVISION TAKES ON FORCE FITNESS TEST
	PAGE 3	PAGE 4	PAGE 7	PAGE 8	PAGE 9

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CDS Presides over 1CFFTS Graduation

Sgt Bill McLeod
17 Wing Photojournalist

1 Canadian Forces Flying Training Squadron (1 CFFTS) at 17 Wing Winnipeg graduated seven new Air Combat Systems Officers on Thursday, 2 May 2012, with a very special Reviewing Officer, the Chief of Defence Staff, General Tom Lawson, CMM, CD.

Staff and students were aware that the CDS would be the Reviewing Officer at the parade, but earlier in the day he surprised the students by attending the parade practice to promote all of the 2nd Lieutenants to the rank of Lieutenant (Lt).

Lt Jessica Roberts was appointed the parade commander for the Wings Parade and also won the James R. Dow Trophy for demonstrating outstanding flying excellence throughout the course and the Lieutenant-Colonel K.H Pauls Trophy for outstanding performance throughout the course.

Lt Chris Aumand-Bourque, Lt Jack Lawson, Lt Sharlene Gillis, Lt Evan Shields, Lt Jacinda Smit, and Lt Andrew Smith also received their wings at the Course 1201 graduation, but only Lt Jack Lawson was able to say, "Thanks, Dad" after receiving his wings and saluting his father, the CDS.

"As a uniformed military officer and

a proud father, I know the route they have taken here is not an easy one, but service to one's country rarely is," said Gen Lawson as he addressed the parade and spectators following the presentation of the ACSO wings. "As proud parents, family, and friends your love and support has led them here today and it's your love and support that will take them through the next phases of training and exercises to operational readiness."

"Over the last 145 training days of this course you've had a taste of your role in these mission sets," the CDS told the graduates. "As you're realizing, ACSOs are charged with planning, coordinating, and directing the tactical missions of their aircraft and crews and you've been learning the tools of your trade, spanning the tactical to the theoretical. Know this. Your leadership will be essential to the success of the mission."

Other honoured guests at the Wings Parade were the Commander of 2 Canadian Air Division, Brigadier-General Martin Galvin, Commandant of 1 CFFTS, Lieutenant-Colonel Douglas Grimshaw, and Honorary Colonel of 1 CFFTS, HCol Jim Ludlow.

Following the parade a reception was held at the 17 Wing Officer's Mess for graduates, friends, family, and staff of 1 CFFTS.

The RCAF Run Invites all Walks of Life

By: David Elias
RCAF Run

"Give me your tired, your poor, your huddled masses yearning to breathe free," reads the famous poem dedicated to the Statue of Liberty. While these words may not literally apply to the 2013 RCAF Run, the spirit certainly does.

The RCAF Run is for everyone who wants a piece of the Canadian Armed Forces commitment to healthy living. No matter your age, ability or background, you are welcome to "breathe free" with the men and women who dedicate their lives to protecting Canada's freedom.

The all-inclusive Family Fun Run/Walk is one example of this. Moms and tots, dads and youngsters will have the "all clear" to stride down the 17 Wing flightline at whatever speed suits them.

"This year we've made it easier than ever for families to participate," explains race director Master Warrant Officer Jim White. "There will be a separate Check-In area on race day, so that families with strollers or youngsters have the room to report to organizers before everyone gets onto the course."

While check in takes place on race day, people will still need to register in advance.

The registration deadline to submit entry fees is May 20th, so families will want to visit the RCAF Run website or

drop into a Running Room location to sign up soon.

It takes a village.

After getting in motion, the RCAF Run village is where participants can connect, relax and enjoy the spirit of the event.

Here, racers and volunteers can mingle amid the tents with the smell of Applebee's barbecue roasting on a grill. Children can stay busy with two bouncy castles, face painting, balloons, and other activities.

The RCAF Band will play tunes that will have people humming, while sponsors pitch in with promo teams and other goodies.

"We keep working to improve the village and make a place for people of all ages," said RCAF Run Deputy Chair Major Heather Collins. "Aside from the fun

and food, this is also the place to find answers to questions, get first-aid assistance and feel the excitement of being a part of something great for their community."

Maj Collins adds that event organizers welcome the use of service dogs and support runners for those participating in the road races.

The Run takes place at the Wing the morning of Sunday, 26 May and proceeds from this fundraising effort will help support the Soldier On and Military Families Fund.

Visit www.rcafrun.ca to register or volunteer.



Participants take part in the family fun run and walk at last year's RCAF Run. Photo: Cpl Piotr Figiel

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Imagery Technicians Re-badge to Public Affairs in Winnipeg

By Captain Wright Eruebi
1CAD/ NORAD Region Headquarters Public Affairs Officer with files from Kyle Nightingale, Guard of Honour Newspaper

Nine Imagery Technicians in Winnipeg officially joined the Public Affairs Branch (PA) during a ceremony on April 29, 2013.

Brigadier-General (Brig.-Gen.) Martin Galvin, Commander 2 Canadian Air Division, handed the members their new PA Branch cap badge during a Change of Authority ceremony held at 1 Canadian Air Division/NORAD Region Headquarters.

"The Image Tech profession has a long and proud history of supporting military operations. Today, this tradition continues with the breathtaking imagery produced everyday on bases across Canada, during exercises, domestic operations, and on deployments," said Brig.-Gen. Galvin.

Remarking on this milestone, Brig.-Gen. Galvin commented, "As both warfare and technology have evolved over the years, so has the role of Imagery Technicians, but your most public, and probably most recognizable role, is that of storyteller."

A similar Change of Authority ceremony, held in Ot-



The newly re-badged Imagery Technicians, the 2 Canadian Air Division (2 CAD) Commander and the 2 CAD Chief Warrant Officer (CWO) gather after the ceremony. Photo: BGen Martin Galvin.

tawa on April 15, kicked off the transfer of the Imagery Technician Occupation from the Royal Canadian Air Force to the PA Branch.

General Tom Lawson, Chief of the Defence Staff, said during the ceremony in Ottawa, "Informing Canadians

about the role and initiatives of the Canadian Armed Forces is one of the most important functions of Public Affairs; adding Image Technicians to Public Affairs is indication that we are recognizing the crucial part that they play in this work."

The transfer means that the trade no longer resides exclusively with the Air Force. Becoming a tri-service occupation, Imagery Technicians now also wear the uniforms of the Canadian Army and the Royal Canadian Navy.

Among some of the immediate changes are those of the Occupation Advisor, and Occupation Manager. During April's Change of Authority ceremony in Ottawa, the Deputy Public Affairs Branch Advisor Lieutenant-Colonel Marc Theriault took over the role of Imagery Technician Occupation Advisor, while Chief Petty Officer 1st Class (CPO1) Michel Lavallée was introduced as the new Occupation Manager.

CPO1 Lavallée said at that ceremony, "There's going to be a lot of things happening," in reference to still ongoing activities behind the scenes. The details of the proposed changes are contained in a Military Employment Structure Implementation Plan which was recently approved in Ottawa.

Image Technicians are employed at bases throughout Canada, in each of the three services.

Paralympic Athletes Inspire Community at 17 Wing



The audience was captivated by the story of Paralympic Archer's, Kevin Evans and Rob Cox. Photo: Alison Boates



Their visit to 17 Wing wouldn't have been complete without a demonstration from Evans and Cox. Photo: Alison Boates

By: Alison Boates
Voxair Photojournalist

The 17 Wing Winnipeg community came together on April 30th in building 21 to hear the inspirational story of Paralympic archer, Kevin Evans. He was joined by his fellow teammate from Winnipeg, Rob Cox and the team's coach, Vladimir Kopecky.

Kopecky now resides in Kimberly, B.C. but he's originally from the Slovak Republic (now Slovakia). He began his coaching career with track and field and skiing when he and his wife came to Canada in 1968. In 1979 he got involved in archery and in 2004 he started coaching the Paralympic Team. It is quite evident that Kopecky is greatly inspired by the athletes he works with saying, "They look at it as just a new beginning and not that their lives are over." He also added that he never sees Evans without a smile on his face.

Evans was there to help inspire other disabled people and to let them know that it is possible to continue on with a sport even after a disability or injury, "It could

be on this level or even just for recreation," said Evans who lost his arm due to an industrial accident in Northern Alberta.

"I've been involved with archery for quite some time, even before my accident and it was the first thing I wanted to do when I woke up in the hospital," explained Evans. "I remember telling my brother that he had nine months – nine months to figure out how I would be able to shoot my bow again."

Evans was in contact with people four days after the accident happened, so when he left the hospital after two and a half months, he was shooting a bow with his teeth, "It really helped with my recovery time and gave me something to look forward to," he said.

The bow that Evans uses now is the exact same as anyone who is able-bodied would use, the only adaptation is the shoulder brace that he helped design in order for him to be able to shoot with the one arm.

The first competition that Evans shot in was a regular able-bodied event, the Canada Cup, where he broke seven Canadian records, "I regret bringing him to that

event to this day because he blew my previous records out of the water," joked Kopecky.

Even his fellow teammates are in awe of Evans, "The determination that he has as a shooter is simply unreal," said Evans teammate and alternate, Rob Cox.

The Canadian team is one of the top ranked archery teams in the world. In 2005, Evans finished fifth at the world championships in Italy and then in 2007 he won the world championships in Korea. In 2009, he defended that title in the Czech Republic. He still holds three world records in Paralympic archery.

London was the last big competition for Evans and he said it was a different animal because of the high winds, "Some people fare quite well in wind and some people don't and even though I was aiming to be on the podium, I ended up finishing in the top nine, which I was pleased with," said Evans.

The team is just starting to train seriously in order to get ready for a big competition that will be in the Czech Republic in July and then it's on to the World Championships in Thailand in November.

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Wing Commander's Honours and Awards

On April 23, 2013, Col Blaise Frawley, the Commander of 17 Wing/AFTC, hosted an Honours and Awards Ceremony in the Officer's mess to publicly recognize members for their achievements. All photos by Cpl Jean Archambault, Wing Imaging.



Col Blaise Frawley presents a clasp to the South-West Asia Service Medal to Po2 Keith Muffty from WLE.



OCdt Caleb Kimball from WAdmin receives the General Campaign Star in South West Asia.



Maj Marshall Petit from WOPS receives the General Service Medal South-West Asia.



MCpl Brian Perry from 435 Sqn receives the General Service Medal in South-West Asia.



MCpl Monica Driver from WLE receives the Canadian Peacekeeping Service Medal.



Capt Amy Hall from 1 CFFTS receives the Non-Article 5 Nato Medal For Service On Nato Operation Unified Protector - Libya.



Col Frawley presents the Article 5 NATO Medal for Operation in NATO Active Endeavour to Capt Loay El-Beltagy from CFSAS. Also in the picture is Lt(N) Vivian El-Beltagy, Maryam, and Nour.



Capt Loay El-Beltagy from CFSAS receives the Non-Article 5 Nato Medal For Service On Nato Operation Unified Protector - Libya.



Sgt Christian Hardy from 402 Sqn receives the Non-Article 5 Nato Medal For Service On Nato Operation Unified Protector - Libya.



MCpl Jason Caldwell from 1 CFFTS receives the Non-Article 5 Nato Medal For Service On Nato Operation Unified Protector - Libya.



MCpl Colin Hall from WLE receives the Non-Article 5 Nato Medal For Service On Nato Operation Unified Protector - Libya.



LCol Steve Lamarche, the 435 Squadron Commander presents a General Campaign Star South West Asia rotation bar to MCpl Ben Rasmussen.



Col Blaise presents the Non-Article 5 Nato Medal For Service On Nato Operation Unified Protector - Libya to Capt Jean-Michel Tetreault from CFSAS. Also in the picture is Maxime, Jean-Frederick and Valerie.



Cpl Stanley Cross from 435 Sqn receives the Non-Article 5 Nato Medal For Service On Nato Operation Unified Protector - Libya.



Cpl Daniel Everett from 402 Sqn receives the Non-Article 5 Nato Medal For Service On Nato Operation Unified Protector - Libya.



Cpl Jean Madore from WLE receives the Non-Article 5 Nato Medal For Service On Nato Operation Unified Protector - Libya.



Cpl Shelley McCammon from 435 Sqn receives the Non-Article 5 Nato Medal For Service On Nato Operation Unified Protector - Libya.



Cpl Paul-Andre Nobert from 435 Sqn receives the Non-Article 5 Nato Medal For Service On Nato Operation Unified Protector - Libya.



Cpl Michael Silver from 435 Sqn receives the Non-Article 5 Nato Medal For Service On Nato Operation Unified Protector - Libya.



Cpl Paul Comeau from 435 Sqn receives the Non-Article 5 Nato Medal For Service On Nato Operation Unified Protector - Libya.



Cpl Duane Anderson receives the Queen's Diamond Jubilee Medal.



Sgt Nicole Cloutier receives the Queen's Diamond Jubilee Medal.



Cpl Derek Comeau receives the Queen's Diamond Jubilee Medal.



WO Don D Dunphy receives the Queen's Diamond Jubilee Medal.



Sgt Jeremy Kerr receives the Queen's Diamond Jubilee Medal.



MCpl Russell Klassen receives the Queen's Diamond Jubilee Medal.



MCpl Eric Krievans receives the Queen's Diamond Jubilee Medal.



Sgt Chris Longman receives the Queen's Diamond Jubilee Medal.



Sgt Tara Longman receives the Queen's Diamond Jubilee Medal.



Sgt Dennis Matthews receives the Queen's Diamond Jubilee Medal.

Wing Commander's Honours and Awards Continued...



Maj Stephen McLean receives the Queen's Diamond Jubilee Medal, with him is his wife, MJ.



Capt Kirk McMunn receives the Queen's Diamond Jubilee Medal.



Maj Merrick Redden receives the Queen's Diamond Jubilee Medal. With him is his wife, Tracy.



Maj David Treanor receives the Queen's Diamond Jubilee Medal.



Capt Robert Schofield from 1 CFFTS receives the Second clasp to the Canadian Forces Decoration.



Maj Claude Villeneuve receives the Queen's Diamond Jubilee Medal. By his side is Pte Villeneuve.



WO Christian Ritchot from 435 Sqn receives the Second clasp to the Canadian Forces Decoration.



Maj Merrick Redden from CFSAS receives the First clasp to the Canadian Forces Decoration.



Capt Kenneth Mick from 1 CFFTS receives the First clasp to the Canadian Forces Decoration.



WO Michael Aubry from 435 Sqn receives the First clasp to the Canadian Forces Decoration.



WO Alan Blanchette from 435 Sqn receives the First clasp to the Canadian Forces Decoration.



WO James Dean from 1 CFFTS receives the First clasp to the Canadian Forces Decoration.



WO Kirk Stubner from 435 Sqn the First clasp to the Canadian Forces Decoration.



Sgt Jeffrey Grossinger from WLE receives the First clasp to the Canadian Forces Decoration.



MCpl Gaetan Brassard from WLE receives the First clasp to the Canadian Forces Decoration.



MCpl David Jamieson from 435 Sqn receives the First clasp to the Canadian Forces Decoration.



Cpl Jason Allan from WOps receives the First clasp to the Canadian Forces Decoration.



Capt Joshua Leveque from Wg Exec receives the Canadian Forces Decoration.



Sgt Paul Loewen from Wg Exec receives the Canadian Forces Decoration.



Col Frawley presents a Certificate of Service for 35 years to Tim Bates.



Col Blaise Frawley presents a Certificate of Service for 25 years to Maurice Bérard.



Gerri Johanson receives an Employee Assistance Program Recognition Pin.

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Wing Commander's Honours and Awards Continued....



Col Frawley presents a Certificate of Service for 25 years to Eileen Cuthbert.



Col Frawley presents a Certificate of Service for 25 years to Karen Elson.



Col Frawley presents a Certificate of Service for 15 years to Patricia McKibbin.



Col Frawley presents a Royal Canadian Air Force Commander's Commendation to MCpl Nathan Kachu.



Col Frawley presents a Joint Task Force-West Command Team Commendation to Sgt Sean Osztian.



Col Frawley presents a Wing Commander's Commendation to Lt Erika Black



Col Frawley presents a Wing Commander's Commendation to SERE Flight from CFSSAT.



Col Frawley presents a Wing Commander's Commendation to Sgt Jacqueline Stokes.



Col Frawley presents a Wing Commander's Commendation to MCpl Angela Ballard-Kettles.



Col Frawley presents a Wing Commander's Commendation to MCpl Carole Dalman.



Col Frawley presents a Wing Commander's Commendation to MCpl Jonathan Moss.



Col Frawley presents a Wing Commander's Commendation to MCpl Michael Purll.



Col Frawley presents a Wing Commander's Commendation to Cpl Thomas Turk.



Col Frawley presents a Wing Commander's Commendation to Pte Jennifer Bevan.



Col Frawley presents a Flight Safety For Professionalism Award to Cpl Paul-Andre Nobert.



Col Frawley presents a Recognition of Superior Performance to Capt Jason Milani from WOps.



Col Frawley presents a certificate of Recognition of Superior Performance to Sgt Sven Fritsch from 402 Sqn.



Col Frawley presents an Award of Photography Excellence to Sgt William McLeod. Sgt McLeod was awarded third place in the Advanced animals category.



Col Frawley presents the Canadian Peacekeeping Service Medal to Master Corporal Monica Driver from WLE. At the right is her husband, Jamie.



Col Blaise Frawley, the Commander of 17 Wing Winnipeg, congratulates the recipients and talks to the attendees.

Goldeyes Show Appreciation CFB Winnipeg Golf Club Opens For Another Season



Mr Dan Chase of the Winnipeg Goldeyes presents a plaque expressing the Goldeye's appreciation for the participation of the Wing in the Home Opener game of the 2012 season. The Goldeyes were champions of the American Association League in 2012. Photo: Sgt Bill McLeod

The CFB Winnipeg Golf Club is now open for the 2013 Golf season!

2013 Golf Club membership fees are very reasonable and are as follows:

Regular Membership: \$305 (includes GST);
Ordinary Membership: \$330 (includes GST);
Associate Membership: \$350 (includes GST)

If you were not a member of the CFB Winnipeg Golf Club in 2012 and you take out a 2013 membership, you will receive a 10% discount on your membership fees.

Also, if you were a Golf Club member in 2012 and renew your membership in 2013 and you bring in a new member (not a member in 2012) to the Golf Club, you

will receive a 10% discount on your 2013 membership fees for every new member you bring in (up to a maximum discount of 50%).

For CF students on course at 17 Wing, you will definitely want to look into the monthly memberships being offered.

Family membership rates and Junior memberships are also an attractive option.

Come out early to take advantage of payment plan options, which allows you to spread your membership fees over the period between April and September.

For more information about the annual general meeting, obtaining a golf club membership, payment options, and any other questions you may have regarding the Club, please contact the Golf Club Manager at local 6909 or the PSP Manager at local 4299.

402 Squadron Welcomes New Honourary Colonel



HCol George Chapman, Colonel Marc Rittinger, Commander of 402 Squadron, and HCol John Sauder signed the change of appointment certificates. Mr. George E. Chapman, incoming HCol, will be replacing John Sauder, CBC News weatherman, as 402 Squadron's Honourary Colonel. Photo: Sgt Daren Kraus.

**By: WO Barry Wright
402 Squadron**

402 City of Winnipeg Squadron welcomed its new Honourary Colonel George Chapman and thanked the outgoing HCol John Sauder for his outstanding contribution to the squadron during a Change of Appointment ceremony at 17 Wing on 19 March 2013.

The Master of Ceremonies Captain Curt Smolinski introduced the incoming and outgoing HCol then handed over to 402 Sqn Commanding Officer Lieutenant-Colonel Marc Rittinger to preside over the rest of the ceremony which included family, friends and members of 17 Wing and 402 Sqn.

"HCol John Sauder has held the appointment since 30 April 2007, he has represented the Sqn in various capacities from attending Sqn events to hosting and MC'ing high visibility public events like the Air Force Run, Government of Canada Workplace Charitable Campaign kick-off and Hercules Pull," said LCol Rittinger. "He visited the Sqn on a regular basis and was always comfortable mingling with Sqn members and dropping off coffee and donuts to give a boost to the men and women of 402 Sqn and show his gratitude for their service."

"I sincerely thank John for his outstanding representation of 402 Sqn and his dedicated service to all members," added LCol Rittinger. HCol Sauder was then invited to say a few words.

"This is a bitter sweet day" said HCol Sauder. "For me it was always about the people. The hard working members of 402.... I will miss the most. I have a special

connection to the 402, as a boy I walked the halls with my father who was a member of 402, and I will sincerely miss it. I have gotten to know your new HCol and I leave you in good hands. I am deeply honoured and proud to have served 402 Sqn and the RCAF."

HCol Sauder, a very well known and respected member of the community, is most recognizable as the local news Weather Specialist at CBC Winnipeg.

Born in Saskatoon, Saskatchewan, HCol Sauder was always keenly interested in the Air Force, being from a military family. His father, LCol Mark Sauder, a fighter pilot who flew a variety of aircraft from Chipmunks to Sabre jets, logged more than 6500 hours. He served proudly with 402 Squadron during his career.

HCol Sauder's lifelong love of flying started during a 402 Squadron "Family Day" sitting beside his father as he captained an Otter aircraft. This is the key reason that HCol Sauder took up a flying career that includes 7800 hours of flying with both a private and commercial licence on a variety of aircraft. One of his greatest joys was taking his dad flying after acquiring his licence.

Following HCol Sauder's address LCol Rittinger introduced the incoming HCol George Chapman to say a few words to the assembled members of 402 and 17 Wing.

"Good day to all. I am very excited and honoured to have been asked to serve as your HCol. I have always admired and respected members of the Royal Canadian Air Force and for what they have accomplished and what they do. I lo," he said. "I look forward to meeting you all and being involved with whatever is asked of me as your HCol. It is also my intention to try and do this

with as much dedication as your outgoing HCol."

HCol George Chapman is a distinguished member of the Winnipeg legal community and was appointed to the Queens Counsel in 1988, a highly honoured designation in the community. He is also an award-winning motorsport participant and a member of the Manitoba and Canadian Motorsport hall of fame. He has driven a variety of motorsports including his favourite, a Lotus from Britain. In the past he has owned several aircraft including a 1941 General Skyfarer and Cessna 170. HCol Chapman has been active in many community minded associations including the Winnipeg West Rotary Club.

The Honourary Colonel appointment is considered vital to the RCAF in building relationships between the unit and the community by providing a public profile for the unit. Some of their key roles include acting as advisors and serving as mentors to the commanding officer and members of the unit, building relationships through the Honourary Colonel network, and fostering esprit de corps.



For more information about 402 Sqn please visit:
<http://www.rcmf-arc.forces.gc.ca/17w-17e/index-eng.asp>
 (en française)
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Wing Commander's Volleyball Tournament a Smashing Success



17 Wing/AFTC Commander, Col Blaise Frawley kicked off the event with the help of the 17 Wing Women's Volleyball team who were headed to the National Women's Tournament in Borden, Ontario. Photo: Alison Boates



Despite their best blocking efforts in the A division final, team A6 couldn't hold off the Odds N' Sods who claimed the title of division champs. Photo: Alison Boates

By: Chris Merrithew
PSP Sports Coordinator

The WCOMD Volleyball tournament took place on Fri 26 Apr 13 with a record number of 16 teams competing. The tournament was divided into 2 divisions: an "A" Division (competitive) played at the Bldg 90 gymnasium and a "B" Division (recreational) that played out of the Bldg 21 gymnasium. All teams played a full round robin with the top 2 teams in each of their respective division advancing to the Championship Final. In the "A" Championships final, the "Odds N' Sods" volleyball defeated the "A6" in an exciting Championship final while "Disqualified" defeated WTISS "Jimmies" in the "B" Div Championship to be crowned WCOMD "B" Div Champions. It was



For the B Division final it was the team Disqualified up against the WTISS Jimmies. Despite their name, Disqualified went on to claim the B Division Championship. Photo: Alison Boates.

a great opportunity for members from 17WG WPG to have fun playing volleyball with other members from other units on the base. Congratulations to all the winning teams and thanks to all members for competing in the WCOMD Volleyball Championships.

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Wing Administration Honours and Awards



Lieutenant-Colonel (LCol) Aaron Spott, the Wing Administration Branch Commander presents the second clasp (CD2) of the Canadian Forces Decoration (CD) to Major (Maj) Mark Mawson, the Wing Chaplain. Photo: Cpl Jean Archambault



Lieutenant-Colonel (LCol) Aaron Spott, the Wing Administration Branch Commander presents the first clasp (CD1) of the Canadian Forces Decoration (CD) to Major (Maj) Dion Spencer. Photo: Cpl Jean Archambault



Lieutenant-Colonel (LCol) Aaron Spott, the Wing Administration Branch Commander promotes Master Corporal (MCpl) John Miller to Sergeant (Sgt). Sgt Miller also received the first clasp (CD1) of the Canadian Forces Decoration (CD). Photo: Cpl Jean Archambault



W Admin Officer LCol A.T. Spott (right) presented Pte Brigitte Collet (centre) with promotion to Private (Trained). Photo: Submitted.

Breakfast Television Takes on FORCE Fitness Test



Brittany Bagnell of Breakfast Television interviews 17 Wing Fitness Coordinator, James Follette about the new FORCE fitness test being implemented across the CF while her co-worker, Drew Kozub and volunteers from the Wing warm up with Leona Bond in the background. Photo: Alison Boates.



Fitness Coordinator, James Follette pushes Bagnell to make it the last few feet to complete the sandbag pull, the last element on the FORCE fitness test that her and Kozub of Breakfast Television took part in on May 1st in building 21. Photo: Alison Boates.

By: Mike Sherby
Voxair Manager

The RCAF's new FORCE fitness test got a wider exposure last week, as Drew Kozub and Brittany Bagnall from Breakfast Television visited 17 Wing to try out the test. The two hosts were on hand to help promote the new test, as well as the RCAF Run, happening May 26th, in a segment that was scheduled to air on May 8th.

Taking the test alongside the two television personalities were CWO Duncan Stewart, Cpl Paul Vielfaure, Pte Amanda Horton. All three volunteered to take the test even though most of them had either just taken it or were taking it the next day. So with television cameras rolling and cameras flashing, PSP Recreation Leader James Follette put the team through their paces. It was a light hearted scene as a crowd of about a dozen people cheered on the test participants.

Afterwards, a winded Drew Kozub said that he was very impressed by the whole 17 Wing Team.

are made of, they're something special."

The FORCE test, which replaces the EXPRESS test, consists of a set of four different timed exercise stations designed to more realistically simulate real-world tasks that RCAF personnel may encounter. Drew said that while he thought he was prepared for the challenge, he gained a new level of respect for members of the RCAF.

"Going into this, I really appreciated the mental and physical aspect of what it takes to be in the forces, but it's even more now," he said. "The physical aspect was difficult, but then about at the halfway mark you have to have a really strong mental investment. That was my biggest takeaway."

For his part, James said that he was impressed by the effort the Breakfast Television team put in.

"It seemed like they were tired at the end, but Drew and Brittany did well, and it seemed like everyone had fun. Once people actually get a chance to try this test, they see that it's actually quite achievable"

Before taking the test, James talked about the reasons for switching to the new test, as well as the new DFit.ca website, which he says is a great tool to help people get ready for the training. He said he was thrilled about Breakfast Television's visit to the Wing, and excited to help people get a look at what goes on at 17 Wing.

"It's always fun to have people come in, and they get the military out there in a positive light, and that's the main focus," he says. "And other members of the military can see it, and see the test isn't that bad."

"The level of fitness I saw of the people participating in the test, and the level of enthusiasm and perseverance was just outstanding," he said. "Whatever those people

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Sudoku

My Sudoku

Rated: Advanced

Using the numbers from 1 to 9 please fill in the blank cells. Each number can be used only once in each row, column, and 3 X 3 block. Each puzzle is rated for degree of difficulty as :
Beginner * Advanced * Master

6			7		3	1		
9			4	3		2		
1								
			1	4	8			
	5	9		2	7			
	6	7	5					
								1
	3		2	9				5
	7	1	4					8

Philatelist's Corner with Alf Brooks

Pope Francis



The Vatican, at 110 acres (less than one-quarter of a square mile), with a population of just over 800, is the world's smallest internationally recognized independent state in both area and population. But because its head of state, The Pope, is also the head of the Roman Catholic Church, it commands the world's

attention.

Earlier this year that attention focused on the election of a cardinal from Argentina as Pope Francis. On May 2 Vatican City Post issues four stamps picturing the new Pope from various photographs.

Crossword

Canadiana Crossword

Talk Canajun Eh

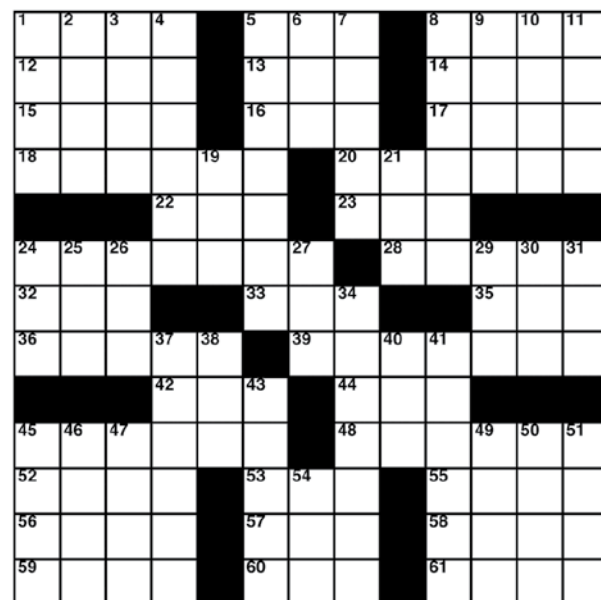
By Bernice Rosella and James Kilner

ACROSS

- 1 Canadian Conservative
- 5 Pouch
- 8 Cronos
- 12 Influenza
- 13 Mil. rank
- 14 Brown
- 15 Bizard and Perrot
- 16 Pepin the Short or Charles the Hammer
- 17 Check
- 18 Renter
- 20 Emblems
- 22 Temper
- 23 Kit _____
- 24 Enamour
- 28 Canadian for dunce, dweeb or dolt
- 32 Buzzy bee
- 33 PPV channel
- 35 Self image
- 36 Hindu teacher
- 39 Rural property
- 42 Internet svce
- 44 Auction add on
- 45 Famous fastener
- 48 Canadian coin
- 52 Berserk
- 53 Gunk
- 55 Canadian rapid response unit
- 56 African river
- 57 Tolkien tree person
- 58 On a grand scale
- 59 Remain
- 60 Affirmative
- 61 Obi

DOWN

- 1 Follow
- 2 Gawk



- 3 Regrets
- 4 Recruit's response
- 5 Canadian intoxicant
- 6 Mil. address
- 7 Canadian kilometer
- 8 To this
- 9 Experts
- 10 Canadian Liberal
- 11 Many newspapers
- 19 Geological period
- 21 Cheer
- 24 Promos
- 25 Haul
- 26 Musical syllable
- 27 Info to come
- 29 Sargasso, for one
- 30 Encourage, so to speak
- 31 Fish eggs
- 34 Wildcats
- 37 Canadian flask
- 38 Home of M. Dayan
- 40 Early auto
- 41 Eats away
- 43 Canadian welfare
- 45 Caravans and Siennas
- 46 Excrete
- 47 Dancer Montez
- 49 Auto parts provider
- 50 Showy perennial
- 51 Inscribe
- 54 Ace

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Are you looking to earn a few extra dollars while getting some exercise? Then join the Voxair team as a paper carrier. The Voxair is published bi-weekly, year round. If you're interested, please forward your information to: voxair@mts.net or call us at: 204-833-2500 ext. 4120.



The PSP Community Recreation Spring guide is now available.

Visit www.cfcommunitygateway.com for more information.

Have you got a story you'd like to share with us?

Drop us a line at 833-2500 (ext. 6976) or send us an e-mail at voxair@mymts.net

Royal Canadian Engineers Celebrate 110 Years



The men and women of Wing CE assembled for a group photo to mark the 110th Anniversary of the unit. Photo: Mike Sherby



Capt VanTine (left, covered in paint) congratulates a member of Wing CE on her skillful aim with a paint ball gun. Photo: Mike Sherby

By: Mike Sherby
Voxair Manager

It was a sunny Friday morning as the over 150 men and women, enlisted, DND, and Civilian from Wing CE gathered at the 17 Wing Fire Hall to take a group photo to celebrate the 110th anniversary of the founding of the Corps of Royal Canadian Engineers, Unit CO, Maj van Marum, thanked the assembled staff for their hard work, saying that it was a good time to remember the work that they do everyday for 17 Wing.

"A lot of our work can go under the radar here, so it's nice to take this opportunity to pat ourselves on the back for a job well done," he said.

Maj van Marum went on to say how proud he was of the assembled group un-

der his command, stating the proud history that the unit has.

"Since 1903, thousands, no, tens of thousands of people have contributed to the unit, and this is a milestone for us to look back proudly on our history," he said.

Crystal Enriquez, Wing CE's Chief Clerk had helped to organize a day full of activities.

"We've got a whole hog bbq for lunch, games like floor hockey, and the senior officers will be in a booth where people can shoot paint balls at them."

Vic Lee, said that last year over 1200 paint balls were sold to shoot at officers, with Capt VanTine receiving the brunt of the punishment.

This year just to be safe, Capt VanTine had borrowed goalie equipment from Lee.

More Funding Announced for Manitoba SAR



(R-L) Chirs Samson, Randy Antonio, James Bezan, Mike Gilbertson, and The Honourable Steven Fletcher pose for a photograph following the announcement on new funding for Search and Rescue in Winnipeg. Photo: Sgt Bill McLeod.

News Release

The Honourable Steven Fletcher, Minister of State (Transport), and James Bezan, Member of Parliament for Selkirk-Interlake, on behalf of the Honourable Peter MacKay, Minister of National Defence and Lead Minister for Search and Rescue, today welcomed new funding for two new search and rescue projects as part of an \$8.1 million federal investment in search and rescue prevention and response in Canada, through the Search and Rescue New Initiatives Fund.

"These projects, funded with \$248,000 under the Search and Rescue New Initiatives Fund, will significantly improve the search and rescue capacity and capability for Manitoba and reinforces the Government of Canada's commitment to improving search and rescue," said Minister Fletcher.

The Search and Rescue Association of Manitoba will receive funding of \$168,000 to expand into several northern communities and urban centres that have high populations and potential volunteers, but do not currently have search and rescue teams.

As well, the Province of Manitoba Search And Rescue Dog Association will receive \$82,000 for the purchase of equipment and the training of new K9 teams in Manitoba. This project's objective is to increase the effectiveness of the volunteer search dog teams in the province and help ensure their safety, while allowing them to do their job more effectively.

"Today's announcement builds on the six key initiatives recently announced by the Government of Canada in support of our country's search and rescue system," said Minister MacKay. "Taken together, our Government is demonstrat-

ing its commitment to building capacity and strengthening search and rescue response and prevention, across all level of government and first responders, to better our ability to save lives."

"Both these initiatives will assist our search and rescue volunteers across Manitoba, and strengthen our already robust Search and Rescue system for Canadians who are lost or in distress," said MP Bezan.

This project is just one of many Search and Rescue New Initiatives Fund projects being funded to strengthen search and rescue prevention and response. Individual initiatives will allow for the purchase of life-saving and specialized equipment and tools for search and rescue organizations throughout Canada; enhance search and rescue volunteer capacity; improve the measurement of avalanche risk; as well as support collaborative multi-agency interoperability exercises within the Atlantic Region of Canada. Through technology, sustainability and interoperability, these projects will contribute to the continued efforts to build capacity for the National Search and Rescue Program in the areas of search and rescue prevention and response.

The Search and Rescue New Initiatives Fund was established by the federal government in 1988 and is managed by the National Search and Rescue Secretariat, on behalf of the Lead Minister for Search and Rescue, in partnership with other federal, provincial and territorial search and rescue organizations.

The Search and Rescue New Initiatives Fund is the cornerstone of the National Search and Rescue Program and has provided more than \$200 million in funding to over 880 projects.

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Are You Ready to Enhance Your Wellness??

Are you ready to enhance your wellness? Wellness is more than a concept; it's a daily life experience linking all aspects of health. The CAF Health and Physical Fitness Strategy promotes, a healthy lifestyle and stresses one of the key components towards achieving the ultimate goal of maximizing operational capability through a healthy, 'fit and resilient' force. So how do you give your best? You become your best. There are lots of daily life choices affecting your wellbeing either at work or at home with your family and friends. By making one healthy choice at a time, you can build strength, energy and resilience.

Over 150 members of the Defence Team have already registered for the Health and Wellness Challenge where they can make small daily choices that can have a big impact on improving their life.

Health is an every day issue and not exclusive to the medical staff of a hospital or clinic. It's what you eat at the restaurant, it's how well you sleep, it's the evening walks you take, and it's the choice not to grab a cigarette when stress 'hits the fan'. Every choice we make as a part of daily life makes a big difference to our overall health.

It's not too late to get involved! Visit our website on the 17 Wing intranet site, see us in Building 63 or call (204) 833-2500 ext 4150 to register or for more information! Wishing you a healthy and active month!

17 Wing Soccer Camp August 19th - 23rd at 17 Wing Winnipeg

Camp includes FREE ball & t-shirt
PLUS - Sign up 'online' 45 days before camp and receive a Free Replica Jersey

8.00am - 9.30am	Mini Soccer:	ages 3-6yrs	\$127
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1.30pm - 4.30pm	Half Day:	ages 11-16yrs	\$167
9.30am - 4.30pm	Full Day:	ages 8-16yrs	\$225

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MAY 2013 / MAI 2013

A Celebration of Volunteers

Do you know someone who volunteers at 17 Wing Winnipeg?
Are YOU a volunteer at 17 Wing Winnipeg?

It's time for the Annual SISIP Volunteer Appreciation, and we would like to celebrate ALL volunteers here at 17 Wing!
Please send us contact information so that we can invite you or a volunteer that you know to this special event!

We will need:
Name
Phone number
E-mail address

Please contact the MFRC at 204-833-2500 local 4500
barb.volunteercoord@gmail.com

OR

PSP Community Recreation at 204-833-2500 local 5139
christina.bailey@forces.gc.ca

CF Health and Wellness Challenge						
One Choice at a time.....						May 2013
Last Name:			First Name:			
Email Address:						
Rank:		Unit:		Phone:		
Affiliation (Circle One)				Element (Circle One)		
Reg Force	Reserve	CF Family	DND	Army	Navy	Air Force
I have read and I agree to the rules and regulations <input type="checkbox"/>						

Alcohol, Other Drugs and Gambling: Supervisor's Training
24 April or 13 June 2013
0800-1600 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
24 avril ou 13 Juin 2013
0800-1600 hrs

Reconnaître les premiers symptômes et savoir y réagir. Apprendre à faire des entrevues 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 local 4150

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Promotion de la santé dans les Forces canadiennes

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UPCOMING MFRC PROGRAMS

For more information about MFRC programs, please visit our Facebook page:
www.facebook.com/winnipegmfrfc.

ADULT PROGRAMS

CREATIVITY CAFÉ

Tuesday, May 21 from 9:30 to 11:30 a.m.

Registration deadline May 17

\$5 for four cards

Come learn how to make your own greeting cards on a budget. We'll be making four cards, two of each design. No previous papercrafting experience is needed. Please bring your own adhesive (double sided tape, glue stick, etc). If you don't have your own, some will be available. Samples are posted on Facebook and will be available at the MFRC.

PAUSE-CAFÉ FRANCOPHONE

Tous les mercredis de 10 h à 11 h

Joignez-vous à nous tous les mercredi matins pour prendre le café et jaser entre francophones ! Amenez vos enfants, nous offrons le service de garde gratuitement.

COFFEE AND CONVERSATION

Every Tuesday at 2 p.m.

This event enables volunteers, members of the community and MFRC staff to get to know one another and discuss programs and services offered by the MFRC.

LADIES' NIGHT OUT

Wednesday, May 29 from 6:30 to 9:30 p.m.

Registration deadline May 23

Come out and have some fun with friends at our May Ladies Night Out. This month we will be having a games night. Bring in a snack for the group to enjoy while we play a few games and have a lot of fun. Registration is required.

PARENTING PROGRAMS

NEXT CHAPTER

Thursday, May 16 from 9:30 to 11:30 a.m.

Do you have school aged kids, and are looking to socialize with other parents? This group will help you as you go through the middle years before the teen years. This program is designed for parents with children ages 6+. Child care is provided for younger children.

A PARENT COMMUNITY

Every Friday from 9:30 to 11:30 a.m.

Free childcare for children 18 months to five years

A community of parents will discuss topics related to parenting children of all ages. Stop by the MFRC and have a coffee while your children socialize with others. The public health nurse will be here on April 5 to answer questions.

CHILDREN'S PROGRAMS

EVENING CHILDCARE

WESTWIN CHILDREN'S CENTRE, 642 WIHURI RD.

Wednesday, May 15 from 5 to 7:30 p.m.

Children under 2, \$12, over 2, \$10.

Register by May 9

Children ages 1-5 years can receive quality care while you and your spouse/partner/friend go for dinner, a long walk, or simply have some time for yourself! Call 204 833-2500 ext 2491 to register.

MOTHER GOOSE

300 CARPATHIA RD

Tuesdays from 9:30-11 a.m.

This program is for parents/caregivers and their children infant to 5 years old.

Discover the power and pleasure of rhyme and song in a casual friendly setting.

Parent participation required. For more info call 204 833-2500 ext 2491. This program is funded by Families Forward.

CREATIVE TOTS

WESTWIN CHILDREN'S CENTRE, 642 WIHURI RD.

Thursdays from 9:30 to 11 a.m.

Parent participation required

Parents/caregivers and children 0-5 come and join us for free play, art, songs and stories. This drop in program is a great way to meet others and introduce your child to a group setting. Please bring a peanut free snack for your child. For more information, call 204-833-2500 extension 2491.

FUN TASTIC SUMMER CAMP

102 COMET STREET

July 15-19 from 1 to 4 p.m.

\$60 per week per child

Register by June 21

Children 3-5 years old can join Alex for a week of cool science and outdoor fun. Call 204-833-2500 extension 2491 for more information and to register.



Happy Birthday to the best boss a staff could ask for! Photo: Submitted.

Who Wants Cheese Curds?

During the week of May 27 the Winnipeg MFRC will order and pick up fresh cheese curds for you at Bothwell Cheese. One pound: \$7.50, two pounds: \$15. Orders must be placed and paid by Friday, May 24, at the MFRC. No orders

will be accepted after this date. Cheese curds will be available for pickup the week of May 27, at the MFRC front desk. An email will be sent to confirm the date and time.

MFRC Offers Childcare!

Did you know that the Winnipeg MFRC has free, in-house childcare Tuesday, Wednesday and Thursday from 8:30 a.m. to 4 p.m. for parents to use to attend programs, attend appointments with social workers or coordinators, use our public computer or just have a break and enjoy a coffee in our multipurpose room. Children must be between the ages of 18 months and 5 years. For this childcare option, parents must remain in the building at 102 Comet Street. Another childcare alternative is Kids'

Care casual care, which runs on Tuesdays and Thursdays at the west end of the MFRC Childcare Centre. Care is available from 9 to 4, 9 to 12, 1 to 4 or hourly. Cost is \$5/hour or: children under 2 years: \$12/3hours; \$28/7 hours; siblings ½ price children over 2 years: \$10/3 hours; \$24/7 hours; siblings half price. For more information about Kids' Care, or to register, call 204-833-2500 extension 2491. Registrations must take place a minimum of 24 hours in advance.

Shopping Showcase!

Calling all home-based business owners! Reserve a table at the MFRC's shopping showcase to promote your wares. Looking for unique gift ideas? The showcase is your one-stop shop!

Building 33
Westwin Community Centre
Admission is FREE!
Table rental \$15.
Book by May 10

For more information, or to register,
call 204-833-2500 ext 4509



Chaplain's Corner

Is Anybody Home?

I am sure for most of you that you have days when you wonder if anybody out there is really listening? Try as you might, it seems as though people do not understand you. They are days when you ask yourself if you are speaking Greek or some other foreign language? It just doesn't make sense.

The ability to listen and understand is not something that always comes naturally. Another major factor in this is our pace of life. We have to slow down and clear our minds sometimes to truly be able to listen to some problems.

A number of years ago, on one of my training courses in Borden we were taught some new skills. One exercise for us was to talk with an individual and find out what their problem was without asking any questions. That may sound easy until you actually try to do it. When you are in the middle of it you realize that to accomplish this you have to throw out all of your preconceived ideas and agendas and simply listen. We need to be able to be quiet, but life does not seem to afford us that opportunity very often.

All of us have relationships of one kind or another, such that we have heard someone say, "So and so is easy to talk to. Or, I can tell them anything." Why is that? These individuals that your friends or you are mentioning have developed the ability to listen. They have learned how to be quiet enough to be able to actually hear. The reality for all of us no matter what type of relationship we might be in is that we need to be heard.

Clothing and Personal Equipment Website Launched

Whether you are a sailor in Halifax, an airwoman in Cold Lake or a Canadian Ranger in Yellowknife, a new internet website, called Soldier Systems (link is <http://www.materiel.forces.gc.ca/en/ss.page?>) has been created for information on new kit.

This site describes the work of the Director Soldier Systems Program Management (DSSPM), a multi-disciplinary, military/civilian team charged with designing, procuring and maintaining the clothing and personal equipment for the members of the Canadian Armed Forces (CAF). The site is designed to accommodate those who do not normally have Defence Wide Area Network access.

The Soldier Systems site has pictures of new clothing items (both distinctive environment uniform and operational uniforms) for all branches of the CAF. As well, it

We like to know that someone out there cares what we think, how we feel, and how we are.

In our search to find someone to listen, we are not always successful the first time. There is, however, someone who will, our Creator. Prayer provides us with a way of communicating with our Creator, of laying out all of our frustrations before the one who truly does care. There are times though when we pray, or talk with our Creator that we feel frustrated because the answer to our prayer is not what we wanted or expected. Jesus said in the Bible, 'Come unto me all you who labor and are heavy laden, and I will give you rest.' I don't know about you, but sometimes for me, the rest comes just in knowing that you have been heard and listened to.

Let me leave you with these parting thoughts. When someone comes to talk with you it is because there is something about you that is special to him or her. They have come to you because they are comfortable with you. Don't be too quick to forget about that. You are special.

There will always be a struggle to reconcile our busyness with the need to be quiet and listen and reflect. The good news is, we can win the battle, but it will be one small step at a time. Part of the winning is remembering that people must always be the most important, as opposed to machines or jobs.

Take care and have a blessed week.
Padre Levy

addresses new personal equipment such as small arms, Surveillance Target and Night Observation (STANO) equipment, Personal Protective Equipment, footwear and general equipment such as snowshoes and life preservers.

For service personnel, this site will provide information on items currently under development, as well as items recently brought into service.

Contact information is through dsspm-dapes@forces.gc.ca where anyone can ask questions concerning the work of DSSPM.

NEW ARRIVALS

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Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre

Roman Catholic Office 833-2500 ext. 5956

Ms Catherine Landry

W Chap Admin Assistant

Office: 833-2500 ext 5087

Masses (English only)

Tues, Weds, Thurs 1210 hrs

Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS

Padre Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Darryl Levy

(Baptist) Office 833-2500 ext 5785

Padre Frank Staples (UCC)

Det. Dundurn. Office 833-2500 ext. 4299

Sunday Services (English Only) 0900 hrs

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

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

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

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

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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



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Taroscopes

BY NANCY

Aries (March 21 – April 19): Keeping up appearances can sometimes be a good idea. But this isn't the time. If all is not well consider what needs to be changed. Take action in accordance with what you truly believe is right for you. Measure your success using your own values not the opinions of others.

Taurus (April 20 – May 20): There's not too much that can get you down these days. You're blessed with wonderful opportunities. Accepting all that comes your way feels right at this time. Share your good fortune. Pass on your knowledge. But leave time in your busy schedule to complete outstanding tasks.

Gemini (May 21 – June 21): You are logical, organized and able to manage almost anything. Still outside influences can hamper your progress. Anticipate this possibility. Consider ways to prepare so that you can handle these challenges. Don't allow the opinion of another to sidetrack you. Stay focused.

Cancer (June 22 – July 22): Things are going your way. Something you started continues to grow with little effort on your part. Take care of small details to ensure things run smoothly when you're not around or when you're short of time. Be patient when it comes to situations in which you have no control.

Leo (July 23 – August 22): Prepare to celebrate. Great things are happening for you. You've got a perfect idea and it will fly if you get others "on board." Inspire a practical partner to collaborate with you so that your ideas become a reality. Faith, trust and cooperation are key issues at this time.

Virgo (August 23 – September 22): Release all judgement. Deal with new situations in a confident, rational way. Remaining emotionally detached you'll be better able to assess and handle what needs to be done. Do regular maintenance to avoid expensive repairs to your home or vehicle.

Libra (September 23 – October 23): You can be optimistic, effective and show your intelligence when in a group that accepts you as you are. Seek out a mentor that follows the same spiritual path or has the same philosophical mindset as you do. Live your day-to-day life in a way that reflects your values.

Scorpio (October 24 – November 21): Being open, warm and receptive draws others to you. Your appeal is strong at this time so don't be surprised if new people approach you hoping to strike up a friendship. Explore new territory. An adventure could lead to new opportunities coming your way.

Sagittarius (November 22 – December 21): You want a break from conflicts and struggles. The only way to get this is to take a firm stand when faced with opposition and to be proactive. Your actions have a greater influence on the outcome than you may have realized. If you want to be happy chose to be happy.

Capricorn (December 22 – January 19): You want to share your wisdom and awareness of what is important. Still nothing is set in stone. What worked for you may not suit another. Learn to be comfortable with loss and you will be freer to live more fully. Develop further self awareness.

Aquarius (January 20 – February 18): A power struggle can erupt when you stand up to someone who likes to dominate situations. Don't procrastinate in dealing with them because you'd prefer to avoid confrontation. Their assumptions are faulty and their facts aren't as solid as they'd like you to believe.

Pisces (February 19 – March 20): Things are panning out. Your efforts earn the respect of others. Your talents and abilities are appreciated. Maintaining an honest, straight forward and optimistic outlook will have a positive influence on what is happening. Initiate life style changes to improve health and wellness.

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