



# THE VOXAIR

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## Air Force Ready for Olympic Challenge

**Lt(N) David Lavallee, ..... JTF Games Air Component Public Affairs Officer**

Securing the Vancouver 2010 Olympic and Paralympic Games is a daunting assignment, one that the Royal Canadian Mounted Police, supported by the Canadian Forces and other security partners, have been working towards for years.....

Nevertheless, the Air Component of Joint Task Force Games—the Air Force element of the CF's support to the RCMP (dubbed "Operation PODIUM")—is up to the task. ....

With aircraft including the CH-146 Griffon, CH-124 Sea King, CP-140 Aurora and CC-138 Twin Otter, the Air Component represents a cross-section of Canada's Air Force. Its main responsibilities will be to provide airlift for RCMP and CF personnel and equipment, medical evacuation for RCMP and CF members and air support for RCMP patrols and area surveillance.....

After years of planning and a rigorous exercise period in the fall of 2009, Air Component Commander Colonel Bill Veenhof declared his team ready in the final week of January 2010.....

"We have some of the brightest and hardest working people in the Canadian Forces serving with the Air Component for Operation PODIUM," says Col. Veenhof. "Everything I've seen, from the planning to the exercises to our final days of preparation, tells me this team is more than ready for this challenge." .....

And a challenge it will be. When it comes to terrain, the Olympic Joint Operations Area (JOA), approximately 10,000 square kilometres, is a mixed bag of features, from river deltas to snow-capped mountain peaks, densely-populated urban areas to tree-laden valleys. ....

The Sea-to-Sky corridor from Vancouver to Whistler is just that,

a stretch of land that starts at sea level and soars to heights over 2,000 metres high—in just 120 kilometres. ....

It's not just the terrain. The Olympic JOA is home to some of North America's most challenging weather conditions for flying—low ceilings, high winds, snow, rain, fog and sleet, for starters. Throw into the mix the fact that Operation PODIUM will run during the time of year when flying weather is at poorest, and the challenge seems even more intimidating.....

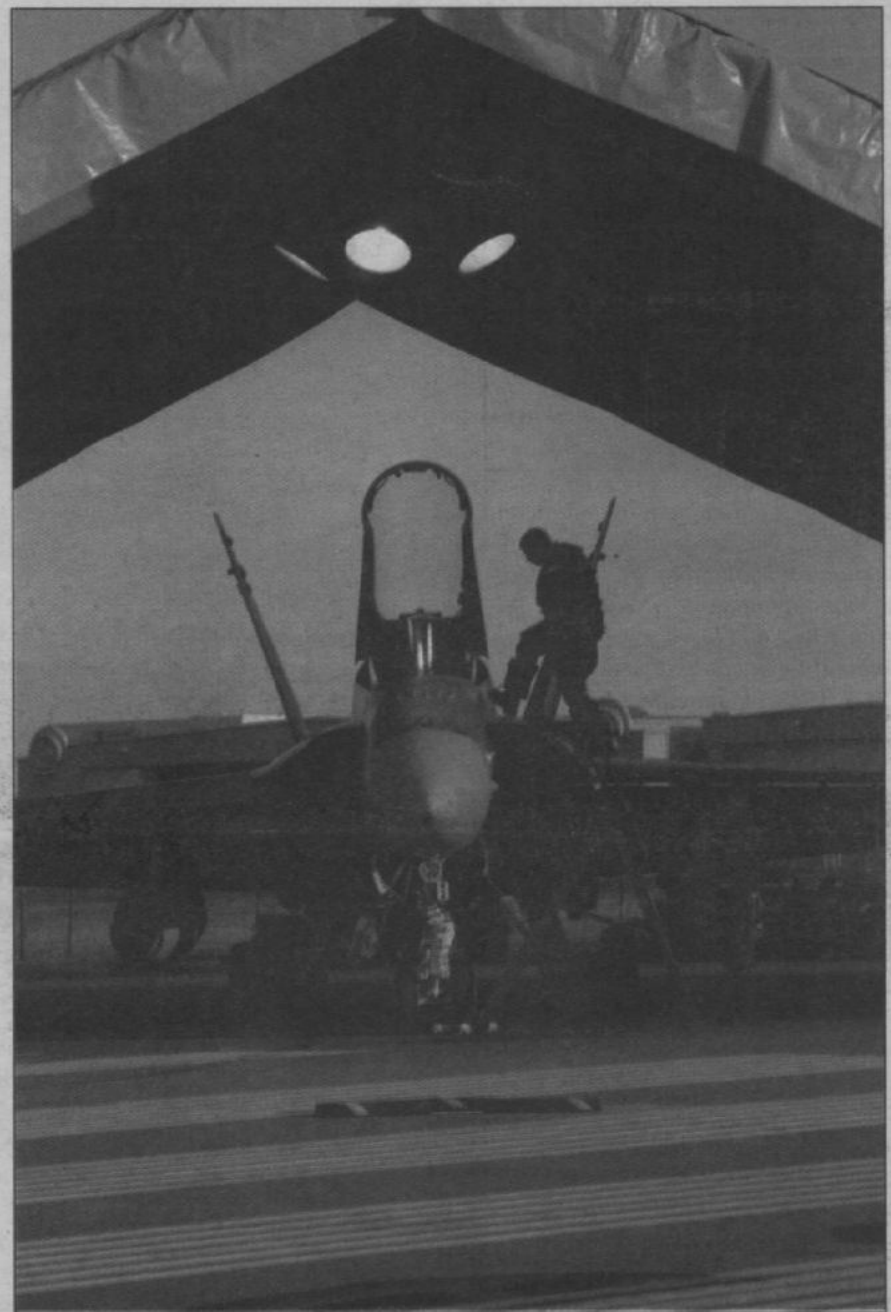
This is complicated by the fact that the Air Component will draw personnel from every Air Force Wing across Canada, from Comox, B.C. to Goose Bay, N.L. ....

As always, however, the Air Force has adapted to these conditions and overcome them. How?.....

"Training, training and more training," says Major Glen Lovsin, operations officer of the Composite Aviation Unit, which encompasses all the CH-146 Griffon helicopters assigned to the Air Component.

"During Exercise SPARTAN RINGS in October 2009, most of our aircrew were able to get up in the air, get a feel for the area and get used to the conditions and the terrain." .....

When the aircrew and aircraft arrived back in the JOA in January, they once again began a regime of flight training that involved increasingly complex operations.



**Operation PODIUM is the Canadian Forces (CF) contribution to the overall security of the Vancouver 2010 Olympic and Paralympic Winter Games in support of the Royal Canadian Mounted Police (RCMP)-led Integrated Security Unit. The Air Force's contribution is two-fold: The Air Component Command of Joint Task Force Games, which provides airlift, medical evacuation and area surveillance for the RCMP; and NORAD, which will ensure airspace security evacuation and area surveillance for the RCMP; and NORAD, which will ensure airspace security**

All of this has been focused on ensuring that the Air Component can do its part to help the RCMP deliver safe and secure Olympic Games. .... "I'm very proud of these people,"

says Col. Veenhof. "My job is to ensure they develop as a team and that they can safely operate in the beautiful province of British Columbia."



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# La Force Aérienne Prête Pour les Jeux Olympiques

**Lt(N) David Lavallee,  
Joint Task Force Games  
Air Component Public  
Affairs Officer**

L'entraînement continu essentiel pour venir à bout des conditions de vol difficiles en C. B. .... Par le Lt David Lavallée, officier des Affaires publiques de la composante aérienne de la Force opérationnelle interarmées des Jeux olympiques ..... Assurer la sécurité pendant les Jeux olympiques et paralympiques d'hiver de 2010 à Vancouver est une tâche monumentale, à laquelle la Gendarmerie royale du Canada, appuyée par les Forces canadiennes et d'autres partenaires en matière de sécurité, travaille depuis des années. .... Cependant, la composante aérienne de la Force opérationnelle interarmées des Jeux olympiques – la composante de la Force aérienne du soutien offert par les FC à la GRC (surnommée opération PODIUM), est à la hauteur de cette tâche. .... Grâce aux appareils CH-146 Griffon, CH-124 Sea King, CP-140 Aurora et CC-138 Twin Otter, la composante aérienne est un échantillon représentatif de la Force aérienne du Canada. Ses principales responsabilités comprendront le transport du personnel et de l'équipement de la GRC et des FC, les évacuations sanitaires pour le compte de la GRC et des FC et le soutien aérien pour les patrouilles de la GRC et la surveillance de la région. Après des années de

planification et une période rigoureuse d'exercices à l'automne 2009, le Colonel Bill Veenhof, commandant de la composante aérienne, a déclaré, lors de la dernière semaine de janvier 2010, que son équipe était prête. ....

La composante aérienne de l'opération PODIUM jouit de certains des membres les plus brillants et les plus vaillants des FC, souligne le Col Veenhof. De la planification des exercices aux dernières journées de préparatifs, j'ai pu constater que l'équipe est indubitablement prête à relever ce défi. .... Et il s'agit de tout un défi. En ce qui concerne le terrain, la zone d'opérations interarmées (ZOI) des Jeux olympiques mesure environ 10 000 kilomètres carrés et représente différents terrains, des deltas de rivières aux monts enneigés, en passant par les zones urbaines à forte densité de population et les vallées bondées d'arbres. Le corridor Sea to Sky, entre Vancouver et Whistler, part du niveau de la mer et s'élève à 2 000 mètres, le tout, en seulement 120 kilomètres. . . Ce n'est pas seulement une question de terrain. Dans la



**Captain Eric Cyr, Operations Officer II, with 438 Tactical Helicopter Squadron, St. Hubert, Quebec, takes part in a reconnaissance mission from a CH-146 Griffon helicopter during Exercise SPARTAN RINGS near Whistler, BC. In preparation for securing the Vancouver 2010 Olympic and Paralympic Winter Games, Exercises PEGASUS GUARDIAN 3 and SPARTAN RINGS are taking place in the Vancouver and Whistler area from October 19 to 23, 2009. These full-scale police and Canadian Forces exercises are focused on validating the readiness of the Royal Canadian Mounted Police-led V2010 Integrated Security Unit (ISU) and test communications, planning and interoperability among various law enforcement agencies and the Canadian Forces. At the conclusion of PEGASUS GUARDIAN 3 and SPARTAN RINGS, the V2010 ISU and its security partners will prepare for the final Privy Council of Canada-led confirmation exercise. Exercise GOLD will be held from November 2 to 6, 2009. Photo: Sergeant Frank Hudec, Canadian Forces Combat Camera**

ZOI des Jeux olympiques, on trouve des conditions climatiques parmi les plus difficiles de l'Amérique du Nord pour le transport aérien : les plafonds bas, des vents forts, de la neige, de la pluie, du brouillard et du grésil, entre autres. Si on y ajoute

le fait que l'op PODIUM aura lieu pendant la pire période de l'année en ce qui concerne les conditions de vol, le défi semble encore plus intimidant. .... Et ça se corse lorsqu'on ajoute le fait que les membres de la composante aérienne proviennent de chaque

escadre de la Force aérienne de partout au Canada, de Comox, en C. B., à Goose Bay, à T. N. L. .... Or, comme toujours, la Force aérienne s'est adaptée à ces conditions et a triomphé. Comment? .....

L'entraînement, encore et toujours », explique le Major Glen Lovsin, officier des opérations de l'unité d'aviation mixte, qui comprend tous les hélicoptères CH 146 Griffon affectés à la composante aérienne. « Lors de l'exercice SPARTAN RINGS, en octobre 2009, la plupart des membres du personnel navigant ont réussi à s'envoler, à se familiariser avec la région et à s'habituer

aux conditions et au terrain. Lorsque le personnel navigant et les aéronefs sont revenus dans la ZOI en janvier, l'entraînement en vol a repris, et comprenait des opérations de plus en plus complexes. Tous ces efforts visent à faire en sorte que la composante aérienne puisse collaborer avec la GRC pour assurer la sécurité lors des Jeux olympiques. ...

Je suis très fier de ces gens, affirme le Col Veenhof. Mon travail est de veiller à ce qu'ils évoluent en tant qu'équipe et qu'ils puissent effectuer des opérations sûres dans la magnifique province de la Colombie Britannique.

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# 1 Canadian Air Division Commander's Message

**"Wherever you work, whether in the Division, within the Air Force or within the Forces, you are helping carry the workload of a nation both at peace and at war."**



I have just experienced our Air Force operations in aid of the people of Haiti, and viewed the final air component preparations for the Olympics in support of the RCMP.

Such a short time ago we were telling our people, 'Enjoy the holidays with our families, and when we come back, we will be focused on getting ready for the Olympics. ....

With Afghanistan and training, things should be busy for us in the coming months.'

Then tragedy takes place in Haiti and we must act. In a matter of hours, our people, and our families commit to help save lives and heal the wounds caused by this devastation. And 'busy' was redefined. I share with you just one example of your commitment, from Op Hestia. Due to the amount of international aid coming into Port-au-Prince, the airport was so congested that Canada had just four time slots per day to land and deliver supplies.

We needed an additional entry point into Haiti. Our airfield engineers assessed the Jacmel airfield, and with confidence in the capabilities of the

Hercules, and the experience of our personnel, we took the risk of the first Hercules flight into this tiny airstrip in the hills.

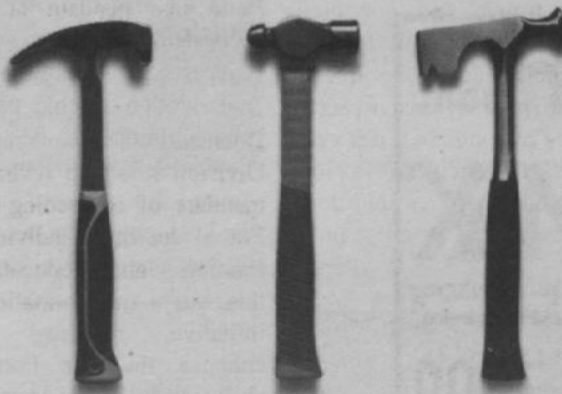
Less than 24 hours later, your Air Force had opened a strategic 'backdoor' to deliver more aid to the Haitian people, and equipping the DART and the field hospital. Wherever you work, whether in the Division, within the Air Force or within the Forces, you are helping carry the workload of a nation both at peace and at war.

Your Wing, and every Wing, is executing an impressive scope of missions each and every day. You are stretched, but you are doing as much as you can and delivering results, showing your professionalism and your dedication.

Your work is impressive, and I thank you, and your families, for what you are doing for Canadians, for Haitians, for Afghans, for sailors on the high seas, and for so many other people in need.

The morning of 28 January 2010, a CC-130 Hercules lands on the runway at Jacmel in Haiti, assuring the delivery of aid and resupply for Operation Hestia. Photo: Capt Alex Munoz

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# La Division de la doctrine et de l'instruction de la Force aérienne met sur pied le nouveau centre d'instruction de la Force aérienne

**Capt Holly Brown  
PAO 1 Canadian Air  
Division**

En juin dernier, la 2<sup>e</sup> Division aérienne du Canada - Division de la doctrine et de l'instruction de la Force aérienne a vu le jour en tant qu'organisme chargé de gérer la doctrine de la Force aérienne, ainsi que l'instruction individuelle et l'éducation. Cette initiative de transformation visait à donner à la Force aérienne le moyen de devenir une véritable « organisation apprenante » intégrée à tous les niveaux. Cette nouvelle division aérienne du Canada a permis de rééquilibrer les responsabilités liées à la mise sur pied et à l'emploi des forces, fonctions qui relevaient auparavant d'un seul commandant à la 1<sup>re</sup> Division aérienne du Canada.

La création du Centre d'instruction de la Force aérienne (CIFA) constitue une étape importante de la transformation en question; ce centre d'excellence réunit certaines des ressources d'instruction clés de spécialisations apparentées en vue de l'instruction centrée sur un but commun et sous un seul commandant, le Colonel Yvan Boilard, qui a aussi le commandement de la 17<sup>e</sup> Escadre Winnipeg.

Une cérémonie marquant l'inauguration officielle du CIFA a eu lieu à Winnipeg le jeudi 28 janvier 2010. Le Brigadier-général R. R. Pitre, commandant de la 2<sup>e</sup> Division aérienne du Canada, a présidé la cérémonie, à laquelle ont pris part des représentants des divers établissements d'instruction situés à la 17<sup>e</sup> Escadre Winnipeg, dont l'École de météorologie des Forces canadiennes (E Mét FC), l'École de survie et de médecine de l'air des Forces canadiennes (ESMAFC) et l'École d'études aéropatiales des Forces canadiennes (EEAFC); l'École de recherche et de sauvetage des Forces canadiennes (ERSFC), située à la 19<sup>e</sup> Escadre Comox, et le Centre de sélection du personnel navigant des Forces canadiennes (CSPNFC), situé à la 8<sup>e</sup> Escadre Trenton étaient également représentés.

« Grâce à la mise sur pied du CIFA, nous pouvons maintenant tirer avantage de toutes les pratiques exemplaires, du savoir exceptionnel et de l'ingéniosité des instructeurs et des pédagogues de la Force aérienne », a déclaré le Bgén Pitre.

Le fait de regrouper des organismes et des intervenants similaires en fonction

d'une spécialisation commune renforcera l'instruction, donnant ainsi de meilleurs résultats et, au bout du compte, améliorant l'efficacité.

Selon le Col Boilard, l'initiative visant à organiser les établissements d'instruction en fonction de spécialisations apparentées est clairement la direction à prendre. « Compte tenu des données actuelles sur l'effectif de la Force aérienne et le rythme présent des opérations, nous devons réorienter les efforts vers les écoles, a-t-il précisé. L'instruction doit être pertinente dès maintenant afin que nous puissions remplir notre mandat à l'avenir. »

La création du CIFA marque le début d'un processus visant à harmoniser les objectifs communs avec la vision de la 2<sup>e</sup> Division aérienne du Canada, c'est-à-dire être un centre d'excellence réactif, avant-gardiste et axé sur les résultats en matière de doctrine, d'instruction et de formation de la Force aérienne, qui contribuera à donner à celle-ci et aux FC la capacité importante dont elles auront besoin pour le XXI<sup>e</sup> siècle.



The formation of the AFTC was made official with a ceremony in Winnipeg on 28 January, 2010. Col Yvan Boilard, left, and BGen R.R. Pitre, Commander 2 Canadian Air Division, officiated at the ceremony that saw the coming together of the 17 Wing Winnipeg schools. Submitted Photo.

## Air Force Doctrine and Training Move Forward with the new Air Force Training Centre

**Capt Holly Brown  
PAO 1 Canadian Air  
Division**

Last June, 2 Canadian Air Division/Air Force Doctrine and Training Division stood up with the mandate of overseeing Air Force doctrine, individual training and education; this was a transformational initiative designed to enhance the Air Force's ability to be a true learning organization integrated at all levels. Canada's newest Air Division rebalances the force generation and force employment responsibilities that were previously held by a single commander in 1 Canadian Air Division. A significant step in this transformation has been the creation of the Air Force Training Centre (AFTC), a centre of excellence that unites some of the Air Force's key "like-minded" training resources with a single training focus under one Commander, Colonel Yvan Boilard, who is also Commander of 17 Wing Winnipeg.

The formation of the AFTC was made official with a ceremony in Winnipeg on Thursday, 28 January, 2010. Brigadier-General R.R. Pitre, Commander 2 Canadian Air Division, officiated at the ceremony that saw the coming together of the 17 Wing Winnipeg schools: Canadian Forces School of Meteorology (CFS MET); the Canadian Forces School of Survival and Aeromedical Training (CFSSAT); and the Canadian Forces School of Aerospace Studies (CFSAS); as well as the Canadian Forces School of Search and Rescue (CFSSAR) located at 19 Wing Comox and the Canadian Forces Aircrew Selection Centre (CFASC) located at 8 Wing Trenton. "With the formation of the AFTC, we are able to take advantage of all of the best practices, the exceptional brain power and the ingenuity of our trainers and educators in the Air Force," said BGen Pitre.

The grouping of like-minded organizations and

stakeholders along more functional lines according to what they had in common will give strength in numbers and will not only produce better effect, but ultimately will be more efficient.

Col Boilard said this initiative of organizing training establishments along the lines of "like-mindedness" is clearly the way to go. "Given the Air Force's present demographics and current operational tempo, we need to refocus on the schools," he said. "Training must be relevant now to ensure that we can accomplish the things we need to in the future.".... The creation of the AFTC begins the alignment of common objectives with the 2 Canadian Air Division vision of a responsive, forward-thinking and effects-focussed Air Force Doctrine, Training and Education Centre of Excellence that will help to deliver the important capability the Air Force and the CF need for the 21st century.

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# Preserving the Past For the Future: 17 Wing Celebrates Black History Month



## 2 Lt Gregory Kuhn 17 Wing Public Affairs

In honour of Black History Month, 17 Wing Winnipeg looks back at members, who despite incredible racial challenges, scaled the ladder of the Royal Canadian Air Force (RCAF) to become admired role models for future generations. From the infancy of the RCAF through to the early 1950's, black enrolment was limited to ground crew, and this was only after intense screening at headquarters; orders were specifically put into place that denied black enlistment in any of the aircrew positions. Despite these barriers, during the Second World War two black airmen succeeded in breaking through the colour barrier and served as crewmembers on RCAF aircraft, both at home and overseas.

Warrant Officer (WO) Gerald "Gerry" W.A. Bell

enlisted in the RCAF in 1936, joining No 19 (Bomber) Squadron Auxiliary and commenced flight training May 1937 on one of the four new deHavilland Moth aircraft. The unit was later re-designated 119 Squadron and called to active full-time service on September 3rd, 1939; one week before Canada declared war on Germany. Over the next 28 years, WO Bell would test new bomber aircraft, train bomber pilots for No. 6 Command and join 424 Squadron flying operations against the enemy. Following the war, he served at bases across Canada and with No. 3 Wing in Germany before retiring at RCAF Station Trenton in 1961. Little information is known about the second airman, Flying Officer Alan Bundy. Most reports state that he flew 42 operational missions in Europe and was discharged from the RCAF in the year following the war

with little to no recognition of his military service. As part of Black History Month the 17 Wing Defense Diversity Advisory Group, in conjunction with HMCS Chippawa and the Naval Museum of Manitoba, will be displaying the "Canadian Blacks in the Military" wall along with the book "For the Love of My Country: Black Canadian Contribution to the Military" at 1 Canadian Air Division Headquarters (8-12 Feb), 17 Wing Headquarters (16-18 Feb), and the 17 Wing Logistics Building (1-5 Mar). For more information on the 17 Wing Defense Diversity Advisory Group, please visit; <http://17wing.winnipeg.mil.ca/wadmin/diversity/ddag.htm> (intranet)

For more information on 17 Wing Winnipeg, please visit <http://www.airforce.forces.gc.ca/17w-17c/index-eng.asp>

Left: Petty Officer, 1st Class (PO1) Andre Sheppard setting up the Black History Month board at HMCS Chippawa. Photo: 2Lt Gregory Kuhn.

## Together For Haiti

On February 5, many people on the Wing and sponsors such as players and a cheerleader from the Winnipeg Blue Bombers, took part in a fund raising event to help the rebuild effort in Haiti.

In a message to the Wing, Commander Yvan Boilard said,

"The event was a resounding success. Individual donations made that evening totalled \$1624.00 while the highly contested Silent Auction generated an additional \$1335.00!

Realizing the potential to generate even more donations for the relief effort, 17 Wing authorized a full month of Casual Fridays for a donation of \$10. I am pleased to report that 409 pers on the Wing have collectively donated another \$4090.00, bringing the 17 Wing Winnipeg contribution to a grand total of \$7049.00, all of which has been donated to the Canadian Red Cross in time for the Canadian Government to match our funds!"

For the full story, please look for the next edition of the Voxair, March 3.

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# Improving Quality Of Life On The Home Front

## 17 Wing Public Affairs

On Wednesday, January 27, Col Yvan Boilard, 17 Wing Commander, hosted a Town Hall meeting to discuss Residential Housing Unit (RHU) Quality of Life (QOL) issues with members of Team Winnipeg. "It is my number one priority to improve the Quality of Life for members and their families," said Col Boilard.

Communicated at the Town Hall were four cooperative initiatives between 17 Wing, Military Family Resource Centre (MFRC) and Canadian Forces Housing Agency (CFHA), undertaken to enhance the QOL for Team Winnipeg members. These initiatives are:

Reducing wait times at MFRC childcare centres (to a maximum of 3 months) by introducing 24 new spaces for infants (expected to take up to 18 months)

and promoting individual licensed home care (managed and facilitated through the Winnipeg MFRC day care).

Improving access to medical services (the MFRC has been requested to assist members with accessing family doctors for their families)

Increasing support to incoming personnel regarding local employment for spouses (the MFRC has been requested to be proactive and connect specific spouse job skills with employers in Winnipeg)

Improving DND Housing by improving communications between the CFHA, the 17 Wing Command Team and residents

The highlight of the Town Hall was the plan to create a 17 Wing Community Council (17WCC) whose primary function will be to serve as

advocates for the occupants of the RHU's. Many Team Winnipeg members have already volunteered to be potential members of the 17WCC.

In addition to these initiatives, 17 Wing has also formed an RHU 'Tiger Team' comprised of personnel from Wing Administration, Construction Engineering, and CFHA to implement changes pertaining to RHU administration, communications and conflict resolution.

"This is but a first step" said Col Boilard. "Through the cooperation of the CFHA staff, the 'Tiger Team' and the Community Council, RHU occupants can expect to be able to contribute to a more streamlined and transparent management process".

## 17 Wing Prioritized Initiatives

Much has happened here and around the world in the eight months since I assumed Command of 17 Wing last June.

On the home front we have seen the creation of 2 Canadian Air Division and the Air Force Training Centre and with it, the reorganization of our Wing. As the Holidays ended, we shared with our fellow Canadians the growing pride and excitement of the Winter Olympics in Vancouver by contributing to Op Podium, and hosting the launch ceremony for the Olympic Truce Northern Outreach Program. Now, we are concurrently engaged in helping the people of Haiti recover from the devastating earthquake that befell them just a few short weeks ago.

When I assumed Command, I received my guidance from Commander of 1 Canadian Air Division, MGen Blondin, on his vision for the Canadian Air Force. It was made very clear that although support to Operations, Training and Education was paramount, the ability to maintain that support in a sustained manner was tied to our efforts to improve quality of life at 17 Wing.

***"In order to fulfill that mission, it is imperative that the needs of all members of our Defence Team - 17 Wing Team - military, civilian and our families, be looked after to the best of our ability. We must promote a rich and fulfilling quality of life for our members to achieve our primary mission and capitalize on the strength of our ties with our neighbours within the City of Winnipeg, and throughout the province of Manitoba."***

For the last six months, our 17 Wing Team has sought out the opinions, views, guidance and wish lists of our members at every opportunity. From that process we have formulated a plan for our Wing to implement and address the many and diverse needs of Team Winnipeg.

To maintain the steady progression achieved to date, the 17 Wing Team has crafted a list of Prioritized Initiatives for 2010. Half of those initiatives deal with support to Operations, Training and Education and our ability to maintain that support in a sustained manner. The other half, however, deals with addressing 17 Wing's Quality of Life (QOL) short falls.

Leading the QOL list is the need for expansion of our childcare program. In concert with the Military Family Resource Center (MFRC) we have vigorously pursued avenues that will bring online an increase in the number and type of childcare spaces available to our members. This should hopefully reduce wait times and stress levels for newly arriving 17 Wing families.

Next is the need to address a variety of issues that our members who live in Residential Housing Units (RHU) have brought up at a recent RHU Town Hall. This process has already begun with the formation of a Tiger Team comprised of experienced personnel from the Wing Administration, Construction Engineering Branches and the Canadian Forces Housing Agency (CFHA). At the Town Hall, a number of volunteers were identified to work with the Tiger Team to form a new 17 Wing Community Council (17WCC). This is a grass root organization that will focus on increasingly improving communication links between the Wing, CFHA and our families living in the RHU's.

Additional initiatives on employment for spouses, access to health care providers, a review of Personnel Support Programs and clubs, and the forthcoming construction of a CANEX are already underway and yielding tangible results.

I do not suffer any illusions that these initiatives will be easy to implement. However, I know that if we do not improve our quality of life, the cost to all 17 Wing members will tax our ability to meet our primary mission and retain our personnel. I am heartened by the Wing members' response to initiatives to date and look forward to working with our partners to increasing our QOL for all 17 Wing members.

**JPY Boilard, 17 Wing Commander**

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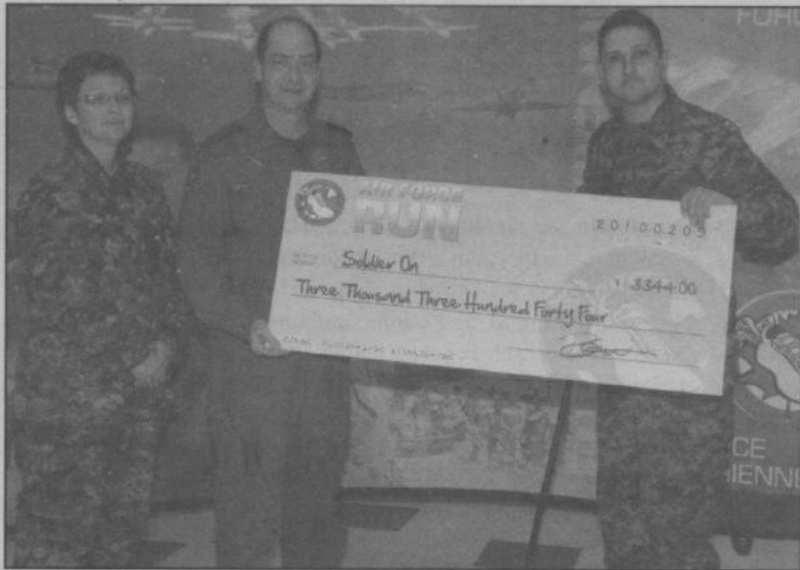
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# Charities Benefit From Inaugural Air Force Run



**Left: Cpl Ryan Elrick, right, receives a cheque for \$3344 on behalf of the Soldier On Fund from Col Boilard, 17 Wing Commander, and CWO Blair, 17 Wing Chief Warrant Officer.**



**Right: Maj Sandy Ward, right, receives a cheque for \$3189 on behalf of the Military Families Fund from Col Boilard, 17 Wing Commander, and CWO Blair, 17 Wing Chief Warrant Officer.**

**Photos: 2Lt Gregory Kuhn**

**2Lt Gregory Kuhn  
17 Wing Public Affairs**

On February 5, 2010, Col Yvan Boilard, 17 Wing Commander, presented cheques to representatives of Soldier On and the Military Families Fund, on behalf of the Chief of Air Staff. The donation to these two charities was comprised from funds raised during the Inaugural Air Force Run held at 17 Wing Winnipeg in May 2009. "This cheque presentation represents the first instalment of an enduring commitment

to these fine charities as well as to Winnipeg and the surrounding community," said Maj Rob Clark, Deputy Commandant of the Canadian Forces School of Aerospace Studies and Director of Air Force Run 2010. The cheque to the Soldier On Fund was presented to Corporal Ryan Elrick, a soldier with the Princess Patricia's Canadian Light Infantry who lost both legs in a road side bombing in Afghanistan. "The Soldier On program promotes physical fitness as a vehicle for physical

well-being, but I have found in my life that it can be an even stronger vehicle for your mental health," said Cpl. Elrick. The Soldier On Fund provides resources and opportunities for ill and injured military personnel to fully and actively participate in physical fitness, health promotions and sport activities conducive to optimizing functional independence. Maj Sandy Ward, 17 Wing Deputy Administration and Personnel Service Officer,

received the cheque on behalf of the Military Families Fund. "This fund allows the Canadian Forces, through the Wing Commander and Military Family Resource Centre, to compensate members for unique situations that fall outside of the 'normal' realm of current policy," said Maj Ward. Last year monies were paid to CF members and their families for: assistance with grief counselling expenses; travel and accommodation assistance for family members to fly to and visit an ill/injured members of

child in hospital; special needs relocation expense as well as incidental funeral expenses. The Military Families Fund (MFF) assists military families faced with unforeseen and often immediate needs that fall outside current policy. General Rick Hillier (Ret'd), former Chief of Defence Staff, created the MFF in April 2007. The 2nd Annual Air Force Run will be held at 17 Wing Winnipeg on Sunday, May 30th. "The 2010 committee wishes to increase this commitment and would like to invite families and runners of all

ages and capabilities to join us for this great community event!" said Maj Clark. For more information on the Soldier On Program and Fund, please visit <http://www.cfpsa.com/en/psp/SoldierOn/index.asp>. For more information on the Military Families Fund, please visit <http://www.cfpsa.com/en/corporate/mFamily/index.asp> For more information on the 2010 Air Force Run, please visit [www.airforcerun.ca](http://www.airforcerun.ca)

## Loggies Celebrate Their 42nd Birthday

**Submitted By  
Capt EM Dubé**

The logistics community at 17 Wing and Air Divisions gathered on 1 February 2010 to commemorate the 42nd Logistics Branch birthday. Logisticians were addressed by Col M.A.

Matheson, A4 Logistics and Senior Logistics Branch Advisor who reminded those in attendance that Finance, Human Resource, Supply, Food Services, and Transportation disciplines became united under the "Logistics" umbrella in 1968. This event, as denoted by the speaker, went mostly unnoticed due to other news-worthy endeavours such as the integration of Army, Navy, and Air Force into one service. This incredible transformation in the manner support to operations is conducted may have occurred without much notice, but since its inception as a functional model, many nations around the world have adopted similar logistical constructs. One could say imitation is the sincerest form of flattery and as other

countries continue to look at Canada's efficient logistics support structure; this certainly re-enforces how truly inspired this moment was in Canadian Forces history. The event was well celebrated and attended despite the current absence of those implicated in operations, as highlighted by Col Matheson in a reflection of the work performed by logisticians in operational environments such as Afghanistan, Haiti and Vancouver.



**Col M.A. (Mark) Matheson, left, cutting the cake with the youngest private in attendance, and the baker of the delicious cake, Pte C.J. Biggs. Submitted Photo.**

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# Service With A Smile:

## Kitchen Staff Work Hard To Get The Job Done

### Lt Donna Riguidel Assistant Wing Public Affairs Officer

Coming to work for five-thirty in the morning is early to some but is just another day at work for the hard-working kitchen staff in the Combined Mess at 17 Wing.

Master Seaman (MS) Al Rose, a self-admitted "crusty" shift cook with over 30 years experience working in a military kitchen is the head cook, and as such is responsible for running the kitchen and making sure meals are served smoothly.

When asked what he thinks of working in an Air Force Kitchen, MS Rose says it's a good experience but young cooks should start their careers on a ship or in a field kitchen.

"They should start out there, they learn more about working together because they are on their own, and there are no subordinates to do

your dishes," says MS. "The troops and sailors are more appreciative; coming in from the field or after a long watch, the kitchen is a warm place."

Despite his "crustiness," everyone working in the kitchen seemed to be more than okay – all around there was a bustling, smiling activity as the staff prepared for the "end state" – lunch.

"We gear the whole day toward lunch. That's our main event," says Sgt Pamela Tochor, Wing Foods, Rations IC.

Getting ready for lunch means the different stations need to be doing their job, and be ready to roll with the punches.

First up is the bakery where one is overwhelmed with the sweet smells of cinnamon, sugar and vanilla.

Every day Cpl Brian Pearce and Mr. Les McLeod work creating the desserts that tempt members eating at the

Mess. Asked if it was difficult to work all day around these wonderful sweets and not snack, Cpl Pearce stated that "When you look at it all day, you don't really want to eat it."

The two bakers not only try to provide members with a choice of treats ranging from cakes, squares, pies, cookies and fresh bread daily but also prepare special dessert items for the many events held at 17 Wing throughout the year.

From the sugary to the diet conscious, next door to the bakery is Mona Simcoe, the cook responsible for the many salads offered on the salad bar.

"There is definitely a move towards more healthy choices, getting away from mayo and offering more non-meat choices – not always the traditional ham and cheese," says Ms. Simcoe. The move toward new menu

choices does provide an opportunity to be more creative.

"Sometimes the new recipes can be harder to make and may not always seem to make sense but they seem popular," says Ms. Simcoe. With the most popular being the broccoli salad she said.

Next up is the main kitchen: a cavernous room divided by counters, stoves, ovens and carts. This hive of activity is the domain of the Senior

Cook, MS Smyth, who when asked, sums up his job in once quick sentence. "I make sure everything goes out,"

One newer member of the kitchen is Pte Guillaume Caron who worked as a civilian cook for two years



Every day Cpl Brian Pearce and Mr. Les McLeod work creating the desserts that tempt members eating at the Mess.

he says.

Although he started out in the army, he came back in to the naval reserve after retirement and enjoys working at 17 Wing.

"The Air Force has pretty good postings," he says. "But the Navy is very close knit, because they live on ship."

All in all, he says we have a good group of people working here in Wing Foods.

"We have a good crew. Everyone has a bad day once in a while, but overall they are all pretty good," says MS Smyth.

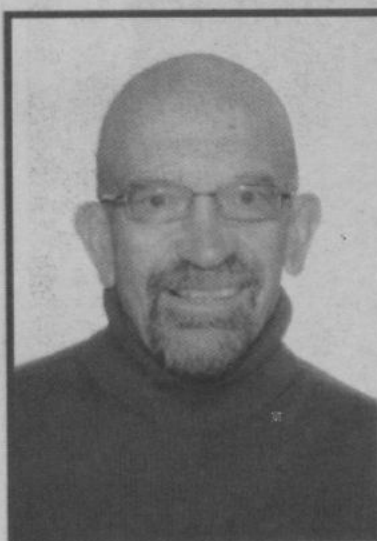
before coming into the military.

"I worked Civvie Street for two years, but couldn't move forward, couldn't make more than nine dollars per hour," said Pte Caron.

When asked if coming to the military was a good choice, Pte Caron stated that "It caused some difficulty in my personal life but I love the job and the people I am working with."

With all of the positive, surely there has to be a downside to working in the kitchen.

"The hours," says MS Rose. "Potential cooks



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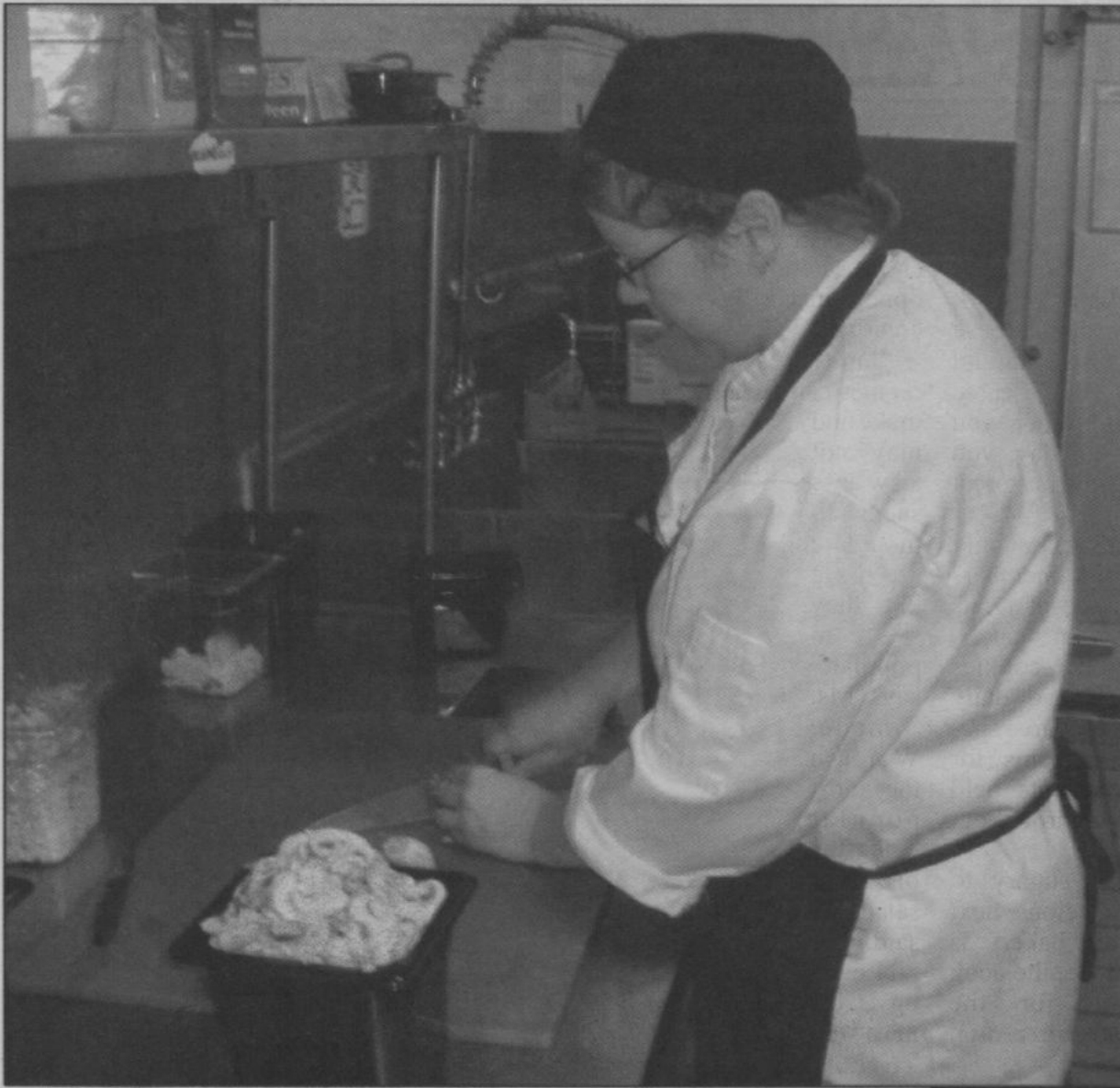
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**Left: Mona Simcoe, the cook responsible for the many salads offered on the salad bar.**

**"There is definitely a move towards more healthy choices, getting away from mayo and offering more non-meat choices – not always the traditional ham and cheese," says Ms. Simcoe.**

**Photos: Lt Donna Riguidel**

need to know that 14 hour days are the norm."

Another negative is similar to most customer-service oriented positions.

"Sometimes people are a little impatient. It's funny, when an Airline pilot says there will be a ten minute delay, there is no problem, but when the cooks say you will have to wait a few minutes, it's the end of the world," says Sgt Tochor.

In fact, the whole kitchen agrees it can be difficult when people come to the mess at 17 Wing who are use to a different feeding system.

At CFB Borden, for example, members can often just swipe a meal card and take as much food as they want with few restrictions. Here, the mess is operated on a ration system, which has very strict guidelines. That can cause some negative feedback.

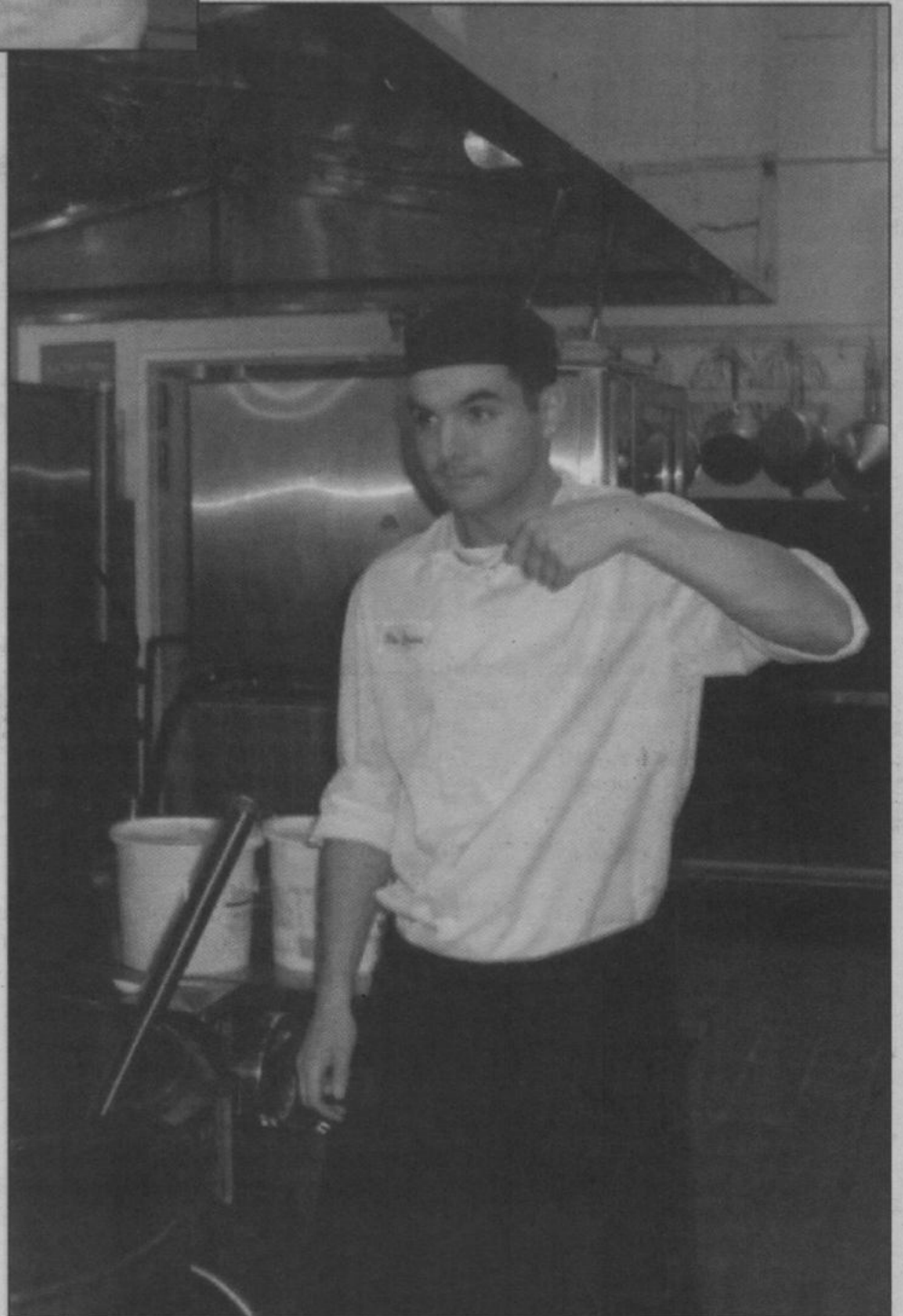
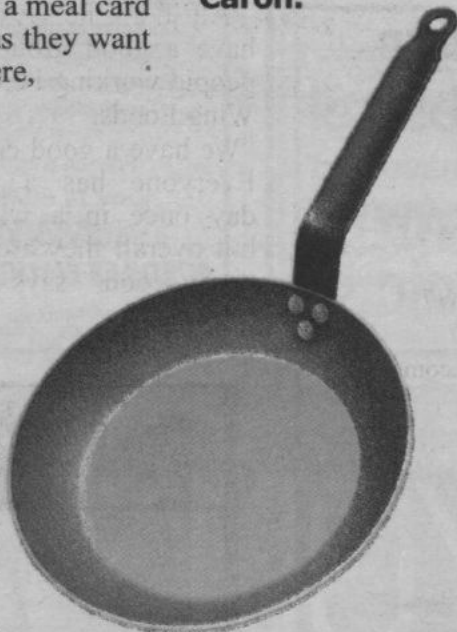
"People can solve a lot of the problem if they read the menu and portion restrictions posted," explains MS Rose.

All in all, people usually leave happy and full.

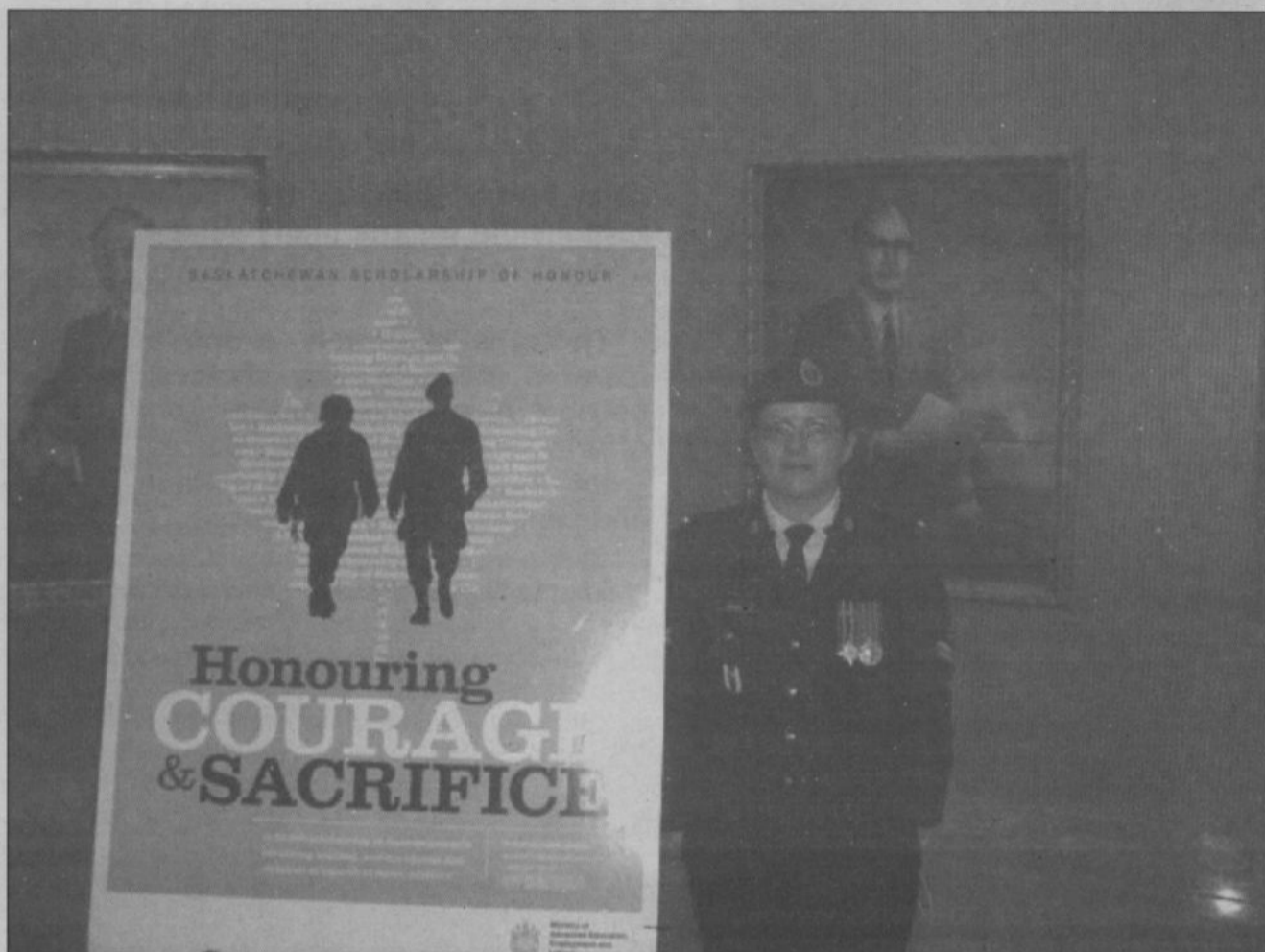
"When it's good feedback, it makes me very proud. Giving that effort feels good," says Sgt Tochor.

**Right: One newer member of the kitchen is Pte Guillaume Caron who worked as a civilian cook for two years before coming into the military.**

**"I worked Civvie Street for two years, but couldn't move forward, couldn't make more than nine dollars per hour," said Pte Caron.**



# Honours And Awards



**Gurinder Dev**  
**Clinical Services Manager**  
**23 CF Health Services Centre**

23 Canadian Forces Health Services Centre Member MCpl Danielle Grace is one of the first recipients of the Saskatchewan Scholarship of Honour.

This award was presented to MCpl Grace by the Premier of Saskatchewan, the Honourable Brad Wall in a ceremony held in November 2009 at the Saskatchewan Legislature. This award recognizes individuals who stand up for peace and freedom with courage and dedication.

MCpl Grace joined the reserves in 1993 and continued her military career by becoming a Regular Force member in 1999, where she was posted to 1 Field Ambulance until July 2008.

She is a mother of two, an honours student at the University of Manitoba and an outstanding member of our military family.

MCpl Grace serves as a Medical Technician and has provided support to several operations including Task Force 01-07 Afghanistan - Role 1, OP GRIZZLY, and OP PEREGRINE. Cpl Grace's future plans include continued military service and pursuing a degree in Medicine. Submitted Photo

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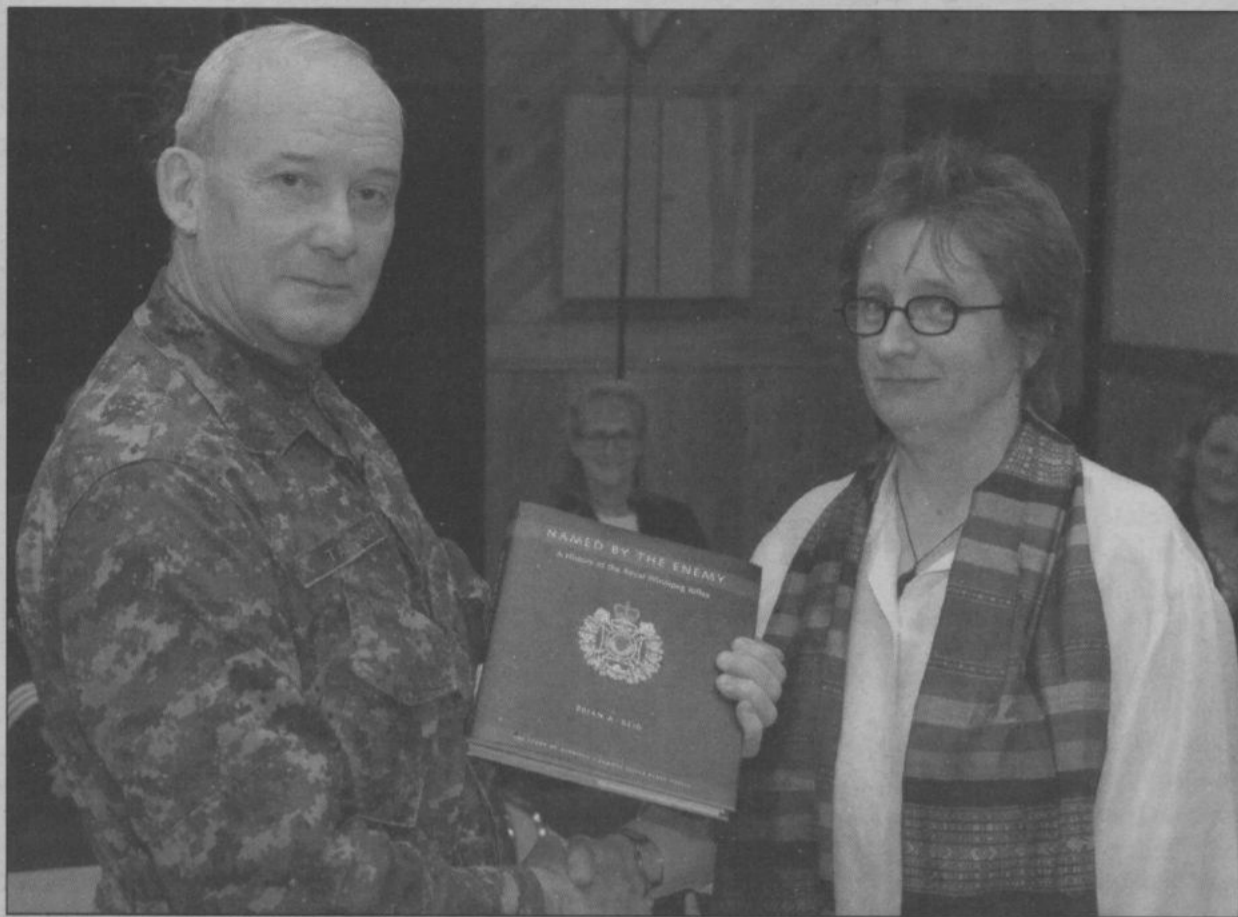
# 126 Years of History for the Little Black Devils

**Cpl Bill Gomm  
38 CBG**

"This book is dedicated to the memory of an individual who was intimately involved with the Regiment for over half a century," said Major-General Dennis Tabbernor, Senior Rifleman of The Royal Winnipeg Rifles and Chief of Reserves and Cadets. The Royal Winnipeg Rifles, also known as the Little Black Devils, is western Canada's oldest infantry regiment. The Regiment held a book signing event to celebrate the release of its new regimental history book at Minto Armoury, 13 January.

Named by the Enemy: A History of The Royal Winnipeg Rifles details the 126 years of the Regiment's proud service to Canada and was written by Lieutenant-Colonel (Retired) Brian Reid. "When I started, I wasn't sure what I would find about the origin of the name," said LCol (retd) Reid. "Then, it just came pouring out, including contemporary documents that had members of the Regiment saying, 'Gee whiz, do you know what they are calling us?'" The book was dedicated to the late Honourary Colonel Gildas Mogat who had spent almost six decades serving with The R Wpg Rif.

MGen Tabbernor presented the first copy of the book to Ms. Anne Molgat, daughter of the late Honourary Colonel Mogat. Ms. Molgat accepted the book on her mother's behalf as her mother was unable to attend the event.



**Right: Winnipeg MGen Dennis Tabbernor presents a copy of "Named by the Enemy: A History of The Royal Winnipeg Rifles," to Miss Anne Molgat daughter of the late Honourary Col Gildas Mogat. MGen Tabbernor is Chief of Reserves and Cadets. The Royal Winnipeg Rifles, Western Canada's oldest infantry regiment, held a book signing event at Minto Armoury to celebrate the release of its regimental history book. Author, LCol (Retired) Brian Reid, signed copies of the book. The book launch also included a performance by The Royal Winnipeg Rifles' Regimental Band and military demonstrations.**

Photos: Cpl Bill Gomm

"Like many of you, my father had a day job outside the military," said Ms. Molgat. "In nearly 50 years of public life, his contributions were recognized a number of times, but I think, I can safely say that none of those awards would have meant as much as this one." 1500 copies of the book were printed. Of those, 325 are being given to the libraries of all the senior high schools in Manitoba.

"We are trying to educate the youth," said Honourary Lieutenant-Colonel Bill Spence who was on the organizing committee responsible for getting the Regiment's history book


published. "The Royal Winnipeg Rifles is the senior Infantry Regiment in Western Canada and the highest decorated in Western Canada. We were instrumental in writing a lot of the history in Western Canada. This is something they [youth] should know about." Named by the Enemy: A History of The Royal Winnipeg Rifles, is available at McNally Robinson book store at Grant Park Shopping Centre.



**Above: Winnipeg Honourary LCol Bill Spence presents a copy of "Named by the Enemy: A History of The Royal Winnipeg Rifles" to Bonnie Korzeniowski, Member of the Legislative Assembly for St. James and Manitoba Government Military Liaison.**

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# Personal Learning Plans – A Plan for Success

By Primrose Knazan  
Learning Assistant

Learning is more than absorption of facts and skills; it is a lifelong process of personal growth and development. Whether on the job, in a classroom, on-line or through trial and error, the process of learning never stops. With the deadline for Personal Learning Plans just around the corner, civilian employees need to start considering their learning options and discuss their goals with their supervisors and managers.

The Personal Learning Plan is a tool to help employees identify their current learning needs, set professional development goals and plan a strategy to ensure these needs and goals are met. The process involves a discussion between the employee and their supervisor to determine learning, training and development needs while align-

ing them with work objectives.

A Personal Learning Plan is not a wish list; it is an integral part of the Civilian Performance Planning and Review process that identifies employee learning activities and how they relate to the organization's goals and business plan.

The Personal Learning Plan is one of the ways that employees can be proactive in their learning and career development.

Employees can look at what skills and knowledge they require in order to reach their career ambitions. Employees should list skills and knowledge they want to acquire while keeping in mind their personal learning style and preferences. Learning activi-

**The Personal Learning Plan is a tool to help employees identify their current learning needs, set professional development goals and plan a strategy to ensure these needs and goals are met. The process involves a discussion between the employee and their supervisor to determine learning, training and development needs while aligning them with work objectives.**

ties should be realistic, attainable and operationally feasible while linking with organizational goals.

Managers and supervisors can use the

Personal Learning Plans to ensure their employees have the skills and knowledge they need to perform their duties to the best of their abilities as well as prepare

for future needs. The process of completing a Personal Learning Plan involves two-way communication between the supervisor and employee to identify objectives on both sides and find the means to achieve these goals.

Personal Learning Plans can include in-house training such as courses from the Learning and Career Centre, Wing Ground Training, Health Promotions, the Dispute Resolution Centre, among other

local options, as well as formal education such as college or university courses. However other learning options can include on-line training, Job Experience Training (JET program), mentoring or coaching, on-the-job-training, among other available options. With learning, the possibilities are endless.

The Learning and Career Centre is presenting two more briefings on Personal Learning Plans on Thursday, February 25, 2010. A PLP briefing for employees is scheduled for the morning and a briefing for managers and supervisors of civilian employees is scheduled for the afternoon. For registration, e-mail [LCCshare@forces.gc.ca](mailto:LCCshare@forces.gc.ca)

For more information on Personal Learning Plans, LCC courses, or other learning options, contact [LCCshare@forces.gc.ca](mailto:LCCshare@forces.gc.ca) or visit our website at <http://hr.ottawa-hull.mil.ca/lcc-cac/>



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*Les écoles françaises sont ouvertes à tous les ayants droit. Un « ayant droit » est un résident du Manitoba dont la première langue qu'il a apprise et qu'il comprend encore est le français ou un résident du Manitoba qui a reçu au moins quatre ans d'enseignement scolaire dans le cadre d'un programme français au Canada ou est le père ou la mère d'un enfant qui reçoit de l'enseignement scolaire dans le cadre d'un programme de français ou qui a reçu un tel enseignement pendant au moins quatre ans.*

*Si vous avez des questions, veuillez communiquer avec la direction d'école de votre région.*

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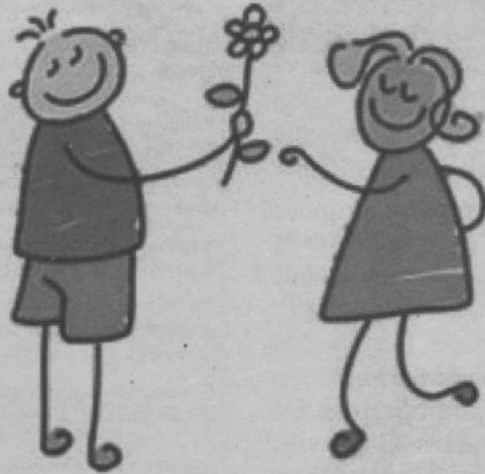
## Health Benefits of Kindness

from The Random Acts of Kindness Website

### Random Acts of Kindness Week, Feb 14-20

Volunteering takes many forms, but always involves some manner of helping. Helping is often seen as an act of kindness.

Numerous scientific studies show that acts of kindness result in significant health benefits, both physical and mental. Here are some key points:



the lungs that leads to asthma attacks.

Helping can enhance our feelings of joyfulness, emotional resilience, and vigor, and can reduce the unhealthy sense of isolation.

A decrease in both the intensity and the awareness of physical pain can occur.

The incidence of attitudes, such as chronic hostility, that negatively arouse and damage the body is reduced.

The health benefits and sense of well-being return for hours or even days whenever the helping act is remembered.

An increased sense of self-worth, greater happiness, and optimism, as well as a decrease in feelings of helplessness and depression, is achieved.

Once we establish an "affiliative

connection" with someone – a relationship of friendship,

love, or some sort of positive bonding – we feel emotions that can strengthen the immune system.

Adopting an altruistic lifestyle is a critical component of mental health.

The practice of caring for strangers translates to immense immune and healing benefits.

Regular club attendance, volunteering, entertaining, or faith group attendance is the happiness equivalent of getting a college degree or more than doubling your income.

Source: Luks, Allan. *The Healing Power of Doing Good: The Health and Spiritual Benefits of Helping Others*. New York: iUniverse.com, 2001.

Why not do something good for your health and VOLUNTEER? Contact Barbara at the MFRC to get more information on how you can become involved, practice Kindness, and improve your health! 833-2500 local 4519 or [Barbara.thuen@forces.gc.ca](mailto:Barbara.thuen@forces.gc.ca)

### Upcoming MFRC programs and events

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- 1:30 p.m. Baked Expectations. Call 833-2500 Ext 4507 or email [sandra.doody@forces.gc.ca](mailto:sandra.doody@forces.gc.ca). If you leave a voicemail, please leave your full name and a phone number to confirm your registration. **Note:** Child care is available through the Deployment Stress Free Child Care from 1 to 4 pm, but you must register.

March 4- Community Coffee Break 10-11 a.m. Everyone is welcome.

### Weekend Trip to Minneapolis - 7 to 9 May 2010

We still have room available, so we are extending the cut-off date! Shake off the cold of the winter! The MFRC is pleased to sponsor a three day shopping trip to Minneapolis. Sit back and enjoy the camaraderie of others and let someone else do the driving. Stops along the way include the Albertville Outlet Mall, Ikea and Mall of America.

Departure will be from the Grant Park Mall on Friday May 7 at 6:30 am and return will be on Sunday May 9 at approx 5:30 pm.

Cost for a two night stay at the Country Inn and Suites in Albertville is \$216 US. No more than four people per room. There are two queen size beds per room. You must have a valid Passport for the trip. To reserve your seat, a deposit of \$85 Cdn (non-refundable) for the bus fare is required by February 26, 2010.

### On-going programs

Casual childcare Tuesdays 9:30 a.m. to 12 p.m. and Thursdays 1 to 3:30 p.m. To register, call 833-2500 extension 2491. Cost is \$8 for one child or \$12 for two or more children from the same family.

French Conversation- workshops will be starting in March

**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](http://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.

## Bison award

The Bison Award was presented at February's Coffee Break to a very hard-working group who have been soliciting donations for the Tombola balloons that will be sold as a fundraiser at our Yellow Ribbon Gala on February 20, 2010. This is not an easy job, and the staff at the MFRC appreciate their time and dedication. Sandra Doody, MFRC Deployment Coordinator, Alan Parkin, Jack Blair, Tova Anderson, Linda Pitre and Barbara Thuen, MFRC Coordinator of Volunteers as well as Ben and Arlene Van Ruiten, Don Swaitkewich, Shannon Bisson, Ruth Hiebert, Yuri Snikeris and Kara Kallenbach.

### FIRMM - 2010 Calendars

We are the families of soldiers who were killed in action during the recent conflict in Afghanistan. As we show our admiration for the fallen soldiers within our families we honour and acknowledge how proud we are of them. Over the past year, a group of families who have lost loved ones in Afghanistan have met and saw a need for an organization that portrays the side of our soldiers that only we as family see. Therefore, we have started a non-profit association called FIRMM (Families in Remembrance of Military Members).

The MFRC is selling the 2010 FIRMM Calendar on behalf of FIRMM for \$20. A portion of the sales will go toward programs and services for military families locally.

Fax: 204.489.8587 • Email: [wpgmfrc@autobahn.mb.ca](mailto:wpgmfrc@autobahn.mb.ca)  
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# Chaplain's Corner

## Spiritual Forces of Wickedness

**Padre Bob Granholm**

The text for reading in the churches this Sunday comes from Luke's account of Jesus being tempted by the Devil in the wilderness. Satan attempts to lure Jesus from his God-given task by various inducements, including the promise to give Jesus ownership of the whole world, if only Jesus would fall and worship Satan.

In our modern world, we rarely think in the frame of reference the Bible suggests. We do not attribute evil in the world to Satan. We do not accept as valid the reason for wrongdoing given by the comedian Flip Wilson: "the Devil made me do it!" We understand that the world is filled with many influences, and that peoples actions can be explained by their internal dynamics rather than by external spiritual forces. Genocidal actions and suicide bombers are explained by reference to historical animosities and extremist world views. Of course, this is correct. At least in part.

I would suggest, however, that we have neglected the biblical world view and discarded an essential truth: There are forces of spiritual wickedness active in the world. Jesus says of the Devil "he comes to kill and destroy". There are forces of evil that seek to destroy humanity, or perhaps better said, these forces seeks to destroy that in humanity which is made in the image of God. We are more than animals, we are rational beings with freedom of choice of a sense of morality. When these things are ruined, we loose that which is sacred and Godlike in us.

In this Biblical story, Satan attacks Jesus at his vulnerable points: his hunger after 40 days in the wilderness, his commitment to following the very difficult path of God. We do not ascribe all human weakness and frailty and wrongdoing to Satan. But there is a place where we become more vulnerable to destructive tendencies and actions due to the direct or indirect influences of evil spiritual entities who seek to erase that which is a grace of God in our lives.

I see this in drug addiction. In my own family I have seen the incredibly destructive impact of drug abuse. While there are always human reasons to justify going down this road, and we are always responsible for our actions, I nevertheless see the hand of Satan in the very destructive outcome of drug abuse.

The biblical story also gives us a solution to this problem- or at least as much of a solution as is possible in this present age: we are given tools to overcome, to resist, to become victors, in the fight against spiritual forces of wickedness. Jesus responds to the Devils darts by quoting scripture, and not yielding to Satan's influences. Likewise we have the strength and ability through faith in God to resist and overcome. We are not always successful, and when we fall short we can have forgiveness, and can reacquaint ourselves with the powerful weapons of spiritual warfare at our disposal.

The Chaplains of 17 Wing invite you to explore these and other topics by participating in the life of our chapels.

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 accept others at face value and are generous and open with those you meet. But there are those who will take advantage of your goodwill. Learn how to tell the difference. Forgive past indiscretions but insist on better treatment. Situations and relationships improve as a result.

**Taurus**

(April 20 - May 20):

Responsibilities come to you because you've earned them. Show wisdom in dealing with others. Be aware of their feelings and values. Being fair is essential at this time. Good things are on the way. There is joy in giving and receiving heartfelt messages with those closest to you.

**Gemini**

(May 21 - June 2):

Push yourself to reach a few of your short term goals. A kind of synchronicity has set in so take advantage of this auspicious time when things fall into place easily. You're creating a name for yourself and with this comes the chance to firm up future plans. Your instincts are accurate.

**Cancer**

(June 22 - July 22):

Once you're comfortable and settled with where you're at now, you'll have the confidence to move out of your comfort zone knowing your strengths and limitations. You've built a solid foundation for the future. Deal with the tough stuff. You'll be rewarded for your efforts.

**Leo**

(July 23 - August 22):

You're good at finding short cuts and opportunities others miss. When you trust this inner radar you can come out ahead. Show your strengths and celebrate your successes, but do so judiciously for there's more work ahead and you will accomplish a lot. Patience pays off.

**Virgo**

(August 23 - September 22):

Drop preconceived notions of what you should want and you'll find out what you really do want. Balance what your head and heart say. When things run smoothly you'll know you're on the right path. Listen to your inner knowing but speak up only when the time is right.

**Libra**

(September 23 - October 23):

You're in a very solid situation that allows you to make and execute long range plans. Do more of what you love. Others may not approve but with patience you can win the day. If they continue to disapprove agree to disagree. You can find harmony by showing respect.

**Scorpio**

(October 24 - November 21):

You manage well but may be feeling a sense of isolation. You seek a deeper sense of peace at a soul level. Look within and allow the answers to present themselves to you. You have the courage to do what must be done to honor the messages or information you receive.

**Sagittarius**

(November 22 - December 21):

Consider what you'd like more of in your life, then do what it takes to get it. Initially this could be difficult but it gets easier as you go. Let those you care about know how much they mean to you. As your situation changes, reconsider your environment and finances.

**Capricorn**

(December 22 - January 19):

Working on health and wellness should include taking time to relax with friends. Stand your ground on issues that are important to you even if others are upset by your stance. Change is in the air. Take advantage of opportunities that allow you to feel more fulfilled.

**Aquarius**

(January 20 - February 18):

A phase of your life is ending. Don't look back; instead rush towards the brighter future you know awaits. Something you've always wanted will be yours. You know now what you can control and what you can't. Minor details and distractions no longer bother you.

**Pisces**

(February 19 - March 20):

Relax and trust that what is meant to be yours will come to you. Holding to your principals is important. You will be rewarded with feedback that your abilities and skills are valued and that you are respected. Be open to new experiences.

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