



# THE VOXAIR

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FREE

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## Winnipeg Helping in Haitian Relief Effort



Members of 2 AMS's Mobile Air Movements Squadron unload the Disaster Assistance Response Team supplies from a CC-130 Hercules aircraft on the Port-au-Prince flight line as part of Operation Hestia. Credit: MCpl David Hardwick.

### Capt Jeff Noel

#### 17 Wing Public Affairs

Team Winnipeg members have been key participants in Canada's efforts to provide humanitarian assistance to the people of Haiti after a devastating 7.0 magnitude earthquake rocked the Caribbean nation last week leaving severe structural damage and an unknown death toll.

Among those deployed are aircrews from 435 'Chinthe' Transport and Rescue (T&R) Squadron flying CC-130 Hercules transport aircraft with their counterparts flying CC-177 Globemaster III's. They will be airlifting hundreds of tonnes of relief supplies, equipment and personnel into Haiti and then returning home with Canadian survivors of the quake.

Shortly after arriving in the capital of Port-au-Prince from

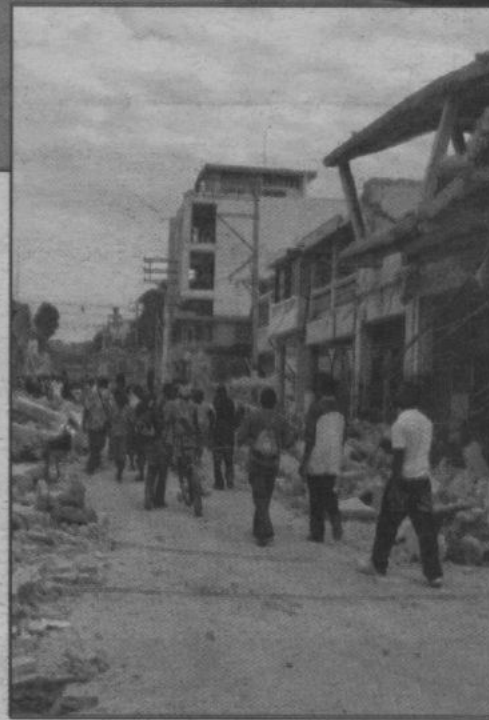
Canada earlier this week with a cargo of equipment and supplies for Canada's Disaster Assistance Response Team (DART), a 435 Squadron aircrew lead by Maj Scott Frost was tasked to transport Canadian Airfield Engineers into the southern Haitian city of Jacmel where they conducted a survey of the airport and runway for use by Canadian Forces aircraft.

"We were the first Canadian (CC-130) crew to land in Jacmel and the approach into Jacmel was challenging due to the tall trees on the edge of the runway so the entire crew worked together to ensure we could safely execute the landing," said Maj Frost.

"As a Search and Rescue crew, we train for these type of short-field landings in remote northern Canadian communities." Jacmel, located approximately 40 kilometres southwest of Port-au-Prince, is the fourth largest

City in Haiti with some 50,000 people. It was almost totally flattened by the quake with an estimated 75 percent of its buildings destroyed.

Liaison Officers from the Squadron and the 17 Wing Operations Centre, also deployed as part of Operation Hestia, have been instrumental in coordinating the movement of Canadian Air Force aircraft, material and personnel into and out of the congested Port-au-Prince airport with the United States Air Force who are overseeing operations there. Additional 17 Wing personnel have been deployed to serve in key roles such as medical, logistics and security. Asked about the disaster and devastation he has been a witness



Above: People walk along the downtown streets of Port-au-Prince after the January 12 earthquake in Haiti. Photo: UN

to during this mission, Maj Frost commented that, "It is horrific for the people of Haiti that they have had to go through this devastating time but it is great to see how the entire world has come together to help out a country in need."

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## A Letter of Thanks

Once again the dedicated members of 17 Wing went above and beyond the call of duty to bring Christmas wishes to the Veterans living at Deer Lodge Centre. Starting in September, the Wing, lead by retired Corporal George Stetina, receive a Christmas wish list from the Centre. Deer Lodge Centre Staff are asked to identify items Veterans need or can use in the holiday season. We were instructed not to be shy in our requests as there is a possibility in receiving bigger ticket items. 17 Wing members just wanted to give our Veterans what they really needed and wanted. This year there was a total of 166 Veterans on the wish list and many requests for large items such as TVs (there were at least 8 requested) and DVD players.

Amazingly, 17 Wing members came out in full force and purchased all the items on the wish list. Members of the Wing brought the gifts to Deer Lodge Centre on the morning of December 22nd. The Auditorium was an amazing sight with over 200 gift bags taking up half the room. The Veterans in attendance were truly touched and overwhelmed by the commitment and generosity. The gifts were then delivered to the units. Most were delivered to the Veterans on Christmas morning.

A Great Big Thank You to 17 Wing and especially George Stetina for your commitment to Deer Lodge Centre. - **Hilda Nickel**  
Chairperson, Deer Lodge Centre, Resident & Family Council

## Cadet Support Medal



Surrounded by co-workers and staff from Prairie Region Cadet Support Unit, Capt Kevin Peters (right) was all smiles on January 15 as he received the Canadian Decoration Medal (CD) from LCol Steve Bannister, Commanding Officer of Regional Gliding School (Pra). Capt Peters, a CIC officer, works at the Gimli Gliding School as the maintenance officer. Within the Prairie Region (three prairie provinces and NW Ontario) there are over 1200 CIC officers involved in training over 9,000 cadets.

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Submissions/Reporter  
(204) 833-2500 ext 6976  
voxair@mts.net  
+VOXAIR@PersSvcs@Winnipeg

#### VOXAIR STAFF

LCol L. Brodeur  
Editor-in-Chief  
(204) 833-2500 ext 5281

Rick Harris  
Managing Editor  
(204) 833-2500 ext 4299

Maureen Walls  
Office Supervisor  
Sales Manager

Karen Griffin  
Production  
Coordinator / Layout

Mira Yakut  
Accounting

John Towns  
Reporter / Photographer

Traci Wright  
Proofreading

Jim Holland  
Advertising Sales  
204 832-0115

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Correspondence should be addressed to:  
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# Squadron Introduces New Commanding Officer

2nd Lt Gregory Kuhn

17 Wing Public Affairs

LCol Richard Pamplin was officially introduced to the men and women of 435 "Chinthe" Transport and Rescue (T&R) Squadron as their new Commanding Officer during a command appointment parade held at the Wing on Friday, January 22.

"Sixteen years ago, Chinthe's colours were marched onto our tarmac for the first time and it is a deep and profound honour to serve under that banner once again," said Lt-Col. Pamplin who ended his address to those gathered with "Certi Provehendi," the squadron's motto, which means: "Determined

to deliver". ..... The very busy operational tempo that 435 "Chinthe" (T&R) Squadron has been tasked with over the past year continues with three major operations: VANOC 2010 Olympic Truce, Operation Podium (2010 Vancouver Olympics), and Operation Hestia (Humanitarian Assistance to Haiti), as well as maintaining primary search and rescue capabilities and air to air refuelling.

These were noted by Colonel (Col.) Yvan Boilard, the Reviewing Officer for the parade and Commanding Officer of 17 Wing Winnipeg, who welcomed the ceremony. "No deserving unit welcomes their

Commanding Officer through the back door, and 435 is certainly a deserving unit," said Col. Boilard who noted that even during the height of hostilities in the Second World War, squadrons took the time to officially welcome their new Commanders.

Lt-Col Pamplin, who served with the Squadron during the mid-1990's, returns as Commanding Officer after tours of duty as a senior watch officer at the National Defence Command Centre in Ottawa; overseas with the African Union in Ethiopia and Sudan as part of Operation AUGURAL, and as A3 Transport at 1 Canadian Air Division.



LCol Pamplin leads 435 Squadron during the command appointment parade. Photo: Cpl L McDonald

## Aerospace School gets new Commandant

2nd Lt Gregory Kuhn

17 Wing Public Affairs

On Wednesday, January 13, LCol Luc J.R. Guillette accepted command of the Canadian Forces School of Aerospace Studies (CFSAS) during a Change-of-Command ceremony here.

"CFSAS is a bit like the Minnesota Mining and Manufacturing Company, you may know them better under the name 3M," said 17 Wing Commander, Col Yvan Boilard.

"CFSAS doesn't make pilots, air combat systems officers or air traffic controllers: they make them better!"

Established in 1987, CFSAS provides post-graduate courses in specialized fields such as Aerospace Systems, Basic and Advanced Electronic Warfare, and Space Operations.

It also conducts the Air Force officer professional development program; instructing more than 800 officers and non-commissioned member annually.

"Too often it feels like electronic warfare and space operations are stuck in the 1900's; it's time to modernize our programs into the 21st century. I look forward to this challenge," said LCol Guillette.

LCol Guillette comes to CFSAS as School Commandant after serving briefly as Chief of Airlift Plans at the Combined Air and Space Operations Centre (CAOC) - 1 Canadian Air Division. He relieves LCol Theo Heuthorst, who assumed command of both 1 Canadian Forces Flying Training School (1 CFFTS) and CFSAS in June 2009.



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# It's RRSP Time Again...

**Pierre Goulet, CFP, FMA, FCSI Practice Manager - Financial Planning and Insurance Services, SISIP Financial Services**

January and February are typically the time of year when many Canadians make their Registered Retirement Savings Plans (RRSPs) contributions.

The first 60 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 and including March 1, 2010 can be claimed either on your 2009 or your 2010 tax return.

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

You work hard for 12 months of the year to earn your money. Don't wait until the deadline 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 a 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 2009 contribution and what you would like to contribute in 2010. Be reasonable, do not invest every dollar of your surplus

cash or borrow too much through a 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 a 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 a RRSP is to build savings

that will provide a source of income at retirement.

If you have a retirement savings 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 retirement savings plan.

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

An understanding of your objectives and risk tolerance is key to your investment

success.

You may be considering a Tax Free Savings Account (TFSA) which allows up to \$5000 every year into an account that grows tax free.

Let a SISIP Financial Services (SISIP FS) financial planner assist you in determining your risk tolerance level and the appropriate investment vehicle; professional advice can really pay off. Visit your local SISIP FS office, call 1-800-680-8177 or online at [www.sisip.com](http://www.sisip.com).

This article is for general information purposes only and reflects solely the opinion of the writer.

# La Saison des REER Bat Son Plein

**Pierre Goulet, CFP, CGF, FICVM Gestionnaire spécialisé en planification financière et en assurance, Services financiers du RARM**

Les Canadiens cotisent typiquement à leur régime enregistré d'épargne-retraite (REER) au mois de janvier et février. Pendant les soixante premiers jours de la nouvelle année, vous pouvez effectuer des versements supplémentaires pour combler vos cotisations, emprunter en vue de cotiser – si vous ne l'avez pas déjà

fait au cours de l'année – ou contribuer à un nouveau REER. Toute cotisation versée avant le 1er mars 2010, inclusivement, peut être réclamée dans votre déclaration de revenus de 2009 ou dans celle de 2010.

1. N'attendez pas à la dernière minute

Vous travaillez fort pendant douze mois de l'année pour gagner de l'argent. N'attendez pas jusqu'à la date limite pour vous renseigner sur vos options de placement. Il est plus facile d'investir à petites doses. Si vous prenez des décisions sur

vos placements tout au long de l'année, vous aurez plus de temps pour y réfléchir, évitant ainsi la folie furieuse du mois de février.

2. Combien devriez-vous cotiser?

Lorsque vous contribuez à un REER, le temps, c'est de l'argent! Toutefois, étant donné qu'il est possible de reporter indéfiniment le montant des cotisations inutilisées, certains d'entre nous ont énormément de droits de cotisation. Il s'agit de délimiter le montant que vous voulez cotiser en 2009 et de prévoir celui de

2010. Faites preuve de bon jugement... n'investissez pas tout votre argent excédentaire et n'empruntez pas un montant trop élevé au moyen d'un prêt REER. Autrement, vous pourriez éprouver des difficultés financières, ce qui vous empêcherait de bien planifier vos cotisations ultérieures.

Si vous ne disposez pas de fonds excédentaires et ne voulez pas emprunter, il vaut mieux vous concentrer sur l'année à venir et établir un plan de cotisation mensuel à un REER. Vous aurez ainsi de l'avance à cette même période l'an prochain.

3. À quel REER devriez-vous cotiser?

En règle générale, le but d'un REER est d'accroître les épargnes afin de fournir une source de revenus au moment de la retraite. Si vous avez un REER, mais votre conjoint(e) n'en possède pas, vous pourriez songer à cotiser à un REER de conjoint. Ces cotisations sont tout de même prélevées du revenu du contributeur, mais servent à constituer un revenu de retraite pour le conjoint sans régime d'épargne-retraite.

4. Connaissez votre tolérance au risque et vos options de

placement

Pour réussir en matière de placement, il faut bien connaître ses objectifs et sa tolérance au risque. Vous songez peut-être à un Compte d'épargne libre d'impôt (CELI), qui vous permet de déposer un maximum de 5 000 \$ par année dans un compte à l'abri de l'impôt. Un planificateur financier des Services financiers du RARM (SF RARM) peut vous aider à prendre connaissance de votre seuil de tolérance au risque et à choisir le véhicule de placement correspondant; les conseils professionnels peuvent être très rentables. Rendez-vous au bureau des SF RARM le plus près, composez le 1-800-680-8177 ou visitez le [www.sisip.com](http://www.sisip.com).

Cet article est publié à titre informatif et représente uniquement l'opinion de l'auteur.

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# Dear Santa...

**Lt Donna Riguidel**  
Assistant Wing Public  
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"We encourage them to make it as homey as possible, but in the end, it's still an institution," says Rosie Sikora, manager Recreation and Volunteer Services, Deer Lodge Centre.

Deer Lodge Centre in Winnipeg, Manitoba is a combination of a personal care unit and a chronic care hospital - with a special mandate to care for veterans.

"We have 155 beds that we reserve for veteran's needs. Only if there are no veterans in need are those occupied by civilians," explains Ms. Sikora.

For the past six years, 17 Wing's 402 'City of Winnipeg' Squadron has lead the charge to help address the needs of the veterans residing at Deer Lodge. The Squadron's Adopt-A-Vet program focus on addressing the needs of the veterans residing at the Centre who may not have family or the financial means to buy some of the simple luxuries of life.

Mr. George Stetina, a civilian Administration Clerk with 402 Squadron, started the program by asking Ms.

Sikora for names of veterans without families or financial means to provide some Christmas joy. Last year, the scope of the program changed.

"George said to give him the list of all of the veterans, over 150 people. He also said to encourage the members to ask for whatever they want, not only what they need. They met every request, even the ones for televisions and mini-fridges," Ms. Sikora said.

This year, the list includes about 157 residents, and the requests include some big-ticket items like a La-Z-Boy chair and flat-screen televisions.

But who is this program serving?

I went to Deer Lodge, with the purpose of interviewing some of the Veterans.

When you step off the elevator on the seventh floor, the doors open to a bright, sun-filled hallway. Although it is quite clearly a personal care unit, designed to take care of seniors that can no longer live on their own, there are clear efforts to remind the residents of the life outside of these halls. There are decorations on the walls, and the calendars helpfully displayed in each room detail the day-to-day activities.

With some guidelines, there are very few restrictions on what each person can do to decorate their rooms.

The first room I entered was that of Mr. Basil Hall, an 87 year old Second World War vet. On his wall was a framed memory box, featuring his medals, rank, photos and even a newspaper article from the local paper. He also had full shelves, a neatly made bed and a mess of newspapers and cardboard on the floor and his lap.

"You can make anything out of cardboard," he confided in me with a twinkle in his eye.

He graciously agreed to turn the television off and was happy to chat, although he was a little unsure what we were going to talk about.

Mr. Hall is a decorated veteran, who served as a wireless air gunner and did the majority of his training right here in Manitoba. Prior to living at Deer Lodge, he lived on Winchester Street in St. James, for 75 years. He enlisted as a young man, at 18.

"At that age, you see a lot of uniformed members on the street and they were all going, so you joined up," he said.

He already had some training in telegraph and teletype, so by the time he went

for training, the instructors cut it short.

"When I went, they found out I knew more than most of the other guys," he said.

He was also quite speedy with his Morse code.

"They actually had me slow down. They said the standard was fourteen words a minute and I had to be the standard too," Mr. Hall chuckled.

Mr. Hall, although not a pilot, flew often in various aircraft, including the Tiger Moth. His personal favourite?

"The Dakota was my favourite," Mr. Hall smiles.

Living at Deer Lodge, he spends his leisure time making crafts and also sometimes tends to the monument in the lobby.

"It's just some plastic flowers, but they didn't use to have anything there," he explains.

The next gentleman that welcomed me into his room was Mr. William Bowerman. Mr. Bowerman's room was sparser, with fewer decorations on the walls. His shelves included encyclopaedias and books on religion and ancient history. On his table was a stained glass of his former ship - HMCS Antigonish.

"I brought that out to show you," Mr. Bowerman explains.

He was a navy man, joining the same service as twenty of the thirty boys from his football team.

"I think we were all just trying to escape the army," he laughs.

He spent the majority of his service time near the Halifax harbour, listening for German subs, replay-

ing through sub stations.

"German subs were taking their toll, especially on tankers," he explains.

He was a Navy Communications Special Operator and he joined when he was 18.

The navy was known as a place of severe discipline, but that didn't discourage him, although he never really loved the navy.

"We used to tell guys - that's a really tight ship, if we knew where they were going," he said.

He also remembers being back in Winnipeg after going through some training.

"We marched around the streets of Winnipeg, singing dirty songs. It was funny; you had to remember to clean up your act when you got home. You may forget when your mom calls you down for breakfast and say something you'd get in trouble for later," he said.

After serving a year in the Navy, he was discharged and went back to school at University of Western Ontario.

"I wanted to be a journalist, but I was a bum," he laughs.

Instead he went into teaching and taught in Beaverton, Ontario. He has lived at Deer Lodge for a year.

With his books so organized, it is easy to see he has continued his reading and admits to sometimes still pulling out his MA to work on.

"It may be time to just give it up," he admits.

He also explained that one frustration of living in personal care is the slow deterioration of some skills.

"I find I am losing my language, my vocabulary.

I have to reach for some words now," he said.

That's one way the gifts from the program can mean so much - it's a personal contact from the world outside these walls, something that the residents here cherish and crave. For a few the requests are large, like the flat-screen or the La-Z-boy chair, for others, it's much simpler and tailored to the individual.

"Last year, one of the gentlemen was really interested in one of the economic publications, and someone gave him a subscription, he was so excited," Ms. Sikora says.

Leaving this building, I stopped to look at the monument; carefully decorated by one of the men I had the privilege of meeting.

The flowers, plastic and bright, stood proudly in the pots below the monument for the Victoria Cross recipient Sgt. John Robert Osborn.

I considered the two men I had met.

One was handy with cardboard, quick with a smile and sometimes lost track of the conversation. He would laugh with embarrassment and was gracious with my questions and request for photo.

The other, former English teacher, educated, with a calm, cultured voice and patient demeanour, seemed amused by my questions. He never showed the frustration he admitted to feeling at losing his words.

Both men so different, but sharing a common home, a common need for personal contact, and a common service - To our country during war.

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# CWATC Flight Training Awards

## Capt JM Weissenborn

### 3 CFFTS

Canada Wings Aviation Training Centre (CWATC) Flight Safety Awards.

The CWATC organization encompasses 3 Canadian Forces Flying Training School and Allied Wings. Together they deliver primary and basic flying training, as well as rotary wing and multi-engine advanced flying training, to the CF.

The CWATC FS Awards recognized both dedication and a significant contribution to the promotion of the Centre's Flight Safety program. Additionally, they are intended to appreciate those Flight Safety values that CWATC personnel embrace daily through their actions on and off the flight line.

Pictured Right: Site Manager Ken Carr, Instructor Sigmund Sort, and Comdt of 3CFFTS Col Paul Dittman.



After experiencing an in flight alternator belt failure the week prior, instructor Sigmund Sort, left, endeavoured to ensure that students fully understood the importance of a thorough pre-flight walk around. On June 29, 2009, while re-demonstrating the walk around, he discovered another aircraft with a damaged alternator belt. The first occurrence was considered an isolated event, but the discovery of the second broken belt prompted a fleet wide inspection. Given that the hazard of a broken belt is the possible entanglement with engine control linkages, written maintenance and aircrew checks now include the requirement to verify the condition of both alternator belts. His safety minded diligence likely averted a second in-flight alternator belt failure and prompted improved aircraft checks thereby effecting lasting safety for flight operations.

#### TRAVAILLONS CONJOINTEMENT AVEC LES VÉTÉRANS

À vous la parole.  
Je vous écoute!

Tous les vétérans, membres de la GRC et des Forces canadiennes ainsi que leurs familles et les personnes concernées, sont invités à assister à une séance d'accueil et une assemblée générale tenue par l'ombudsman des vétérans.



#### WORKING HAND IN HAND WITH VETERANS

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All Veterans, members of the RCMP and Canadian Forces, their families, and interested parties are invited to attend a Meet and Greet and Town Hall hosted by the Veterans Ombudsman.

### Séance d'accueil et Assemblée générale Meet and Greet and Town Hall

February 25, & 26 février 2010

Veuillez nous contacter pour plus d'informations.

Please contact us for additional information.

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[communication@ombudsman-veterans.gc.ca](mailto:communication@ombudsman-veterans.gc.ca)

## UAV SUPPORT ROLES



MDA has a number of challenging, exciting domestic opportunities in the growing field of Unmanned Aerial Vehicles (UAVs). These new positions are required to support the continued growth of MDA's UAV program at our Canadian training location at Suffield, Alberta.

Successful applicants will participate in training and support for our UAV customers and assist in UAV research and development efforts.

### Site Manager

The Site Manager is the coordinating authority for all UAV operations, maintenance, and liaison with CFB Suffield, IAI, MDA Richmond and our customers. He/She is responsible for all site facility and day-to-day matters, including airworthiness, and for ensuring daily operational tasking is met in a safe and efficient manner.

### Mechanic Technicians (MT) and Electronics Technicians (ET)

Mechanic and Electronics Technician roles will provide critical daily maintenance support for all aspects of the UAV system, including the aircraft, sensors, payloads, and ground systems. Technical training will be provided to meet qualification and airworthiness standards for the Heron UAV System.

For complete job descriptions, terms of employment, and a summary of skills and experience necessary for consideration, please visit us online at: [www.mdacorporation.com/careers](http://www.mdacorporation.com/careers).

# CWATC Flight Training Awards



Site Manager Ken Carr, AME Brian Boyachek, Cmdt 3 CFFTS LCol Paul Dittmann On June 2, 2009 Aircraft Maintenance Engineer Brian Boyachek was conducting a phase check on a C90B King Air. Even though an inspection of the flight controls was not required for this phase check, his professional diligence and work ethic dictated a cursory verification of flight control movement. While doing so, he heard an unusual noise... which he eventually traced to the aft cabin area. After isolating the noise, he removed the floor panels and discovered an extraneous cable guard pin rubbing against the elevator control cable. It is suspected that the pin was inadvertently installed during aircraft manufacture. As a result of his actions, the fleet was inspected and fasteners installed in the erroneous cable mount holes to prevent recurrence. His professional attitude and attentiveness led to the detection of the fault and averted further wear of the elevator control cable.

## NATIONAL & REGIONAL MASTER STANDING OFFER REFERENCE CHART

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<b>Remanufactured toner</b> Call up limitations: Min call up value \$100, Max \$40,000 per order, \$10,000 per line	E60PS-040067/002/PD
<b>Paper</b>	E60PD-070004/001/PD
National Master Standing Offers	All Regions
<b>Office seating</b> Installation	E60PQ-030004/034/PQ Regular hours \$12 per chair After hours (Mon-Fri) (17:01-8:59) \$15 per chair Saturdays \$15 per chair 1-100 Holidays & Sundays \$20 per chair. \$50 minimum installation charge per callup Chargeable
Freight	
<b>Filing cabinets</b> Installation	E60PQ-030005-025/PQ 1-100 Regular hours \$20 per cabinet After hours, Mon-Fri: \$30 per cabinet 1-100 Saturdays \$45 per cabinet 1-100 Holidays & Sundays \$50 per cabinet \$60 minimum installation charge per call up Chargeable
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GRAND & TOY



Cmdt 3 CFFTS LCol Paul Dittmann, Capt Troy Clarke Rotary Wing course 0903 Graduation

On Oct 7, 2009, while conducting a pre-flight check on a B412 helicopter, rotary wing student Capt Troy Clarke noted cracks on one of the main rotor blades.

The cracks had previously not been detected, though they were approximately three inches in length.

Through further scrutiny he found several cracks on both the upper and lower blade surfaces in the vicinity of the blade root. Capt Clarke's attentiveness led to the early discovery of the aircraft fault, allowed corrective maintenance to be completed in a timely manner, and ensured the continued integrity of a critical helicopter flight component.

# A year in the life of a DAAG Member



**Sgt's Devin Beaudry and Judy Martin Canadian Aboriginal Festival - Hamilton Nov 09**

## Natalie Fondren-Gasc

### Active DAAG Member

This past year has been extremely rewarding for our local Defence Aboriginal Advisory Group (DAAG) Prairie Region members.

In February, the DAAG National Executive invited all active DAAG members to a National DAAG Conference – Open Forum in Victoria, BC; five members from Winnipeg attended. Military and civilian DAAG members from across Canada had the opportunity to share on significant issues and items such as hunting on DND property, Mil-Civ Aboriginal recruitment initiatives, and self-identification, just to name a few.

In August, an Aboriginal Reserve summer recruitment program called Bold Eagle, celebrated their 20th anniversary in Wainwright, AB. This recruitment initiative is exclusive to Aboriginals wanting to get a taste of military life and gains popularity, success, and numbers with each passing year. Because this was a significant milestone, the Wing Admin O, LCol Brodeur, who is also the DAAG

Champion, gave full support for the DAAG to send one of our military members to shake the hands of the esteemed graduates and share their passion for the Canadian Forces.

LUCKILY for me, no military member was available, so they sent me, the civilian co-chair instead. It was an honour to attend on behalf of the DAAG Prairie Region, to meet the graduates and their families, and I have to brag - Justin Trudeau. Though I couldn't talk about life in the military, as someone near and dear to me once taught me, 'talk about what you do know', so I took the opportunity to share with the graduates and their inspired siblings my passion for DND and my role in the DAAG.

Also, because of my membership with the DAAG, I was invited to be a member of 17 Wing's Employee Equity (EE) committee, the National Council for Aboriginal Federal Employees / Federal Aboriginal Manitoba Employees (NCAFE / FAME) and I had the opportunity to join 17 Wing's Civilian Human Resources and the Canadian Forces Recruiting Group (CFRG) for a day at the Aboriginal Centre for their Career Fair.

Many of the DAAG members are enthusiastic networkers and our group has a healthy number of affiliations; this enables us to keep in touch with what's going on within our own Manitoban Aboriginal Communities.

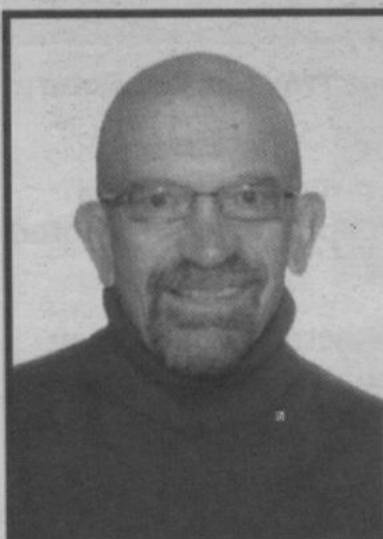
Finally, in November, LCol Brodeur once again gave full support to 17 Wing DAAG members who wanted to attend the Canadian Aboriginal Festival in Hamilton, ON. CFRG set up a kiosk, and once again, alongside my military colleagues I was able to share my enthusiasm for the CF and also take in a full weekend of Aboriginal culture.

The dancers, the drum groups, the singers, the beaded dresses, and the other various artists sharing their work is a huge part of what our active DAAG members, many of whom are non-Aboriginal, experience year round.

It's a worthwhile group of which I have the honour to be a part. It's fair to say that as much as I share my affection for DND and how rewarding it is to work here at 17 Wing Winnipeg within various Aboriginal communities and forums, I equally want to share that same affection for the DAAG and the rich Aboriginal Culture we get to experience with all of you my DND / 17 Wing Winnipeg colleagues, brothers and sisters. Miigwetch – Thank you – Merci,



**MCpl Corena Letandre McKay - holding the Canadian Flag for the Grand Entry - Canadian Aboriginal Festival**



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Left: Dancers enter the stadium at the Canadian Aboriginal Festival, Hamilton Ontario. Participants of DAAG have the opportunity to support DND members who are Aboriginal; share information on Aboriginal issues; and provide input on issues which impact upon the Aboriginal members of DND. Submitted Photos.

*"It's fair to say that as much as I share my affection for DND and how rewarding it is to work here at 17 Wing Winnipeg within various Aboriginal communities and forums, I equally want to share that same affection for the DAAG and the rich Aboriginal Culture we get to experience with all of you my DND / 17 Wing Winnipeg colleagues, brothers and sisters."*

*-Natalie Fondren-Gasc, DAAG Member*



Above: Sgt Devin Beaudry of CFSSAT carries the Eagle Staff for Grand Entry - Canadian Aboriginal Festival.



Left: Recruits of Bold Eagle 2009 get their first taste of proper parade procedure. Bold Eagle is a summer training camp that mixes Basic Recruit Training with traditional Aboriginal practices and attitudes toward combat.

 An advertisement for Prairie Sky Immigration Inc. featuring a city skyline at night. The text includes:
 

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# CPESP: Get Paid While Broadening Your Horizons

## Primrose Knazan Learning & Career Centre

Continuous learning is a necessary ingredient for success, whether in the classroom, on-line, on-the-job or coaching. Whether through formal or informal means, all employees should research their learning options, especially with the deadline for Personal Learning Plans just around the corner.

In addition to the many courses available at the Learning and Career Centre, DND is committed to being a learning organization and supports employ-

ees through programs such as the Civilian Personnel Education Support Program (CPESP).

Formal education can be an expensive endeavour but fortunately, DND offers financial support through the CPESP. Offered annually, the CPESP provides DND indeterminate civilian employees with financial assis-

tance for an academic period of up to 12 months to obtain a degree, diploma, certificate or accreditation through full-time studies at a recognized Canadian educational

institution.

In other words, employees have the opportunity to go to school for one year and get paid at the same time – an ideal situation. Because the

**Employees have the opportunity to go to school for one year and get paid at the same time - an ideal situation...the CPESP has awarded 141 employees the opportunity to study full-time...**

employee's salary allowance is paid for by the CPESP, SWE budgets are unaffected, allowing managers to hire a replacement while the employee takes Education

leave.

To date, the CPESP has awarded 141 employees the opportunity to study full-time while maintaining their salary as well as

retaining their position upon their return to work. In fact, last year two recipients from the Prairie Region were CPESP beneficiaries, one from Winnipeg and one from Shilo.

This year's deadline is March 16, 2010. Due to a complicated and extensive application process, prospective applicants should start the leg work as soon as possible in order to get all the information required, including transcripts, letters of reference, resume, career plan, and other essential paperwork.

Employees at all levels should consider taking advantage of learning opportunities such as the CPESP in order to improve their education and career devel-

opment. Conversely, managers and supervisors should encourage their employees to participate in learning initiatives to build a more knowledgeable, committed and fully realized workforce.

For more information on eligibility criteria and the application process, please consult the intranet site at: <http://hr.ottawa-hull.mil.ca/CPESP-PAEPC> or contact Leah Bannister, Learning Advisor, at local 5072 or e-mail [Leah.Bannister@forces.gc.ca](mailto:Leah.Bannister@forces.gc.ca) to receive an information package or for assistance in completing the application.

# I Quit 2010: Be Tobacco Free

## Krista Durand, Health Promotion Manager Esquimalt & Dana Brothers, Addiction Educator, Force Health Protection

The 2010 March 1st I Quit Campaign kicks off on 20 January with a challenge to tobacco users who would like to stop using for at least the month of March.

It provides incentives, social support and tools to assist CF Personnel to become tobacco free. Non users who want to support someone taking the challenge can also participate and be eligible to win one of the many prizes available.

This campaign is part of the Canadian Forces Health and Physical Fitness Strategy which states that the adoption and maintenance of a healthy lifestyle by CF personnel is a critical component to success in operations. Being tobacco-

free is a key component to good health and part of an addiction-free lifestyle. PO2 Keith Myler is a shining example of how anyone can succeed in quitting smoking and enjoy the many benefits of this very important life decision.

After living as a smoker for 30 years, he participated in the Butt Out program and I Quit Campaign in 2009 and has successfully been tobacco-free for almost a year. Quitting smoking has been a life changing event for Keith, who, at the time, was turning 46 and he has witnessed first-hand the immediate and longer term benefits after he quit.

Four days after taking the challenge, Keith attempted his physical fitness test and, to his surprise, he achieved an exempt status for two years. This instant change in his breathing helped motivate him to soldier on through the roughest parts and, for the following three

months, Keith continued to use nicotine patches to help with the cravings.

However, he says that his personal method of rewarding himself for not smoking was even more important in helping him to win the battle. Keith immediately engaged in new activities that included second language training, kayaking, and a more active fitness routine. He says that the one activity that has most helped in keeping him disinterested in cigarettes was ballroom dancing. Keith and his wife Sandra started dance classes with a ballroom dance club and completed several levels of training.

Keith continued to challenge himself with several styles of dance and has now found his way onto a local Latin dance performance group. He is so convinced of the benefits of dance for social, physical and mental fitness that he has taken steps with PSP

to launch a base recreation dance sport club at CFB Esquimalt.

Keith will tell you that he replaced one bad habit with several new activities that are enriching his life and improving his health and well-being. He also says that the support he received was very important. He was greatly comforted by the patience and sincere understanding of addictions that he received from his family and from others who helped him (probably more than they realize), such as medical, dental and nutrition staff; some of Naden's PSP staff; and the life guard who noticed one day that his nicotine patch was no longer on his arm. Keith has absolutely no interest in smoking again and says to any smoker, young or older:

"Just simply try to stop and, most importantly, do something better for yourself." Thanks Keith, you are a great National Role Model! As published in Safety Digest, Edition 1/2010. For more information on the March 1st, I Quit Campaign or to register please see: <http://hr.ottawa-hull.mil.ca/health-sante/iquit-jarrete/default-eng.asp> or contact Health Promotion at 4150/4995/4160.

National Defence / Defense nationale

March 1<sup>st</sup>  
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Non-users of tobacco can also participate

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# Flying Tigers make a Splash

## Community Recreation

**Why keeping your "get in shape" resolution may be easier than you think:**

Looking for a way to stay fit without all the fanfare? Something that's easy on both your knees and budget?

You've probably been told many times that swimming is "the only sport that exercises all your muscles", "risk free" and "harder to forget than it is to learn." Newsflash: Whoever told you was right.

"Swimming is a healthy activity that can be continued for a lifetime," said Fitness and Sports Instructor Joanna Jarrett, listing things such as heart and lung fitness and a relatively low impact on joints as excellent reasons to start swimming.

According to Jarrett, any healthy individual who can swim a minimum of 100m (four times across the pool) can join a team without problems. Now that's settled, the next step is research - finding a team that's right for you; affordable, well coached and not loaded with Speedo-clad, muscle-flexing University students (unless you like that sort of thing)

In your search you'll probably come across "dolphins" and "sharks", "swordfish" and "guppies", so when you discover

"The Flying Tigers Swim Team" you may want to do a double take. Don't judge a book by its cover, or in this case its title. FTST is a competitive team that trains four times a week at the 17 Wing Community Recreation Center.

"The environment is friendly and welcoming," said Flying Tiger, Leonie Todd, 13. "Although there are swim meets, and practices are taken seriously - most of the time - the team is not as competitive as other teams and therefore there is not as much pressure."

As one of three age-group swimmers, Todd has the opportunity of improving her skills without the hassle of an overcrowded pool - and with an average of one coach for every three athletes, there is no shortage of instruction. The coaching and hard work paid off at Pan-Am Pool's invitational swim meet in December.

"I was a little nervous at first but later realized that it was a lot of fun and a chance for me to find out my weaknesses and strengths," said Todd, who won her free-style heat.

"My trainers took time and prepared me well." With seven 18+ swimmers, the Masters team is somewhat more lively than the age-group lane, and also attends

meets regularly.

"There are different levels of fitness with the Flying Tigers," said Jarrett, 37, who began swimming with the Flying Tigers recently. "If you feel like you aren't good enough to join, Flying Tigers will help you get there. Its atmosphere is very encouraging."

"Of course no team is complete without coaches, and FTST is no exception; a total of four trainers motivate swimmers throughout the week with stroke improvement, drills and mock relays."

"Being a coach is very rewarding," said George Meldrum, who helps train the team. "Seeing people take what you teach and improve as a swimmer and as a person... Plus the fees are really inexpensive and it is a small team so swimmers get lots of individual attention." "If you're interested in learning new skills or perhaps polishing some old ones, drop by the 17 Wing pool and test the water, you won't be disappointed. Training times are Mondays & Tuesdays 20:00 - 21:30, Friday 6:30 - 7:30 and Sunday 10:00 - 11:30."

For more information contact George Meldrum at 415-1797 or 833-2500 ext 5598



Leonie Todd, thirteen, is a member of the Flying Tigers swim team. She says her time with the Flying Tigers has helped her technique and made her feel confident to compete. The coaching and hard work paid off at Pan-Am Pool's invitational swim meet in December where she won her free-style heat. Submitted Photo.

## NEW ARRIVALS

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**Got A Story to Tell?**

**Deadline for our next issue is:**

**February 5**

**Dependent Defensive Driving Course**



17 Wing TEME is offering dependent defensive driving courses.

If you have a dependent who would like to attend this two evening course, please contact the MSE Safety Cell to register.

More information: Call 833-25000 ext. 6868

# Local Training Flight Safety Award



During annual Wing Christmas festivities, Col Boilard, Wing Commander (left) took time to recognise MWO Robbins (right) 402 Squadron, for his outstanding contribution to flight safety. Photo: 2Lt David Lee

### Submitted By 2Lt David Lee

On a local 402 Squadron training mission, CT142804 experienced a roll spoiler failure during flight. Trouble shooting by a snag crew subsequently found that cable tensions were not within limits.

During investigation of this incident, several experienced technicians indicated that checking spoiler cable tension was not part of the periodic checks due to a change of the task cards. Based on his previous CT142 maintenance experience, MWO Robbins did not believe this was correct. He found that the specific wording to check cable tensions had been changed in the periodic task cards; however it was embedded deeper in the documentation. The functional phase task cards use the CFTO as reference and the CFTO contains a note to ensure correct rigging before starting the functional check.


MWO Robbins did not think that the direction in the task card was clear and, given the impression from experienced technicians that cable tension checks were not required, he questioned whether other flight control cable tensions were being checked. To confirm his suspicions, rudder cable tension was checked on another aircraft and was found to be well out-of-limits. This resulted in the entire CT142 fleet being declared unserviceable and all control cables were inspected and adjusted. In addition, MWO Robbins believed this check more logically belonged in the survey phase when panels are removed and the systems are accessible. He diligently staffed periodic task card amendments to include specific direction to check cable tensions during the survey phase. Using his extensive technical experience on the CT142, MWO Robbins was able to identify the root cause of a problem that affected the entire fleet and develop corrective measures to maintenance procedures to ensure the safety of the CT142 flight control system.

## Philatelic: Haiti Relief



### Alf Brooks


We have recently witnessed the many contributions to relieving the effects of the recent earthquake in Haiti. One way of doing this is through postage stamps. On January 19, France Post issued a stamp that has a surcharge to contribute to this cause. The stamp sells for 1 euro, with 0.56 euros being the rate for first-class postage and 0.44 euros the surcharge on this semi-postal.




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## Excitement grows as Yellow Ribbon Gala nears

On February 20, 2010, you can help the Winnipeg MFRC reach for gold! We will be holding our fourth annual Yellow Ribbon Gala at the Delta Winnipeg to raise funds for programs and services for our military families. .... This year, the Gala falls during the Olympics, where all eyes will be on Canadian athletes going for gold, and many CF members will be serving our country. .... We are embracing the Olympic spirit by having Lori-Ann Muenzer, the first Canadian to win Olympic gold in cycling for Canada, as our guest speaker. Lori-Ann's experience

presentation is straight from the heart about inspiration and discipline – those mighty attributes that can increase your potential and strengthen your spirit. .... Lori-Ann will take you on that success journey. We are also excited to have Marie-Eve Tremblay as our Mistress of Ceremonies. Marie-Eve is a military spouse who moved to Winnipeg last summer. In her province of Quebec, she is a renowned performer, having appeared in shows such as Cirque du Soleil's Alegria, and many other regional tours. .... The musical highlights of the evening will include

Winnipeg's own Air Command Band. The band is always a popular feature of the Gala, and feedback received each year is always glowing. .... We are also delighted to have a drumline performance from RCSCC Crusader. This year, we are introducing tombola prize balloons, which can be purchased for \$20. During the evening, volunteers will deliver the balloons to those who purchased them, and the balloons will be popped to reveal the prize inside. Every prize will have a value of at least \$20, and everyone who purchases a balloon will win. .... Be sure to purchase tickets

for a chance to win a VIA Rail trip to Edmonton, with a two-night stay at the Delta Edmonton Centre. Tickets are 3 for \$10, and can be purchased at the MFRC, 102 Comet Street. The draw will be held at the Gala. The winner does not have to be in attendance. Tickets are \$100 each, and a tax receipt will be issued for a portion of the ticket price. .... Tickets can be purchased at the Winnipeg MFRC, 102 Comet Street, Winnipeg, or through our website, www.yellowribbongala.ca. For more information, please visit the website, or call 833-2500 extension 4500.



## Upcoming MFRC programs and events

February 4- Community Coffee Break

12 Février- Groupe des femmes francophone: souper fondue au CRFM à 18 h 30

February 13- Deployment Stress Free Childcare 1 - 4 p.m.

February 16- Moms' Night Out 6:30 to 9:30 p.m.

February 18- Learn to knit 7 p.m.

February 19- MFRC cookbook recipe deadline

February 25- Munch around Manitoba- Promenade Bistro 6 p.m.

February 27- Dance workshop (conducted in French) Free. Collège de St-Boniface. Other dates include March 6 and 13.

February 28- Deployment Stress Free Childcare 1 - 4 p.m.

February 28- Deployment Support Network 2 p.m. - Venue TBA

Casual childcare Tuesdays 9:30 a.m. to 12 p.m. and Thursdays 1 to 3:30 p.m.

French Conversation- workshops will be starting in March

Groupe des femmes francophones Souper fondue vendredi le 12 février au CRFM à 18 h 30

New hours for the North Side youth centre – Monday, Wednesday and Friday from 5 – 9 p.m. Ages 6 - 12 welcomed.

For more information on any of these programs, please visit the MFRC website at www.mfrc.mb.ca under Current Programming, or call 833-2500 extension 4500. Information is also available through our Facebook fanpage- search Winnipeg Military Family Resource Centre.

## Volunteers build community

Volunteering encourages interaction between people living in a community and strengthens community connections. .... When you volunteer, you are actually improving the life of your own community, and creating social capital at the same time. Social capital is a kind of currency for healthy living, and grows when people in the community are involved and earn the trust and cooperation of others. . The more social capital there is, the healthier and more vibrant our community. There are many programs and events coming up in our community where you could

get out and meet new people and make new friends, and invest in the growth of our community. Some of our current volunteer opportunities include:..... Community Coffee Break: On the first Thursday of every month, the MFRC is filled with food, fun and interesting people. It's our Coffee Break day, and we look to our volunteers to make it happen. From planning, to buying or cooking, to setting up and serving, the volunteer role in this monthly event is vital. It is also a lot of fun! .... Administrative Support: Our coordinators often require

some extra help with data entry and clerical duties, and our front reception desk is a busy place to be. We also regularly take our Yellow Ribbon Merchandise to outside locations for sales and outreach. Children's Programs and Parenting Services: ..... These are two of our very busy areas, and there are often opportunities for volunteers to assist in the various programs we offer. Coffee and Conversation: .. This is a drop in program especially for volunteers and potential volunteers. It meets Tuesdays at 2 at the MFRC and is designed to enable volunteers to get to

know one another better, as well as to inspire discussions about volunteer topics and to deliver short training sessions. .... Special Events: We have several special events coming up in the near future, including the Yellow Ribbon Gala, An Evening with Laura Earl, and Standup for Families comedy night. Volunteers will be instrumental in the success of these events. .... If you are interested in helping with any of the above, please call or e-mail the MFRC Coordinator of Volunteers, Barbara, at 833-2500 ext 4519 or Barbara.thuen@forces.gc.ca

### Your feedback is needed

We want to hear from you! The Winnipeg MFRC is administering a participant survey on behalf of the Director Military Family Services, and we need your feedback! We want to hear from individuals or families who have used the MFRC's services and programs within the last year. The information gathered in the confidential survey will help us develop targeted programs and services for your family. Everyone who fills out the survey will be entered into a draw to win a \$100 restaurant gift card. The survey runs from January 2 to March 1, 2010. The draw will take place on Tuesday, March 2. Stop by the MFRC, Westwin Nursery School or MFRC Childcare Centre to pick up your copy of the survey.

### Sondage sur la participation au programmes

Dites-nous ce que vous pensez ! Le CRFM de Winnipeg MFRC administre un sondage sur la participation au Programme des services aux familles des militaires, et on recherche votre rétroaction ! Ce sondage vise à obtenir de l'information des familles et des personnes qui ont utilisé les services et les programmes du CRFM de Winnipeg durant la dernière année. L'information recueillie servira à développer des programmes et des services pour combler les besoins des familles militaires. Chaque participant au sondage aura la chance de gagner une carte-cadeau d'une valeur de 100 \$ pour un restaurant local. Le sondage aura lieu du 2 janvier au 1er mars 2010. Le tirage au sort pour la carte-cadeau aura lieu le mardi 2 mars.

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# Chaplain's Corner

## A Time To Rebuild

*"...As one of the chaplains at 17 Wing and at 3CFFTS in Portage, I have heard countless people who have already submitted their names and are willing to be part of the relief effort to Haiti. When we think about some of the defining moments of our life as soldiers in the Canadian Forces, I believe that one our highest virtues is our willingness to be "in the game" and not simple be content to sit "on the sidelines".*

**Padre Kenneth MacRae**

On 12 January 2010 an earthquake with a magnitude of 7.0 hit Haiti. At the time of writing this article it is estimated that over 50,000 people were killed, over 400,000 are homeless, and countless numbers of people are in dire need of food, water and medical help. In the relatively safe confines of Canada, it is hard for any of us to imagine the magnitude of the grief and the despair that so many people are facing.

Thankfully, it was not long after the earthquake happened that we heard our government authorizing our Forces to be deployed to give aid to the people of Haiti. The work will not be easy, and the sights and images that many of our people will see may sear them mentally and spiritually. Yet, it is this desire and ability to give help to those in need that has led many of us to join the Forces.

In the Bible there is a passage from Nehemiah 2:5 that has Nehemiah wanting to help restore his homeland. War had devastated Jerusalem. The walls of the city were crumpled. The temple and many homes had been destroyed. Many years had passed since the time of destruction yet the land still lay in ruins. Nehemiah, serving as a slave to the king of Persia, took a chance and approached the king and said, "If it pleases the king and if your servant has found favor in his sight, let him send me to the city in Judah where my fathers are buried so that I can rebuild it."

That attitude of Nehemiah still exists in many people today. As one of the chaplains at 17 Wing and at 3CFFTS in Portage, I have heard countless people who have already submitted their names and are willing to be part of the relief effort to Haiti. When we think about some of the defining moments of our life as soldiers in the Canadian Forces, I believe that one our highest virtues is our willingness to be "in the game" and not simple be content to sit "on the sidelines".

Where do we begin in this rebuilding process? It will be a daunting task to coordinate the relief efforts needed to bring food, shelter, medical supplies and security to people of Haiti. However, the rebuilding process truly begins when people act upon their positive attitude and stand up to offer help to any who are in need.

The Chapel of the Good Shepherd, 17 Wing will be having a service of Confirmation on Sunday 18 April 2010. The preparation classes will be open to protestants of all denominations and held after Sunday Worship commencing 28 Feb for 6 weeks. The service will be presided over by the Anglican Bishop Ordinary to the forces, the Rt. Rev. Peter Coffin and other denominational leaders of those being confirmed. Confirmation is an opportunity for baptised persons of age 13 and older to explore and confirm their personal faith journey. If you or a member of your family is interested, or for more information, please contact Padre Gordon Mintz at local 5785 or [Gordon.Mintz@forces.gc.ca](mailto:Gordon.Mintz@forces.gc.ca).

Une cérémonie de confirmation aura lieu le dimanche 18 avril 2010, à la chapelle de la 17<sup>e</sup> Escadre (Chapel of the Good Shepherd). Des cours de préparation destinés aux protestants de toutes les confessions seront donnés après le service religieux du dimanche à compter du 28 février, et ce, pendant six semaines. La cérémonie sera présidée par le très révérend Peter Coffin, évêque ordinaire anglican de l'aumônerie militaire, et d'autres dirigeants confessionnels des confirmands. La confirmation offre aux personnes baptisées de 13 ans ou plus l'occasion d'examiner leur cheminement spirituel et d'affirmer leur foi. Si vous ou un membre de votre famille voulez en savoir davantage, vous n'avez qu'à communiquer avec l'Aumônier Gordon Mintz par téléphone, en joignant le poste 5785, ou par courriel, à [Gordon.Mintz@forces.gc.ca](mailto:Gordon.Mintz@forces.gc.ca).

## Together in Church

### CATHOLIC

#### CHAPLAINS

**Padre Lance Magdziak**  
Roman Catholic Office 833-2500 ext 5272

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

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

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

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

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

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

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

### PROTESTANT

#### CHAPLAINS

**Chaplain Bonnie Mason**  
(Presbyterian) Office 833-2500 ext 5417

**Padre Bob Granholm**  
(Mennonite Brethren) Office 833-2500 ext 4885

**Padre Will Hubbard**  
(Anglican) Office 833-2500 ext 5349

**Padre Ken MacRae**  
(Presbyterian) Office 833-2500 ext 4277

**Padre Gord Mintz**  
(Anglican) Office 833-2500 ext 5785

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

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

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

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

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

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

**Protestant Chapel 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.



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### Aries

(March 21 - April 19):

You can't just hope your dreams will come true. Are you prepared to make the necessary changes and to forge into uncharted territory to get what you want? There isn't a guide book for life. You'll have to trust your own judgment but be careful it's not your ego directing your actions.

### Taurus

(April 20 - May 20):

You're eager to embrace new, healthy habits that will keep you in shape for continually meeting the high standards you set for yourself. Enjoying the good life is the reward you get and it reenergizes you. Adjust your communication style if others don't interpret what you say correctly.

### Gemini

(May 21 - June 2):

You see your situation reflected in other people and realize you're not alone. Though sometimes you feel disheartened you can see there is hope. When you are in a rut and can't see a way out, talk to those who "think outside the box." Spend time with people who are proactive.

### Cancer

(June 22 - July 22):

You want to cover all your bases and be sure you're not being conned. This isn't easy if others are not honest with you. Harmony requires work on everyone's part. You can't do it all. If you let others take the lead don't follow blindly. For fun, see what happens when you take the lead.

### Leo

(July 23 - August 22):

There are consequences and responsibilities attached to actions. Listen and learn how to deduce what will happen next. You need to get to the heart of a matter. If you've been immature and rash in something, don't compound the problem by stubbornly defending your actions.

### Virgo

(August 23 - September 22):

Go ahead and celebrate. You deserve it. You've worked hard. Others are finally starting to listen to what you have to say. A significant event is about to impact strongly on your life so keep your eyes and ears open to determine how to best take advantage of this situation.

### Libra

(September 23 - October 23):

The more focused you are the more you accomplish. Follow regulations if you're doing any kind of construction. This is a good time to consider monetary and career investments. Accepting a promotion will ensure you can provide for more than just the essentials.

### Scorpio

(October 24 - November 21):

You can mull over a problem all you like but if you're missing key information you'll not come to a sound conclusion. Look for answers in unexpected places. Be patient. Sift carefully through articles and documents. Avoid pointless activities that waste energy.

### Sagittarius

(November 22 - December 21):

When you need to determine the best course of action, don't get caught up in the past. Learn from failure. Stay calm. Trust your abilities. See challenges in a positive light. You excel when you set your mind to something. Be proactive not reactive or doubtful.

### Capricorn

(December 22 - January 19):

You've got a great idea growing. You'll benefit from talking to an advisor with experience in the field. Study the market you are considering buying or selling into. Proposals or contracts need to be properly worded with your intentions and responsibilities clearly stated.

### Aquarius

(January 20 - February 18):

Your situation improves the more you work at it. You have special skills that are highly marketable. Learn how to negotiate and ask for assistance in ways that encourages others to get "on boards." Build a solid foundation for the future with clear communication. Pay off debts.

### Pisces

(February 19 - March 20):

You know you are clear-sighted and sensible no matter what others say. You've graduated with honors from the school of hard knocks. Break free from limiting beliefs. Go for what you want. Your confidence is due to intelligence not foolishness. Be creative. Make connections.

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