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# THE VOXAIR

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## Getting a Workout with FORCE Fitness



Col Sean Boyd commander of CAOC (L) and PSP Staff Member Deanne Bennett (R) watch as Bgen J.L. Briggs, Deputy Commander Cdn NORAD Region (D/Comd CANR) and D/Comd JFACC drags the sandbag as part of the new FORCE Fitness physical evaluation that makes its debut April 1st for CF Members. For the story, see page 2. Photo: Alison Boates

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PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

**Steven Fletcher,**  
 Member of Parliament

Charleswood-St. James-Assiniboia

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# Air Force Command Teams Test out FORCE Fitness

By: Alison Boates  
Voxair Photojournalist

The Canadian Forces is going through a large re-organization in the physical fitness department changing from the old EXPRES test to a new testing system known as FORCE. Fitness for the Operation Requirements of the Canadian Armed Forces Employment (FORCE) test was developed with the six common tasks of a soldier in mind: Picking and digging, casualty evacuation (from a truck), stretcher carry & load, sandbag fortification, escape to cover and pickets and wire.

However, as 17 Wing Fitness Coordinator James Follette points out, to perform each one of these tasks would be too labour intensive, expensive to run and would take too much time to run, "So what we do is take predictors that are best able to co-relate to those tasks, that way it is easier to administer across all of the bases in Canada," he said.

The four simulations in the new test will consist of: the sandbag lift for 30 repetitions, an intermittent load-shuttle run, a 20 metre rush and a sandbag pull. The members will have rest time in between each component of the test factored into the yearly evaluation.

"CF members will have an opportunity over the next year to trial the test and if they pass that's great but if not, they will have the chance to do the old EXPRES test for a passing grade for this year," explained Follette.

Follette figures the whole test for one member will last for approximately one hour depending on smooth



The Air Force Command Teams listen as 17 Wing Fitness Coordinator, James Follette describes the different tasks that will need to be completed as part of the new FORCE Fitness Evaluation. Photo: Alison Boates

transitions from one component to the next. By 2014 the EXPRES test will cease to exist, being fully replaced by the new FORCE program.

On February 19th and 20th the 1 CAD Commander hosted the 1 CAD Commanders Council for all Wing Commanders and 1 CAD command team members. The council provides a venue for the Commander to bring senior leadership together in a single forum to discuss and collaborate on key issues and concerns. It is also an opportunity to provide his vision and priorities face-to-face.

The Air Force Command teams and 17 Wing PSP staff gathered in Building 21 on the very chilly morning of February 19th in order to test out the new system

and it seems to have been an overwhelming success.

"Very interesting and very different than the EXPRES test...It's much closer to the Army's pre-deployment battle fitness test. It's hard to come up with a physical fitness test when a lot of jobs are sedentary and technological...A lot of jobs in the Air Force are behind computers but it is definitely a good work out," said Col Sean Boyle from the Combined Air Operations Center (CAOC).

17 Wing/AFTC CWO Mike Scarcella says he thinks the test is very achievable, "I don't think it's beyond anybody's capabilities that maintain their fitness level. There is definitely a bit of coordination involved but once you have that down, it shouldn't be beyond anyone's scope."

The FORCE program is more functionally orientated to what a military member might encounter as opposed to the EXPRES test, which Follette says, was pretty one-dimensional.

"All the portions had their specific challenges but the revised shuttle run with the push-ups was definitely the most challenging. Once you know what you're doing, most members won't have any issues completing the test," said 3 Wing Bagotville's CWO, Denis Gaudreault.

The new Dfit.ca website that was recently launched for CF members actually has fitness programs available to be downloaded and can be used in order to be better prepared for the arrival of this new fitness test.



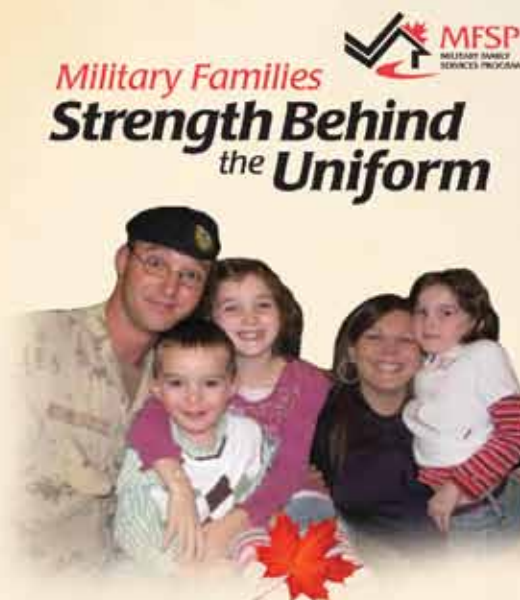
Drop by your local Military Family Resource Centre to find out what they can do for you. Join them for coffee breaks, support groups, second language training and special events.



Contact the Family Information Line at 1-800-866-4546 for answers to your questions, concerns and support.



Browse [www.familyforce.ca](http://www.familyforce.ca) - a site for and about military families.



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# MFRC Hosts Another Successful Yellow Ribbon Gala



LGen (ret'd) Ray Crabbe thanks Madame Adrienne Clarkson for being the guest speaker at the 2013 Yellow Ribbon Gala on February 16. Photo: MFRC Staff



MFRC Executive Director Don Brennan thanks partners, donors and attendees for their support. Photo: MFRC Staff

By: Winnipeg MFRC Staff  
Winnipeg MFRC

The Yellow Ribbon Gala is a time to pay tribute to the nearly 4,000 families the Winnipeg Military Family Resource Centre (MFRC) serves in Winnipeg, Southport and Thunder Bay.

The theme of Making Families Really Count was evident throughout the evening, and was poignantly made when MFRC Board Chair Shannon Bisson asked all the military families in attendance to stand up for the MFRC Family March, performed by the Royal Canadian Air Force Band.

"The playing of the march was particularly emotional for me, as it served as a tribute to former HCol Ben Van Ruiten who worked tirelessly with the Royal Canadian Air Force Band to create the march," said Bisson. "I think Mr. Van Ruiten would have been very proud to have the march played and to see the impact it had on the families in attendance."

Van Ruiten, who passed away in 2012, was very involved and supportive of the Winnipeg MFRC and the military. A special tribute was given in his honour by HCol Barry Rempel.

In addition to the march, families were highlighted during an on-going slide show, as well as in a photo gallery set up for the February 16 event.

"The photos demonstrated the wide variety of programs and services offered to our community," said MFRC Executive Director Don Brennan. "We rely on fundraisers, like this one, to be able to offer the high quality and level of programs that our families can benefit from."

The Yellow Ribbon Gala also brings together the military and civilian communities, which strengthens the understanding of the challenges that military families can face. "By coming together to socialize and enjoy an evening of entertainment, ties between the military and business communities are strengthened," said Brennan.

The Gala is truly a community event, from the partners, volunteers and groups that come together to help make it a success.

The Princess Patricia's Canadian Light Infantry Cadet Corps of Drums kicked off the evening with a performance for guest speaker Madame Adrienne Clarkson, for-

mer Governor-General of Canada and Colonel in Chief of Princess Patricia's Canadian Light Infantry (PPCLI) and the approximately 400 people in attendance.

After dinner, Madame Clarkson took to the stage, speaking about the importance of Canada's military and the role it plays on the world stage, as well as her support of the military.

Throughout her tenure as Governor-General, Madame Clarkson's strong support of the Canadian Forces was evident, through her visits to troops in theatre and through her establishment of the Commander-in-Chief's commendation.

Her ties to the military are also personal. Her husband's father participated in D-Day, and later served with the PCCLI. During her speech, she noted the challenges that military families face, including postings and deployments.

Madame Clarkson also presented the Queen's Diamond Jubilee Medal to Bianca Fortin, who has tirelessly devoted many hours to volunteering at the MFRC.

Once the formal part of the evening had been completed, the Royal Canadian Air Force Band took to the stage. "Their involvement has become synonymous with the Yellow Ribbon Gala," said Brennan. "Each year, people look forward to them performing."

The Yellow Ribbon Gala is the Winnipeg MFRC's largest annual fundraiser. Money raised goes directly into providing programs and services to support families who share in the unique military lifestyle.

Thank you to our partners, donors and attendees. Your support helped make the 2013 Yellow Ribbon Gala a success.

Event partners included: Venue partner: Delta Winnipeg. Plantinum: Peerless Garments. Silver: Deer Lodge Centre, Winnipeg Airports Authority, Great West Life. Bronze: Airbus Military, Royal LePage Dynamic Real Estate, 3-1450 Corydon Ave, Morden's of Winnipeg, Manitoba Hydro, Qualico. VIP reception: Magellan Aerospace. Media: Winnipeg Free Press. Printing: Kromar Printing. Wine: Commissionaires, Cambrian Credit Union. Dessert Wine: Manitoba Liquor & Lotteries. Friends of the MFRC: Grant & Kelly Clements, Rona, Ross and Allana Robinson, Education Partners- Jacqueline Field-Jones.

For more information about the Winnipeg MFRC, please visit [www.familyforce.ca](http://www.familyforce.ca) and select Winnipeg, or visit our Facebook page, [www.facebook.com/WinnipegMFRC](http://www.facebook.com/WinnipegMFRC).

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# *This is War* Seeks to Tell a Story from Soldier's POV

## Military Members Receive 25% off Discount on Tickets



Ian Lake & Lisa Berry in *This is War* by Hannah Moscovitch this is playing at the Prairie Theatre Exchange until March 10th. Photo: Bruce Monk



John Cleland & Ian Lake in the play, *This is War* by Hannah Moscovitch. Photo: Bruce Monk

By: Mike Sherby  
Voxair Manager

An engaging new play is now playing in Winnipeg. *This Is War*, playing at the Prairie Theatre Exchange until March 10<sup>th</sup>, is a play that aims to take us inside the heads of three Canadian Soldiers serving in Afghanistan.

The play, written by Canadian Playwright Hannah Moscovitch, is based upon her work with the CBC during the writing of the radio drama *Afghanada*. Moscovitch says she was inspired to write the play after talking to the military consultants on the show.

"I'd like to be able to show them a part of the Canadian experience that doesn't get talked about as much," she said in an interview with the CBC.

The 90-minute, one-act play, focuses on four soldiers serving in the Pamjwayi District of Afghanistan. Something goes wrong on a mission, and the story of what and why is slowly revealed through flashbacks.

Unlike many portrayals of soldier in the media, Moscovitch's characters come off as living breathing humans, not one dimensional stereotypes. Moscovitch says that she wanted to go behind the headlines and try to show people the difficult choices

soldiers face each and every day.

"It's complex, it's difficult, it's complicate. I hope that by the end of they play, you'll be able to understand, from their perspective, how decisions get made."

John Cleland, the actor playing Sgt Stephen Hughes, says that the complexity of the characters and the play is one of the factors that drew him to his role.

"I read Hughes, and I just thought his complexity was really interesting. The struggle between doing the right thing and making mistakes, and making choices that maybe aren't successful. So I really like the complexity of his experience."

Cleland, a Torontonian who had been in the acting business since 1996, spent some time with military personnel during the Toronto run of the show, and as well picked up as much information about his character as possible by reading, and watching as many videos as he could get his hands on.

"I really wanted to delve into the background, so I could make it feel like I was doing some justice to the soldiers, even though I think it's almost impossible to imagine what it's really like for a soldier."

*This Is War* is playing at the PTE until March 10<sup>th</sup>, and they are offering a 25% discount to Military Members. Use the code MILITARY25 to receive your discount or look below an enter The Voxair's free ticket giveaway for a chance to win a pair.



Would you like a chance to win 2 tickets to see the play, *This is War* playing at the Prairie Theatre Exchange? If so, answer the question below and e-mail your answer to us here at the Voxair before March 5th at noon!

Question: Who wrote the play "This Is War"?

E-mail your answer to: [voxair@mymts.net](mailto:voxair@mymts.net) for a chance to win!

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# National Social Work Week Is Coming Up

By: Winnipeg MFRC Staff

As part of National Social Work Month the Winnipeg MFRC wants to highlight the profession of social work and the social workers who work with military members and their families at 17 Wing.

What is social work?

Social work is a profession concerned with helping individuals, families, groups and communities to enhance their individual and collective well-being.

It aims to help people develop their skills and their ability to use their own resources and those of the community to resolve problems. Social work is concerned with individual and personal problems but also with broader social issues such as poverty, unemployment and domestic violence.

Human rights and social injustice are the philosophical underpinnings of social work practice.

The uniqueness of social work practice is in the blend of some particular values, knowledge and skills, including the use of relationship as the basis of all interventions and respect for the client's choices and involvement.

What do social workers do?

Social workers provide services as members of a multi-disciplinary team or on a one-to-one basis with the client. The duties performed by social workers vary depending on the settings in which they work.

Social Workers employed by child welfare agencies (public and private) investigate cases of family violence, child abuse and neglect and take protective action as requires.

They may recruit foster parents or supervise the

placement of children in protective care. Others work on adoption cases.

Many school boards hire social workers to help students adjust to the school environment. They help students, parents and teachers to deal with problems such as aggressive behaviour, truancy, and family problems, which affect the students performance.

In general and psychiatric hospitals, social workers are members of the treatment team.

They provide a link between the teams and the family as well as with community resources.

In these setting they contribute to the care, treatment and rehabilitation of the ages and of physically or mentally ill individuals, as well as the care of disabled persons.

In health and community services centres, social workers are involved in the provision of counselling to individuals or families and in providing services to seniors.

Some work as community developers helping citizens to identify their needs and proposing ways of meeting these needs. Others may assist with parent child relationships and marriage counselling. The services may be offered on an individual basis or in groups.

Social workers involved in policy analysis, policy development and planning are usually working in federal and provincial departments or social planning councils. Researchers are found in universities and governments. Others are teaching in universities and community colleges.

What training do social workers have?

Social work education consists of theoretical courses and practical training at the undergraduate or graduate

level. In most provinces the Bachelor of Social Work is the minimum education requirement for entry into the profession. Postgraduate education leading to a master's or doctoral degree is also available.

Where can I find a social worker at 17 Wing?

23 Health Services Mental Health Department has several social workers on staff as part of the mental health team. They are available to provide mental health services that promote wellness and provide timely interventions that support and empower CF members and their families to achieve their highest level of functioning. They provide professional, confidential counselling to military personnel and members of their families who are experiencing personal difficulties at home or work.

Contact the mental health department at 204-833-2500 extension 5086.

The Winnipeg Military Family Resource Centre has two full time social workers who are available to assist military family members and members. Services offered by the MFRC Social workers include short term counselling, assessment and referral, crisis intervention, support groups, and educational sessions. They are available to assist with a variety of issues including but not limited to, military lifestyle, mental health, children's issues, parenting, divorce and separation, grief and loss issues.

For information or assistance, contact MFRC Social worker Haley Schroeder at 204-833-2500 extension 4512 and MFRC/Integrated Personnel Support Centre Laurie-Anne Johnson Family Liaison Officer at 4478.

Information on the profession of social workers has been obtained from the Canadian Association of Social Workers. <http://www.casw-acts.ca>.

# Manitoba CFLC Honours Civilian Employers of Reservists

Capt Donna Riguidel  
38 CBG Public Affairs

The Canadian Forces Liaison Council (CFLC) recognized the several Manitoba employers with its Territorial Award of Excellence for Support to Canada's Reserve Force at a ceremony at the Winnipeg Chamber of Commerce Luncheon at the Convention Centre today.

The following employers were nominated by their own employees for showing outstanding support for military commitments such as training and deployments:

Air Canada: Mr. John Daughney, Operations Manager, Winnipeg - nominating Reservist is currently deployed on Canadian Forces Operations.

Paterson GlobalFoods: Mr. Andrew Paterson, President & CEO - Nominating Reservist (Lieutenant-Colonel Ken Sabatier)

Headingley Correctional Centre: Mr. Greg Skelly, Superintendent - Nominating Reservist is Chief Warrant Officer Jim Seggie

Herzing College (Winnipeg Campus): Ms. Jackie Mendez, Pharmacy Technician Instructor and Mr. Robin Day, Academic Dean - Nominating Reservist Corporal Mark Dionisio

The CFLC is a group of more than 200 Canada-wide senior business executives and educational leaders, a full-time secretariat and a national network of Reserve officers. The civilians volunteer their time and efforts to promote the primary Reserve Force by highlighting the benefits of Reserve Force training and experience to the civilian workplace. They also support individual Reservists as well as Reserve units in matters related to employer support. The Council's mandate is to enhance the availability of Reservists for their military duties by obtaining the support and co-operation of organization leaders in Canada.

The Council encourages civilian employers and educational institutions to grant Reservists time off on a voluntary basis, without penalty, to allow them to participate in their military activities, duties and training.



Colonel G.D. Whittaker of 38 Canadian Brigade Group presents Ms. Jackie Mendez and Mr. Robin Day of Herzing College (Winnipeg Campus) the Award of Excellence for Support to Student-Reservists from the Canadian Forces Liaison Council while Sergeant Bagnall represents the reserves. Photo: Sgt Bill McLeod

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# Twin Otter Makes First Appearance in Exercise



A CC-138 Twin Otter from 440 Squadron 17 Wing Yellowknife lands at the Cochrane Airport during Exercise TRILLIUM RESPONSE. Photo: Sgt Veronica Arsenault.

**Capt Carrie Pluck**  
Public Affairs, JFC

After traveling two days from Yellowknife, Northwest Territories, to Cochrane, Ontario, the crew of the classic yellow-coloured CC-138 Twin Otter touched down briefly at the Cochrane Airport on Wednesday, February 13, 2013 to pick up military personnel and deliver them over 300 kilometres north to Moosonee, Ontario.

Major Steven Thompson, Deputy Commanding Officer of 440 "Vampire" Transport Squadron, operates one of the four famous Canadian-designed and produced Twin Otters to carry out a wide range of tasks. "440 Squadron is excited to take part in Exercise TRILLIUM RESPONSE and support Joint Task Force Central. We look forward to operating in an area of this great country that we don't normally work in."

A second tour on the Twin Otter, first

from 1999 to 2004 and again from July 2012 to the present, Maj. Thompson confirms that this is the first time a Twin Otter has been used in this particular area of operation, namely Northern Ontario. During Exercise TRILLIUM RESPONSE 13 Thompson's crew will be conducting cargo drops and providing transportation for exercise personnel. Highly-adaptable, the Twin Otter is capable of short take-off and landing and can land on snow, ice and land.

Including members of 440 Squadron, the Royal Canadian Air Force will have more than forty highly-trained team members, including pilots, technicians, Air Combat System Officers, and load masters.

Exercise TRILLIUM RESPONSE 13 is a Joint Task Force Central-led exercise, which includes approximately 1,500 Canadian Forces members from across Ontario and aircraft from the Northwest Territories, Ontario and Nova Scotia.

# Star of Courage Awarded to SAR Techs



MCpl Éric Beaudoin receives the Star of Courage from Governor General David Johnston. Credit: Sgt Ronald Duchesne.

**By: Rideau Hall Press Release**

Governor General David Johnston presented Stars of Courage at a ceremony at Rideau Hall on Friday, February 8, 2013, to Master Corporal Éric Beaudoin, Randal McOrmond (formerly a Canadian Armed Forces sergeant and now a firefighter with the City of Thunder Bay, Ont.) and Sergeant Robin Richardson.

Their citation read as follows:

"On November 9, 2009, search and rescue technicians Sergeant Randal McOrmond, Master Corporal Robin Richardson and Corporal Éric Beaudoin rescued a teenager who had been separated from his companion during a hunting trip, near Coral Harbour, Nunavut.

"An air search discovered the youth on a large pan of unstable ice that was drifting into Hudson's Bay. Messrs. McOrmond, Beaudoin and Richardson

parachuted down to a nearby ice floe, and jumped between pieces of moving ice and gaps of open water to reach the victim, who was suffering from severe hypothermia. They provided medical attention and kept watch on two polar bear cubs standing nearby.

"Thanks to the courageous efforts of these three rescuers, the victim survived."

The Star of Courage recognizes acts of conspicuous courage in circumstances of great peril.

MCpl Beaudoin is a SAR tech with 435 Transport and Rescue Squadron, 17 Wing Winnipeg, Man.

Sgt Richardson is a SAR tech with 442 Transport and Rescue Squadron, 19 Wing Comox, B.C.

The Governor General presented four Stars of Courage and 46 Medals of Bravery at the ceremony.

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like to share with us?

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# CF Celebrates Black History Month



**Petty Officer First Class Andre Sheppard of the Canadian Forces Recruiting Centre in Winnipeg, Man acts as the Master of Ceremonies at the Manitoba Legislature for the installation of the Canadian Blacks in the Military Wall. Premier Greg Selinger and 17 Wing/Air Force Training Centre Commander Colonel Blaise Frawley spoke at the celebration. Black History Month has been celebrated in Canada during February since 1995 and this year the Government of Canada has chosen to spotlight black soldiers in the fight for Canada. Photo: Sgt Bill McLeod**

**By Gloria Kelly  
Communications Advisor NDPAO**

The Canadian Forces is a long time supporter of diversity and strives for a membership that is a reflection of the makeup of Canadian society," Colonel Blaise Frawley, Commander, 17 Wing Winnipeg said during a ceremony at the Manitoba legislature recognizing Black History Month.

The Manitoba government hosted the Canadian Blacks in the Military display wall from February 11-15.

"We are pleased that the Province of Manitoba has chosen, during Black History Month, to profile this display that covers 300 years of dedication by black Canadians to serve their country through military service, said Col Frawley.

"Black Canadians have served in all parts of the armed forces, including on the front lines, in home defence units and on international peacekeeping missions for more than 300 years," said Premier Greg Selinger. "I'm proud that the Manitoba Legislature is hosting this exhibit showing how blacks in Canada's military have contributed to and shaped this country by their service, and shows their dedication and commitment to our

country."

Premier Selinger remarked that not only have service members of color contributed greatly to Canada but they have been a valued and contributing members to the Winnipeg community for generations.

The 16 foot wall is owned by Chief Military Personnel and has traveled across Canada in recent years. Manitoba is the only place the wall is on display during this Black History Month.

The display wall attracted members of the local community who located family members among those profiled. Patricia Clements said she came to check the wall and found two family members from Nova Scotia: Eric Langford and Joseph Cromwell. "It's nice to be able to see the wall and ready the names and recognitions," said Ms. Clements.

Manitoba has the right to be proud of the contributions made to Canada by persons of color, said Petty

Officer First Class Andre Sheppard, military co-chair of the Defence Diversity Advisory Committee at 17 Wing Winnipeg. "The first black sailor in the Canadian Navy was Percy Haynes of Winnipeg."

The display wall has an educational component that notes not only the involvement of Blacks in the military in Canada, but how Blacks have contributed to and shaped this country by their service, and shows their dedication and commitment to their country, said PO1 Sheppard.

The House of Commons officially recognized February as Black History Month in December 1995. The motion passed unanimously after it was introduced by the Honourable Jean Augustine, the first black Canadian woman elected to Parliament.

<p><b>Sharon Blady</b> MLA for Kirkfield Park 832-2318 SharonBlady.ca</p>	<p><b>Jim Rondeau</b> MLA for Assiniboia 888-7722 JimRondeau.ca</p>	<p><b>Deanne Crothers</b> MLA for St. James 415-0883 DeanneCrothers.ca</p>

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# Prairie Region Women's Hockey Tournament

By: Michael Sherby  
Voxair Manager

It was a rough tournament for the 17 Wing Women's Hockey Team at the Prairie Region Hockey Tournament. Despite coming into the tournament with a strong team and high hopes, events beyond their control led to the team losing the abbreviated tournament to CFB Cold Lake.

Instead of the three team tournament they were expecting, due to last minute cancellations, both Winnipeg and Edmonton were short players for the tournament. This scuttled plans for the tournament and instead it was decided that 17 Wing and CFB Edmonton would combine forces to face off against Cold Lake, who fielded a full roster. It was then decided that the two teams would play each other 3 times and whoever had the most goals for would be crowned the winner.

This was an unfortunate turn of events says 17 Wing Hockey player MCpl Juanita Lonny, who's been playing on the 17 Wing team for the past four years. MCpl Lonny said the team went into the tournament expecting to pick up some floater players from other teams.

"Then we turned up, and Edmonton was in the same boat as we were," says MCpl Lonny. "If we had stayed separate teams, it probably would have been us with 8



The 17 Wing Women's hockey team in action against the CFB Edmonton team. Photo: submitted

skaters, Edmonton with 9, and Cold Lake with 14."

Cold Lake ended up beating the 17 Wing Team/CFB Edmonton (which the players dubbed Team Shedipeg Bay to represent all of team members' home bases) in all three games, racking up 17 goals to Shedipeg Bay's two. MCpl Lonny says that many people on the team were disappointed by this turn of events.

"It's pretty hard to play one full team against one team mashed together at the last minute. You want to win. Even if we hadn't taken the whole tournament, it would have been nice to get one game under our belt."

The 17 Wing/Edmonton team fared well in the first game, scoring two goals and staying even with Cold Lake. Then, with about 5 minutes left in the 3<sup>rd</sup> period, Cold Lake scored a couple quick goals to take the lead. MCpl Lonny says that may have thrown the team off a little bit, because Cold Lake won the next two games handily at 6-0. Compounding the team's problems was the fact that both of the 17 Wing team's coaches couldn't make the tournament due to work conflicts. Luckily Edmonton's coaches were able to make it, so the team wasn't completely without guidance.

"The Edmonton coaches were trying to mix things up, and move lines around and find things that could work, but our biggest problem was not getting enough shots on net,"

says MCpl Lonny. "We got outshot almost four to one, and most games ended up being about 10 shots to 35." Despite not having the tournament she'd hoped for, MCpl Lonny says that she's already looking forward to playing spring hockey and getting another shot at the tournament next year.

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- services de bien-être personnel, tel qu'en santé mentale et en réhabilitation physique
- services de soins communautaires et services à domicile ou en résidence pour les aînés



# Fun in the Snow for all at 2013 Winterfest



Hailey-Jade Kerr got some hearts painted on her face inside the Westwin Community Centre as part of this year's Winterfest. Photo: Alison Boates



SAR Tech Sgt J.P. Cossette helps Aidan McLeod start a fire as part of a demonstration at this year's Winterfest held on February 23rd. Photo: Alison Boates



Russell Dalke got the opportunity to try out kick sledding thanks to the members of the club, SnoMotion, who put on a demonstration of the sport for the second year in a row at Winterfest. Photo: Alison Boates



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# Sudoku

# Crossword

## My Sudoku

Rated: Beginner

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

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

AD SPACE

## Canadiana Crossword

Comme Ci Comme Ca

By Bernice Rosella and James Kilner

### ACROSS

- 1 \_\_\_\_\_ de suite
- 5 Global monetary org.
- 8 Spy
- 12 Jewish calendar month
- 13 Mal de \_\_\_\_\_
- 14 Pro \_\_\_\_\_
- 15 Husband, to Henriette
- 16 Pressure meas.
- 17 Strays
- 18 Bonjour \_\_\_\_\_
- 21 Water-base paint
- 24 Golfer Ernie
- 25 Kernel
- 26 In the past
- 28 Chercher la \_\_\_\_\_
- 32 Acid linked to gout
- 34 Wife of 37 Across
- 36 Precious
- 37 Juan \_\_\_\_\_
- 39 Bon \_\_\_\_\_
- 41 Canadian Forces org.
- 42 Roman 104
- 44 Fermer la \_\_\_\_\_
- 46 Collecting
- 49 Faith and charity pal
- 50 C'est la \_\_\_\_\_
- 51 Deceiver
- 55 Arab oil org.
- 56 Sportscaster MacLean
- 57 Whit
- 58 Major league pitcher Carlos
- 59 Tolkien tree person
- 60 Fat

### DOWN

- 1 Tobermory topper
- 2 Harem
- 3 Pan arabian org.
- 4 Stale

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
			18	19			20			
21	22	23				24				
25			26		27	28		29	30	31
32		33		34		35		36		
37			38		39		40		41	
			42		43		44		45	
		46	47			48				
49				50			51	52	53	54
55				56			57			
58				59			60			

- 5 Trespass
- 6 Officers canteen
- 7 Pomme de terre \_\_\_\_\_
- 8 Squeezed
- 9 Hearing aids?
- 10 The verb to be ( in Vercheres)
- 11 Faux \_\_\_\_\_
- 19 Ocean inlet
- 20 Sprite
- 21 \_\_\_\_\_ d'etat
- 22 Rhine feeder
- 23 Agitate
- 27 Eggs
- 29 Ford model, slangily
- 30 The speed of sound
- 31 Sea eagle
- 33 Comme ci \_\_\_\_\_
- 35 Encompassing
- 38 Partner of tuck
- 40 Charged particle
- 43 Joie de \_\_\_\_\_
- 45 Fruits
- 46 Contend
- 47 Frank
- 48 Leo
- 49 Kangaroo manoeuvre
- 52 Promissory note?
- 53 Consumed
- 54 Tattle

## CF Appreciation Program Takes Off

By: The CF Appreciation Program Team

The Canadian Forces (CF) Appreciation Program is continuing to do what they do best: search for businesses, big and small, national and local, that are prepared to offer meaningful discounts on a variety of products and services to the One Million members of the Canadian Forces Community. The CF Appreciation Program is for the 20-year old CF member currently serving in Winnipeg, the new recruit in Borden, family members in Esquimalt, veterans living in Halifax and everyone in between. You are invited, indeed encouraged, to join our Program so you can take advantage of the great savings that are being offered by more than one thousand unique Industry Partners.

Joining is easy. Log-on to our website at [www.cfappreciation.ca](http://www.cfappreciation.ca) and click the "join our program" button. At the same time, you can separately register your family members. We will send you, and each of your eligible family members a card shortly thereafter which can be used as your official proof of affiliation with the CF community, and allow you to save at our participating businesses.

We also want you to know that you can help grow the Program by suggest-

ing new businesses offering a variety of goods and services to be incorporated within our Program. We have run a number of referral contests in the past, which have resulted in hundreds of new Industry Partners being added. You don't have to wait for a referral contest, make your suggestions today.

Since the Program was launched in June 2011, it has grown exponentially. International, national and local industry partners have joined the program in recognition of the sacrifices, commitment and dedication of military members and their families. Through the [www.CFappreciation.ca](http://www.CFappreciation.ca) website, the CF Community has ever-increasing opportunities to save money, save time and have fun. Our website is updated often, as new Industry Partners join the program and Special Offers are made available. We encourage everyone to check our listings often.

Any questions that you have regarding eligibility can be found in the FAQ section of the website. In addition, please do not hesitate to contact the CF Appreciation Program hotline at 1-855-235-3099 or write to us at [cfappreciation@cfpsa.com](mailto:cfappreciation@cfpsa.com).



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# How to Handle a Hazardous Materials Spill

Did you know that 17 Wing has specific policies in place which provide direction on how to address a hazardous materials spill? Hazardous materials (HAZMAT) can range from substances such as mercury, paint and fuel. HAZMAT is present throughout 17 Wing; therefore, whether working in an office or a hangar, all personnel should be prepared and know how to respond to a HAZMAT spill.

## FIRST STEPS IN THE EVENT OF A SPILL

1. Protect human life - safety is your prime concern. Do not attempt to clean-up unfamiliar materials. Evacuate the area of personnel not involved with spill response. Extinguish all sources of ignition.
2. Stop the source of the spill, if safe to do so. (Shut off valves, plug holes, etc.)
3. Stop the spread of the spill, if safe to do so. If necessary, plug catch basins, manholes and floor drains.
4. Stop people from walking through the spill.
5. Get help if you need it. (Emergency numbers below).
6. Report the incident to your supervisor and the Wing Environmental Officer as soon as possible.
7. Clean-up spill response material and dispose of through Wing Supply Repair and Disposal at local 6093. Unless directed by the Wing Environment Officer, DO NOT start removing soil from the site.
8. Ensure spill kit equipment is replenished as necessary.

### Emergency Numbers

Wing Operations 2700  
 Wing Fire Hall 2646  
 Wing Hazmat Officer 2152  
 Wing Environment Officer 5909

The 17 Wing Environment & Hazmat Office also has an assortment of spill response posters and informative materials available. Additionally, we can provide customized HAZMAT and spill response training to your Section. Please contact us for more information.

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 17 WING sustainability program



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 17<sup>e</sup> ESCADRE programme de conservation

# Security Awareness Week at 17 Wing



Chief Warrant Officer Geoff Grant, the Deputy Air Force Fire Marshall, looks for security violations in a security awareness exercise conducted by Commissioner Warrant Officer Ivan Peters. Security Awareness Week is held in February every year by the Canadian Armed Forces to promote increased knowledge of security issues. Photo: Sgt Bill McLeod

By Sgt Bill McLeod  
 17 Wing Photojournalist

Does cyber crime generate less or more money than the illegal drug trade? Can a colleague read a sensitive document if they have the proper clearance?

Commissionaire Warrant Officer Ivan Peters and Corporal Rob Essiambre of 23 Military Police Flight had a chance to ask these questions to members of 17 Wing and 1 Canadian Air Division with office mock-ups at 16 Hangar and 1 Canadian Air Division during Security Awareness Week.

During the 13 and 15 February, random members of the Wing at 16 Hangar and 1 CAD were invited to find 9 security infractions inside offices that Commissionaire Warrant Officer Peters had intentionally made insecure, there was also a security quiz. Commissionaire Warrant Officer Peters is the Physical Security Advisor for the Wing.

The mock infractions included passwords and logins written down on post it notes; improper storage of classified documents; improper locks on cabinets; locks with keys left in them or unlocked combination locks; money stored with confi-

dential documents; and combination lock changes not changed on schedule.

"The exercise reminds Wing members that security is everyone's responsibility," said Commissionaire Warrant Officer Peters.

During the two days the Security Awareness exercises were conducted a total of 32 people voluntarily participated. Participants were given 5 minutes to find the 9 security violations and 5 minutes to answer the 6 question test.

Two Winnipeg members, Lieutenant-Colonel Matthew Halpin, Wing Operations Officer, and Sergeant Krista Semenchuk, 1 Canadian Air Division Headquarters, managed to score 100% on the exercise.

"The average score was a little low," said Commissionaire Warrant Officer Peters. "It shows that the majority of people participating in the exercise need to become more security aware."

For further information on security awareness, visit the links below.

<http://vcds.mil.ca/sites/page-eng.asp?page=14379>

<http://vcds.mil.ca/sites/page-fra.asp?page=14379>



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# Health Promotions Welcomes New Administrative Assistant



New Admin. Assistant, Chrissy Parsons gets comfortable in her new office working with Health Promotions in building 63. Photo: Mike Sherby.

By: Kathy Godfrey  
Health Promotion Director

The Health Promotion office at 17 Wing would like to introduce the newest addition to the team, Crissy Parsons. Crissy joins the team as the Health Promotion Administrative Assistant. Originally from the east coast, adventures have taken Crissy through Canada and abroad and finally have brought her to Winnipeg.

With a diploma in Information Technology, employ-

ment opportunities have been quite varied. Most recently, Crissy was working within the accounting department of a small retail company here in Winnipeg. She has worked previously with NPF as the Military Family Services Program Administrative Assistant in Niederheid, Germany and is now excited for the opportunity to work with the Health Promotion team.

A military spouse for the last 16 years, Crissy brings with her knowledge, compassion and understanding of the military life to this position and looks forward to serving the military community at 17 Wing.

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**Mental Fitness & Suicide Awareness: Supervisor Training**  
*This course is course coded!*  
**26 March 2013**  
**0800 - 1600 hrs**

For more information or to register, contact Health Promotion at local 4150

**Force Mentale et Sensibilisation au Suicide – Formation du Superviseur**  
*Il s'agit d'un cours auquel on a attribué un code!*  
**26 Mars 2013**

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

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

**Sensibilisation à la santé mentale et au suicide**

Health Promotion in the Canadian Forces  
ÉNERGISER LES FORCES

The Canadian Forces Community Recreation Needs Assessment Survey is now available at:  
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## Upcoming Programs

### OPERATION CONNECTION

Thursday, March 21  
7 to 8:30 p.m.

Registration deadline: March 14

This group is designed to connect family members who are, or who have recently experienced a deployment. At this session we will be having an educational session on the Emotional Cycle of Deployment. Additional Stress Free Child Care funds are available.

### BACK TO BASICS: GROCERY STORE TOUR

Thursday, March 14  
10 a.m.

Registration Deadline: March 8

Healthy eating begins with the food you purchase. It begins in the grocery store. Learn how to make healthier choices for your family while touring a local grocery. We will look at food labels and how we can use them to influence our purchases. We will discuss strategies to navigate the store to avoid over-shopping. We will provide you with simple, practical tips that will take the chore out of grocery shopping. Childcare is not provided for this event, however it is available through Kids Care.

### EASY SNACK AND LUNCH IDEAS

Wednesday, March 6  
9:30-11 a.m.

Registration deadline: March 1

Childcare available

Join us as we celebrate March's Nutrition month. We will be talking about healthy snack and lunch ideas as well as how to get your kids to try new foods.

### WOMEN'S DAY CELEBRATION

Friday, March 8 from 9:30 a.m. to 3:30 p.m.

Register by March 1

Join us as we celebrate International Women's Day on Friday, March 8 from 1:30 to 3:30 pm as we celebrate International Women's day. Joe Black's Coffee Bar will be providing complimentary beverages. We have activities and treats planned. Child care is available for children 18 months to age 5.

fee Bar will be providing complimentary beverages. We have activities and treats planned. Child care is available for children 18 months to age 5.

### FRENCH LADIES' GROUP INTERNATIONAL WOMEN'S DAY FONDUE POTLUCK DINNER

Friday, March 8 at 6 p.m.

Registration deadline: March 6

Come celebrate International Women's Day with us with a fondue potluck and good company. As this meal is shared, everyone needs to bring a dish. Everyone is welcome. An excellent understanding of French is required.

### THE VERY HUNGRY CATERPILLAR PARTY WESTWIN CHILDREN'S CENTRE, 642 WIHURI RD.

Tuesday, March 19 from 6:30-7:30 p.m.

\$2 per family

Register by March 14

We will be exploring the wonderful books of Eric Carle through art, cooking, movement and games. Activities are appropriate for children 1-7 years old.

### NURSERY SCHOOL WESTWIN CHILDREN'S CENTRE, 642 WIHURI RD.

Monday, Wednesday, Friday

English: 9 to 11:30 am

French Immersion: 1 to 3:30 pm

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

This program is for children ages 3 and 4. It offers a play based program paying attention to all areas of child development. It is offered in English and French Immersion. Registration for 2013-14 term is now being accepted. Children must be toilet trained and 3 years old by Dec 31/13 to enroll.

## Register now for Fall Nursery School Programs!

Will your child be 3 or 4 by Dec 31? Perhaps they would be interested in one of our Nursery School programs. We offer both English and French Immersion classes. All are taught by caring, qualified teachers in a well equipped classroom. The programs are play based, developmentally appropriate and stimulating. They are licensed by the province meeting high standards for programming and safety. Westwin Children's Centre 642 Wihuri: English class - Mon Wed and Fri mornings; French Immersion class - Mon Wed Fri afternoons. Cost \$60/month. Call 833-2500 ext 2491 for more info or to register

## Top 10 Self Care Strategies for Overall Stress Reduction

From Your Guide, Elizabeth Scott  
Updated February 22, 2012

You can't always control the circumstances that life throws your way, but you can control how well you take care of yourself. Taking proper care of your body, soul and mind can keep you in optimum shape for handling stress. The following are some important basic self care strategies that can keep you functioning well and ready for life's challenges.

### 1. Get Enough Sleep

Sleep is very important for your emotional and physical wellbeing. Lack of sleep can negatively impact your ability to handle stress, be productive, and function properly. Unfortunately, busy schedules and stress can make sleep more elusive. Here are some important ways you can make sleep come more easily. And if you really aren't able to get enough sleep at night, don't underestimate the value of a power nap!

### 2. Maintain Proper Nutrition

Many people aren't aware of this, but a poor diet can actually make you more vulnerable to stress! While hectic schedules can make it harder to get proper nutrition, a poor diet is not inevitable! Here are some important tips for maintaining a healthy diet when stressed. Follow them, and you may be surprised by how much stress you can handle!

### 3. Exercise Regularly

Exercise can be great for you physically and mentally. It provides a stress release and keeps your body healthy. It also helps your body release endorphins, which increase your feelings of overall wellbeing. Read more on the positive effects of exercise, and find resources for getting started with an activity that suits you. (Hint: Pets make great workout buddies!)

### 4. Maintain Social Support

Social support can keep you healthier and happier, creating a buffer against stress. Friends can pick you up when you're sad, provide insights when you're confused, and help you have fun when you need to blow off steam. Learn how to cultivate supportive friendships and expand your social circle so you'll have someone to lean on when stressed. (Don't forget, it's important to provide a supportive ear when your friends need it, too! Find out how to develop effective listening skills.)

### 5. Find Hobbies

Having some "down time" is important, and hobbies can provide a nice distraction from stress and help you stay 'in the moment', which is also a great way to relieve tension. I recommend drawing

and gardening as great stress relievers, but just about anything you enjoy can work. Here are some other unconventional stress relievers that can provide some fun and distraction from stress.

### 6. Pamper Yourself

Taking care of your body on the outside—with a spa treatment, for example, can work wonders for your internal state. Don't overlook the importance of pampering yourself on a regular basis, to feel great about yourself and feel ready to take on the world.

### 7. Keep Your Mind Sharp

If you maintain the attitude that stress is a challenge—rather than a threat, you are better able to handle it. And by keeping your mind sharp, you are more equipped to solve the problems and take on the "challenges" that life presents. Fortunately, games like The Stress Relief Memory Game, Affirmations Hangman and The Inspirational Quote Daily Cryptogram can be fun to play, and also provide you the tools to manage stress in your life!

### 8. Have The Right Attitude

Much of what you experience in life can feel more stressful or less so depending of your point of view. Looking at things from an optimistic frame of mind can not only decrease your stress level, but bring you more success in life and more. You can become more of an optimist by following these tips. You can even change ingrained negative thought patterns to more positive ones by using positive affirmations. (Not sure if you're an optimist or pessimist? Take this quiz.)

### 9. Process Your Emotions

Keeping your emotions bottled up usually leads to an emotional explosion later on. It's generally healthier to listen to your feelings, process them and try to understand them. Consider them 'messengers' that tell you when something is not right with your world. A great way to process emotions is the act of journal writing. When you write about your feelings, and potential solutions to your problems, you can reduce stress in your life and even see some health benefits!

### 10. Maintain a Spiritual Practice

Research shows that a lifestyle including religion or spirituality is generally a healthier lifestyle. Many people, especially seniors, use prayer as a major stress reliever and strategy for emotional health. You can use prayer to enhance your spiritual side, or use meditation if you don't feel comfortable with prayer. Spiritual practice is deeply personal, and whatever your practice, it should nurture your soul.

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## Wanted: Volunteers!

1 Canadian Air Division is looking for volunteers to work in the kit shop. Flexible hours. 1 day a week between 10:00 hrs and 14:00 hrs. Please contact PO2 Jennifer Ross at 833-2500 ext 6512

## Volunteers Wanted!

The Western Canada Aviation Museum is looking for volunteers in the artifacts, library and restoration departments. Applicants must be able to use a computer for data inputting and indexing. Let us know what your skills are but if you're willing to learn new things, we can teach you! We are always looking for help in other departments as well. Please contact the museum reception desk at: 204-786-5503 to volunteer.

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The 17 Wing Archery club is looking for old artificial Christmas trees to use for greenery around the targets. Anyone who has one to spare can contact Scott at: Scott.Allingham@forces.gc.ca

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# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** Take it easy. Be patient with yourself and others. Things that seem difficult don't have to be. It's all in how you look at it. Consider facts and weigh options in relation to your physical health and well-being. Moderation and flexibility are the best approach for lasting changes.

**Taurus (April 20 – May 20):** Maintain balance in the face of change. Be cautious. Follow a judicious path. You may feel overwhelmed in coping with limitations and realities but remain calm, logical, patient and persevere. "This too shall pass." You've learned enough to meet any challenge creatively.

**Gemini (May 21 – June 21):** Look for work in an area where you're already established. You can make great strides in improving your situation at this time. Find ways to work smarter, not harder. You easily handle additional responsibilities. Keep a goal in mind, but don't narrow down the ways to get there.

**Cancer (June 22 – July 22):** News travels fast. Instant connections allow for instant reactions. Keep feedback and suggestions constructive. It may feel good to vent when you're upset but repairing a rift this could cause may not be worth the instant satisfaction. What's obvious to you may not be to others.

**Leo (July 23 – August 22):** Consider the core issue before attempting to make changes. Adjustments must be made and the more flexible you are the better you'll weather life's idiosyncrasies. Change is the one constant. You have more in common with others than you realize. The desire for happiness is universal.

**Virgo (August 23 – September 22):** You can be civil and still speak your mind. Keep the lines of communication open. Take advantage of opportunities for sincere dialogue. If nothing you can say or do will improve a relationship or situation, let it go. It's not your job to think of solutions for everything.

**Libra (September 23 – October 23):** Reach for the stars. A grand adventure can be a rewarding experience. Don't settle for following the well worn path. You have a natural ability to see possibilities. Harness your inner drive and passion. Joy in pursuing a rewarding goal is the true definition of success.

**Scorpio (October 24 – November 21):** The answers are obvious so don't waste time wondering. It's time to rein in the desire to do it all and have it all. Giving too much is also not productive as it upsets the balance of give and take in relationships. Practice moderation. Respect other people's priorities.

**Sagittarius (November 22 – December 21):** Don't give in to the temptation to spend money to impress others. If considering a big ticket item do a thorough check before buying. Monetary value isn't everything though. Having enough can be enough. And true friends are worth their weight in gold.

**Capricorn (December 22 – January 19):** Life is for living. If you are feeling unfulfilled determine how you can enrich your life. Take educated risks. Set your intentions but also go with the flow to take advantage of synchronicity. Maintaining the status quo may feel safe but it won't get you anywhere.

**Aquarius (January 20 – February 18):** When one door closes don't lose heart, another one will open. New opportunities will arise even if they are not immediately obvious. Past initiatives now show more promise. Being released from restrictions can be overwhelming and confusing but also exciting.

**Pisces (February 19 – March 20):** See challenges and new situations as adventures. This changes how you feel about where you're at and allows you to be open to possibilities. Be original and creative. Don't assume anything. Use your intuition. Things develop naturally when you have a positive, loving attitude.

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# What's To Worry?



The picture that you see is my worry stone.

A worry stone may be a smooth round stone that you move your finger around in a pattern. The stone fits in the palm of your hand and you can choose any pattern. For instance you can move your thumb in a figure eight form, a circle and maybe even a dash.

Worry stones can be found in a river or stream. They usually are a stone that is worn down through erosion and centuries of pressure from a variety of sources, usually other stones. It is amazing how smooth the stone can be.

As much as one uses the worry stone, your hands will not break the stone. The stone is a constant and maybe so are our worries?

We have many worries. We worry about our future posting, our future employment, a broken relationship, and maybe the death of a dear friend. Worries abound but one thing that lasts is the worry stone. The stone and this earth can hold you fast because it lasts virtually -for ever.

Imagine if we lost the stone... the stone would still be around. It would be waiting for the next person to discover.

I invite you to look for that stone.

Maybe the stone would give you just enough time for your mind to take a break...to pause and feel the circular pattern of a figure eight. To trace your finger along ...slowly... and then to contemplate only the movements. Be still in your mind and let your fingers capture your worries. Set the worries to the side and let your Creator take the weight of your worries from your shoulders. Be Still...Be at Peace.

With Grace,

**Will Hubbard, Padre**

## In Memoriam



**Cpl. Donald Anguyoak (left) receives a pair of decorations for long service with the Canadian Rangers in Gjoa Haven, Nunavut in a handout photo.**

Corporal Donald Anguyoak, a Canadian Ranger, died in a snowmobile accident on Sunday, February 17, about 24 kilometres southwest of Gjoa Haven, Nunavut, during Exercise Polar Passage.

Cpl Anguyoak was a member of the Gjoa Haven Ranger Patrol, which is part of 1 Canadian Ranger Patrol Group. He was on duty at the time of the accident, acting as lead scout for the Gjoa Haven Canadian Ranger Patrol.

"Our thoughts and prayers are with the family and friends of Corporal Donald Anguyoak at this difficult

time," said Lieutenant-General Peter Devlin, Commander Canadian Army. "We remember Donald for his passion about passing his knowledge and skills to the youth of Gjoa Haven through the Junior Canadian Ranger program."

A thorough investigation will be conducted to determine the cause and any factors that contributed to this accident. As a result, no further details will be released in connection with the circumstances surrounding the fatality at this time.

## Together in Church

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**Padre Frederic Lamarre**

Roman Catholic Office 833-2500 ext. 5956

**Ms Catherine Landry**

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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

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**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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