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RCAF Run Supports Military Charities



Members of the RCAF Run Committee present a cheque to the Soldier On and Military Families Fund charities at the 17 Wing RCAF Mess Dinner. From left to right: 17 Wing HCol Ross Robinson, WCWO Andre Normandin, 17 Wing/AFTC Commander Col Roy, RCAF Commander LGen Blondin, RCSU Adjuncy Capt Skuce, MWO Fuentespina, Wing Admin O LCol Spott, and MWO White. For more, see page 2. Photo: Cpl Jean Archambault

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PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

Steven Fletcher,
Member of Parliament
Charleswood-St.James-Assiniboia

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A Word from the WComd on the 2014 RCAF Run

By Col Joel Roy
17 Wing / AFTC Commander

In the spirit of connecting with Canadians and promoting fitness, on May 25th, 17 Wing is hosting the 6th annual RCAF Run. This year, in order to underline the 90th anniversary of the RCAF, as Wing Commander I



Members of 17 Wing and their families make their way along the flight line as part of the 2013 RCAF Run Family 5 km walk/run. Photo: MCpl Colin Aitken

have authorized a greater access to the Wing, which will exceptionally allow access for a limited number of the public to the tarmac area to visit static aircraft and equipment displays.

This year's event, while maintaining the platinum certified courses as per previous years, will see a much increased emphasis on family activities, thanks in part to partners joining efforts with us. 17 Wing can once again count on generous sponsors to make this event possible, and this year the Winnipeg Blue Bombers have confirmed participation with some players, mascot and several activities for all ages.

Once again, runners will be treated to great accredited and professionally timed events, with the 21Km, 10Km and 5Km runs that pass on the tarmac and the services of a "race village". Several exciting family activities will also be available at the "race village". From obstacle courses, to bounc-

ing castles, to football throwing and autograph signing with Blue Bombers players, and much more, all can count on tremendous fun. Registering for the family short walk (up to 3 km) will allow access on the aircraft parking ramp, visit aircraft and several exhibits. Registration, detailed information on all the events, and how to access the site is available at: www.rcafrun.ca or phone 204-833-2500, ext 4890 or 4839.

Unfortunately, due to space limitations and manning constraints, we are only able to accommodate 2500 registrants. We apologize in advance for the inconvenience this causes. We need to ensure this remains a safe and enjoyable occasion for all participants; the physical limitations of accessing the Base, limited space available, and the enormous logistical requirements as host, are some of the factors contributing to this limit. We are working in concert with the city and partners to set up staging areas where parking is available and bus routes set up to bring people to and from the main site. Holding such an event as neighbour of an international airport and within a city also add to the level of complexity and concerns we need to tend to.

We invite everyone to visit our internet site, sign up quickly to reserve your places, and on the morning of May 25th, from 0900 to 1300, join the RCAF members, veterans and Blue Bomber with your entire family for a memorable experience at 17 Wing. All profits go to charity, so in addition to staying fit and having fun, you will contribute to great causes.

See you there!

2013 Air Force Run Supports Military Causes

By Sgt Bill McLeod
Wing Public Affairs Photojournalist

Lieutenant-General Yvan Blondin, Commander Royal Canadian Air Force, presented a cheque for \$30,000 from the 2013 RCAF Run to representatives of Soldier On and the Military Families Fund just prior to the 90th Anniversary of the RCAF Mess Dinner at 17 Wing Winnipeg on April 16, 2014.

Captain Janet Skuce and Master Warrant Officer Michael Fuentespina of the Joint Personnel Support Centre were on hand to accept the cheque on behalf of the Soldier On Fund and 17 Wing Administration Officer Lieutenant-Colonel Aaron Spott accepted the cheque on behalf of the Military Families Fund.

Also on hand for the presentation was the 17 Wing and Air Force Training Centre Command Team of Colonel Joël Roy, Wing Chief Warrant Officer André Normandin, and 17 Wing Honorary Colonel Ross Robinson and this year's RCAF Run Race Director Master Warrant Officer Jim White. 17 Wing Winnipeg, home of the RCAF, has hosted the Run since its inception six years ago.

"The 2014 RCAF Run will reach out to the families

of our members and our friends and neighbours in the Winnipeg community," said Colonel Roy. "We have an enhanced 3K Family Fun Run/Walk so families can take their time and look at our aircraft and talk to our members. We have also added more activities to the Race Village and we expect professional athletes from various Winnipeg sports teams will join us for that day."

The 2014 RCAF Run, celebrating the 90th Anniversary of the RCAF, will take place on Sunday, May 25. As in previous years, the course will include the flight line at 17 Wing where military aircraft will be on display.

Soldier On is designed to support injured and ill Canadian Forces soldiers continue to attain and maintain a healthy lifestyle by assisting them in participating in physical fitness, recreation and sport activities.

The Soldier On fund has been used to help members with adaptive sports equipment like modified mountain bikes, basketball wheelchairs and hockey sledges. The fund has also been used to improve sports facilities, create home gyms and provide training for beneficiaries to compete at national and international levels.

The Military Families Fund was created in 2007 by then Chief of the Defence Staff General Rick Hillier. The MFF provides Base and Wing Commanders a quick means of assisting military families when faced with an



Participants make their way to the starting line at last year's RCAF Run. Photo by: Michael Sherby

unexpected need.

The MFF does not replace traditional support programs but it has the advantage of being able to be more rapidly accessed by commanders. It has been used in the past to enable families to attend repatriation ceremonies, for spouses to accompany injured or ill soldiers to hospitals and for spouses or families to attend the return of wounded soldiers to Canada. It has also helped set off the costs of memorials, psychological assistance, rehabilitation, home care and education for military families.

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MFRC to Hold Charity Comedy Night

By Bruce Tulloch
Voxair Photojournalist

The MFRC is putting the fun into fundraising. On May 2nd they will be presenting a charity Comedy Night in partnership with St. James Legion #4.



Heather Witherden on the APTN series, 'She Kills Me'. Photo: Supplied

The show, titled "Stand-Up For Families" will see performances from 7 local comedians, including the MFRC's own Heather Witherden.

You may know Heather as the MFRC Receptionist, but by night she's one of the city's better known comedians. She views it as a symbiotic relationship.

"My role as receptionist at the MFRC is a perfect complement to a life in comedy: not only do I get to talk to people, but I'm able to create the perfect storm of fundraising by doing what I

love, and inviting friends along for the ride."

Heather got her start in comedy by entering a contest several years ago and has continued to build on that success, making a name for herself as Winnipeg's wisecracking Mom. She was recently featured in an Aboriginal Peoples Television Network series on women in Canadian comedy called 'She Kills Me'.

Ever the modern woman, she assembled this year's line-up from a 21st century version of the rolodex, her Facebook friends list.

Her friends Melanie Dahling, Dan Glasswick, Don Goldberg, and JD Renaud will help Heather warm things up for the two headliners, Chantal Marostica and Dan Verville.

Dan Verville is a regular host and MC at Rumor's Comedy Club and Chantal Marostica has performed as part of local comedian Big Daddy Tazz's Tazzy's Angels comedy revue.

Although the fundraiser is for families, some of the material being presented may not be, and the event is intended for adults only. 'Stand-Up For Families Comedy' is only one of the fundraisers that the MFRC holds throughout the year to support their programs and ser-

vices, such as the KidVentures Summer Day Camp.

Heather says that the MFRC chose the St James Legion as its venue because of the close relationship the two have had in the past.

"We're holding it at the Legion #4 to thank them for their support over the years via the Poppy Fund," Heather says, adding "there are plans in the works to make the Legion Comedy Nights a regular event, to help promote attendance and reinforce the relationship between Legions and the MFRC."

Tickets for the May 2 show are on sale now for \$10 at the MFRC Front Desk, 102 Comet Street, and also at the St. James Legion #4 at 1755 Portage Avenue.

An Inside Look at the PR Badminton Tournament

Cpl Sheryll Yang
4 CRPG Manitoba Company

The sky was a clear, bright blue and the mild weather was the herald of Spring. With the Wing Commander wishing us the best of luck, the opening ceremony was a short but much anticipated start to the three day tournament. It was the Canadian Armed Forces Badminton and Squash Regionals 2014; an intense, competitive round of games where members from across the prairies gather at 4 Wing Cold Lake to contend for a place in the National Team. The Badminton tournament was divided into three categories, men's and ladies singles, men's and ladies doubles and mixed doubles. Four members, including myself, flew into Edmonton from Winnipeg: three badminton players and one squash player. After having been absent from the pressures of competition, I can honestly say that although my anxiety was present, like all military members, I fell back on my training.

In addition to the experience of meeting new people



Cpl Yang and Capt Jordan participating in the PR Badminton Championships. Photo: Supplied

and expanding my horizons, the value of Badminton, and most physical activities and sports, has been reaffirmed by the tournament. The importance of discipline, perseverance and a strong sense of camaraderie have been, time and again, established through social events such as these. The very foundation of teamwork and self-motivation are heightened by the support of fellow peers and home units and in consequence, the magnitude of self-confidence and believing in ones' ability to succeed and excel have proven unfathomable. Much like the connected hive, the strength of the whole is as strong as the strength of the individual; demonstrating that the effort of the one requires the support of the many. Superseding the pressures of competition, the knowledge gained through meeting others with the same interest and the experiences of Regional veterans is most invaluable. Making new bonds of friendship through a common interest despite having leagues of country in between is remarkably extraordinary.

All in all, the team from 17 Wing have done remarkably well. Captain Audrey Jordan and I will be moving on to Nationals along with eight others from across the prairies. Although we will all have gold as a target, no matter what the result, making it this far is in itself a great accomplishment.

Badminton has always been my specialty. All my energy has been spent training in badminton to refine my skills and improve my game; to put in the effort and be the best that I can be. Members from Edmonton, Wainwright, Shilo and Cold Lake had made the experience outstanding, and while I can say that the rush of competitive Badminton is indescribable, it is the people that make the experience all the more enjoyable and unforgettable. I am grateful that events such as these are supported by both the 4th Canadian Ranger Patrol Group and the entire military establishment, making my success that much more satisfying. I would gladly and proudly return next year to represent both my unit and 17 Wing. With that said, I look forward to Nationals in May and I am certain it will be a week like no other.

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SECURITY GATE ENTRY

MFRC to Host Schizophrenia Society Presentation

By Bruce Tulloch
Voxair Photojournalist

It may not be a full mile, but the MFRC will be putting a few 17 Wing Members into the shoes of those affected by mental illnesses for a couple of hours.

The workshop is titled "Hearing Voices that are Distressing: A Simulated Experience of Hearing Voices" and comes with a warning:

"Please be advised that this workshop is very intense



The workshop "Hearing Voices that are Distressing" in session. Photo: Supplied by Jane Burpee

and can be disturbing. It is suggested that people who hear voices do not take this workshop. It is imperative that all participants attend the full workshop to the end of the feedback."

The goal of the workshop is not to overwhelm participants, but to promote a better understanding of what it's like to experience auditory hallucinations, or hearing voices, and create a better awareness of what life is like for people who suffer from schizophrenia and other mental illnesses. It was created by Pat Deegan, PhD, who has heard voices for over 20 years, including while she was completing her doctorate.

There are four learning goals to the workshop: understanding the day to day challenges that face people with psychiatric disabilities and to realize their strengths and resiliency; learning about the subjective; and becoming familiar with self-help literature, support networks and coping strategies for voice hearers.

In 2-1/2 hours, participants will go through several workshops comprised of everyday tasks while they experience "auditory hallucinations" or "voices" similar to what someone with schizophrenia would contend with on a daily basis. There is also an introductory presentation by the Manitoba Schizo-

phrenia Society, as well as a debriefing session after the workshop.

"I've experienced this workshop and it is very intense," said MFRC Social Worker Sherri Pierce. "

I would suggest that people would want to allow themselves a little bit of time after it before they do anything else that's intense or emotional." She elaborated that "[The experience] may sit with you afterward, and you need to be able to give yourself time to process and get through it."

This is also a unique opportunity for RCAF Members, as the Manitoba Schizophrenia Society rarely runs the workshop outside of the MSS office. The May 13th workshop takes place at MFRC, 102 Comet St. There is no cost, but space is limited. To register call 204-833-250 ext 4500.

"Everyone should be interested in this," said Pierce, explaining that we encounter people with mental health issues more often than we think, and may not even know it. "There are a lot of people on base who work with a lot of other people ... there's a good chance you're going to run into somebody who has mental health concerns and this is an opportunity to get a different understanding of that experience."

"You come out of it certainly with a different awareness," she said. "You get a better sense of how that would wear someone down completely and the challenges that people who are hearing voices experience, especially since you may not know that they hearing voices."

Community Recreation to Hold Active Kids Open House

By Bruce Tulloch
Voxair Photojournalist

The Active Kids Program has a new home and you're invited to the housewarming.

Community Recreation is holding an open house during the Tuesday May 6th Active Kids session to "celebrate and to raise the profile of our office, of this program and the new facility."

The program recently moved into Building 33, The WestWin Community Centre. Previously, the program was being held in the Building 90 Gym and Theatre.

Tina Bailey, Community Recreation Director says that the program was moved because the Community Centre offered better amenities. "We've had some work done and it's a much more child friendly environment."

Bailey encourages parents to "come and hear about the Active Kids program, what we're all about and meet some of the staff."

"We're going to have some coffee and refreshments available for parents and kids and some pizza. And we're going to have some fun additional activities."

Staff will also be available to answer questions about Community Recreation and the services that they provide in addition to Active Kids. Parents are encouraged to come out and meet the newest Community Recreation staff member, Maria McDonald. Maria has been hired as a Senior Recreation Leader, and she is also completing her Master's Degree in Kinesiology, Recreation Management, and Community Development. She also has experience working with the University of Manitoba's Mini-U program.

The Active Kids program began in 2011 and runs three times a week: Tuesday and Thursday afternoons 1630-1930 hrs and Saturday mornings 915-1130 hrs.

While it is a drop-in program, the games and activi-

ties are well-planned, thought-out, and above all, active.

"We try to keep the child physically active, so we play a range of games and sports," says Bailey. "We work with them to develop hand-eye coordination, racquet skills, that sort of thing; simple games that the children find interesting and fun."

Bailey says the program grew out of a need to help military families who were working out at the gym.

"We initially implemented the program to support military members and their spouses to participate in our fitness classes, come swimming, visit the gym, and workout," She explained. "Particularly when their spouse was sent on deployment or sent on training for a period of time, it means that other parent can then continue with their workout plans or fitness class."

Since the program began in 2011, the number of families utilizing the services has grown.

"Over the three years we expanded from 2-3 children per session and now we can get up to 30 children per session depending on the day and the time of year," she said.

"I had one parent who used our facilities on a regular basis," recalls Bailey. "Her husband was based in Ottawa, so she needed some support to continue because she had three small children. She absolutely loved the program."

And now there are several parents at any one time relying on Active Kids for that very reason.

The Active Kids program is available for free to anyone with a current recreation membership, which costs military members \$92 per year per family. The cost for non-members is \$2 per child per drop-in session.

The open house takes place in Building 33, the WestWin Community Centre, Tuesday May 6th from 4:30 - 7:30 PM.



There will be lots of fun activities for kids to take part in at the Active Kids open house, May 6th, 2014. Photo: Bruce Tulloch



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Get Ready for the 2014 Health & Wellness Challenge

By **Bruce Tulloch**
Voxair Photojournalist

You don't have to lose 40 pounds overnight, forsake steak for kale, or become a dedicated follower of yoga to become healthier and feel better. Feeling better does not have to become a full-time job, in-and-of-itself. It starts with something as simple as bending at your knees to pick something up, calling a friend, or quenching your thirst with water instead of pop just once.

"Every choice we make as a part of daily life makes a big difference to our overall health," says Health Promo-



WCWO Normandin signs up for the CAF Health and Wellness Challenge. Photo: Bruce Tulloch

tion Director Kathy Dmytrisin. "It's what you eat at the restaurant, it's how well you sleep, it's the evening walks you take, and it's the choice not to grab a cigarette when stress 'hits the fan'."

And Health Promotion is going to help you along the way with Let's Get Started, the CAF Health and Wellness Challenge, which runs the month of May. The Challenge is open to CAF personnel, family members (18 and older), and civilian members of the Defence Team

To participate in the Challenge you can register online at forces.gc.ca/healthchallenge-defisant, or pick up a tracking sheet up from Health Promotion in Building 63. From there, Health Promotion will email you an easy to use tracking sheet, and it's as easy as tracking your healthy choices during the month of May. After you return your completed tracking sheets to Health Promotion, individual and unit points are tallied and prizes awarded, along with "bragging rights."

This year's prizes include Apple iPods, Magic Bullet blenders, hydration backpacks, and more.

The challenge started 5 years ago and has been picking up steam every year. In 2013, 489 participants registered with 221 returning their tracking sheets.

"This was a 45% return rate, up significantly from the previous year's 23%," Dmytrisin said. "And 17 Wing/AFTC had the greatest participation across the CAF!" 1CFFTS and RCAF Band were last year's Unit winners.



The prizes for the Health and Wellness Challenge. Photo: Mike Sherby

According to Dmytrisin, as of April 14th, over 100 members of the Defence Team had registered for the Health and Wellness Challenge. That's not counting any members signed up through unit representatives, so she expects the number to grow significantly.

"Wellness is more than a concept; it's a daily life experience linking all aspects of health," Says Dmytrisin. "The CAF Health and Physical Fitness Strategy promotes a healthy lifestyle, and stresses one of the key components towards achieving the ultimate goal of maximizing operational capability through a healthy, 'fit and resilient' force."

Health Promotion will be holding Challenge Kick-off Activities on May 1st, which will include lunch time yoga sessions, a group walk, and seminars such as "But I don't want to go to the gym", "Nutrition Myths and Facts", and "Getting Race Ready".

If you haven't already dusted off the stair climber you got for Christmas, a final word of encouragement from Health Promotion Director Kathy Dmytrisin:

"There are lots of daily life choices affecting your wellbeing either at work or at home with your family and friends. By making one healthy choice at a time, you can build strength, energy and resilience."

CAF Health & Wellness Challenge Kick-off

1 May 2014 B90 - 1200-1300 hrs

Yoga - This class is designed to challenge your strength, balance, and flexibility and even make you sweat! You will leave class with a renewed sense of calm and relaxation. New to yoga? No problem! All skill levels welcome.

Lunch Hour Walk - Join Community Recreation as the lunch hour walks are re-introduced. Meet in the lobby of B90 for a 1210 departure. Enjoy the fresh air, physical activity and a social environment.

1 May 2014 Netherlands Theatre - B135

1300-1345 hrs "But I don't want to go to the gym!"

Think of the bigger picture and plan ahead in leading a healthy and active lifestyle!! Get moving and get off the couch by learning simple and safe fitness exercises that focus on injury prevention.

1400-1445 hrs - Nutrition Myths and Facts

With so much information out there about the types of foods to eat (or those to avoid) healthy eating can be very confusing. Join us as we get the facts based on best available evidence (not just the latest trend or fad). Find out about cleanses, carbohydrates, organic foods and much more.

1500-1545 hrs - Getting Race Ready

You're putting time into your training, but how much consideration has been given to how you fuel your body? Race season is upon us; The RCAF Run is only a few weeks away; learn how the foods and fluids you fuel your body with can affect performance.

For more information or to sign-up (although drop-in participation is fine) for any of the above sessions, please contact Health Promotion @ (204)833-2500 ext. 4150 or HealthPromo@forces.gc.ca.



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New Canex Building Features Calming Elements

By Bruce Tulloch
Voxair Photojournalist

The decade-long wait is nearly over. Canex is coming back to 17 Wing!

"We're on schedule for our early 2015 opening," says Deputy Project Manager Victor Lee of the new Canex Building currently under construction between the MFRC and Westwin Community Centre on Wihuri Road.

While the project is trying to make its impact on day-to-day activities on the base minimal, intrusions are inevitable. And Lee says that he is extremely appreciative of how people being affected by it have been handling the situation.

"Most importantly, we have to thank all the Members for their patience and understanding during all of this construction," says Lee.

As previously reported, in addition to a Canex retail outlet, the Canex Building will include a number of services, including a military Post Office, SISIP Financial Services, and Winnipeg's Integrated Personnel Support Centre (IPSC).

"One of the challenges with a building like this is that some of the DND requirements are very unique in the industry. There are construction engineering technical orders that say 'this is how this feature is supposed to be built' that are intended with the military community in mind."

For example members visiting the

IPSC may be suffering from PTSD, and so the building was designed to be very open and inviting, with a window visible from nearly every vantage point in the building.

"The beauty is really in the subtle details," says Lee. "Like the skylight in the lobby. Somebody said to me, 'but it will be warm and bright, you'll feel like you're outside.' Well, that's the point."

Studies by Dr. Roger Ulrich at Texas A&M University have demonstrated that "nature reduces stress and anxiety, and has an overall calming or restorative effect on mood". This can be experienced directly with cultivated gardens (indoor or outdoor) or even access to nature through windows.

In addition to meeting minimum military requirements, there is also the challenge of evaluating what's a need and what's a want.

Despite all the challenges, changes, and rising costs of materials, the project has managed to remain on schedule and on budget. Lee attributes this to being able to communicate directly with everyone involved in the project.

"What really made a huge difference was having the project managed locally, with people that were personally invested in seeing this coming to fruition. I think this will anchor and be a great addition to the Member Support Village."



Construction in progress at the new CANEX building in March 2014. Photo: Supplied

**Penny
Blake**

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RCAF 90th Anniversary Mess Dinner at 17 Wing

By Sgt Bill McLeod
17 Wing Photojournalist

Lieutenant-General Yvan Blondin, Commander of the Royal Canadian Air Force, led the celebration of the 90th Anniversary of the RCAF at a mess dinner held at 17 Wing Winnipeg on April 11, 2014.

A fitting place to celebrate, Winnipeg has been an air base since before the RCAF was even born and was the home of Air Command from 1975 until 1997. It is the home of 17 Wing, the Air Force Training Centre and 1 and 2 Canadian Air Division Headquarters, the operational and

training commands of the RCAF.

Commander of 17 Wing and Air Force Training Centre Colonel Joël Roy introduced LGen Blondin, who arrived on time even though he had been in Turkey earlier that day.

"It's actually been a long day today; I left Istanbul at seven o'clock this morning from the hotel which is about 8 hours away from this time zone. It was my fifth meal today," LGen Blondin joked.

In his speech LGen Blondin shared his views on the RCAF today to the 250 military members in attendance.

"What we've done in the last 10 years

is demonstrate to Canadians that they have an air force they can count on," LGen Blondin said. "We've delivered in Haiti, we've delivered in the Philippines; Canadians are so proud of what it means if there is a natural disaster tomorrow we're out the door."

"We're standing, after 90 years, in probably one of the strongest eras of the

Royal Canadian Air Force," LGen Blondin added.

LGen Blondin also used the occasion to thank former Honorary Colonel of the RCAF, Pamela Wallin and to read a letter from the former Commander, LGen André Deschamps thanking her for her dedication to the RCAF.



The head table at the 90th Anniversary of the RCAF Mess Dinner included representatives of the RCMP, the Winnipeg Police Service, former and serving Honorary Colonels, 1 and 2 Canadian Air Division Command Teams, and the 17 Wing/AFTC Command Team. Photo: Cpl Jean Archambault



The RCAF Band plays during the meal. Photo: Cpl Jean Archambault

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Winnipeg locations:
8 May 2014

1 CAD HQ (Bldg 25)
from 0900 - 1300 hrs

17 Wing HQ (Bldg 137)
from 1330 -1600

À Winnipeg :
8 mai 2014

QG 1 DAC (bât. 25)
De 9 h à 13 h

QG 17^e Escadre (bât. 137)
De 13 h 30 à 16 h




Command CWO of the RCAF
Patrick Young
Adjudant du commandement de l'ARC

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			Air Force

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Alcohol, Other Drugs and Gambling: Supervisor's Training

15 May (0800 - 1600 hrs) and 16 May (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

15 mai (8 h à 16 h) et 16 mai (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

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www.facebook.com/Winnipeg MFRC www.facebook.com/WinnipegMFRCYouth

KIDVENTURES SUMMER DAY CAMP Camps de jour 2014

The staff of the MFRC Kidventures Summer Day Camp welcome you to join us as we race around this great country of ours! The Amazing Race Canada will be 8 fun filled weeks of learning, seeing and experiencing this place we call home! If this sounds like something your children would enjoy then you are in luck! We encourage you to register starting Tuesday, 1 April 2014.

Le personnel du Camp de jour estival Kidventures du CRFM vous invite à vous joindre à eux pour parcourir notre grand pays! Kidventures offre 8 semaines de d'apprentissage, de nouvelles expériences et de plaisirs sous le thème de la découverte du Canada! Si vous croyez que votre enfant pourrait jouir de cette expérience, voilà votre chance.

REGISTRATION Defence Team Families: Tuesday, 1 April 2014 Civilian Families: Tuesday, 15 April 2014 To register, please visit the MFRC Office (102 Comet Street) between 08:30 - 16:30. For more information, please call 833-2500 Ext. 4500	INSCRIPTION Familles de l'Équipe de la défense : Mardi 1 avril 2014 Familles non-militaires : Mardi le 15 avril 2014 Pour l'inscription, passez au CRFM (102, rue Comet) entre 8 h 30 et 16 h 30. Pour information, composez le 833-2500 poste 4500
CAMP FEES Defence Team: \$120.00 per week (\$96 for 4 day week \$72 for 3 day week) Civilian: \$135.00 per week (\$108 for 4 day week \$81 for a 3 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 13 June 2014 (Post-dated cheques accepted). Eligible for Fitness Tax Credit	Coût Équipe de la défense : 120\$/semaine (96\$/semaine de 4 jours, 72\$/semaine de 3 jours) Familles non-militaires : 135\$/semaine (108\$/semaine de 4 jours, 81\$/semaine de 3 jours) Une caution non remboursable de 25-\$ par enfant, par semaine, est due au moment de l'inscription. La balance doit être acquittée d'ici le 13 juin 2014 (chèques post-datés seront acceptés à cette fin. Admissible au crédit d'impôt pour la condition physique des enfants)
PARTICIPANTS Children 6-12 years old. No exceptions. Children must be finished kindergarten and be entering Grade 1 in the fall.	EMPLACEMENT Centre pour enfants de Westwin dans le Centre communautaire Westwin. 642, ch. Wihuri
HOURS OF OPERATION 09:00 - 16:00 Extended Care is available from 7:15-9:00am & 4:00 - 5:00pm. Cost included in camp fees. After 5 pm, \$5 will be charged for every 15 minutes of tardiness.	HEURES D'OUVERTURE De 9 h à 16 h Un service de garde additionnel est disponible de 7 h 15 à 9 h et de 16 h à 17 h ; ce coût est compris dans les frais de camps. Après 17 h, 5 \$ sera chargé pour chaque bloc de 15 minutes de retard.

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Night At The Western Canadian Aviation Museum

Join the Military Family Resource Centre Youth Program staff for an exciting night time adventure at the Western Canada Aviation Museum. Learn about the wonder of flight through educational "hands on" science experiments and activities. Add some spooky ghost stories, a peek at our special "Ghost" plane and a flashlight tour of the darkened museum galleries. Undoubtedly, you will have an experience you will never forget. Top it all off with a movie and a snack before the lights go out and breakfast served by the Museum when you wake up.

Highlights

- \$30.00 Per Person
- Ages 6-12 years old
- Drop off 6:30 p.m.
- Pick up 8:30 a.m.
- Movie Snacks Provided
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WHEN AND WHERE?
Friday, May 9, 2014
 Drop-off at 6:30pm at Western Canadian Aviation Museum Hanger T-2, 958 Ferry Road, Winnipeg, Manitoba R3H 0Y8. T: 204-788-5503
Saturday, May 10, 2014
 Pick-up at 8:30am at Western Canadian Aviation Museum Hanger T-2, 958 Ferry Road, Winnipeg, Manitoba R3H 0Y8. T: 204-788-5503

Register at the Military Family Resource Centre, 102 Comet Street between 8:30 a.m and 4:30 p.m.

REGISTER BY THURSDAY, MAY 1, 2014!!!

For more information contact Brynne Dalebozik, Youth Program Assistant at 204-833-2500 ext. 5391 or at brynne.dalebozik@forces.gc.ca

MILITARY FAMILY RESOURCE CENTRE
CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES

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Dan Goldberg

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Heather Witherden

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Community Coffee Break

The MFRC Community Coffee Break takes place the first Thursday of every month. It provides a chance to meet informally with the staff and Board members of the MFRC, our military families and volunteers. As well, many members of our military and civilian communities regularly attend our Community Coffee Breaks. The food and fellowship are always outstanding, and you will even have a chance to win a door prize! Please join us on Thursday May 1, 2014, from 10:00 to 11:00 a.m. at the MFRC.

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Taroscopes

BY
NANCY

Aries (March 21 – April 19): Things don't always fall into place as expected. A return on investment is never a guarantee. Being a hard worker may just lead to more work coming your way. Luckily you thrive on challenges. Live life with passion even if you don't always get to choose the adventures that ensue.

Taurus (April 20 – May 20): Your hard work pays off. Celebrate reaching a goal with the people who supported and assisted you. If someone else's story inspires you, follow their example. You'll discover something you didn't know about yourself. Integrate into your day anything that promotes wellness.

Gemini (May 21 – June 21): If you've established a solid foundation for your future, consider ways in which you can build on it further. If not – do the prep. work now. The business of life requires forward movement otherwise it stagnates. Get moving. Try something new. Explore ways to express yourself.

Cancer (June 22 – July 22): Maintaining the status quo seemed like a good idea at the time but now you may not like where you're headed. Establish a better balance. Reset your course. Follow your bliss but also stretch beyond your assumptions of what is possible. Take a broader perspective.

Leo (July 23 – August 22): Living in the fantasy land of your imagination is sometimes a needed reprieve. Coming back down to earth is also essential. You're in the right place at the right time. Take a leap of faith. Reconnect and "catch-up" with an old friend. Reflect on how you've made positive changes.

Virgo (August 23 – September 22): Pick your battles. Do what is best for you. Leave the field if you must. Or push past obstacles. Deal with mean-spirited, aggressive individuals but don't react in kind. Play by the rules. Integrity counts to you and that's who really matters. Time will take care of many things.

Libra (September 23 – October 23): If you've overdone it, it's time to get back on track. Turn things into a game. Play with options before committing to a specific course of action. Most importantly, know what motivates you. Clearly identify what helps or harms your chances of success.

Scorpio (October 24 – November 21): You can only manage what is immediately within your grasp at this time. Yes there's more ahead and a big world out there, but keep focused on the here and now and your own priorities. If you're overwhelmed you can't do anything. So relax and take it one day at a time.

Sagittarius (November 22 – December 21): Focus on wellness. Address any health issues as soon as they arise. There are some things you can't change and some you can. Double check your assumptions about yourself and life as they influence the decisions you need to make. You're more than just your image.

Capricorn (December 22 – January 19): Something that consumed your time and energy comes to a natural end. Take some time now to relax and reflect on the future. What have you missed in the past? At this crossroad, look for ways to connect with others. Mentally stimulating dialogue sparks your creativity.

Aquarius (January 20 – February 18): You are eager to explore and seek adventure and yet those closest to you may not share your passion for living in the moment. Consider how other people's expectations are shaping your life. Create a new dynamic. Find ways to shift the focus of your days to your own priorities.

Pisces (February 19 – March 20): Drop perceived limitations. Leave the past behind. Show your strengths and talents. When you push yourself and take action you'll overcome ennui. You are self-sufficient and resourceful but this doesn't mean you have to go it alone. You attract others more than you realize.

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Learn More About Family Support

Military family members in the Winnipeg area are invited to an event to discuss family support programs and services. The event, called Family Forum, will take place on April 28th at 18:30hrs at Mynarski Hall in 1 Canadian Air Division Headquarters at 17 Wing.

Military family members will have the opportunity to informally chat with representatives from the Family Information Line, the National Military Family Council, the MFRC, SISIP (Service Income Security Insurance Plan), OSISS (Operational Stress Injury Social Support) among others.

The RCAF Family Support Team will also be available with information on national programs and solutions currently in development.

"There are more resources than ever, and this is an important chance to connect with families directly to let them know what's available," said Lieutenant Colonel Jean Mallais who heads the team running the Family Forums. "We're assembling key contacts who have a vested interest in the well-being of military families to provide information on how easy it is to access first-class support."

Childcare at the Family Forum will be provided free of charge, provided attendees register in advance by contacting 204-833-2500 ext 4500 TBD.

The RCAF Family Support Team is comprised of Canadian Armed Forces members and are assisted by an RCAF family volunteer. Their role is to hear from families and – when necessary – serve as advocates to ensure national resources are tailored to those who need them most.

"We really look forward to hearing from families at this event," said LCol Mallais. "We can't guarantee every question will be answered on the spot, but we will ensure major concerns will be identified to the appropriate levels of RCAF leadership."

While the Family Forum is intended for spouses and loved ones, Canadian Forces uniformed members are also welcome to attend.

Those unable to attend the Family Forums can still contact the Family Information Line for any support needed as a result of the unique nature of military life. The Family Information Line is a confidential, bilingual service staffed 24 hours a day, 7 days a week by professional counsellors at 1-800-866-4546. Program and service information is also available any time at www.familyforce.ca.

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Families, like Sgt Ben Laliberte's seen above, are invited to attend Family Forum on April 28. Photo: Sgt Kev Parle

Chaplain's Corner

By LCdr Padre Jack Barrett
17 Wing Chaplain

In the previous issue of Voxair, Padre Donnelly ended his article in Chaplain's Corner with a question, "Is the sacrifice worth it?" In his article he discussed both the Sacrifice of Easter and our involvement with Afghanistan and the sacrifices experienced there. And he left us with the question, "Is the sacrifice worth it?"

We are approaching Battle of Atlantic Sunday and I shall ask the same question of that battle, as I am sure many people asked during the dark years of WWII. Nearly seven decades have passed and the world has had ample time to reflect on and dissect the many battles of WWII. History would say, overall, the Battle of the Atlantic and WWII in general was successful, not just for the Allied Forces, but for the stability and growth which Europe in particular, and the world in general, has experienced in these ensuing decades. Every year the RCN and the RCAF along with the Merchant Mariners pause to remember the sacrifices and the loss and the success of the longest running battle of WWII.

The Battle of Atlantic was fought continuously in the North Atlantic from 1939 until 1945 and was very much a three dimensional theatre of battle involving submarines, ships and aircraft. However, unlike the other bat-



A model created by Helen Granger Young, of the soon to be unveiled Prairie Sailor statue. Photo: naval-museum.mb.ca

ties and battle fields of WWII, civilians were constantly in a front line role. Merchant shipping was the critical component of keeping supplies going to the allies in Britain, Europe and beyond. As such, the primary target of the U-Boats was not the heavily armed and agile naval assets. Rather the heavily laden and lumbering civilian ships were the target of choice and often filled the viewfinder of the U-Boat's periscope. While there were many Naval Ships and Air Force assets lost during the Battle of the Atlantic, it was the commercial carriers, the civilian Merchant Seafarers who suffered the greatest losses of both ships and seafarers. While there are acts of heroism in all branches of the military in times of war and crisis, the civilians who volunteered for duty as Merchant Seafarers truly demonstrated unparalleled courage and dedication in the face of extreme risk and hardship to a cause which was much greater than the individual.

For those who volunteered to ply the waters of the Atlantic Ocean in either the Navy or the Merchant Navy, how would they have answered the question, "Is the sacrifice worth it?" Considering the numbers of people who supported the war effort throughout the duration of WWII, their voices can be heard across the years and across the waves, "Yes, it was worth it."

On the 4th of May we will once again gather to remember and pay homage to our forebearers who answered the call of duty in the Battle of the Atlantic. Of particular note, HMCS CHIPPAWA will be unveiling a statue to be dedicated to the "Prairie Sailor" following their Battle of Atlantic ceremony. It should be noted that a prairie company (Paterson Steamships Ltd) had a significant role in the Battle of the Atlantic. The present day Paterson Globalfoods company owned a fleet of commercial ships which was volunteered to the Federal Government as part of their support to the war effort. However, this offer carried significant risk. Paterson Steamships lost 15 of its own ships along with 70 crew members during the Battle of the Atlantic.

At the start of this article, I reiterated Padre Donnelly's question, "Is the sacrifice worth it?" Being a person in uniform and being part of the National Defence Team, this is a critical question for each of us to answer and come to terms with. Indeed, sacrifice is more often than

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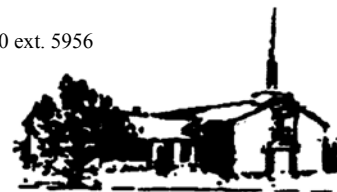
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Roman Catholic Office 833-2500 ext. 5956

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Sunday 1100 hrs



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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

Padre Jack Barrett (Wing Chaplain)

(Anglican) 833-2500 ext 5417

Padre Christopher Donnelly

(United Church) Office 833-2500 ext 4885

Padre Darryl Levy

(Baptist) Office 833-2500 ext 5785

Padre Charles Baxter

(Ukrainian Orthodox) Det. Dundurn. Office 306-492-2153 ext. 4299

Sunday Services (English Only) 0900 hrs

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

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

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

Protestant Chapel Guild meets the first Sunday of the month at 1900 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'.

not for the betterment of someone or something else. Those who sacrificed in WWII and the Battle of the Atlantic answered that question with a resounding "Yes". Volunteers from across Canada supported their nation in the quest of freedom from oppression and tyranny for a foreign land.

For the right reasons, sacrifice is worth it and whether we look to our recent past in Afghanistan, or the Battle of the Atlantic, or the distant past of Jesus's sacrificial death for humanity, we can be inspired to place the good of others before our own interests. As a society, the ethos of altruism and self-sacrifice is important. As members of the public service and in our context, as members of the Department of National Defence, service to others should be our modus operandi. We stand on the shoulders and the accomplishments of our forebearers. May we in turn leave a legacy that will have advanced the interests of humanity, our country and our neighbours.

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