



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

March 5, 2008

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FREE

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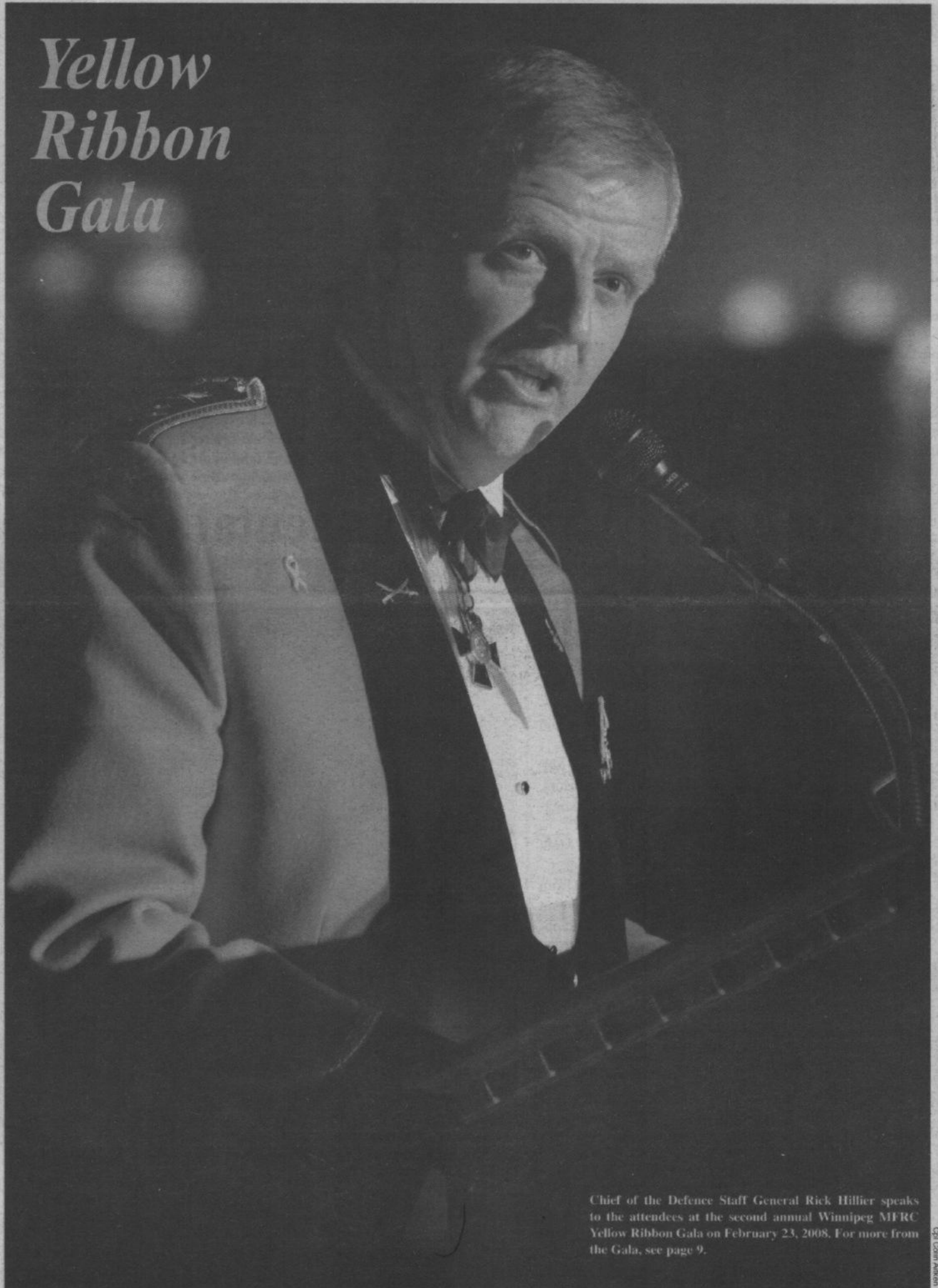
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Chief of the Defence Staff General Rick Hillier speaks to the attendees at the second annual Winnipeg MFC Yellow Ribbon Gala on February 23, 2008. For more from the Gala, see page 9.

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New weather briefers graduate from CFS MET

By Sgt Josie Bissonnette

With a sigh of relief and much anticipation, Meteorological Technician Course QL6A 0702 graduated on December 13 at CFS Met.

For the six smiling students, what began at the beginning of September—although I'm sure to some it felt much longer—finally came to fruition.

Even a reacquaintance with a Winnipeg winter and something called windchill could not deter them as they reached a significant milestone in their military careers, which will undoubtedly lead to new roles and challenges.

The aim of the QL6A course is to train Meteorological Technicians to prepare and provide detailed environmental briefings in addition to providing technical meteorological information in support of military operations.



Front row from left: WO Guy Rivet (Chief Instructor), CWO Charlie Kennedy (J2 DMETOC CWO), John Sauder (402 Sqn's Honourary Colonel and CBC Meteorologist), LCol Witherden (Reviewing Officer/CO 402 "City of Winnipeg" Squadron), Maj Doug Lawrie (CMDT CFSMET), CWO Steve Hynes (SCWO), Louis Richard (STDS Officer). Middle row from left: Derrick Kania (Instr), Chad Thompson (Instr), Cathy White (Instr), Natalie Hasell (Instr), Jasmin Paola (TSU Lead). Back row from left: Sgt Joe Cleary (Instr), MCpl Kenneth Riles, MCpl David McGuinness, Sgt Jocelyn Bissonnette, MCpl Mary Raper, Sgt Susan Vivian (Instr), Sgt Ben Fournier (Instr), MCpl Andrew Williams, MCpl Shaun Pulleyn.

More than one half of the course is devoted to learning how to interpret a variety of meteorological products, while the other half is devoted to practical exercises composed of preparing and presenting weather briefings.

The use of the latest technology, along with a high instructor to student ratio is required to ensure success.

Subjects taught include theoretical and applied meteorology, analysis, and interpretation of weather data including satellite, lightning

and radar information, presentation techniques, and climate presentation.

Upon successful completion of this course, the graduate can expect a posting as a weather briefer supporting naval, land or air missions.

During the ceremony,



MCpl Kenneth Riles receives the Certificate of Achievement on QL6A 0702 for the highest academic mark of the course from the guest of honour LCol Witherden, CO 402 City of Winnipeg Squadron, and Louis Richard, STDS officer.

we had the distinct pleasure to present MCpl Ken Riles from HMCS Fredericton with the Canadian Forces School of Meteorology Certificate of Achievement, for obtaining the highest academic mark.

The graduates should be commended for their hard work, perseverance, dedication and superb performance

in successfully completing this training.

As for the staff at CFS Met, contrary to popular belief, we are always busy with training.

Currently a QL3 and a QL6B course are in house with graduations at the end of March and middle of April. Till next time, COGNITIO CAELI.

Intermediate Air Environmental Qualifications course

Air Command Academy created the Intermediate Air Environmental Qualification Course (IAEQ) to replace the Sergeant Seminar as a more focused qualification to aid Sergeants during this period of career development - DP3. During the week of 11-15 Feb 2008, 17 Wing conducted the first serial following a 12 student pilot course that ran in Borden this past December. Twenty-seven Sergeants completed the course including personnel from Tinker USAF Base, 15 Wing Moose Jaw, St Jean CFLRS, and Detachment Dundurn.

Instructors from local units presented a variety of topics including how to Supervise Subordinate Supervisors, Address Subordinates Training Needs, Conduct Investigations

Apply Principles of Leadership and The Role and Main Activities of the CF and the Air Force.

This qualification refreshed previous skills learned from JLC/PLQ and enhanced knowledge required at the Sergeant level. One of the added benefits of this course was the opportunity and time spent with senior staff during the week.



Twenty-seven Sergeants, including personnel from Tinker USAF Base, 15 Wing Moose Jaw, St Jean CFLRS and Det Dundurn participated in the first IAEQ course.

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Manitoba soldiers begin deploying to Afghanistan

By Stacey Brown, Shilo Stag

Seventy soldiers gathered with their family and friends to say goodbye at Shilo's Multi-Purpose Training Facility (MPTF) February 12 before deploying to Afghanistan. This group, along with approximately 700 additional troops, will leave the base over the next few weeks as part of the Task Force 1-08 Battle Group.

Sgt Renee Hansen, a clerk with 2 PPCLI, was joined by her husband and two children as she prepared to board the bus to Winnipeg.

"I can't say I'm either excited or nervous, but I'm ready to get the job started," she said. Sgt Hansen, who has been deployed to Afghanistan before, says keeping up communication with her kids is one of her priorities.

"When things go on in their lives, they can send me a quick email and say 'Oh, this is what's going on at school' or 'This is what's

happening today', and it's nice," she said. "Brittney's 13, so she'll be on MSN, and Dylan's learning to type, so we'll be using MSN and webcams and letters and cards."

Sgt Hansen's mother, Gloria Tait, was also in attendance to see her daughter off. She will return to see her son, Cpl Ian Tait, 2 PPCLI deploy on February 25. "This is their job, what they've chosen to do," she said. "You worry about your children, but you also worry about their friends."

Amanda Klassen, girlfriend of Pte Kyle White, 2 PPCLI, echoed a sentiment likely felt by most in attendance. "I get kind of nervous," she said. Pte White, who is on his first tour, feels confident that the troops are ready and admits his biggest challenge will be facing the possibility of friends being injured.

"We're proud of our son," said Pte White's father who supports his son's choice of being in the Army and deploying overseas.

The recent establishment of the Deployment Support Centre (DSC), located in the Community Centre, in addition to the existing Rear Party at 2 PPCLI, led by Maj Mike Wright, along with 1 RCHA's Rear Party and the MFRC, are all available as resources for spouses and family members to seek support while their loved ones are overseas. The Rear Parties are linked in with the DSC; a new initiative, explains Maj Wright. "We didn't have that in 2006 and this is a result of lessons learned from previous deployments." The DSC will remain operational on base permanently, providing support for families deployed for more than 28 days.

LCol Corbould, CO, 2 PPCLI Battle Group, sees the development of the DSC as a step forward in terms of support available on base. "I think we've come a long way, from a family support perspective. It used to be unit-centric, and it was based on the personalities of the individual of the unit to



Sgt Renee Hansen, 2 PPCLI, shares a big hug with husband MWO Steve Hansen, 1 RCHA before boarding the bus for Winnipeg February 12. Members of TF 1-08 will continue to depart Shilo for their tour to Afghanistan throughout the month.



LCol Corbould (right), CO, 2 PPCLI led Battle Group, chats with his troops prior to them boarding the bus.

determine how successful a rear party was going to be." LCol Corbould says the lessons learned in the past prepare everyone for providing better services in the future. "A true measure of success is with the families at the end," he said.

Approximately 15 percent of the soldiers deploying with TF 1-08 have been to Afghanistan before, says LCol Corbould who stressed that that prior experience is definitely an asset. "We've benefited from those soldiers who are going back on the tour, bringing their training and experience," he says noting that the troops feel they are more prepared than in the past.

The CO says he is confident in the training which began last spring in Shilo and carried through until fall with Ex DESERT RAM in Wainwright and Ex MAPLE GUARDIAN. "They are more than ready."

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KPRT change of command at Camp Nathan Smith

By Kandahar PRT

In a ceremony held at Camp Nathan Smith on February 9, 2008, LCol Dana Woodworth accepted the command of the Kandahar Provincial Reconstruction Team (KPRT) from LCol Bob Chamberlain.

The handover was conducted in the presence of LGen Michel Gauthier, commander of Canadian Expeditionary Force Command (CEFCOM), and BGen Guy Laroche, commander of Joint Task Force (Afghanistan). LCol Woodward will lead the KPRT for a year.

While in command of the KPRT, LCol Chamberlain handled the rapid expansion of new governance structures after Operation MEDUSA and the launch of more than 1,000 new projects in line with the Afghan-led Kandahar model of reconstruction and development, which is now highly

regarded.

He guided a strong whole of government team during a critical period in the mission, increasing consultation and collaboration with local government departments and international organizations.

"I am tremendously proud of what has been accomplished in the mission as a whole, and in particular this experienced team of outstanding Canadians that I was honoured to lead over the last year. Efforts 'outside the wire' have really accelerated," said LCol Chamberlain.

As well as infantry soldiers, engineers and civil-military co-operation experts, the KPRT comprises civilians from the Department of Foreign Affairs and International Trade, Canadian International Development Agency, Correctional Service of Canada, several Canadian police agencies,

and the United States Agency for International Development.

Their collaboration has helped shape and facilitate major projects to help Afghans in Kandahar Province see a viable alternative to the insurgency. "Every day I see people in the villages and districts who have had enough of fighting and are keen to embrace their future," said LCol Chamberlain.

LCol Dana Woodworth, the new commanding officer, praised the KPRT's accomplishments during LCol Chamberlain's tenure in command.

Referring to the challenge of leading such a diverse team of diplomats, development workers and security experts, he pledged that the KPRT would continue assisting the Government of the Islamic Republic of Afghanistan in its effort to extend its authority through the 17 districts of Kandahar Province.



Under the eye of BGen Guy Laroche (centre) at Camp Nathan Smith, the commanding officer of Joint Task Force (Afghanistan), the new commanding officer of the Provincial Reconstruction Team, LCol Dana Woodworth (left), signs the change of command documents with his predecessor, LCol Bob Chamberlain.

"The unit will stay focused on supporting the Provincial Governor and District Leaders as they establish governance and en-

able the implementation of development," said LCol Woodworth. At the change of command parade, LGen Gauthier also acknowl-

edged LCol Chamberlain's achievements and told the soldiers who served under him to be proud of what they have accomplished.

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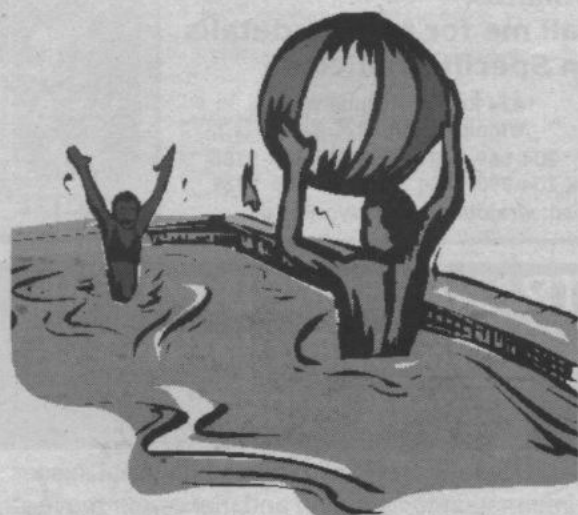
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Inscriptions en tout temps



An evening out on the San Antonio river walk.

CFANS members travel south for training

Feature unit

By Capt Todd Pretsell

On 11 January, 2008, eight students, six instructors, four pilots and two planes departed the extreme cold of a Winnipeg, MB winter for the temperate climate of San Antonio, TX. What a beautiful city! The downtown area is centered on the three-mile River Walk with its numerous restaurants, clubs, hotels and unique gift and souvenir shops. Another two blocks over is perhaps the most well known historic site in all of Texas; the Alamo.

Must be nice you say... well, quite frankly, it was; a welcomed break from the bitter cold but it wasn't without purpose.

This trip serves a very important function in the Air Navigator (ANAV) curriculum at the Canadian Forces Air Navigation School (CFANS) as it familiarizes students with American airspace and procedures while exposing them to large-scale mission planning.

These are critical skills the students will use extensively during the final phase of their training at the school.

Air Navigator training consists of three phases.

Phase I consists of basic low level visual and radar navigation, an introduction

to radio communications, and emergency scenarios.

Phase II deals with more advanced navigation in which students learn how to manage a fully functional and degraded computer navigation suite for high-level en-route navigation, while conducting standard VHF/UHF/HF communications.

Phase III combines all previously learnt skills and knowledge to accomplish a tactical mission such as surveillance, search and rescue or directing the aircraft over a target at a precise position, altitude, heading and time.

This final phase develops the students' problem solving and decision-making skills while ensuring they can maintain situational/tactical awareness and prioritize crew activities.

This is the true essence of what it is to be a modern day Air Navigator.

With the introduction of new equipment and technological advancement, the traditional role of the Air Navigator has evolved.

Most aircraft are outfitted with integrated electronic navigation suites and a multitude of other complex sensors that all combined provide an abundance of information in large quantities and at high speeds.

The challenge is not just getting the aircraft from one point to the next, but collecting, filtering and managing

the available information, deciding the best course of action and leading the crew to successfully accomplish the mission.

Regardless of the platform, today's navigators continue to be responsible for the tactical navigation of the aircraft but their critical roles are showcased as tactical co-ordinators and mission managers.

As such the Canadian Forces Air Navigation School (CFANS) will continue to be a hub of activity as the premier training facility for air navigators the world over.

That's not to say we can't have a bit of fun along the way, after all you know what they say about all work and no play.

United States Air Force member retires

By Karen Christuk

United States Air Force (USAF) member MSgt Michael D. Prichard retired on February 22 in a traditional ceremony that was held in the atrium of 1 Canadian Air Division/Canadian NORAD Region Headquarters (1 Cdn Air Div/CANR).

MSgt Prichard entered the USAF in 1986 and trained as an Intelligence Operations Specialist at Goodfellow Air Force Base (Texas). He later moved on to positions in Germany, Florida, Saudi Arabia, North Carolina, Korea, and Winnipeg. Since May 2005, MSgt Prichard has been a

Senior Strategic Analyst for 1 Cdn Air Div/CANR.

The retirement ceremonies were highlighted by the singing of the U.S. and Canadian national anthems by Sgt Cindy Scott, the presentation of a retirement certificate signed by U.S. President and Commander-in-Chief George W. Bush, and the presentation of letters of appreciation from MGen Marcel Duval (Commander, 1 Cdn Air Div/CANR), BGen Steven Wilson (Deputy Commander Force Employment and CANR, 1 Cdn Air Div/CANR), and CWO Maurice Sacco (Division Chief Warrant Officer, 1 Cdn Air Div/CANR). MSgt

Prichard also received a triangular shadow box containing his ribbons and badges and a U.S. flag that was flown over the U.S. Capital at the request of North Carolina Representative, the Honourable Sue Myrick. MSgt Prichard's former colleague, Col Michael G. Cosby, Commander of 363d Training Group Dhafra Air Base (United Arab Emirates), was the presiding official for the ceremony and signed all of MSgt Prichard's retirement documents.

MSgt Prichard ended the ceremonies by thanking his colleagues and family and said of his 22 years, "It has been a grand tour."



Col Michael G. Cosby (left) presents a retirement certificate to MSgt Michael D. Prichard.

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CFB Winnipeg members deploy to Camp Mirage



Supply Technician MCpl Rick Cameron, accompanied by his wife Corrine, waits to board a 437 Transport Squadron CC-150 Polaris aircraft at the 17 Wing Air Movements Section for the flight to Camp Mirage for a six-month deployment on Dec. 10. This will be MCpl Cameron's second tour at Camp Mirage and his fifth overseas deployment. MCpl Cameron joined the Forces as a Supply Technician in 1990. In addition to regular supply technician duties, MCpl Cameron is trained as a Parachute Rigger and served in Calgary and Edmonton before coming to Winnipeg. A native of Regina, Saskatchewan, MCpl Cameron attended Thom Collegiate there. He and his wife Corrine have three girls, ages 2, 4 and 6 years old.



MWO Rob Knight with his children at the 17 Wing Air Movements Section here prior to departing for Camp Mirage on a six month deployment as the Construction Engineering MWO. This will be MWO Knight's sixth deployment; he has previously served in Bosnia, Croatia, Kosovo, the Golan Heights, Haiti and CFS Alert. He joined the Air Reserve as an Air Frame Technician in 1983, transferring to the Regular Force as an Electrical Generating Systems Technician in 1998. Prior to being posted to Winnipeg, he served at Kingston and 8 Wing Trenton in Ontario, Shelburne and 14 Wing Greenwood in Nova Scotia and Gagetown, New Brunswick. MWO Knight was born in Grand Falls-Windsor, Newfoundland and Labrador, to Dorothy and John Knight. MWO Knight has been married to Mary-Ann for 16 years. They have two children, ages 12 and 14.

P2V-7 Neptune Survivors' Luncheon Greenwood, NS



The VPI Club of Greenwood, Nova Scotia, is planning a luncheon on 3 June 2008 to commemorate all those aircrew who flew the Neptune aircraft in the RCAF or other Allied Air Forces. We will be exchanging stories, and reminiscences, both factual and near-factual.

For more information, contact Derek Squire at 902-765-4660 or derek.squire@gmail.com.



Cpl Dave Bergeron checks in for his service flight to Camp Mirage with Cpl Dymond, a Traffic Technician with the 17 Wing Air Movements Section here on 10 December. Cpl Bergeron is deploying for a six month tour as a local purchasing officer at Camp Mirage. Cpl Bergeron was born in Comox to Rose-Ange and Marcel Bergeron, who now reside in Gatinau, QC. After finishing high school at Louis Riel in Winnipeg, he joined the Air Force in 2003 and completed his training at the Canadian Forces School of Administration and Logistics at CFB Borden before being posted to 17 Wing.

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With a characteristic smile on his face, Roman Catholic chaplain Capt Lance Magdziak, arrives at the 17 Wing Winnipeg Air Movement Section for the service flight to Camp Mirage for a six month deployment as the Camp's Padre. He left December 10. Father Lance is one of a pair of twin boys and was born in Przemysl, Poland, near the Ukrainian border. He immigrated to Canada in 1981 and entered the priesthood in 1989. He joined the Regular Force in October 2005.

CFB Shilo launches Walking to Afghanistan challenge



Commanders and Section Heads of Shilo-based units lead the way on the launch of the Walk to Afghanistan. The banner will be posted on the base and used to chart progress as participants in the challenge log their kilometres.

By Sgt Dennis Power, Army News

The biting cold of late January on the prairies was no deterrent to hundreds of supporters of the launch of the Walk to Afghanistan challenge in Shilo.

The challenge, run by CFB Shilo Health Promotion serves two purposes: to inspire CF members and their dependants, and the local community to stay active during the winter.

It also provides a means to demonstrate support for Shilo-based soldiers currently deploying to Afghanistan.

"The launch is a great opportunity for Shilo, Brandon and Westman to come together to support the troops," said Fiona Jeffries, Health Promotion Director for CFB Shilo,

"With so many soldiers deploying from Shilo we really wanted to open this up to the wider community to give them a chance to show their support."

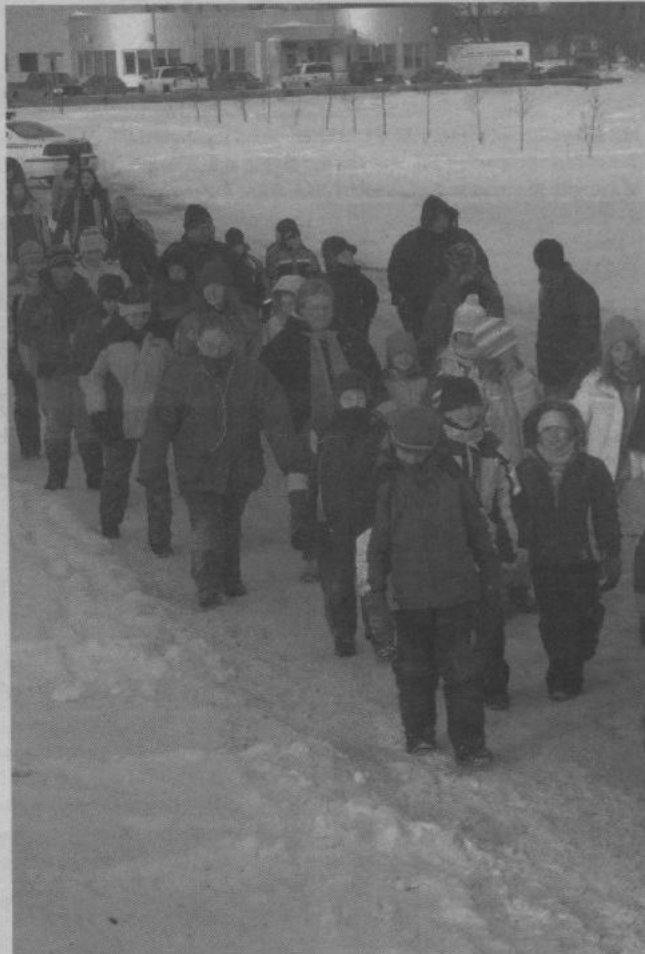
The challenge is to get people to stay active through a wide range of activities which are later converted into kilometres.

The demonstration of support happens as participants log their activity on the website.

The goal is to cover 13,000 kilometres from Shilo to Kandahar, for each of the 800 soldiers deploying from Shilo.

The launch included CF personnel and civilian employees from all units on the base, including hundreds of children from O'Kelly School, and Ecole La Source, both located on the base.

Dozens of participants



Students from O'Kelly School and Ecole La Source, both located at CFB Shilo, took part in the launch of the 'Walk to Afghanistan'. Students and staff at both schools will be keeping track of activities to add kilometres to the challenge.

representing various service organisations came from Brandon, as well as a busload of children from River Heights School. The event was kicked-off with a parade of two laps around the Community Centre Annex where everyone rallied.

"A lot of the soldiers are not originally from this area, and we want them to know that the people who are from here support them and care about them," said Jeffries, "It's a great cause, and great motivation to stay active at this time of year."

The Walk to Afghanistan challenge is open to anyone who wants to show their

support, regardless of where they live.

The event runs from Jan. 25 until Mar. 9. For more information on how you can participate, or to log your kilometres, e-mail walktoafghanistan@gmail.com.

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Since 1966, the 21st of March has been recognized by the United Nations as the International Day for the Elimination of Racial Discrimination. Canada was one of the first countries to support the UN declaration and, in 1989, the Department of Canadian Heritage launched its annual March 21 Campaign. The March 21 Campaign was initiated in response to the need to heighten awareness of the harmful effects of racism on a national scale and to demonstrate clearly the commitment and leadership of the federal government to foster respect, equality and diversity. For more than ten years, the March 21 Campaign has mobilized youth across Canada to rise up and to take a stand against racism. Through their participation in the campaign, Canadian youth have spoken loudly and eloquently: there is no place for racism in their lives! For more information - http://www.patrimoinecanadien.gc.ca/march-21-mars/why-pourquoi/index_e.shtml



First ever 17 Wing Youth Film and Claymation Workshop Premier

On Thursday March 13, 2008, at 7 p.m the 17 Wing Youth Advisory Council will present three short films at the Base Theatre (Building 90). The youth have created a music video, a short documentary on the Festival du Voyageur, and a claymation film. Please come on by and support our military youth! The cost is only \$2, and the proceeds will go towards the Youth Advisory Council. Popcorn and slushes will also be sold.

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Naval Reserve divers hone skills at West Hawk Lake

By Darlene Blakeley
Maritime Staff Public Affairs

It's winter in Canada. You're a diver in the Naval Reserve. What could be more fun than cutting through nearly 30 inches of ice with a chainsaw and plunging into the frigid waters of a Manitoba lake?

With the water temperature hovering at about 1C, that's just what 33 divers from 12 Naval Reserve Divisions did over the weekend of February 23 and 24 in West Hawk Lake near Winnipeg.

One of the main roles of the Naval Reserve is port security – ensuring that where our ships sail and berth are safe and free from hazards.

As a result, port inspection dive teams are specifically trained to conduct underwater searches of the ocean bed, underwater

inspections of jetties and ships' hulls, and mine recognition and countermeasures.

"The divers operate in all environments and conditions, including under the ice and in very cold temperatures," says Petty Officer 1st Class Scott Allingham, Diving Chief Eastern Region. "We chose Manitoba for this national exercise because it is the ice-diving Mecca of Canada – we are guaranteed to have ice in February."

During the exercise, the average time spent under the ice was 20 minutes, depending on the depth of each dive.

Divers stayed connected to the surface by a safety line that also allowed them to communicate with team members on the ice above. More than 30 dives were conducted over 10.5 hours, largely devoted to search

and recovery operations.

The dive team kept warm thanks to equipment specially designed to keep them comfortable for long periods of time, including state-of-the-art dry suits and full face dive masks

"Much of our country is in a frozen state during winter and we need to be prepared for it," says POI Allingham. "This is even more important these days with the heightened emphasis on Arctic operations."

While this type of dive exercise is carried out annually in Winnipeg by the local unit HMCS Chippawa, this was the largest national-level exercise held in three years according to POI Allingham. Other Naval Reserve Divisions participating were Cabot, Carleton, Cataragui, Malahat, Montcalm, Prevost, Radisson, Scotian, Star, Nonsuch and York.



MS Kim Bishop, HMCS TECUMSEH, saws through the ice of West Hawk Lake at the remote deployment site. He is preparing the site for ice diving operations. MS Igor Sevic, HMCS MALAHAT, stands by to assist with the removal of the ice block from the diving hole.



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Naval Reserve Port Inspection Divers (from left) MS Mike Donald (HMCS YORK), LS Marc Bibeau (HMCS RADISSON), PO2 Nim Cook (HMCS CARLETON) and MS Igor Sevic (HMCS MALAHAT) work together to remove an ice chunk in preparation for ice diving.




Port Inspection Diver MS Owen Brunelle (HMCS CARLETON) returns from his ice dive at the remote deployment site. During this dive MS Brunelle completed a search pattern for a lost object.



To the men and women in our Canadian Forces: Thank you!

25% of commissions earned from military sales will be donated back to the military community

Terry Hashimoto 470.6963 

Second annual Yellow Ribbon Gala a success

By John Chabih, Winnipeg MFRC



More than 270 guests enjoyed fine food, music, courtesy of the Air Command Band and two incredible speeches at the WMFRC's second annual Yellow Ribbon Gala on 23 Feb 08.

Chief of the Defence Staff Gen Rick Hillier and Juno-award-winning musician and performer HCol Loreena McKennitt both spoke about the importance military families have on military operations and the value of organizations such as the MFRC have when supporting them with the struggles of military life.

Gen Hillier advised 17 Wing that he is advocating for additional resources and equipment. He shared his vision for replacing the well-used Sea King Helicopters and he requested the Air Command Band begin to play more mainstream music, especially more country.

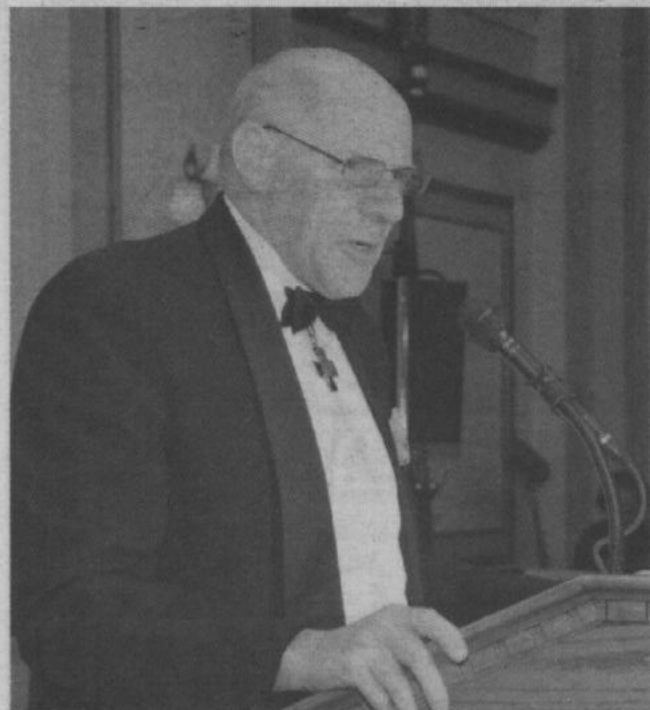
HCol McKennitt made a passionate plea for Canadians to be supportive of the Canadian Forces and to not get caught up in the political rhetoric of the day. She moved the audience by performing two pieces from her internationally renowned repertoire of music.

Both the CDS and HCol McKennitt spent the evening taking photos with admirers and sharing stories with colleagues. Both demonstrated their unbridled support to the vision of the Gala and to the Defence Team of 17 Wing Winnipeg.

All funds raised by the Gala will be used for programs and services that benefit military families.

Brian Grant, guitarist and Loreena McKennitt the Honourary Colonel of 435 Squadron, perform during the Yellow Ribbon Gala. The Winnipeg Military Family Resource Centre's second annual Yellow Ribbon Gala, held at The Fort Garry Hotel Saturday, 23 February showcased the programs and services the Winnipeg MFRC provides to CF personnel and their families to government, business and community partners.

Photos by Col Colin Adams



Lieutenant General (ret) Ray Crabbe speaks following the dinner.



Mrs Joyce Hillier and the Chief of the Defence Staff, General Rick Hillier, greet Lois and Joe Mallet.



The Hotel Fort Garry provided a beautiful backdrop for the event.



MCpl Denise Snow and MCpl Jason Snow are called front and center for the work they do with the MFRC.

Stamp collecting and the Winnipeg Philatelic Society

By Alf Brooks



Illustrated here is a stamp from Austria, 1950, showing a man with a magnifying glass examining an envelope, an open stamp album in the background; a stamp collector, no doubt, perhaps on a cold winter evening—a good time for working on this hobby. But stamp collectors also meet to talk with other collectors, to share their experiences.

The Winnipeg Philatelic Society meets on the first and third Thursdays, September to June, at the Scandinavian Centre on Erin Street. Doors open at 7 p.m.

After a brief business meeting there is either an auction of members' material or a presentation on a philatelic topic. Before these more formal activities there is the opportunity to talk to other collectors.

Visitors are welcome; we are a friendly group.

Cinéma / Theatre

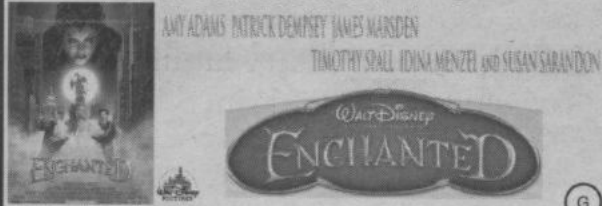
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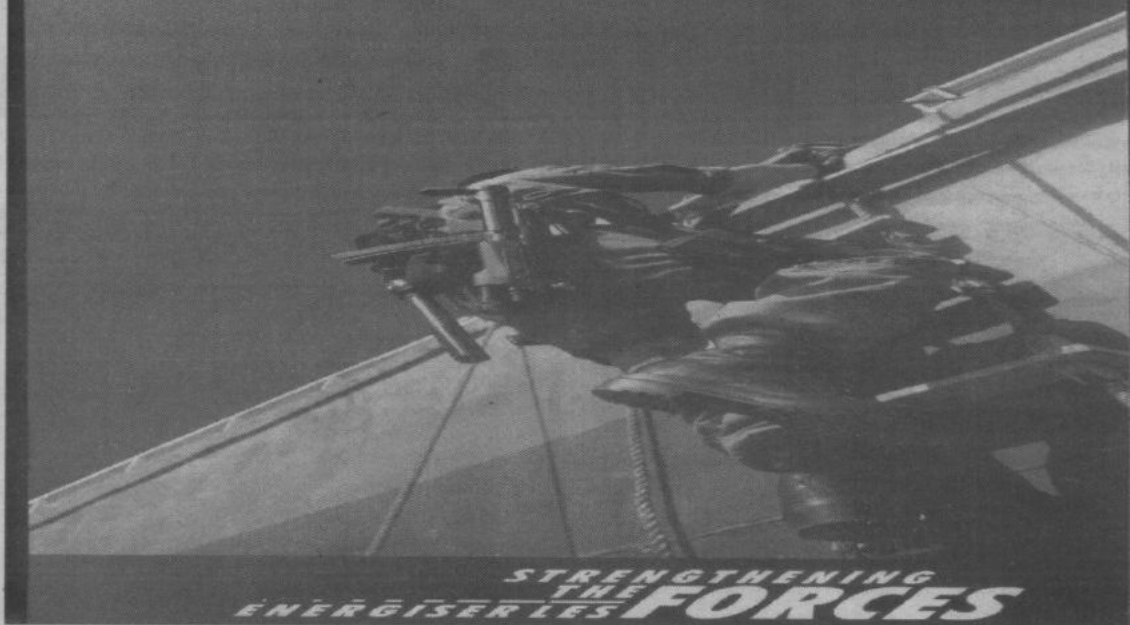
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CFRC Winnipeg runs in the Great Grain Relay



Back row left to right: PO2 Hunchak, Sgt Frampton, Rheel Lesage, Capt Dubois, Capt Purcell, Capt Johns, Cpl Khan, Sgt Skinner, PO2 Gilchrist. Front row left to right: Maj Halikas, Cpl Hooper, Cpl Byrne, LS Clawson and MCpl Heffernan laying across.

By Capt Tom Purcell, UPSO

Outside the Max Bell Centre at University of Manitoba, the temperature reached a frigid -47 C but inside, three teams from CFRC Winnipeg participated in the Great Grain Relay. The three teams were comprised of five runners and a lap counter made up of CFRC staff, including Reg F, PRes and civilian personnel. This year, 44 other teams participated in what was originally called the Cabin Fever Classic. For the next two hours they would run the Great Grain Relay to see who could run the most laps.

Everyone who ran was happy to be inside and the cheers from friends and family spurred the runners on as they did their laps. There were five categories: Corporate Male, Corporate

Mixed, Friends and Neighbours Male, Friends and Neighbours Female, Friends and Neighbours Mixed, High School Male and High School Female.

In the last two years, the CFRC fielded only one team in the Corporate Male category and did well, but this year the Centre had three teams: two in Corporate Male and one in Corporate Mixed.

Fitness in the CF is a priority. Commitment to the operational environment, personal well being and team building were the main focus for the CO, Maj Halikas.

He felt that this goal was good training and a welcome break during our long prairie winter. In recent weeks the unit PT sessions allowed all CFRC members to attempt the Great Grain Relay through practise runs and

sessions on the indoor track. The event was very well organized and the high-energy music that played throughout the race kept everyone motivated.

In the end, CFRC team No. 1, made up of Capt Dubois, Capt Johns, Sgt Frampton, Sgt Skinner, LS Clawson placed second in Corporate Male category with 151.7 laps.

While CFRC team No. 2, which included Capt Cadick, Capt Purcell, PO2 Hunchak, MS Heffernan and Cpl Khan placed fifth in Corporate Male with 131.4 laps and CFRC 3 team No. 3 members Maj Halikas, PO2 Gilchrist, Cpl Byrne, Cpl Hooper, and Rheel Lesage placed fifth in Corporate Mixed with 124.2 laps.

Everyone enjoyed the chance to get out, run and represent the Canadian Forces.

REMEMBER. HONOUR. CONNECT.

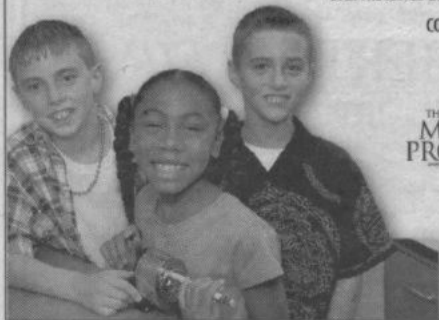
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The Memory Project is a national bilingual program of The Dominion Institute that trains veterans on the best techniques to share their stories with youth. The veteran volunteers visit schools and organizations in their local communities to talk with youth about their wartime experiences. The Memory Project Digital Archive, an online database that houses the oral histories and artifacts of over 1000 Canadian veterans, complements the Speakers' Bureau.



THE MEMORY PROJECT Canada



The good old hockey game

Alissa Lee, right, and her brother Brayden Lee, left, cheer for the home team at the Manitoba Moose Military Appreciation Night hockey game March 1 at the MTS Centre with their grandfather Maj Wally Williams of 1 Cdn Air Div AF Trg. Check out the next issue of Voxair for more from the game.

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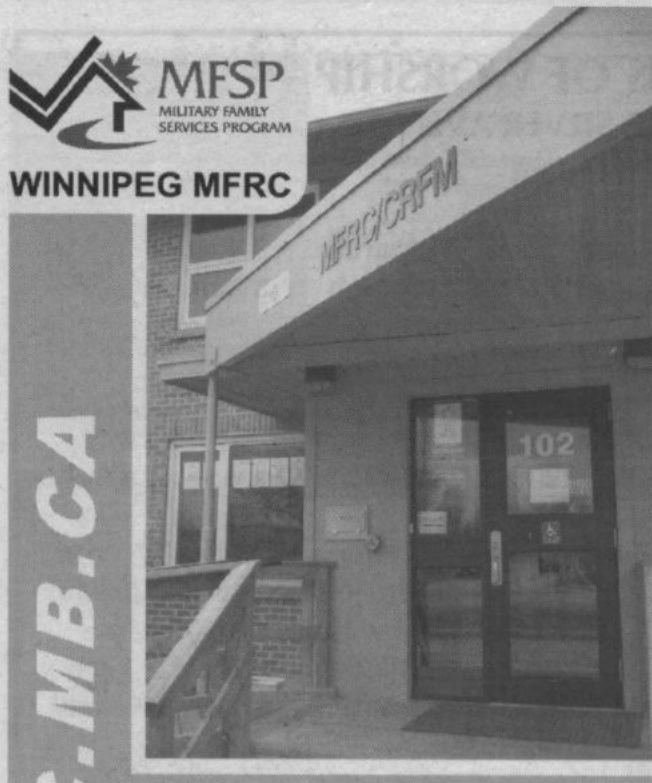
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MFRC Monthly Community Coffee Break

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 Families: Strength Behind The Uniform
Wanted: a few good men and women for the board

The Winnipeg MFRC Board of Directors needs you! The Board of Directors meets once per month to discuss current and ongoing issues relating to the Centre.

The Board of Directors consists of 10 - 12 full voting members, the majority of whom must be military spouses. This ensures programming at our centre reflects the needs of our community.

WHAT'S IN IT FOR YOU?

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Volunteers needed for upcoming MFRC events

The annual MFRC Women's Conference will take place on March 7 and 8. This fun-filled event promises to be full of wonderful opportunities for participants. In order to help make this event run smoothly, we need a group of volunteers to assist the planning committee on those days. We will need volunteers to help set up for the Friday evening presentation by Laura Earl, as well as to assist with the reception after her presentation.

On Saturday, the conference begins with Registration at 8:00 AM and will end by 4:30 p.m. We will need volunteers to assist with registration, directing participants to the appropriate rooms for their workshops, setting up and clearing for nutrition breaks and lunch, decorating the Learning Centre spaces, and tear down after the event. You will also be able to sit in on some of the presentations. Ten to 15 volunteers are required.

A Yellow Ribbon Lounge for military personnel who are traveling through Winnipeg will open at the James Rich-

ardson International Airport on March 17. There will be a large press conference to announce this event.

The Winnipeg MFRC has played a huge supporting role in getting this project off the ground, and we will be present at the launch/press conference. We will need about 20 volunteers to greet guests as they arrive, direct them to the Observation Lounge, take coats, sit with a guest book, help to serve coffee and cake, and assist with clean up.

We will also be going in early in the day to decorate the Observation Lounge.

If you can assist with either of these events, please call the Coordinator of Volunteers at the MFRC at 833-2500 ext 4519. Thank you for your help!

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Did you know?

The MFRC operates two youth drop-in centres. These centres are open to all military youth and their friends. Each centre has Internet, video games including Guitar Hero & Rock Band, foosball tables, board games, a resource library, an arts & crafts area and canteen.

South Side Youth Centre - 347 Doncaster Street
Elementary School age: Monday to Friday 4 to 6pm
Teens: Monday & Wednesday 6:30 - 8:30 p.m., Friday 6:30-9:30
All ages: Saturday 1:30 - 4:30 p.m.
North Side Youth Centre - South end of 102 Comet Street
Elementary School age: Tuesday to Friday 6-8 p.m.
Teens: Tuesday to Friday 8-10 p.m.
Drop-in is free, so stop in and see what we have to offer.

Mothers & Daughters in Touch

This is an 8-week program developed by the Youville Centre to promote healthy and effective communication between mothers & daughters. It is a relationship and skill-building program where mothers & daughters learn together. We will be offering the program for girls 9 - 11 years. Program will start March 27, 6:30 - 8:30 at the MFRC, 102 Comet Street. There is a \$5.00 registration fee.

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For information contact the MFRC at 833-2500 ext. 4500



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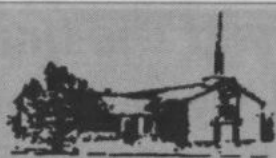
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Confessions
The sacrament of reconciliation is offered 20 minutes before mass and by appointment. Contact the chaplain's office.

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

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 Grant Schapansky
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Office 833-2500 ext 5349

Padre David Stewart
(Presbyterian)
Office 833-2500 ext 5785

Padre Curtis Duclos (Baptist)
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Office (306) 492-2135 ext 4299

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

Sunday Services
(English Only) 0900 hrs

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.

HOLY WEEK HOURS OF WORSHIP

17 WING CHAPEL, 2235 SILVER AVENUE

Roman Catholic

Holy Thursday 20 March 7 p.m.
Good Friday 21 March 3 p.m.
Easter Vigil 22 March 8 p.m.
Easter 23 March 11 a.m.

Protestant

Good Friday 21 March 9 a.m.
Easter 23 March 8 a.m.

SEDER SUPPER

17 WING COMMUNITY CHAPEL, 2235 SILVER AVENUE

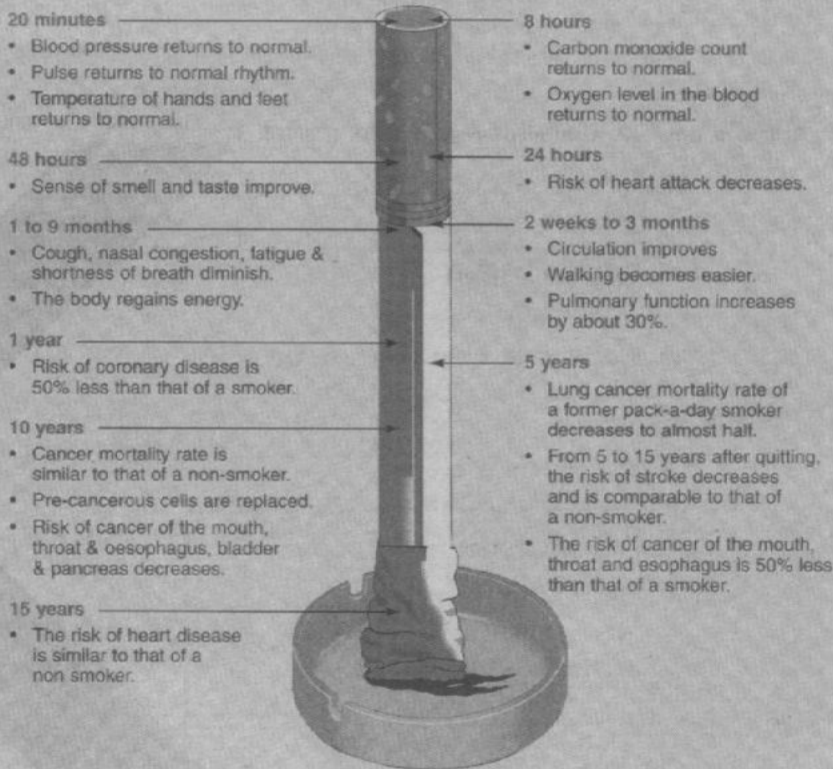
On Maundy Thursday, 20 March, at 5 p.m., a Seder meal will be celebrated at the 17 Wing Community Chapel, 2235 Silver Avenue. You are invited to join the joint congregations for an observance of the Feast of the Passover, which Jesus celebrated with his disciples. After the celebration of the Seder we will share a pot-luck meal. Please note that, in keeping with the spirit of the Seder, there should be no pork products or dairy. If you have any questions please contact Padre David Stewart, 833-2500, extension 4277.

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Source: American Cancer Society, Washington.

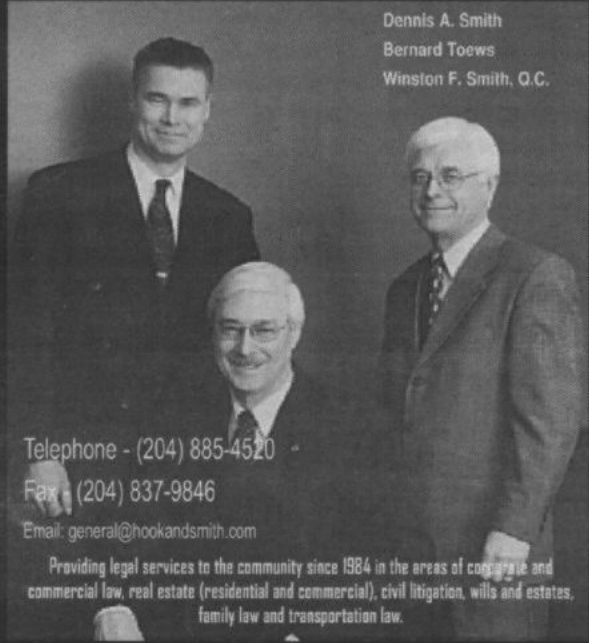
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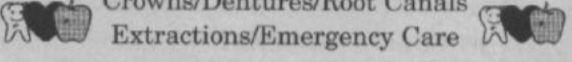
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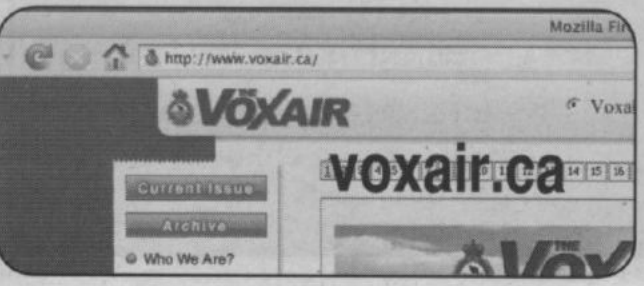
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Aries (March 21 - April 19): You have past experience that enables you to predict what's coming and therefore you can prepare so it won't amount to a crisis. Plan sensibly for all eventualities. You have expertise that ensures you are not taken advantage of, but consult experts if you are unsure of anything.

Taurus (April 20 - May 20): You want to immerse yourself in your own work but this leaves you cut off from innovative ideas that result from contact with others. Discussions are stimulating. You enjoy being the authority on a subject so do the groundwork. The more effort you make the better the results.

Gemini (May 21 - June 21): New interests are exciting but take a lot of energy. With so much to do, you may not see old friends as much. If someone is jealous or depressed about the fun you're having, they may try and bring you down. Don't take on other people's stuff, no matter what they say to pressure you.

Cancer (June 22 - July 22): Sometimes changes in life make you feel sad but these are inevitable with time's passage. Letting go is difficult but it leaves room for joy to enter. You can't change the past but you can stop replaying it. Change the future by being honest with yourself. Do what you love.

Leo (July 23 - August 22): Remain removed from the calamities and crisis around you. Wait and see what happens. It's not as bad as you think. Trust others to fend for themselves instead of leaping in to resolve things your own way. Blaming and fault-finding are not constructive - after all, "life happens."

Virgo (August 23 - September 22): Don't gamble with your health or wellbeing right now. You can only rely on luck for so long. Stay open to information from others and avoid rigid thinking. You have options even if you can't see them. Though life may feel like a struggle right now - this is a phase that will pass.

Libra (September 23 - October 23): Change may feel uncomfortable but it forces you to go after what is really right for you. You may wonder if happiness is possible when you don't know what to expect but trying to control everything all the time is exhausting. Practice this: don't worry about what you can't fix.

Scorpio (October 24 - November 21): Eager to experience more joy in life you stretch beyond what you're used to. Day-to-day aspects of life require time so fit these into your new lifestyle and ensure new friends are aware of your responsibilities. Your practical side is attractive too, so don't hide it.

Sagittarius (November 22 - December 21): You've gained experience by dealing with difficult people and now it pays off. As you continue to learn how to manage in new and unusual situations you set precedents. Delegating tasks that no longer require your attention allows someone else to learn the ropes.

Capricorn (December 22 - January 19): Instead of dwelling on what isn't working, look at how far you have come. Look at the positive. Time is a great healer. Staying upset is optional. This doesn't mean you must forget, but you must move on. Get involved in constructive interests: read, work, exercise, relax.

Aquarius (January 20 - February 18): Huge success lies ahead. The feeling of increased confidence is the real reward though kudos are great too. Congratulations for taking a stand and being true to yourself. You'll feel whole, alive, appreciated and respected by others and by yourself as well.

Pisces (February 19 - March 20): You can establish a solid foundation for the future if you are willing to risk the difficult discussions. Eliminate self-doubt and uncertainty. Research if you need to, then set up a schedule for healthier living and relating. Learn from a bad situation so you don't repeat it.

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