



# 17 Wing Keeps Trophy At Home

By James Follette, Sports Coordinator

After three days of tough court time, the team representing 17 Wing at the Prairie Region Basketball Championship took home the trophy after overpowering some strong competition from 4 Wing Cold Lake by a score of 69-50 in the final game.

On 26-28 Jan 2007, 17 Wing Winnipeg had the honour of hosting teams from Cold Lake, Shilo, Edmonton, and Winnipeg to compete against one another for the title of Prairie Region Champion. The tournament kicked-off with the opening tip-off by LCol Ness, WComd, at 0930hrs.

After the round robin, it was apparent that the teams were evenly matched. Winnipeg and Cold Lake both finished the round with two wins and one loss, while Edmonton and Shilo shared one and two records. Winnipeg ended up first overall with their win

over Cold Lake in the round robin.

Four of Winnipeg's own were highlighted as game MVP's: Maj Todd Murphy, SSgt William Lloyd Jr, Capt Trevor Ludtke, and Pte Brian Nymoen. Congratulations go out to them and all the outstanding athletes that came out for the tournament.

I would like to take this opportunity to thank all of the participants, officials, and support staff for making this tournament a success. I would also like to thank LCol Ness and the support from Wing Imaging, 23 Health Services — who supplied our Medic, Cpl Tabitha Morris, for the tournament, Wing Foods, and Wing Accommodations.

Special thanks to our Sponsors who donated their services, Tim Horton's, Boston Pizza, Crystal Clear Water, Big Sand Print and Design, and Home Run Sports, and congratulations to the champions!



Cold Lake's Cpl Terry Aucoin goes in for a basket during warmups. Cold Lake was up against Winnipeg in the finals.



Team Winnipeg took home the gold medal at the Prairie Region Basketball Championship on 28 January.

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WComd LCol Sam Ness and WCWO Glenn Wallace stopped by the Wing Sargeant's Professional Development Seminar, held 29 Jan - 2 Feb 07 at 17 Wing.



LCol Sean Friday, CO 435 Sqn, Cpl Robert Snow, and Cpl Scott Cadwell present Mr. Larry Macintosh, President & CEO of Peak of the Market, with a picture of a CF-130 Hercules in recognition of his donation to Winnipeg Harvest for the second Annual Power Lifting and Bench Press Competition.

Photo by Cpl Bern LeBlanc



The Warrant Officers' and Sargeant's Mess present the HMCS Winnipeg Bell to the HMCS Chippawa Museum. In return the HMCS Chippawa gave them a new bell. (left to right) WCWO Glenn Wallace and MWO Smith with LCdr Heather Heuthorst, CO HMCS Chippawa and Cdr Claude Michon, Chairman of the Manitoba Naval Museum

Photo by Cpl Steve Bogue



WO Keith Henry receives the Canadian Forces Decoration 1 from CO, RCSU (Pra), LCol M. Milligan CD 1.

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# Million Dollar Celebration

By Mrs. Sherry Liley

Celebration 2006 occurred at MTS Centre on Friday, 19 January, co-hosted by none other than Hot 103 morning radio personalities Ace Burpee and Chrissy Troy. It was a spectacular close to a most successful 2006 United Way campaign raising in excess of \$15.5 million dollars. Nick Logan, Campaign Chair, was relentless in his drive to succeed in pushing forth to achieve and surpass the original goal of just over \$14 million. In fact, I would dare say this man would let nothing stop him from achieving these goals and then some.

Throughout this campaign, Nick Logan had placed strong military overtones hidden in cabinet meetings encouraging his team to bring aboard more leaders and work towards getting their "wings." As well, he was keen to put on a flight suit and did just that back in September at the United Way official kick-off and the plane pull, when he arrived in the CJOB helicopter. This man was a force to be reckoned with and it was on the night of Celebration 2006 that our very own LCol Ness presented Nick with a combative plaque, a Canadian Forces ball

cap, but more importantly, with his own set of wings.

Furthermore, I am proud to report that 17 Wing was a huge contributor of this past year's campaign, raising in excess of \$108K! The 2006 campaign proved to be the most successful campaign ever and 2007 will be sure to be a continued momentum of what occurred this past year. Mrs. Sherry Liley continues on in her role as Civilian Co-Chair and is currently seeking applicants who are enthusiastic and hard working to serve as the Military Co-Chair, taking over from where Capt Ryan Setter left off. The stakes have been set high but can be sustained and even surpassed with the right stuff! The GCWCC 2007 campaign is looking to improve what we have accomplished and tweak the events so we can surpass last year's achievements. The 2007 United Way Campaign Chair will be led by Heather Grant-Jury, Director of UFCW Local 832 Training Centre, and I am certain it will be another winning year!

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WComd LCol Sam Ness presents Mr. Nick Logan, GCWCC Winnipeg Campaign chair, with his own set of wings at the Celebration 2006 on 19 Jan 07.

# Soldier On Program Catches On Across CF

By Kristina Davis, Maple Leaf

"Not helping out was not an option," says Carman Bibby, an instructor at the Riverbend Institution in Prince Albert, Sask. And help out he did.

Together with some colleagues and a supportive warden in Glen Beatty, he raised \$1,402.61 for the Solider On program. His wife, Joan, raised another \$425.

Spearheaded by Search and Rescue Technician Sergeant Andrew McLean, the program has now not only been embraced by 435 Transport and Rescue Squadron (435 (T.R) Sqn) at 17 Wing Winnipeg, but has spawned an unprecedented interest across the CF.

Created by the Canadian Paralympic Committee (CPC), the program seeks to help rehabilitate through sports. "The primary area of interest is to help injured Canadians, and injured soldiers, become involved in sport, as a proven way of rehabilitation," says CPC president Carla Qualltrough.

"We see it as an ideal way of promoting paralympic sport in Canada. Our aim is to develop a sport system for people with disabilities, including soldiers, that encourages participation at all levels, from recreational to high performance."

Sgt McLean, Canada's male Ultrarunner of the Year and Canada's fastest 100-mile marathon runner in 2005, is himself continuing to raise awareness for the program. Running in the Yukon Arctic Ultra in February, he has



Benoit Huot, a Paralympic gold medalist, is one of many Canadian athletes with a disability competing at the international level. The Soldier On program is geared to helping injured soldiers get active again.

dedicated this race to the cause. Only one of two Canadians entered in the 460-mile run, he has 13 days to complete the trek— equalling nearly 18 full marathons.

His passion, both for running and for injured soldiers, runs just that deep. "I would like to do my part to help injured soldiers get back in the game—running, biking, skiing, whatever it is they want to do," says Sgt McLean. "These soldiers are young and have full lives ahead."

And from CFB Halifax to 3 Wing Bagotville and beyond, soldiering on is catching on. Mr. Bibby says he had to help. With two sons and a daughter-in-law in the CF, it was just something he had to do. In all, he sold 129 red t-shirts to colleagues both at the Riverbend Institution and its sister maximum-security facility the Saskatchewan Penitentiary.

"It's remarkable," he says, "how many people are willing to help out." In fact, he adds with a chuckle, people were literally shoving

\$20 bills at him.

At the CF Leadership and Recruit School in Saint-Jean, platoon commander Warrant Officer Pascal Dupuis says the program was kicked-off at the end of January. He anticipates it will become a regular fundraising endeavour. And with some 400 to 500 instructors and about 1,400 recruits, that's a large audience to hear the Solider On message.

Master Corporal Jamie Smith is a section commander and instructor at the school. He gave a presentation on both the program and potential fundraising efforts at the CO's Coffee. And he had a simple point. "[The Solider On program] could benefit any one of us. It really can," he explains.

And he wonders how injured soldiers, without this sort of program, could continue their athletic pursuits. "We got a really good reaction the very first day," he explains enthusiastically. And, he adds, if every CF member

gave \$1...

WO Dupuis says the program goes beyond simple goodwill and is a true reflection of the CF. "The CF is a big family," he explains. "And family has to help themselves."


Major Kelly Freitag, pilot leader at 435 (T.R) Sqn, says the squadron has rallied around the cause. He sees the benefits of the program and acknowledges it could impact any CF member.

"We do have guys that are deployed," he explains. "It's close to home." And while fundraising initiatives are cropping up across the country, he wants to see the cause not only gain, but also keep momentum. To that end, the squadron has adopted this program wholeheartedly and is establishing a group of volunteers to formalize its involvement.

"The word is just getting out," he says and even so, he's already had a number of volunteers come forward. "People have expertise they can bring to this," he says.

And, adds Maj Freitag, it has brought the squadron together. "It's not one person, not one section, it's the whole squadron working hand-in-hand with strategic partners."

For more information, visit [www.paralympic.ca](http://www.paralympic.ca). To donate, click Foundation and CanadaHelps.org, and type in "Soldier On" in the instruction block, or contact one of the following individuals collecting pledges at 17 Wing: Capt Nicole Reeves (2340) Wing Ops, Sgt Mike Fagan (5366) 402 Sqn, MCpl Shawn Harrison 435 Sqn, Cpl CJ Butcher, 435 Sqn.



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# A Different Perspective



Veterans stand in memory of their fallen comrades.

Photographer Dustin Leader catches the determined efforts of Cpl Scott Collen, wounded by a suicide bomber in Afghanistan.



By 2Lt Alexandre Cadioux

It was a great pleasure for me to put together a Photo Exhibit in the Atrium of 1 Canadian Air Division featuring the last assignment of a class of students from the Prairie View School of Photography from Winnipeg. They were learning about Documentary Photography, and given they had to shoot their projects in November, the teacher of the class, Dustin Leader, suggested that a veteran or an active member of the Canadian Armed Forces would be very appropriate.

The exhibit featured pictures of some of our veterans and cadets taken during the Remembrance Day ceremony of November 11th, a display of the 79th Cameron Highlanders of Canada, one on Warren Officer Angela Temple and a collage of Cpl Scott Collen's rehabilitation, after being wounded by a suicide bomber in Afghanistan.

Mr. Leader explained that the skills developed by the students in a documentary class would serve those who aspire to journalistic work. In fact, the work involved in the assignment resembled very much what a photojournalist would have to do for a cover piece. Having been in photography for over 10 years, but at his first year as a teacher at Prairie View, Dustin thought that it would be interesting for the students to choose a veteran or a member of the CF to interview and learn more about their uncommon way of life. As a part of the project, the documentary course required the students to meet their subject and question them about their life, which is unique to that kind of photography. Usually, as Dustin was pointing out, the photographer always keeps a certain distance from their subject and acts as a silent witness.

Nevertheless, you don't have to contemplate a life as a journalist to be interested in a documentary photography course. Actually, Amanda McEvoy, a graphic designer for ING, attributed to her creative mind her interest in such a class. She has developed her knowledge in photography for the past two years and she has been refining her art at the school. Amanda chose a veteran of the Second World War, Mr. Al Park. She met Mr. Park through her supervisor, who is the daughter-in-law of Mr. Park. After meeting with him on a number of occasions, she accompanied him to the Remembrance Day ceremony in Selkirk to take pictures of him. Through these students, it was possible for us military members to appreciate their artistic point of view and confirm that the work and sacrifice of so many of us does not go unnoticed.

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## Prix Ronald-Duhamel – Ronald Duhamel Award 2007 Edition

WINNIPEG, MANITOBA January 29, 2007 – Officially launched in March 2005, the Prix Ronald-Duhamel – Ronald Duhamel Award will be presented for the second time in March 2007 as part of the Rendez-vous de la Francophonie.

A joint initiative of the Société franco-manitobaine, the Manitoba Federal Council and the Manitoba Francophone Affairs Secretariat, the Prix Ronald-Duhamel – Ronald Duhamel Award was created to recognize a federal or provincial public servant or team of public servants for distinguished service to Manitoba's Francophone community.

The award has been named in honour of Ronald Duhamel and his significant contributions, first as a senior public servant in the Government of Manitoba and then as a federal MP, minister and senator. During his career, Mr. Duhamel did much to promote the cultural, educational, economic and political development of the Franco-Manitoban community. He also supported a number of minority Francophone community initiatives at the national level.

Members of the general public and government employees are invited to submit nominations for the Prix Ronald-Duhamel – Ronald Duhamel Award. Duly completed nomination forms must be forwarded to the Société franco-manitobaine by February 21, 2007. The nomination form is available through the Internet at [www.sfm-mb.ca](http://www.sfm-mb.ca).

WINNIPEG (MANITOBA), le 29 janvier 2007 – Lancé officiellement en mars 2005, le Prix Ronald-Duhamel – Ronald Duhamel Award sera décerné pour la deuxième fois en mars 2007 dans le cadre des Rendez-vous de la Francophonie.

Initiative conjointe de la Société franco-manitobaine, du Conseil fédéral du Manitoba et du Secrétariat provincial aux affaires francophones, le Prix Ronald-Duhamel – Ronald Duhamel Award a été créé pour reconnaître un(e) fonctionnaire ou un groupe de fonctionnaires fédéraux ou provinciaux s'étant distingué(e) au service de la francophonie au Manitoba.

Le prix a été nommé en l'honneur de Ronald Duhamel pour souligner son importante contribution d'abord à titre de haut fonctionnaire au gouvernement du Manitoba et par la suite à titre de député, ministre et sénateur au gouvernement du Canada. Au cours de sa carrière, M. Duhamel a beaucoup fait pour le développement culturel, éducatif, économique et politique de la francophonie manitobaine. Il a également appuyé plusieurs initiatives des communautés francophones en situation minoritaire à l'échelle nationale.

Le grand public et les membres de la fonction publique sont invités à soumettre des candidatures pour le Prix Ronald-Duhamel – Ronald Duhamel Award. Les formulaires de mise en candidature dûment remplis doivent être transmis à la Société franco-manitobaine au plus tard le 21 février prochain. Le formulaire de mise en candidature est affiché sur le site Internet [www.sfm-mb.ca](http://www.sfm-mb.ca).



The Cessna 185 crashed 54 miles outside of Yellowknife, en route to a fishing lodge on Blachford Lake.

Photo by Sgt Paul Moquin, 417 Sqn Cold Lake

# Saving The Saveable

By Avery Wolaniuk

Two hours after the early morning call went out, the crew was off the ground. It was 0500 hrs on 4 Jan 07, and somewhere outside of Yellowknife a plane had been missing since the morning before.

Search and Rescue crews departed Winnipeg on 3 Jan, responding to a call that a Cessna 185 from Arctic Sunwest Charters had gone off radar flying over Blachford Lake, about 54 miles outside of Yellowknife. SAR Techs WO Bryan Pierce and MCpl Shawn Harrison were on the flight called out in the dark morning hours the following day to relieve the original crew.

After travelling three and half hours to the search area, the crew was hampered by dense low ceiling clouds and landed in Yellowknife until the sun came up about 45 minutes later. "It wasn't safe to go below the clouds in the dark because of the terrain," said MCpl Shawn Harrison. "We waited for the sun to come up, and then we continued searching in the day below the cloud, where you can actually see the terrain features."

About an hour into their search, the CASARA (Civil Air Search and Rescue Association) volunteer signalled that she'd found an area of interest. Making a second pass over the area, the crew spotted a damaged plane on the ground. "The wings were snapped at the body of the fuselage and basically the wing tips were touching the ground," MCpl Harrison said. "It was obvious that the plane had crashed."

The crew then had some decisions to make. SAR Techs have a minimum jump altitude of 1200 feet. The cloud ceiling was at about 700 ft, meaning that at 1200 ft the crew wouldn't be able to spot the crash site and jump on target. Instead, the crew dropped a smoke canister at 700 ft to assess the wind conditions, and the site was marked using global positioning system (GPS). While SAR Techs normally call their own jumps and determine when they will leave the plane, on this rescue they had to depend on the flight crew — who had to factor in the wind conditions for the 500 feet of altitude above cloud cover — to call the jump blind using the GPS position as reference. They also needed to take extra precautions to keep from running into one another in the heavy

cloud. The weather was deteriorating around them, and if they didn't go then, they were going to lose their window of opportunity to get to the crash site.

MCpl Harrison has jumped more than 400 times in his career as a SAR Tech, in his time served as a field engineer in the Army, and on his own time as a civilian, but this was the lowest altitude he'd ever exited a plane at. "Jumping at such a low altitude, you really have not a lot of time if you have any malfunctions," he said. "If you have to perform a cutaway because of any parachute malfunctions, you're basically below the limit for that."

On the ground, the SAR Techs couldn't see any signs of life outside of the aircraft, but an arm waved out the window, signalling that there was at least one survivor inside. After clearing some wreckage, they reached 40-year-old Alfred Tsetta, who had fractures to his upper and lower left leg. Tragically, passengers Albert Doctor, 41, Patrick Alexander, 53, and pilot Jason Watt, 36, were dead when the rescuers arrived.

While the SAR Techs worked to remove Mr. Tsetta from the downed plane, a helicopter from Great Slave Helicopters arrived on scene. About two hours after hitting the ground, and 27 hours after the plane went down, the SAR Techs loaded the survivor onto the helicopter and airlifted him to Yellowknife. He was later transported to Edmonton.

435 Sqn provides primary search and rescue response for the largest area of responsibility in Canada, from Quebec City to the British Columbia/Alberta border, and from the Canada/United States border to the North Pole. The squadron is on stand-by seven days a week, 24 hours a day. During weekday working hours, the crew response time is within 30 minutes of being notified, and at all other times the stand-by crew are ready to go within two hours.

This was MCpl Harrison's fourth rescue, and it was a little different from the others. "This one the weather was much worse than the others, and this was the first time that I have been involved in having to confront and really ascertain death," he said. But that was made easier by the fact that the crew had a survivor to focus on. "We had a sense of urgency to save the saveable."

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# Mr. Duane Simpson Visits 1 Canadian Air Division

By 2Lt Alexandre Cadioux

On Wednesday, January 10th, Mr. Duane Simpson, the Regional Co-Chair for the Committee for Federal Public Servants with Disabilities (CFPSWD) for British-Columbia, visited 1 Canadian Air Division Headquarter. He met with the HQ CO, Lieutenant-Colonel Mann, and the Commander, Major-General Bouchard.

For those who are unfamiliar with Mr. Simpson's organization, let's say that if the motto for the 18th century French Revolution was "Liberty, Equality, Fraternity", in my opinion, the one for the CFPSWD could be "Respect, Equality, Opportunity".

The visit was meant for the CFPSWD representative to familiarize and discuss informally the CFPSWD and its sister organisation: the Defence Advisory Group for People with Disabilities (DAGPWD) objectives and concerns. Some key points were raised during their discussion such as the accessibility to our infrastructure. As you can certainly understand, it is essential for us to make our infrastructure accessible to ALL of our employees.

Another point of discussion was the accommodations provided by the DND/CF. This Headquarters has made significant changes to better accommodate the people with disabilities that need access to the building such as the ramps in the front and the back of the HQ. Also, LCol Mann and Mr. Simpson have discussed the possibility to further even more the suitability of the building for persons with mobility problems in case of emergency.

Lastly, Mr. Simpson approached the issue of the support to Air families. Since the CF expressed and demonstrated their desire to assist and support their members, and their families, Duane illustrated the importance in bringing forth the same kind of platform for public servants with disabilities.

Duane Simpson is very aware of the challenges that persons with disabilities face every day since his own impairments have forced him to use a wheelchair. Since the age of nine, Duane has acquired over twenty disabilities, encompassing sight, hearing, chemical sensitivities, mobility, dexterity, chronic fatigue, and others. He has been working the issues faced by persons with disabilities since the seventies, and been instrumental in some legislative changes as far back as 1977.

In 1988, Mr. Simpson began working for the Department of National Defence and the Canadian Forces as a public servant. He then started facing some issues that, at the time, were not priorities to the Department, but were very restrictive in his everyday life, such as parking space, access to entrances



Mr. Duane Simpson Signs the 1 Canadian Air Division HQ guest book as MGen Bouchard looks on.

and elevators. Another key issue that Mr. Duane Simpson dealt with was the myth that all persons facing mobility problems were also subject to cognitive impairment.

Duane's situation has never stopped him from pursuing higher education and responsibilities. He has a Degree in Economics and Psychology, and a Diploma in Business Administration, Accounting. During his career, Duane has held positions such as financial manager for a large national firm, chemical plant operator, and technician in the engineering department of a large telecom company, to only name a few. Proof that where there is a will, there is a way.

Duane's department formally recognized the issues facing Public Servants with Disabilities and an internal Advisory Group was formed, in 1997. After much indirect interaction, he formally joined the DND/CF's National Capital Region advisory group in 1999; subsequently, forming the Maritime Pacific (MARPAAC) advisory group in 2000. He has been Co-Chair of the MARPAAC Defence Advisory Group for Persons with Disabilities (DAGPWD) since its inception and he has been the Co-Chair of the National Executive representing all of the DAGPWD groups, since its formation in May 2002.

Mr. Simpson Co-Chaired a project that developed an enhanced Barrier-Free Standard, which culminated in a DND/CF policy, effective September 2003. He is currently Co-Chairing a project to develop policy and guidelines for the Universal Design of buildings (including issues of emergency notification and egress), as well as the furniture contained in these buildings. Departmental senior managers have given

unwavering financial and moral support to these initiatives.


The mandate of the DAGPWD is to advise the senior members of the Defence Team on matters relating to the equitable representation of persons with disabilities within DND and associated recommended policy and procedural changes that DND/CF should implement. Each DAGPWD across the country deals with issues affecting persons with disabilities within their local area, presenting issues that may be of national concern to the national group. Each com-

mittee is a grass root organization to ensure that they deal with issues arising from their local communities. The DAGPWD presents a unified voice for the continuing provision of:

- Review and discuss employment equity plans, policies, programs, and special measures, raising concerns and comments to the NDAGPWD for DND/CF examination and appraisal.
- A forum for new ideas and strategies to improve the recruitment, training, and retention of employees with disabilities.
- Exchange and promote information on issues affecting persons with disabilities within DND.
- Establish and maintain a network with members and chairpersons of the other Advisory Groups within their area, as well as across Canada.

The Advisory Group provides advice and insight to the leadership of DND/CF on disability and Employment Equity issues. The Group, which is one of four Employment Equity Advisory Groups, provides advice on the development of policies, procedures and mechanisms related to recruitment, retention and training of persons with disabilities in DND and CF. The other three Defence Advisory Groups consist of Aboriginal Peoples, Visible Minorities, and Women.

For more information on Mr. Duane Simpson, visit the website at [http://www.hrma-agrh.gc.ca/ee/ncfspd-cnehfpf/bios/BC/bc-5\\_e.asp](http://www.hrma-agrh.gc.ca/ee/ncfspd-cnehfpf/bios/BC/bc-5_e.asp), or to learn more about the DAGPWD visit [http://hr5.ottawa-hull.mil.ca/dmgiee/agsec/engraph/PWD\\_home\\_e.asp?sidecat=2](http://hr5.ottawa-hull.mil.ca/dmgiee/agsec/engraph/PWD_home_e.asp?sidecat=2).



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**Participate in our on-line consultations beginning January 22, 2007 at [www.agr.gc.ca/nextgen](http://www.agr.gc.ca/nextgen)**



Private (recruit) Ahmad Etbail practices the "halt" during a drill period on the Basic Military Qualification course.

By Corporal Bill Gomm

WINNIPEG, Mb – With the mercury down to –39 degrees Celsius, most outdoor training for Reserve soldiers at Minto Armoury came to a halt on 28 January.

With diesel fumes filling the air, soldiers on the Driver Wheeled proved to be the exception as they prepared their vehicles to drive on Winnipeg's frozen streets.

Meanwhile, on the main floor of the Armoury, new recruits—in their first weekend of the winter Basic Military Qualification (BMQ) course—practised basic drill movements such as the "halt" and "open and close order march".

"I'm having difficulties adjusting myself to the drill movements," said Private (recruit) Ahmad Etbail.

"Actually, the course is not going too bad compared to other courses in the past," said MC Wally. "They're doing really well for the first weekend."

For new recruit Andrew McManus, joining the Reserves is a family tradition. Both his mother and father are Lieutenant Colonels, his brother is a Corporal and his sister is a MCpl.

"Everyone else in my family seems to be enjoying the work here," said Pte(r) McManus. "It seems like a lot of fun."

The soldiers of 17 Service Battalion were supposed to be conducting winter indoctrination training at St. Charles Range, but due to the weather, the training was cancelled. Instead, the unit spent time on the Small Arms Trainer (SAT) where soldiers practised shooting for the Personal Weapons Test (PWT).

After firing the PWT, the SAT range was reconfigured with other weapons: the C7 rifle with M203 grenade launcher, C9 light machine gun, C6 general-purpose machine gun and the M72 rocket launcher.

With the SAT reconfigured, soldiers were hooked up to take part in scenarios involving enemy personnel and vehicles.

Later in the afternoon, once the weather had warmed up, the soldiers from 17 Svc Bn were able to practice setting up their tents outside the Armoury.

# Air Command Band To Support Veterans Affairs In Vimy Ridge 90th Anniversary And Re-Dedication



Captain Archibald conducting Air Command Band and Central Band members recording CD tracks in Air Command Band Building 17 Wing.

By Air Command Band Public Relations

April 9th this year marks the 90th anniversary of the Battle of Vimy Ridge. The battle was a glorious victory for Canada and our allies, and hastened the end of the Great War. Many historians regard the battle as the moment in history when Canada truly became a nation.

## The Battle of Vimy Ridge

Since the beginning of the Great War, a line of trenches and fortifications had divided France, running 800 kilometres from the English Channel to the Alps. By 1915, the so-called "modern" war had become stalemated into a condition resembling medieval siege warfare, with hundreds of thousands of casualties. A barren, mine-strewn area known as no man's land was guarded on both sides by thousands upon thousands of artillery pieces, machine guns, exhausted and hungry troops in trenches, and lined with a million miles of razor wire.

Vimy Ridge is a small hill in the north of France and overlooks the Douai plain. As a critically strategic asset, it was one of the most heavily defended areas in the entire Western Front. Held since the beginning of the war by the German army, several attempts to break through by the British and French Armies had been met with costly failure.

In 1917, the Allied side of these trenches was held by four divisions of the Canadian Corps and one division of the British Infantry. Learning from the errors of previous attempts, the Canadian commanders initiated several new procedures in the training of the Canadian soldiers. Each soldier was given maps and orders; each soldier was to know his own orders, and the overall plan. No longer would the charge be led by one key person whose loss could cause chaos in the drive forward. The five divisions were divided into platoons, each with a specific objective.

To protect the soldiers in their march forward to the German lines, a creeping barrage of artillery was developed. The innovative Canadians used scientific method to calibrate the guns so they would be more accurate. They also pioneered the use of sound ranging and flash spotting to pinpoint the positions of enemy guns and destroy them. Air observation from balloons and aircraft were used to record enemy posi-

tions and movement of personnel and supplies. Canadian soldiers pioneered the use of "indirect fire" from the deadly Vickers and Lewis machine guns.

On April 2nd, 1917, the Canadian artillery began the largest artillery barrage in history, pounding the German trenches for a week with over a million shells. The attack was so loud it was heard across the English Channel in England. By the end of the week, the Canadians had destroyed almost all of the German artillery.

On the morning of April 9th, Easter Monday, the creeping barrage began. Walking behind this deadly wall of exploding steel, 25000 Canadian troops, many of whom had spent a week hiding in the chalk tunnels under the ridge, slowly advanced towards and through the enemy lines. Within two hours, three of the four divisions had taken their objectives. The fourth captured the top of the hill by the end of the day. By April 12th, the Canadians controlled the entire ridge.

The toll for the Canadians was enormous - 3,598 men killed and 7,104 wounded.

The success of the Battle of Vimy Ridge was a key component in the turning of the tides in the war. A year later, the war ended. Because of this great victory and the sacrifice of many thousands of Canadian lives on French soil, Canada was given a signatory position in the Treaty of Versailles, signed in 1919.

## The Vimy Memorial

Situated on 250 acres of land given to Canada by France, the Vimy Memorial stands atop Vimy Ridge, constructed in memory of the Canada's 66,000 war dead in the Great War. It was designed by a Canadian, Walter Seymour Allward. It is constructed of steel and concrete and faced with Yugoslavian limestone. Twenty figures were carved in place from huge blocks of stone, based on models made in Canada by Mr. Allward. Inscribed in the limestone facing

are the names of 11,285 soldiers "missing, presumed dead" in France. Thousands of Canadian trees and shrubs were planted in the park surrounding the memorial. Several sections of the Allied and German trenches and tunnel systems have been preserved.

Construction of the monument began in 1925, and in 1936 King Edward VII unveiled the completed Memorial in front of a crowd of 50,000 people. On April 10th, 1997, Vimy Memorial was designated a Canadian National Historic Site. It is administered by Veterans Affairs Canada.

## The Restoration of the Monument

Although the monument was not damaged in the Second World War, the aging of its surfaces and underlying structure, water damage and severe weather has led to the need for restoration of the entire structure. Over time water has dissolved the lime in the concrete and masonry, depositing it on exterior surfaces, and obscuring many of the names in the memorial. Water has frozen and thawed in the stone and concrete, causing structural and surface damage.

Work to restore the monument began in December 2004. New stone matching the original limestone was brought from Croatia. Huge scaffolds were constructed to enable precise restoration work on the base and the two towers. To preserve the monument for the future, new drainage systems were designed and incorporated into the reconstruction. To accommodate modern large crowds, landscaping designs with improved pathways were excavated and built. Lighting systems were upgraded and improved, and the magnificent white sculptures were cleaned and restored. The restoration took over two years and is now complete.

## The Commemoration 2007

This April, the Government of Canada will mount a series of events and activities to commemorate the 90th Anniversary of the assault on Vimy Ridge and to mark the occasion of the re-dedication of the newly-restored Vimy Memorial. Present for the ceremonial component of these events will be the Air Command Band from Winnipeg, and the Central Band of the Canadian Forces from Ottawa and selected Canadian Forces Pipes and Drums. They will be augmented by an Honour Guard and Vigil, drawn from CF units across Canada.

During the week of January 22 to 26, the combined Air Command Band and Central Band, with the Pipes and Drums, recorded the music for a commemorative CD. The recording was done in building 90 here at 17 Wing. Conducted by Captain Peter Archibald and Captain Kim Salkeld, the CD presents martial and popular music pertinent to the ceremony and history of the time. Narratives over the music tell the story of the Great War and Canada's role in the Battle of Vimy Ridge. These CDs will be distributed as souvenirs during the ceremonies and parades taking place in France in April.

The Canadian contingent for the commemoration will rehearse in Trenton in late March and fly to France on April 1. The combined Air Command Band/Central Band/Pipes & Drums will provide musical support for the Freedom of the City Parade in Arras on April 7. The ceremonies for the re-dedication and 90th anniversary of the Battle of Vimy Ridge will be held at the monument on April 9th.

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Capt MacLellan receiving his Canadian Forces Decoration and CPSM from MGen Bouchard at 1 Cdn Air Division HQ.



LCol Bannister receiving his second clasp to his Canadian Forces Decoration from MGen Bouchard at 1 Cdn Air Division HQ.



LCol Smith-McBride receiving her second clasp to her Canadian Forces Decoration from MGen Bouchard at 1 Cdn Air Division HQ.



Capt Herrick receiving his second clasp to his Canadian Forces Decoration from MGen Bouchard at 1 Cdn Air Division HQ.



Capt Greenway receiving his Canadian Forces Decoration from MGen Bouchard at 1 Cdn Air Division HQ.



Capt Miller receiving his Canadian Forces Decoration from MGen Bouchard at 1 Cdn Air Division HQ.

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# February Marks Black History Month

By ADM(HR-CIV)

The first recorded person of African heritage to set foot in what would become Canada arrived on our shores some 400 years ago. In 1604, Mathieu Da Costa, a free man, worked as an interpreter, providing an invaluable link with the Mik'maq people encountered by the Europeans.

Black History Week took root in the early 1970s and was expanded to become Black History Month in 1976. Its official recognition by the Government of Canada came in 1995, when Parliament unanimously approved a motion introduced by the Honourable Jean Augustine, Canada's first black woman to become a Member of Parliament.

Black History Month offers all Canadians the opportunity to celebrate the many contributions of the black community to our society as well as develop a better understanding of the black Canadians, who, throughout history, have done so much to make Canada the multicultural and

prosperous nation we know today.

Throughout Canada's history, black Canadians have served alongside their compatriots on the field of honour. The book *For my Country - Black Canadians on the Field of Honour*, published in 2004, recognizes the participation of black Canadians in Canada's military history.

With roots dating as far back as 1609, black Canadians represent just over 2% of Canada's total population and 17% of the visible minority population today. The rapid growth of the black population and other visible minorities has contributed to Canada's changing cultural mosaic.

Activities will take place throughout Canadian cities during the month of February. We encourage you to participate in the many cultural and historical displays, tours and information sessions on black heritage sites, and workshops offered in your region. Let's appreciate the richness of our Canadian diversity, and its proud black Canadian history.

## Did you know?

During World War I, patriotic black Canadians attempted to join combat units but were rejected on the basis of race and/or colour. However, they still contributed to the war effort. In 1916, a segregated battalion made up of black Canadians, the No. 2 Construction Battalion, was formed. It was responsible for the crucial work of building bridges, digging trenches and clearing roads.

In World War II, the persistent efforts of black Canadians to join the armed forces were rewarded with success and they went on to serve with distinction in all branches of the military.

# It's RRSP Time Again

By Phil Marcus, CFP

January and February are typically the time of year when many Canadians make their Registered Retirement Savings Plans (RRSPs) contributions. The first sixty days of each new year gives us the time to top-up contributions, borrow to make contributions if we haven't done so throughout the year, or to start a new contribution plan. All contributions made up to March 1, 2007 can be claimed either on your 2006 or your 2007 tax return.

## 1. Don't wait until the last minute

You work hard for twelve-months of the year to earn your money. Don't wait until February to seek out your investment options. It's easier to invest in small doses. Try making your investment decisions throughout the year, when you will have more time to reflect on these decisions, and you can avoid the February rush.

## 2. How much to contribute?

When contributing to an RRSP, time is money! However, because we can carry over our unused contributions for an indefinite period, some of us have a lot of contribution room. Decide how much effort you want to make towards your 2006 contribution and what you would like to contribute in 2007. Be reasonable, do not invest every dollar of your surplus cash or borrow too much through an RRSP loan. This could cause you financial difficulties and prevent you from properly planning future contributions.

If you do not have surplus cash and you do not want to borrow, it is better to simply focus on the year ahead and start a monthly contribution plan into an RRSP. Doing so will put you ahead of the game at this time next year.

## 3. Whose RRSP to contribute to?

Generally, the purpose of an RRSP is to build savings that will provide a source of income at retirement. If you have a pension plan and your spouse does not, you may wish to make spousal RRSP contributions. Such contributions are still deducted from the income of the contributor, but help build a retirement income for the spouse with no pension plan.

## 4. Determine your risk tolerance and RRSP investment choice

An understanding of your objectives and risk tolerance is key to your investment success. Good advice can really pay off. Let a financial planner assist you in determining your risk tolerance level and the appropriate investment vehicle.

Thinking of contributing to your RRSP?

Vous songez à cotiser à votre REER?



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Pte Gillingham checking the nozzle screen for contamination.



Ptes Alexander and Gillingham performing a recirculation of fuel in the 18,000 lt refueler.

# Fuel For Thought

By Pte Peever and Pte Alexander

Welcome to 17 Wing Winnipeg Refueling section. Our section belongs to the WTEME organization. The main purpose of this section is to provide customers with clean and safe product, such as gasoline, diesel and turbo aviation fuel. We provide this service to all home base units, transient visitors and, on occasion, civilian agencies.

Our section consists of one Sgt, one MCpl, ten Ptes, ten Cpls and one civilian. Currently there are three trainees within the organization (Ptes Alexander, Gillingham and Peever). Trainees go through a very extensive training program consisting of: proper daily inspection of the vehicle, operating the viper system, understanding pumping procedures for fueling and defueling, water check for contaminants, conducting the exon, and clear and bright testing is performed to ensure that clean and dry fuel meets DND standards.

Qualified operators train the trainees to the highest standard. The accomplishment is achieved by many hours of practice and knowledge that are passed on by knowledgeable co-workers.

After being tested by a driver examiner, we attain the privilege of having the qualification, Tender Operator. This is not the end of our refueling program. Because we successfully pass the operation part, we must learn the administration part to the operation. The "Fleet Management System" keeps all of the tasks we complete throughout the day, week or month organized. We must learn to operate this system as it plays a very large role in our day-to-day events.

In conclusion, there are many qualifications that must be attained. Training never ends while stationed at refueling. Safety in refueling is the number one priority. This is why training is crucial. IF YOU DON'T KNOW, THEN DON'T DO IT.



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<p><b>48 hours</b></p> <ul style="list-style-type: none"> <li>Sense of smell and taste improve.</li> </ul>	<p><b>24 hours</b></p> <ul style="list-style-type: none"> <li>Risk of heart attack decreases.</li> </ul>
<p><b>1 to 9 months</b></p> <ul style="list-style-type: none"> <li>Cough, nasal congestion, fatigue &amp; shortness of breath diminish.</li> <li>The body regains energy.</li> </ul>	<p><b>2 weeks to 3 months</b></p> <ul style="list-style-type: none"> <li>Circulation improves</li> <li>Walking becomes easier.</li> <li>Pulmonary function increases by about 30%.</li> </ul>
<p><b>1 year</b></p> <ul style="list-style-type: none"> <li>Risk of coronary disease is 50% less than that of a smoker.</li> </ul>	<p><b>5 years</b></p> <ul style="list-style-type: none"> <li>Lung cancer mortality rate of a former pack-a-day smoker decreases to almost half.</li> <li>From 5 to 15 years after quitting, the risk of stroke decreases and is comparable to that of a non-smoker.</li> <li>The risk of cancer of the mouth, throat and esophagus is 50% less than that of a smoker.</li> </ul>
<p><b>10 years</b></p> <ul style="list-style-type: none"> <li>Cancer mortality rate is similar to that of a non-smoker.</li> <li>Pre-cancerous cells are replaced.</li> <li>Risk of cancer of the mouth, throat &amp; oesophagus, bladder &amp; pancreas decreases.</li> </ul>	
<p><b>15 years</b></p> <ul style="list-style-type: none"> <li>The risk of heart disease is similar to that of a non smoker.</li> </ul>	

Source: American Cancer Society, Washington. Art Direction: DGP Creative Services CS02-0535

**Recreation Clubs**



17 Wing has a variety of clubs providing individual and family activities at affordable rates:

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Garden	Sgt. D. Reid Marie-France Reid	6527 5859
Judo	Barry Woods	6564
Canada Goju Karate	Capt David Langille	4676
Shotokan Karate	Cathy Forrest	832-1359
Scuba	Cpl. S. Joly	5240
Strategy Gaming	Capt Steve Nagy	5872
Swim Club (17wingflyingtigers.com)	MCpl Linda Benoit	6356
Toastmasters (www.ti64.org)	Capt Adeline Rozak	5988
Woodhobby	MCpl Van Aert	6597
Juggling Training: Thur 1800-2000 hrs, Bldg 90	Capt Steve Nagy	5872

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**Our Programs**

- ✓ Volunteer Services
- ✓ Personal Development & Community Integration
  - Information and Referral Services
  - The Newcomer Program
  - Employment & Education Assistance
  - Services Francophones/Second Language Services
- ✓ Prevention & Intervention Services
- ✓ Family Separation & Reunion
- ✓ Child & Youth Development
- ✓ Parenting Support

**MFRC Monthly Community Coffee Break**

The 1st Thursday of EVERY month  
10-11 a.m.  
102 Comet St.

**Resources**

The MFRC has Internet-ready community computers, a fax machine, tape recorders, digital camera, and video camera available for use on site during normal working hours.

**Other Numbers**

MFRC: 833-2500 ext.4500  
Emergency Childcare: 935-7733  
MFRC Childcare Centre: 837-3653  
Youth Centre South: 488-8563  
Youth Centre North: 833-2500 Ext 4502

CF Family Consumer  
Info Line: 989-9019

**Military Family Resource Centre**

**Support to Parents of Single CF Members formalized!**

Parents of single Regular Force members can now benefit from the deployment support services at the Winnipeg Military Family Resource Centre. With the rise in operational tempo of the Canadian Forces, MFRCs and Canadian Forces leadership have identified the need to provide deployment support services to parents and other primary next of kin.



While the Winnipeg MFRC has never excluded parents from their services, a recent redefinition of the term "family" in the Military Family Services Program operating procedures now ensures that parents of single Regular Force members have access to all programs and services before, during and after their children's deployment.

The Winnipeg MFRC recognizes that for many, "family" does not have the traditional Oxford dictionary definition. When a spouse/partner is deployed and other family members live far away, individuals develop strong ties with friends and neighbors. They become family. A single member may consider a girlfriend or boyfriend as their family. Because you decide who your family is, they are more than welcome to access the Winnipeg MFRC services and programs. Family members who do not live in this area can keep up-to-date during your deployment by checking out our website. You can also have the Winnipeg MFRC put them in touch with the MFRC closest to where they live. Please remember to drop by the MFRC to fill out your deployment form and include anyone you consider family on the mailing list.

**Programs for Adults**

**Homeward Bound... Tips for a great reunion!**

The Winnipeg MFRC offers reunion sessions to provide you and your family with some tips for a great homecoming and will help address any questions or concerns you may have about reunion. If you would like to schedule a reunion session or have any questions/concerns, please call Nicole at 833-2500 ext. 4507. Sessions can be scheduled for day or evening.



**Family Separation & Reunion Support Network**

Is your partner/spouse or son/daughter away? Would you like to connect with others experiencing a deployment? Join us once a month for a chance to meet new people, make new friends and learn new coping skills in a fun, social setting. Childcare is available.

@MFRC, 102 Comet St. 7 to 9 pm  
1st Thursday of the month, beginning 1 February 2007

**"Cravings" Dinner Club**

Join us every month to visit a different Winnipeg Restaurant for fun, good eats and new friends. Next dining out is 20 February at 6pm. This month's restaurant: Picasso's Portuguese Dining. 615 Sargent Ave. Please register at least one-week prior at ext. 4506.

@Picasso's 615 Sargent Ave. 20 Feb07 6-8pm

**Crafternoon Drop-in**

At every gathering we will try something new! Most activities will be free! (Minimal cost for supplies if required) There will be snacks to feed your body, unique projects to feed your creativity and the company of great folks to feed your soul. What is coming up next?

- 28 February – Making Chocolates
- 14 March – Wood Project
- 28 March 2007 - Bath Salts



Registration is required 24 hours advance. Childcare is available at our "casual childcare" program...see below! Call Catherine at local 4506.

@MFRC, 102 Comet St. 1-3pm

**Relationship Enhancement**

The MFRC has partnered with Health Promotion to offer this workshop for individuals wishing to:



- Enhance Communication Skills
- Learn to Become an Active Listener
- Spark/Re-spark your Relationships
- Communicate Effectively

For questions and registration please contact the Health Promotions office at ext. 4150 or 4160. At time of registration please indicate your need for free childcare. Refreshments provided.

@MFRC, 102 Comet St. 7 March 2007 6:30 to 8:30 pm

**Parenting Support & Child Care**

**Deployment Respite Child Care**

Provided for the families of deployed members. Casual care for children 18 months + is available Saturdays 1:30-4:30. Pre-registration required at ext. 4500.

MFRC, 102 Comet Saturdays 1:30 to 4:30 pm

**Casual Child Care**

Affordable Casual Drop-in childcare is available for kids 18 months to 6 years. Pre-registration is required at least 24 hours in advance. A great opportunity to provide a break for parents to attend a workshop, get groceries, make appointments or do any other activity that may not be possible with young children along. Due to the popularity of this program it is recommended that you register one week in advance.

Wednesdays, 1 pm to 3:30 pm or  
Thursdays, 9:30 am – noon

COST: \$8 for the entire session for one child or \$12 per family for more than one child in the same family. SNACK: Parents must provide a snack and a drink for their children. If the snack requires refrigeration, please pack it with an ice pack. Please remember that our centre's are peanut free due to the large number of children with allergies. Popcorn and nuts cannot be served to children under 5 in licensed care. Please register at 833-2500 ext. 2491

@ Westwin Children's Centre Wed. 1-3 pm /Thurs 9:30 am – 12

**Communicating With Your Children**

Could you use some new tools to help you with talking to your children? If so, this workshop could be just what you are looking for. The MFRC and Health Promotion are excited to be offering this new program based on the principles of the Basic Relationship Training (BRT). This workshop will focus on how to communicate effectively with your children and how to listen to what your children are really saying. For more information and the next scheduled date please contact the Health Promotion office: Christa, local 4160, or Penny at local 4150.



**Family Home Childcare Providers**

The Winnipeg MFRC is looking for community members who operate a family home daycare or casual childcare services. We would like to add your name to our "Community Child Care Providers" listings. All we need is an 8½ x 11 advertisement describing your service.

Be sure to include hours of operation, location, snacks etc., and to highlight any special services. Military families are looking for flexible care with extended hours to accommodate early timings and operational commitments. "Overnight" and "Emergency" childcare offer a great resource to parents who manage the challenge of deployment in their job. Many families are looking for care and our childcare resource listings are in high demand. Please drop-off or fax (fx. 489-8587) your ad to the MFRC at 102 Comet Street. If you have questions about childcare resources, call Wendy at 833-2500 ext. 2491.



## Together in Church



### CATHOLIC

**Sunday Services**  
(English Only) 0900 hrs

#### Chaplains

**Padre Gary Killen**  
Roman Catholic  
Office 833-2500 ext 5272

**Administrative Assistant**  
Carol Cochrane  
Office 833-2500 ext. 5087

**Masses**  
(English only)  
Sunday 1100 hrs

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

**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.

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

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

### Protestant

#### Chaplains

**Padre Bruce MacKenzie**  
(United Church)  
Office 833-2500 ext 5417

**Padre Bob Brinn**  
(United Church)  
Office 833-2500 ext 5349

**Padre Paul Southen**  
(United Church)  
Office 833-2500 ext 4277

**Administrative Assistant**  
Carol Cochrane  
Office 833-2500 ext. 5087

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

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

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

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

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

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

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

# A History Of Valentine's Day – What's Love Got To Do With It?

By Padre Paul Southern

As you know, February 14 is Valentine's Day. Although it is celebrated as a lovers' holiday today, with the giving of candy, flowers, or other gifts between couples in love, it originated in 5th Century Rome as a tribute to St. Valentine, a Catholic bishop. Here's how it happened.

For eight hundred years prior to the establishment of Valentine's Day, the Romans had practiced a pagan celebration of the god Lupercus in mid-February, commemorating young men's rite of passage to adulthood. The celebration featured a lottery in which young men would draw the names of teenage girls from a box. The girl assigned to each young man in that manner would be his sexual companion during the remaining year.

In an effort to do away with the pagan festival, Pope Gelasius I ordered a "slight" change in the lottery. Instead of the names of young women, the box would contain the names of saints. Both men and women were allowed to draw from the box, but the game was now to emulate the ways of the saint they drew during the rest of the year. Needless to say, many of the young Roman men were not too pleased with the rule changes!

Instead of the pagan god Lupercus, the Church looked for a suitable patron saint of love to take his place. Gelasius recast this pagan festival as a Christian feast day starting c.496, declaring February 14 to be "St. Valentine's Day".

In 270, Valentine had been executed by the Roman Emperor Claudius.

Claudius had decided that married men made poor soldiers.

So he banned marriage from his empire. But Valentine would secretly marry young couples that came to him. When Claudius found out about Valentine, he first tried to convert him to paganism. But Valentine reversed the strategy, trying instead to convert Claudius. When he failed, he was imprisoned, and ultimately stoned and beheaded.

However, during the days that Valentine was imprisoned, he fell in love with the blind daughter of his jailer. Out of his love for her, and through his great faith, (according to legend, at least) he managed to miraculously heal her from her blindness before his death. Before his execution, he signed a farewell message to her, "From your Valentine." The phrase has been used on his day ever since.

In addition, although the lottery for women had been banned by the church, the mid-February holiday in commemoration of St. Valentine was still used by Roman men to seek the affection of women. It became a tradition for the men to give the ones they admired handwritten messages of affection, containing Valentine's name. The first Valentine card grew out of this practice. The first true Valentine card was sent in 1415 by Charles, Duke of Orleans, to his wife. (He was imprisoned in the Tower of London at the time).

Today (whether you are imprisoned in the Tower of London or not!) take the time to tell someone that you love them, for as St. Paul said, "These three things abide, Faith, Hope, and Love, but the greatest of these is love."

(I Corinthians 13:13)

Information taken from <http://wilstar.com/holidays/valentn.htm>.

## Thanks Chief!

By Cpl Jones, TDS/WTIS

When I was up on charges for quarrelling, he was there. When I almost lost my mind when my wife just up and disappeared never to be heard from again, he was there. When I was stupid enough to get caught up with one crazy woman once again and end up getting my butt thrown in jail, he was there... at the courthouse...to bail me out.

Even though I went on every parade from thereon and made sure I unwillingly volunteered for many additional duties, I never regretted it. My Chief, in the end, was there for me and that made it worthwhile. I knew he was mad at me for quite some time but that's okay. He's probably still mad at me.

We were doing our weekly march and I volunteered to

be marker as usual. The chief was marching beside me for a moment and I built up the confidence to finally say "thanks Chief, for everything". He spoke out without a moment of thought, "that's what we're here for Cpl Jones" and gave me a quick pat on my pack. I actually choked up for a moment and thought to myself "THIS is my family. I'm home".

Coming from a dysfunctional family and a tough background, I realized that I've learned to love the military. Some people can definitely relate to my understanding that the military can become the family you never had. Some people will relate to you like a brother or in my case, a father. You're a good man, CWO Dierickse, no matter what they all say about ya. LOL

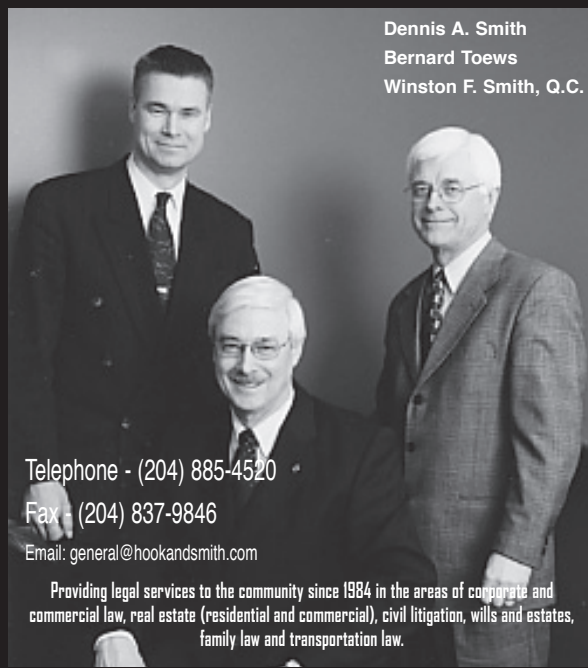
And I'm not trying to kiss his butt now for all the mistakes...so give it up. Some things just aren't said enough...

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# TAROSCOPES

BY  
NANCY

**Aries (March 21 - April 19):** Determine the phase your life is in and it will help you to solve a dilemma about whether you should be assertive about finding answers, or let them come to you naturally. Wanting to see speedy, positive results will only add to your stress. Permanent changes take time.

**Taurus (April 20 - May 20):** Add personal touches to your environment that reflect more of who you are. Take the initiative to be more expressive and innovative. Daydreaming is great if it inspires you but don't get so caught up in it that you dismiss how good you've got it now. Enjoy the present.

**Gemini (May 21 - June 21):** Though you'd like everything to remain harmonious, forces outside your control will affect your workplace. You're cautioned to expose only so much of yourself. Being too open too soon isn't always the best policy. Build relationships on firm foundations during times of change.

**Cancer (June 22 - July 22):** Stay one step ahead of authoritarian types. Anticipate their actions. Be ready, organized and able to move quickly when the time comes. A promotion is possible. Don't let angry words dampen your enthusiasm. Instead, you can learn about yourself and others from what you experience.

**Leo (July 23 - August 22):** You have a warm and generous spirit to share. Curb your defensiveness and deal with issues instead of hiding behind anger when the past haunts you. Enjoying future relationships is easier if you're not caught up in ego issues, trying to justify your actions or trying to prove you are right.

**Virgo (August 23 - September 22):** Resist the urge to try to fix everything so that positive outcomes are guaranteed. There are times when you don't know or can't anticipate all that will occur; and times when you have no control over matters. Find constructive ways to meet your emotional needs. Be patient.

**Libra (September 23 - October 23):** It's not your job to point out the obvious to others. Your current attitude is the result of external pressure affecting you but it's only a phase. Slowly, steadily you can move into a better situation. Take care of yourself; sleep, vent, and meditate to release tension.

**Scorpio (October 24 - November 21):** Pour your heart and soul into work on yourself and your dreams. You'll see practical, tangible results for your efforts. Completion brings a sense of joy. The more you take control and create forward momentum through your own actions, the greater the satisfaction.

**Sagittarius (November 22 - December 21):** If you're feeling stuck because you're not sure you can get what you want, consider the consequences of not trying. Imagine how deeply you'd feel the loss, as you watch what you care about most disappearing and you'll feel motivated to take the right course of action.

**Capricorn (December 22 - January 19):** Remove yourself from what is going on around you and deal with inner turmoil. Look at the big picture and your level of satisfaction. When limitations are lifted, you have the chance to stretch yourself. Greet this opportunity with an optimistic attitude.

**Aquarius (January 20 - February 18):** Weighing financial security against the value of a life of happiness you'll see you made the right choice. Reassess and deal with unrealistic expectations consuming you. Be practical and do what must be done. The reward you'll reap is the freedom that comes from less stress.

**Pisces (February 19 - March 20):** Look at what you have built and where you have been then let it go. It's part of your history and now it's time to align your lifestyle with a renewed sense of purpose. Make room in your environment, your calendar and your heart for what's coming up next. Schedule free time and fun.

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