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THE VOXAIR

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A Chilly Climate, But A Warm Welcome



WCWO Normandin (left) and 17 Wing / AFTC Commander Col Roy (right) learn how to build an igloo during a visit to Resolute Bay CAF Arctic Training Centre. For more, see page 3. Photo: Capt Jen Macmillan

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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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Winter Fest Promises to Warm up Winter

By Bruce Tulloch
Voxair Photojournalist

Well the weather is no longer frightful, so the Winter Fest will be delightful. In like a lamb, a sunny -13C is forecast for the 4th annual Community Recreation/MFRC Winter Fest taking place Saturday, March 1st. This will be a welcome change from the coldest winter in 65 years, with 21 days dipping below -30C.

The Winter Fest was founded in 2011 by Community Recreation Director Christina Bailey and MFRC Executive Director Don Brennon to fill the significant seasonal gap in programmed activities.

While conceding that "things are pretty much the same from last year," Winter Fest co-chair Tina Bailey quickly pointed out that it's the tried and true that brings folks back. "I find that every year the sleigh ride and soup seem to be the big attractions."

She's also excited by one of the new activities, a full-size teepee with a fire and storyteller. "I think this year the teepee will be the big thing. There will be a fire pit in the middle," she says, "so it will be warm."

And of course, all of your perennial favourites are back: sleigh rides, snowshoeing, children's crafts, bannock-making, and the SNOWMOTION dogs.

Also making its return from last year's debut is the wine-tasting booth. "That was also very popular," said Bailey.

Tickets for Saturday's event are \$3 per person or \$8 per family for DND/CAF. While primarily an event for CAF members and their families, the public is welcome and tickets are \$4 per person or \$8 per family. All tickets can be purchased on site or in advance at either the MFRC or Building 90. Though there will be room and activities for everyone, organizers encourage you to buy in advance. "It helps to plan [and budget] when you know the numbers before," Bailey explains.

The 3-hour event takes place between 1100 and 1400 hours at the Westwin Community Centre. For more information call 204-833-2500 ext. 5139 or 4511.



A sleigh ride is enjoyed by families at last year's Winterfest. Photo: Alison Boates

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After hard work pulling the sleigh, the horses are treated to a snack from young attendees at last year's Winterfest. Photo: Alison Boates

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WComd & Wing CWO Visit Resolute Bay

17 Wg/AFTC Public Affairs

"It was like summer when we got back here," says 17 Wing Chief Warrant Officer André Normandin of his return to Winnipeg from a whirlwind three-day trip to the Canadian Forces Arctic Training Centre in Resolute Bay, Nunavut with 17 Wing/Air Force Training Centre Commander Colonel Joël Roy.

They were at the centre to see firsthand the work being done by the Canadian Forces School of Survival and Aeromedical Training (CFSSAT) at the Arctic Survival Course, and Colonel Roy says he was very impressed by what's being done up in that inhospitable environment.

"If you've never been in the arctic it's quite hard to get a sense of it," he says. "And when you're out there, you still don't get all the answers, but you certainly get a good sense of things. And you get a chance to talk to the students and the instructors."

Operations, training and living conditions in the arctic can be very challenging and dangerous, and the Arctic Survival Course is ensuring our personnel have the skills they require to operate effectively and safely.

Students of the survival course learn important skills in how to survive in one of the harshest, northernmost outposts in the world. They are taught post air crash survival strategies from instructors at the camp, including a local Innu expert, which leads up to the students spending nights outside in igloos and caves that

they build themselves.

The shelter construction training takes a progressive approach that starts with the students learning how to build their own single person shelter and eventually learning to build multi-man caves and igloos.

Colonel Roy says the level of comfort in the temporary shelters is surprising.

"If you listen well and work hard, you're going to be very comfortable. If you didn't listen, you're in for a long night," he jokes.

Chief Warrant Officer Normandin says that he was very impressed by the level of professionalism and cooperation exhibited by instructors at the camp, especially considering they come from all environments of the CAF.

"You have SAR Techs, you have infantry guys, special ops guys, and they're all working together to teach you how to survive 48 to 72 hours after you crash. And I have to admit, they're doing an excellent job," he says.

Colonel Roy says that the coming years may be challenging for the Arctic Training Centre given the environment of resource constraint the CAF will find itself in for the next few years. But he remains convinced of the importance of the centre.

"Now one can ask why we are not doing this in Winnipeg, especially with the winter we are having this year! As kids we've all dug snow caves and had a blast doing it. But psychologically, it's not the



17 Wing / AFTC Commander Col Roy saws a snow block for his igloo. Photo: Capt Jen Macmillan

same thing. You're not isolated, there's not going to be polar bears or an arctic fox trying to steal your stuff."

Colonel Roy says he believes that about 60% of the course could be replicated in Winnipeg, but that students would still be missing out on a lot.

"Generally the temperature would be too warm to reflect anything close to arctic weather; even this year, for the most part."

"Even the kinds of snow you're dealing with up there is completely different. It's as if you're trying to dig in a square of Styrofoam. So psychologically, it's important to be in the environment, since it brings something you just can't transport here."

It's a sentiment that Chief Warrant Officer Normandin, who has spent a lot of time up north, agrees with completely.

"The arctic is unique. For reasons I

can't explain, this is an environment that tricks the mind. Until you get close to 100 meters of something, it's like nothing is moving at all. Everything is standing still. Because of the distance, your points of reference are all off."

This new facility is part of the government's renewed commitment to maintaining a presence in the North and Colonel Roy emphasised how success can only be achieved through a cohesive whole of government approach.

"Certainly it's been understood in the CAF and in the government that no one can do it by themselves. So if you're going to try and develop something up there it's got to be a collaborative approach. And that's what we have at the Arctic Training Centre with Natural Resources Canada (NRCAN) and the CAF, where you see the army, navy, and air force all pulling together."

MFRC Hosts Annual Yellow Ribbon Gala

The Military Family Resource Centre's largest annual fundraiser, the Yellow Ribbon Gala, was held on Saturday, February 15 at the Delta Winnipeg. The MFRC uses the Yellow Ribbon Gala to showcase their programs and services while paying tribute to the nearly 4,000 military families the Military Family Resource Centre (MFRC) serves in Winnipeg and Thunder Bay.

The Yellow Ribbon Gala is a unique event in Winnipeg. It brings together the military and civilian communities and is a platform to share the positive aspects, as well as the challenges that military families can sometimes face. "By coming together to socialize and enjoy an evening of entertainment, ties between the military and civilian communities are strengthened," said Don Brennan, Executive Director of the MFRC. The Gala is truly a community partnership and would not be possible without the support of its partners, volunteers, and 17 Wing.

The Princess Patricia's Canadian Light Infantry Cadet Corps of Drums started the evening with an exciting, glow-in-the-dark performance that set the standard for an exceptional evening.

The Yellow Ribbon Gala's guest speaker this year was Lieutenant General (Retired) Charles J.J. Bouchard. LGen Bouchard served as Deputy Commander Joint Force Command Naples, Italy and was subsequently appointed as Commander Combined Joint Task Force

Operation UNIFIED PROTECTOR, the NATO operation responsible for enforcing the United Nations Security Council Resolution 1970 and 1973 in Libya in 2011; a mission he and his team planned, executed and successfully completed. LGen Bouchard is a previous commander of 1 Canadian Air Division in Winnipeg.

The 370 guests at the Yellow Ribbon Gala listened attentively as LGen Bouchard spoke about the importance of support to military members and their families as well as his experiences as a leader. His speech touched on tough subjects such as PTSD and the recent suicides of CAF members and veterans, but also shared light-hearted moments from his past experiences. One gala guest was quoted as saying that he "had gained insight about the experiences of the Canadian military and a better understanding of the challenges that families can sometimes face" from the evening and especially LGen Bouchard's speech.

Once again the Royal Canadian Air Force Band impressed everyone in attendance. Their repertoire of past hits and favourites from the top of the charts had the guests dancing the night away.

For the first time the MFRC held a silent auction at the Yellow Ribbon Gala. This was due to the generosity of Absolute HVAC, True North Sports and Entertainment, Ltd. and the Winnipeg Jets. Proceeds from the silent auction, raffle and ticket sales to the Gala goes directly into providing programs and services to military families living in Winnipeg, Thunder Bay and surrounding areas. As a not for profit, registered charity the fundraising dollars are critical to our objectives.

As in past years the MFRC would like to publicly thank 17 Wing for the support and assistance given to MFRC throughout the year and in preparation for the Yellow Ribbon Gala. We appreciate all that you do for us and are grateful to have such a wonderful partnership with 17 Wing. The MFRC would also like to thank Major Charles Halikas for acting as our master of ceremonies of the evening.

Event partners included: Platinum Partner- Peerless Garments; Gold Partner- B.A. Robinson Co.; Silver Partners - Deer Lodge Centre, Winnipeg Airport Authority; Bronze Partners - Airbus Military, Bison Transport,

Canad Inns, Manitoba Hydro, Morden's Chocolates, Qualico, True North Sports and Entertainment and the Winnipeg Jets, Great West Life; Venue Partner - Delta Winnipeg; VIP Reception Partner - Magellan Aerospace; Guest Speaker Partner - Lockheed Martin; Printing Partner - Kromar Printing Ltd.; Wine Partner - Commissionaires; Sparkling Wine Partner - Manitoba Liquor and Lotteries; Silent Auction Donors- True North Sports and Entertainment Winnipeg Jets; Absolute HVAC; Friends of the MFRC- Grant and Kelly Clements, Paula Havixbeck and Margaret Ross.

For more information about the Winnipeg MFRC, please visit www.familyforce.ca, visit our Facebook page, www.facebook.com/WinnipegMFRC, or call 204-833-2500 ext 4500.



Guest of Honour, retired Lieutenant General Charles Bouchard speaks at the Yellow Ribbon Gala. Photo: MCpl Colin Aitken. For more photos, see the Voxair's MFRC section (pg 13).

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17 Wing Postmaster Keeps Mail Running at Op Renaissance

By Bruce Tulloch
Voxair Photojournalist

Neither rain nor sleet nor hurricane aftermath can stop the mail from getting through.

When hurricane Haiyan hit the Philippines November 8, 2013, the CAF responded with Op Renaissance, deploying the Disaster Assistance Response Team (DART) to provide humanitarian support.

Task Force Philippines included about 319 personnel; Engineers, Mobile medical teams, helicopter crews, air transport and Air Force maintenance crews, variety of logistics support and numerous liaison officers along with the HQ element, plus 17 Wing Postmaster Sgt Darren Burgess.

Sgt Burgess was deployed as the Postmaster for the contingent. It was his job to set up and maintain the Canadian Forces Post Office (CFPO) 5046. He recalls his arrival.

"Driving from Iloilo airport to Roxas City, about 3 to 4 hours away, we saw a lot of downed trees and power lines. The power lines were running along the road or even across it (no power of course). A lot of the huts that were not made very well were flattened, the stronger buildings had their roofs torn off or damaged."

While perhaps not the most glamorous job, the CFPO it is a vital lifeline to those working away from home

for months at a time. Sgt Burgess ran a fully function Canada Post office that members could use to send mail or parcels back to Canada.

"Receiving a parcel from home is a huge morale booster," he said, adding that "since the deployment was so short (42 days, with 34 in Roxas City) I only had one small dispatch out, however I received 5 dispatches from Canada."

Along with running the CFPO, Sgt Burgess, one of only 2 personnel from 17 Wing to be part of the team, pitched in around the camp whenever he could.

"In the mornings I would help load the vehicles for their daily tasks, and when convoys arrived I would assist with the offloading of supplies and materials."

Seeming more like a jack-of-all-trades than a mailman, Sgt Burgess also assisted with putting up mod tents, setting up the S6 for the CP and arranging the admin tent which housed the post office, orderly room, MPs, Fin officer and the signal troops.

While relief efforts kept DART busy, there was time for a friendly soccer match against the Philippine Army.

"It was hot but we all had a great time even though we lost. Might've had something to do with the home town referee," he said with a chuckle.



Sgt Darren Burgess (center) with local postal clerks in the Philippines. Photo: Supplied by Sgt Burgess.

Flying Tigers Swim-a-Thon Raises Over \$2,300

By Bruce Tulloch
Voxair Photojournalist

The Flying Tigers have swum to even greater lengths this year, and they've only just begun. They began the season by qualifying eight swimmers in the Junior Provincial Championship Meet, and now they've raised over \$2300 through the annual Swim-A-Thon fundraiser, which was held Saturday, February 15th at the 17 Wing pool.

"The Swim-A-Thon was a great success. We doubled our money raised from 2013 and we believe that the new online fundraiser program was a large contributor in allowing us to do that," said Sgt Michelle Neilson, 17 Wing Flying Tigers Registrar and Officials Chair.

As of Monday February 17th, the total was \$2345 with still another week of online donations possible. So far, Flying Tiger team member Richard has been the top fundraiser with over \$400 in donations.

The Swim-A-Thon saw the Flying Tigers trying to swim 200 laps in a two hour time period. Nine of 11 Flying Tigers completed this challenge. 15-year old Ryan had the fastest completion time, clocking in at 1:09.50, which is more than eleven minutes faster than last year. Right behind him was 17-year old Haley with a time of 1:10.31. Both swimmers have already qualified for the Manitoba/Saskatchewan Regional Championship Meet.

All in all, the 11 swimmers completed 2130 lengths of the pool for a total of 53,250 yards (just under 50 km!) in a total time of 16 hours 2 minutes.

"The swimmers that also swam last year were stronger and faster this year," Sgt Neilson added. "All of them finished in a better time than last year."

Raising more money than anticipated is a nice problem to have, and one the Flying Tigers can handle. Explained Sgt Neilson, "Originally, our plan was to offset coach and website fees. Now, on top of that, we are purchasing new equipment (fins and hand paddles), planning a great year end party, and subsidizing team cloth-

ing."

Next up for the Flying Tigers is the Junior Provincial Championships, February 28th to March 2nd at the Pan-Am Pool. In order to compete, swimmers must have at least one 'A' Provincial qualifying time in their event. This year, the Flying Tigers have 8 swimmers competing, up from five in 2013 and only a pair in 2012.

For more information about the 17 Wing Flying Tiger Swim Club and how to become involved, please visit online at www.ftst.ca



The Flying Tigers prepare to start the Swim-A-Thon. The 11 swimmers completed 2130 lengths of the pool for a total time of 16 hours 2 minutes. Photo: Bruce Tulloch.

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435 Sqn Aviation Tech Loves to Read

By Sgt Bill McLeod
17 Wing Photojournalist

Students from Amanda Havixbeck's French Class at Stevenson-Britannia School in Winnipeg had a special guest speaker during 'I Love to Read' month. Private Philippe Doucet, an Aviation Technician with 435 Transport and Rescue Squadron, volunteered to read in French to the students during the morning of February 21, 2014.

Rosemarie McKay, a member of the Parent Council at the school, specifically requested Private Doucet after he visited the school in November during Veteran's Week to pick up letters the students had written addressed to 'Any Canadian Soldier'. Rosemarie also arranged for an officer of the RCMP to read to another class during the 'I Love to Read' Month.

'I Love to Read' is an annual month-long event meant to encourage reading and writing. To support participation in 'I Love to Read' the Reading Council of Greater Winnipeg prepared an idea calendar of activities that teachers and schools were able to use to engage readers.

At Stevenson-Britannia students and staff were allowed to dress as their favourite characters from books on the day that Private Doucet read. One staff member was seen dressed as Waldo from the 'Where's Waldo' books and another student was dressed as a vampire from the 'Twilight' series.

Before reading the book 'Imagine un arbre', Private Doucet was asked questions about his job, when and how he learned French, and even his favourite food. He told the students that his parents insisted he go to school in French because they thought English would be easier to pick up because it was all around them where he grew up in New Brunswick.

"Having French speaking people around me at work helps me practice my French," he told the students. "If you don't practice it you can start to lose it very quickly."



Private Philippe Doucet, an Aviation Technician with 435 Transport and Rescue Squadron, reads to a French class at Stevenson-Britannia School in Winnipeg on February 21 during I Love to Read month. Photo: Sgt Bill McLeod

Tickets Available for Winnipeg Jets Military Appreciation Night



On Saturday, 8 Mar 14, the Winnipeg Jets are hosting a Military Appreciation Night against the Ottawa Senators. There will be a number of tickets provided by the Jets to allow some military members to attend this game.

In addition to these tickets, the Winnipeg Jets are also offering a limited number of tickets to the game at a cost of \$66.00 per ticket.

17 Wing Fund has decided that to assist Winnipeg Defence Team members in purchasing these tickets, so they will reimburse members for \$30 for each ticket purchased through this offer. Up to a maximum of four tickets will be subsidised for each person and a total of 144 tickets will be subsidised through this offer.

Tickets can be obtained through the Canadian Military Ticket Offers (MTS Centre) website at the following link: www.ticketmaster.ca/promo/3sq1h1. You can also access the link to the Military ticket offers thru the PSP Winnipeg site: www.pspwinnipeg.ca. There are a limited number of tickets available through this offer, and they are available now, so don't delay! You can also check out other ticket offers available to the military community.

To be reimbursed for the tickets through this offer, individuals must take their ticket stubs/paper and ticket purchase receipt to the reception desk, Bldg 90 Fitness and Recreation Centre between Monday, 10 Mar 14 and Monday, 17 Mar 14 inclusive. Reimbursement should follow within two weeks.

Questions can be directed to the PSP Manager at 204-833-2500 ext 4299 or the Community Recreation Director at 204-833-2500 ext 2059.

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Dundurn Dominates Prairie Region Small Base Hockey

By Bruce Tulloch
Voxair Photojournalist

"We are going there to win five games," Det Dundurn coach Sgt Wade Olson said to his players, referring to the number of wins it would take to bring home the Regional Championship. That phrase was repeated often during week in the locker room and on the bench. That's a lot of passion for a regional tournament, but understandable as Dundurn hasn't been crowned regional champion since 1998.

This year's tournament, hosted by CFB Suffield February 4th-7th, was smaller than usual, with only three teams. But as there is no National tournament for small bases, the regionals mean everything to Suffield, Yellowknife, and Dundurn.

Suffield played a great host, holding an opening night meet and greet for the teams at the mess and a great closing banquet for teams, officials and organizing staff, as well as assigning a pair of British interns for each team.

"One of the unique things with CFB Suffield is the amount of British soldiers that are posted there and their great interest in learning the sport of hockey," said Cpl Brandon Landry, Det Dundurn team captain.

The British soldiers would assist in the locker rooms, on the benches and in the stands: carrying extra sticks,

filling water bottles, and asking plenty of questions about the game itself and how to improve their own skills.

After opening ceremonies, Suffield and Yellowknife kicked off the tournament with the host team winning 8-3.

But after that the Suffield team struggled in the round-robin, including an 11-0 drubbing at the hands of Dundurn, who coasted to a perfect 4-0 record, earning a bye into the final.

In a repeat of the opening game, Yellowknife and Suffield squared off in the semi-final, this time with Yellowknife coming out on top 4-2.

Yellowknife kept the momentum going into the final, building a 3-1 lead after twenty minutes. But after a pep talk between periods from Sgt Olson, Dundurn exploded for 5 unanswered goals in the 2nd period, taking a 6-3 lead. When the horn sounded, the score was 8-5 and Dundurn had its first Prairie Regional Championship in 16 years.

Four Dundurn players made the tournament all-star team: forwards Cpl Steve Faucher and MCpl Dave Turcotte, defenceman 2Lt Alex Lemieux Tremblay and goaltender LS Eric Hingsburger.

"It felt good to win the tournament. The guys worked hard all week and it showed on the scoreboard at the end of each game. It's one of those moments that make me

proud to be the captain," said Sgt Landry.

He also really enjoyed the fellowship with the British soldiers.

"It was one of the best highlights of the week for me," he said. "Anytime you can share stories or knowledge about the sport you grew up loving and playing with another hockey fanatic is great."

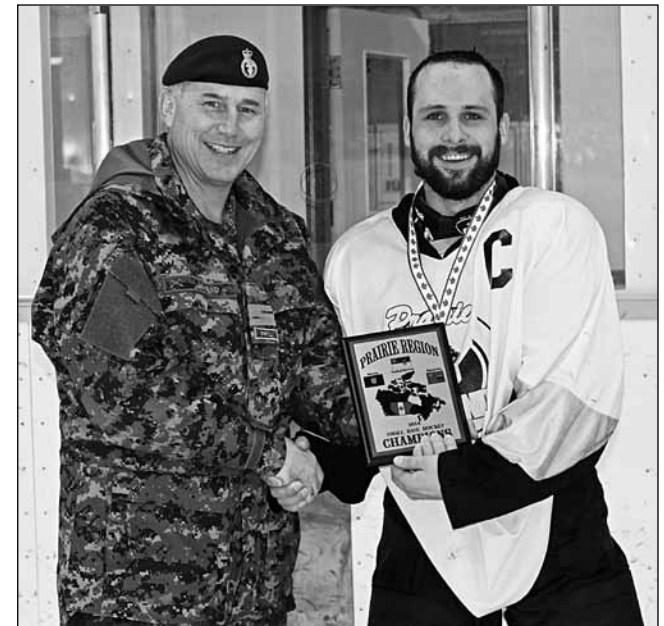
Coach Sgt Olson commended the hard work of the organizers and supporters, singling out one fan in particular, "The Team from Dundurn would especially like to thank Steve [Faucher]'s Mom, we couldn't have done it without her."



#35 Leading Seaman Eric Hingsburger - Goalie embraces Head Coach Sergeant Wade Olson on the championship win. Photo supplied by: Michelle Hauck, CFB Suffield.



CF 17 Wing Detachment Dundurn - Prairie Thunder. Back Row (L to R): British Army Training Unit Suffield (BATUS) Hosts: Craftsman Cross and Sergeant Hollingshead- Then from Dundurn: Leading Seaman Luke Young, Sergeant Michel Bouchard, Corporal Eli Horning, Corporal Steve Faucher, Corporal Ryan Howard, Corporal Brandon Landry, Corporal Evan McGill, Warrant Officer Luc Sevigny, Master Corporal Marty Menard, Coach Sgt Wade Olson. Front Row (L to R): Master Corporal David Turcotte, Master Corporal Alex Eslinger, Leading Seaman Eric Hingsburger, Master Corporal Chris Green, 2nd Lieutenant Alex Lemieux-Tremblay (CFB Moose Jaw -pick-up). Photo supplied by: Michelle Hauck, CFB Suffield.



Major Kevin Conrad, COS CFB Suffield, representing the Base Commander, presents tournament trophy to Corporal Brandon Landry, Team Captain. Photo supplied by: Michelle Hauck, CFB Suffield.

DAAG Hosts National Meeting

By Bruce Tulloch
Voxair Photojournalist

Did you know that there is a Defence Aboriginal Advisory Group (DAAG) on base at 17 Wing? Or that 17 Wing will be hosting the DAAG National Executive meeting on February 26th and 27th?

Perhaps not; on such a busy base it's difficult to be aware of everything. But awareness is one of a variety of topics to be covered at the two-day DAAG National Executive meeting. The meeting will also include reports from all Civilian and Military Co-chairs from across Canada. The introduction of an incoming National Military Co-chair and Desk Officer will also place.

The Defence Aboriginal Advisory group is one of the four main advisory groups that are part of employment equity programs at 17 Wing. The others are: the Women's Advisory group, Visible minorities, and Persons with disabilities. The last National Executive meeting was held in 2011. The first awareness campaign, Aboriginal Awareness Week, was introduced in 1992.

Carolyn Usick, Winnipeg DAAG Civilian Co-chair emphasized the importance of raising awareness of events, and that cultural events, such as smudges, are open to all members. She explained that "often times they happen but no one knows about them."

When asked about her hopes for the meeting, Usick's goals were philosophical in nature. "We hope that we can gather and discuss the grassroots issues and work together to reach results that create positive influence across our base and Canada wide," she said. "I'd ultimately like to see us work collaboratively together to our goals of being peaceful people."

The 17 Wing DAAG meets the second Wednesday of every month at the Wing Chapel and begins with a ceremonial smudge.

"All members of DND and CAF are welcome to be members," she added.

All 17 Wing personnel are also invited to the opening ceremony of the DAAG National Executive Meeting, which will take place Wednesday, February 26th at 0800 hrs outside of the Officers' Mess where an elder from Brokenhead Ojibway Nation will offer a prayer and perform a smudge ceremony.



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The 2013 GCWCC Team thanks 17 Wing/AFTC

On Dec 20, 2013, the 17 Wing/AFTC 2013 GCWC Campaign concluded with outstanding success. Through participation in a variety of Wing organized events and your generous donations, we exceeded our goal of \$140,000, raising an astonishing \$151,705.33.


The WComd, Col Roy, WCWO, CWO Normandin, GCWCC Chairman, LCol Spott, and the GCWCC Co-Chairs, Capt Bellemare-Whiting, Kathy Godfrey, and Capt Snow, would like to personally extend our thank you to everyone who participated and volunteered to make this a resounding success. Again, thank you for your support and see you in September at the 2014 17 Wing/AFTC GCWCC kickoff event!



Rob Pierce, a representative from United Way accepts a cheque from the 17 Wing GCWCC team. Left to right: Capt Snow, Capt Bellemare-Whiting, Col Roy, Rob Pierce, WCWO Normandin, Kathy Godfrey, and LCol Spott. Photo: Supplied



MANITOBA STATUS OF WOMEN
MANITOBA WOMEN'S ADVISORY COUNCIL



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WOMEN'S DAY 2014**


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Ms. Gertrude Hambira, human rights defender
&
Ms. Jackie Traverse, acclaimed Anishinabe artist,
who will be painting a piece of art work
throughout the event

Friday, March 7, 2014
11:45 a.m. – 1:00 p.m.
Room 200, Manitoba Legislative Building

SEATS ARE LIMITED. PLEASE REGISTER EARLY.

Please RSVP by Monday, March 3, 2014 to :
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Wing Commander's Honours and Awards

The 17 Wing / AFTC Commander's Honours and Awards took place on February 12th, 2014 at the Officers Mess. All photos by: Cpl Gabrielle DesRochers.



Sgt P. Howarth (centre) receives the General Campaign Star first rotation bar from 17 Wing Commander Col Roy and 17 Wing CWO Normandin.



Sgt JBH Bambrick receives the 2nd clasp to the Canadian Forces Decoration.



Capt JB Anderson receives the 1st clasp to the Canadian Forces Decoration.



Sgt Sedaway receives the 1st clasp to the Canadian Forces Decoration.



Sgt EC Stark receives the 1st clasp to the Canadian Forces Decoration.



Cpl JP Bain receives the 1st clasp to the Canadian Forces Decoration.



Sgt AW Buchanan receives the Canadian Forces Decoration.



PO2 JA Lugo Cuentas receives the Canadian Forces Decoration.



MCpl Pomerleau (husband Sgt Dumont to her left) receives the Canadian Forces Decoration from 17 Wing Commander Col Roy and 17 Wing CWO Normandin.



Cpl JD Ancelin receives the Canadian Forces Decoration.



Cpl MB Lambert receives the Canadian Forces Decoration.



Cpl JB Wratten receives the Canadian Forces Decoration.



MCpl Foster receives the Canadian Joint Operations Commander's Commendation from 17 Wing Commander Col Roy, 17 Wing CWO Normandi. MCpl Foster appears with his wife, Bria Foster.



Capt Snow and Capt Bellemare-Whiting receive the Wing Commander's Commendation from 17 Wing Commander Col Roy and 17 Wing CWO Normandin.



Capt Mitchell receives Wing Commander's Commendation.



Capt Fiola and Mr. Rick Phillips receive the Wing Commander's Commendation from 17 Wing Commander Col Roy and 17 Wing CWO Normandin.



WO Demchuk receives the Wing Commander's Commendation.



WO Tochor receives the Wing Commander's Commendation.



TSgt Sambolanay receives the Wing Commander's Commendation.



Sgt Phillips (and wife Sgt Soucy-Phillips) receives the Wing Commander Commendation from 17 Wing Commander Col Roy and 17 Wing CWO Normandin.



Mpl Aitken receives the Wing Commander's Commendation.



MCpl Comeau receives the Wing Commander's Commendation.



MCpl Plourde receives the Wing Commander's Commendation.



MCpl Stokes receives the Wing Commander's Commendation.

Wing Commander's Honours and Awards

The 17 Wing / AFTC Commander's Honours and Awards took place on February 12th, 2014 at the Officers Mess. All photos by: Cpl Gabrielle DesRochers.



Cpl Gallant-Girard receives the Wing Commander's Commendation.



Cpl Gowen receives the Wing Commander's Commendation.



Cpl Marois receives the Wing Commander's Commendation.



Winnipeg Airport Authority receives the Wing Commander's Commendation.



Adrienne Popke receives the Wing Commander's Commendation.



Lt Tackaberry receives her Commissioning Scroll.



Marie-France Read, Liberty Enriquez, Evelyne Autexier and Therese Cavallin receive the Wing Commander's Commendation from 17 Wing Commander Col Roy and 17 Wing CWO Normandin



Sgt Burgess receives the Wing Commander's Coin.



PO2 Ross receives the Wing Commander's Coin.



Sgt Svendsen receives the Wing Commander's Coin.

Congrats to all honours and awards recipients!



CPO2 Jarrett receives the Wing Commander's Coin.



Rick Phillips receives the Wing Commander's Coin.

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Jim Rondeau
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JimRondeau.mb.ca

DCHRSC Hosts Wing Commander's Coffee Break



Hungry Wing members line up for a special Valentine's Day Wing Commander's Coffee Break, which was hosted by DCHRSC and held at the 17 Wing Officers' Mess. Photo: Mike Sherby

COMMUNITY RECREATION

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17 Wing Fitness & Recreation Facilities Undergoes Repairs and Renovations

By Bruce Tulloch
Voxair Photojournalist

17 Wing's fitness and recreation Centres are getting into shape themselves these days. Repairs, mostly preventative maintenance, are being made in various locations throughout Buildings 21 and 90. But don't let that stop you from keeping your New Year's resolution to work out.

"We've managed to maintain access to everything," said Bldg 90 Facility Coordinator Joanna Jarrett, "except the squash courts."

The squash courts flooded on February 10th, damaging the floors. The contractors still haven't been able to determine whether the squash court floorboards can be salvaged or re-purposed. Due to the extent and complexity of the repairs needed, the squash courts will be closed indefinitely. "I do not have a date on when this will be fixed," she confirmed.

Change room renovations began with the smaller staff change rooms where doors and counter tops were repaired and shower tiles replaced.

Repairs and updates to the women's change room and showers are currently underway in Bldg 90. While workers replace the grout in the showers and install new energy efficient faucets and fixtures, the doorway has been sealed off with black plastic, keeping the locker room usable. "Most people shower at home, anyways," explained Jarrett. "But if someone [female] needs to shower, they can use the family shower room." Work is scheduled to be completed in early March.

Next up in Building 90, there will be an overhaul of the Men's change room and showers. No repairs are required as everything must go; tiles, fixtures, counter tops and doors. All are being replaced and updated once renovations to the women's change room and shower is

complete. As with the women, it's expected that most men will shower at home, but they too will have the option to use the Family Showers. "Keep in mind," Jarrett cautions, "there are only two." A completion date for this work is still to be determined.

In Building 21, the task of building a new locker room and turning the old one into storage space has been divided into two phases to maintain access to facilities.

The first phase, currently under construction, is the creation of a new locker room. The old locker room will be available until the new locker room is completed and the lockers are transitioned over. Jarrett estimates this will take until the first or second week of March. Once the new locker room is fully functional, the second and final phase of converting the old locker room into new storage space can begin. That work is expected to be completed by the end of March.

Also, an issue in the Building 90 weight room has arisen. The floor has begun to buckle in places and become a tripping hazard. These repairs are also on the slate, but no details have determined yet.

"The real challenge is where to put the equipment while construction is going on." She said. "We know it will be inconvenient, but we want to keep everything accessible during construction."



Repairs are underway at the 17 Wing squash courts. Photo: Bruce Tulloch

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CANADIAN Ask the MP

What is cyberbullying and what can I do about it as a parent?

Bullying, in general, is defined as any ongoing physical or verbal mistreatment where there is an imbalance of power and the target of the bullying is exposed repeatedly to negative actions on the part of one or more other people. Bullying can occur in person and it can also occur on the internet via email or social media websites.

Bullying over the internet specifically is referred to as cyberbullying. Cyberbullying is a growing trend worldwide and has recently gathered significant attention through the media as a result of related youth suicides. Cyberbullying can be much more severe in its effects than other forms since the targets feel they have no escape because of the wide scope of the Web. Also, perpetrators may be more likely to engage in bullying online because they can't see or hear the effects of their actions and it is possible to be anonymous online.

Cyberbullying can be addressed under civil or criminal law based on the situation, and includes:

Insulting: Posting or spreading false information about a person that will cause harm to that person or that person's reputation.

Targeting: Singling someone out and inviting others to attack or make fun of her or him.

Identity theft: Pretending to be someone else to make it look like that other person said things he or she doesn't believe or that aren't true about him or her.

Uploading: Sharing images of a person, particularly in an embarrassing situation, without her or his permission, or sharing emails without the writer's permission.

Excluding: Pressuring others to exclude someone

from a community (either online or offline).

Harassment: Repeatedly sending messages.

THINGS YOU CAN DO AS A PARENT

Monitor which social media websites your children use: Meetup, Facebook, Tumblr, My Space, Meetme, Twitter, Classmates, LinkedIn, VK, Instagram, Ask.fm, Pinterest, Tagged, Flickr, Google Plus+ with available parental software.


Watch for signs such as: changes in behaviour, withdrawal, lower grades, disinterest in formerly fun activities, staying away from the internet, or becoming obsessed with it. Any of these needs to be discussed in depth and we need to be prepared to seek counselling to deal with any potential emotional scarring and to help our children develop strong coping skills.

Redirect them from the internet through extracurricular activities such as: scouts, sports, community groups, etc.

Contact local school authorities if the problem may be with another student. Review the school's bullying policy. Request training for the school on what bullying is and how to prevent it. Check with the support group at the school and if one does not already exist, form a group that coordinates cyberbullying prevention/intervention activities.

Contact your local law enforcement authorities, 23 MP Flt for RHU's and WPS if you reside off base. If you suspect or have evidence your child is the target of cyberbullying, do not delete the pages from the computer as this is evidence the investigators will need.

If you have any further questions regarding cyberbullying, or would like to schedule an information session for parents or children on bullying/cyberbullying please contact the 23 MP Flt Community Relations Rep, MCpl Tanner Kavanaugh at 204.833.2500 ext 6830 or tanner.kavanaugh@forces.gc.ca



**17 WING
 JUNIOR RANKS**

MONDAY – THURSDAY

Lunch 1130 – 1300 hrs
 Afternoon 1500 – 1900 hrs

(Hours may be extended to 2200 hrs depending on attendance)

FRIDAY

Lunch 1130 – 1330 hrs
 Afternoon 1500 – 2400 hrs

SATURDAY – SUNDAY

CLOSED

Hours will fluctuate on nights with scheduled events

Pool Tables Air Hockey Foosball

Cable TV Shuffleboard

WIFI Internet Wii Games TGIF's

Available for Weddings, Socials, Private or Unit Functions / Contact the Junior Ranks Admin Office Bldg 61 / 204-833-2500-5245

March is Nutrition Month!



By **Guylaine Charbonneau, M.Sc., P.Dt.**

Nutritional Wellness Educator and Program Lead

Vegetables and fruit are naturally low in calories and packed with vitamins, minerals and phytochemicals. Any vegetable and fruit, particularly those bright in colour and high in flavour, help you power through and recover from your workouts; fight off cold and flus; combat the effects of stress; naturally and safely cleanse your body; provide natural defence against such diseases as cancer, heart disease, obesity, and diabetes; and greatly enhance mental and physical performance.

Yet, with all these benefits and vast choices, over 80% of CAF personnel are missing out by not eating the recommended 7 to 10 combined servings, or more specifically 4 or more servings of vegetables and 3 or more servings of fruit every day.

Therefore, Strengthening the Forces is proud to announce the plans for re-launching the Vegetable and Fruit Campaign, Fall 2014. The goal is to reach a larger audience by providing new resources and user-friendly tools. The highlight of the campaign will again be the 4+3 Challenge, where in just 2 years the number of participants doubled to over 1500!

In anticipation of the fall campaign, a 2-week 4+3 Challenge will be available starting 10 March to all DWAN users. Consider this a practice-run for the fall campaign! As March is Nutrition Month, joining this Challenge is also a great opportunity to dust of your New Year's resolutions and make healthy eating a priority.

Join now to get a head start!

Link: <http://cmp-cpm.forces.gc.ca/health-sante/ps/hpp-pps/nw-mn/vf-lf/vf-lf-eng.asp>

For more questions please contact Health Promotion at 204 833 2500 ext 4150 or HealthPromotionWinnipeg@forces.gc.ca

Aim for 4 Vegetables & 3 Fruit or more per day!

Week: 1	Vegetables Servings	4 Total	Fruit Servings	3 Total
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Week: 2	Vegetables Servings	4 Total	Fruit Servings	3 Total
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Estimating a serving size

Are you on the ball?

Here is what 1 serving of Vegetables and Fruit looks like:

Vegetables	
125 mL (½ cup) fresh, frozen or canned cooked leafy vegetables	
250mL (1 cup) raw leafy vegetables	
Fruit	
125 mL (½ cup) medium-size fruit fresh, frozen or canned 100% juice	
60 mL (¼ cup) dried fruit	

For more information, visit www.hc-sc.gc.ca or contact Health Promotion at (204)833-2500 local 4150 or healthpromo@forces.gc.ca.

JOIN THE CHALLENGE

March 10 - 23

4&3 or more per day!



Name: _____

Phone: _____

Complete tracker and return to Health Promotion (B63, Rm 147) by March 28th, 1600 hrs for a chance to win a prize!



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Yellow Ribbon Gala



Cadets play in a drum line as the Yellow Ribbon Gala begins. Photo: MCpl Colin Aitken



Staff of the Winnipeg MFRC gather for a group photo with the Guest of Honour, Retired Lieutenant General Charles Bouchard. Photo: MCpl Colin Aitken
For more on the Yellow Ribbon Gala, see page 3.

Kids Care

The MFRC runs a casual child care program called Kids Care. It is a convenient, low cost service that provides quality care for children ages 6 months to 5 years old. The program is licensed by Manitoba Early Learning and Child Care and so follows high standards in regard to staff training; ratios; curriculum, equipment; health and safety. Kids Care operates out of a room at the west end of the MFRC Child Care Centre. It is staffed by trusted Early Childhood Educators you may know from other programs that run at Westwin Children's Centre.

This service may be just what you need for a much deserved break, to attend an appointment, do some shopping, meet a friend, volunteer, work a shift; go to the gym; tackle a home project etc etc etc. This program is also an excellent way to have your child adjust to a group setting away from their parents and provides children with a chance to interact with others.

Kids Care is open Tuesdays and Thursdays. You have the option of booking care from 900-1200; 1300- 1600 or by the hour. Fees for children less than 2 years old are \$28/full day; \$12 for morning or afternoon slot. For children over 2 years, a full day costs \$24 and a half day is \$10. The hourly rate is \$5. There is also a family rate available. You must call ahead to reserve a space for your child.

For more information or to book care, please call 204 833-2500 ext 2491.

Let's Talk about Special Needs!

MFS (Military Family Services) has put together a team to build and enhance services for CAF families living with Special Needs and we are looking for your successes and struggles!

We need those who are caregivers for an individual of any age living with a special need, (diagnosed or undiagnosed) or a person with special needs to call (or email) us and let us know how things have gone for their families while living within the Cana-



dian Forces community. We would like to hear about your successes, your struggles and anything in between. The special need can fall under any of the following categories: mental, physical, emotional or social. These stories will help the Special Needs National Working Group develop strategies to help you and your family succeed in the unique military lifestyle.

We are looking forward to hearing from you! All stories will be confidential and used for strategy building only.

You may also want to consider joining the Special Needs Discussion Group who will be meeting on Wednesday, March 19 to view TEMPLE GRANDIN, a film about an autistic woman who has become an expert in her field.

Please call or e-mail Sherri Pierce @ (204) 833-2500 ext 4056 or sherri.pierce@forces.gc.ca to share a story or to save your spot at the movie! Thank you for helping us create programming to support families living with special needs.

Not just for Valentine's Day.

In a healthy relationship, there is mutual respect; each person is able to be who they really are and their partner values and understands them. Respect also means that each person can draw their own boundaries and feel confident that their partner will not try to coerce or bully them into something that does not feel comfortable.

Good communication is key in a healthy relationship. It is important that people are able to share their feelings honestly and let each other know when there are problems. As well, communicating about other things in their lives, like school, work, other friendships, hobbies and interests, allows partners and friends to be supportive in both times of difficulty and times of celebration.

Dealing with conflict in a relationship is inevitable; at some point, people will disagree. Some healthy strategies for working through conflict include listening to the other's point of view without judgment, taking some time to calm down before getting into a discussion and working together on problem-solving.

If one partner engages in bullying behaviour, such as name-calling, belittling, sarcasm or making threats, it becomes difficult to effectively manage conflict and communication. If excessive jealousy or angry outbursts become part of how disagreements are handled, that may signal that there is a breakdown in some part of the relationship, often communication, honesty or trust. Violence against a partner is never part of a healthy relationship and is a warning sign that it is an abusive relationship.

If you are interested in improving your relationships and you think talking about it could help, the MFRC Social Workers offer individual and couples counselling to military families. Support and educational groups are also available. If anger and aggression are concerns in your relationship, MFRC Social Workers can help you with a plan for safety. They can be reached at the MFRC, Monday-Friday: Haley Schroeder ext. 4512, Sherri Pierce ext. 4056 or Laurie-Anne Johnson, JPSU/IPSC Family Liaison Officer at ext 4478. If your relationship is violent and you are in immediate danger, call 911.

Too Much to Lose?

Earlier this month, during Eating Disorder Awareness Week, Rachel Fredrickson won the Biggest Loser reality show with a weight loss of nearly 60% of her body's mass. She dropped from 260 lbs to 105 over the course of the show's residential training program and her own home maintenance routine. There has been a lot of discussion in the media about whether she, and the show, had gone too far.

It is the same media, however, that perpetuates the image that thin is synonymous with beauty. Advertisers photoshop supermodels' pictures, actresses are criticized for gaining weight and celebrity new mothers drop the baby weight within a prescribed time frame. This pre-occupation with being thin creates an "ideal" image that is, literally, impossible to achieve.

These messages are not being received just by adults. Teenagers and children hear and see these in our society; they notice the status that is bestowed upon people meeting the thin-ideal, and the status that is stripped from those who do not.

Messages that we receive from the media and society encourage dieting and weight-loss behaviours as people strive to meet, or at least get closer to, the "ideal." In some cases, particularly amongst young people who are strict dieters, disordered eating develops. Eating disorders can include anorexia nervosa, bulimia and binge eating. These illnesses can lead to significant physical and mental health issues.

Warning signs that you or someone you care for may have an eating disorder can include (but are not limited to): preoccupation with food, weight and shape, feeling guilt or shame or being secretive about eating, feeling fat even when others disagree, having the sense that happiness cannot be reached without being an "ideal" weight and avoiding food, even when hungry. If you believe you or someone in your family has an eating disorder, consult your family physician. There are many resources to which they could refer you.

If you have concerns about your body-image, self-esteem or managing expectations for yourself, the MFRC Mental Health team may be able to help. Social Workers at the MFRC are available to meet with military spouses, families and children, either in individual sessions or through support groups. If you would have questions or would like to book an appointment, please contact Haley Schroeder at (204) 833-2500 ext 4512 or Sherri Pierce at (204) 833-2500 ext 4056.

Information for this article was adapted from: Mirror Mirror Eating Disorders (mirror-mirror.org), National Eating Disorder Information Centre (medic.ca) and Province of Manitoba – Healthy Living, Seniors and Consumer Affairs (gov.mb.ca).

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Taroscopes

BY
NANCY

Aries (March 21 – April 19): A decision leads to unexpected outcomes. You're about to find out who you can trust. Creative solutions to problems can be inventive and practical. Others already know what you're about to discover – that you're better equipped to manage than you think you are. Take the lead.

Taurus (April 20 – May 20): You want to be acknowledged, appreciated and respected for your unique abilities and contributions. You aspire to more than you have. Make adjustments to your surroundings that provide a sense of permanence. Right now it's important to feel "at home" wherever you are.

Gemini (May 21 – June 21): Your plans and things keep falling apart. It seems like you can never get ahead but reality is such that there will always be something to deal with. Appreciate little pleasures. If you have regrets for things said in frustration, extend an olive branch even if it feels uncomfortable.

Cancer (June 22 – July 22): Get-togethers can be enjoyable as long as you're not stuck in a corner with a pompous poser. Being supportive of others should not come at your own expense. If you feel taxed by someone else's expectations take a "time out." Acknowledge and provide for your own needs.

Leo (July 23 – August 22): Be resilient. Some plans will flounder and some will fly. Accept defeat gracefully instead of trying to maintain a façade of success. Cut your losses so you'll have the energy to pursue something worthwhile. Build supportive relationships. Honesty fosters trust.

Virgo (August 23 – September 22): Let go of assumptions and expectations. Instead of over-planning let things fall into place naturally. Detours can make life interesting and fun. Accept last minute invitations to party with friends. An intense debate can be invigorating. Advocate for others. Seek the truth.

Libra (September 23 – October 23): Putting people on pedestals doesn't work. If you're on one or you've put someone else on one, work at establishing a more realistic view all around. Everyone is human. Self-reliance and independence are integral for a sense of self-worth. Be fair; insist that others do the same.

Scorpio (October 24 – November 21): Take action when you feel strongly about something. Old emotional issues can be healed at this time. What motivates you? Learn this and use it. Watch for the spark of an idea or attraction. You'll feel changed by a profound and emotionally moving experience.

Sagittarius (November 22 – December 21): Stick with people who enjoy a good time. If you've taken the lead and "fixed" things, you must also take responsibility if things go awry due to your machinations. You're about to learn how things you put in motion can get out of hand and have unexpected results.

Capricorn (December 22 – January 19): No one is indispensable. Make adjustments if your sense of responsibility weighs you down and gets in the way of your feeling the joy in life. What used to work may no longer serve you. There is a fine line between independence and isolation.

Aquarius (January 20 – February 18): What you thought you wanted may need to be revised. Are you headed in the direction you planned to go? If you're acquiescing to another's needs to ensure their support then it's not really support they offer. Look for new ways to realize more of your potential.

Pisces (February 19 – March 20): Have faith in and trust that you will find a way through any situation or challenge you face. Deal with what needs your immediate attention. Stick to your guiding principles and beliefs. The divine energy of love is in the air in all its forms. Special bonds are forged at this time.

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Chaplain's Corner

By Padre Chris Donnelly

Are you planning a Wedding this year? If so the following is intended for you.

Marriage is a life-altering experience and one of the most important decisions you will ever make. Dealing with issues that will impact your marriage before the big day arrives can help couples create a lasting and fulfilling union. Marriage is a dynamic change in a relationship that needs preparation, even if you have lived together for years.

The 17 Wing Chaplain Team would like to help get your relationship into peak condition before the big day, and we're offering a workshop for those who are thinking about taking their relationship to the next level.

Marriage Preparation introduces couples to information that can improve their relationship by enhancing communication, identifying shared values, goal setting and helping with financial planning.

Research indicates that couples who participate in premarital programs experience a 30% increase in marital success over those who don't. This study, conducted by Dr Jason Carroll and Dr William J. Dorerty, reported improved communication, better conflict manage-

ment skills, higher dedication to one's partner, greater emphasis on the positive aspects of a relationship, and improved overall relationship quality. These benefits appear to hold for up to three years after the program is over. These benefits also extend to couples who enter marriage with greater risks, such as coming from homes where parents had divorced or had high levels of conflict.

This is why the 17 Wing Chaplain Team is facilitating a two-day Marriage Preparation Course, to be held on Friday evening 28 March and all day Saturday 29 March 2014. The course is aimed to support couples making a commitment intended to last a lifetime.

The program is recommended for all couples, and is mandatory for Canadian Armed Forces

Members who wish to get married in a CAF Chapel. If getting married elsewhere your certificate will let your Minister or Justices Of The Peace know that you have completed a Marriage Preparation Course if required.

Couples interested in participating can register with any Chaplain by Friday 21 March 2014.

Congratulations to all planning a wedding this year from your 17 Wing Chaplain Team.



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Padre Ray Laudensorio
Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre
Roman Catholic Office 833-2500 ext. 5956

Masses (English only)

Tues, Weds, Thurs 1210 hrs
Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

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'.

Canadiana Crossword

A Flurry of Firsts

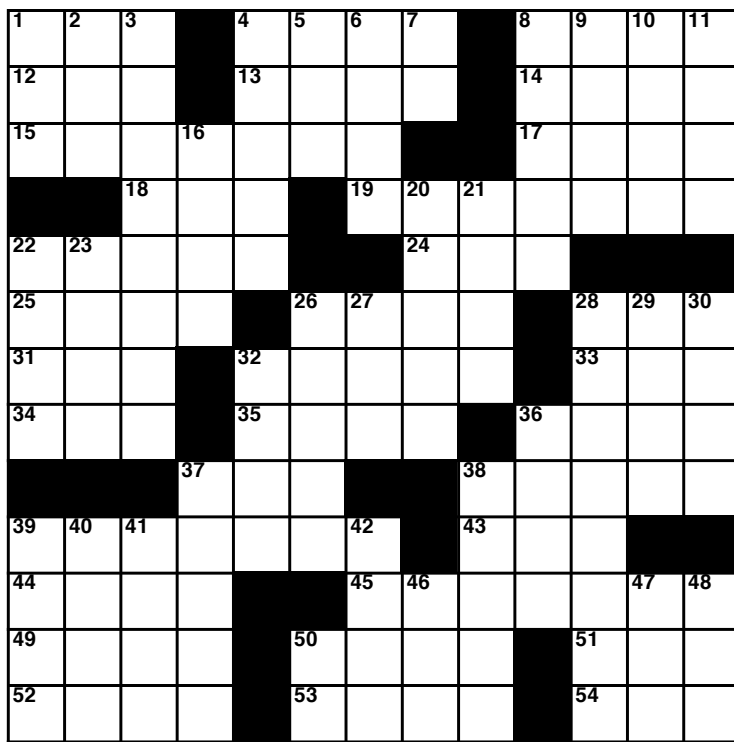
By Bernice Rosella and James Kilner

ACROSS

- 1 Radon, for one
- 4 Pater
- 8 Shopping venue
- 12 Squid juice?
- 13 Strays
- 14 Dwarf buffalo
- 15 First Canadian astronaut
- 17 Tend
- 18 Corn cob
- 19 Paint roller inventor
- 22 Squander
- 24 Outs opposites
- 25 Competent
- 26 First Canadian woman atop Everest
- 28 Hayloft
- 31 Word with whizz
- 32 Matches
- 33 Chemical ending
- 34 Summer time in Ont.
- 35 Friends, en Francais
- 36 Pacific island
- 37 Prospector's quest
- 38 Sylvan deity
- 39 First Canadian enshrined at Cooperstown
- 43 Lube
- 44 Mimic
- 45 First to span the Atlantic wirelessly
- 49 2nd Greek letter
- 50 Badgers company
- 51 Swiss river
- 52 Dried hemp
- 53 Is indebted
- 54 Agio

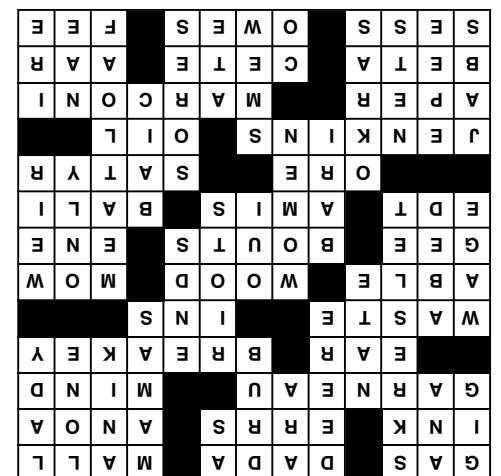
DOWN

- 1 Small boat
- 2 Collection
- 3 First Canadian man atop Everest



- 4 Green machine maker
- 5 Macaws
- 6 Defeat decisively
- 7 Word in a simile
- 8 Ewes or does
- 9 First Canadian space satellite
- 10 Single
- 11 Lord's mate
- 16 Essayist Hawthorne or lexicographer Webster, familiarly
- 20 Debaucheries
- 21 Objectives
- 22 Perpetrate
- 23 In the sack, slangily
- 26 Female persons
- 27 Yes, to Yves
- 28 Bat Out of Hell band
- 29 Sole
- 30 First Canadian winner at Augusta
- 32 Italian seaport
- 36 Tibeto-Burman tongue
- 37 Gumbos
- 38 Lesions
- 39 Stabs
- 40 Fencer's concern
- 41 Court features
- 42 Expert diver?
- 46 Fed
- 47 Glaswegian's no
- 48 Wrath
- 50 Cobalt symbol

Crossword Answers



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