



THE VOXAIR

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FREE



Quad City Flames Captain Warren Peters and Manitoba Moose Captain Mike Keane take a puck drop from the 1948 Olympic players. From left to right are Andre Laperriere, Murray Dowey, Albert Renaud, Andy Gilpin. See page 8 for more photos from the event.

Remembering 1948

By Karen Christiuk

More than 10,000 hockey fans gathered at the Manitoba Moose versus the Quad City Flames hockey game on March 1 to pay tribute to the Canadian Forces at their third annual military tribute night.

"This year's theme was the 60th anniversary of the Royal Canadian Air Force (RCAF) Flyers' Olympic gold medal win," said lead organizer Maj Dave Proteau. "These young Flyers took the weight of a hockey nation on their shoulders and proudly represented both the military and Canada overseas."

In 1947, the International Olympic Committee implemented strict new rules on what constituted amateur status for Olympians. In protest, the Canadian Amateur Hockey Association decided not to send a Canadian hockey team to the 1948 Olympics in St. Moritz, Switzerland. The RCAF decided to take matters into their own hands and send their own hockey team--the RCAF Flyers. Although the Flyers were considered the underdogs, they surprised the world by win-

ning the gold medal and creating an unlikely group of hockey heroes.

Four original Flyers members (Albert Renaud, Andre Laperriere, Murray Dowey and Andy Gilpin) attended the Moose event and received standing ovations as their names were announced. The cheers got even louder when the octogenarian teammates in their matching 1948 replica jerseys each dropped ceremonial pucks to start the game.

"We've had numerous functions throughout the years, but this is the biggest tribute we've ever had," said Ab Renaud. "It brings back a lot of memories. We'd like to give a big 'thank you' to Winnipeg for this amazing event. We've really been treated like kings."

The Canadian Forces (CF) worked with the Manitoba Moose staff to ensure that the gold medal theme of the evening was evident at the event. Five thousand Air Force thundersticks, paper airplanes and commemorative posters were handed out to the crowd, and two emotional Air Force tribute music videos played on the JumboTron. As well, a special comical video was created by 17

Wing Imaging. The video began with a puck at a children's outdoor hockey game being passed on to a Search and Rescue Technician, who then went through a series of adventures before finally having the puck parachute down from the MTS Centre ceiling.

The crowd was also entertained by the Air Command and 402 Squadron Bands, with Sgt Cindy Scott flawlessly singing the Canadian and U.S. national anthems.

Most significantly, all Moose players wore replica 1948 blue and red jerseys in an attempt to recreate the drama of the legendary game.

Jeff Mager, director of ticket sales for the Manitoba Moose said that his organization values their partnership with the military and he enjoyed seeing the sea of green CF uniforms dispersed throughout the crowd.

"We see our role in the city not just as a professional hockey team, but as an integral part of the community. It is easy to sit on the side and observe what goes on around you, but it is fundamentally more important to get involved. We have the resources, staff and

a facility that allows us to partner with 17 Wing to help show our appreciation for what the men and women of the Canadian Forces have done. It takes a special person to sign up to join the Forces, and as a Canadian citizen, it is important to show these men and women that there is wide spread support and appreciation for what they do," said Mager.

Maj Dave Proteau said that nearly 1600 CF and Department of National Defence families attended the game.

"The event helps the public put a face to the mission of the Forces and gives everyone a chance to tell their own CF story," said Maj Proteau.

"This interaction lets everyone know that, in addition to our involvement in Afghanistan, CF members are also in Winnipeg supporting the mission and conducting training and domestic operations."

The only thing that the Moose were unable to replicate from the 1948 team was a victory—their team lost 3-2 in a dramatic shootout that had fans on the edge of their seats.

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NORAD Command Chiefs visit Canada for the first time

History was made on February 25 when all the three NORAD region Command Chiefs and the Command Chief from NORAD gathered together for the first time on Canadian soil at 1 Canadian Air Division/Canadian NORAD Region Headquarters (1 Cdn Air Div/CANR).

CSM Daniel R. Wood (Command Senior Enlisted Leader for NORAD and the U.S. Northern Command, Peterson Air Force Base, Colorado), CMSgt Robert W. Moore (CCM, Alaskan NORAD Region), and CMSgt W. Allen Usry (CCM, Continental NORAD Region, Florida) were joined by their local counterpart Division CWO Maurice Sacco

(1 Cdn Air Div/CANR) for this historical meeting.

CSM Wood also gave a short presentation to 1 Cdn Air Div/CANR staff who had gathered in the building atrium

His speech emphasized the strong relationship between Canada and the United States and the strength of NORAD.

"Throughout the world there are nations that wish they had this kind of agreement," said CSM Wood. "Two great countries that form a deterrent that responds daily and works across borders...two nations that you can't drive a wedge between...the most long term example of that is NORAD."



From left: CSM Daniel R. Wood, CMSgt W. Allen Usry, CMSgt Robert W. Moore and CWO Maurice Sacco gathered together for the first time on Canadian soil.

Olympic effort needed for 2010 air security

By Richard Smith
1 Cdn Air Div Public Affairs

Canada's athletes will be facing high expectations at the 2010 Olympics. As host country, our teams are expected to be successful. The requirement for air security will be just as high, with no pat on the back for a silver medal performance.

The air security planners from 1 Canadian Air Division/Canadian NORAD Region (CANR) recently hosted members of the 2010 security team.

Representatives from the RCMP's Integrated Security Unit (ISU) in Vancouver, including Assistant Commissioner Bud Mercer, the OIC for the ISU, were in attendance. Additional attendees included RCMP Aviation Planners and members from Ottawa and Winnipeg and staff from NORAD and Joint Task Force Games and Joint Task Force Pacific – the two regional commands coordinating military efforts under Canada Command.

While the RCMP is the security lead for the games, they will be supported by many organizations includ-



MGen Duval, Commander, 1 Canadian Air Division and BGen Wilson, Deputy Commander, Canadian NORAD Region, flank Assistant Commissioner Bud Mercer, the Officer in Charge for the RCMP's Integrated Security Unit (ISU) as he signs the 1 Canadian Air Division/Canadian NORAD Region guest book.

ing the Combined Forces Air Component Command (CFACC) and NORAD who will support this effort planning and staffing air security requirements. Given the complexity and pace of the air space surrounding Vancouver, Whistler and the corridor between the two, planning is the key to the Operation's success.

The guests were briefed on the role of 1 Cdn Air Div, CANR and the progress of the 2010 air security plan.

An Operation Noble

Eagle exercise followed to demonstrate a potential response to an air security threat in the context of the Games. The meeting proved to be a powerful tool to provide the RCMP with an idea of how the Air Force could be called upon to support their overall security efforts.

The CDS has declared the security effort for the Games a no-fail mission.

This assertion was echoed by Assistant Commissioner Mercer who was impressed by the level of

planning and co-operation demonstrated at the meeting. "It is obvious that the air security component is well in hand. I'm looking forward to working with our CF and NORAD security partners to ensure we provide the public, athletes and visitors to the 2010 Games with a safe and secure Winter Games."

The 2010 Winter Olympic and Paralympic Games will be hosted by Vancouver and Whistler from 12 to 28 February and 12 to 21 March respectively.

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Heartfelt salute on a broom

By Randy Turner
Winnipeg Free Press

The following article originally ran in the Tuesday, March 11, 2008 edition of the Winnipeg Free Press.

Reprinted with permission.

It was a subtle thank-you and acknowledgment sent from a sheet of Manitoba curling ice all the way to worn-torn Afghanistan.

Because if you looked closely enough yesterday, you'd see the camouflage on the bottom of Manitoba second Richard Daneault's broom -- homage to one of Kerry Burtnyk's closest childhood pals and former two-time Canadian junior champion Mert Thompson.

Make that Sgt. Mert Thompson, of 17 Wing in Winnipeg, who left for Afghanistan just days before Burtnyk captured the Manitoba crown.

"He left the Friday of provincials, which he didn't like in the first place," Burtnyk noted. "Then when he found out we won, he was really wishing he would have stayed another month to take part in this, being here in Winnipeg and us being such good friends. He'd love to see this from a competitive aspect, not just a fan aspect."

"He's a fiery competitor himself and hasn't curled for years," the Manitoba skip added. "But he could probably walk out there right now and beat most guys anyway."

But the nomadic life of a Canadian soldier made it impossible for Thompson to join any team that wasn't in full camouflage.

"He (Mert) is very se-

rious about his curling," Thompson's older brother, Les, offered. "It's all or nothing. He still curls great. He just doesn't do it that much anymore."

That doesn't mean Thompson hasn't followed Burtnyk's latest quest for a national championship. But it raises the question: How do you watch the Brier in Afghanistan?

"I have Internet hookup in my tent, plus they have computer trailers set up," Thompson, 46, told the Free Press in an e-mail yesterday. "I can't watch the games. I wish I could. I am disappointed to be missing this Brier with Kerry's team in it and in our new arena."

Thompson, a 20-year Forces veteran, is a supply tech with the National Support Element -- "I can't say much more than that due to operational security" -- who has about seven months left on his tour. He was also one of the Assiniboine Memorial rink rats who, some 30 years ago, was a fixture at the club.

Since joining the service, Thompson has been stationed outside of Winnipeg for most of the last 12 years. "But Kerry and I kept in touch the whole time and usually when I visited Winnipeg I stayed at (the Burtnyks)," he said.

Thompson said he "won't be bothering Kerry this week," but noted he'd get his information on the Internet or relayed through fiancée Lieut. Lynn Ubell, an administration officer for the Canadian Forces School of Aerospace Studies at 17

Wing.

"I won't be bothering Kerry this week, but I am in contact with Lynn daily via e-mail," he wrote. "We also get 35 phone minutes per week."

Naturally, Thompson will have far more pressing duties than trying to keep up with the latest from Burtnyk's Brier run. No one understands that more than Burtnyk and his teammates.

"I'm sure he's got bigger things on his mind over there," said Team Manitoba coach Rob Meakin, another longtime Thompson friend, who discovered the camouflage sweeper.

"They're risking their lives. They're over there trying to make this world a better place to live and we're always thinking of them. So it (the broom) seemed like a natural to salute our buddy."

Sure, Burtnyk might have lost his first game of the Brier, dropping a 7-2 decision to Ontario's Glenn Howard to fall to 4-1. But Burtnyk said Thompson's current residence puts vying for a national championship in perspective.

"I mean, he's over there doing something extremely important for our country," Burtnyk said. "We're here playing a game and having fun. You can't compare one to the other at all. What he's doing is something we need for national security. What we're doing here is having good times playing a game."

Burtnyk noted that while the broom was to acknowledge Thompson in particular, it was a message of sup-



Longtime curler Sgt. Mert Thompson of 17 Wing Air Movements Unit in Winnipeg stops for a photo before taking flight for Afghanistan in the middle of last month.

port for all Canadian troops in harm's way.

Les Thompson said the sentiment would have been well received.

"I think he'd be proud, especially if it's Kerry's team doing it," he said. "You know how at hockey games they sometimes honour the troops (as the Manitoba Moose have done several times)? That kind of thing is special to him, so this would really be something."

This much is certain: You might be able to camouflage a curling broom.

But there's no hiding the feelings of Burtnyk's team for a friend who couldn't be farther away from the

fun and games in Winnipeg, even if his heart never left. randy.turner@freepress.mb.ca
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2 PPCLI takes over command of Battle Group

Capt Amber Bineau
PAO, TF 1-08 Battle Group

LCol Dave Corbould of the 2 PPCLI assumed command of JTF Afghanistan's Battle Group from LCol Alain Gauthier of the 3e Bataillon du Royal 22e Régiment February 29, 2008. The hand-over was conducted in the presence of BGen Guy Laroche, Commander, JTF Afghanistan.

LCol Corbould has the responsibility of leading the Battle Group for the next six months. He will command about 1,000 soldiers from across Western Canada including a small contingent from Valcartier, Quebec.

During the change of command ceremony at Kandahar Airfield (KAF), LCol Corbould said his focus will be to maintain what the previous battle group has gained.

"The Royal 22nd Regi-

ment has done a tremendous job. We will build upon their by continuing a series of security operations and activities in order to maintain the initiative in Kandahar Province," said LCol Corbould.

For LCol Gauthier, the ceremony marks the end of a seven month deployment as the 3e Bataillon du Royal 22e Régiment Battle Group Commander.

Having taken command of the JTF Afghanistan Battle Group in August 2007, he leaves with great satisfaction of having had the opportunity to lead a formation of highly-trained soldiers in security operations that have brought stability and security in southern Afghanistan.

"During the past seven months, the battle group has demonstrated exceptional efforts to bring a more stable and secure foundation for the

Afghan people. It is due to the devotion and determination of the battle group's soldiers that we have been able to accomplish our mission. There is a lot more work to be done and challenges to overcome. The incoming battle group will do excellent work throughout their tour," he said.

The role of the Battle Group is to conduct security operations in Kandahar Province to assist the Government of the Islamic Republic of Afghanistan in the establishment and maintenance of a safe and secure environment.

To realise this, it works very closely with the coalition force and the Afghan National Security Force to extend the government's authority and influence thereby facilitating Afghanistan's reconstruction and contributing to regional stability.



LCol Dave Corbould (L) signs the Transfer of Command Authority documents as the incoming 2nd Battalion Princess Patricia's Canadian Light Infantry Battle Group Commander during his change of command parade February 29, 2008 at the Kandahar Airfield, Kandahar, Afghanistan. Beside him are BGen Guy Laroche (C), Joint Task Force Afghanistan Commander and the outgoing 3e Bataillon du Royal 22e Régiment Battle Group Commander, LCol Alain Gauthier (R). Behind (L-R) are Rotations 5 and 4 Regimental Sergeants Major, CWO Brian Semenko and CWO Pierre Marchand.



Outgoing Battle Group Commander, LCol Alain Gauthier, 3e Bataillon du Royal 22e Régiment, shakes hands with incoming Battle Group Commander LCol Dave Corbould, 2nd Battalion Princess Patricia's Canadian Light Infantry, during the Transfer of Command Authority ceremony.



The Rotation 5, 2nd Battalion Princess Patricia's Canadian Light Infantry Battle Group Commander, LCol Dave Corbould, speaks to Rotations 4 and 5 soldiers during the Transfer of Command Authority parade.

Luncheon session teaches women the benefits of laughter

By Karen Christiuk

International Women's Week was celebrated by personnel from 1 Canadian Air Division/Canadian NORAD Region Headquarters (1 Cdn Air Div/CANR) and 17 Wing on March 7 with an Uplifting Laughter luncheon that was facilitated by certified laughter leaders Dorian Guerard and Jennifer Leslie. The mother and daughter team presented a one-hour session to 40 women on the benefits of using laughter to improve health and relieve stress.

"Laughter releases cortisol but it increases endorphins," said Guerard. "Laughter brings out an emotional high."

Guerard said that intense laughter can also mimic

physical exercise.

"We call laughter internal jogging. Five minutes of laughter is worth 15 minutes of exercise in the gym."

Leslie told the audience that laughter can raise energy levels and eventually help people to relax.

"Think of how children fall to the ground because they're laughing so hard," said Leslie.

To demonstrate to the audience how laughter can increase a person's heart rate, the audience was invited to participate in several laughter exercises. One of the exercises included a modified version of rock-paper-scissors, which became a more physical and louder, roar-high-five-zap.

Guerard and Leslie also encouraged the audience to

reflect upon their own lives and try to create a different goal for each work day in order to emphasize what they called good-hearted living.

"Mondays should be for compliments," said Guerard. "Tuesdays are for flexibility. People tend to do the same type of thing every day and get into a rut—laughter stimulates both sides of the brain, and a little bit of change in your life can make a difference. Wednesdays are for gratitude. You are happier because you are grateful. Thursdays are for kindness and Fridays are for forgiveness."

At the end of the session, all participants were asked to recite an Uplifting Laughter Oath where they promised to laugh at least 15 times per day.



Dorian Guerard (left) and her daughter Jennifer Leslie gave a presentation on laughter during International Women's Week.

Civilian dental support is a valuable asset to our mission

Feature unit

By Capt Siwoski, 1DU Det Winnipeg

The overall mission of the CFDS is to ensure that personnel are deployable for national and international CF operations. Achieving our goal involves the screening of over 1900 Regular Force and Reserve Members on an annual basis and providing oral health instruction, prevention intervention and comprehensive dental treatment. Meeting our goal requires a dedicated team of dental care personnel.

Our detachment is currently composed of two Reg F dentists, one Reg F clinical coordinator, one Reg F dental assistant, two part time civilian dentists, two full time (FT) civilian hygienists, six FT civilian dental assistants and one FT civilian receptionist. It is clear that the majority of our unit is civilian and these individ-

uals are invaluable assets to our detachment.

As such, let's introduce each member of our hard working civilian staff:

Dr. Ralph Rix: A former military dentist, Ralph has practiced dentistry for years throughout Canada in both the military and civilian practice. An avid outdoorsman, Dr. Rix can be heard talking about all his fishing or hunting experiences and is never shy to express his gratitude to the CF.

Dr. Tri Mai: A civilian dentist with nine years experience, Dr. Mai is a tired married father of two young children and an avid sports fan.

Sandra Faulkner: A dental hygienist, Sandra is married to an Air Force member and is an avid runner who is always keen to encourage outdoor physical fitness even at -45C.

Marla Rubin: A dental hygienist with years of experience, Marla has three children, enjoys taking

dance lessons and is currently single.

Leanne Beatty: Always smiling, Leanne is a big Saskatchewan Rough Riders fan with two young children. Her husband is in the Winnipeg Police Department

Sylvia Hancharyk: Recognized recently for over 25 years of experience as a dental assistant, Syl is most familiar with our clinic. An avid golfer, Syl also enjoys trips to Tennessee.

Danielle Laroche: Our only French speaking dental assistant, Danielle enjoys camping and snowmobiling and has recently begun training for her first half marathon.

Andie Frith: New to our team, Andie is a dental assistant with country flair, enjoys cooking and is a true rural Manitoban.

Lisa Harrisko: Recently hired, Lisa is an experienced dental assistant who is a new mother and enjoys the outdoors.

Marcel Roberge: With 11 years of experience, Marcel is not just any receptionist. He is a former librarian and Canada Customs employee who is able to recite member's contact numbers by heart. Marcel is critical in ensuring patients make their appointments and has a reported IQ of 137.

1 DU Det Winnipeg is pleased to honour the civilian personnel that help to achieve the goals of our unit. Our civilian personnel are hard working, caring and ensure that your dental experience is as pleasant as possible.



The hard-working dental staff.

Coming to a clinic near you

Feature unit

Submitted by Capt Dawn Wojtowicz

Since the year 2000, the Canadian Forces Health Services (CFHS) has had the Rx 2000 project in place to review and improve Canadian Forces (CF) health care issues. One of the many health care change initiatives of Rx 2000, is the Primary Care Renewal Initiative (PCRI).

From the start, PCRI acknowledged the importance of health care that supports operational readiness, builds trust between CF members and their health care providers, and supports improved continuity and access to health care services. A new primary care clinic model was developed to meet RX 2000 objectives. This model was developed by CFHS personnel and external senior civilian health care executives and tested on four CF bases. The model was then reviewed and changed again in 2003, based on feedback from CF members, frontline personnel and operational chains of command.

In 2005, the model's name was formally changed

to The Canadian Forces Medical Clinic Model, and it became Branch doctrine. Since then, it has been implemented on several CF bases.

23 CF Health Services Centre (23 CF H Svcs C) is scheduled to fully implement this model in September of this year. CF members will be "rostered" or assigned to a care delivery unit (CDU) to improve continuity of care. Consideration will be given to those members who already have a regular physician in the clinic. There will be less time dedicated to sick parade and more physician appointments available.

If you have been to the clinic recently, you may

have noticed some changes already. Members are asked to report to sick parade by 0800h and those with less acute problems will be redirected to make an appointment. Members coming to the lab for routine labwork, now need to check in at reception so that their visit may be logged into the Canadian Forces Health Information System (CFHIS) the new CF electronic health record.

These are some of the changes associated with the implementation of the CF Clinic Model.

Watch for future articles about the PCRI, CFHIS and future renovations at 23 CF H Svcs C.



Sgt Tobin helps a patient.

Which of These Costly Homeseller Mistakes Will You Make?

WINNIPEG –A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the same amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that some homesellers don't get what they want for their homes and become disillusioned and – worse – financially disadvantages when they put their home on the market.

As this report uncovers, most home-

owners make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

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Demolition of 101 Sabre Crescent

This notice is to advise all 17 Wing personnel of the imminent demolition of the row house unit located at 101 Sabre Crescent. The demolition is necessary due to the construction of a new CANEX building, which is expected to be completed by late March 2009. Contractors are expected to begin preparation work on 14 March, with demolition starting in earnest in early April. Traffic flow in the area will be impacted but every effort will be made to keep the disruption to a minimum.

Démolition du 101 Sable Crescent

Nous tenons à informer le personnel de la 17e Escadre de la démolition imminente de la maison en rangée située au 101 Sabre Crescent. Cette mesure a été rendue nécessaire par la construction de l'immeuble de l'économat, qui devrait prendre fin d'ici la fin mars 2009. On s'attend à ce que les travaux préparatoires soient entrepris le 14 mars, et à ce que les travaux de démolition proprement dits commencent au début avril. La circulation sera perturbée dans le secteur, mais on fera le nécessaire pour que l'impact soit minimal.

Vertical Adventures

Come join Community Recreation in a fun evening of Wall Climbing at Vertical Adventures.

Date: Monday, March 31

Time: 7:00p.m - 9:00p.m

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Time: Drop off 7:30 - 8 a.m. and pick up 4-4:30 at the Base Theatre.

Register by March 29

For information or to register for either program, phone Dan at ext.2057

Tips to help you shape up safely

By Dr. Darrell Menard MD Dip Sport Med

STRENGTHENING
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1. Take some time to warm-up before exercising. This should involve some stretching, walking or jogging just to get your tissues ready to work. Discuss this with your fitness staff to ensure you are using proper warm-up techniques.

2. Try walking yourself back into shape. While walking may not appear to be as macho as running, it does have a much lower injury rate and walking the same amount of time that you usually run will produce a very similar fitness benefit.

3. Use the Talking Rule. During aerobic activities such as walking, running, cross-country skiing and biking, your training intensity level should allow you to be able to have a conversation with your training partner. If you find yourself struggling to breathe – you are working too hard regardless of how slowly you may be going.

4. Cross train. Cross training varies the stress and strain on various body tissues and can reduce the incidence of injuries. It is also a lot more fun to do a variety of fitness activities rather than the same workout every day. Try alternating activities such as: walking, cycling, skating, skipping rope, snow shoeing, skiing and swimming.

5. Try using a pedometer – they are available from your local Health

Promotion staff. Wear a pedometer for a typical day and you may be surprised at how little you actually move. For health and fitness maintenance, it is recommended that you aim for a minimum of 10,000 steps/day. Some people can achieve 10,000 steps/day without ever going to the gym. Walk to work, taking the stairs, walking the dog and walking to the mailbox all add up.

6. Strength training and core stability exercises – include some in your program. During weight workouts start by limiting yourself to only two sets of 10-12 repetitions of any exercise. This approach will give you approximately 80 per cent of the benefit of the exercise without the increased risk of injury that comes with doing more than this. Ask the fitness staff if you are using proper technique.

7. Sweat loss doesn't mean fat loss. Working out with plastic bags under your clothing will cause you to temporarily lose some body water but it will not promote the fat loss that you desire. What over heating during exercise will do is increase your risk of becoming dehydrated, electrolyte depleted and excessively fatigued. It also increases your risk of developing a heat-related injury such as heat exhaustion or heat stroke.

8. Become an exercise thief! Many people incorrectly believe that they are not exercising unless they are working out in the gym.

Your body doesn't know the difference between walking to your boss's office and walking on a treadmill. Using the stairs, taking the bike to the post office, walking to work, shoveling the driveway and mowing the lawn are just a few examples of the opportunities you have to steal some exercise in your day.

9. No Pain No Gain! - is a motto that applies to elite athletes and not someone who is trying to get fit. If you are suffering throughout your workouts, you are training too hard. Try backing off on the intensity of your training and the chances are you will enjoy exercising a lot more, you will be motivated to train more often and you will reduce your risk of becoming injured.

10. Remember - there is no fast track to becoming fit - despite what the advertising media often tells you. While it doesn't sound sexy or high tech – the formula for success can be as simple as walking 45-60 minutes 5 days a week and eating a healthy diet. The secret is to "get moving" and make it a regular part of your daily lifestyle

The CF EXPRES program - has individual training guides covering all of the above activities as well as activity record booklets.

All of these items, lots of good advice and plenty of encouragement are all available at no cost through your base, wing and unit fitness staff. Train smart and have some fun.

Lest We Forget souvenir sheets

By Alf Brooks

In 2006 and 2007 Royal Mail issued attractive souvenir sheets.

The sheet for 2006 commemo-

rates the ninetieth anniversary of the Battle of the Somme; in addition to four British regional definitives, it shows poppies on stems of barbed wire.

The sheet for 2007 commemo-

rates the ninetieth anniversary of the Battle of Passchendaele. Once again the poppy is featured; look closely and you will see that the black centre shows silhouettes of soldiers.



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The VPI Club of Greenwood, Nova Scotia, is planning a luncheon on 3 June 2008 to commemorate all those aircrew who flew the Neptune aircraft in the RCAF or other Allied Air Forces. We will be exchanging stories, and reminiscences, both factual and near-factual.

For more information, contact Derek Squire at 902-765-4660 or derek.squire@gmail.com.

Retired member recalls the past

By Cpl Brenda Gullen

John Riordan, who lived through the early years of the Air Force, shares what it was like in the 1940s.

John Riordan was first exposed to military life when his father, a mechanic by trade, joined the Army and moved his wife and eight children off their farm at Spurling, Man., to Winnipeg. The move to Winnipeg made it easier on the family, since the elder Riordan was away at Thunder Bay, Ont. Riordan's father then moved the family to Woodstock Ont., where he was posted with an Army Service Corps driver training school as an instructor. Riordan accompanied his father to work, where he saw how the trainees were taught to line up, tow and drive the guns over rough terrain.

Riordan joined the Air Force as a Heavy Machine Operator (a forerunner of the current Mobile Support Equipment Operator occupation) in November of 1941, here in Winnipeg.

When Riordan joined the Air Force, there were three Manning Depots one at Toronto, Brandon and Edmonton, where new recruits completed the required administration, medical and dental examinations and basic training. Basic training was sometimes waived for maintenance personnel because of personnel demands.

He was posted to RCAF Station Brandon to the Works and Building Unit where he drove and maintained the snow blowers, caterpillars and trucks.

"It took approximately 47 people on ground to keep one aircraft in the air; this included the support trades such as cooks, laundry and maintainers," said Riordan.

The crash tender (fire truck) and ambulance had to be manned by motor transport personnel at all times during flying operations. The Tear Drop - a vehicle driven by a Ford engine turning a propeller and skis on the front and back - would be there as well. The Tear Drop was driven by women: the first in the Air Force to do the same job as a man.

Winter operations meant driving the snow blower: a huge sled as big as a room in your house drawn by a caterpillar tractor with hinged

sides that opened up to let the snow slide out. "The snow blower would take down a five to six foot snow bank, with no trouble," he said.

Riordan remembers that there was a lot of co-operation between the Allies, and tells how they had to level the ground at Shilo for the jump tower. It was the only one in Canada and the Americans would come to train on. The Army paratroops would jump here because of the open space. The British trained at Carberry, and everyone would train at landing the aircraft on Oak River, near Rivers.

"The Prairies were famous for the Iron Compass," he said.

There were many bases and stations the Prairies because of the good flying weather and aircrews could not get lost due to the Iron Compass - the railway tracks that went to the grain elevators in the small towns. A joke among the British fliers was that when they followed Iron Compass, they would see the grain company's name on the elevator - thinking that it was the town's name - go another seven miles and see the same name, again.

"Operation back then was (based) on flying hours. Bases were judged on accident free and flying hours; which were adjusted to the size of base, with the number of personnel and aircraft," he recalled.

Riordan said he will never forget when Ernie Moncrief, former military member and founder of Standard Aero, was on the parade

square and made everyone aware that they were there for flying hours.

The mandate was safety first, flying hours were very important and a slight bending of the rules to generate flying hours would be tolerated.

One of the big changes from the Second World War to today is how troops deploy. Today we send our troops by air. Back then they traveled by rail.

On his posting to Newfoundland, it took John almost two weeks to go by rail to Halifax's Y depot, which dealt with all Canadian troops going overseas.

The next leg of his journey was by a small ship convoy that took three days: one ship was lost during the convoy due to icing conditions. John was then trucked from St. John's Nfld. to the RCAF Station at Torbay Nfld.

At Torbay, Riordan worked with the radar used to spot all ships and aircraft. John also trained as a spotter and completed a number of operational anti-submarine sorties when not busy with other duties.

According to Riordan, the wind always came from the west and a popular saying was that the Catalina had a built in head wind, because it was so slow.

Riordan has seen many changes to the Air Force since his time in uniform. The uniforms and rank badges are different. The method of travel for deploying troops and where the troops are deploying to are also different. The equipment is different and there aren't nearly as many bases or stations as there once were: what has not changed is Canada's commitment to rights and freedoms for all.



John Riordan with a snowblower with which he used to work.



John Riordan, right, with a British friend from the Royal Air Force

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Manitoba Moose Military Appreciation Night



Sgt Cynthia Scott, of the Air Command Band, sings O Canada during the opening ceremonies, accompanied by the band.



Manitoba Moose's Jason Jaffray #15 scores on Quad City Flames' goalie Curtis McElhinney.



Manitoba Moose Goalie, Drew MacIntyre looks back behind his net as teammates Nolan Baumgartner (#5) and Danny Groulx (#44) battle for the puck against Quad City Flames forward Cam Cunning (#8).



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402 Squadron Band plays before the start of the hockey game.

Red River students observe Basic Winter Warfare Course

By Cpl Bill Gomm

Creative Communication (Cre Comm) students from Red River College got a chance to see how Reserve soldiers work and train in the cold during a visit to the Basic Winter Warfare Course (BWWC) held at St. Charles Range 18-22 February.

"I'm impressed by how fast they got the tent up," said Aaron Zeghers.

"I really like the course," said Private Anna Weingartl, referring to the Winter Warfare training. "Especially making our own shelters."

As part of Exercise PRAIRIE DEFENDER in Dundurn 26 April to 2 May six Cre Comm students will be embedded into the exercise. Three will be journalists and three will be Public Affairs Officers (PAO) at the half way point they will switch. All will have the opportunity to rotate through various sites and camps.

As embedded journalists, the students will be required

to write stories daily, do on-camera reports and the PAOs will monitor interviews and do briefings.

The six lucky students will be chosen from a larger group based with input from their instructors and the PA staff of 38 Canadian Brigade Group.

Writing the articles on the Winter EX was one part of the evaluation process.

Nine students arrived on 22 February for the Final Training Exercise (FTX). Upon arrival at the range Captain Rick Desjardins, the Course Officer, briefed the students on the course and then took questions.

"In the cold everything is more fragile and takes longer," said Capt Desjardins as he explained the course and the difficulties encountered while training in the cold.

"The most difficult part is the mental block, convincing you that you can operate and live at -40C."

Twenty-eight Reserve soldiers broken down into

three tent groups took part in the BWWC.

With the Cre Comm students watching, the soldiers took part in two competitions, the first being a snowshoe relay race around a 400 meter loop and the second a race as a group to set up their 10 person tent with the winning team being the first one to present a cup of hot chocolate to the course officer.

"It was long," said Private Andreas Zinn after finishing the first lap of the relay. "In some parts I had to break trail while the rest was hard packed."

The Cre Comm students seemed to enjoy the experience, even though it was during their Reading Week break from school.

"I didn't expect my break to be this educational," said Bren-Lee Coates.

The contests were a big hit with all of the spectators.

"Interesting to see them at work and competing against one another," said Zeghers.



Private Matthew Nichol talks with Christine Mazur, a Creative Communication student at Red River, after finishing his leg of the snowshoe relay race. Pte Nichol is with The Queen's Own Cameron Highlanders of Canada.



Private Anna Weingartl unravels a tent line and peg before hammering the peg into the ground. Pte Weingartl is with 735 Communication Regiment.



Private Andreas Zinn races to the finish during the first leg of the snowshoe relay race. Pte Zinn is with The Fort Garry Horse.



Second Lieutenant Anne Pham uses snowshoes to march over the snow during the Basic Winter Warfare Course. 2Lt Pham is with 735 Communication Regiment.



To the men and women in our Canadian Forces: Thank you!

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Terry Hashimoto 470.6963



402 Squadron reflects on the past year

By MCpl Dave Demers

November was a month of reflection and remembrance. On the 11th hour, of the 11th day, of the 11th month of 2007, 402 Squadron members, including the Pipes and Drums, converged onto Bruce Park for Remembrance Day ceremonies to pay respect to fallen heroes.

At a ribbon cutting ceremony on November 28, LCol Witherdren presented the 402 Habitat for Humanity home to its new owners.

December came in with

a bang. The average temperature was well below normal and it seemed that winter was here to stay. With the snow came winter concerts, holiday parties and time spent with family and friends. For those less fortunate, it is a hard and difficult time of year.

On December 19 and 20, 24 members of 402 Squadron generously volunteered their time and vehicles in aid of the Winnipeg Christmas Cheer Board. These volunteers drove countless kilometers through the busy streets of Winnipeg, sometimes get-

ting a little lost but eventually achieving their goal of delivering 300 hampers over the two-day period.

Members were greeted at the doors by many thankful, smiling faces, young and old. Although 402 Squadron played a very small part overall in the Christmas Cheer Board hamper delivery program it was a worthwhile, significant, and satisfying contribution. This year alone the Cheer Board delivered \$2 million worth of food and gifts (more than 18,500 hampers).

402 Squadron has its

own Hamper Program, which delivers hampers to the Deer Lodge veterans. This program, which is in its eighth year, is run by the 402 SOR. Assisted by 17 Wing members and 1 Cdn Air Div (which raised more than \$700), the 402 Hamper Program raised \$1400 toward gifts and personal supplies for these veterans, and \$220 for 17 Wing's Care and Share program.

Thank you to everyone for his or her participation in the charitable endeavors that 402 Squadron has been able to undertake.

Cheer board delivery full of adventure

By Cpl Dawn Meier

December 20 started out like any other day. You know... when you are tired and cranky and listening to your two grown children fighting— again.

So, I finally get out of the house and the cell phone rings. It's Scott, my Christmas hamper delivery partner, wondering where I am. Yeah, that'll help me feel better: my volunteer partner panicking about being late. Then yet again, Scott calls, and finally one last time just as I pull into the parking lot at work.

Now the real adventure begins. Me at the wheel, and Scott navigating the situation, he even brought a map. Good thinking Scott, you are not just another pretty face. Scott asks me if I know where the Christmas Cheer Board is. I say 'yes, of course I know.' I went to the meeting the previous week and know exactly where it is. Well, an

hour later and who knows how many times around the block, we still can't find the Christmas Cheer Board. I am sure we are in the right area and Scott is mostly sure we are in the right area — he couldn't be 100 per cent sure since apparently the map he so graciously provided had one flaw — it was useless. I was beginning to suspect it wasn't even a map of Winnipeg. There is only one thing left to do— what any great Canadian would do— we went to Tim Horton's for a coffee.

I decide, against Scott's better judgment, to phone for directions. The only problem Scott really had with me phoning for directions was that he has never in his life had to ask for directions... to anywhere.

I am so bad at directions that I used to get lost regularly just driving home from work.

My neighbours must have wondered why I pulled

into their driveway every day at 15:30, sat there for a few minutes, enough time to get my bearings, and then pulled out and drove home.

I digress... I called Gary from work, since he knows everything, and asked him where the Christmas Cheer Board was.

He gave me directions from the Tim Hortons. They went something like this, 'turn around and drive straight ahead for about 10 seconds. You can't miss it.' I asked, "How will we recognize the place?" Easy, he said. "It is the only building with a giant banner that reads Christmas Cheer Board."

The adventure begins. We finally make it to the Christmas Cheer Board, a little late, and with slightly bruised egos, but ready to rock and roll.

The rest of the day went very smoothly. It really was one of the best things I ever did. After all the hassle of fighting with my kids, getting lost looking for the Christmas Cheer Board, and even dealing with the map of Regina Scott tried to pass off as a map of Winnipeg, I can honestly say I had a great day.

Scott felt the same way about everything except his map, which he still insists was a map of Winnipeg. Sure Scott, use it again next year. I am just sorry I won't be here to partner with you again.

All kidding aside, I guess I needed a dose of reality. I sometimes think I am so hard done by. It is so easy to focus on what we don't like about our lives and to feel as though we have it so tough. I realized on December 20, 2007 that I really am fortunate. I have so much to be thankful for. When I think of George running up to us with a big smile on his face, waving his arms and welcoming us into his building, into his life, I know he is truly thankful. When I think of Melissa calling us back with such urgency in her voice, with such gratitude in her heart. We had missed her, we definitely had to go back and make sure she received her hamper. Of course we were glad to do so, and she was so thankful. Her laughter and her thoughtfulness, she gave us a Christmas card for the effort, are with me still.

The reality dose I received was one of knowing... knowing it could be any one of us. Knowing that I am no better than anyone else and knowing that we are all equal and all deserving. Knowing that the scales could tip at any time. Knowing that as children we all have hopes and dreams and knowing that my duty to others does not end with the delivery of half a dozen hampers. Knowing that this does not give me the do-gooder seal for another year, but it is a start.



Hard at work

Air Force Reservist Cpl Martin (Marty) Sterritt was born in Terrace, British Columbia, to Ann and Gerald Sterritt. Marty joined the Regular Force as a member of the Princess Patricia's Canadian Light Infantry in December 1982 and retired at the rank of Sgt in January 2003, transferring to the Air Reserve in January 2003 as a Traffic Technician. Cpl Sterritt is shown completing a Search and Rescue change on a CC-130 Hercules aircraft with his team at the Air Movements Section here. Cpl Sterritt has extensive military experience, including training as a machine gunner, assault pioneer, wheeled vehicle and Armoured Vehicle General Purpose driver, LAV-III gunner, parachutist and winter, desert and mountain warfare. He has served in Cyprus and in the Former Republic of Yugoslavia with both the United Nations and NATO.

By Brenda Gillen



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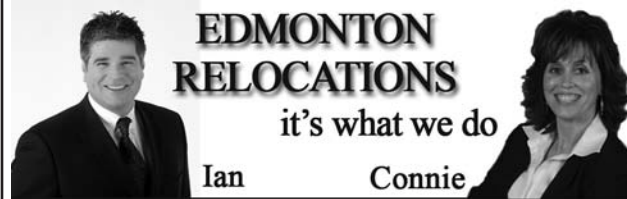


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17 Wing Women's volleyball takes silver at regionals

Cpl Maria Toone
17 Wing Women's team coach

On February 22nd, 2008 the 17 Wing Women's Volleyball team started a journey to 15 Wing, Moose Jaw Saskatchewan for the Prairie Regional Volleyball Championship.

After a long drive to Moose Jaw, we reached our hotel and got ready for the meet and greet. For those who have played in previous years we reunited with friends and fellow competitors, and for those who had never been part of a Regionals it was an opportunity to make new friends.

Our first game was on February 23 at 0900 hrs, against Edmonton.

We knew from the previous year that it was going to be a hard game.

We won in two straight and so the team was on a high note and the energy was soaring.

The opening ceremonies were held after our first game. We were introduced to the Base Commander and he said a few words.

We watched as he did the ceremonial serve and then it was time to watch the men's team play.

Our second game was at

1500 hrs against Cold Lake.

We like playing Cold Lake because they are a good team and always manage to get the balls that you think are impossible. This kept us on our toes the whole time and we once again took the win.

Everyone was smiling and excited as we progressed through the day, all the hard work had paid off, but there was still one more match for the day and it was going to be against a team that was known to be aggressive and experienced.

At 1800 hrs, we played Moose Jaw and we dug deep, we took the first set and we used the energy from the win to get ahead in the second, but Moose Jaw dug deeper and took the lead and won the set. In the third set we pushed ourselves to the limit but Moose Jaw won.

The team was upset but we weren't eliminated yet and we still had one more round robin game the next morning.

Sunday morning we played once again the early game at 0900 hrs, this time it was against Calgary.

I looked at the score board before our game and realized there was going to be a 3-way tie for first be-

tween Winnipeg, Edmonton, and Moose Jaw if we took the win against Calgary.

The Calgary team came out with game faces and determination to win a set, it was close 25-23 for Winnipeg but in the second set we walked away with the win.

After our win we had a coaches meeting to determine who took the first place spot in the round robin.

It was confirmed Winnipeg came first in the round robin and the team was ecstatic, we were in a great position and if we worked as a team we could advance to the finals.

The semi-finals began at 1300 hrs and we played Cold Lake, the team was amazing and worked together. We had each others' backs and played amazingly. We took Cold Lake in three straight and the team was on a high.

We were going to the finals and a medal.

We watched the men's final at 1430 hrs and cheered our men's team on.

They had a tough battle against Edmonton and we wanted to see them win, this was some of the best volleyball I had seen in years.

The refs blew the whistle to end the men's game and it was our turn to warm up



From top left clockwise, MS Tricia Cox, Pte Kim Robichaud, Lt Leslie Rediger, Lt Tammy Dunnett, Cpl Maria Toone, CWO Kathy Cox, Cpl Christina Young, Sgt Stacey Kohanski and Ocdt Rebecca Sparkes.

and fight for gold. As we got closer to the game, the butterflies got stronger, it was the first finals for some of the players.

Moose Jaw took the first set but not without a fight from Winnipeg, we came back to take the second set and the high was back, we got into the third and fought hard all the way but luck wasn't on our side.

Moose Jaw took the third and fourth set taking the gold and giving them the oppor-

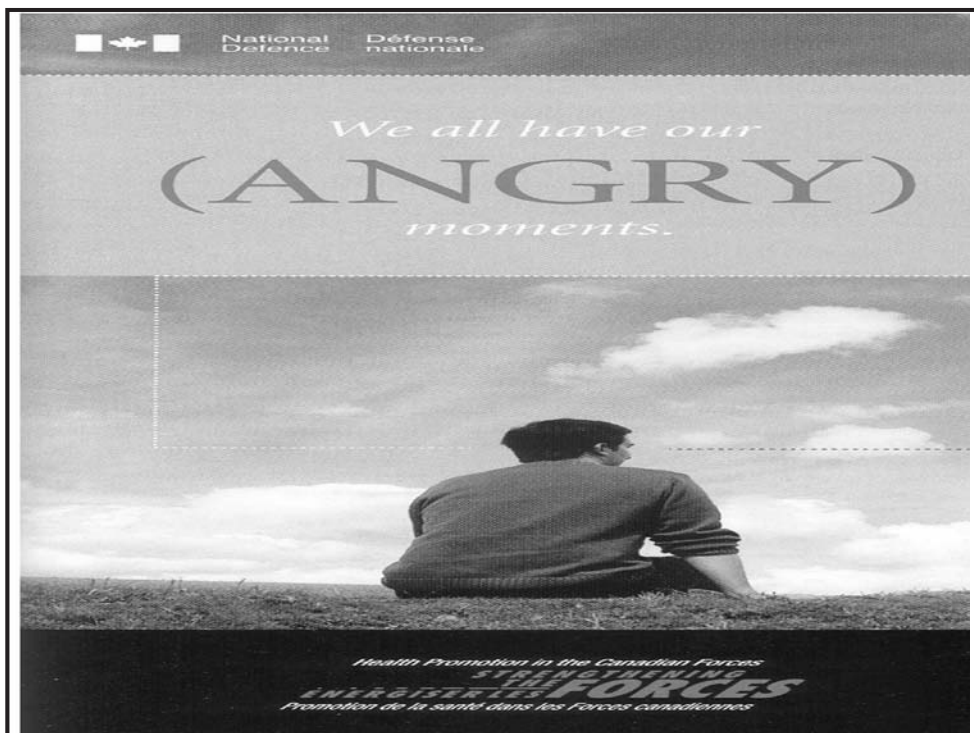
tunity to represent the prairie region in the CF Nationals.

Some of the girls were sad, and some was exhausted, but most we were proud to have made it to the finals and give Moose Jaw a worthy fight for gold.

As a coach I couldn't be prouder of our achievements this year, we may not have won the gold but we excelled as a team. The women on the 17 Wing women's team are exceptional athletes and amazing players, they dug

deep when it was necessary and we all had fun doing it. I want to thank all the women who came out this year for the volleyball team.

The women's team would like to send a special thank you to the men's team. The men came out to every game we had and help us with the warm-up and cheered us on all the way, you don't know how much we appreciate it and how amazing it was to have people there supporting us all the way.



MANAGING ANGRY MOMENTS

START DATE: 7 APRIL 08
TIME: 1330 – 1530 HOURS
LOCATION: BLDG. #62 – R00M #309

DEADLINE FOR REGISTRATION: 1 APRIL 08

FOR ADDITIONAL INFORMATION AND TO REGISTER CONTACT HEALTH PROMOTION LOCAL 4150 OR 4160



The 17 Wing women's volleyball team faced tough competition at the Prairie Regional Championships in Moose Jaw.

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Email: wpgmfrc@autobahn.mb.ca

Our Programs

- ✓ Volunteer Services
- ✓ Personal Development & Community Integration
 - Information and Referral Services
 - The Newcomer Program
 - Employment & Education Assistance
 - Services Francophones/Second Language Services
- ✓ Prevention & Intervention Services
- ✓ Family Separation & Reunion
- ✓ Child & Youth Development
- ✓ Parenting Support

MFRC Monthly Community Coffee Break

The 1st Thursday
of EVERY month
10-11 a.m.
102 Comet St.

Resources

The MFRC has Internet-ready community computers, a fax machine, tape recorders, digital camera, and video camera available for use on site during normal working hours.

Other Numbers

MFRC: 833-2500 ext.4500
Emergency Childcare: 935-7733
MFRC Childcare Centre: 837-3653
Youth Centre South: 488-8563
Youth Centre North: 833-2500 Ext 4502

CF Family Consumer
Info Line: 989-9019

Military Families: Strength Behind The Uniform

*Second Language Training
Spring Session 2008*

It is now time to register for our Second Language Training Programs in either French or English. The course duration is ten weeks and will consist of two three-hour classes per week.

The Spring 2008 session offers French Levels 3 and 6 (possibility of other levels) as well as one English class. Courses will start the week of April 14th, 2008; deadline for registration is April 11th, 2008.

French 3: Monday & Wednesday, 6:30 to 9:30 pm
French 6: Monday & Wednesday, 6:30 to 9:30 pm
English: Tuesday & Thursday, 6:30 to 9:30 pm

Date and time may change according to the availability of the teachers and the students.

Cost:

For military spouses and family members: \$50 (refundable if 85 per cent of the course is completed).

For military personnel: \$50 non-refundable.

For NPF and public employees: \$100 non-refundable.

For more information contact Candide Lefebvre at ext. 4515 or at Lefebvre.c3@forces.gc.ca

Deployment Concerns

A military member's deployment can stir up conflicting emotions within individuals and families. While you are proud of your military members' accomplishments, you may be concerned for his or her safety, especially if the deployment is to an area of conflict. It's important to keep in mind that your military member is capable, trained, and well equipped to carry out his or her mission. Also remember that the best thing you can do for your military members is to offer your support and encouragement.

Stay Connected, Stay Informed. Give us a try; come out to our programs and events. Make sure you are on the list to receive our Community Connections Newsletter.

Special presentation

On Saturday, March 29 from 1 to 3 p.m. at the 17 Wing Learning and Career Centre, a presentation will be made by Capt Dave Mural, the Public Affairs Officer from 17 Wing of his tour in Afghanistan in 2006 – 2007. He took over 3000 pictures and he is going to put some of them together in a narrated presentation. Some of the pictures are of places that other military members will never have the chance to visit. He will be available for questions and there will be a reception to follow. If you are interested please register for this event by calling 833-4500 ext 4500 before March 21st.

Deployment information

Is your loved one deployed? Have you received a Deployment Information Package from the MFRC? If not, please drop by 102 Comet Street to pick one up. This package contains useful base and community resource information to assist your family during times of separation & reunion.

While at the Centre, check out our Resource Library. We have a variety of videos, books, brochures, children's activity books, maps, etc all designed to assist your family manage the challenges of separation & reunion.

Volunteers needed

With all that is going on at the MFRC, we truly appreciate the gift of our Volunteers. There is, however, an ongoing need for more volunteers. Please think about the following opportunities, and which ones appeal the most to you. Then give us a call, and prepare for some fun times.

- Child Care: The fourth Saturday of each month, 1:30 to 4:30, is scheduled for Deployment Childcare. On the second and fourth Wednesday morning of each month we have a Mom's group that needs assistance with childcare for toddlers.
- Mother Goose Program: This group meets every Thursday morning at Carpathia School, and requires a volunteer to help out with the children during stories, songs and games.
- Spring is coming. We have several gardens and flowerbeds that are in dire need of volunteer love and care. Polish off your green thumbs, and take this chance to show off your creativity.
- Baby and Toddler Gear Sale: Volunteer assistance will be needed for set up and tear down, along with various other duties that arise. The time commitment is from 9 am to 2 pm. For more information, or to sign up to volunteer, please call Barbara, Coordinator of Volunteers at 833-2500 local 4519.

*Formation de langue seconde
Session printemps 2008*

Il est temps de vous inscrire à notre programme de langues secondes, français ou anglais. Les cours sont d'une durée de dix semaines, à raison de deux classes de trois heures par semaine.

La session de printemps offre des cours de français de niveau 3 et 6 (possibilité pour d'autres niveaux), et une classe d'anglais. Les cours débuteront la semaine du 14 avril 2008 et la date limite d'inscription est le 11 avril 2008.

Français 3 : Lundi et mercredi, de 18h30 à 21h30
Français 6 : Lundi et mercredi, de 18h30 à 21h30
Anglais : Mardi et jeudi, de 18h30 à 21h30

La date et l'heure des cours peuvent varier selon la disponibilité des enseignants et des étudiants.

Coût :

Pour les familles de militaires : 50\$ (remboursable si 85% du cours est complété).

Pour le personnel militaire : 50\$ non-remboursable.

Pour FNP et pour le public : 100\$ non-remboursable.

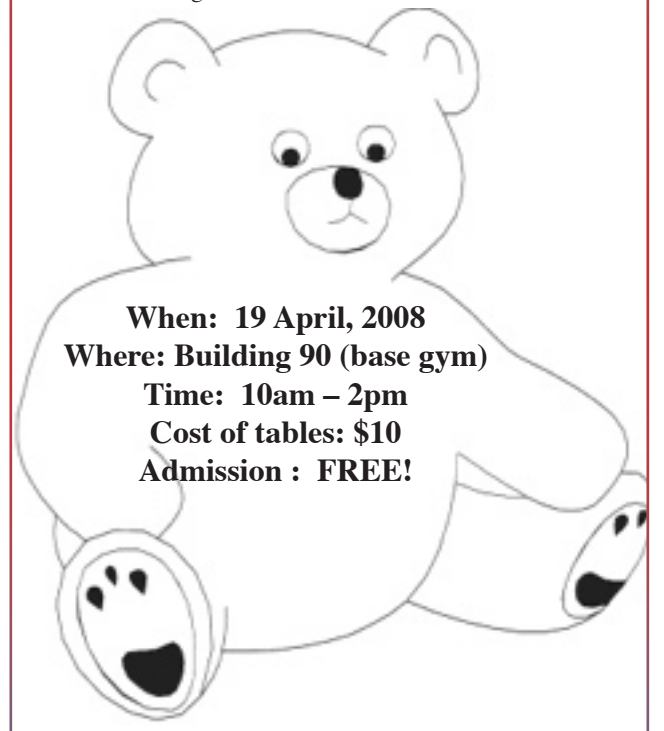
Pour de plus amples informations, communiquez avec Candide Lefebvre au poste 4515 ou encore à l'adresse courriel suivante : lefebvre.c3@forces.gc.ca

Baby and toddler gear sale

Do you have some baby items that you no longer need? Are you looking for some gently used baby or toddler items?

Come to our Baby and Toddler Gear Sale at Bldg 90 (gym) to find some bargains!

Call the Military Family Resource Center at 833-2500 ext 4500 for details or to register for a table.



Volunteer as a family

A fairly liberal definition of family is: any group of two or more people that considers itself to be a family: parents, children, siblings, foster parents, grandparents, aunts, uncles, cousins, friends, and any others who consider themselves a family.

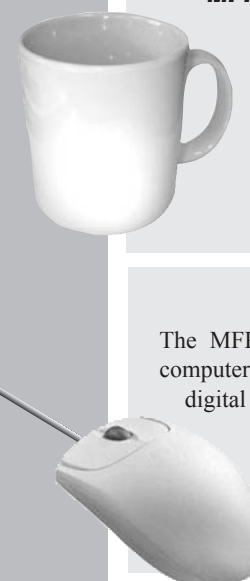
Family volunteering occurs when family members volunteer together in community service activities. The concept most often emphasized is togetherness. When family members volunteer, there are enhanced opportunities for building relationships.

All families who volunteer make a conscious effort to be active and to make a difference to their community. They are aware that volunteering is an activity that can help build and sustain relationships within the family unit, and that they can meet other families with similar values.

Volunteerism is an important ingredient of the glue that binds the family to its community. It allows the family to serve the community and pass on important values to its children, youth, and other adults, and to experience a shared sense of accomplishment. It is also an occasion for the family to spend quality time together, sharing meaningful experiences, common goals, and a sense of purpose.

Why not think about volunteering for your military community with the MFRC as a family experience? For more information, contact Barbara, Coordinator of Volunteers at 833-2500 local 4519.

WWW.MFRC-MB.CA



Together in Church



Catholic

Chaplains

Chaplain Lisa Pacarynuk
Roman Catholic
Office 833-2500 ext 5417

Father Gracjan Burkiaciak
Roman Catholic
Office 833-2500 ext 5272

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

Masses
(English only)
Sunday 1100 hrs

Religious Education

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.

Weddings -Marriages

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

Catholic Women's League

Meets in the Chapel Annex the third Monday of each month at 1830hrs.

Protestant

Chaplains

Padre Grant Schapansky
(Pentecostal)
Office 833-2500 ext 5349

Padre David Stewart
(Presbyterian)
Office 833-2500 ext 5785

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

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

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

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

The 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.

Longer days mean bigger smiles

By Padre David Stewart

Have you noticed people are smiling a little more when you see them these days? Have you noticed that you are probably doing the same thing? Why do you suppose this is happening?

The reason is elementary! The days have grown a little longer and the temperature is just a little bit warmer. It's not summer yet, but already we have shed a few layers. We no longer hold our breath when we walk out the door first thing in the morning. Instead we open the door and stand there for a few minutes, eyes dazzled by the bright morning sun and take a deep breath of the cool morning air, still cool but no longer sub-zero. It is

a good feeling, isn't it?

Why do we smile more when the weather is like this? Perhaps it's because this change fills us with hope. This hope is born of expectation, and this expectation has been fulfilled in the past and will be fulfilled again in the present. We know that this change in weather can be dramatic and sudden, or it can be rather drab and prolonged but what matters most is the fact that we know it is all about to change for the better. It is this hope that makes us all feel a little happier when spring approaches and finally arrives.

This is something that we all share, a sense of hope. Hope is that feeling that it will be all right eventually even when it is not right

now. Many people of faith share this sense of hope because they place it in a power that is greater than they are, a power that is not necessarily of this world.

The Christian Church is now in the midst of a glorious season, the season and Lent and Easter.

These seasons are about mental and spiritual preparation that ultimately culminate in a wonderful celebration.

During Easter we celebrate the victory of light over darkness, of life over death.

These themes are found in many of the world's faith traditions, but as Christians we see them in a very specific way. We understand them to have implications for us

and for the world around us. This is the news that makes us as Christians who we are; this is the news that has changed the way the world works forevermore.

As Christians we can celebrate that ultimate victory of Life over death at Easter. The darkness has come to an end. God through Christ has conquered even that time of the grave. Jesus emerging from the tomb is the hope of resurrected life for all.

And as Canadians we can celebrate the coming of Spring, that we have survived yet another cruel winter and we will revel in the wearing of shorts, the swinging of golf clubs and, of course, the joy of complaining about the heat, because this is a part of who are.

17 Wing Community Chapel Easter services

Holy Thursday 20 March

5 p.m. Joint RC/Protestant Passover liturgy with dinner

7 p.m. RC Feast of the Lord's Supper, Reposition and Adoration

Good Friday 21 March

9 a.m. Protestant worship

3 p.m. Roman Catholic Mass, followed by poor man's supper

Holy Saturday 22 March

8 p.m. Roman Catholic Easter Vigil

Easter Sunday 23 March

8 a.m. Protestant Holy Eucharist, followed by breakfast

11 a.m. Easter Mass, followed by dinner

17 Wing Community Chapel
2235 Silver Ave (off Whytefold)

In memoriam



time of the incident.

Trooper Hayakaze, age 25, is with the Lord Strathcona's Horse (Royal Canadians) based out of Edmonton, Alberta.

We have lost a fine Canadian today, and our thoughts and prayers go out to the family of this brave soldier. The Honourable Peter Gordon MacKay, Minister of National Defence said Canada's participation in this United Nations-mandated NATO mission is a true reflection of Canadian values: helping those in need and defending the interests of those who can't yet defend themselves. We will never forget Trooper Hayakaze whose self-sacrifice served to make life better for so many others."

At approximately 3:45 p.m. Kandahar time on March 2, 2008, Trooper Michael Yuki Hayakaze was killed when his armoured vehicle hit a suspected Improvised Explosive Device (IED) in the Mushan region, in the District of Panjawayi, 45 km west of Kandahar City.

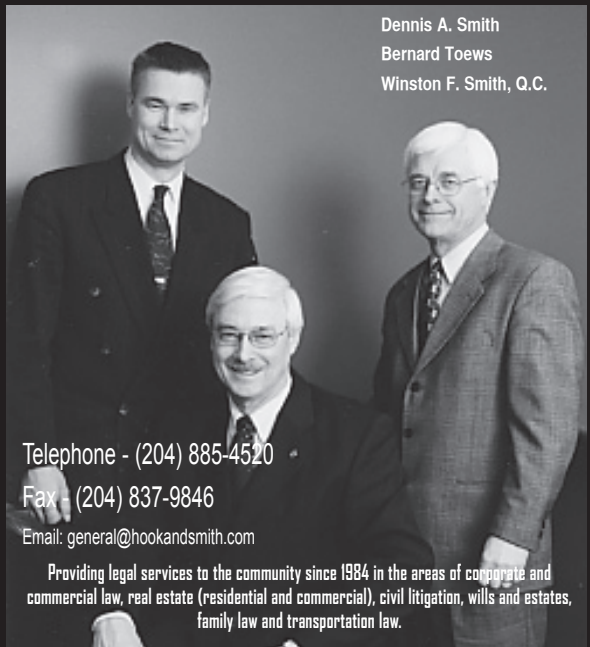
His vehicle was part of a routine patrol during the

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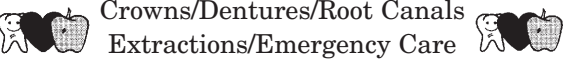
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For sale 1992 Buick Regal. Good condition. Asking \$1500 OBO. Call 885-2009.

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Wanted
Pet wanted Sammy (budgie bird) lost his girlfriend, Sissy, Nov 12. I will give a loving home to a budgie to keep him company. Call Darcy at 831-7619 after 5 or leave a message at local 5878.

Coming events
Breakfast meeting of the Winnipeg chapter of the Full Gospel Business Men's Fellowship International: 0900-1100, Sat 05 Apr, Best Western Charterhouse Hotel 330 York St. (at Hargrave). Guest speaker, couples welcome. \$9/person. Reserve tickets by Thu 03 Apr evening at 475-4207.

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TAROSCOPES BY NANCY

Aries (March 21 - April 19): Be open and honest for it's a small world. Treat others as equals and appreciate that you don't have the answers for everything. There is less pressure on you then. When unexpected events surprise you, admit it, forget the bravado, preconceived notions or assumptions.

Libra (September 23 - October 23): You will not be happy with everything you see at this time but you're able to understand why things happen. Sharing with others helps you to heal. Disheartened feelings and fear can be overcome by finding a cause or course that you can immerse yourself in.

Taurus (April 20 - May 20): Set some rules to ensure changes are implemented. Though even when your intentions are good you won't always get the results you expect. Strive to be fair in what you do and say. If you want to find ways to improve on your efforts consider this - two heads are better than one.

Scorpio (October 24 - November 21): When you're impatient and want to do everything at once it can irritate and inconvenience others. Consequently you may not get the support you expect. Consider those around you. Approach change in a balanced way. It's a good time to ditch some baggage.

Gemini (May 21 - June 21): Life can be a reflection of what we expect it to be. It can also be molded into what we think will be acceptable. This can be limiting or encouraging. Don't settle for anyone else's choices. What do you want to do or attain in life? Map out a logical way to reach your goals.

Sagittarius (November 22 - December 21): Some things need fixing and some are beyond repair. Some were not really right for you anyway. Be yourself and you'll find things work out. Opportunity and good fortune await you. You've learned from your mistakes. If faced with roadblocks - go around them.

Cancer (June 22 - July 22): The ramifications of the actions of significant people in your life are very apparent now. Emotions run high. Seek assistance. Become educated on a subject and you'll feel more comfortable discussing your options. An impartial person is hard to understand but good to know.

Capricorn (December 22 - January 19): If you're suffering from self doubt just focus on your goals. Take it one step at a time, instead of worrying about all there is to do and what could go wrong. Hold to what you believe in. This is a phase. Nothing is a constant except change.

Leo (July 23 - August 22): Not knowing what will happen next can be frustrating but it gives you a chance to see that you're not in charge of every outcome and that you can step back and let others have a try at resolving things. You'll find the same situation looks different to almost everyone involved.

Aquarius (January 20 - February 18): It may seem difficult to determine what to do next because you're torn between wants and needs. Someone's control issues and hidden agendas may be interfering as well. Consider carefully. You can't sit on the fence forever but you can rest and reflect for a bit.

Virgo (August 23 - September 22): You may not have the time you think you need to fully understand something before you make a decision. You can realize your dreams but you must finish a few tasks so that you're able to begin others. It's worthwhile to step out of your comfort zone even if it is a bit scary.

Pisces (February 19 - March 20): You're in the spotlight even if you don't want to be so you might as well accept it. You can hold your own. You have the ability and experience to deal with difficult people effectively. Disputes end positively for you. Others speak up for you when you're not around.

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