



## Cadet Honour Band performs



The Cadet Honour Band of Prairie Region played a concert at the Crescent Fort Rouge United Church on 18 April 2009. For more information, see Page 3.

In this issue:

**Bjarni Tyrggvason**  
details highlights of  
his career

Page 2

**VIA Rail extends**  
offer to military  
members

Page 5

**Family heirloom**  
donated to 17 Wing  
Heritage

Page 7

**HMCS Winnipeg**  
experiences  
adventure on the  
high seas

Page 9

**17 Wing chapel**  
holds significant  
events

Page 14

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# Former astronaut speaks at anniversary Mess Dinner

By John Towns  
Voxair staff

After going to space in the most advanced craft built by humans, you would think that piloting a replica of the first aircraft to achieve powered flight in Canada would be easy for former Canadian astronaut Bjarni Tryggvason.

You would think that, but you'd be wrong.

"It certainly isn't the easiest craft to fly," said Tryggvason during a presentation he made to CFSAS on April 15, when he was in town to speak at the 85th Air Force Anniversary All Ranks Mess Dinner, hosted at the 17 Wing Officers' Mess. "It's a little bit sluggish to respond," he added with a laugh.

Tryggvason, who retired from the Canadian Space Agency in June 2008, was one of the first six Canadian astronauts selected by the CSA.

He served as a payload specialist in 1997 on a shuttle mission to study changes in the Earth's atmosphere.

Since his retirement, he has taken on a teaching position at the University of Western Ontario, and has been spending time this

year working with a group of volunteers who have recreated the Silver Dart – the first powered, heavier-than-air aircraft to achieve flight in Canada.

Tryggvason's speech at the Mess Dinner dealt mainly with the work he's been doing on the Silver Dart replica, a project he chose to get involved with because he likes adventure, and needed a new one.

The construction and flight of the replica was designed to coincide with the 100th anniversary of the flight of the original Silver Dart, which was built by a team funded by Alexander Graham Bell, and first flew on 23 February 1909.

Tryggvason successfully piloted the replica on 22 February of this year, one day before the Canadian Centennial of Flight due to expected unfavourable weather for the next day.

Tryggvason says that the whole experience has been an excellent one, and has made him consider the very different approaches between the pioneers of flight and flight engineers today.

He points to the failure of a replica of the Wright Flyer to actually get off the ground for the 100th

anniversary of its flight as something that exemplifies the differences in the two methods.

"We've come a long way, but the real interesting thing is that both with the Wright Flyer, and with this one here, the way they've been re-built – which was reasonably close to the originals – ended up at least at first with things that couldn't fly. You know, and I had to really work and get [the designers] to make a few changes based on the aerodynamics to make the Silver Dart flyable," he said.

"So it's really interesting that these guys from 100 years ago, with their trial-and-error approach were able to get to a place where they got to a flyable vehicle. And a 100 years later we tried to engineer the problem, and we couldn't do it. Eventually we got the Silver Dart to fly, but with the [replica] Wright Flyer, they just couldn't do it. So it's kind of interesting that 100 years later, we don't necessarily do any better than these guys 100 years ago who were just building something, essentially trying it until it crashed, then making changes and trying again."



Former Canadian astronaut Bjarni Tryggvason speaking with Capt Justin Boileau following Tryggvason's presentation to CFSAS.



## 85th Anniversary Mess Dinner

MWO James Hildebrand, Jim Holland, and WO Cliff Cooke prepare for the 85th Anniversary of the Air Force Mess Dinner. The dinner was also being used to commemorate the 100th anniversary of powered flight in Canada.

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# Cadet honour band performs in Manitoba

By John Towns  
Voxair staff

On Saturday, April 18, Air, Army and Sea Cadets from all over the prairies and Northwest Ontario had the chance to show off their musical chops as the Cadet Honour Band of Prairie Region performed at Crescent Fort Rouge United Church in Osbourne Village.

The 51 cadets making up the Honour Band this year range from 14 to 18 years old, and are considered the top musicians that the Cadet Program has to offer.

The selection process for Honour Band is highly competitive each year, with cadets submitting a videotaped audition and selections being made on the musical ability of the cadets, as well as balanced instrumentation for the band and balanced geographic representation.

"We try to include as many cadets from as many areas as possible, and not just the major urban centres," said Capt Alan Cann, Director of Music for the Honour Band.

Following their selection for Honour Band, cadets congregate for approximately ten days of training and practice – this year, in Gimli at the facilities used for Air Cadet summer training.

While preparing musically is a big component of those ten days of training, the cadets' time there is hardly limited to just practicing, according to Capt Cann.

"The bulk of the event is



C/Sgt Alexa Hall, left, who has participated in Honour Band three times, with C/Sgt Joseph Darcel, who is a first time Honour Band participant.

actually a leadership development seminar. So in the mornings from Monday to Friday, we have leadership classes and effective communications classes, band drill classes and that kind of thing," he said.

"We do it all from a musical perspective, though, so they can actually have some tangible skills to take home at the end of this activity to help out their band."

Picking up skills to take home to her unit's band is one of the main selling points of Honour Band for piper C/Sgt Alexa Hall, of Winnipeg's 407 Queen's Own Cameron Highlanders of Canada Army Cadet Corps.

The 2009 Honour Band marks C/Sgt Hall's third experience with the program.

"I enjoy this a lot. I get a lot out of it, and it really helps my piping, and it's given me tricks and tips that I can take back to my band and show people who

haven't had the chance to come here," she said.

"It's a great experience, I'd recommend it to anyone."

Taking back some of the things he's picked up to his unit's band is something that first-time Honour Band participant C/Sgt Joseph Darcel, of 199 St. Vital Air Cadet Squadron, is looking forward to doing.

"The best part, I've found, was the real concentration at the start of the week, where we played for about 8 or 10 hours a day, and at the end of that, I'd already picked up a bunch of new tricks that will really help me with my playing," he said.

"It's excellent to have the chance to work with people who have been doing this for a while and who really know what they're doing, because they can pass those skills on to me, and I can take what I've learned back to my unit. It's very valuable."

# CFS Alert becomes an Air Force component

By Stela Susic

Responsibility for Canadian Forces Station Alert – the most northern, permanently inhabited location in the world – changed hands on April 1, 2009.

The station, previously under the control of the Assistant Deputy Minister Information Management (IM) group, became an Air Force component and unit of 8 Wing Trenton, Ontario.

"We are pleased to receive command of CFS Alert," said David Strong, an infrastructure and projects officer with the Alert Management Office at 1 Canadian Air Division. "There are new ideas and new initiatives planned, so we look forward to seeing how things will evolve in the next few years."

The station's personnel gather signals intelligence in support of military operations; operate and maintain radio facilities in support of search and rescue and other operations, and provide support to Environment Canada weather services and Arctic researchers.

The handover of command authority comes on the heels of equipment and process modernization at the station.

The modernization reduced the number of personnel needed to manage the station, causing a swing in the balance of activity.

"As technology advanced, operations at Alert started being done remotely," said LCol Stewart Beal



CFS Alert.

from the Directorate of Air Programmes at the Air Force.

"Now we're at a point where most of the military personnel at Alert are support personnel."

As a result, logistics support that was already being provided by the Air Force became the station's focal area of activity, demanding a formal shift in command authority.

Currently, Alert has 55 personnel. Twenty-one are military, 30 are commercial contractors, and four are Environment Canada employees.

The transfer of command includes the handover of certain responsibilities from the IM group to the Air Force.

Tasks that now officially fall under the purview of the Air Force include the operation of the station, military facilities and equipment; and management of all agreements, contracts and policies associated with Alert.

CFS Alert is located on the northeastern tip of Ellesmere Island in the Canadian Arctic archipelago, 817 km from the geographic North Pole.

It was first settled in the 1950s as a weather station.



Chief of the Air Staff LGen Angus Watt and John Turner, Assistant Deputy Minister of the Information Management group, sign an agreement on March 31, 2009, making the handover of CFS Alert command authority official.

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# Opportunity knocks at 402 "City of Winnipeg" Squadron

By 2Lt Jasmine Ramratan  
402 Sqn D/Admin O

402 Squadron is the personification of one-stop service for Air Reserve employment.

Being a Total Force unit, nearly half of the squadron's strength comes from Reserve Force members. There are many tailor made features of the Sqn that enable it to accomplish its mission, offering a complete package from recruiting, to training, and ultimately to part or full time employment in a seamless work environment with Regular Force members.

The seamless feature is somewhat unique in the broad spectrum Canadian Reserve forces in that all training, whether it is pilot or technician, is conducted to the very same comprehensiveness and standard of Regular Force pilots or technicians.

The significance of employing Reserve Force members as pilots and technicians is significant.

A very large advantage is that the sqn employs members who will remain in a static location for longer periods than a Regular Force member.

They will gain considerable experience on the aircraft and the operation; providing continuity and expertise, as well as exceptional leadership and mentorship to junior members.

In fact, some Sqn personnel have been actively employed with the unit for more than 10 years. 402 Sqn is an example of positive succession planning for the Reserve Force, as there exist opportunities for advancement within the unit.

A frequent scenario plays out like this - a young lady phones the 402 Sqn Reserve recruiting office, inquiring as to how she can join as a Reservist.

What, exactly, does 402 Sqn have to offer? The options available to this applicant within the squadron vary depending on her experience.

Squadron recruiting methods to employ pilots narrows down to two thrusts.

The first is through the local recruiting office in downtown Winnipeg, and is geared towards ab initio applicants. At this point, it must be noted that pure civilian pilot applicants must be pilots with multi-engine and IFR ratings.

The second recruitment tool is less formal; a word-of-mouth process where serving military pilots contact the squadron inquiring about Reserve pilot opportunities, and are interested in a component transfer.

Only a small number of applicants from the local recruiting office are suitable for immediate employment with the squadron. Consequently, it behoves us to make that word of mouth travel faster and farther than

it has before. 402 Sqn's Reserve Pilot Recruiting Officer and Pilot Leader Maj Stewart Schock says that even though we currently have several active files regarding prospective pilots, we would like to encourage more.

Sgt Shave, the 402 Sqn Recruiter, goes to great lengths to increase visibility to potential candidates.

He attends career fairs, college exhibitions, and talks at aviation schools in the area; these being the best audiences for our needs.

Sgt Shave explained that recruiters generally shy away from events aimed at high school students, as they don't yet have the skill level the squadron requires to be quickly trained and employed.

Sgt Shave brings with him volunteer Reserve Force Sqn members, who can communicate the message well, being the field experts. The ideal demographic that the squadron pursues is much different than the CF recruiting efforts at large.

The struggle rests in finding more applicants in a pool that is quite small to begin with, the oft-heard plight of the CF these days.

The ideal target audience for reserve pilots or technicians are individuals that meet required Air Force standards, either civilians who have a combination of experience and skills required to quickly meet that standard, or individuals with skills obtained through Regular Force experience.

In this way, the advantages and disadvantages of

Reserve pilot and technician recruiting are one and the same. The squadron's process is expertly tailored to find candidates that meet the standards required of a Canadian Forces pilot or technician.

Another unique feature of 402 Sqn is that an applicant will find that practically the entire process is managed internally to the unit. Sgt Shave interviews the applicant, and when required sends them for further interview with squadron section heads who are the subject matter experts.

Although the official hiring decision is made by 1 Cdn Air Division Air Reserve Flight, the 402 Sqn Orderly Room completes the enrolment, and acts as the central service provider for all Reserve Force members.

The fact that this process is handled internally is quite different from what you will find in Reserve Flights on Bases and Wings. From hiring onward, the squadron handles all aspects of a Reservist's employment; from enrolments, pay, benefits, leave, and entitlements, to release.

The knowledge and depth of experience in these matters is strong, and augmented by the fact that the OR is almost entirely staffed by Reserve Force members themselves.

The Total Force structure of the unit truly paints a seamless picture of technician, administrative and logistical support, and pilot Reserve and Regular Force members.

The flexibility afforded

by the Reserve Force members greatly enhances overall squadron effectiveness, and is complementary in the best sense of the word. All Reserve Force members are trained at the same institutions and to the same levels as Regular Force members. This system is necessary when you consider there is no Reserve Force pilot or technician training program.

The advantage found in cross-component skill consistency leads to an obstacle to the squadron when it comes to recruiting. Reserve pilots undertake the entire pilot training program from the Regular Force syllabus, and technicians the same 12-14 month course of study as Regular Force members; both notably long training courses. This can be a problem if members cannot get time off from their primary employment, which has been the case on some occasions.

In the face of all of these requirements, it's no wonder 402 Squadron recruiting efforts target a skilled demographic. This is the only way we can potentially fast-track an individual, to get them trained and employable in the unit in a shorter timeframe.

Major Corey Smith, the 402 Sqn Pilot Training Officer, indicated that the squadron is only geared towards training and employing skilled pilots.

All applicants arrive with a host of qualifications and experience, and stay in the squadron namely for the challenge, variety and fun of flying. Pilots and technicians at 402 Sqn generally do not use the Reserve Force as a stepping stone into a bigger and better civilian job. If anything, the part-time Class A employment opportunities offered at 402 Sqn enables members to apply for Permanent Class B employment, or transfer into the Regular Force.

On examination, it seems that the challenges faced by 402 Sqn in the recruiting process are balanced by the benefits, giving the reward to members through long and fruitful careers within the squadron. No matter our difficulties in recruiting, we are comforted in knowing that once a member comes to work at 402 Sqn, he or she generally chooses to stay in this unique unit.

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# Training and Education Centre to hold open house

## WPSO Corner

From 11-14 May the Training and Education Centre, made up of the Wing Personnel Selection Office, Learning and Career Centre, Wing Ground Training, Language Training Centre and Wing Publishing Office, will be having an open house and is hosting a variety of activities including Lunch and Learns, Wing Commander's Coffee Break and training sessions for Unit Ethics Representatives and Training Coordinators.

Capitalize on this opportunity to drop in and find out what training and resources

we can offer you.

Take a tour of the Learning and Career Centre Library, pick up schedules for the courses offered by Wing Ground Training, Learning and Career Centre and the Language Training Centre or visit the Wing Personnel Selection Office for information on Individual Learning Plans, School Calendars and Occupational Transfer programs.

The activities described below are open to all civilian and military personnel. Lunch and Learns will be from 1200 -1300 in room 111, bldg 135.

You can register for the Lunch and Learns at LCC-

share@forces.gc.ca.

Monday, May 11 - Lunch and Learn - Learning Styles

Looking for ways to enhance your learning and career performance? Have you ever wondered why you learn some things far more easily than others? Do you want to identify your learning style and areas for development to help you maximize your learning? Free Learning Your Way book for first 20 people....

Tuesday, May 12 - Lunch and Learn - FISH! Philosophy

Imagine a workplace where everyone chooses to bring energy, passion, and a

positive attitude with them each day. The LCC will present a video on the international phenomenon the FISH! Philosophy. The video tells the story of Seattle's world famous Pike Place Fish where people work with fun, friendliness, attentiveness, and enthusiasm. The FISH! Philosophy fulfills the most basic needs of human beings who, in turn, fulfill the needs of the organization—more connected teams, better communication, extraordinary service and higher retention.

Wednesday, May 13 - Wing Commander's Coffee Break -commencing at 1000

Enjoy a hot or cold beverage and treats with 17 Wing Personnel and pick up some information on the programs, courses and resources available in the TEC building while you partake.

Wednesday, May 13 - Lunch and Learn - Language Learning Options

The Language Training Centre will discuss the different options for learning French or English in class, on line, full-time, part-time...

Thursday, May 14 - Lunch and Learn - Presentation Skills

Do presentations make you anxious? Do you know

where to start? Discover common mistakes presenters make that leave people confused and bored, and lead to unproductive meetings and wasted time. Come to our Lunch and Learn and we will help you:

- identify the 6 Ps of presenting;
- integrate diverse learning styles and needs into your delivery; and
- help you overcome nervousness.

Take this opportunity to learn about the professional development opportunities and resources available to you at the Training and Education Centre.

Hope to see you here!

# VIA Rail extends special offer to the Canadian Military

By 2Lt Gregory Kuhn  
Wing Public Affairs

With vacation season fast approaching and summer just around the corner (honest, it really is...), many are busy making travel plans to get away...why not take the train this year?

VIA Rail is offering Canadian Forces personnel

and veterans free, unlimited rail travel during the month of July.

"VIA Rail is proud to recognize the contribution and sacrifices made by the men and women of the Canadian Forces," said Paul Cote, President and CEO of VIA Rail.

"To show our support and gratitude for the men and women that serve our

country, VIA is offering our military across-the-board savings on train travel in Canada."

Each active Canadian Forces member (Regular or Reserve) or veteran may bring up to five immediate family members, at a 50 per cent discount and this special promotional fare may be combined with the Kids Travel Free offer for one

child 2-11 years of age.


"This initiative will allow members of the Canadian Forces and their families to visit more of the country and meet the people whom they have committed to de-

fend," said the Honourable Peter MacKay, Minister of National Defence.

In 2008, approximately 60,000 current or retired Canadian Forces personnel took advantage of VIA's

initiative to honour them with a special fare.

For more information on the CF Appreciation Fare visit <http://www.viarail.ca/forces2009/> or contact VIA Rail at 1-800-661-6791.



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You will avoid paying expenses on both properties at once.

Choose a real estate broker/agent (for purchase at destination).

He/she will do advance research for you as per your criteria.

Make good use of a rental search firm (to rent at destination).

They will do research for you as per your criteria.

They will meet you on your HHT dates and be ready for your visit.

Get financing pre-approval (before HHT).

This will establish the price range of homes most suitable for you.

It will protect you from interest rate increases for a set period of time.

Plan to make a Deposit (purchase).

The deposit is submitted with the offer payable to the listing broker.

The deposit amount varies depending on the area-your realtor will confirm local practice.

Plan to make a Security

Deposit (rent).

It is required by landlords in many provinces (Not permitted in Quebec).

In some provinces, landlords ask for the first and the last month's rent.

Don't forget to bring your checkbook.

Negotiate a closing date (purchase) or occupancy date (lease) to coincide with your moving date.

This eliminates stress on your family regarding interim lodging.

It also eliminates storage costs and reduces handling therefore minimizing risk of damage to your furniture and effects.

Bring along the directory of participating inspectors/notaries/lawyers.

It is available on the RLRS secure Web Site.

Participating suppliers will send the invoice directly to your Relocation Consultant.

Have a great house hunting trip!



## Special presentation

Bonnie Korzeniowski, Special Envoy for Military Affairs, presents a cheque to Mr. Pedro Correia President of the Portuguese War Veterans of Manitoba Association. This donation will help provide funding for their project to build a Veterans Memorial Monument in Chapel Lawn Memorial Gardens. The cheque was presented at the Annual dinner on March 21, 2009. Also present were M.C. Agostinho Bairos, and the Vice-Presidente Horacio de Medeiros.

# Maintaining good relationships is important

By Capt Yvonne DeCaire  
17 Wing Public Affairs

“For single personnel, a sponsor makes everything so much easier. My spouse is also in the military and was deployed at the same time. My spon-

prior to my departure,” says Maj Suzanne Raby, 17 Wing Logistics and Engineering.

Maj Raby was the Commanding Officer of the Mission Support Squadron that deployed in 2007 from Trenton. She says that she “took too much stuff” with her ini-

thing she didn't need back to Canada and they took care of it for her. Sponsors play a vital role in ensuring that while a member is deployed, his or her family is being taken care of back home. Deployed personnel can then concentrate on their overseas mission.

It's also important for deployed personnel to remember that not everything can be sent overseas. “You have to understand that the camp is located in a country where the vast majority are Muslim. Alcohol and pornography are against their beliefs,” says Maj Raby.

The rules for the camp are zero tolerance for alcohol and pornographic material. This includes any magazines that we may not consider pornographic in nature.

For example, magazines that feature scantily clad women are also included on the list. It is important that not only those personnel deploying, but also their family or sponsors in Canada understand what is acceptable. This will prevent well-meaning family and friends from sending items that may be considered offensive.

“It is vital that we follow the rules and not offend the host nation,” says Major Raby. “Troops deployed are guests in a foreign country, any infractions might well result in the Canadians no longer allowed to maintain a military presence, so it's necessary that we foster a good relationship with our host.”



Maj Suzanne Raby, D/WLEO, 17 Wing Winnipeg receives her General Campaign Star for her previous deployment at Camp Mirage

sor took care of my mail, my car and sent forward parcels that I had prepared

tially and her sponsor was great as she just sent any-

## Centenary of Powered Flight Gala

May 22, 2009 Marlborough Hotel, Skyview Ballroom

Presented by the Air Cadet League of Canada (Manitoba) Inc.  
Cocktails – 5 p.m. Dinner – 6 p.m.

### Program

Welcome and Greetings by His Honour the Honourable John Harvard, Lieutenant Governor of Manitoba.

Grace – Jan Reidulff, National President, Air Cadet League of Canada

Live Music during dinner by the Air Command Band

High Flight and Airman's Prayer

Loyal Toast

Tribute to the Manitoba Aviation Pioneers Billy Barker, Frederick Stevenson, Thomas Lamb and James Richardson

Tribute to the Founders of the Western Canada Aviation Museum

Tribute to the Wartime Pilots' and Observers' Association

Tribute to the Honourary Life Members of the Air Cadet League of Canada (Manitoba) Inc.

- Address by Don Boitson, President, Manitoba Aerospace Association
- Address by General (Ret'd) Ray Henault, CMM, MSC, CD
- Auction of 42" flat screen and other electronics provided by Advance Electronics with Auctioneer Jim Downey
- Auction of Aerobatic flight time, as well as aviation memorabilia
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# Honours and awards



Col Dan Edgar, Director of AF Training, 1 Cdn Air Div/CANR, presents MCpl Colleen Payton with her new rank of Sergeant on April 28.



Col Dan Edgar, Director of AF Training, 1 Cdn Air Div/CANR, presents Sgt Caroline Flynn with a certificate on April 28 for completing the U.S. National Guard Senior Leadership course in Knoxville, Tennessee.



Col Dan Edgar, Director of AF Training, 1 Cdn Air Div/CANR, presented WO Colleen Whyte with a Certificate of Military Achievement on April 28 for completing the Training Validation course.



Maj Auger, WSupply & Food O presents Pte Lake, AMSG with her rank.

# Dutch radio has a rich history

By Lt. Donna Riguidel  
Assistant Wing Public Affairs Officer

It is difficult today to imagine what Nazi occupation meant for people in the Netherlands.

Movements were restricted and people had to carry papers identifying themselves in their own country.

Rations were strict and many people were starving.

At this time, the Nazi occupiers also began restricting the types of radios people could possess.

In the town of Heerenveen in the province of Friesland, the de Jong family owned one of the restricted radios.

"It was the pre-war entertainment for Johan Aaltja de Jong and their children: Jannie, Wytze and Gerrit," says Kay De Jong, family member.

Their Phillips radio circa 1934, Type 735 was not only great entertainment – it also had the ability to receive short-wave communications, making it a possible tool for the resistance.

"When Holland was invaded the radio became a serious problem and the family could be shot if it was found," says De Jong.

In fear, the family wrapped the radio in oilskins and buried it for the duration of the war.

Once Holland was liberated, the radio was disinterred and continued to provide enjoyment for years



Phillips Type 735 radio circa 1934.

afterwards.

When the family came to Canada in 1952 the radio came with them, and was used until a TV came so Johan could keep up on hockey.

De Jong has generously donated this radio to 17 Wing Heritage, who will place it on display for the official dedication and naming of the 17 Wing Learning Centre's theatre as the Netherlands Theatre on May 15, 2009.

"I think Gerrit would be very happy to know his radio will be seen by people who lived through his experience and can help teach future generations what Canada has to offer," says De Jong.

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Any other questions or concerns please contact Sgt Marcotte @ ext 5518.



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## Priority: trades training

By Cpl Bill Gomm  
38 CBG photojournalist

In April, 38 Canadian Brigade Group's Combat Service Support (CSS) soldiers gathered for a rare two-day training exercise aimed at improving their tradesmanship.

"The idea of the weekend was to bring everybody together for professional advancement and refresher training on core skills," said Lieutenant-Colonel Barbara McManus, Commanding Officer of the Combat Service Support Tactical Group (CSS Tac Gp).

Vehicle Technicians were shown the importance of providing enough time to complete a 50-point vehicle inspection.

Technicians were broken down into groups of three and given a vehicle to inspect, but they were only given 10 minutes to complete the inspection. Once the time was up they were given a different vehicle to inspect but were given less time.

"We are finding as we reduce the time we are getting less and less faults reported," said WO Blais.

"The idea here is that if you don't leave enough time for your inspection program to work. Then fewer inspec-

tions are getting done, fewer defaults are being reported and more times you have for equipment to be down."

It was not just the Vehicle Technicians who were at work.

"We have about 85 personnel here," said LCol McManus. "We also have a couple of driver wheel courses and some other basic training courses going on that we have instructors on that are continuing to run this weekend."

The supply techs did some classroom training before taking a tour of 17 Wing

Supply, the administration clerks got together to work on new procedures, while the Weapon Technicians trained on new equipment used in the Army today such as the C7 Collator.

The Mobile Support Equipment Operators (MSE Ops) spent time reviewing rules and regulations before going to 17 Wing to practice securing loads while the cooks who had been cooking all day prepared a steak dinner for the evening meal.

"The training is going great, absolutely wonderful," said LCol McManus.



Pte Derek Wardle takes a look at the engine of a Medium Lift Vehicle Wheeled (MLVW) during the 50-point inspection.



Cpl Don Schellenberg cuts up strawberries that will be used in the dessert for the evening meal.



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# HMCS Winnipeg crew experiences counter-piracy action

Sub-Lieutenant Michael McWhinnie  
HMCS Winnipeg / TF SNMG1

A day of piracy ended badly for seven men who unwisely attacked a Norwegian oil tanker in the Gulf of Aden, near coalition and NATO warships conducting counter-piracy operations.

On 18 April 2009 at about 3:00 p.m. local time, the MV Front Ardenne and the British fast fleet tanker RFA Wave Knight were transiting the main shipping channel between Somalia and Yemen when seven pirates in a blue skiff raced up to the merchant vessel.

Pirates in this area usually seek opportunities in waters free of naval patrols, so the men in the blue skiff probably mistook Wave Knight for another merchant vessel. In fact, she is an armed Royal Fleet Auxiliary crewed by trained naval personnel, who immediately fired warning shots at the pirates attacking Front Ardenne.

Radio communications from Wave Knight elicited a quick response from the Standing NATO Maritime Group 1 (SNMG1) task force that eventually developed into a coordinated effort by five ships and two helicopters.

The SNMG1 watch team in the flagship NRP Corte Real orchestrated the operation, maintaining continual visual and radar tracking for seven hours as the pirate skiff fled south toward the Somali coast and the promise of safety.

Meanwhile, HMCS Winnipeg was escorting the World Food Program freighter Abdul Raman to Bosasso, Somalia. Closely paralleling the coastline, Winnipeg's route put the frigate right between the pirate skiff and its destination.

As Winnipeg's air detachment scrambled to launch the ship's CH-124 Sea King helicopter, Palomino16, arrangements were made to stop the skiff for an eventual boarding. Palomino16 rapidly covered the 60 miles between the Canadian frigate and the skiff, and immediately began tracking it.

"From the moment we began to react to the unscheduled order to flying stations, we could sense that something interesting was about to happen," said Master Corporal David Tillotson, Palomino16's sensor operator. "We quickly got airborne and busted [flew at top speed] to the scene. The fleeing speedboat

being chased by a 30,000-ton auxiliary vessel was an impressive sight."

Orders were passed to the helicopter's crew commander to stop the pirates.

"You could feel the adrenaline flowing inside the aircraft, but everyone followed their training and moved smartly. We could see the pirates and their equipment clearly. We knew they were

their southbound course, coordinating instructions were coming across the radio to pass our escort duties to the USS Halyburton. The air picture was very fluid as we coordinated refuelling the two helicopters, who alternated between supporting the chase and covering the Abdul Raman," he said.

Winnipeg was on course to intercept the action and,

"Green to green at 1,000 yards. Once we pass, we will both turn hard to starboard," said Cdr Baines, directing the naval communicators to pass the signal to the quickly closing Wave Knight.

"You could hear a pin drop as the ships approached at a relative closing speed of over 40 knots. The plan was to get in close unnoticed, a difficult trick for a 450-foot frigate.



A skiff carrying seven pirates who attacked the Norwegian tanker MV Front Ardenne races toward the Somali coast with Palomino16, the CH-124 Sea King helicopter from HMCS Winnipeg, following closely.

armed and, as they refused to stop despite our warnings, it became clear that they were also desperate or reckless — or both. We continued collecting imagery and I readied myself at my position behind the C6 machine-gun," said MCpl Tillotson.

As repeated warnings by radio were producing no result, the helicopter crew was ordered to fire warning shots ahead of the skiff.

"I felt as though I was in a heightened state of alertness and focussed on the task at hand and the careful application of fire. I saw the rounds from our gun rip through the water ahead of the skiff. After the fourth set of warning shots, it became clear that these guys were desperate to reach the Somali coast and had decided to just put their heads down and run," said MCpl Tillotson.

Palomino16 was eventually relieved of tracking duty by Smart Guy, a helicopter from the guided missile frigate USS Halyburton. The sun set, and the pirates continued on in darkness toward the Somali coast, and the waiting Winnipeg.

From his position in Winnipeg's Operations Room, Lieutenant (Navy) Christopher Nucci played a central role in organizing the action. "From a tactical perspective, there were a lot of balls in the air. As we tracked the skiff and Wave Knight on

as she approached visual range, her commanding officer, Commander Craig Baines, ordered all the lights extinguished. As Winnipeg prepared to pounce, Wave Knight and Smart Guy drove the skiff towards her.

Eyes on the bridge boring into the blackness were soon rewarded by the appearance on the horizon of two white pinpricks — the masthead steaming lights on Wave Knight — and, above them, Smart Guy's blinking red warning lights. As the lights grew stronger, staying fine on the starboard bow, the bridge was so quiet everyone could hear the planned manoeuvre.

We kept ranging down on our displays as the distance between us diminished and, as we passed our closest point of approach, everyone held onto their chairs as the ship heeled hard to port during the starboard turn. I hurried to the bridge in anticipation of close action," said combat officer Lt(N) Al Compton.

Achieving complete surprise, Winnipeg was within several hundred yards of the skiff when her high-powered Xenon search-light captured the pirates in its solid white beam.

"When I got to the bridge, I expected pandemonium but was surprised by the calm.



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# Winners of the March 1st, I Quit program announced

Submitted by Health Promotion

The 2009 March 1st "I Quit" Challenge was a great success on 17 Wing. 48 participants, which is more than the 2008 challenge, pledged to remain smoke-free for the entire month. The names of all 48 participant and their 96 supporters were entered in a local and National contest to win up to \$3000. This year the local winners were recognized and presented their prizes by John Clarey, SISIP Branch Manager and Christa Zappitelli, Health Promotion Director. SISIP and CANEX were the main financial sponsors of the challenge. At the time of the challenge the 21

members of the local Butt Out program participated. Unfortunately, none of the Butt Out participant's names were drawn but the group has done a tremendous job in quitting and the majority still remain smoke-free.

This year's National Successful Quit Smoking winners are: first prize, \$3,000, Cpl Karen Lepine (Halifax); second prize, \$1,500 Michael Lablanc (Halifax); third prize, \$1,000 WO Henry Drimmer (Shearwater). This year's National Non-Smoking Supporter is \$1,500, Jen Harder (Halifax).

This year's successful 17 Wing "I Quit" Challenge Winners are: first prize, \$200, Cpl Michael Morrison; sec-

ond prize, \$100, Cpl Raymond MacGillvray; third prize, \$75, Lyla Hiebert. This year's Local Non-Smoking Supporter is, \$50, Cpl Jamie Upshall

On behalf of the Health Promotion team, congratulations everyone who participated in the "I Quit" Challenge. I would also like to take this opportunity to thank everyone who supported an "I Quit" participant, assisted in advertising, and a special thank you to Wing CE who put up the "I Quit" banners.

If you or someone you know is interested in quitting smoking please encourage them to contact Health Promotion. The Butt Out program is a free program offered



From left: 17 Wing Health Promotion Director Christa Zappitelli, Cpl Michael Morrison, Cpl Jamie Upshall, Cpl Raymond MacGillvray, Health Promotion Assistant Penny Wawrzyniak and SISIP Branch Manager John Clarey. through Health Promotion to all CF members, DND civilian employees, and family members. Contact Christa or Penny at local 4160/4150.

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Pour plus d'information, communiquez avec votre Bureau local de promotion de la santé **Energiser les Forces** ou visitez notre site internet [www.forces.gc.ca/health/Services/Engraph/health\\_promotion\\_home\\_f.asp](http://www.forces.gc.ca/health/Services/Engraph/health_promotion_home_f.asp)

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## ASIST training is valuable

By 2 Lt Gregory Kuhn  
Wing Public Affairs

Did you know that suicide was the third leading cause of death in the Canadian Forces?

That every 40 seconds someone in the world dies by suicide and staggering five per cent of the population contemplates taking their life every year?

So now you have to ask yourself, if a friend or colleague told you they were thinking about death and suicide... would you know what to do?

Strengthening the Forces – Health Promotion is offering a free two day (Apr. 27-28) Applied Suicide Intervention Skills Training (ASIST) workshop to assist

members of the Canadian Forces (CF) community in identifying persons with thoughts of suicide and connect them to appropriate long-term health care resources.

17 Wing's Health Promotions Director, Christa Zappitelli says that, "The ASIST course teaches the theory behind the suicide intervention model, but more importantly it provides practical application and resources to the student."

As an ASIST-trained first aid intervention caregiver, you will be better able to:

- Identify people who have thoughts of suicide;
- Understand how your beliefs and attitudes can affect suicide interventions;
- Seek a shared understanding of the reasons for thoughts of suicide and the reasons for living;

standing of the reasons for thoughts of suicide and the reasons for living;

- Complete a risk review and develop a safe-plan to increase safety from suicidal behaviour for an agreed amount of time;

- Follow up on all safety commitments, accessing further help as needed.

Zappitelli says, "if you are not able to register for the above dates, the ASIST course is offered continuously throughout the year."

For more information or to register for the ASIST course contact Christa Zappitelli at 833-2500 local 4160 or check out the 17 Wing Health Promotion website at [http://17wing.winnipeg.mil.ca/hp/programlisting\\_e.htm](http://17wing.winnipeg.mil.ca/hp/programlisting_e.htm)

## 2009 WComd volleyball tournament a success

The 2009 WComd Volleyball Tournament was a successful event with ten teams participating this year. There was a lot of fun and competition as the two pools of five teams played a round robin of games. After the round robin the top two teams in each pool crossed over for the playoffs.

Following the playoffs the victorious WTISS #1 and Old Faithful met in the final. The final game was a great battle with both teams neck in neck the entire way. At the end of the 25 min time limit WTISS #1 narrowly beat Old Faithful 38-36 to become the 2009 WComd Volleyball Champions. Prior

to the playoffs there was a skills competition which consisted of serving accuracy to targets of various point values. This year's skills competition's winner was Pte Kim Robichaud. Thank you to all teams that participated. We encourage anyone interested to participate next year.



Back row: Brendan Innes, Maj Patrick Falardeau, and Scott Heithoff. Front row: Cpl Mike Luczynski, Cpl Maria Toone, and Craig Mensforth.

## Events surrounding the Air Force Run

By OCdt Jennifer Doornink  
Wing Public Affairs

We know it's a run, but it's not just any run. It's the Inaugural Air Force Run. We want it to be big, we want it to be successful and so we've got events and entertainment; some of which is unique to the Air Force. You don't want to miss this.

On the evening of Saturday May 30th, 17 Wing is hosting a pasta dinner at a cost of only \$5 per ticket. At the dinner the race director will speak briefly about the run, and guests will hear from WO Andrew McLean, the founder of Soldier On, and a local speaker for the Military Families Fund, the two charities the run is raising awareness for.

On the day of the run the Air Command band will play the National anthem as a start to the race, as well as general entertainment during the race for spectators and after the race. There will also be an after race snack to take part in while waiting for the awards to be presented.

On the ramp during the race, runners will run past static in service Air Force aircraft such as the C130

Hercules, C17 Globemaster, CT-142 Dash 8, CP-140 Aurora, CT-156 Harvard, and more!

As a showcase of the military's presence in the run, aircraft will fly overhead during the run, and Search and Rescue technicians will demonstrate a SAR jump during the closing activities.



For more information, or to register for the Air Force Run, please go to <http://www.airforcerun.ca/>

### Volunteers needed!

The 1 Cdn Air Div / CANR Gardening Group is seeking volunteers to help with:

- beginning-of-season cleanup (when the ground dries at end of April and throughout May);
- planting (the annual planting day is tentatively set for 9 June 2009);
- watering, weeding, transplanting and dead-heading throughout the season (otherwise known as Whacky Weedless Wednesdays);
- mid-season all-around help, when it is very hot and everyone is on holidays (especially during long weekends); and
- end-of-season cleanup (September).

The Gardening Group is a fun way to get together with experienced (and novice) gardeners, have a desk break, enjoy the outdoors, and know that you are contributing to your community. Bring your favourite gardening tool and come out to enjoy the gardening experience!

For information, contact Alison Sellen at ext 5940.



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**Drop-Off:** 0715-0900

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Summer Program Guide released: Friday 17 April 09

Registration: Monday 27 April 09 (Members) / Monday 11 May 09 (Non-Members)

**To register or for more info call Lindsay, Com Rec Supervisor at 833-2500 ext 2057**

## We need YOU

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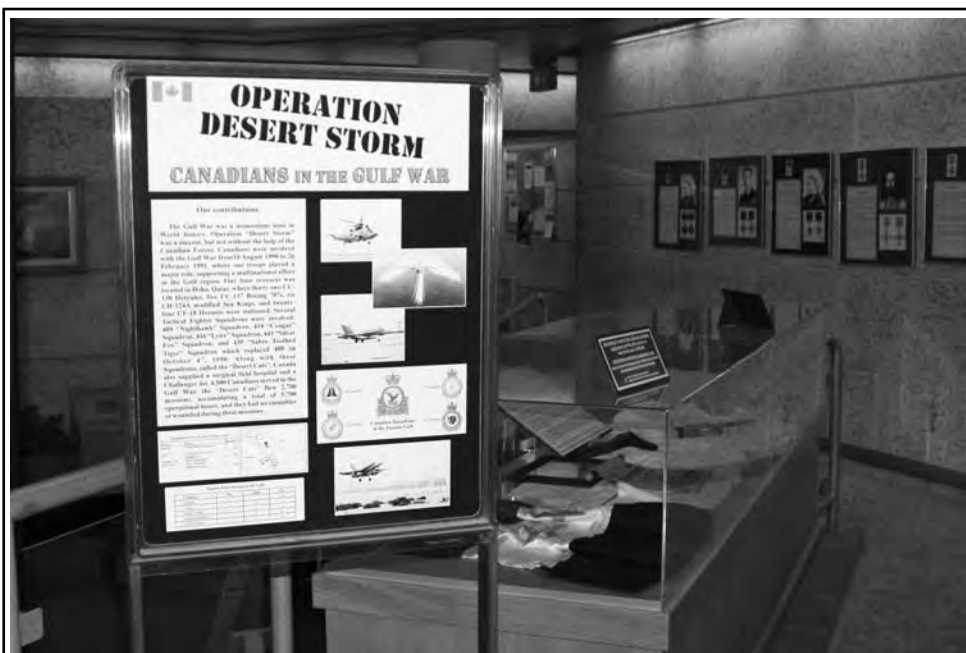
By Alf Brooks

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### New display at 1 Cdn Air Div

A new display, depicting Canadian involvement in Operation Desert Storm, has been erected in the atrium of 1 Can Air Div HQ. More than 4000 Canadians, along with more than 60 Canadian aircraft, served in the operation to stem the aggression of Iraqi dictator Saddam Hussein toward Kuwait in 1990-1991.

### Military personnel without PTSD

Healthy men with military trauma exposure wanted for a study



University of Manitoba research group, in collaboration with the Operational Stress Injury Clinic and the Institute of Biodiagnostics in Winnipeg, is seeking healthy volunteers with military service-related trauma exposure. Volunteers will participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

**Your role:** participate in a psychological and trauma-experiences assessment (Session 1), receive training to control your emotional reactions (Session 2), and take part in a Magnetic Resonance Imaging (MRI) brain imaging experiment of emotional picture evaluations (Session 3).

**Benefits:** You will help us understand emotional processing in the brain and receive a research stipend for each session.

If interested, please call the study coordinator at 204-975-7728



### MANITOBA LEGISLATIVE ASSEMBLY PRIVATE MEMBER'S STATEMENT

Bonnie Korzeniwski, MLA St. James  
April 9, 2009

#### National Day of Remembrance of the Battle of Vimy Ridge

Mr. Speaker, I rise before the House today to commemorate the National Day of Remembrance of Vimy Ridge. The battle for Vimy Ridge began 92 years ago today and continued for seven days. The losses that occurred during the battle were steep, but by April 14, Vimy Ridge was captured by the Canadian Corps, who gained more ground in that battle than any previous Allied offensive. It is for that reason that Vimy Ridge remains such a poignant example of Canadian bravery in times of war, and many say that it was a defining moment for Canada as it took its place in the community of nations.

Mr. Speaker, the Canadian National Vimy Memorial stands at the highest point of Vimy Ridge in France, as a tribute to all Canadians who served their country in World War I. Here in Manitoba, our Vimy Ridge Memorial Park stands to commemorate soldiers who fought for Canada and to ensure we never forget that the freedom we enjoy here and throughout our country came at a great cost.

Last Sunday, it was an honour, as Manitoba's special envoy, to join my colleague the MLA for Wolsley (Mr. Allemeyer) in laying a wreath on behalf of our province in tribute to these heroes. Veterans from several organizations also paid their tribute at this touching ceremony.

Today, our flags fly at half-mast here at the Legislature and throughout Manitoba in commemoration.

I would also like to acknowledge my colleague from Selkirk, who visited Vimy Ridge in 2007 to honour his uncle, whose name is etched into the granite of the Vimy Cenotaph.

On this 92nd anniversary of the battle of Vimy Ridge, I ask all members of this Legislature to join me in honouring the bravery and sacrifice of the soldiers who served our country in the past as well as those who continue to do so today.

Bonnie Korzeniwski

### Themed birthday parties!

Pinetop Pine Under the Sea Mad Science Sports Spectacular Movie Star Party Hawaiian Hula CHAFT TIME For more information call Lindsay at 833-2500 ext 2057

## Sports trivia: heights, lengths and widths

1. What is the width of an NFL field?
2. What are the dimensions of an NHL rink?
3. What is the distance from home plate to second base?
4. How long and wide is an NBA court?
5. How much area is required for tennis?
6. What size is a volleyball court?
7. What is par at the Old Course at St Andrews?
8. What sport has a 'playing' area of 60 ft by 41.5 inches?
9. What is the length of a Marathon?
10. In yards, what are the dimensions of a soccer pitch for international competitions?
11. 150 feet by 14 feet 6 inches is the size of a sheet of what?
12. How far is the Green Monster from Home Plate?
13. How much longer is the CFL field compared to the NFL?
14. How thick is ice used in hockey rinks and what temperature is it kept at?
15. What MLB stadium has the deepest Center field?
16. What is the distance between bases?
17. At what distance is the three point line in the NBA?
18. Which baseball diamond has the furthest Left and Right Field walls?
19. What are hockey's ice surface dimensions for the International game?
20. What are the measurements for the attacking & neutral zones in the NHL?

#### ANSWERS:

1. 53 & 1/3 yards; 2. 200 by 85 ft; 3. 127 ft 3/8 in.; same as first to third; 4. 94 by 50 (ft); 5. 120 by 1.53 & 1/3 yards; 6. 18 by 9 meters, each teams area is 9 by 9; 7. 72; 8. Bowling; 9. 60, but court is 78 by 27, all feet; 10. 100-120 long by 70-80 wide; 11. Sheet of ice in the sport of Curling; 12. 310 Ft.; 13. 10 yards, not including end zones; 14. Approx. 3/4 inch thick and 16° F.; 15. Minute Maid Park; Houston, formerly Enron Field, 435 ft.; 16. 90 Feet; 17. 23 ft., 9 inches; 18. Wrigley Field; 19. Int'l. is 200.13 by 98.42 ft; 20. Attacking zones: 64 ft, Neutral 50 ft; blue line to blue line, 11, behind each net.

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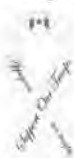


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## In Memoriam

### Major Michelle Mendes



Mendes was found dead in her accommodation room, at Kandahar Airfield. Maj Mendes was based out of Ottawa, Ont.

An investigation is ongoing to establish the circumstances of this incident. No further details are available at this time, although enemy action has been ruled out.

Our thoughts are with the family and friends of our lost comrade. Our primary focus at this time is to provide the best possible support to the family of our soldier and to her colleagues.

At approximately 4:00 p.m. Kandahar time, 23 April 2009, Maj Michelle

Do your part... recycle or pass along this newspaper when you're done.



204.833.2500 ext. 4500

Fax: 204.489.8587 • Email: [wpgmfrc@autobahn.mb.ca](mailto:wpgmfrc@autobahn.mb.ca)  
102 Comet Street PO Box 17000 Stn Forces, Winnipeg, MB R3J 3Y5



## New – Children's Deployment Workbooks and Parent Guide

Having trouble finding a workshop date or time that works for you? Do you live too far away from the MFRC to participate in some of the onsite Children's Workshops? What about doing your own Children's Deployment workshops at home? The MFRC in Esquimalt has developed some workbooks for children 3 to 12 years of age and an easy to use Parent Guide for the parent at home which includes tips and activities for the deployed parent. Stop by our MFRC and pick up your copy today! If you can't, contact me by phone (833-2500 Ext 4507) or by email: [Sandra.Doody@forces.gc.ca](mailto:Sandra.Doody@forces.gc.ca) and I will mail them out.

## Deployment stress-free childcare

Dates for six month trial		
Dates	Time	Registration deadline
Sunday, May 24	1 to 4 pm	May 15
Sunday, June 7	1 to 4 pm	May 29
Saturday, June 27	9 am to noon	June 19
Saturday, July 11	9 am to noon	July 3
Sunday, July 19	1 to 4 pm	July 10
Saturday, August 8	9 am to noon	July 31
Sunday, August 23	1 to 4 pm	August 14
Saturday, September 12	9 am to noon	September 4
Sunday, September 20	1 to 4 pm	September 11
Saturday, October 10	9 am to noon	October 2
Sunday, October 18	1 to 4 pm	October 9
Contact MFRC 833-2500 Ext 4500 for further details.		

## Last chance to get your entertainment book!!

Hundreds of dollars worth of money saving coupons. Fine Dining, Casual and Family Dining, Fast Food and Carry Out, Entertainment and Sports, Golf, Hotels, Car Rentals, Retail Deals, Discounted Services and much, much more.

On sale now for only \$10. Available from the MFRC – 102 Comet Street. The Entertainment Book expires November 1, 2010.

## Groupe des femmes francophones

Atelier Soins des pieds et des mains  
Vendredi le 15 mai 2009 à 18h30 au CRFM de Winnipeg  
Pour vous inscrire ou pour recevoir de plus amples informations concernant cet atelier, contactez avec Candide Lefebvre au 833-2500 poste 4515.

## Casual childcare:

This service provides care for children 18 months to 5 years old, by caring experienced staff in a safe, warm environment. Care must be booked at least 24 hours ahead and is on a first come, first serve basis.

When: Tuesday afternoons 1:00-3:30  
Thursday mornings 9:30-noon

Where: Westwin Children's Centre (building33)  
Cost: \$8/child per session or \$12/family per session  
Register: 833-2500 (2491)

Please provide a peanut free snack for your child.

## Resource Library

Did you know the MFRC has a large reference library that covers topics ranging from Employment and Education to Family Separation and Reunion to Information and Referral. Almost all items can be signed out to be taken home, or take a coffee break and enjoy them in the comfort of our library.

## SISIP Volunteer Appreciation Event June 19, 2009

The details have been confirmed! This year's annual SISIP Volunteer Appreciation Event will take place on Friday, June 19, 2009 at the Winnipeg Goldeyes home game, at Canwest Park.

A BBQ dinner and Awards presentation will take place in the Picnic area at 1730 hrs, and we will proceed to the stands for the game against the Joliet Jackhammers at 1900 hrs.

This promises to be a fun-filled evening where we will celebrate the volunteers of 17 Wing Winnipeg. Special awards will be presented to the Volunteer of the Year in several categories: Male and Female Adult, Youth and Teen, as well as to the Volunteer Family of the Year. We need your help to nominate deserving individuals and families for this recognition. This is YOUR chance to nominate someone to be recognized by his/her peers for selfless dedication in helping others. Volunteer work in the local community as well as at 17 Wing qualifies for this nomination.

Nomination forms are available at the Community Recreation-Bldg.90 and the MFRC, 102 Comet. Deadline for nominations is May 22, 2009. Please take this opportunity to honour those who give so much to our community.

For further information, contact Barbara Thuen, MFRC Coordinator of Volunteers local 4519 or Chris Merrithew Community Rec local 2059.

## Support Our Forces Merchandise

Yellow Ribbon Red Shirts	\$15.00
Yellow Ribbon Red Golf Shirts	\$24.00 Sale
(X-small, small, X-large and XX-large available)	
Yellow Ribbon Magnets	\$4.00
Yellow Ribbon Window Decals	\$4.00
Yellow Ribbon Rhinestone Brooch	\$12.00
Yellow Ribbon Pins	\$3.00 ea or 3 for \$8.00
Yellow Ribbon Key Chains	\$5.00
Ball Caps	\$15.00
Toques	\$12.00
Soldier Bear (Light, Dark, Black, or Polar)	\$20.00
Yellow Ribbon Lawn Signs	\$10.00
Yellow Ribbon Dog Tags	\$5.00
Sherlock Maps City of Winnipeg	\$14.00 1g \$5.00 sm
**NEW** Fleece Jackets	\$40.00
Men's and Women's sizes available	
All prices include GST.	



## Thunder Bay yard sale

The Thunder Bay MFRC held its annual Spring Yard and Craft Sale Saturday, April 25 inside of the HMCS GRIFFON. A crowd of more than 700 people came through the doors and were able to shop from more than 60 yard and craft tables.

## Volunteer Appreciation Week 2009

The week of April 19 to 25 was celebrated as National Volunteer Week. Winnipeg's Military Family Resource Centre has a long history of active volunteers. On Tuesday, April 21, a dedicated group of these volunteers took part in a pizza party in their honour. It was a chance for them to take a break, relax and get to know one another in a casual, non-work situation. They enjoyed many delicious varieties of pizza, courtesy of Panago Pizza, a great supporter of community volunteers. Three door prizes were given away, and everyone went home with a small spring basket of goodies. In addition, volunteers were encouraged to drop by the MFRC all week for a visit or coffee and to pick up a small tin of mints, because our volunteers are worth a mint to us!

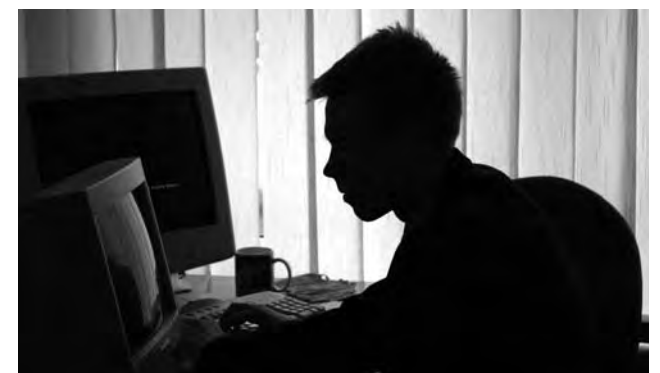
We would like to thank all of our volunteers for the support they give us and our programs. Your efforts make a difference in how we can provide the necessary services to our military families to ensure their stay in Winnipeg is a positive one. Your generous gifts of time and self make lasting impressions on Winnipeg families. Volunteers truly are the HEART of our MFRC! Thank you for all that you do!

## Posted out?

Are you anticipating, or have you already received a posting message this spring? If so, stop by the MFRC. We have Posting Information Packages for all CF locations. Sign one out, or stay and look it over in the reference library. We can also assist you in contacting your new MFRC directly. Call 833-2500 ext 4506 for more information.

## Check us out online

Open 24 hours our web page is always being updated with new information regarding our programs and services. Check it out today!! [www.mfrc.mb.ca](http://www.mfrc.mb.ca). Search Facebook for Winnipeg MFRC and join our group. This page is up-to-date with upcoming programming. Not only is it a great way to find out information about the MFRC, but maybe you'll be able to reconnect with friends.



## New staff member

My name is Andrea Estensen, and I will be taking over the Information and Referral Coordinator position at the Winnipeg MFRC while Dana Glover is on maternity leave.

I am very familiar with the military lifestyle. My husband has been in the CF for more than 20 years. I have also worked on base for several years, first at CFB Halifax with Trident

Publications, and for the past year and a half at the Voxair. I was born and raised in Winnipeg, and grew up in the St. James area, so I am familiar with the geography and services available in the city, which will hopefully allow me to assist families new to the area. I am excited to be part of the MFRC team, and look forward to working with all of our military families during my time here. Let me know if I can be of assistance by calling 833-2500 ext 4506.



# Significant events held at 17 Wing chapel

By Terri Scott

Three significant events took place recently at St. Marguerite Bourgeois Chapel at 17 Wing in Winnipeg which included a visit from the Military Ordinary, Bishop Donald Theriault, who came from Ottawa to preside at two Masses: Confirmation on March 29; and two days later the Chrism Mass, which rotates among all the Roman Catholic Chapels in the Armed Forces and may possibly be held in Winnipeg only every 10 years; and two Pastoral Associates ordained to the Diaconate.

The Chapel is located within the Archdiocese of Winnipeg boundaries.

Three priests from the Winnipeg Archdiocese attended the celebration: Moderator of the Curia, Chancellor, Episcopal Vicar Reverend W. Richard Arsenault; Rev. Raphael Gloccheski, himself a retired military chaplain; and Fr. Terance McGrath, Pastor at St. Charles Church.

They were joined with some 50 parishioners and guests.

Speaking to the six confirmants, Theriault said children of today live in many different worlds, the world of education, the world of the arts, the world of sports, the world of nature, the world of church.

"But, today we are living in the world of the Holy Spirit. When we talk of God, we live in the world of mystery, and we ask God to make it touchable and seeable," he said.

At the Chrism Mass, LCdr Bonnie Mason, 17 Wing Chaplain, brought greetings and said it was her pleasure to welcome visiting clergy and guests.

The Canadian military currently has 84 full-time priests serving the Forces. Fourteen priests, serving the Military Ordinariate from across Canada, were able to attend, including five Pastoral Associates, two of which are called to Holy Orders and are preparing to be ordained to the Permanent Diaconate to the Military Ordinariate.

Theriault, referring to the earlier Mass of Confirmation, the Holy Spirit comes with an armload of gifts; it is a meaningful moment at the anointing.



A number of important events occurred recently at the 17 Wing Chapel, including the Chrism Mass, which rotates among all the Roman Catholic Chapels in the CF and may only be held in Winnipeg once a decade.

When he is close and face to face with the confirmants, the gestures with the hand on the shoulder is important, it is felt and they are sealed with the gift of the Holy Spirit.

"It seemed to take on a greater sign because this (the Chrism Mass), was in the background and since then I have had time to reflect on the oils and their use in the church from the time of birth to the time of death. It is not magic, or hocus pocus, but an opening prayer sets it in place with the blessing of oils and the use of oil in all this: 'Lord you are holy indeed' says it all, a sense of power in the use of oil and in the anointing by the power of the Holy Spirit suggests God's hand is work here—enlightens and gives us strength" said Theriault.

Theriault said he often reflects on Jesus' baptism and wonders if the Holy Spirit used oils on him, but then concluded that "Isaiah proclaimed on God's behalf that he is anointed, not that he came, but that he was anointed to proclaim liberty to the captives..." (I. 61: 1). Isaiah recognized as being in the service of people with a mission. He was chosen, the mission was defined and he was sent.

Jesus is now the anointed one and it is a mission

accomplished.

He was chosen, anointed and sent to bring mankind to salvation and before long he died. Receiving oil on the forehead for the sick and dying and to the priesthood confirms to the people that they are the chosen and sent and given a mission to continue Christ's work.

Referring to the priests present, Theriault said that seeing them all there may say to some that there is no problem with vocations.

Sometimes God calls, or whispers in our ear for a long time, and sometimes it is a startling conversion.

Theriault reminded everyone to pray for vocations and reflected that he was grateful to be able to spend time with his confreres that evening.

Whether we are called to married life, or called to the consecrated life, it is still a call from God not for material motive.

The priests' call is coming from God and they have responded generously to the call of God.

Theriault said he is an extension to the priests and feels close to them.

Of the two preparing for the permanent diaconate, Stephen Defer, Candidate of Ministry of Lector, is working as Lay Chaplain in Edmonton and Stephen White, Candidate a year ago, cho-

sen Minister of Acolyte, is serving as Chaplain at the Canadian Forces Base in Wainwright, Alberta.

White will be ready for the Permanent Diaconate next year. Both Candidates had family present.

All priests then renewed their commitment to the priestly ministry.

Processed to the front and then blessed by Theriault, the Oil of the Sick, Oil of the Catechumens, and the Oil of Chrism, which is the most significant and is used for Baptism, Holy Orders, and Confirmation, "and marks a person for life, once for all, that God will work his special way on them, especially through the sacraments," said Theriault.

Theriault also revealed that a new prayer book is in the process of being published for all Catholic troops and will be ready for distribution by the end of April.

It has thirty flip-up plasticized pages in English and French which military personnel can easily carry in their pockets.

Fr. Captain Lance Magdziak, Pastor of St. Marguerite Bourgeois Chapel, expressed his gratitude to all and promised prayers for Bishop Theriault, who is leaving for Afghanistan shortly.

## Together in Church

### Catholic

#### Chaplains

**Padre Lance Magdziak**  
Roman Catholic Office 833-2500 ext 5272

**Administrative Assistant**  
Carol Cochrane Office 833-2500 ext. 5087

**Masses (English only)**  
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

**Chaplain Bonnie Mason**  
(Presbyterian) Office 833-2500 ext 5417

**Padre Bob Granholm**  
(Mennonite Brethren) Office 833-2500 ext 4885

**Padre Will Hubbard**  
(Anglican) Office 833-2500 ext 5349

**Padre Ken MacRae**  
(Presbyterian) Office 833-2500 ext 5057

**Padre Gord Mintz**  
(Anglican) Office 833-2500 ext 5785

**Padre David Stewart**  
(Presbyterian) Office 833-2500 ext 4277

**Padre Curtis Duclos (Baptist)**  
Det Dundurn Office (306) 492-2135 ext 4299

**Administrative Assistant**  
Carol Cochrane Office 833-2500 ext. 5087

**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'.

#### Interfaith Prayer Room

Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.



## Classifieds

### For sale

**1998 Honda Accord.** 4 door, 4 cyl, auto, 132,000 km, A/C, cruise, excellent condition, safetied, asking \$4,000 OBO, Ph 489-0804. (10)

**32" Sony TV - \$250,** 7 cu ft Freezer - \$150. Single Bed & matching Dresser - \$125, 3 Seat Couch - \$75. Phone 832-4792. (10)

**19 inch colour TV, \$75 OBO.** Desk with 2 drawers, \$40 OBO. Phone 885-2009. (10)

**Class 3 hitch, for 2008 GMC or CHEV ½ ton or extended cab.** Never used \$125 OBO. Good condition, \$150 OBO. Judo GI: Fits approx. ages 10 and up, \$25 OBO. Phone 339-2953. (10)

**TV, VCR and surround sound system:** Panasonic 27 inch flat screen TV, theatre Surround Sound DVD/CD player, Sharp VCR. All for \$325. Call: 889-1269. (9)

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**Fence wanted.** I am looking to purchase/obtain one at a good price. Would prefer one that is not over five feet tall. Phone 832-4117 after 6 pm. (10)

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## House for rent

One and one half story home on Whytefold road. Three bedroom (could be easily converted to four). Two main floor bedrooms, one/two bedrooms upstairs, one and one half bathrooms, formal dining room, eat-in kitchen, four-season sun room, partially finished basement. Large lot 50 x 180. Landscaped yard with patio, fire pit, garden plots, perennial flowers, mature trees and lawn area. Single detached garage with garage door opener. Comes with fridge, stove, dishwasher, washer, dryer, central air, central vac, freezer. Non-smoker, no pets. Close to schools, shopping and bus. Available June 15 / July 1. Rent could be monthly or bi-weekly. Monthly \$1,790, bi-weekly \$825. Damage deposit \$1,000. Utilities not included. Contact Darrell or Karen at 889-5106 or dwinter00@shaw.ca

## House for rent

Bungalow on Buchanan Blvd. Three bedroom, one bathroom. Eat-in kitchen, partially finished basement, extra room and workshop in basement. Large lot 50 x 120, landscaped yard with deck, perennial flowers, mature trees and lawn area. Single detached garage with garage door opener. Comes with fridge, stove, dishwasher, washer, dryer, central air, freezer. Non-smoker, no pets. Close to schools, shopping and bus. Available June 15 / July 1. Rent could be monthly or bi-weekly. Monthly \$1,790, bi-weekly \$825. Damage deposit \$1,000. Utilities not included. Contact Darrell or Karen at 889-5106 or dwinter00@shaw.ca

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# TAROSCOPES

BY  
NANCY

**Aries (March 21 - April 19):** If your goal is reconciliation, you must resolve issues you didn't deal with in the past. Don't waste time on regrets when seeking an end to disharmony (including your own inner disquiet). Listen to your "gut instinct" – it will tell you what is really needed – because you do know.

**Taurus (April 20 - May 20):** You feel driven to excel or succeed at a life goal or on the job. Collect your belongings, collect references, watch for new opportunities. The more you pass things on and teach those along the way the more time you have for other interests and new things that crop up. Embrace life.

**Gemini (May 21 - June 21):** You're ready to make your move because now you know what really appeals to you. You know what you'd like to change and you can see how to do it. As you break free from limiting situations, it's easier and easier to recognize the great opportunities ahead. Relax outdoors.

**Cancer (June 22 - July 22):** Talking to others you gain a new perspective. Things become crystal clear. And as you share what you know you bond with others. Expect to be entertaining at home or going on a second honeymoon. Listen to your heart. Remain true to your values. Success is measured in many ways.

**Leo (July 23 - August 22):** You're wise to listen to your subconscious. When you do, you find it can help you understand what you need to do to realize a brighter future. It's also wise to listen to the good guidance of others. You reap what you sow so be aware of what you begin now. Luck is with you.

**Virgo (August 23 - September 22):** Take time to contemplate the day-to-day events that occur. They affect you in a way that changes your perspective. A philosophical shift alters your outlook on life and your hopes for the future. Through helping someone else you find harmony and healing.

**Libra (September 23 - October 23):** If you are working on creating a unique presentation or practicing for a performance where you will be evaluated, mix old and new skills with your natural abilities. Do a few trial runs. Test theories with supportive colleagues before sharing them with others.

**Scorpio (October 24 - November 21):** You'll need to use mediation skills at meetings where discussions or plans will impact on others. Clear communication is key. Resolutions are realized. Before endorsing a proposed plan, take into consideration your education and natural abilities but also your needs and wants.

**Sagittarius (November 22 - December 21):** You've worked to attain a greater understanding of yourself and in doing so you see past incidents more clearly. Share your discoveries with others to heal old rifts. Embrace a new opportunity. You may be surprised by hidden needs and desires that surface now.

**Capricorn (December 22 - January 19):** Tune out the mental chatter when you need to make decisions. Pessimism can be cleverly disguised as realism but don't be conned. What seems sensible and looks good to others isn't necessarily right for you. There is a reason to be optimistic; an exciting opportunity awaits.

**Aquarius (January 20 - February 18):** Spend time doing activities that improve your energy like Tai Chi or dancing. Also find ways to calm down; perhaps a massage. This is a time for taking charge of your inner mood swings. Positive people have a positive impact on your day. Show your appreciation.

**Pisces (February 19 - March 20):** Before you can make sound choices you need to have a vision for the future. List the steps required to reach long-range objectives. A new phase is beginning. Make room for something new by clearing old items off your to do list. Clear clutter. Let others know about your interest.

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**SENIOR'S BINGO: Thursdays at 1:30 pm**  
**CRIBBAGE: Thursdays at 7:30 pm**  
**DANCING: Friday & Saturday evening 8:00-12:00 pm**  
**MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm**

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