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THE VOXAIR

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Officers' Mess Tap Room Renamed For Former HCol



Cpl Matthew Plourde (right) presents the new plate he designed to Mrs. Arlene Van Ruiten (left) at the inauguration of the Van Ruiten Lounge at the Officers Mess. Photo: Cpl Gabrielle DesRochers. For more informatio on this important occassion, please see page 2 of this edition of the Voxair.

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Van Ruiten Lounge opens at Officers' Mess

By **Sgt Bill McLeod**
17 Wing Photojournalist

"It is with distinct pleasure that I announce that we are able to honour a vibrant individual who served 17 Wing with pride as the Wing's Honorary Colonel for over 13 years; Honorary Colonel Ben Van Ruiten," said 17 Wing and Air Force Training Centre Commander Colonel Joel Roy during the Tap Room renaming ceremony in the Officers' Mess on Friday, February 7.

The Tap Room was officially renamed the Van Ruiten Lounge during a small ceremony held during the second Family TGIF at the Mess. The occasion was appropriate as Honorary Colonel Van Ruiten was a major supporter of families on the Wing. Even after his 13 year tenure as Honorary Colonel he remained a member of the Military Family Resource Centre and his wife, Arlene, is still a member.

Arlene was at the mess on Friday to unveil the plaque with the Wing Commander. "I was just expecting a little plaque," said Arlene Van Ruiten. "It was fabulous what he (Corporal Flourde) made."

The beautiful etched mirror plaque that designates the room was handcrafted by Corporal Matthew Flourde, an Aircraft Structures Technician with 402 "City of Winnipeg" Squadron. Corporal Flourde acquired, designed, etched, and put together the plaque using techniques learned as part of his trade.

Honorary Colonel Van Ruiten served at 17 Wing for 13 years and was awarded the Meritorious Service Medal, presented by the Governor General of Canada, the Right Honourable Michaëlle Jean. His citation read: "During his 13-year term, Honorary Colonel Van Ruiten has provided outstanding service to the Canadian Forces and

to the 17 Wing community. A gentleman of impeccable integrity and boundless energy, he has dedicated himself to countless events and initiatives supporting members of the Canadian Forces, who serve at home and abroad, as well as veterans, cadets, the thousands of men and women at 17 Wing, the province of Manitoba and the city of Winnipeg. Known and respected by every member of this community, Honorary Colonel Van Ruiten is an outstanding example of professionalism, civic responsibility and leadership. He has brought great credit to himself, to 17 Wing and to the Canadian Forces."

"When I review Ben's accomplishments here at the Wing and in the City of Winnipeg it is easy to see why the Mess membership has chosen to remember him and his family in this manner," said Colonel Roy. "To say he was a very active member of the Wing would be an understatement of the impact that he and Arlene had on our community."

Some of the projects the HCol was involved with during and even after his tenure included the Garden of Memories, the Winnipeg Military Tattoo, the Royal Military Institute of Manitoba, the Winnipeg Military Family Resource Centre, the 17 Wing Nijmegen Team and the Hubbell Award Committee. He travelled to Alert, exercised with the Search and Rescue Technicians, and flew in a Tutor aircraft. Colonel Ben, as he was affectionately known on the Wing and his wife Arlene, rarely missed an opportunity to interact with military members and especially enjoyed talking to young non-commissioned members and junior officers.

Honorary Colonel Van Ruiten's admiration and respect for the Canadian Forces was forged early in his life when he resisted the Nazi occupation of the Netherlands

as a young man. He would tell some of his personal stories to the 17 Wing Nijmegen Team at the beginning of their training, helping them understand the love the Dutch have for the liberators of their country and the RCAF in particular for the air drops which kept many of occupied residents from starving.

"When the war broke out Ben was the same age as the Canadian soldiers he met," said Arlene Van Ruiten. "They're the ones that made him want to come to Canada."

"The Dutch people are just so appreciative of what Canadians did for them during the war," said Arlene. "Every child that goes through Grade 4 in Holland looks after a Canadian grave for the year."

Arlene says that Ben would have enjoyed the ceremony and being with the families at the Family TGIF. "Ben would have loved it. He really, really would have," she said.



Shannon Bisson, Chairperson of the Board of the Winnipeg MFRC and her daughter take part in the festivities at the Mess' Family TGIF. Photo supplied by Arlene Van Ruiten.

Flying Tigers To Host Swim-A-Thon Fundraiser

By **Bruce Tulloch**
Voxair Photojournalist

Staying afloat isn't easy, whether you're talking about swimming, or running a club. That's why the Flying Tigers Swim Team is hoping to have a lot of people donate to their annual Swim-A-Thon fundraiser.

This year's Swim-A-Thon will be held on Saturday, February 15th, starting at 4pm. Swimmers complete 200 laps of the 25 yard pool or swim for two hours, whichever comes first. Most swimmers are able to complete the challenge in the allotted time. Last year's fastest swimmer finished with a time of one hour and 21 minutes.

The 17 Wing Flying Tigers Swim Team provides an affordable recreational and developmental option for the military community as well as the general public. They are able to substantially reduce the cost of membership thanks to the generosity of volunteer coaches and an-

nual Swim-A-Thon donors.

You can call them the little swim club that could. The Flying Tigers started-up in 1993 with ten members and quickly grew into two pools (Building 90 and Lipsett Hall), five volunteer coaches, 32 novice swimmers and 46 competitors.

The loss of Lipsett Hall in 1993, combined with the difficulty of operating a sizeable competitive swim club in a military setting staffed by volunteers, eventually lead to the team's disbanding in 2007.

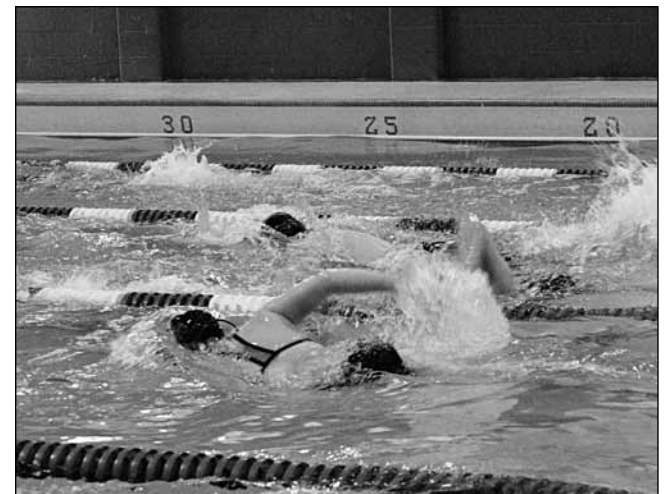
But just one year later the club was restarted by coaches Master Corporal George Meldrum and Justin Martin. At that time they had four members. The Flying Tigers now have 24 members; 18 are Age Group Competitive Swimmers ranging in age from 9 to 17, and six are Masters swimmers (age 18 and older). MCpl Meldrum is still involved as Assistant Coach along with Julie Therien and Head Coach, Warrant Officer Mike Hurtubise.

This year seven Flying Tigers have qualified for Junior Provincial Championships, which is the first level of competition once swimmers have learned the basics of competitive swimming: Rachel, Sydney, Makaela, Shaylin, Angel, Haley and Ryan (all last names were withheld because they are minors). Shaylin, Haley and Ryan have also qualified for the Manitoba/Saskatchewan Championships, the next level up, with has much tougher entrance requirements. In addition, Ryan has been selected for the North American Indigenous Games.

The club depends on community support to keep the costs of membership low, as well as to subsidize costs for the team. The support takes the form of volunteerism and a single annual fundraiser. The club needs the money to help cover the costs of a recently hired coach, to ensure continuity of the club. As well, out-of-town meets and competitions are subsidized for the swimmers.

Sponsoring the club is as easy as visiting the Flying Tigers' website, www.ftst.ca, clicking on the Swim-A-Thon button and following the link and instructions, or by going directly to their sponsorship page, manitobaswimathon.ca/ftst/sponsor/sekrf5. Charitable receipts are available for donations above \$10. The sponsorship page will be open for donations up until Monday, February 24th.

For more information about 17 Wing Flying Tigers, becoming a member, or making a donation, please visit www.ftst.ca.



This year's Swim-A-Thon will be held on February 15th. Photo: Bruce Tulloch

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435 Sqn To Host Burma Vets Reunion

By Mike Sherby
Voxair Manager

This year will mark 435 Squadron's 70th Anniversary and Burma Squadrons Association's 67th Reunion. To help mark this milestone, 435 Squadron will be hosting a reunion of veterans from 435 and 436 Squadrons and their families.

The reunion, which takes place from 23-25 May, is currently in its planning stages. Event OPI Major Fascione, 435 Squadron Air Leader, says that the expectation is for about 30 veterans to attend with their spouses and the plan is to make the weekend one to remember.

"The aim is for this to be an enjoyable, busy event. We really want to make the weekend come alive and make it truly memorable for the veterans, current 435 and 436 Squadron members and guests."

The weekend kicks off on Friday 23rd May with the Annual General Meeting of the members of the Burma Squadrons Association in the Officers' Mess. Following this, there will be an informal meet and greet buffet with the veterans and current members of the Squadrons.

The following day, Saturday 24th May, will see 435 Squadron open its doors for their At Home Day. Major Fascione says that this will be similar to a family day, but with the veterans, their families, Squadron members, and invited guests.

"There will be displays, memorabilia, a BBQ, and a host of activities. The current and former Honorary Colonels will be there. We're hoping to have a nice mix of young and old Squadron members getting to know each other."

After the At Home Day there will be a Memorial Parade and Service on the Stevenson Parade Square immediately followed by a formal 70th Anniversary Dinner at

the Officers' Mess for the veterans, Squadron members, and invited guests. Partners will also be invited.

"The intent for the Mess Dinner is to continue to build the connection made with the veterans with serving Squadron members describing the veterans' biographies and celebrating their achievements."

On Sunday 25 May, the veterans will be invited to attend the RCAF Run and, though their involvement might not be as energetic as in days gone by, they will play their role in this important Air Force tradition!

Major Fascione says that the weekend's events are still in the planning stages and that he aims to have a full weekend of events to commemorate this important anniversary.

"At the end of the day, there's a poignancy to the anniversary, but we want more than that. We don't want to keep it in the past; we want to help the veterans remember but also make new memories over the weekend."

The registration fee for the weekend is \$150, not including accommoda-

tions. A block of rooms from Wing Accommodations have been reserved for the reunion for attendees. For more information about the weekend, please contact Natalie Fondren-Gasc at (204) 833-2500 ext 5070.

Stay tuned to The Voxair for more stories leading up to the event.



Dakota crewmen wait beside their planes as the cargo is unloaded at an airfield in central Burma circa 1944. L-R, seated: W/O Doug "Shorty" Gray (R63608) Mount Brydges, ON; W/O Edward "Count" Gutouski (R165405) 562 Perth Ave, Toronto and FS Les Schilling, Grimsby and Chesley, ON, Standing: W/O Stew Myles of Eastleigh, SK

Former 17 Wing Chaplain Admin Assistant Receives Chaplain General's Coin

By Bruce Tulloch
Voxair Photojournalist

It was three years in the making, and on Friday January 31st Carol Cochrane was honoured for her 45-year public service career, the last 15 of which were spent as the 17 Wing Chaplain Administrative Assistant. Capt Gordon Mintz, 1CAD Deputy Chaplain, who worked with Carol during his Winnipeg posting, emceed the ceremony.

With her husband Wayne and former co-workers in attendance, LCdr Padre Jack Barrett, 17 Wing Chaplain, presented Mrs. Cochrane with a Letter of Appreciation from the Chaplain General. Padre Barrett spoke warmly about their time working together and the value of her skills and longevity; as Chaplains rotate through position and postings, smooth transitions rely on the talents of the Administrative Assistant.

Lorna Brown, Wing Admin O EA, presented Mrs. Cochrane with a binder of well wishes from Chaplains

across the country who had worked with her throughout her career.

LCol Padre Christopher Ryan, 1CAD Senior Chaplain presented Mrs. Cochrane with the Chaplain General's coin, an honour "so rare most will never even see one." He emphasized the importance of her contribution to the position, noting that the position's impact is felt both daily with a smooth operation of the offices, and long term by maintaining archival records. Baptism, Confirmation, Marriage and Death records are maintained by the Chaplain Branch and those records are often sought out by future generations for accessing government services, education and benefits.

Padre Barrett also offered this succinct message of gratitude, "The opportunity to share this event with Carol was a privilege and an honour. The chaplain team, including the Chaplain General would like to offer our best wishes to Carol, and her husband Wayne, as they continue with their retirement. Both have retired and they continue to live in Winnipeg."



LCol Padre Christopher Ryan presents Carol Cochrane with the Chaplain General's coin. Photo: Bruce Tulloch

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17 Wing Hosts Men's Basketball Tournament

By Bruce Tulloch
Voxair Photojournalist

17 Wing played host to the Prairie Regional Men's Basketball Tournament January 27-30 at the Fitness and Recreation Building as teams from Wainwright, Edmonton, Shilo and Winnipeg vied for a berth in the CAF National Championships, to be held April 12-18 at CFB Borden. Despite putting in a great effort, Winnipeg's speed and solid transition game were no match for the height and size of the Wainwright and Edmonton teams.

Edmonton, with an 11-man squad, powered through the round robin, outscoring their opponents by an average of 34 points per game. Wainwright used their size and strength to dominate the middle and take the second seed. The Manitoba teams relied on speed and a good transition game, but they were no match for the bigger Alberta squads.

The first semi-final was no different as Edmonton steamrolled Shilo 67-32, who were reduced to attempting low-percentage 3-pointers.

In the other semi-final, Wainwright jumped out in front of Winnipeg 11-4, in the first 5 minutes and never looked back, widening the gap to 14 points at the half. Winnipeg stepped up their game in the second half with stronger rebounding and better shooting from the field, but were unable to gain any ground, falling 62-48.

The final was an all-Alberta fare, but the game was

not a repeat from the round. In the re-match, it was Wainwright with the fast start, building an early 5-1 lead.

There were 5 lead changes in the first half which ended 30-22 in Edmonton's favour.

Wainwright coach Corporal Richard Clemetson said a big part of the game plan was to keep #8 Corporal Matt Roodbol, Edmonton's dangerous 3 point shooter in check, and they used strong defence and double-teaming to keep him off the scoreboard.

The second half began much like the first, with Wainwright storming out the gate, gaining a 34-32 advantage.

When asked what the key to victory would be, Edmonton coach Sargent Kevin Henry simply said "stamina" and sticking to that strategy, his team slowly but surely took over the game. Going into the fourth quarter, Edmonton clung to a narrow 4 point lead until Cpl Roodbol nailed a pair of timely 3 point shots. That took the wind out of Wainwright's sails, and Edmonton then cruised to a 72-58 victory, moving on to nationals.

CFB Edmonton's #10, Corporal Marcus Constantine was named MVP of the game and #16 Private Kenneth Plut was named tournament MVP.

"There was some exciting competition over the 4 days of the Prairie Region Basketball Championships hosted at 17 Wing Winnipeg," said Chris Merrithew, 17 Wing Winnipeg Sports Coordinator. "It is great to witness the team cohesion, morale and esprit de corps that is devel-



oped by all the teams participating in the PR Basketball Championships. We wish the best of luck to the CFB Edmonton team who will represent the Prairie Region at the CAF National Basketball Championships."



Photos: Bruce Tulloch

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The Voxair Welcomes New Reporter

Hi, they call me Bruce. I'm the new reporter/photographer for The Voxair.

I'm a sports nut, music nerd, and all-around knowledge fiend; almost everything interests me. And I usually can't stop talking about something. These days it's gardening and music, always music.

It's not quite everywhere, but I've been a few places; teaching and bar tending in the Caribbean, museum-hopping in Amsterdam, pheasant farming in the Interlake, and now reporting for 17 Wing only miles from my childhood home in Crestview.

After earning a particularly useful University degree in Philosophy, I went to college and began a career in Information Technology. When IT support went offshore, I went back to college (for the very last time) to study communications. Since then, I've covered music and entertainment for the Winnipeg Sun, news for Q94 and BOB FM, and managed the Winnipeg Broadcast Centre for Accessible Media.

For the past 15 years, I have been involved in the local music scene, producing and hosting a radio program, Beer For Breakfast, that celebrates local music on college radio stations, CKUW, KICK-FM, and now UMFM. I am also a regular contributor to Stylus magazine, interviewing music personalities and reviewing albums.

It's that same community environment and spirit that attracted me to The Voxair. A community newspaper, in this case the 17 Wing community, is really the front line of news, reporting on the people and events that are in your neighbourhood; your neighbour, co-worker, relative, you. The real beauty in this is that the news that impacts the most people in a community, unlike the national or local scene, is generally positive. Most of our daily experiences are good ones, and I think those make the best stories.

I look forward to meeting as many of you as possible. Everyone has a story; they just don't realize that others are interested. I'm sure there will be a Voxair story with your name in it soon enough.

Bruce Tulloch
Tel local 6976
Email: Voxair@mymts.net



Bruce Tulloch joins the Voxair. Photo: Mike Sherby

17 Wing Construction Engineers Participate in High Readiness Training

By Lieutenant Khakan Zulfiquar

4 Construction Engineering Squadron, located at 4 Wing Cold Lake in Alberta, has been training successive rotations of “high readiness” construction engineers for several years now.

The Royal Canadian Air Force defines high readiness being prepared “to deploy to a specific named mission as part of a formed airpower asset”.

The training was originally driven by the need to send trained personnel on missions at Camp Mirage, in the United Arab Emirates, or in Kandahar, Afghanistan. Construction Engineer flights continue this training on their “road to high readiness” so they can become part of the Royal Canadian Air Force’s high readiness Mission Support Element, which forms a large component of the newly-formed Air Expeditionary Wing (headquartered at 2 Wing Bagotville, Quebec).

Recently, the 17 Wing Construction Engineering Flight, located in Winnipeg, Manitoba, conducted “level III” training at 4 Construction Engineering Squadron. Twenty-six personnel – primarily construction engineering personnel augmented by a handful of other support personnel from 17 Wing’s Mission Support Element – came to Cold Lake for the training

During their time at 4 Wing, construction engineers and other support personnel underwent refresher training on “camp bed down” (that is, how to put together an entire camp, including all facilities and services that enable deployed forces to operate) techniques. The participants also obtained practical experience on a wide array of deployable equipment they can expect to operate and maintain when they are deployed on operations.

“Intended primarily as a refresher course for [construction engineering] personnel, Level III training provides a great opportunity for personnel to work-on and practice with much of the deployable kit and camp equipment that they would otherwise be unlikely to see on a regular basis at the Wing,” said Lieutenant Nathan Williams, the commander of 17 Wing’s Mission Support Element Construction Engineering Flight.

The training at 4 Wing built on recent efforts to provide ad hoc training on specialized equipment and vehicles to a limited number of mobile support equipment personnel. It also allowed others who attended to start quantifying the scale of the task necessary to get all the assets to set up a 500-person camp out the door next spring for Exercise Maple Resolve 1401.

The group from 17 Wing arrived on October 20, 2013, and spent the next 12 days receiving lectures, briefings and hands-on training on Air Force bed down equipment, much of which is only available at 4 Construction Engineering Squadron.

These assets include the reverse osmosis water purification units, the fuel supply and distribution system, high pressure aircraft refuelling, power generation and distribution systems, the volumetric concrete mixer, refrigeration and cooling systems, and deployed fire fighting equipment.

The participants also carried out refresher training on deployable shelter structures used for purposes such as maintenance shelters or offices as well as that old standby – modular tentage. There was also familiarization training on the ColPro chemical, biological, radiological and nuclear protection system as well as the mobile laundry and bath unit and tactical shower units.

The training culminated with the construction of a 50-person camp, where the participants used all the knowledge and expertise they had gained during the first week of training. They will soon be back in Cold Lake, with the rest of the Air Expeditionary Wing, to build a much larger camp and to participate in Exercises Maple Flag and Maple Resolve.

When all was said and done, the training was a great success and resulted in better-prepared construction engineering tradesmen who now have greater knowledge and an increased confidence in all the aspects of training covered over the two weeks. Well done to all!

Lieutenant Zulfiquar is the Operations Officer at 4 Construction Engineering Squadron at 4 Wing Cold Lake, Alberta.



17 Wing personnel make and place concrete, using the volumetric concrete mixer, for the front footing of a storage building. Photo: Submitted

3D Archery Tournament Hits The Spot

By Bruce Tulloch
Voxair Photojournalist

The 17 Wing Archery Club held its fourth Annual Indoor 3D Tournament Sunday February 2nd.

The targets, life-sized replicas of typical woodland creatures in a variety of poses, are placed through the area at random distances, with some partially obscured by other targets or artificial trees to simulate a hunting experience. The targets for the Pee Wee class (under 9 years) also included some fun animals like a crocodile, stegosaurus (not life-size) and a cobra.

Much like curling or golf, scoring at the tournament is on the honour system. Archers shoot in pairs, with each responsible for verifying their partner’s score, as well as keeping their own. There are judges for safety reasons, and for rare events such as if two arrows col-

lide in mid-flight, an event which actually happened on Sunday.

Collisions are such a rarity that Archery Canada is the only governing body in the world with rules for collisions: archers reshoot and then the collision is verified as best as possible. In Sunday’s case, the only arrow recovered was damaged beyond repair.

In all, 55 men, women, and children, ages 6 to 60+ competed in 18 categories.

The Hunter Men category was the most competitive, with 15 entrants. 17 Wing Archery Club Member Lieutenant-Commander Paul Stiff took bronze in this class, finishing with a score of 372 (out of a possible 440), only 4 points behind Gold medal winner Dave McKinney who shot 376.

Chief Warrant Officer Gary Micklethwaite collected a bronze in the Bowhunter Open class. CWO Micklethwaite is the founding member of the 17 Wing Archery Club, which started up in May 2007 with 5 members. In 2009 the club became affiliated with the Archers and Bowhunters Association of Manitoba (ABAM), the provincial governing body for archery. Welcoming members of all ages and skills, the club has grown to over 60 members.

The 17 Wing Archery Club shoots indoors 19:00 - 21:00 Wednesday evenings and 9:00 - 11:00 Sunday mornings in Building 21. New members are always welcome.

The next 3D tournament takes place June 22nd at the outdoor range.

“This one will be laid out in the woods,” explained club president Major Ron Cooney, “which will inject even more realism.”

For more information about the 17 Wing Archery Club contact Maj Cooney at local 4057.



3D Targets are set up for the tournament. Photo: Bruce Tulloch



One of the participants of the Archery Tournament removes arrows from a target. Photo: Bruce Tulloch

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17 Wing Women's Hockey Team Lose a Heart Breaker in Overtime

By CWO Crystal Kramer
1 Canadian Air Division

The 17 Wing Women's hockey team travelled to CFB Edmonton to partake in the Prairie Regional Woman's Ice Hockey playdowns from the 27-28 Jan 2014.

This tournament saw three teams representing the Prairie region, which included 17 Wing Winnipeg, CFB Edmonton, and the Prairie Team (a combined team of women from 4 Wing Cold Lake, CFB Calgary, Yellowknife; and Wainwright).

The short tournament format saw each team play one another once to determine who would get a bye to the final

and which teams would play off in an elimination, semi-final game. At the end of a hard fought round robin, 17 Wing clinched the bye to the finals and awaited the outcome of the CFB Edmonton and the Prairie team match up.

The gold medal game, and the right to proceed to the Nationals, took place on 28 Jan 2014 at 1400hrs, with 17 Wing Winnipeg playing against the Prairie team. It was obvious from the drop of the puck that both teams came to play hard and wanted to earn the right to represent the Prairie Region at Nationals. After three periods of 15 minutes stop time, both teams were locked in at a 4-4 tie; a

10 minute overtime ensued with great chances going both ways, however with only 29 seconds remaining on the clock the Prairie team popped in the winning goal. The closing ceremonies saw the 17 Wing team receiving their silver medals, and their star goalie Corporal Alixandra Ferwerda being named the teams MVP for the tournament. The Regionals were viewed upon by the members of the 17 Wing hockey team as an exceptional experience, a great way to showcase



Goalie Corporal Alixandra blocks the puck, and is later named MVP for the tournament. Photo: Supplied



Front row Left to right: Lt Kristin Gehlert "A", Maj Amanda Ives, Cpl Alixandra Ferwerda, MCpl Juanita Lonny "A", Cpl Danielle Merton, Maj David Treanor (coach)
Back row Left to Right: Capt Heather Demchuk, MCpl Allison Brophy, Cpl Kateland Marois, Cpl Lyndsay Cross, MS Cindy Walsh; and CWO Crystal Kramer Photo: Supplied

the talented players that come from this Wing, and an excellent way to build morale and group cohesion.

The players would like to thank the Wing Commander of 17 Wing and all of

the individual Chains of Command who supported their participation in this years Regionals. Without your support the Regional and National Sports program would not exist.

RCMP, Canadian Forces clash in minor hockey fundraiser

By Brian Bowman, courtesy of the Stonewall Teulon Tribune

It's not every day that you see the RCMP and the Canadian Forces clashing on a sheet of ice.

But that's exactly what happened at the Teulon-Rockwood Arena last Thursday evening as the two sides hooked up for an exhibition hockey game to raise funds for the Teulon Minor Hockey Association.

Both sides also put on a real good show for the estimated 200 fans in attendance. The RCMP Horseman snapped a 2-2 tie late in the third period for an exciting 4-2 victory.

"It was a great crowd and there were a lot of young kids and minor hockey players there," said Darren Bond, Teulon Minor Hockey Association president. "It was great and I know both teams were really appreciative of

the support that they received."

The talent level of the players was pretty good, too. In fact, many of the players that laced up their skates for the game were former Manitoba Junior Hockey League or Western Hockey League players.

"I think almost all of the guys played at the 'AAA' level and many of them played at the Junior 'A' level," Bond noted. "It was great hockey and very entertaining - it was a very fastpaced game - and there were several (players) that played in the Dub or the OHL." Bond said the RCMP approached their minor hockey association to gauge their interest in hosting the game. The idea, said Bond, was to use the game as a fundraiser for Teulon minor hockey.

The Canadian Forces also used the exhibition game as a tune-up before they competed in a Prairie regional

event last weekend in Cold Lake, Alta. "We were very appreciative of them for supporting minor hockey in Teulon," Bond stressed, noting the game raised \$865. "We'll be using that money to help keep our registration rates low and for any equipment purchases that we need to do."



Action on the ice. Photo by: Cpl Justin Ancelin



Left to right, Royal Canadian Armed Forces Captain Chad Chipchase, 17 Wing Chief Warrant Officer Normandin, RCMP Supt Shaun Mehdizadeh, 17 Wing/AFTC Commander Col Roy, and RCMP Cst Dalyn Flatt all took part in the ceremonial puck drop. PHOTO BY LANA MEIER, Courtesy of the Stonewall Teulon Tribune

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1CAD Honours and Awards

On the 21st of January, 2014, the Commander of 1 Canadian Air Division, Major General Pierre St-Amand, presented Honours and Awards to staff at 1 Canadian Air Division, building 25. All photos by: Cpl Justin Ancelin



MGen St-Amand presenting the GCS-SWA Roto Bar to Capt Morgan Roche from A7.



Capt Chantal Hébert from A2 receives the GSM-SWA Roto Bar.



Maj Bennoit Bisson from the CAOC receives the CPSM.



Capt Robert Robinson from SO AF Stds receives the CD 2nd Clasp.



CWO Michael Scarcella 1 CAD CWO receives the CD 2nd Clasp.



LCol Brent Andrews from Fleet Readiness receives the CD 1st Clasp.



Capt Chantal Bellemare-Whiting from A4 Log receives the CD 1st Clasp.



Maj Ryan Lizotte from A6 receives the CD.



Lt(N) David Brookes from the GSO receives the CD.



Capt Whitney Camm from Dir Plans receives the CD.



Capt Jason Das from A4 Log receives the CD.



Lt(N) Nina Han from AJAG Prairie receives the CD.



Cpl Justin Dickson from A2 receives the CD.



MGen St-Amand (left) and CWO Michael Scarcella (right) present the Commissioning Scroll to 2Lt Samantha Scarcella from HQ Sup Svcs.



Col Michael Barker Director A4 Maint receives the CDS Commendation.



Col Michel Brisebois Director A5/7 receives the CDS Commendation.



Col Normand Gagné Director Fleet Readiness receives the CDS Commendation.



LCdr John Barrett 17 Wing Chaplain receives the CDS Commendation.



Maj Lisa Baspaly from A2 receives the CDS Commendation.



Capt Thomas Doelman from 435 (T&R) Sqn receives the CDS Commendation.



MWO George Lake from 17 Wing receives the CDS Commendation.



Mr Douglas McLennan Special Advisor to Director CAOC receives the CDS Commendation.



MGen St-Amand presenting the 1 CAD Commander's Commendation to the ISRD Mali Analytical Team (L-R: Cpl Matt Huebner, Cpl Justin Dickson, MCpl Gerald Henwood, MGen Pierre St-Amand, Lt Kristin Gehlert, WO Dwayne Ball, PO1 Richard Fletcher).



Mrs Marie France Reid RCAF Linguistics Manager receives the 1CAD Commander's Commendation.



MWO Patrice King from COS receives the 17 Wing Commander's Commendation.

CFSMet Graduates Two Classes

By Sgt Brian Lindgren

Canadian Forces School of Meteorology (CFS Met) has been in full production and, on 13 Dec 2013, saw the graduation of 21 Tactical Weather Specialist (TWS) and eight Forecaster (FCSTR) students, which has contributed to bringing our trade (Met Tech) out of the red and into the green.

We were extremely privileged to have Brigadier-General J.B. Ploughman, Commander of 2 Canadian Air Division, as the Guest of Honour for this important day. With good humour and plenty of words of wisdom, he oversaw the graduation of 21 fully trained Met Techs and eight new advanced forecasters. The new Met techs will begin their on-the-job training in Gagetown, and then will be sent forth into the operational world of Meteorology, while the new forecasters will be scattered across the Met world in order to predict the weather.

The TWS course is designed to teach entry level Meteorological Technicians to disseminate weather data and produce operational weather briefings to support CAF operations on land, sea, and air. For example, the TWS will present command, aviation, marine, and other operational briefings in order to assist in the planning of missions, flight plans and more. This is the first step that a Meteorological Technician will take on a path that will eventually lead them to becoming a senior forecaster in the trade.

The aim of the FCSTR course is to develop the Met Tech into a forecaster to support operations abroad and at home. Most of these forecasters will be posted to a ship, where they will provide the Ship's forecast, observations, and Captain's Brief. They will also have the opportunity to forecast for both the Air Force and the Army.

BGen Ploughman assisted MWO Dennis in presenting the CFS Met Certificate of Achievement to Pte J.A. Stratton for obtaining the highest mark on the TWS course. The CFS Met Standards Officer, Mr. Chad Thompson, presented the Certificate of Achievement to Cpl Fraser, who obtained the highest mark on the FCSTR course.

The Certificate of Merit recognizes a high standard of performance and exceptional leadership throughout the course. BGen Ploughman assisted Maj J.C. Cowen, CFS Met Cmdt, in presenting this certificate to Cpl K. Kelly from the TWS Course and Sgt Caroline Linteau from the Forecaster Course. Sgt Linteau is also an instructor at CFS Met.

We wish all the new qualified members of the trade good luck, and happy sailing to the new forecasters.

In the meantime, the Met grinder continues in full force with the commencement of both a new TWS course and a new FCSTR course, which are set to graduate in June. We would also like to wish you all a happy New Year from CFS Met.



Front Row L-R: WO-Adj Brent McDonald (CI-IC) Mrs Jasmin Paola (Chief MM TSD—Chef MM ESD), Maj John Cowen (CMDT CFS MET), BGen Bruce Ploughman (Comd 2 CDN AIR DIV), CWO Dan Coutu (CWO 2 CDN AIR DIV AF CE TRG), CWO-Adjuc Ray Fonger (SCWO) Mr Chad Thompson (STD O). Middle Row L-R: Mr Po Kwan (Instr), Cpl Jeanine Fraser, Sgt Caroline Linteau, Cpl Kirsten Jasper, MCpl Kristina Mayer, Mrs Melanie Boudreault (Instr), Ms Danielle Fingland (Instr). Back Row L-R: Mr Curtis Downie (Instr), MCpl Chris Hobson, Cpl Jaymie Jakubiec, Mr Louis Richard (Instr), Cpl Deidre Sine, Mr Justin Shaer (Instr), Cpl Scott Baird, Mr Derrick Kania (Instr). Missing: Ms Cathy White (Instr).



Front Row L-R: Sgt Steve Manning (CD), WO-Adj Brent McDonald (CI), Maj John Cowen (CMDT CFS MET), BGen Bruce Ploughman (Comd 2 CDN AIR DIV), CWO Dan Coutu (CWO 2 CDN AIR DIV AF CE TRG), CWO Ray Fonger (SCWO), MWO Brad Dennis (STD MWO). Middle Row L-R: Sgt Brian Lindgren (Instr), Sgt Joanne Prost (Instr), Pte Alden Smyth, Pte Jason Stratton, Pte Keith Smart, Cpl Amanda Anderson, Cpl Ashley Victoria Morales-Sims, Cpl Keya Kelly, Cpl Lo Xan Keomanyla, Pte John Anderson, Cpl James Grady, Pte Andrew Frederick Cogswell, Pte Zachary Poirier, MCpl Terry McClelland (Instr), WO Michael Carver (STDS WO). Back Row L-R: Pte Andrew Sentner, Pte Mark Somers, Pte Gregory Masiuk, Pte Richard Martin, Pte Jordon Oakley, MCpl Emmanuelle Lebouthillier, Pte Nathan Arseneau, Pte Jeffrey Baker, Pte Joseph Kenneth Leclair, Pte Frederick Tucker, Sgt Benoit Simard (Instr), Sgt Mitch Pelletier (Instr).

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2CAD Comd Visits 16 Wing

By Sgt Kev Parle

Brigadier-General J.B. (Bruce) Ploughman, Commander of 2 Canadian Air Division (2 CAD) made a jam-packed visit to 16 Wing on January 23 and 24. On his first official visit to 16 Wing since becoming the 2 CAD Commander BGen Ploughman, accompanied by 2 CAD Chief Warrant Officer CWO Luc Tremblay, spent the first day in a combination of meetings, various tours of 16 Wing HQ and the Canadian Forces School of Aerospace Technology and Engineering (CFSATE), finally ending the day with a working dinner with the 16 Wing command team. During their visit to CFSATE they were introduced to the latest training techniques used in developing our newest members of the RCAF. There was even a floor hockey game scheduled with teams from Wing HQ, CFSATE and Air Command Academy (ACA) staff as well as BGen Ploughman and CWO Tremblay. The score reinforced the concept that the primary objective was having fun.

The second day was dedicated to visiting and touring the ACA. The morning start-

ed off with unit PT at zero dark hundred hours. Later on BGen Ploughman had a chance to visit and speak with students currently on their Primary Leadership Qualification Course, serial 1305, as well as ACA staff.

The visit finished with the promotion of MCpl Rob deHaan to the rank of sergeant, which was a great finish to a very successful visit.



MCpl Andre-Pierre Berube explains the Labvolt Training System to BGen Ploughman. The trainer allows students to perfect their fault-finding skills on aircraft hydraulic systems before actually going out onto the aircraft. LCol Marc Rodgers, 16 Wing Commander, and Wing Chief CWO Roger Andrews look on. Photo: Supplied



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Wing Logistics Branch Celebrates 46th Anniversary

By: Bruce Tulloch, Voxair Photojournalist

February 1st marked the 46th anniversary of the Canadian Forces Reorganization Act of 1968 which merged the Royal Canadian Navy, Royal Canadian Air Force, and the Canadian Army into one unified service: the Canadian Armed Forces. The Act also created the Logistics Branch by combining the Royal Canadian Army Service Corps' supply and transport services with the Royal Canadian Ordnance Corps.

So, the 17 Wing Logistics Branch started the month off on the right foot, with cake and an entourage of sweets that looked almost too good to eat in celebration.

Colonel Thomas Ross, A4 Logistics at 1 CAD, spoke before a full canteen of over 200 personnel including several notable officers.

Col Ross started his speech with a pop quiz about Wing Logs history, and then spoke about the growing op-

portunities for trades, "even though we're taking a look at the health of some trades."

Col Ross was hopeful as he spoke of trades in need of officers and the changes that are taking place in the Wing Log Branch. "That's a very long drawn out process to look at the requirements of the trade are to see what needs to be fixed what needs to be modernized improved in the training and education areas."

He concluded by thanking LCol Beal, Wing LE Branch Officer, and LCol Spott, Wing Admin Branch Officer, for inviting him to speak and including the "Loggies" from Air Division.

Col Ross then invited the youngest Logistician in the canteen at Building 129 during the ceremony, 2Lt Ariane Philippouci to share the honour of cutting the cake.

"Well done, very well done Wing Foods," he said of the awesome looking cake.



Over 200 personnel attended the 46th Anniversary of the Wing Logistics Branch. Photo: Bruce Tulloch



2Lt Ariane Philippouci, the youngest Logistics Branch member in the audience, and Colonel Thomas Ross, A4 Logistics at 1 CAD, cut a cake at Building 129 on 17 Wing during a celebration of the 46th Anniversary of the creation of the Logistics Branch. Photo: Sgt Bill McLeod

Lunch and Learn Focuses on Disability Tax Credit



The latest Lunch and Learn session featured Susana Scott. Photo: Bruce Tulloch

By Bruce Tulloch
Voxair Photojournalist

The latest Lunch and Learn, hosted by the Learning and Career Centre, titled "Disability Tax Credit and the Registered Disability Savings Plan," took place Wednesday January 29 and featured Susana Scott from Brematson & Associates. Scott is a former federal advisor who moved into advocacy after her daughter was diagnosed with Spina Bifida and she herself was left adrift in a sea of bureaucracy.

She was met by a room full of concerned service personnel with a myriad of questions, centred primarily around mental health issues, and she candidly answered as many questions as time permitted.

Her basic premise is that help is readily available but bureaucracy has made the processes very difficult and confusing, not only for patients and their families, but also for their doctors who "don't know how to properly fill out forms." Not a comment on doctors' diagnostic or communication ability, but an indicting one about the paperwork itself. Approval or denial can sometimes depend on the order in which symptoms are listed or cat-

egorized on a form. "The blame doesn't lay with what the doctors submit", she says, "but HOW they enter it on the forms." It sounds like an episode of M*A*S*H, but with real consequences.

Doctors aren't the only one confused by the current system, many banks are unaware that a Registered Disability Savings Plan (RDSP) exists, let alone how register and maintain one, says Scott.

After outlining the difficulties and common pitfalls of the many processes and forms, Scott offered some sound advice:

Although any qualified person can open a RDSP at any bank, her firm has partnered with RBC to provide services for their clients. Before one can open a RDSP, they must be approved for the Disability Tax Credit.

"Timeliness is important," she emphasized. "Don't wait to apply."

Register for all programs as registration in one program can open doors to programs not directly available.

Perhaps the most important point, one that Scott stressed repeatedly, "denial in one program does not mean denial in another."



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Lunch 1130 – 1300 hrs
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MND Supports Bell Let's Talk Day

The Minister of National Defence and the Canadian Armed Forces (CAF) applaud Bell for its fourth annual Bell Let's Talk Day. The campaign invites all Canadians to help end the stigma surrounding mental illness and support mental health initiatives around the country by talking, texting, and tweeting about mental health today, and every day. CAF personnel are encouraged to

participate and to discuss mental health with their colleagues, friends and families.

On January 28th, Bell donated five cents for every text message sent, every mobile and long distance call made by Bell and Bell Aliant customers, every tweet using #BellLetsTalk, and every Facebook share of the Bell Let's Talk image at Facebook.com/BellLetsTalk. The donations will be put towards programs dedicated to mental health in Canada.

This year, the event raised \$5,472,585.90 dollar for charity, with people sharing over 100,000,000 messages, which is a 14% increase over last year.

"As members of the Canadian Armed Forces, and as Canadians, we must all encourage one another to discuss and help reduce stigma about mental health issues in our professional and personal lives," said Gen Lawson, CDS, "we have the responsibility to watch for changes in behaviour in our colleagues, friends and family members. I encourage those in need to reach out to their families, peers, supervisors, padres and medical professionals. I commend individu-

als who have already come forward. After receiving care, many individuals continue successful careers in the Canadian Armed Forces and or in civilian life, and are playing an important role in helping to reduce stigma."

The mental health needs of military personnel are a priority for the Government of Canada and the CAF. In supporting initiatives like Bell Let's Talk, the CAF encourages serving and former personnel, and all Canadians, to recognize the signs of mental illness and to seek care – whether for themselves or their loved ones.

Quick Facts

- If you or someone you know requires emergency mental health assistance, please call 911. Help is also available by calling the CAF Member Assistance Program at 1-800-268-7708 (open 24 hours a day, 365 days a year) or going to the nearest CAF health clinic or civilian emergency health care centre.

- The CAF's mental health program has been recognized by the North Atlantic Treaty Organization (NATO) allies and civilian organizations for its comprehensive approach to mental health, its stigma reduction initiatives, its mental health research and its mental health training and awareness programs.



Photo: patrisyu / FreeDigitalPhotos.net

HOUSEWATCH

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Des heures d'attente à l'hôpital? La prochaine fois, ménagez-vous!

By Sylvie Laliberté

Si vous êtes nouveaux ou que vous n'êtes pas habitués au système de santé de Winnipeg, voici quelques trucs que nous avons découverts et qui, espérons-le, sauront vous être utiles et vous faciliter la tâche si vous devez vous rendre à l'hôpital. En fait, peut-être savez-vous déjà qu'il existe un numéro de téléphone afin de vous aider à trouver un médecin de famille et qu'il y a des cliniques sans rendez-vous un peu partout dans la ville prêtes à vous accueillir en plus des différents hôpitaux. Peut-être savez-vous aussi qu'il existe une ligne Info Santé et des hôpitaux se spécialisant dans les soins pour enfants. Par contre, saviez-vous qu'il est possible de connaître le temps d'attente et le nombre de patients présents dans certains de ces hôpitaux? Si vous êtes comme nous et que vous voulez vous épargner du temps d'attente et que l'endroit vous importe peu, peut-être qu'il vous sera bénéfique de consulter ce site <http://www.wrha.mb.ca/wait-times/index-f.php> ou de googler « temps attente hôpitaux Winnipeg » avant de vous lancer vers n'importe quel hôpital! Puis, j'oubliais, peut-être était-ce le hasard, mais dans les deux cas où nous avons dû nous rendre à l'hôpital, les petites heures du matin semblaient moins achalandées que celles de la nuit. En espérant que cela puisse vous aider si vous devez vous rendre à l'hôpital (même si je ne vous le souhaite pas ☹).

Pour trouver un médecin de famille, en savoir davantage concernant la ligne Info Santé, l'emplacement et les heures d'ouverture des différents hôpitaux ou cliniques, rendez-vous sur le lien suivant : <http://www.lessoinsvoulus.ca/cliniques-sans-rendez-vous>



Waiting forever at the hospital? Next time plan ahead!


By Sylvie Laliberté

If you've just moved here recently, or if you're not used to the Winnipeg health system, here are a few tips that we've discovered, and that we hope will help make it easier if you have to go to the hospital or emergency room.

You may already know that there's a phone number you can call to help you find a family doctor, and that there are also walk in clinics scattered throughout the city to help. Maybe you also know that there is a number for Health Information that specializes in infant care. But, did you know that it's also possible to see the wait time and number of patients presently waiting in several city hospital emergency rooms?

If you're like me, and you want to save on the wait time, and the location doesn't matter to you, you might want to go to <http://www.wrha.mb.ca/wait-times/index-e.php> first. Or you can just google "Winnipeg wait times" before going off to the hospital. Also, maybe it was just a coincidence, but the 2 times we've had to go to the hospital in Winnipeg, the wee hours of the morning seemed less busy than the evening. I hope that this information helps you if you have to go to the hospital (even if I hope you don't have to use it ☺)

To find a family doctor, inquire about the health safety line, and find the locations and hours of different clinics and hospitals in Manitoba, you can visit <http://myright-care.ca>



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Simply Cook and Enjoy!

There is growing concern about a potential lack of home cooking and loss of cooking skills among Canadians of all ages. Shifting values, time constraints and availability of, and reliance on, prepared meals are just a few of the factors that translate into diminishing food preparation skills. Perhaps the greatest concern is regarding lack of transference of cooking skills to the next generation.

If adults are not cooking, how will they pass on these critical life skills? Evidence suggests that children who are involved in meal preparation and enjoy meals with their families have healthier diets. Without the ability to make healthy food, what will be the long-term impact on diet quality and health?

Guiding Consumers Back to the Kitchen and Cooking Basics

Nutrition Month 2014 is designed to inspire Canadians to get back to cooking basics and to involve children and youth in food preparation. The campaign features 31 ready-to-go practical cooking tips that consider the barriers that Canadians are facing when it comes to cooking. Tips are divided into six themes so you can easily choose some that pertain to you and your clients:

- In a Hurry
- Make it Easy
- Budget-Friendly Ideas
- Family Affair
- Cooking by the Numbers
- Cooking 101

Dietitians: Get in the Kitchen!

This Nutrition Month, engage Canadians to get into the kitchen with delicious recipes, practical cooking tips, cooking demonstrations and hands-on cooking opportunities. Serve up simple cooking ideas with Dietitians of Canada's member resources available www.dietitians.ca/nutritionmonth:

- Get informed! The Resource Manual with 31 ready-to-go tips is your go-to guide for the 2014 Nutrition Month campaign.
- Start planning! Use the Activity and Idea Manual for ideas on how to implement the campaign successfully in your workplace or community.
- Get creating! Use the Factsheet Generator online tool and customize your factsheets; choose tips that best suit your client's needs and your own. There are also ready-to-use factsheets to download.
- Get the Apps! Download eaTipster at www.eatipster.com and Cookspiration at www.cookspiration.com (launching 2014) and use the auto-share feature to post cooking tips and recipes on Facebook, Twitter, email or messages.
- Go virtual! Use the ready-to-go PowerPoint presentation to take consumers or colleagues on a virtual kitchen culinary adventure.
- Get cooking! Use the Cooking Demonstration Tips with the PowerPoint presentation to help you plan a cooking demonstration. Not able to do a presentation or demo? Check out the Ideas to Inspire for tips to share.
- Put yourself on the map! Again this year, Dietitians of Canada is encouraging you to get on the Canada Map that shows, at a glance, activities dietitians across the country are doing for Nutrition Month and Dietitian's Day, held March 19, 2014. Add your activities when the map gets re-launched in 2014 and get competitive!

Consumers: Get Cooking with Advice from Dietitians!

- Visit www.dietitians.ca to watch videos of Registered Dietitians sharing Simply Cook and Enjoy! cooking tips.
- Download eaTipster free from www.eatipster.com and be inspired by a new cooking tip each day in March – and healthy tips for the rest of the year!
- Download Cookspiration free at www.cookspiration.com and get recipe ideas based on what you feel like eating. This NEW iPhone and iPad app is launching early in 2014.
- Seek out Dietitians as the smart choice for nutrition and food information. Find a dietitian in your area at www.dietitians.ca/find

For more details on Nutrition Month 2014 – Simply Cook and Enjoy! – visit: www.dietitians.ca/nutritionmonth



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20 and 21 March 2014
0830-1600 hrs

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Top Fuel for Top Performance workshops will provide you with knowledge and practical tips to tune-up your food choices.

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ENERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes



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STRESS: Take Charge!
A Canadian Forces Program

Le stress : ça se combat!
Programme des Forces canadiennes

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Stress: Take Charge!
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0800 - 1600 hrs
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Le stress: Ça se combat!
5 et 6 mars 2014
8 h à 16 h
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Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
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We all have our (ANGRY) moments.

Nous avons tous nos moments (DE COLÈRE).

Managing Angry Moments (MAM)
8 and 15 April 2014
0800 - 1600 hrs

Through education, MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

Gérer les moments de colère
8 et 15 avril 2014
8 h à 16 h

Il s'agit d'un volet éducatif qui a pour but de vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptation qui vous conviennent.

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

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10 - 14 Feb 2014

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Canada



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www.familyforce.ca / www.forcedelafamille.ca

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

“I LOVE TO READ!”

“You can find magic
wherever you look.
Sit back and relax,
all you need is a book.”

— Dr. Seuss

February is “I love to Read!” month and the theme for 2014 is “INVENT YOUR FUTURE.” Looking for fun ways to celebrate this theme? Why not try some of these?

KIDS

-Imagine what the future will be like. Write down what you think. What will cars, school, houses, clothing be like? Share the story with your family.

-Use books or the internet (with a grown-up’s help) to find stories about what people in 1914 thought the world would be like in the future. Were they right? What were they wrong about?

-Think about what job you might like to have when you grow up. Do some research to find out more about that occupation. Write a story about you in the future, if you like!

-Invent something that will make the future better, easier or more fun. What is it? How does it work? Write it down and share the story with people around you.

ADULTS

-Think back 10, 20, 30 years. What did you think the future would be like? Consider what life will be like in 10, 20, 30 years. Write a letter to yourself in the future.

-Write a letter to your child or a child close to you about what you want for them in their future.

-Read a book written about a future society. Fictional books like 1984 (George Orwell), The Hunger Games (Suzanne Collins), Brave New World (Aldous Huxley)

and Fahrenheit 451 (Ray Bradbury) all offer different ideas about what the future could hold.

-Read non-fiction that explores our impact on our environment and the possibilities that could exist for our cities and world. The Upcycle (William McDonough and Michael Braungart), The City After the Automobile (Moshe Safdie), Ecocities (Richard Register) and City of Bits: Space, Place, and the Infobahn (William J. Mitchell) all take a look at what could be in the cities of our future.

FAMILIES

-Work together to write a story with each person writing only one line at a time. Read the story back together.

-Spend time reading together. Young children can have books read to them; adults and older children can read their own books, magazines, comics or newspapers (or even blogs and websites!) while sharing the same space.

-Talk with your family about what you are reading.

You can also check out some ideas for I Love To Read Month at www.readingmanitoba.org.

If you are a bit of a bookworm and every month is “I LOVE TO READ” month for you, consider joining the MFRC’s Special Needs Discussion Group. Starting in March, this group will be meeting to discuss books and screen films on a variety of topics relating to special needs, including physical and intellectual disability, mental health issues and the challenges and rewards of living with and/or supporting someone with special needs. For more information, contact Sherri Pierce 204 833-2500 ext 4056.

Having “The Talk”

February 10-14, 2014 is Sexual and Reproductive Health Awareness Week!

Do you remember how you learned about sex? Did your parents sit you down for “The Talk” or did you hear all about it from your friends on the playground? Some of us may have pulled pieces of the puzzle together from a variety of sources – books, magazines, friends, television and things we’ve seen online.

For a lot of people, the thought of talking about sexuality, whether with their parents, their children or their health care professionals sounds about as appealing as going in for a root canal. As a result, a lot of people don’t talk about sexual or reproductive health; this can end up with a lot of misinformation, misunderstanding and, in some cases, dangerous outcomes.

Most parents want their children to grow up to be healthy adults who have satisfying and fulfilling lives. They want their children to be able to navigate relationships, to be able to establish and maintain their boundaries, to be clear about their sexual values and to treat their partners with love and respect. Many parents, however, are not comfortable with the idea of talking to their children about their bodies, sex and reproduction, or they just don’t know where (or when) to begin.

It is important that children get truthful, age-appropriate information about their bodies and reproduction throughout their lives. Informed children are more able to speak up and say ‘no’ when something does not feel right for them and they are less likely to view sex and sexuality as bad or dirty, if they have had the opportunity to learn about their bodies and the science of reproduction.

For military parents who are interested in talking with their children, but are not sure where to start, the Winnipeg MFRC will be hosting a three Body Science seminars for in March 2014: Pre-school (March 18, 9:45 am), Primary (March 25, 9:45 am) and Intermediate and Teen Years (March 25, 6:00 pm). There is no fee to attend these sessions, but pre-registration will be required.

For more information about Sexual and Reproductive Health Awareness Week, check out the 2014 Heart Your Parts campaign at the Canadian Federation for Sexual Health!

Information for this article has been adapted from the Canadian Federation for Sexual Health (www.cfsh.ca) and SERC Manitoba (serc.mb.ca).

The MFRC has hired a new Social Worker

My name is Sherri Pierce and I am very excited to be joining the staff here at the MFRC. I have been involved with providing services for children and families for years, in a variety of ways. I have worked with children ages 2-12 in licensed child care and also with students who have special needs. I received my Bachelor of Social Work from the University of Manitoba and most recently, I worked as a counsellor with women and children affected by domestic violence. I have been welcomed into the MFRC by the warm and friendly staff and am looking forward to working with them to provide support for our military families.



Upcoming MFRC Programs and Events

FUN FRIENDS

Tuesdays, March 4, 11, 18, 25

From 9:30 to 11:30 a.m.

Registration deadline: February 21

FUN FRIENDS is a program designed to develop self worth and resiliency in children between the ages of 3 and 5 years old. The FRIENDS program has been nationally and internationally acclaimed for promoting social and emotional skills that stay with children for life. This program will assist your child in identifying their feelings, relaxation techniques, how to be a good friend, how to problem solve and distinguish between good and bad self talk, using fun age appropriate activities. There is no cost associated with this program. The first session will begin at 9:00 a.m. and include an information session for parents about the program and how they can be involved at home. For more information, or to register please contact Shannon Peake at 204-833-2500 ext 2491.

HEAR WHAT YOUR CHILD IS PLAYING

Wednesday, February 19, 2014 at 9:30 a.m.

Registration deadline: February 14

Child care is available.

Children use play as a medium to explore and express their emotions. This workshop will explore the types of play, what it might mean and offer practical strategies to encourage and engage your children through play. With so much going on in our lives, many parents don’t get to spend as much time playing as they would like. This workshop is designed to help make the most of that time.

LEARN TO CROCHET

Thursday, February 20 from 6:30 to 8:30 p.m.

Cost: \$10.00

Registration deadline: February 14, 2014
Additional Stress Free Child care funds available to deployed families.

Have you always wanted to crochet? Here is your opportunity to learn!! Join us as we learn the basics of crochet. Our instructor, Shawna will be teaching us the very beginnings of how-to crochet. We will be making a basic project as well you will be leaving with a crochet

hook and some yarn. Space is limited, so register early!!

ADULT LEARN TO DANCE

Sundays, February 23, March 2, 9, 16 from 1:00 to 2:00 p.m.

Cost is dependant on the number of couples who register. Will range from \$100 to \$120 per couple. A \$50.00 refundable deposit is required at the time of registration. Child care is available for this program. Registration deadline: February 11, 2014

Add a little spice to your life, come and learn to dance. This will be a fun, energetic way to spend time with a spouse or a friend. Whether you are interested in dancing as a hobby or need to prepare for an upcoming event, this class is for you! There will be 4 Sundays of one hour segments of dance instruction, and you will be learning the basic steps for the waltz and two step. Slow, slow, quick, quick, slow will be with you forever!! We need 6 couples in order to run this program.



*Grab your girlfriends as we celebrate
International Women's Day
The theme for the day is mindfulness
and personal well being.*

*Where: Canad Inns Polo Park
When: Saturday, March 8 from 10:30 to 1:30 p.m.
What: Guest speaker, lunch and swag bag included
Cost: \$10.00 per person
Registration deadline: February 27, 2014*

*Learn about mindfulness and practical
tools to help you navigate daily life with
greater ease and greater self compassion.
Allow 2014 to be your year to embrace the
incredible woman you are!*



PERSONAL CLASSIFIEDS

Say, "I Love You", The Winnipeg Golden Chordsmen way.

A Barbershop Quartet will serenade your loved one at work, at home, at a restaurant, at the gym, or anywhere in Winnipeg.

Friday, February 14 between 8:00 am and 9:00 pm
\$40.00 (\$50.00 for a guaranteed time delivery)

Your chosen one will receive:

- *two love songs
- *a rose
- *a chocolate heart
- *a personalized card
- *a digital picture capturing the moment

Contact:
Singing Valentines hotline: 204-269-3729

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If found, please contact x 4246.

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Taroscopes

BY
NANCY

Aries (March 21 – April 19): You find out that some of your past assumptions were not true. An important life lesson leads to personal change. Releasing expectations is very freeing and leads to greater happiness. Success is not defined by approval, given or received. Live in the moment.

Taurus (April 20 – May 20): You're gaining a greater sense of trust and believe that things will work out. Stretch to being comfortable with the wider range of emotions you're feeling. Work to establish a greater sense of connectedness with someone special as it leads to a sense of deep fulfilment.

Gemini (May 21 – June 21): What you feel affects your body. You can release sorrow and clear toxins by connecting with others. Sharing things with a confidant helps lower stress. Be open to love and laughter. Seek to understand and discern what is best for you. You are not alone.

Cancer (June 22 – July 22): Calmly considering a "hot" situation leads to a more detached assessment. You may feel compelled to force issues and speak up even if your opinion isn't popular. This can be exhausting initially but it brings a feeling of relief. You'll have more energy once you've had your say.

Leo (July 23 – August 22): If it's not working for you – stop doing it. Distance yourself from limiting situations and relationships. Celebrate your uniqueness. Focus on reality though not illusions or pipedreams. Don't covet what others have for their situations aren't always as they seem.

Virgo (August 23 – September 22): Embrace and appreciate all that you are. Patiently and lovingly undertake some deep self-reflection. You can more readily meet your deeper needs once they are identified. And feeling like you're more in touch with your true self energizes you.

Libra (September 23 – October 23): It might feel better to isolate yourself from reality but in the long run it's better to stay connected to what's happening in the big world. Build trust through cooperation. You're in a good spot but there is so much more you could be experiencing. Get out there and see the world.

Scorpio (October 24 – November 21): If you're frustrated by perceived restrictions, deal with it. Do what you can do even if it seems limited. If you feel rebellious, ask yourself if this is due to an external issue or an inner one. Seek situations that suit you. Set a good example. Adhere to your own code of conduct.

Sagittarius (November 22 – December 21): You crave a sense of solace. Search for evidence of the divine in what you see and experience each day. A personal sense of spirituality can provide guidance. Recommit to focusing on your purpose in life. Take on your life's tasks with more gusto.

Capricorn (December 22 – January 19): Tap into the creative energy that flows when you're with others. Then follow your individual inspiration. Develop a new talent or push for progress in an area of study you've undertaken. You gain wisdom by observing patterns in your surroundings and another's behavior.

Aquarius (January 20 – February 18): Enjoy this easy stretch for change is coming. Let go of what isn't needed. Someone else will be glad to have it. "Putting down roots" appeals. You love having adventures, but having a home base or solid relationship to return to provides the stability you crave these days.

Pisces (February 19 – March 20): It's a fortuitous time when you'll reap the rewards for past efforts. Taking risks keeps life exciting. Additional work may be necessary to meet increasing demand but it will be worth it. Doing mundane tasks can be like taking breaks between leaps of faith into the unknown.

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Canadiana Crossword

Eureka!

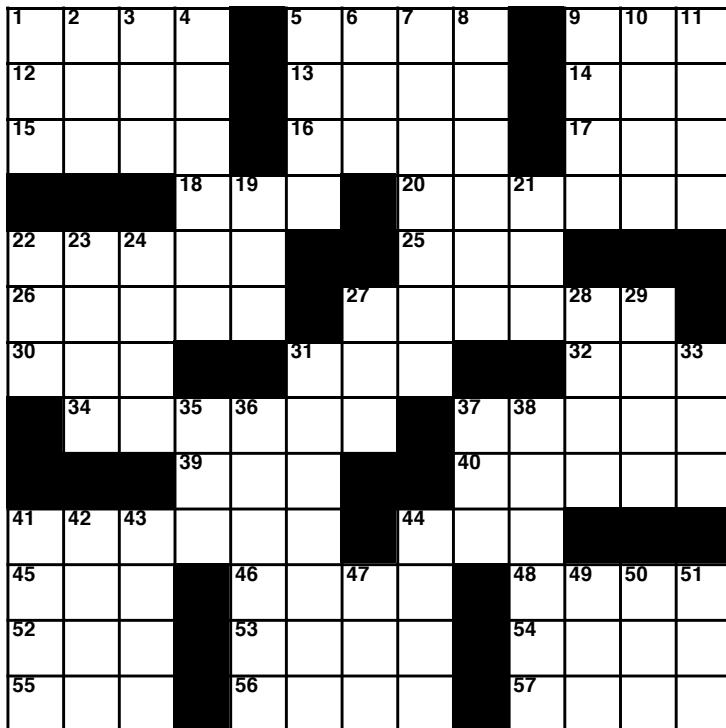
By Bernice Rosella and James Kilner

ACROSS

- 1 Inhalation
- 5 Flea
- 9 With ginger, Invention of Canada's J. McLaughlin
- 12 Largest toad
- 13 Deserve
- 14 With horn, invention of Canada's R. Foulis
- 15 With cobalt, Invention of Canadians (at U of S)
- 16 Huff
- 17 Actress Gardner
- 18 Musical syllable
- 20 Swerved
- 22 Belgian city
- 25 Anger
- 26 Natural resin
- 27 Lowest
- 30 Dickensian expletive
- 31 Dance in Bellechasse
- 32 Tune
- 34 Vibration
- 37 Common herb
- 39 Mend
- 40 Snooped
- 41 Prayer book
- 44 Sask bus company
- 45 Adder
- 46 Cairo's river
- 48 English county
- 52 Lensman's acronym
- 53 Privy to
- 54 Pitcher
- 55 Opener
- 56 Ova
- 57 Himalayan hunk?

DOWN

- 1 Chitchat
- 2 Back then
- 3 Total
- 4 Canada's Brown, Tisdale and Drake invention



- 5 Interlock
- 6 Author Fleming
- 7 With Pursuit, invention of Canada's Haney and Abbott
- 8 Enrolls
- 9 Distant
- 10 Amour
- 11 Mild curse
- 19 Jackie's man
- 21 Shoe size
- 22 Napkin ring
- 23 Landed
- 24 Prefix for schaum or kat
- 27 Estop
- 28 Avers
- 29 With standard, Invention of Canada's S. Fleming

- 31 With five pin, Invention of Canada's T. Ryan
- 33 Leftist
- 35 Alphabet's 19th letter
- 36 Grinch
- 37 A. Nobel invention
- 38 With table, invention of Canada's D. Munro
- 41 With goalie, Invention of Canada's J. Plante
- 42 Belle or Grosse follower
- 43 Agile
- 44 Ottawa hockeyists
- 47 Diary
- 49 Ms Merino
- 50 After expenses
- 51 Motor or partite preceder

Together in Church

CATHOLIC

CHAPLAINS

Padre Ray Laudenorio
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'.

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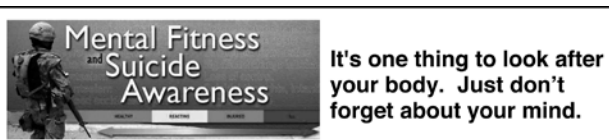


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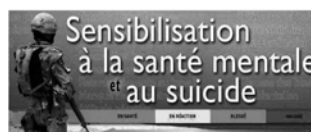
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13 mars 2014
8 h à 16 h

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

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soin de votre corps,
mais n'oubliez pas votre
esprit.**



Crossword Answers

I	L	E	A	S	G	G	E	A	E	K
H	E	M	E	N	O	N	I	H	T	S
R	E	W	E	E	L	E	I	N	P	S
T	N	E	K	E	L	E	I	N	P	S
				C	T	S	T	V	S	S
D	E	S	O	N			W	E	S	
E	M	A	H	T			R	O	M	E
R	I	V					T	V	B	E
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V	V	V								
				T	I	N	S	B	W	O
G	O	F								
E	A	L	E							

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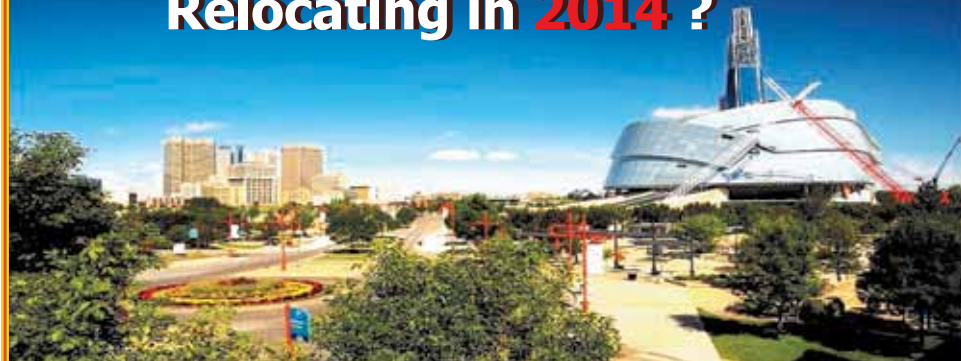
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