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Full House for WComd Curling Bonspiel



17 Wing Commander Joel Roy smiles before throwing out the opening rock at the jam packed 2015 Wing Commander's Curling Bonspiel. For more see page 2.
Photo: Mike Sherby

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WComd's 2015 Curling Bonspiel Rocks

By Chris Merrithew
and Michael Sherby

The annual Wing Commander's Curling Bonspiel was held last week, and the event was once again a roaring success.

"It looked like everyone was having a lot fun, which is great for morale and esprit de corps," said 17 Wing Sports Coordinator Chris Merrithew. A total of 32 teams took to the ice at this year's bonspiel, which was held at the Assiniboine Memorial Curling Club on 25 Mar 15.

"It was a great turn out," said Merrithew, estimating that roughly 130 people competed in the all-day event, with all 8 sheets being utilized at the same time. "It was great to see everyone come out and having fun participating."

This was by far the largest number of teams ever registered for the WComd Curling Bonspiel, with many first time curlers giving it a shot. One of the groups going out for the first time was 'Going Postal' the CFB Winnipeg Postal Office's Team. Sgt Darren Burgess, 17 Wing Postmaster, said that his team enjoyed the bonspiel.

"It worked out well that four of us wanted to do it. I do the bonspiel every year, but I'm not a curler by any mean."

He went on to praise the organizers for their hard work on the tournament.

"I thought it was a great day, we all had fun, and PSP did a good job organizing it."

The Pipes and Drums Band of the RCAF Band kicked off the event by lead-

ing all the participants on to the ice for the Opening ceremonies. Teams then played round robin games all morning and afternoon.

As well as the curling competition, the bonspiel also featured a skills competition where curlers lined up to see who could get their stone closest to the button without the help of sweepers. Moe Berard took first prize in the skills competition while Sgt Blaine Dorie was the runner-up. Both members made great shots in this popular event.

A number of prizes were awarded at a ceremony following the bonspiel, with the "Run Back to Mama" team (RCAF Band) winning Asham duffle bags for the "most spirited team", the "Super Duds" (WAdmin) winning Asham backpacks for the "best hats of the Bonspiel", and the "Misfits" team received Asham jackets for winning the "best outfits" of the WCOMD Bonspiel.

As well, Sgt Blaine Dorie won the award for best overall outfit of the Bonspiel and Maj Marsh Pettitt won the prize for the "best hair".

With the bonspiel growing by leaps and bounds every year, Merrithew is already excited about what next year's tournament could bring.

"It was a great day enjoyed by all the members and we look forward to having everyone out again for the Wing Commander's bonspiel next year."



32 teams took to the ice at this year's WComd Curling Bonspiel. Photo: Mike Sherby



The Wing Commander and Wing Chief congratulate The Misfits for winning best costume of the bonspiel. From left to right: 17 Wing Commander Col Joel Roy, Sgt Vickey Puttick, MCpl Arron Feere, Cpl Lance Mueller, Sgt Gerry Atkinson, and WCWO Mike Robertson. Photo: Mike Sherby

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Corrections

• On page 2 of our last issue, we ran the incorrect rank for CWO Sandra Spragg. We would like to apologize to CWO Spragg for our error.

• On page 7 of our last issue, we misspelled Sergeant. Thanks to HLCol Barry Burns for pointing this error out.

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New Integrated Facility Nearing Completion



The old CANEX building gets torn down to make way for new development. Photo: Mike Sherby



Staff were thrilled to get an inside look at the new integrated facility. Photo: Mike Sherby

**By Mike Sherby
Voxair Manager**

It's out with the old and in with the new at 17 Wing Winnipeg, as the building where the former CANEX used to be was torn down, and some of the staff who will be moving into the new Multi-Purpose CANEX Facility got a first look inside their office space.

The staff members who will be occupying the second floor of the building got a tour of the partially finished building, and they were delighted with what they saw.

"It was nice to see how close they were to finishing," said Diane Brine, the 17 Wing Health Promotion specialist upon seeing their new offices as well as the shared conference room. "Now we can get excited about moving in and planning our courses and programming."

The facility's second floor will be the new home for staff of the Integrated Personnel Support Centre (IPSC), SISIP Financial, as well as several CFMWS entities including The Voxair, Health Promotion, and NPF Human Resources. The main floor will host the new CANEX Winnipeg, as well as the CFB Winnipeg Post Office, the Hair Force Barber Shop, Baldwinson Insurance, and NPF Accounting.

Frank Emond, the IPSC Services Manager, says that he is looking forward to getting out of their current location.

"Since the official opening of the IPSC Winnipeg in Oct 2009, we have seen hundreds of clients come through here. This was not a new building so they even got to enjoy the view of leaky ceilings or wet carpets as we've had more than our shares of floodings over the years."

He says the best part of moving will be being able to serve their customers better. One of the most impressive things about the new building are the calming features built into the IPSC's space, to help make the space more comfortable for people who are suffering from PTSD. Several design features have been incorporated into the IPSC offices, including wide open office spaces, lots of windows, and a large sky light built into the ceiling of the reception area.

"What our staff needed to coincide with the services we provide is a place where clients feel at ease the minute they walk in. From the minute they walk in to the IPSC they will be able to enjoy the brightness of the skylight right in the waiting room. They will be greeted the way that anyone should be when they come to a place where they need the support and understanding," Emond said.

While there are no solid plans for the spot where the old CANEX used to sit, the long term intention right now is to use that area for services related to military support.

New Golf Club Manager Tees Off At CFB Winnipeg

**By Mike Sherby
Voxair Manager**

Golf is in the blood of Jackie Kurceba, the new manager of the CFB Winnipeg Golf Club. She is, after all, the daughter of former PGA Tour Player Sandy Kurceba. She has been golfing since she was a child, when her father used to take her out with him on the links.

Jackie comes to the CFB Winnipeg Golf Club with ten years of experience working at clubs around the province, including Falcon Lake, St Charles, and most recently Glendale, where she was in charge of membership and marketing.

"I personally love the golf industry; I've grown up in it, so it's familiar to me. Plus I love the marketing aspect of the position."

Jackie says that having a chance to work for the military community was a major factor in her applying for the job even though she has no military background herself.

"It's like a whole new world for me, but so far it's amazing," she says. "The reason why we're here is for the welfare of the military and its members. And that's just something that really appealed and spoke to me."

Though she's only been in her new position for two weeks, Jackie has already met several of the CFB Winnipeg Golf Club's Board Members, and she has a lot of great ideas for the upcoming season.

"I think there's going to be a few neat changes possibly. We might try to do things like couples nights and I'd like to look at starting a Juniors League."

Besides golf, Jackie's other passion is music and theatre. She has appeared in plays at the MTC, PTE, and the Winnipeg Fringe Fest.

"When I was a kid my dad would take me out golfing, and my mom kept putting on musicals for me, and so I ended up going to school for music and theatre. So for the past 10 years I've been working in golf and doing theatre on the side."

With the mild spring we've been having, Jackie is

hoping to get the golf club open sooner rather than later so that she can get a chance to play the course for the first time.

"I'm excited to golf it," she says. "We might not be the first out of the gate to open, but we should be open soon, and it looks like it will be a great season, especially compared to the last couple of years."

The CFB Winnipeg Golf Club's AGM will be held at the WO and Sgt's Mess on Wednesday, April 8th at 1900 hrs. The meeting is open to all Golf Club members and prospective members. For more information you can contact Golf Club Manager Jackie Kurceba at local 6909 or the PSP Manager at local 4299.



Jackie Kurceba is looking forward to meeting you out on the links. Photo: Mike Sherby

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C'est Si Bon: French Exchange Pilot Enjoys Life at 435 Sqn

By Martin Zeilig
Voxair Photojournalist

Captain Henri Chantriaux, a CC-130 Hercules pilot with 435 Search and Transport Squadron, should be considered an excellent ambassador for his homeland, France.

Capt Chantriaux, 27, arrived at 17 Wing in February 2013 on a "cockpit loan" from the French Airforce. He is here for a three and a half year period that will be ending in the summer of 2016.

Capt Chantriaux, who grew up in the southwestern French city of Toulouse and studied in Paris and elsewhere in France, has impressed those he works with at 17 Wing.

"Henri is an exceptional young man, a strong aviator, and a strong officer," LCol Brent Andrews, Commanding Officer of 435 Squadron said. "He's highly regarded by his peers and subordinates. He undertakes every challenge with an extreme amount of energy and positive attitude, and he's good for morale."

Capt Chantriaux even participated this February in the multi-day Arctic Survival program in Resolute Bay, Nunavut run by the Canadian Forces School of Survival and Aeromedical Training.

Captain Jean-Paul Degagne, who's also with 435 Squadron, was partnered with Capt Chantriaux during the Arctic Survival course.

"We had a great time together, at least as great as you can have at minus 40 C," he said.

"I think he was the most excited out of the bunch to head up to Resolute Bay. Henri is the first to put up his hand and jump head first into uniquely Canadian experiences. There were multiple times on the course

when life became difficult. The days were long, cold and easy tasks became laborious. Like a good snow cave/igloo buddy I would continually check on Henri to see if he was ok after a long cold night, or when conditions were getting extra cold, and his response was always sickly cheery with a comment about how he was having the time of his life."

Since his arrival here, Capt Chantriaux has seen quite a lot of our vast and varied country.

"Coming to Canada was a real different experience," Capt Chantriaux wrote in an email to The Voxair while on leave. "I discovered more than just a new culture. Even though I miss my habits in France (cheese, wine, baguettes...), I found in Canada very friendly people, always happy to help, especially in Winnipeg."

He also really enjoys that nature which is so abundant in Canada.

"Your country has so much to offer in totally different places, the exotic arctic, the beautiful Rockies for skiing, the Great Lakes for boating, fishing and camping, and even the trails on the river shore in downtown Winnipeg for biking," said Capt Chantriaux, who is an aeronautical systems engineer by training.

"Concerning 17 Wing, and more particularly my beloved 435 squadron, I really like to work there. People are very kind, professional and focus on the mission success. I feel very lucky to be here and fly the Hercules doing Search and Rescue. It's a really rewarding mission, and I will never forget the three aircraft crashes where we were the first to help."

The men and women of 435 Sqn seem just as happy to have him here as he is to be here. With LCol Andrews

offering him some high praise.

"He's a very good representative of France and the French Air Force. Everyone is extremely impressed with him. I have as much confidence in him as in any of my own pilots."



Capt Henri Chantriaux keeps warm during the Arctic Survival Course in Resolute Bay. Photo: Capt Jean-Paul Degagne

Rondelles Take Love of Hockey to New Heights

By Mike Sherby
Voxair Manager

When she entered the Molson Canadian #AnythingForHockey contest on Facebook, Capt Kelsey Penner had no idea the heights it would take her to. In early March Capt Penner along with 7 other teammates from the 17 Wing Women's Rondelles hockey team had the once in a lifetime opportunity to play a game some 9,000 feet above sea level on a rink built on top of a mountain.

It all started when the coordinator for the league

the Rondelles play in, the Adult Safe Hockey League (ASHL), sent out an email alerting teams of the contest. Molson was asking Canadians to tell them what makes their team unique.

"So I posted a fairly short blurb, saying 'hey we've got this team, made up almost exclusively of military women.'" Capt Penner says. "We're always undergoing a bit of adversity in that people are deployed, on course, or getting posted, but in the end we all love to play hockey."

Capt Penner herself missed the 2014 season because she was deployed, and currently the team's goalie is deployed, as well as several other players who are either deployed or on course.

"But in the end we all find our way back to the hockey rink," says Capt Penner, who has played with the Rondelles for 7 years.

She didn't think much of her chances of winning, since other teams were posting elaborate videos, so it came as a bit of a surprise when she was told that out of 300 some entries her team had made the final three.

"Basically they punked us a little," Capt Penner said. "We had our regular Sunday game, and they told

us they were sending someone to videotape our game for the final three. And after the game the league convener and the GM of the rink came over and said 'Hey, we lied to you, you're not the top 3 finalist, you won!'"

She says that she was absolutely shocked when she found out.

So on March 4, she and 7 of her team mates (Cpl Kate Marois, MS Cindy Walsh, Capt Claire Harland, MCpl Lindsay Williams, and Capt Heather Demchuk, as well as two civilian players Courtney Skinner, and Kelly-Jo Dorvault) flew out to Calgary where they got VIP treatment until they were flown by helicopter to the rink the next morning.

Being a Flight Nurse by training, Capt Penner says she warned the team about hypoxia and altitude, and the staff from the resort warned them they weather may not be very nice, but she says that once they got up there, it was an amazing experience.

"We were perfectly fine up there. We were a little hypoxic, but the view was absolutely gorgeous. We'll never play hockey in such an amazing place ever again, it is absolutely hockey heaven."

The Rondelles played about 2 hours of shinny against a team of executives from Canlan Ice Sports and Molson employees before being flown home the next day.

"We thought we'd be meeting other teams there, we didn't know that we'd be the center of attention and that the whole day had been set aside just for our team to go up to the rink."

The Rondelles are now safely back on lower ground, and are busy playing in the playoffs for their ASHL league.



The Rondelles hockey team. L-R: Capt Kelsey Penner, Cpl Kate Marois, MS Cindy Walsh, Civ Courtney Skinner, Civ Kelly-Jo Dorvault, Capt Claire Harland, MCpl Lindsay Williams, Capt Heather Demchuk. Photo: Molson Canadian

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Looking Forward to the RCAF RUN Supporting Our Families

By Sgt Bill McLeod
Wing Public Affairs Photojournalist

The 2015 Royal Canadian Air Force Run, ready to take off on 31 May at 17 Wing Winnipeg, will be one of the most family friendly events the Wing has hosted, reinforcing the RCAF commitment to support families.

"I want our friends and families in the Winnipeg community to come out and see where we are and what we do," said 17 Wing Commander Colonel Joël Roy. "For this reason, we are making the RCAF Run not just a world class running event, but an event families with children of all ages can enjoy."

This year, as in previous years, the RCAF Run will include a 3 km Family Fun Run/Walk that will take participants past historical, visiting and 17 Wing aircraft on an operational flight line. Families will be able to get a close look at the aircraft and equipment of the RCAF and have a chance to talk to Air Force members.

Families consisting of two adults and up to 4 children will get a special rate to encourage participation in the Family Fun Run/Walk and youths under 19 years old will also get a discounted entry fee on all races. Other race options available are a Half Marathon, Half Marathon-2 Person Relay, 10k Race, and 5k Race.

No bicycles or tricycles are allowed on the running course due to Federal regulations for the flight line but people powered strollers and pulled wagons controlled by an adult will be allowed to make sure even the youngest can participate.

The family friendly theme continues at the Race Village. Previous race villages have included music from the RCAF Band, participation of the

Winnipeg Jets and Blue Bombers, as well as barbecues and many other activities for children.

Not only is the run designed to encourage family participation, all funds raised go towards supporting military families through the Military Families Fund (MFF) and Soldier On.

The Canadian Armed Forces have excellent morale and welfare programs and services to support members and their families but sometimes additional support may be required. The MFF is designed to quickly respond to the unforeseen and often immediate needs of military members and their families.


To qualify for support, in the form of an interest-free loan or a grant, the situation the member is experiencing must be linked to their service and is not covered under current policies or through their own personal financial resources. The request for assistance must be supported by the member's chain of command and must contribute to resolving the problem the member is experiencing.

According to the MFF, funding has been used to purchase special vehicles/equipment/home renovations for families with injured or ill members, for next of kin travel to memorials, and to support families with special needs dependents, just to name a few examples.

The Soldier On Program was established to provide opportunities for ill and injured CAF members and veterans to adopt an active and healthy lifestyle through participation in recreational, sporting, and other physically challenging activities. Soldier On is part of the CAF's commitment to recovery, rehabilitation, and reintegration of serving and former members.



Participants in the 2014 RCAF Run Family Fun Run/Walk enjoy their outing as they reach the finish line on Wihuri Road at 17 Wing Winnipeg. Photo: 17 Wing Imaging



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Beaver Tales



WO Dean Parsons sent us an update of the work he's been doing with the 1st Kirkfield Beaver Colony.

On this "Knights of Old" themed meeting, for our "gathering activity", the beavers fabricated popsicle stick catapults. Following the opening ceremony, code of conduct was discussed. The beavers were not issued their swords and shields until they were "Knighthood". One beaver asked: "Are we getting real swords". A leader quickly replied: "Yes, Absolutely. You will be getting real CARDBOARD swords!". The beaver knights advanced to the "armory" where they assembled their cardboard shields and swords. With swords and shields in hands, the knights moved to the "trebuchet training academy" where they were taught the skills to launch a trebuchet – using a miniature (14 inch) trebuchet. Once trained, the brave knights could participate in the "Cardboard Castle Siege" using one of two "larger" trebuchets. Tennis balls proved to be the preferred projectile..."Victory for the Colony!"

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

Drop us a line at 204-833-2500 (ext. 6976) or send us an e-mail at voxair@mymts.net

Flying Tigers Say Goodbye to Long-time Coach

By Martin Zeilig
Voxair Photojournalist

Although they may be small in size, the 17 Wing Flying Tigers Swim Team, whose home pool is at the 17 Wing Fitness and Recreation Centre, are certainly making a significant splash in the water and amongst their membership.

And, that is due in large measure to the work of assistant coach/treasurer/vice president Master Corporal George Meldrum.

"He is responsible for bringing the team out of retirement eight years ago, and has built it up to the competitive level we see today," according to Chief Warrant Officer Hank Coffin, president of the Flying Tigers. His daughter Callysta, 11, is also a team member.

"He's passionate in his role and commitment to making this team successful both in the pool and out as a close knit group. He's also involved the local community outside of the base in participating with our team. He's reinforcing the bond that we have with the civilian population. If it wasn't for the passion that George displays our club would not be as successful as it is."

Unfortunately days with the team, though, are coming to a close as MCpl Meldrum is being transferred to Ottawa this summer. But CWO Coffin is confident that someone will step in to try and fill his shoes.

"Our loss opens up opportunities for anyone else on base to follow in George's footsteps in a worthwhile endeavour as

a motivating coach," CWO Hank Coffin commented.

Ryan Neilson, 17, a competitive swimmer for five years now, says that being a Flying Tiger has a lot of advantages.

"One of the good things about the Flying Tigers is the low number of swimmers. So, there's more time for individualized coaching," says

The Sturgeon Heights Collegiate student, who is the son of Sergeant Michelle Neilson, at 1 CAD Headquarters, was awarded the High Point Award at the 2014 Short Course Tournament.

The Flying Tigers were founded at 17 Wing in the autumn of 1993. It was designed to provide a competitive venue mainly for military dependants.

But due to the difficulty in keeping a competitive swim club operating in a military setting the Flying Tigers were forced to disband in 2007. But in 2008, just after MCpl Meldrum was posted to 17 Wing, the team was again open for business. Cpl Meldrum says that the first year started with four eager swimmers and not a lot else.

The club has now increased its membership to 19 swimmers and has expanded its reach outside of the Military community.

The Flying Tigers' two staff coaches are guided by a sound coaching philosophy.

"There is no minimum practice attendance, swim the days you wish to, or the days you can make it to the pool," MCpl Meldrum says. "Our training program is



The 2014-15 Flying Tigers Swim Team with MCpl Meldrum at the top left. Photo: Supplied by Sgt Michelle Neilson

built on the assumption that swimmers are attending four or more practices a week, and more training benefits are gained by attending all the practices."

For more information about the Flying Tigers Swim Team contact CWO Coffin at james.coffin@forces.gc.ca or call local 4770.

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A SOCIAL EVENING FOR THE BENEFIT OF THE TOLENTINO FAMILY HELP GIVE CAPT CRIS TOLENTINO'S FATHER A SECOND CHANCE AT LIFE



Capt Tolentino is an international student and an active member of the Winnipeg Filipino community. He is a member of the Philippine Air Force, who has been a student of the Aerospace Systems Course at CFB Winnipeg since August 2014.

He recently learned that his 58 year-old father is suffering from kidney failure and has been given only three months to live unless he receives angioplasty and kidney transplant surgeries. Their resolve in this difficult time has been inspiring, but Cris' family cannot afford the surgeries.

Cris' Winnipeg colleagues and friends are raising funds within the community and have set a fundraising goal of \$35,000CAD to cover all of his father's medical bills.

What: Food, Music, Dancing, 50-50 Draw, Silent Auction

When: April 25, 2000-0100 hrs

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Wing Accommodations Goes Wireless

By Martin Zeilig
Voxair Photojournalist

Wireless networks have finally arrived in service locations at 17 Wing.

The project, which was approved by the Wing Administration Officer, covers the 17 Wing Fitness and Recreation Centre, the Westwin Community Centre, and perhaps most importantly, all of the rooms in the Dakota Inn.

Chief Petty Officer 2nd Class Mike Jarrett, the 17 Wing Messes and Accommodations Officer, says it's part of a plan to modernize services on the base.

"We're in the year 2015, and it's time to bring us up to date here. The modern

military personnel are tech savvy. The demand is there, so we're responding to our customers' demands."

Right now the Wi-Fi, which will allow guests to access the internet wirelessly, is still being installed in some of the locations.

A visit to the Dakota Inn with PO2 Jose LugoCuentas, Accommodations IC, revealed newly installed routers, one for every four rooms, on all three floors.

"Our target date for completion is sometime later in April," CPO2 Jarrett added.

"For travelling members, it will allow them to stay in contact with their families and their military responsibilities while on the road. We try to do the best we can for our customers."

He went on to explain that after extensive research into regulations, it was determined that the project could go forward.

"It started with my first day here on the job in 2012," CPO2 Jarrett said. "The customers requested these services right from the start. There was an RCAF initiative to have Wi-Fi service across all Wings before I began here. But, the project never came to fruition."

The idea was brought forward as a suggestion from PO2 Jennifer Thom while she was NCO I/C Wing Accommodations.

"So, it took off from there," CPO2 Jarrett says. "We're going to have continuous improvements to Wing services over the coming years. This is all part of our effort in the CAF to stay current."

And to always be connected.



PO2 Jose LugoCuentas shows the Voxair one of the new routers, giving parts of 17 Wing wireless service. Photo: Martin Zeilig

THE NEW CAF SAVINGS PLANS!

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* Investments provided by Great-West Life

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LES NOUVEAUX RÉGIMES D'ÉPARGNE DES FAC!

Lorsqu'on parle d'ÉPARGNE, il y a des maximes connues de tous: « Dépensez moins que vous ne gagnez et mettez le reste à l'œuvre », « plus vous commencerez tôt, plus vous épargnerez », et la plus importante « payez-vous d'abord »... Eh bien maintenant, la Financière SISIP offre aux membres actifs et libérés des Forces armées canadiennes (FAC) la possibilité de réaliser les trois, grâce aux nouveaux Régimes d'épargne des FAC!

Si se payer en d'abord est un exemple que tout le monde devrait suivre, ces nouveaux produits d'épargne et de placement* représentent une stratégie d'épargne à faible coût et facile à mettre en œuvre, exclusive aux membres des FAC, avec des avantages très pratiques :

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- Créer un fonds d'urgence
- Épargner pour l'achat d'un nouveau véhicule
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Même si vous n'êtes pas versés en matière de comptes de placement garanti, fonds du marché monétaire, fonds axés sur le degré de risque, la composition de l'actif... vous pouvez être certains que vos épargnes sont gérées par les meilleures sociétés de gestion de placements au monde. Cette tranquillité d'esprit représente une contribution supplémentaire de la Financière SISIP à l'état de préparation opérationnelle des membres des FAC.

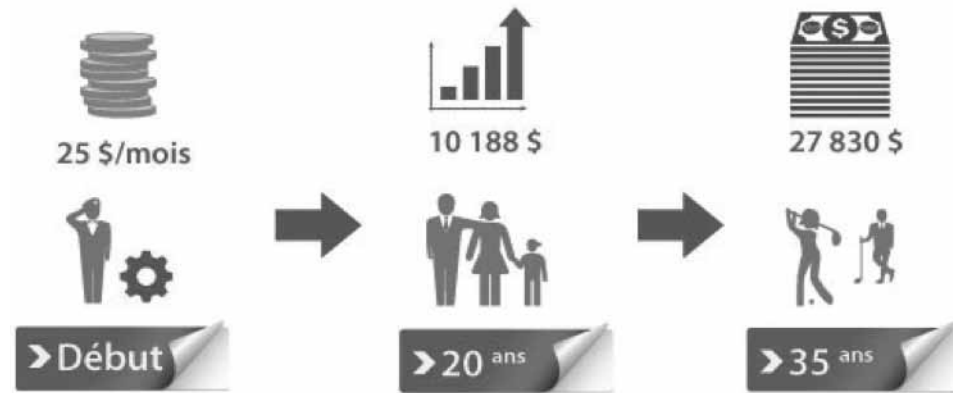
Les conseillers financiers de la Financière SISIP assortiront votre profil d'investisseur à votre tolérance au risque. Ce sont eux, les experts "qui feront le travail pour vous". Commencez donc votre planification financière du bon pied en vous payant d'abord!

Prenez rendez-vous dès aujourd'hui avec un conseiller financier de la Financière SISIP; visitez www.sisip.com

* Placements offerts par la Great-West

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No Crying Over Broken Eggs at Com Rec Spring Break Camp

By Martin Zeilig
Voxair Photojournalist

"I want you to come out of that room and look as mean as possible," filmmaker Erik Fjeldsted told the group of colourfully costumed thespians assembled in the entrance of the darkened activity room at the Westwin Community Centre.

"I want to hear growling and mean noises. Okay. Action!"

The happily obliged with shouts, whoops, and yells.

It was another creative activity at the Spring Break Camp for the nine young people and their two instructors, Kayla Burgess and Kyle Cogston. The camp ran from March 30 to April 2.

The children were participating in the making of a short fantasy film about two warring armies, *The Brave Companions vs The Army of Yada Yada*, in a mythical land.

Fjeldsted, a teacher at the Manitoba Theatre for Young People and a professional actor and musician, was shooting the movie for posterity.

"It was fun because I got to chop heads off," said Lila, 8, a grade three student at Oakenwald School, whose movie character was called Evil Lila.

"I liked making the movie. I'd like to do it again."

During the filming she wore a silky black cloak and carried a sword constructed from a straightened coat hanger wrapped heavily in black duct tape and masking tape.

Meanwhile Owen, age 9, who's in grade three at Dieppe School, played the role of Sir Owen.

"It was a lot of fun, and kind of cool," he said of the 90 minute improvisational movie shoot.

"I've never made a movie before."

The first-time actor stressed that he particularly enjoyed the attack and battle scenes.

"I thought it was really good," said camp counsellor Kayla, a grade 12 student at Collège Sturgeon Heights Collegiate.

She was impressed at Fjeldsted's ability to keep the children interested throughout the filming.

"He wasn't too commanding," said Kayla, who played a wizard in the movie.

"He let them have their space and have fun. I enjoyed it myself."

Campers and counsellors were kept busy throughout the week, says Colleen Preston, Community Recreation Director for 17 Wing.

Among the other activities they participated in was glow bowling at Academy Lanes, and a morning spent at Springers Gymnastics Club, where the children participated in trampoline jumping, a session on the balance beam and the bars, an obstacle course where the kids had to hop, skip, jump and roll, and more.

"And every day we had gym, a swim, crafts, outdoor play, and a movie at lunchtime," continued Preston.

She also mentioned that the Recreation staff had been using the Physical literacy program with the children.

This program focusses on consistently developing the motivation and ability to understand, communicate, apply, and analyze different forms of movement to enable individuals to make healthy, active choices that are both beneficial to and respectful of their whole self, others, and their environment, says printed information provided by Preston.

Meanwhile, after the movie making, the campers and counsellors set up a long table in the Activity Room where they began constructing padded egg drop boxes designed to protect eggs in a fall.

The eggs were put to the test the following day in the Wing HQ's atrium with varying levels of success.

"I like the egg drop," said Alessandro, 8, who was a soldier in the movie shoot.

"It gives you a chance to see if you can hold the eggs without breaking them."

Though a few did survive their fall, there were several eggs broken during the drop, much to the delight of the spectators who watched from below.



An army of witches, wizards, and pirates prepare for battle during a filmmaking activity for Spring Break Camp. Photo: Martin Zeilig



The kids check out the results of their egg drop experiment. Photo: Martin Zeilig



An egg in its protective box is dropped from the balcony in Wing HQ's atrium. Photo: Martin Zeilig



The kids check out their work with Erik Fjeldsted (center). Photo: Martin Zeilig

Spring Herc Maintenance Is For The Birds

By Martin Zeilig
Voxair Photojournalist

Sergeant Darrell Jillett knows it's a sure sign of spring when he and his workmates start finding bird nests inside the tail and in and around the engines of CC-130 Hercules aircraft.

Home sweet home, just not in a Herc please.

"We call it bird nesting season," says Sgt Jillett, a propulsion supervisor at 435 Squadron. "We have to check on our aircraft to ensure that the local bird population hasn't built nests within the planes. Armed with mechanical fingers and inspection mirrors we remove any twigs or other materials used by the birds to make sure the nests are not impeding flight control surfaces."

Bird nest checks are done at least 30 minutes before a flight and every four hours during the 30 minute standby Search and Rescue Posture from 0830-1630 hrs.

"We could do an inspection first thing in the morning and find nothing," Sgt Jillett says. "Then, four hours later, there could be part of a nest found in the very same spot. I've seen it where a plane has sat on a ramp for a week, and we've pulled out a full garbage bag full of birds' nests."

The nests, mainly from sparrows and robins, can cause enormous damage.

"I've seen a nest built around a Herc's engine," Sgt Jillett says. "And, if we didn't remove it, a possible fire would have taken place."

Apart from removing those potentially dangerous avian nests, maintenance procedures change very little during the year, Sgt Jillett said during a interview in the Crew Sergeant's Office at the Aircraft Servicing and Repair Shop in Hangar 16.

But winter weather in Canada does present, in Sgt Jillett's colourful phrase, "a whole hockey sock" of items to consider in Herc maintenance.

Much like an automobile, if the aircraft battery is below a certain temperature it won't function.

"They don't like the cold," says Sgt Jillett, noting that a Hercules uses a 28 volt DC battery, more than twice the voltage of a standard automobile battery.

"We pull the battery out and store it in a warm environment if the plane has been sitting outside, especially if the plane spends an overnight in an arctic location."

The maintenance crew also does something called "cold soaking" to a plane that's been inside a warm hangar and is suddenly pulled outside into the cold.

"We do this by opening the hangar doors and letting the plane soak in the cold before being exposed to the elements," Sgt Jillett explained. "This gradually brings the temperature of the aircraft skin down to prevent a frost buildup."

Then there's the general maintenance that they do every day throughout the year: before and after flight checks, refuelling, towing of the aircraft in and out of the hangar, among other regular tasks.

"Some days, we do cargo configuration changes to the cargo area of a Herc," adds Sgt Jillett, whose speciality is working on engines.

"We have inspections based on the flying hours of each plane. But each inspection has its own criteria. We also carry out special inspections, such as something related to a particular component on the aircraft. We can change the whole engine out, but we don't rebuild them."

Such second line maintenance on a Herc's T-56 engine is done at CFB Trenton.

Although they may look the same and come off the same Lockheed-Martin assembly line, each Herc has its own personality, according to anyone who has spent any amount of time working on them.

"Some are better in cold weather than in hotter weather," says Sgt Jillett, who has done seven tours overseas as a technician with the Hercules, in addition to numerous supply runs to CFS Alert on the northeast end of Ellesmere Island, and multiple mobile repair parties all over

Canada and the U.S. with 435 Squadron.

"The big difference as a maintenance person is being able to adapt to your environment which is your biggest factor. The Herc is a reliable plane, but different models cause some problems when you have to order parts."



Sgt Darrell Jillett talks to the Voxair about Hercules maintenance. Photo: Martin Zeilig

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SISIP Financial Welcomes Dave Hightet to its CFB Winnipeg Team



SISIP would like to welcome Dave Hightet to its Winnipeg team.

Everything old is new again for SISIP Financial's David Hightet. Dave, SISIP Winnipeg's new Insurance representative/Investment Advisor, brings 24 years of military service to his new position, and he's excited to be able to use this experience to help his clients meet their financial needs.

Dave started his career in the CAF as a Communication Reserve Radio Operator, and from there he moved within all three elements of the CAF before retiring as a Warrant Officer in 2012. He's seen most of everything military life has to offer, and wants to use that knowledge to help his clients.

"I've been a Private all the way up to a Senior NCO," he says. "So I know the hardships, and the day-to-day life as someone in the military, getting posted around. I've lived their life, so I can emphasize and sympathise with what's going on."

After retiring from the military, Dave took a job at the Co-operators Agency in Winnipeg. He was Branch Manager at their Lakewood location for almost 3 years, and was responsible for the growth of the agency as well as all of their insurance and financial products.

Dave says he wasn't looking to make

a move back into the military community, but when he saw the job posting at SISIP he was excited for the opportunity.

"It was a no brainer. I've been in the boots of the people across the table from me," he says. "I know what was best for me, so I can help find what's best for them, especially with having been in and out of the military. I know what the other side of the fence is like for people who are thinking about transitioning out."

Dave, who is married with two children ages 18 and 12, enjoys watching and playing sports. During his time in the military he played on many base teams for volleyball, basketball, slo-pitch, golf, and he was a long-time member of the 17 Wing Hockey Team.

"I like to keep active with sports and coaching," he says. "And also having my kids, those guys keep me busy."

To book an appointment with Dave, please call 204-984-3217, or visit www.sisip.com for more information. Or follow us on [f/sisip.rarm](https://www.facebook.com/sisip.rarm)



Com Rec Gets Fired Up About Dragon Boat Racing

**By Martin Zeilig
Voxair Photojournalist**

Colleen Preston, 17 Wing Community Recreation Coordinator, is hoping that "everybody and anyone" will attend a free information session on forming a 17 Wing Dragon Boat team. The goal is for the team to compete in the 2015 River City Dragon Boat Festival on June 5 & 6 at the Manitoba Water Ski Park on Lake Shirley in Winnipeg.

The information session will be held on Sunday, April 26 from 1600-1700 hrs at the pool in the 17 Wing Fitness and Recreation Centre. The priority for paddlers and other crew members will be given to military personnel and their families, ages 16 and up.

"The team will consist of 20 paddlers, one drummer and one person to steer the boat," Preston said. The registration fee to become a Dragon Boat team member is \$50/person, and the team will receive two instructional sessions on paddling techniques and commands prior to the festival.

Dragon Boating has become one of the most popular paddle sports out there, but it has a long history behind it, notes material from the International Dragon Boat Federation.

"The Dragon Boat is deeply embedded in China's 'Dragon' culture, with each Boat having an ornately carved dragon's head at

the Bow and a tail in the Stern," it says. "The hull is painted with the Dragon's scales, and the paddles symbolically represent the claws."

The River City Dragon Boat Festival is being presented by the Canadian Cancer Society & the Manitoba Paddling Association, and promises to have something for everyone.

It's open to individuals, friends, companies, and organizations looking for a healthy way to team-build, have some fun, and enjoy a little friendly competition.

Dragon boating is renowned for teaching and emphasizing the value of teamwork, and promotes a healthy, active lifestyle, which is important in the prevention of cancer.

"For this reason, it is no coincidence that dragon boating is often synonymous with the cancer fight," says the Canadian Cancer Society. "By gathering pledges, paddlers become valued members of the cancer fighting team."

In Manitoba, the Canadian Cancer Society has been involved in dragon boating for 14 years now, and festivals like this one have raised over \$3.5 million for the fight against cancer.

For further information contact Colleen Preston at colleen.preston@forces.gc.ca or 204-833-2500 ext 2057

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DRAGON BOAT TEAM

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We are looking to put together a 17 Wing team to participate in the

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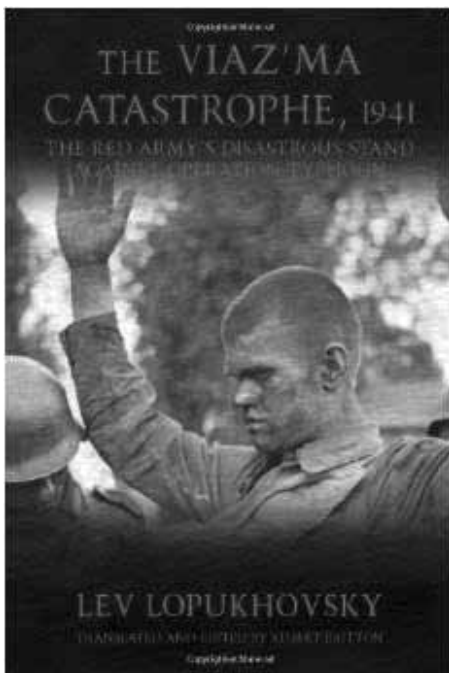
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VOXAIR READS

Title: **The Viazma Catastrophe, 1941. The Red Army's Disastrous Stand Against Operation Typhoon**
 Author: Lev Lopukhovskiy
 ISBN: 978-1-908-91650-1
 Hardcover
 Pages: 576
 Illustrations: 69 B/W, 19 maps
 Publisher: Helion Publishing



By Maj Chris Buckham

It was 1941 and the armed forces of the USSR were on their heels. Pushed back to the approaches to Moscow they continued to fight a tenacious and increasingly desperate rearguard action against the cream of the German Wehrmacht. Drawing upon seemingly endless resources of men (and material) the Soviets strove to crush the German advance through a series of Army level counterattacks. The Wehrmacht, for their part, continued their grand enveloping maneuvers, encircling and crushing the Russian forces in their path. The Battle of Viaz'ma and Orel-Briansk represented for the Germans what they assumed to be the final barrier to their final advance on Moscow. Between these two battles of encirclement over the first three weeks of

October, 1941 the Russians lost between 900,000 and 960,000 men; a crushing defeat by any standard.

Lopukhovskiy is another of the new wave of Russian historians who have taken advantage of the relaxation of the archival access laws in order to draw upon primary source material from the Russian/Soviet perspective. Commencing with a detailed synopsis of the events leading up to the commencement of Operation Typhoon (the final German drive on Moscow), the author provides the reader with a comprehensive baseline of the situation facing the Soviets. This is one of the few histories of this battle written in the post-Soviet era, from the perspective of the Russians. The level of detail is staggering and the accompanying maps and tables add a degree of clarity rarely enjoyed in a book of this complexity. Stuart Britton who has undertaken the translation of this book from its original Russian is to be commended for another outstanding endeavor.

The author identifies 3 key themes relating to the Soviet performance:

1. The reluctance on the part of senior commanders to both provide and accept factual information thereby undermining decision making and situational awareness;
2. the ferocity and tenacity with which the Soviet soldier defended their positions against overwhelming German superiority; and
3. the reluctance of Soviet commanders to make and take responsibility for decisions.

Additionally, he interjects into his narrative with personal observations relating to his efforts to clarify questions with the senior Soviet commanders in the postwar Soviet era. It is fascinating the degree to which these efforts were met with official roadblocks whenever any 'questionable' positions were challenged. Notwithstanding this fact, it is also interesting how, despite the position officially of the State, candid ex-senior commanders were willing to be in correspondence with the author.

Overall, this was an outstanding book and a highly recommended addition to those seeking to expand their understanding of the challenges that the Soviet's struggled with in trying to contain the German Typhoon of 1941. It is a sobering and humbling rendition of the sacrifice of the Russian soldier and the dysfunction of their leadership.

Major Chris Buckham is a Logistics Officer in the Royal Canadian Air Force. He has experience working with all elements including SOF. A graduate of the Royal Military College of Canada, he holds a BA in Poli Sci and an MA in International Relations. He is presently employed as an ILOC Officer with the multinational branch of EUCOM J4 in Stuttgart, Germany. He maintains a blog of his reviews at: www.themilitaryreviewer.blogspot.com

17 WING FIRE CHIEF'S CORNER Barbecue Season is here!



So let's get the grill ready to go! Spend a few minutes on your "B - Q", and you'll have a cleaner, safer running barbecue, that cooks food more evenly.

First let's give the barbecue an inspection.

You should make a point of doing this every time you change a propane tank as well.

1. Spray soapy water on the connections, and supply lines. If you see bubbles, turn off the tank, and try re-connecting. If it still bubbles, then gas is still leaking. Shut off the tank and get the leaky part replaced.

2. Remove the grates and lava rocks, and check out the burner. If it looks good visually, then fire it up and make sure that you have an even flame throughout. If not, then replace it. Most burners only last 1 or 2 seasons, depending on how much you use your barbecue.

Since you already have the lava rocks out, why not clean out all the ash and grease that's accumulated at the bottom of the barbecue. While you're cleaning, check the unit for rust, and any signs of deterioration.

3. Don't forget to check and clean out the venturi tubes that deliver the gas to the burner. If they get plugged up, the gas will get diverted elsewhere, and could pose a hazard.

Whenever you barbecue...

Make sure that the barbecue is at least 5 feet (1.5 meters), or better yet 10 feet (3 meters) from the house, or any other material that could catch fire.

Only open your propane tank a quarter to one-half turn. That's all the gas your barbecue needs to operate, and if you have a problem, then it's much easier to shut off.

Unless you're keen on joining the space program, always open the barbecue lid before you light it. If it doesn't fire up the first time you try it, then shut it down, and try it again in about 5 minutes.

From the time you light the barbecue, till you're finished cooking, stay with your fire. Accidents can happen when you leave a barbecue unattended.

Safety First!

Always make sure that the barbecue is in a safe place, where kids and pets won't touch or bump into it. Keep in mind that the barbecue will still be hot after you finish cooking, and anyone contacting the barbecue could be burned.

If you use a barbecue lighter, make sure you don't leave it lying around where the kids can access it. It won't take long for them to figure out how to use it.

When you're finished barbecuing, always make sure that you not only shut off the barbecue, but shut off the propane tank as well.

Always store propane tanks outside, in a well-ventilated area.

A few tips for charcoal grillers

- Never use gasoline to get the coals going. Instead, use charcoal lighting fluid.
- Let the lighter fluid soak into the coals for a minute or so before lighting it. That gives the explosive vapours a chance to dissipate.

- Stand back from the coals when you ignite them, and make sure you didn't accidentally spill any fluid on yourself, or on any area surrounding the grill.

- Before you light the coals, make sure that you put the lighter fluid at a safe distance away from the fire.

- If the coals start to die out on you, don't spray lighter fluid on the hot coals. You could end up with explosive results.

- Always extinguish the coals when you're finished barbecuing. Here's a safe way to do it. Wearing oven mitts, take the coals out of the barbecue with tongs, and submerge them in a metal pail of water.

- Always make sure that you keep your fire safe from children.

Lets all have an enjoyable and safe barbecuing season.



Image via of the lucky at FreeDigitalPhotos.net

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Make every choice count – it all adds up! 1 – 31 May, 2015

Your life truly is a series of choices. This includes things such as what to wear to your best friend's wedding, which model of car to buy and where to go on your summer vacation. While all these decisions are important, we tend to forget that even the smaller choices we make in our day to day lives really do add up. Take for instance, choosing to walk more by parking your car 100 meters further from work every day. Over a 30 year career, that simple decision would result in an additional 1,500 kilometers of walking. While it may seem unbelievable, walking this distance will burn approximately 30 pounds of fat. If doing something this simple can have such a huge effect, imagine the potential impact from all of the other good choices you make throughout your life time. A little bit really can go a very long way – especially when it comes to making healthy lifestyle choices.

Strengthening the Forces is proud to bring you the CAF Health and Wellness Challenge. Join the Challenge and make your healthy daily choices not only count by improving your overall wellness but also by qualifying you to win one of our wonderful prizes.

Health is truly an every day issue and the small daily choices you make can have a big impact on improving your life. Walking your dog regularly, taking swimming lessons with your kids, hydrating before and after your workouts, and meditating are choices that can have a huge impact on your mental and physical well being.

Join the Challenge and make every choice count!

Register today! Complete the attached registration form and return to Health Promotion in B63 or via email: HealthPromo@forces.gc.ca.

For more information please contact Health Promotion at (204)833-2500 ext 4150 or visit <http://www.forces.gc.ca/healthchallenge-defisante>.



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0830 - 1600 hrs

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Le stress: Ça se combat!

27 et 28 mai 2015
0830 h à 1600 h



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— TWELVE MODULES AVAILABLE

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SUR L'ALCOOL, LES AUTRES DROGUES ET LE JEU EXCESSIF
— DOUZE MODULES DISPONIBLES

To register, contact Health Promotion at local 4150

Alcohol, Other Drugs and Gambling: Supervisor's Training

16 April (0800 - 1600 hrs) and
17 April (0800 -1200 hrs)

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

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

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

16 avril (8 h à 16 h) et
17 avril (8 h à 12 h)

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

Ces compétences seront bientôt obligatoires pour tous les Militaires qui ont des fonctions de supervision. Ce cours aura un code. DOAD 5019-7



Pour vous inscrire, appelez le Bureau de Promotion de la santé, au 4150

CAF Health and Wellness Challenge

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May 2015

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Reg Force	<input type="checkbox"/>	Reserve	<input type="checkbox"/>	CAF Family	<input type="checkbox"/>	DND NPF	<input type="checkbox"/>	Army	<input type="checkbox"/>	Navy	<input type="checkbox"/>	Air Force	<input type="checkbox"/>

I have read and I understand and agree to the rules and regulations

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Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150



Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

www.facebook.com/WinnipegMFRC www.facebook.com/WinnipegMFRCYouth

NATIONAL VOLUNTEER WEEK 2015

National Volunteer Week is a time to recognize, celebrate and thank Canada's volunteers. This year NVW takes place April 12-18.

A volunteer action is like a stone thrown in a lake: its effect has a direct impact. At the same time, like ripples, volunteer efforts reach out far and wide to improve communities. Undeniably, volunteers rock.

Volunteers have made their own ripples of difference. Each story (stone) is unique to each volunteer. The more stones that touch the water, the more ripples move across the water and leave an impact far beyond the original splash. This is exactly what volunteers do on a daily basis.

To collectively celebrate Canada's volunteers, this NVW, Canadians are urged to recognize volunteers by offering them a token stone. Stones will be available at the MFRC and will feature a message on one side: Volunteers Rock. Just like no two stones are identical, every volunteer is unique. This is why one side of the stone is blank for you to write on. A name, an impact word or a short thank you can be added to personally recognize a volunteer.

If you are a volunteer, you are invited to come to the MFRC on Tuesday April 14, from 2 to 4 PM to share a coffee and celebrate Volunteer Week. If you're not a volunteer, why not invite a volunteer to join you for a coffee

in celebration of the wonderful work that volunteers do throughout 17 Wing! Hope to see many of you there!

MFRC BOARD OF DIRECTORS INFORMATION SESSION

You are invited to attend an information session on Saturday April 11, 2015 from 10 AM to Noon at the MFRC, where you can learn all about the Winnipeg Military Family Resource Centre Board of Directors.

The Winnipeg MFRC is looking for new members to join the Board (BOD). The Board provides support, assistance and guidance to the Centre's staff to ensure the programs and services provided meet the needs unique to our community. The BOD plays a key role in our Centre being an effective, high profile organization.

The BOD consists of 10 to 12 full voting members, the majority of whom must be military family members and it meets once a month.

To find out more about the Board of Directors, how you might fit in, and to have your questions answered, join us for the information session on April 11.

Please register in advance by calling the MFRC at 204-833-2500 local 4500, or the Coordinator of Volunteers (Barbara Thuen) at 204-833-2500 local 4519.

MFRC presents 2nd Annual Think PINK! Film Festival



April 8, 2015 marks the International Day of Pink. It is a day where communities across the country and across the world can unite in celebrating diversity and raising awareness to stop homophobic, transphobic and all forms of bullying.

Thursday, April 02, 2:00 pm: **How to Eat Fried Worms**
Comedy/Family, Rated PG ~ Discussion to follow

Wednesday, April 08, 7:00 pm: **Bully**
Documentary, Rated PG-13

Thursday, April 16, 7:00 pm—**Training Rules**
Sports Documentary, Unrated

Tuesday, April 21, 7:00: **PRIDE** (presented in French)
Wednesday, April 22, 7:00 pm: **PRIDE** (presented in English)
Comedy/Drama, Rated PG

Thursday, April 30, 7:00 pm: **Lady Valor - The Kristin Beck Story**
Documentary, Unrated

Documentary, Unrated

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For more info on the films, please contact MFRC—(204) 833-2500 ext 4500

KIDVENTURES SUMMER DAY CAMP

The staff of the MFRC Kidventures Summer Day Camp welcome you to join us as we discover the glamorous world of Hollywood! Movie Madness will be 8 fun-filled weeks of discovery, experiencing all the genres Hollywood has to offer! If this sounds like something your children would enjoy then you are in luck!

We encourage you to register starting Wednesday, 1 April 2015.

REGISTRATION

Defence Team Families: Wednesday, 1 April 2015

Civilian Families: Wednesday, 15 April 2015

To register, please visit the MFRC Main Reception
(102 Comet Street) between 08:30 - 16:30.

For more information, please call 833-2500 Ext. 4500

CAMP FEES

Defence Team: \$120.00 per week (\$96 for 4 day week)

Civilian: \$135.00 per week (\$108 for 4 day week)

A non-refundable deposit of \$25.00 per child per week is due at the time of registration. If all 8 weeks are booked a \$200.00 non refundable deposit is required. Balance is to be paid before 22 June 2015 (Post-dated cheques accepted). Eligible for Fitness Tax Credit

THERMÄA – DISCOUNTED PASSES FOR MILITARY FAMILIES

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Get your passes for the Thermal Experience for only \$40 each (a discount of \$15) at the MFRC front desk. For more information on Thermäa, please visit www.thermea.ca.

Winnipeg MFRC Job Opportunity

POSITION: Social Worker (Permanent Full-time)

CLOSING DATE: 17 April 2015

The Social Worker is responsible for providing mental health services to military families, networking with community resources, developing/implementing programs and services that facilitate general mental health and military lifestyle stressors.

QUALIFICATIONS:

- Must possess a Bachelor of Social Work (Master as asset; minimum five years social work experience and be registered with the Manitoba College of Social Workers.
- Proven ability in crisis intervention, assessment and referral, group facilitation and program development.
- Demonstrated skills in areas of community outreach and engagement, client intake, short-term counselling, delivering workshops and working with trauma.
- Knowledge and understanding of military family issues.
- Excellent organizational, computer, oral/written communication skills with a demonstrated ability to work effectively in a team environment and with stakeholders.
- Satisfactory criminal records/ child abuse registry checks.
- Bilingual (English-French) an asset.

Please submit your resume with cover letter. We thank all who apply, however, only those selected for an interview will be contacted. No phone calls please.

Winnipeg Military Family Resource Centre

102 Comet Street

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Fax: 204-489-8587

Email: winnipegmfr@familyforce.ca

Website: www.familyforce.ca

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Taroscopes

BY NANCY

Aries (March 21 - April 19): Happily things are falling into place with little effort on your part; so keep it that way. Offer your wisdom but don't attempt to influence outcomes by manipulating others. Everyone needs the freedom to make mistakes and learn from them. Let them also find their talents and passions.

Taurus (April 20 - May 20): Celebrate when you reach an important milestone. Focus on establishing or expanding your career. Take classes to improve your skills. Consider what you are most passionate about and organize your life to accommodate this. Show people what you can do. Dress for success.

Gemini (May 21 - June 21): Until you're really sure what you want it will be hard to remain motivated to reach a goal. Take note when something influences your expectations. Knowing your pattern helps you in your planning. Establish habits that will facilitate success. Be honest and be on the lookout for love.

Cancer (June 22 - July 22): Help someone through a challenging transition but don't take total control of the situation to save them. Managing their own choices will instill confidence in their capabilities. Ask direct questions if you want to find out why relationships are strained. The answers will surprise you.

Leo (July 23 - August 22): Even if you don't like the circumstances you're in just now, "stay the course." Deal with the consequences of your actions and decisions. Things will turn out well in the end even if it's not obvious right now. Luckily you'll get a second chance to make choices that serve you well.

Virgo (August 23 - September 22): Consider the practical options but factor in what you care about at a deeper level, too. Look at what you'd like to try next. Sign up for courses that interest you. Share your love of something with others. Be creative at integrating your hobbies into your day-to-day life.

Libra (September 23 - October 23): You have the "know-how," now collect what you'll need, and then focus on the task. This is an ideal time to look into opening a business, starting a new job, buying or selling a home. Though it will be a lot of work, you'll enjoy the results of this labour-of-love.

Scorpio (October 24 - November 21): Be prepared to let go of something that has passed its expiry date. Something better is on the way. Network to let others know you are open to new possibilities. Volunteer your expertise. Show respect, but also insist on it for yourself and what you do. Inner peace is possible.

Sagittarius (November 22 - December 21): You may feel overflowing with love and hope but don't assume everyone else is. Enjoy a big pay-off from something you did in the past. Plan a trip that is relaxing and provides an opportunity to learn new things. Share your experiences with someone special.

Capricorn (December 22 - January 19): Live in the moment but plan for the future. Avoid time wasters. Make choices that bring you closer to your goal. Someone you've helped in the past will want to show their appreciation. Be careful not to get caught up in what looks like a good thing. Watch for red flags.

Aquarius (January 20 - February 18): Be persistent. Finish an important project. Hold to your own standards. Network and plant the seeds for a new initiative. Debate your initial idea and integrate improvements. The results will be surprisingly good if you stay open to synchronicity and serendipity.

Pisces (February 19 - March 20): Enjoy small pleasures every day. Focus on meeting deadlines. Change is natural; welcome the new adventures that result from it. Mapping out a plan of action will relieve anxiety and ensure you're fully prepared. Work hard; then play hard. Accept gifts given from the heart.

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Operation Nunaliut Begins in the High Arctic

Department of National Defence

Canada continues to assert its sovereignty over the High Arctic with Operation Nunaliut 2015, one of Joint Task Force North's premier High Arctic military operations.

The large scale military exercise began April 1st in and around Cambridge Bay, Nunavut and brings together Canadian Armed Forces members from the Third Battalion Princess Patricia's Canadian Light Infantry (3 PPCLI), Royal Canadian Navy (RCN) divers from both Pacific and Atlantic fleets, as well as airmen and airwomen from across the Royal Canadian Air Force, including Yellowknife-based 440 Transport Squadron, to demonstrate the readiness and ability of the Canadian Armed Forces to operate effectively in Canada's Arctic region.

"Operation Nunaliut is an all-encompassing activity, bringing together not only the Canadian Army, Royal Canadian Navy and the Royal Canadian Air Force, but also our many community, Allied and Governmental partners," said Lieutenant-Colonel John St. Dennis, the Task Force Nunaliut commander.

"It's a tangible demonstration of how 'Team North' can come together successfully in an environment that

few have been to, and fewer still can operate in."

Canadian Rangers and Canadian Armed Forces members from 1 Canadian Ranger Patrol Group (1 CRPG) will patrol the Victoria Island, Nunavut, area while providing guidance and mentorship to troops and predator control to other activity locations during the operation.

"Operation Nunaliut is what I refer to as the 'jewel' of our northern operations and every year it seems to become more and more dynamic. [Canadian Armed Forces] personnel will be patrolling a huge area of the [Joint Task Force (North)] area of responsibility, in the very challenging conditions of a high Arctic winter," said Brigadier-General Greg Loos, the commander of Joint Task Force (North).

"In addition, the expertise of our military personnel is enabling Parks Canada to further explore and expand on one of the most celebrated and significant discoveries in our recent time. I am proud that our men and women in uniform deployed North on Operation Nunaliut are getting to share in this experience, while still attending to the very important mandate of demonstrating northern sovereignty."

Consisting of three distinct activities, Operation

Nunaliut will include a 1 CRPG-led sovereignty patrol in the Victoria Island area. The second activity will involve 3 PPCLI leading two separate patrols running east of Cambridge Bay, and the third will consist of Ice Diving operations between Parks Canada's underwater archeologists and RCN divers on sea ice in the vicinity of Victoria Strait, Nunavut. Ice diving operations will include a joint archeological effort over the site of HMS Erebus.

Commanded by the Joint Task Force (North), Operation Nunaliut 15 will run from 1 to 22 April and will involve more than 200 personnel deploying from across Canada. All outlying locations will be commanded and controlled by the Task Force Nunaliut headquarters element, based in Cambridge Bay, Nunavut.

Operation Nunaliut is a sovereignty operation conducted annually since 2007 in Canada's North, providing an opportunity for the Canadian Armed Forces to assert Canada's sovereignty over its northernmost regions, to demonstrate the ability to operate in the harsh winter environment in remote areas of the High Arctic, and to enhance the Canadian Armed Forces' capability to respond to any situation in Canada's North.



Twin Otter aircraft crew, Captain (Capt) Chuck Rockwell, Capt Andrew Oakes and Corporal Mike Nesbitt, from 440 Transport Squadron, lands at Gascoyne Inlet Camp, Nunavut, to drop off personnel and equipment on April 7, 2014 during Operation Nunaliut 14. 440 Squadron is participating in Operation Nunaliut 15, from April 1 to 22, 2015.

Photo: MS Peter Reed

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Sunday School: It is held during the service for children ages 3 to 12. Childcare is provided on an as-required basis for children under 3 years of age.

Marriage: Contact the chaplain at least six months in advance if possible. A marriage preparation course is a requirement. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

Baptism: The Sacrament of Holy Baptism is available by contacting a Chaplain. Baptism Preparation is a requirement. *Please contact the Chaplain before setting the date for the baptism or arranging family travel.*

Protestant Chapel Guild: It meets the first Sunday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Jack Barrett
(Anglican) - Wing Chaplain - ext 5417

Padre Darryl Levy
(Baptist) - Chapel Life Coordinator
ext 5272

Padre InSeob Won
(Presbyterian) - ext 5087

Padre Robert Humble
(United Church) - Contracted CivO
ext 5785

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn
306-492-2135 ext 4299

Padre Christopher Donnelly
(United Church) - currently deployed



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17 Wing 204 833 2500

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(Roman Catholic Priest)
- Chapel Life Coordinator
ext 4885

Padre Emanuelle Dompiere
(Roman Catholic Pastoral Associate)
- Mental Health Chaplain
ext 5956

SUNDAY MASS (Bilingual) 1100 hrs
COMMUNITY SERVICES

Religious Education: Classes can be available to children from Preschool to Grade 6.

Sacrament of Reconciliation: It is available by request and at special times of the year. Contact Padre Gemmiti.

Baptism: We recommend that you contact the chaplain's office for an appointment six months in advance. *Please contact the Chaplain before setting the date for the Baptism or arranging family travel.*

Marriage: Six months notice (1 year preferred) is required for weddings, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

FOOD BANK DONATIONS
In assistance to Winnipeg Harvest, the donation box is located at the entrance of the chapel.

EMERGENCY DUTY CHAPLAIN
After normal working hours s/he can be reached through the Wing Ops Duty Centre at 204-833-2700.

INFO PHONE NUMBER
For service times and contact with a chaplain of your choice, phone ext 6800 and follow the prompts.

WEBSITE
Those with access to the DIN can visit <http://17wing.winnipeg.mil.ca> then click Wing Admin - A1, then Wing Chaplains.

CARE & SHARE FUND
Contact Wing Chaplain Office for further information.

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