



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

## Battle Of The Atlantic Remembered



Photo Credit: Cpl Levarre McDonald

After the piling of the drums, the colour party places the flags at the podium in a ceremony held at HMCS Chippawa to commemorate the end of the Battle of the Atlantic. Story on page 4.

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PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

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# 1 Canadian Air Division receives first CEFCOM Unit Commendation

## 1 Canadian Air Division

While visiting 1 Canadian Air Division on April 28, the commander of the Canadian Expeditionary Forces Command (CEFCOM), Lieutenant-General Marc Lessard presented the first-ever CEFCOM unit commendation to the Division for their work during Operation Hestia.

“What was done here at 1 Canadian Air Division – providing the airlift, reacting to change – was incredible,” said LGen Lessard. “The reason we had so much success in Haiti was the Air Force, and all that began here at 1 Canadian Air Division.”

In response, Major-General Yvan Blondin, commander of 1 Canadian Air Division, laid much of the credit on the evolution of the Combined Aerospace Operations Centre, made possible by the cumulative efforts of Division staff over time and under the leadership of successive Division commanders, LGen Charles Bouchard and LGen Marcel Duval.

“We are proud to support CEFCOM, Canada Command, and NORAD in our operations, whether we are taking the mission to Haiti, Afghanistan, the far North, and anywhere else in Canada or around the world,” said MGen Blondin.

The citation of the Unit Commendation reads:

*“From January to April 2010, 1 Canadian Air Division achieved critical results during disaster relief operations in response to the devastating earthquake in Haiti. The division's ability to quickly deploy its resources amidst an uncertain operational environment ensured Canadian personnel integrated seamlessly into the multinational contingent and had an immediate impact on the ground. While concurrently managing operations associated with the Olympics and Afghanistan, the professionalism, dedication and especially the “can do” attitude of the entire division ensured the provision of much needed humanitarian assistance to the people of Haiti. The tremendous effort of 1 Canadian Air Division brought great credit to the Canadian Forces and to Canada.”*



(left to right) Chief Warrant Officer Jorma Hamalainen, CEFCOM Command CWO, LGen Marc Lessard, MGen Yvan Blondin, and CWO John Mercer, 1 Cdn Air Div CWO during the presentation of a CEFCOM unit commendation to 1 Cdn Air Div. Credit: Cpl Levarre McDonald.

## Fighting the Stigma of PTSD

Jill St. Mareille

Having fought the battle herself, Major Deanna (Dee) Brasseur knows the importance of acknowledging, recognizing and diagnosing post traumatic stress disorder (PTSD).

One of Canada's first female fighter pilots, Maj Brasseur retired in 1994 with what she thought was exhaustion from her job. “I thought I was tired; had career burnout,” she said. “I thought it would get better if I got out [of the Canadian Forces], but it didn't.”

She discovered that it wasn't burn out: it was PTSD. She sought treatment in neuro-linguistic programming (NLP) and today is fully recovered and on a mission to help others with the disorder.

When she is not working as a reservist with the Air Force, Maj Brasseur is an active civilian who is busy public speaking and raising awareness about the disorder through the One in a Million Project.

She wants to bring to light the fact that PTSD can affect anyone and it is important that it be recognized and treated. “It is not simply a military problem affecting soldiers who

serve on extremely challenging missions, it's a Canadian national mental health challenge affecting police, firefighters, emergency responders, health care professionals as well as everyday citizens affected by traumatic events such as fires, floods, car accidents and violent crime. The Canadian Mental Health Association estimates 1 in 10 Canadians suffers from PTSD.”

The One In A Million project will give hope and directly benefit PTSD sufferers and families. It has commissioned a limited edition collector coin to raise \$35 million dollars which will generate annual revenue to be granted towards researching, educating and treating PTSD through organizations such as Soldier On, Military Families Fund and the Neuro-Linguistic Programming Research and Recognition Project.

One million coins will be minted and sold for \$50 each. The goal is to lift the veil, the stigma that has been placed on PTSD. Because as Maj Brasseur said, “No one is immune.”

For more information check out:  
[www.oneinamillionunlimited.ca](http://www.oneinamillionunlimited.ca)



The One In A Million project collector's coin.

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## Canadian Forces High Arctic Operation Furthest Northern Patrol for Canadian Rangers Minister Peter Mackay Attends Closing Ceremonies for Operation NUNALIVUT 10

Minister Peter MacKay participated today in the closing ceremonies for Operation NUNALIVUT 10, the Canadian Forces' annual exercise in the high Arctic. The year's first Arctic operation featured the first ever landing of a CC-177 Globemaster at Canadian Forces Station (CFS) Alert, and concurrent training between the Arctic Response Company Group and the Canadian Rangers, who conducted their patrols further north than ever before.

"The Canadian Forces successfully achieved their aim of demonstrating and improving upon their capabilities to respond to safety and security challenges in our Arctic," said the Honourable Peter MacKay, Minister of National Defence, who attended the closing ceremonies. "The unexpected yet successful search and rescue of Australian Tom Smitheringale during Operation NUNALIVUT 10 demonstrates why we need a strong presence in the Arctic, as well as continual improvements on the capabilities to operate here."

During Operation NUNALIVUT 10, the Canadian Forces clearly demonstrated the ability to operate in the most challenging and austere conditions in Canada. This major joint operation was conducted in Canada's high Arctic, along the most northern tip of Ellesmere Island, in the vicinity of CFS Alert, Ward Hunt Island, Alert Point, and out onto the Arctic Ocean.

Operation NUNALIVUT 10 also saw 1 Canadian Ranger Patrol Group establish an ice camp 90 kilometres north of CFS Alert. Establishing the ice camp on the sea ice allowed the Canadian Rangers the opportunity



The Honourable Peter Mackay, Minister of National Defence, is greeted by Brigadier-General David Millar, Commander Joint Task Force North (JTFN), upon his arrival to Canadian Forces Station Alert during Operation NUNALIVUT 10. Photo Credit: Cpl Shilo Adamson

to extend their patrol range, to gain experience in setting up a patrol base on the ice, and to conduct trials of new equipment.

"The Canadian Rangers are ambassadors of the North. I am very proud of the reconnaissance and surveillance patrols the Rangers have undertaken throughout the high Arctic region during Operation NUNALIVUT 10, and their ability to use their intimate knowledge of the land to work with

other members of the Canadian Forces to ensure protection and safety of Nunavummiut," said the Honourable Eva Aariak, Premier of Nunavut, who presided over the closing ceremonies.

Some of the other accomplishments of the operation included the first landing of a CC-177 Globemaster III at CFS Alert on a gravel-and-ice covered airfield. The Combined Dive Team conducted its first under-

water dive in the high Arctic and its longest sustained ice dive operation in Canadian Forces history. As well, a portion of the Arctic Response Company Group conducted concurrent training with the Canadian Rangers for the first time in the Arctic, while a team of nine regular and reserve Signallers tested a new series of Iridium high frequency and satellite communication systems.

"The Canadian Forces are constantly developing, training and perfecting their capabilities. That is why we conduct Operation NUNALIVUT 10 and other training operations throughout Canada," said General Walt Natynczyk, Chief of the Defence Staff, who also attended the closing ceremony. "The Arctic presents a challenging environment. It is as essential to develop the expertise required to effectively operate this far north as it is to operate in international theatres such as Afghanistan."

"The achievements and lessons learned from this operation will be used to adapt tactics, techniques and procedures when operating in the high Arctic and to assist in future missions or domestic emergency responses throughout the North, no matter where they occur," said Brigadier-General David Millar, Commander Joint Task Force North.

The closing ceremony and parade conducted at CFS Alert was also attended by Daniel Shewchuk, Nunavut Minister of Environment and Human Resources, and Ron Elliot, Member of Legislative Assembly for Quttiktuq region, and Mary Simon, President of the Inuit Tapiriit Kanatami.

## Manitoba Premier and MLA visit 1 Canadian Air Division Headquarters Selinger Recalls Childhood Experiences with Air Force Friends

**Maj Holly Apostoliuk**  
PAO 1 CANADIAN AIR DIVISION

The Honourable Greg Selinger, Premier of Manitoba, and Mrs. Bonnie Korzeniowski, M.L.A. for St. James and Special Envoy for Military Affairs, recently visited 1 Canadian Air Division Headquarters where they received a tour of the Combined Aerospace Operations Centre that never sleeps, and were briefed on air operations.

"On behalf of the Government of Manitoba, we are very proud to have this operation here in Manitoba," said Premier Selinger, "and it is not so very well known how important and strategically significant this operation is to the safety and security of North America."

"I don't think we fully appreciate what you've done at things like the Olympics, the kind of low-visibility security you provided, which I learned about today," said Premier Selinger. "Of course with the higher profile international events like Haiti, Canada's role was significant and will be greatly appreciated by that nation for generations to come."

"Be proud of what you've accomplished here in Manitoba, and we are glad you are in Winnipeg," said Premier Selinger. "Thanks for the opportunity to experience the kind of work you do here."

Premier Selinger also fondly relayed his childhood experiences with his Air Force friends, as he grew up just outside of 17 Wing Winnipeg and attended school with many military families.



The Honourable Greg Selinger, Premier of Manitoba, and Mrs. Bonnie Korzeniowski, M.L.A. for St. James and Special Envoy for Military Affairs, are presented with a Hercules replica by the Commander of 1 Canadian Air Division/Canadian NORAD Region, Major-General Yvan Blondin during their visit to 1 Canadian Air Division Headquarters on 29 April, 2010. The CC-130 Hercules is the workhorse of Canada's Air Force and is flown by Winnipeg's 435 Transport and Rescue Squadron. Photo Credit: Cpl Levarre McDonald

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## Three Hundred and Fifty Canadians Gather in Winnipeg to Remember Those Lost at Sea HMCS Chippawa Holds Commemorating the end of The Battle of the Atlantic

**Lt(N) Simone Smith**  
PAO CHIPPAWA

On Sunday, May 2nd Naval communities across Canada commemorated the 2,075 day Battle of the Atlantic. In Winnipeg HMCS CHIPPAWA's Ship's company, Naval veterans, Sea Cadet Corps, the Navy League and many guests joined this national tribute. Together they remembered those who served in Canada's Navy and Merchant Navy and made the supreme sacrifice during the Second World War.

Winnipeg's memorial service and wreath laying was held in HMCS

CHIPPAWA at 1 Navy Way. The Lieutenant Governor of Manitoba, The Honourable Philip S. Lee, C.M., O.M., Bonnie Korzeniowski, MLA, Councillor Grant Nordman and other civilian and military dignitaries attended this ceremony and laid wreaths.

The ceremony called to mind the long naval campaign to keep the vital supply lines between North America and Europe open during the Second World War. The roll call of 24 Naval Vessels and the tribute to 70 merchant vessels lost at sea reminded sailors, veterans, and guests alike of the ordinary Canadians who died while pro-

tecting those same supply lines. After the name of each Naval vessel was read a Ship's bell rang out loud and clear.

Three hundred and fifty sailors, veterans and guests attended this memorial ceremony, listened to speakers, and shared the moment of silence. As LCdr Margaret Morlock, CHIPPAWA Commanding Officer recounted the sacrifices of Second World War veterans, her words brought into focus the importance of remaining mindful of our Naval History while looking ahead to recognize the essential work of the Canadian Navy and naval air forces at home and abroad today.




The Lieutenant Governor of Manitoba, The Honourable Philip S. Lee, C.M., O.M. and the White Ensign Naval Veterans Club Colour Party meet in the Naval Museum of Manitoba, 1 Navy Way Winnipeg. From left are: Mr. Brian Julius, Mr. George Apps, His Honour, Mr. Cliff Gow and Mr. Stan Newman. Photo Credit: Cpl Levarre McDonald



The hushed peal of a Ship's bell marks the names of Ships Lost at Sea. PO2 Brad Froggatt CHIPPAWA Naval Communicator rings HMCS ST BONIFACE' bell to mark the names of Naval Ships lost at sea. Seventy Canadian merchant ships lost at sea during the Battle of the Atlantic are also remembered during this annual ceremony. Photo Credit: Cpl Levarre McDonald



A Wreath for the Women's Royal Canadian Naval Service Mrs. Anne Hebert, President of the Ex-Wrens Association (Winnipeg) lays a wreath for the women who served in the Canadian Navy during the Second World War. Photo Credit: Cpl Levarre McDonald



We've got the routes, we've got the date and the time, we've now got registration, and so what are we missing? YOU! That's right; we need you to help us reach 'Mach Speed' by running May 31st at the Second Annual Air Force Run.

## Remembering Our Veterans

**CPO George Apps CD, Retired**

The longest battle of the Second World War began on September 3, 1939 and did not end until the last of the U-Boats surrendered in 1945. This battle was the Battle of the Atlantic.

Ships, sailors and a lot of ocean were the main ingredients for the Battle of the Atlantic. Aircrew flying shore based aircraft and navy and army personnel manning guns in the merchant ships were also involved.

The elements on the Atlantic were usually as bitter as the enemy with its miserable weather, ice pack fog, bitter cold and rough seas. Dark days, black nights and a convoy of ships steaming along at slow speed, showing no lights day or night were common. Nobody could forget the ever present enemy who were waiting to strike at an opportune moment.

Canadians answered the call from across the nation. Many sailors from inland provinces volunteered for the Royal Canadian Navy. Sailors from coast to coast joined the Navy during the war. Coastal and inland shipyards joined the battle by building over 325 warships and 499 merchant ships.

Men and women, both civilian and military, took part in the battle. The Women's Royal Canadian Naval Service (WRCNS), worked in dockyards and shore establishments both in Canada and overseas. The men of the Navy took the warships to sea while civilian men and women sailed in the merchant ships.

Canada's Navy consisted of a fleet of thirteen ships and two thousand men when war was declared. The Royal Canadian Navy grew to a fleet of almost four hundred armed ships and hundreds of auxiliary craft. The naval population grew to almost one hundred thousand which included six thousand women who joined the WRCNS.

The first Sunday in May is usually the day set aside to remember those who did not return from the Battle of the Atlantic. The Royal Canadian Navy suffered 1,797 dead, 319 wounded and lost 24 warships. The Royal Canadian Air Force and the Canadian Army (serving in merchant ships) lost 380 personnel. The merchant navy lost 70 ships and approximately 1600 men.

We shall never forget them.

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# Run Kids, Run! Running Can Be An Enjoyable Activity For the Whole Family

**Lt Donna Riguidel**  
ASSISTANT WING PUBLIC AFFAIRS OFFICER

Children are natural runners. From almost the moment toddlers let go of furniture and take those shaky first steps, they start speeding up. To see the absolute joy on a child's face when they are running is a beautiful sight. Kids know that if it's worth getting to, it's worth getting there FAST!

So, with all of this natural ability and enjoyment in the act of running, why is there a growing problem with childhood obesity? There are a few reasons including less physical education funding, a more vehicle-based society and busier parents. One possible approach to help solve this issue can be families running together, which some parents have found to have more than only fitness benefits.

"I had started training for a 10 K race, and there was a Mother's Day 5 K race that my son got interested in, he said, 'Hey Mom, can we try that?' It was awesome," says Cheryl Kravik, mother of two boys.

Her son, Brendan, first expressed interest in joining her for a run at nine after watching his mom lace up for regular training runs. Since that first race, they have run a few different races together. Cheryl even feels that it helps bring them together as a mother and son.

"When I was training for my half (marathon), he came out and trained with me. I had my short runs on Saturdays and that was our time. 11 or 12 year old boys don't always spend a lot of time with their moms, those runs were so important," Cheryl says. "It gave Brendan a chance to talk, to let me know what was going on in his life. It was our time together."

My own daughter started joining me for some runs even younger, with the help of a jogging stroller and now that she's seven, she rides her bike along with me as I run, and I can say she is a huge encouragement.

"Looks like a beautiful day for a run, Mommy," she says when the weather is nice. Even if it's raining, "Let's go, Mom, we aren't made of sugar."

The best way parents can encourage their children to start running is to model it themselves. I can remember my own Dad getting up early to go for runs along the path behind our house – and thinking that one day I would join him.

There are some concerns with children running though – parents and caregivers need to be realistic about the distance a child can physically cover, after all, any adult will tell you, running is not injury-free. The most injury prone group in youngsters are female cross-country runners. Some guidelines are offered by the United States of America Track and Field (governing body for races in the USA); they set their child race distance at 3 k until age 12 and move up to 4k for ages 13-14.

Not every child has the potential to be an Olympian when it comes to running, but every child can enjoy the activity, if the parent makes it fun.

For the parent of a child that is raring to go, there are lots of ways to "take it easy" and still get the training done.

- Take the child on your warm-up. Do a short ten or twenty minute jog with them and loop back around home. You can still get your longer run in, and your child has also gotten a taste of the running experience

- Let them ride their bikes or rollerblade while you run. This enables you to cover some more distance or use more speed while spending time as a family

- Let the child set the pace. This is especially important in a race that you are doing together. Let them know ahead of time, if they want to stop or walk, that is just fine – after all you want this to be fun for them, not a death march!

- Don't over-train or push them – the last thing you want to do is destroy the interest in the sport. It would be better to cut a run (or race) short than risk them learning to hate to run.

One race in the near future that offers families a chance to get out and have some athletic fun is the 2010 Air Force Run "5K fun Run". This is a non-competitive event that al-

lows running and walking and is decidedly family-friendly. Children will receive a finisher's medal and a race bib, to get the "full race experience".

"When we did the first 5 K, it was put on by my running club, so I knew a lot of the volunteers and organizers; I made sure to thank all of the volunteers and to offer encouragement to the other runners. After the race my son said, 'Mom, I like the way you supported people and were so positive.'" Cheryl says.

If it looks like a "Fun Run" may be in your family's future, it's easy to train – just get out and walk or jog with your kids for the month before. It only takes about 30 minutes a day and you could instill a healthy hobby and lifestyle that your child could take with them for the rest of their life.

Capt Scott Lang and his wife Kara took their kids everyday for at least a "kilometre's worth" of activity so the kids could earn a marathon medal.

"It was a program at their school called 'Go for 42'. We had these cards with forty little feet on them. We had to get a kilometre done each day and then on the day of the actual marathon, the kids ran the last two kilometres. They got a finisher's medal," Kara explains.

The actual practice proved surprisingly easy. "It was only about 15 minutes a day, not far. Walking three blocks might be your kilometre," Kara says.

Of course, there is a danger in running with your children – as they get bigger, they get faster.

"Brendan is 12 now, I figure I have about two years left of running with him before he leaves me in the dust," Cheryl laughs.

As for me, I still get out there with my little "Coach". She is looking forward to the Air Force Fun Run and her first race with Mom. Hope to see you there!

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



Running with your children can be a great way to combat childhood obesity, spend time with your kids, and get some exercise. Photo Credit: Pvt Piotr Figiel



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# Clergy Get "Behind Fence Line" View of Military Chaplaincy

Members of Anglican Regional Clericus learn firsthand how CF chaplains operate.

**Capt Jeff Noel**  
17 WING PUBLIC AFFAIRS OFFICER

"It was a very worthwhile and eye-opening experience for me," said Rev. Canon Dr. Brett Cane, the Rector of St. Aiden's Anglican Church in Winnipeg. "I had no idea how military chaplains work or of the crucial roles played by our Forces personnel at the Wing."

Sponsored by the 17 Wing's flight line chaplain, Captain (Reverend) Gordon Mintz, members of the Anglican

Regional Clericus had the opportunity last week to receive a 'behind the fence line' insight into how military chaplains deal with the challenges of ministering to such a diverse and dynamic entity.

"The local (Anglican) clergy was very appreciative of learning first-hand the stresses on military families that they see in their congregations and learning more of the role of chaplains in supporting our military families," said Padre Mintz.

The clerics' time at 17 Wing Winnipeg also included a

series of briefings on the roles performed by the men and women of 'Team Winnipeg' and the impact they, and the wing, have upon the city, the province, and the nation.

Among those attending the session was the Right Reverend Donald Phillips – Bishop of the Diocese of Rupert's Land and the Right Reverend Peter Coffin – Anglican Military Ordinariate of Canadian Forces.

"It far exceeded my expectations," said Bishop Coffin when asked his thoughts on the gathering of local clergy at the wing.



On Friday 23 April 2010, religious figures from around Winnipeg came to 17 Wing Winnipeg to visit with the Right Reverend Peter Coffin - Anglican Bishop Ordinary to the Canadian Forces, and tour Winnipeg's Airforce Base and get a taste of what kinds of services the Military Padres deliver. Photo Credit: Cpl Colin Aitken



Anglican clergy, most from the Winnipeg area, toured 17 Wing recently to learn about the role and work of military chaplains. Photo Credit: Cpl Colin Aitken

## Planning for the Future

**Primrose Knazan**  
EMPLOYMENT EQUITY COMMITTEE

As we slowly and tentatively ease out of the economic recession, more importantly than ever we must plan for our financial future. But many questions come to mind. Where to start? When is the best time to start? How?

Fortunately the Learning and Career Centre has two courses to guide you on the road to financial security: Retirement Planning Seminar and Future Planning Under 45.

The Retirement Planning Seminar covers almost everything you need to know about planning for your retirement. Guest speakers are invited to speak about different subjects related to retirement including financial planning, Canada Pension Plan, and

tax implications. During the three-day seminar, other relevant topics are covered such as staying healthy, volunteering, starting a small business, as well as sensitive topics such as wills and funeral planning.

As one of the Learning Centre's most popular courses, the next Retirement Planning session is scheduled for June 22-24, 2010 in the Netherlands Theatre with plenty of spaces available. Participants from other government departments are often invited to attend the course, therefore providing a great networking opportunity. Participants are also encouraged to bring their spouses. Registration for the Retirement Planning Seminar is limited to civilian employees only.

The most common comment from participants of the Retirement Planning Seminar is "I wish I knew about this information sooner!" In response, the Learning and Career

Centre has begun offering the course Future Planning Under 45, which is offered specifically to those who want to get a head start in planning for their financial future.

The Future Planning course meets the Treasury Board and departmental requirement to provide civilian employees age 45 and under with the opportunity to obtain advice and guidance in planning for their retirement.

Topics for the Future Planning course include Registered Retirement Savings Plan and alternatives, Registered Education Savings Plan, Tax Free Savings Accounts, and estate planning. In addition to having a certified financial planner on hand to answer questions, a Compensation Advisor and a speaker from Revenue Canada will also present information during the session. The next Future Planning session is scheduled for

May 19, 2010 with limited seats available.

While registration for the Future Planning Under 45 course is open to both military and civilian personnel, military members are encouraged to contact SISIP Financial Services regarding financial planning information.

Whether you are nearing retirement or if retirement is decades away, the time to start planning for your financial future is now. Hopefully these courses can help you on your road to stability, security and financial freedom.

To register or get more information about the Future Planning Under 45 course or the Retirement Planning seminar, please contact the Learning and Career Centre at local 4636, e-mail LCCshare@forces.gc.ca or visit our website at <http://hr.ottawa-hull.mil.ca/lcc-cac/>

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## Famous Flyers (and special guests) celebrate 40 years

Jill St. Mareille

Famous Flyers (and special guests) celebrate 40 years

This is a year of milestones for the Snowbirds as 2010 marks the 40<sup>th</sup> anniversary of 431 Air Demonstration Squadron.

In honour of its 40<sup>th</sup> season, the Snowbirds are inviting famous Canadians to join them in some of their practice flights at 19

Wing Comox, BC.

To date, three special guests have taken to the skies to find out for themselves what being a Snowbird is all about: Jon Montgomery, skeleton athlete and gold medal winner of the 2010 Vancouver Olympic Games; Master Seaman Allan Kobayashi, navy diver with the HMCS Ottawa and honoree of the Canadian Navy's centennial year; and Gord Kurbis, field reporter for A Channel on Vancouver Island.

The team's annual spring training started on April 7 at 19 Wing Comox, BC, giving the crew an opportunity to fly over mountains, water and diverse terrain before officially beginning this year's show season on May 12 with a flypast in Brandon, Mb. The first air show will follow a few days later in Neepawa, Mb., from May 15 to 16.

This year is also notable for the Snowbirds as a new leadership structure was introduced; new commanding officer (CO)

Lieutenant-Colonel Maryse Carmichael will assume responsibilities in her new role on May 6. She is the first female CO of the Squadron and flew with the team in 2001 and 2002.

Other notable Canadians from the entertainment, sports and political spheres will be invited to fly with the Snowbirds but the names have yet to be released.

## Migrating Back to the Snowbirds

Jill St. Mareille

Lieutenant-Colonel Maryse Carmichael is an inspiration.

She is an accomplished pilot in what is still seen by some as an occupation for men. She is the first female Snowbird; she flew as Snowbird 3 in 2001 and Snowbird 2 in 2002. She is a busy mother of two just coming off maternity leave and a newly promoted lieutenant-colonel.

Along with these impressive concurrent roles, she is also the first female commanding officer of 431 Air Demonstration Squadron (The Snowbirds), based out of 15 Wing Moose Jaw. But

she doesn't dwell on that. In fact, the humble not yet 40 year old says she's quite happy to not be the first female CO of a squadron.

"I'm glad I'm not the first," she says. "This story is about the squadron—the Snowbirds—and the work of those guys."

Her new role, which she takes over May 6, will occasionally take her on the road with the "nine-ship", and will also include something that she loves. "I'll be flying," she says. "My duties will not only be at home in Moose Jaw but also on the road. I will go to some air shows during the summer and I will also act as a standards officer for the squadron."

As standards officer, she will do check rides with pilots and will be the training officer for the four newly-selected pilots who will join the team in the early fall when the Snowbirds celebrate their 40th anniversary.

"I love the flying, I love the aviation," she says. "For me, going back to 431 Squadron is being able to represent Canada. I think it's such an important job to show the flag and to give dreams to all the kids across Canada. I was one of them; I saw the Snowbirds when I was four."

Congratulations to LCol Carmichael, who pursued her dream, took to the skies and became an inspiration to so many.



LCol Maryse Carmichael is the new commanding officer of the Snowbirds. Credit: DND

## Getting Married? Consider Buying Life Insurance

Denise Ray

INSURANCE REPRESENTATIVE, SISIP FINANCIAL SERVICES, PETAWAWA

Congratulations, you are getting married! You have chosen the person you want to spend the rest of your life with and now you are making plans.

Your marriage will unite you and your spouse in many important ways including your finances. You are now financially responsible to your partner. You may have debts or you may be planning to buy a home or start a family. Whatever your plans, you have probably spent some time budgeting for the future as you start your new life together.

But, what is the one thing that your financial plan depends on? Income! Without income, your plans, your dreams and your financial security may come to a crashing halt.

Consider what would happen should you or your spouse pass away prematurely. The income is no longer there, but the debt and the needs will be! This responsibility to your partner must be addressed. You can do this by making sure you have a current will and proper life insurance.

Let's face it, we all know we are going to die someday. Still, we don't like to admit it or plan for it, so most of us put off arranging our wills or buying life insurance. There are many reasons for this, perhaps we believe we can delay the inevitable, or like most of us, you think life insurance is not the most thrilling topic. It is not, but it can offer you peace of mind and, imagine the scenario if you don't take care of things.

It is not usually the cost of the insurance or the cost of drawing up a will that prevents us from having them in order


...It is simply procrastination or fear. However, the importance of a will and proper insurance cannot be overstated.

Some people think "I'm young, I'm healthy, I don't need life insurance"; this however, is precisely when you should be considering it. Your premiums will be low because of your age and you will be more likely to be approved because you are in good health. In fact, it is not just money that buys life insurance; it is your good health. Are you going to be in good health in the future?

The purpose of life insurance is to protect the "quality of life" of your survivors. Life insurance is for them, not you. It is meant to ensure that there will be sufficient financial resources available to meet the needs of your family.


Speak to a SISIP Financial Services life insurance professional today. They can assist you in determining your needs and ensuring your family's future is protected.

This article is for general information purposes only and is the opinion of the writer.



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# Dreams Take Flight For 25 Lucky Military Kids

## 16th Annual Dreams Take Flight Sends Children To Disney World for the Day

MCpl Bob Mellin

17 Wing Imaging

Eating ice cream on a jumbo jet at 0900hrs, not a bad way for anyone to start their day. But for approx 130 lucky kids, 25 from military families, this is just the beginning of a magical day thanks to Air Canada and Dreams Take Flight.

For the 16<sup>th</sup> year Dreams Take Flight has loaded a plane full of kids that wouldn't be able to visit Disney World normally. For the first time though the children of military families were included as one of the large groups. Twenty-five kids from military families were selected to take part in the trip. "This is the 5<sup>th</sup> time we've taken a group. We've been able to send one or two kids a year, which was amazing but this year we get to send 25 kids, this is huge," said Diane Brine of the Military Family Resource Centre (MFRC) Winnipeg while walking to the fairy boat heading to the Magic Kingdom.

The job of selecting which kids get to go on the trip is a very difficult task. The MFRC takes on that role for the kids from the military families. "We look at lots of criteria. Some of the things we look at are do they use our services, have they experienced a recent deployment, are they a child with a special need and have they ever been to Disney before, or if they will ever be able to go with their family situation," said Brine.

For 10 year old Tim Thompson, just getting the plane ride to Orlando Florida was an amazing experience. "You feel that, you feel that, it is pushing me way back," said Thompson during take off shortly after

0500hrs. "I can't wait to get there, I am so excited," he exclaimed.

For twins eight year olds Tyson and Taylor Letellier the trip is a chance to have a fun day. "Our dad is in Afghanistan, he has been gone for almost six months," said Taylor. With so much to see, Tyson and Taylor had very different wish lists before heading into the park, "I want to see the Lion King," said Taylor while Tyson had a different goal, "I want to go shopping," he said.

The families were very surprised when their child was chosen, "their parents are so appreciative that we are allowing their kids to go, and the kids are super excited. When we first call them up and ask them if they would like to go, there is a little bit of shock," said Brine.

17 Wing MFRC feels lucky to be involved with the program, although Dreams Take Flight is in eight cities across Canada, the Winnipeg MFRC is the only military group involved with the program. "We are the only group that goes, it is exciting. I hope we can continue to be involved. I don't know if we will have such a large group again, I hope so but there are so many deserving groups in the city," said Brine.

When it comes to the business of making dreams come true, every year is a success and this year was no different. "This was the best year ever. What a great day, the kids had a great time, the weather was great. It was excellent," said volunteer Mireil Kehler who works for CFHA. Chris Isford, of Air Canada who volunteers added, "It was truly a magical day."



Group leaders Chris Isford of Air Canada and Diane Brine of the Military Family Resource Centre (MFRC) along with Basily Schmidt of Big Brothers and Tyson and Taylor Letellier of MFRC, Colby Perrin of MFRC and Tim Thompson of MFRC stop for a photo as they enter the Magic Kingdom. Photo Credit: MCpl Bob Mellin



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# More Fun in the Sun at the Happiest Place on Earth

## Photos From the Dreams Take Flight Trip



Maralee Caruso of CTV News Winnipeg conducts an interview with Alyssa Perrin, Isabel Stokes and Zinnya Leclerc all of the MFRC on the Aladin Magic Carpet Ride. Photo Credit: MCpl Bob Mellin



Taylor Letellier, 8, in front of Cinderella's castle. Photo Credit: MCpl Bob Mellin



Allison Onslow-Dupuis poses with Mickey and Minnie Mouse. Photo Credit: MCpl Bob Mellin

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# Westwin Badminton Club/Club de Badminton Westwin

The Westwin Badminton Club has been an active and extremely competitive Wing Club since its inception many years ago. The Westwin Badminton Club has been an active supporter and member of the Manitoba Badminton Association (MBA) and has hosted the Manitoba Seniors/Masters Tournament for the last five years. Over the last several years our club has produced several members who are CF Regional/National and Provincial Champions and Manitoba Winter Games Medallists. In addition to this, our club has won the Winnipeg Inter-club City Championship in 1996, 1997, and was runner up in 1998. This has brought a significant amount of credit to 17 Wing and the Canadian Forces. Our club has been recognized as the most competitive throughout the city and province as a whole. Within the Winnipeg area and throughout the MBA our club is known as the "Base Club" and all of its members are recognized as such. According to the latest Manitoba Provincial Rankings our club has one military person ranked within the top ten and two military members within the top 33 of the province.

The Gym is located next to 17 Wing Air Force Base on WhyteWold (Building 90).

Westwin Badminton Club's Hours are:

Wednesday Nights – 1900 - 2030 hrs – half the Gym (3 courts)  
- 2030- 2200 hrs full Gym (6 courts)

Sunday Nights - 1900 - 2200 hrs full Gym.

All that is required to join is: a 17 Wing PSP Gym membership; and a Westwin Badminton Club Membership -

\$50.00 - Family (non Military)

\$25.00 - Single (non Military)

\$20.00 - Military Family

No Charge - Military

A drop in fee of \$7.00/night is also available for people who wish to try it before committing. So come out and have some fun. If you wish to join you are welcome to show up on any of the nights above and give it a try or contact PO2 Timothy Hunchak at (W) 983-3680 ext 248 at work or (H) 339-0382 email thunchak@mts.net.

Depuis sa création, il y a de nombreuses années, le club de badminton Westwin est un club d'escadre très actif et extrêmement compétitif. Le club de badminton Westwin soutient

la Manitoba Badminton Association (MBA), dont il est un membre actif, et a accueilli le tournoi senior/des maîtres du Manitoba au cours des cinq dernières années. Depuis quelques années, plusieurs membres de notre club ont été champions régionaux, nationaux et provinciaux des Forces canadiennes (FC) et médaillés des Jeux d'hiver du Manitoba. En outre, notre club a gagné le championnat interclubs de la ville de Winnipeg en 1995 et 1997 et a terminé second en 1998. Cela a donné beaucoup de crédibilité à la 17<sup>e</sup> Escadre et aux FC. Notre club a été reconnu comme étant le plus compétitif à l'échelle de la ville et de l'ensemble de la province. Dans la région de Winnipeg et au sein de la MBA, notre club est connu comme le « club de la base » et tous ses membres sont reconnus comme tels. Selon les plus récents classements provinciaux, un militaire de notre club se classe parmi les dix meilleurs joueurs et deux membres militaires figurent parmi les 33 premiers joueurs de la province.

Le gymnase est situé près de la base aérienne de la 17<sup>e</sup> Escadre, sur WhyteWold Road (bâtiment 90).

Le club de badminton Westwin se réunit :

Le mercredi soir - de 19 h à 20 h 30, moitié du gymnase (3 courts)  
- de 20 h 30 à 22 h, tout le gymnase (6 courts)

Le dimanche soir - de 19 h à 22 h, tout le gymnase.

Pour vous joindre à nous, il vous suffit : d'être membre du gymnase (PSP) de la 17<sup>e</sup> Escadre et de devenir membre du club de badminton Westwin :

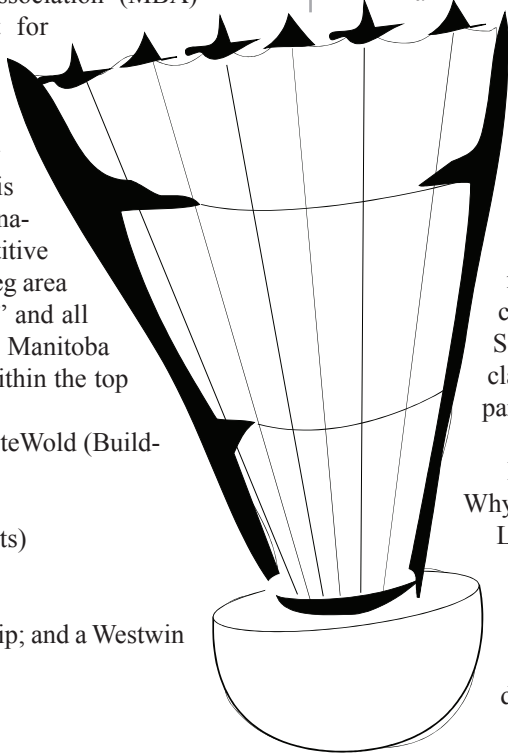
50 \$ - Famille (non militaire)

25 \$ - Personne (non militaire)

20 \$ - Famille (militaire)

Gratuit - Militaire

Les personnes qui veulent faire un essai avant de s'engager devront payer 7 \$ pour la soirée. Venez vous amuser! Si vous désirez devenir membre, présentez-vous durant les heures d'ouverture du club de badminton et faites un essai ou communiquez avec le M 2 Timothy Hunchak, au 983-3680, poste 248 (au travail) ou au 339-0382 (à la maison), ou encore par courriel, au thunchak@mts.net.



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## Questions about Deployment? Call the Mission Information Line at 1-800-866-4546

The Mission Information Line (MIL) has been helping families experiencing deployment for over 18 years. Just as the nature of Canadian Forces (CF) deployments have changed over time, the concerns of MIL callers have also evolved.

This winter, the MIL was especially busy answering calls and updating messages about the deployment of CF personnel to Haiti for Operation Hestia. An officer from the Disaster Assistance Response Team provided updates to an automated MIL message box almost daily so that families could hear firsthand how their loved ones were helping with the relief effort.

“Families called in regularly to hear about everything from the first baby born in the CF makeshift hospital, to how many litres of water they had made safe for drinking, to how the people of Haiti are doing,” says Robin Whitford, MIL Manager.

“Though this deployment happened suddenly, it was great that word of mouth let people know where to call for information. During the two month deployment, the message boxes dedicated to Op Hestia received over 1000 hits!”

The MIL provides message boxes dedicated to each military operation on deployment, and works with CF personnel to keep the boxes updated regularly. Families can call and listen to the recorded messages at any time to get a sense of what their loved ones have recently experienced, and feel connected even through they

may be far apart.

The message boxes can also provide updates for families on when to expect their loved ones back from deployment.

“Deployment Support Centres can use their message boxes to record the flight return timings of the soldiers returning from tour. As flight information can change right up until the last minute, the Deployment Support Centres are able to update this information with one simple recording and hundreds of families are able to call as often as they wish. During this anxious time, many families call repeatedly!”

In addition to the message boxes, the

MIL also provides families with access to a counselor from 8 a.m. until midnight (EST), Monday-Friday by pressing ‘0’. Callers can also leave messages for the MIL and all messages will be returned. Urgent messages will be returned even on weekends and holidays.

Whether callers are working up to a deployment, already have a loved one overseas, or the reunion has brought its own set of challenges, the MIL can help make the transitions easier for families. The MIL’s services don’t start only when a loved one departs, and they don’t end when the planes land back in Canada. Families are welcome to call the MIL anytime with their questions, concerns or even just to talk.

Call 1-800-866-4546 or visit [www.missioninfo.ca](http://www.missioninfo.ca) for more information.



## Avez-vous des questions à propos des déploiements? Communiquez avec un des intervenants de la Ligne d'information sur les missions au 1-800-866-4546.

Depuis plus de 18 ans, les intervenants de la Ligne d'information sur les missions (LIM) aident les familles qui vivent un déploiement. La nature des déploiements des Forces canadiennes (FC) a changé au fil du temps, et les préoccupations de ceux qui composent le numéro de la LIM sont différentes.

Cet hiver, les intervenants de la Ligne d'information pour les missions ont été particulièrement occupés à répondre aux appels et à mettre à jour les messages touchant le personnel des FC déployé à Haïti dans le cadre de l'opération Hestia. Un officier de l'Équipe d'intervention en cas de catastrophe mettait à jour presque quotidiennement la boîte vocale pour que les familles obtiennent un compte rendu direct des efforts de secours fournis par leurs proches.

« Les familles téléphonaient régulièrement pour tout savoir, de la naissance du premier bébé né à l'hôpital improvisé des FC, au nombre de litres d'eau purifiée pour la consommation, à l'état d'âme des Haïtiens », déclare Robin Whitford, gestionnaire de la LIM.

« Bien que ce déploiement soit arrivé soudainement, par chance les gens savaient où téléphoner pour obtenir de l'in-

formation grâce au bouche-à-oreille. Nous avons reçu plus de 1000 appels à la boîte vocale dédiée à l'opération Hestia au cours des deux mois qu'à duré la mission! »

Les intervenants de la LIM gèrent des boîtes vocales dédiées à chaque opération militaire et déploiement, et travaillent de concert avec le personnel des FC pour les mettre à jour régulièrement. Les familles peuvent appeler en tout temps et écouter des messages enregistrés leur donnant un aperçu de ce que leurs proches vivent et leur permettant de se sentir en contact malgré la distance.

Les familles peuvent également obtenir des renseignements à jour sur la date de retour de leurs proches à partir de la boîte vocale.

« Les Centres de soutien aux déploiements peuvent utiliser ces boîtes vocales pour enregistrer les renseignements sur les heures des vols de retour des soldats après une affectation. Puisque les détails sur les vols peuvent changer jusqu'à la dernière minute, les Centres de soutien aux déploiements peuvent mettre à jour ces renseignements à l'aide d'un simple enregistrement. Des centaines de familles peuvent téléphoner aussi souvent qu'elles le veulent. De nom-

breuses familles appellent fréquemment pendant cette période stressante! »



En plus de l'accès aux boîtes vocales, les familles peuvent obtenir des services de consultation en composant le « 0 », du lundi au vendredi, de 8 h à minuit, HNE. Elles peuvent également laisser des messages pour les intervenants de la LIM, qui répondront à chacun d'eux. On répondra aux messages urgents mêmes les fins de semaine et les jours de congé payé.

Les intervenants de la LIM peuvent aider les familles en transition qui se préparent à un déploiement, qui sont séparées de leurs proches affectés outre-mer, ou qui font face à des défis lors des retrouvailles. Les services qu'offrent les intervenants de la LIM couvrent bien plus que la période du déploiement et ne s'arrêtent pas dès que les militaires reviennent au pays. Les intervenants accueillent les appels des familles des militaires en tout temps et sont prêts à répondre à leurs questions et à leurs préoccupations, ou à simplement discuter.


Pour obtenir plus de détails, composez le 1-800-866-4546 ou visitez le site [www.ligneinfo.ca](http://www.ligneinfo.ca).

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## ODDS N' SODS Serve Up A Couple Of Wins



**ODDS N' SODS- 2010 WCOMD VOLLEYBALL CHAMPIONS** Back Row: L-R Rick Phillips, Ron Nicolas, Mike MacNeil, Rick Harris Front Row: L-R Don Mills, Cpl Dennis Gowen

On Fri 30 Apr 10, eleven volleyball teams from various units at 17 Wing Winnipeg converged on the Bldg 90 Gymnasium to participate in the WCOMD's Volleyball tournament. All the teams played a full round robin with the top 2 teams in each division advancing to the playoffs. The WAdmin volleyball team was the most spirited team in the tournament with their red t-shirts and their enthusiastic chants. In the WCOMD Volleyball Championship final, the ODDS N' SODS team defeated AIR DIV ACES to be crowned the 2010 WCOMD Volleyball Champions. Thanks to everyone who participated in the WCOMD VB tournament and we look forward to having even more teams out for next year's event.

## Active Living Challenge Update

Points are quickly accumulating for individuals and Units participating in the 1<sup>st</sup> Annual Active Living Challenge at 17 Wing! Unit OPIs have been very creative in scheduling team activities such as fitness classes, group walks and information sessions on healthy living topics. This challenge has participation, of varying degrees, from 27 Units and/or Lodger Units. Some of the leading Units, in terms of number of participants, include (but are not limited to) 1 Cdn Air Div HQ A4 CE, 2 Cdn Air Div HQ, Wing Pers Admin and Wing Foods. At time of writing, we have over 115 participants involved in this challenge.

We are happy to report positive changes being experienced in such a short period of time. One challenge participant reports that this challenge has encouraged her to change her workout routine to balance her program and help to rehabilitate past injuries. The hope is that adopting these new behaviours during this challenge will help to ensure they are incorporated into her everyday lifestyle.

For many participants this is an especially busy time of year. One participant comments, "I've been intending to get back into the gym for quite some time, I've committed to going to the gym 3 times a week over my lunch hour. I figure if I can make this change now with my workload, I shouldn't have a problem continuing when things quiet down, if that ever happens!"

Behaviour change does take some planning. Spending a few minutes packing a

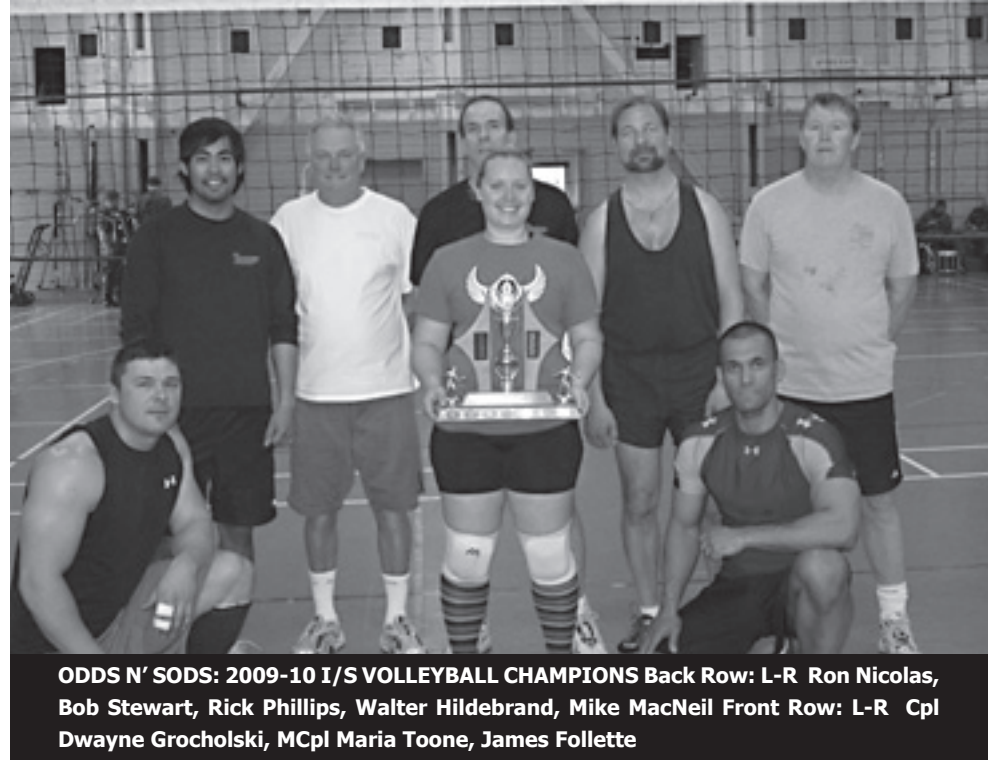
lunch or gym bag can make all the difference in whether or not you are able to eat a healthy meal or make time to exercise during the day. Scheduling exercise into your calendar will also help you commit to taking time for yourself. Just think, would you miss a doctor's appointment? Don't miss the appointment you've made for yourself to go the gym!

Having a tough time taking breaks throughout the day? Again, schedule a couple of health or wellness breaks into your day. When your reminder pops up on your computer screen, get up and walk away from your desk; DO NOT ignore this reminder! Taking a walk, getting a snack or re-filling your water bottle may give you the burst of energy to get through the afternoon, or an opportunity to clear your mind and return to a problem with a different point of view.

This week try something new. Buy a different fruit or vegetable when you go to the grocery store. Register for the Air Force Run. Order a Good Food Box. Take the family outside one evening and kick a soccer ball or toss a frisbee around. Instead of going out for a drink with a friend, suggest a walk, rollerblade or a game of tennis. Be creative!

Get Active 17 Wing!

For more information on the Active Living Challenge, Healthy Eating or other areas of behaviour modification please contact Health Promotion at: 4150/4995/4160.



**ODDS N' SODS: 2009-10 I/S VOLLEYBALL CHAMPIONS** Back Row: L-R Ron Nicolas, Bob Stewart, Rick Phillips, Walter Hildebrand, Mike MacNeil Front Row: L-R Cpl Dwayne Grocholski, MCpl Maria Toone, James Follette

Congratulations to the ODDS N'SODS volleyball team that defeated YOU GOT SERVED to win the 2009-2010 I/S Volleyball Championship. Thanks to all the teams that participated in the I/S Volleyball season and we look forward to having everyone back next season.



*(2009 Wingin' it Team)*

Put your heart into it join  
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**DATE: Wednesday, 16 June 2010**

**TIME: 1300 – 1500 hrs**

**WHERE: Manitoba Legislature Bldg**  
**Deadline to Register: 1 June 2010**

For More Info or to Register contact  
Health Promotion @ local 4150 or 4995  
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## Kidventures offers a summer full of fun

Pack your bags and grab your passport! This year, Kidventures is going to explore the world. Each week is a new adventure. Some of the activities planned include field trips, crafts, field games, swimming and cooking. Our low staff/child ratio ensures that your child will get individual attention from our enthusiastic staff.

Registration is happening now, so pick up your package and ensure your child is able to participate before all the spaces fill up! Registration packages are available for pick up at the MFRC's front desk at 102 Comet Street. You can register your child for one week or the whole summer.

## MFRC Board of Directors

Did you know that the Winnipeg Military Family Resource Centre (WMFRC) is governed by a volunteer Board of Directors? This Board of Directors is entrusted with ensuring our mandate is met, protecting the image of the WMFRC and generally directing the organizational activities. The Board provides strategic oversight and we are accountable to our constituents, the military community. To ensure the WMFRC stays a community-based organization, 51% of all board members must be civilian spouses of serving military members. This helps to ensure that civilian spouses have significant involvement in the governance of

family services within OUR community.

Each Board member is elected by the community at the Annual General Meeting. At this same event, the Executive is chosen and together we work together with the staff to enhance the programs and services we provide in support of our members.

Our mission at the WMFRC is to enrich the quality of life for those who share in the unique military lifestyle by providing specialized programs and services to promote health, education, and social well being. We are a provincially incorporated, not-for-profit organization and we provide programs and services for

military families in Thunder Bay Ontario, Winnipeg and Southport Manitoba.

We are very proud of what has been accomplished by former and current volunteer Board members. Each has taken an active role in enhancing the programs and services that we provide in support of our community. We remain pledged to be responsive to the needs within our local community and we strive to strengthen the resiliency of the military families of 17 Wing!

If you are interested in learning more about the WMFRC Board of Directors, please feel free to contact the Board Chairperson, Troy Zuorro at [winnipegmfrc@gmail.com](mailto:winnipegmfrc@gmail.com).

Kidventures runs from 9 a.m. to 3:30 p.m. Monday to Friday. Extended care, if needed, is available from 7 a.m. to 5 p.m.

The cost is \$85 per child per week. Extended care is available for an additional \$20 per week per family.

July 5-9 Orient, July 12-16 Medieval Europe, July 19-23 Island Hopping, July 26-30 Latin America, August 2-5 Australia, August 9-13 Canada, August 16-20 Africa and August 23-28 Wilds of the World.

For more information, please call 833-2500 ext 4500 or email [diane.brine@forces.gc.ca](mailto:diane.brine@forces.gc.ca)

## SISIP VOLUNTEER APPRECIATION 2010

Canadians have a rich history of volunteering and community involvement. Volunteers are on the front lines of all of our community services – community health care, heritage and arts, maintenance of green space, disaster relief, volunteer fire-fighting, minor sports – the list is endless. The work of the volunteer is essential work.

Volunteering is a wonderful way to make a valuable contribution towards a strong community. It is also a wonderful way to gain personal rewards and benefits, increasing your skills and making new friends. Volunteers are the heart of all of the programs at the Winnipeg Military Family Resource Centre, 17 Wing Winnipeg Community Recreation, and indeed play an integral role in the activities of 17 Wing Winnipeg.

Every year, we are pleased to honour our volunteers, and show them how much they are appreciated. Later in the spring, we will hold a special event to do just that. At this event, we will recognize some of our volunteers for their contributions within the 17 Wing Community with awards in the following categories:

- Volunteer Family
- Volunteer Male (Adult)
- Volunteer Female (Adult)
- Volunteer Male Teen (13-17 yrs.)
- Volunteer Female Teen (13-17 yrs.)
- Volunteer Male Youth (12 yrs. & under)



- Volunteer Female Youth (12 yrs. & under)

### Builder Award:

Recognizes an individual or group effort towards building new community initiatives and recognizing long-term success.

This is YOUR chance to nominate a deserving individual to be recognized by his/her peers for selfless dedication in helping others. Watch the pop-up messages, your section notice boards, and the next editions of the Voxair for more information.

Nomination forms can be picked up at the MFRC (102 Comet), Building 90 Recreation Centre or contact Tina Bailey / Barbara Thuen for an electronic copy.

[christina.bailey@forces.gc.ca](mailto:christina.bailey@forces.gc.ca)  
[barbara.thuen@forces.gc.ca](mailto:barbara.thuen@forces.gc.ca)  
 SISIP, MFRC, and Community Recreation working in partnership to support our volunteers!

## Tips For Families Who Are Posted

The Winnipeg MFRC has information packages for all of the MFRCs across the country as well as some of the international MFRCs. If a move is in your future this summer, we welcome you to come and sign out the welcome package for your new community. Also, most MFRCs have a virtual welcome package on their website. To find your new MFRC, please visit [www.familyforce.ca](http://www.familyforce.ca) and select the MFRC in the community to which you are moving.

### The psychology of moving

One of the most important issues to anyone with kids is their reaction to the news that they're moving and their adjustment to the new home. Being informed is very important to children. One of the worst mistakes we can make as adults is to assume that kids don't care or won't understand the details. Keeping them "in the loop," consulting them about choices whenever possible, and including them in the family game plan will work wonders toward their adjustment.

Other factors depend on a child's age:

### Preschool children

Kids under the age of six may worry about being left behind, or being separated from their parents. If you go on an orientation or house-hunting trip beforehand without the children, it's important to reassure kids this age that you will be back; bring something unique back to them from the new

town. It's also very important for them to express their feelings and fears about the move. Give them a job to do - have them be responsible for boxing up their favorite toys, and "labeling" their boxes with crayons and stickers.

### Ages 6 to 12

Elementary age kids are usually most concerned with how the everyday routines of their lives are going to change. Showing them pictures, videos and magazines of their new home will help a lot, especially if you can find new places in advance for the things they like to do. If your child takes dance lessons, find and share information about the new dance studio she can go to. If he takes karate, or plays soccer or baseball . . . even if her favorite thing to do is the park or the pizza parlor, find these places in your new neighborhood and get brochures, pictures or videos.

### Teenagers

Teenagers are most concerned with fitting in. They may react angrily to the move, even insist they're not going. This is usually due to the total lack of control they have over everything important in their lives - friends, school and jobs - being disrupted. These children can be very worried about making new friends, and what will be different in the new school. They are curious about the clothing, hairstyles, bicycles, cars, etc. that kids in the new city will have. Pictures

of all these things are very helpful, so if you take an orientation trip be sure to take many detailed photos/videos of the schools they will be attending.

Other tips for making the transition:

Give young children an entertaining travel kit for the move.

Give older children a diary for recording the trip and move.

Give children of all ages a special address book and stationery set for keeping up with old friends.

Take videos of the new home if the kids won't get to see it before the move. Arrive well before the movers so kids can explore and become acquainted first.

Give children a chore to do, such as working on their room (younger), supervising little siblings (middle), and painting or arranging furniture (older kids).

Take a break with the family as soon as possible to explore the museums, sights and recreation in your new city.

Arrange a visit to new schools and a meeting with the teacher before the actual first day of attendance.

Encourage the children to bring new friends home.

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# Chaplain's Corner

## Posting Season

Every posting season, many members of the military move on to different positions. Some move from their current places with the satisfaction of a job well done. Others may move with the idea that their past may not follow. In essence, all members get a chance to start something new.

Being posted seems like redemption. Redemption can be a result of feeling that you have overcome the difficulties that have occurred in your relationship with your boss, your work mates and even your family.

I drove by a street the other day and I could guess that it was a military member who was preparing for their departure. Among items that were left on the side of the road was an old barbeque. It was rusted and seemed beyond any hope. Even so, could you change the hoses and add a new regulator? Would the barbeque be used once again? Could it be made brand new? Not if the bottom was all rusted out. Sometimes it is better to trade the old in for something new.

One must be cautious when posting to a new base. In a move, one might encounter huge struggles. My move into Winnipeg faced such obstacles. For instance, in the middle of December the moving truck showed up. It was minus 45 and my boxes were cold. Condensation was on everything. It left several splotchy messes. Then the last few items were removed. My 250 cc scooter was pulled out. I carefully pushed it into my parking spot downstairs into the in-door parking. I pulled it up on its stand and it hit a yellow security post. It shattered the back fender. Strange, how moves can shatter many things. A nice scooter was transformed into a used vehicle.

Psychologists say that one of the greater stress factors is moving. Perhaps it is related to the uncertainty. You know the old saying, "better the devil you know, then the one that you do not know." We waiver between the things that are certain, to a place where we find little certitude. The resultant emotional state can be anxiety. When we move we feel hope and sometimes hope sustains and sometimes hope sinks into despair. I believe this to be a hard fact. My faith in something greater, than myself, helps me to overcome this hard fact. I believe in a way where "every journey begins with one step" and every step allows me to become something new.

Even in the dark journey I must embrace the pinholes of light. Just the other day, I heard a leader say that he believed that the future of leadership was in promoting the good things that each person has to offer. He mentioned that many leaders offer the shadows and not the light. Initially, I feel that this is the future of good leadership. Even so, we are still caught by our own faults. All leaders are not perfect because no one can be everything for everybody else. Will their own wishes for power and control get in the way of helping others to become better? Can we aid each other in feeling redemption? At our best, we can and I see this possibility in the Canadian Armed Forces.

Redemption is found in change and how we navigate the waters of time. The differences between what you leave and what you find. These discoveries are good and bad. My rudder in this water is my family, my friends and my Creator. It is the stout wood that flexes to the pressures and allows me to overcome the perilous journey. And so you find yourself in a new posting.... what will be your rudder in this turbulent water? The support is available, so just ease your self into the moments and remember that the journey has many wonderful experiences for you to find. Remember that you will find grace in your relationships that bring light and love. Posting season is in our midst, reach out and embrace the ride.

-Padre Lance Magdziak

## In Memoriam



On 3 May 2010, Petty Officer Second Class Craig Blake was killed after an improvised explosive device detonated during a dismounted operation, about 25 kilometres southwest of Kandahar City, in the Panjwayi District, at approximately 4:40 p.m. Kandahar time.

CPO 2 Blake was a member of the Fleet Diving Unit (Atlantic), based in Shearwater, Nova Scotia. He was serving with Task Force 1-10.

We are all thinking of the family and friends of our Canadian fallen comrade during this sad time. The commitment and sacrifice of our military and their loved ones are helping to make a difference in the lives of the people of Kandahar Province.

## Together in Church

### CATHOLIC

#### CHAPLAINS

##### *Padre Lance Magdziak*

Roman Catholic Office 833-2500 ext 5272

##### **Administrative Assistant**

Carol Cochrane Office 833-2500 ext. 5087

##### **Masses (English only)**

Sunday 1100 hrs

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

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

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

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

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

### PROTESTANT

#### CHAPLAINS

##### *Chaplain Bonnie Mason*

(Presbyterian) Office 833-2500 ext 5417

##### *Padre Bob Granholm*

(Mennonite Brethren) Office 833-2500 ext 4885

##### *Padre Will Hubbard*

(Anglican) Office 833-2500 ext 5349

##### *Padre Ken MacRae*

(Presbyterian) Office 833-2500 ext 4277

##### *Padre Gord Mintz*

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

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

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

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

#### FOOD BANK

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

#### EMERGENCY CHAPLAIN

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

#### OTHER PHONE NUMBERS:

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

#### INTERFAITH PRAYER ROOM

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



# CLASSIFIEDS

## Help Wanted:

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2. Our son has outgrown this bike in less than 2 yrs. It is in excellent condition as he seldom rode it. It is a 24-in boys 21-speed NEXT brand mountain bike with front suspension. Ideal for boys 8-11 yrs. Asking \$80.00 OBO, call 255-4753.

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The Deadline for the next issue is May 14

# TAROSCOPES

BY  
NANCY

## Aries (March 21 - April 19):

You've accomplished what you set out to do but now you are at a crossroads. Dealing alone with uncertainties in the future doesn't appeal to you. To experience harmony, you have to allow for it. Share your concerns. Then listen to others opinions and suggestions.

## Taurus (April 20 - May 20):

Patterns become obvious as new information comes to light. Make wise choices that free you from emotionally intense situations. A number of opportunities present themselves. Avoid snap decisions. Give yourself time to allow reflection and consideration before acting.

## Gemini (May 21 - June 2):

If you are bored it's tempting to just throw caution to the wind and do whatever takes your fancy. However you need to consider the consequences. Find ways to integrate what excites you without jeopardizing the stability you've established for yourself through past efforts.

## Cancer (June 22 - July 22):

When you question past assumptions it can shake you up. If you have a solid plan to fall back on it's easier to be patient and stay open to the benefits that come from this period of chaos. This is actually a chance to define a new way of measuring success.

## Leo (July 23 - August 22):

The feeling of confidence you have when you look successful needs to be generated by something deeper. If you were to step back and look at your life as a wise observer what would you see? Negative emotions can fuel non-constructive behaviour. Keep a handle on your temper.

## Virgo (August 23 - September 22):

Look at what you have and what you can do with it. Look for the ways in which your life is joyful then invest more time and energy into these aspects. A quick return isn't always best. Patiently building a solid foundation is the key to expanding your sense of hope.

## Libra (September 23 - October 23):

You are very determined and want to take charge, but sometimes sacrificing control is an act of strength. Don't let your fears hold you back but don't discount them either. Instead take note of the thoughts that surface when in doubt. Allow what is meant to happen, happen.

## Scorpio (October 24 - November 21):

You've got lots to be thankful for. Don't allow others to try and foster self-doubts in your mind. You worked for what you wanted and you got it. A victory is yours. Enjoy your success. Celebrate with others who appreciate the same things you do.

## Sagittarius (November 22 - December 21):

What you had hoped was true, seems to be so. Believing means you don't need to see the evidence first though. Self-doubts fade away when you trust yourself. Believe what you are doing is what is best for you. Proceed even if the outcome is not guaranteed.

## Capricorn (December 22 - January 19):

People are reaching out to you to offer assistance and advice. It's your turn to accept help. Embarking on a new venture will be rewarding, so give consideration to a new way of life. Allow yourself to enjoy a ride on the winds of change. Be open to what life brings you now.

## Aquarius (January 20 - February 18):

It's exciting getting lots of attention but don't let it blind you. Listen to your inner voice not just what others say. Actions reveal a great deal. Live in the moment but also prepare for the future, especially if you are making unconventional choices.

## Pisces (February 19 - March 20):

You've learned things that you can now use in your day to day life to help things flow more smoothly. Still when you allow for things to fall apart, something better can fill the void. Stretch past your assumptions and beliefs. Make room for new possibilities and experiences.

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