



THE VOXAIR

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FREE

IN THIS ISSUE:

Exercise
NORTHERN
BISON

page 2

Providing Good
Customer Service

page 6

17 Wing Raises
Mega-bucks at
Mega TGIF

page 7

Black History
Month

page 8

17 Wing Winnipeg
Commemorates
International
Women's Day

page 10

Patrick –
The Irish Legend
or Saint?

page 14



PHOTO CREDIT: SGT SERGE GOULIN, RIDEAU HALL

CWO Wallace (Ret'd) receives his Member of Military Merit (MMM) medal from Her Excellency the Right Honourable Michaëlle Jean, Governor General and Commander-in-Chief of Canada.

SERVICE WITH DISTINCTION Former 17 Wing Chief Warrant Officer Receives MMM

SECOND LIEUTENANT GREGORY KUHN, 17 WING PUBLIC AFFAIRS

17 WING WINNIPEG, Man. – At a private ceremony held at Rideau Hall on Friday, February 26th, former 17 Wing Chief Warrant Officer (CWO) Glenn Wallace (Ret'd) was invested as a Member of Military Merit (MMM) by Her Excellency the Right Honourable Michaëlle Jean, Governor General and Commander-in-Chief of Canada.

CWO Wallace (Ret'd) joined the CF in 1979 as a finance/resource management support (RMS) clerk and served in a number of postings

across Canada and in such illustrious places as: the Golan Heights, Canadian Forces Station Europe (CFSE) Heidelberg, Germany, and as a member of the Canadian Contingent NATO Airborne Early Warning Force in Geilenkirchen, Germany.

His final posting brought him in July 2006 to 17 Wing Winnipeg as the Wing CWO; a position he held until his retirement in June 2009.

As CWO Wallace (Ret'd) departed the parade square last June he left

us with these parting words, "my final job and appointment as the WCWO at 17 Wing Winnipeg has clearly been the highlight of my career; I owe a great deal of gratitude and respect to the men and women of the Defence Team and I will be forever grateful to the Canadian Forces leadership that had the confidence in my abilities to serve in this capacity."

The order of military merit, the country's highest such honour administered by the Governor General, is awarded to recognize

meritorious service and devotion to members of the Canadian Forces.

For more information on the Order of Military Merit, visit: www.gg.ca/document.aspx?id=72

For more information on becoming a RMS clerk in the Canadian Forces, visit: www.forces.ca/html/resourcemanagementsupport_clerk_reg_en.aspx.



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Exercise NORTHERN BISON

BY CORPORAL BILL GOMM, 38 BRIGADE PHOTO JOURNALIST

WINNIPEG, Man. – “The moose meat we got today is going to be excellent,” said MCpl Steven Arens of The Saskatchewan Dragoons.

More than 100 Army Reserve soldiers from across 38 Canadian Brigade Group (CBG) took to the sub-arctic about 30 kilometres outside Churchill, Manitoba for Ex NORTHERN BISON from 14-21 February.

This training event is one of several steps to increasing the Army's northern capability. In response to the growing strategic importance of Canada's Arctic Region, the Canada First Defence Strategy mandates significant CF presence in the Arctic. And, this exercise is an example of how strategic direction translates into tactical level reality.

The Army Commander tasked four formations across Canada to stand up Arctic Response Company Groups (ARCGs). Within Land Force Western Area, 38 CBG has been given that role.

“So far we've had unparalleled success,” said Maj Desrochers, Company Commander for the ARCG.

“We've had great weather. Combined with that, we have a very motivated group of individuals from across 38 CBG who are out here on the land doing the business of soldiering in the winter.” Two platoons and a company headquarters deployed to the training area accompanied by Rangers from

4 Canadian Ranger Patrol Group (4 CRPG).

“The training is broken down into two parts: One platoon is focused on mobility through the use of our Light Over-Snow Vehicles (LOSVs) and are conducting navigation by day and by night,” said Maj Desrochers.

“Our second platoon works dismounted. So, their practising gives them the opportunity to conduct a number of tasks using snowshoes and skis.”

After a 48-hr period, the platoons are rotated so each has an opportunity to practice both mounted and dismounted operations.

To Maj Desrochers, the Rangers are force multipliers who are able to provide soldiers with local expertise about the sub-arctic environment from the geography to the unique wildlife. As part of the exercise survival training, the Rangers demonstrated to each platoon how to fish with gill nets below the ice as well as how to skin and dress big game.

“One of the Rangers went out and got a moose with a couple of guys that won the lottery,” said MCpl Arens. “All the tents have gotten big slabs of meat and are going to cook them up tonight and have a little feast before we head out.”

“The exercise is going great, it's the normal amount of

confusion when you're bringing in guys from three different provinces who have never met each other before and you're all in the same section and you got to work together.”

Re-supply

When significant numbers of troops are deployed in austere conditions, working together also requires a well-coordinated and dependable re-supply system. Operating in the sub-arctic adds even more challenges such as large amounts of fuel and lubricants for the LOSVs, ice blocks for water, diesel for generators, rations, spare equipment and vehicle parts, miscellaneous supplies and the garbage and human waste removal.

Working out of the Polar Inn in Churchill, exercise control maintained a communication link with the ARCG, a medical station as well as the quartermaster stores, which handled daily re-supply using LOSVs pulling ‘Super Boggans’ and Komatiks.

“We send out one re-supply every day under a push-pull system, which essentially means that for the pull side of it, if the ARCG requires equipment, supplies, fuel, etc., they contact us and we push it out to them, said exercise control duty officer, Lt Nelson Jenkins.

“Everything worked very smoothly on this end. A couple of more standing offer agreements with local



With the dogs attached to the trace, Ranger Gerald Azure's team is ready to go.

authorities for maximum lift of personnel would probably be beneficial to the Brigade,” he said, referring to the number of visitors tripping over an opportunity to observe and assess the training.

“For example, this morning with the snowed in, if we had more SOAs in place with local tourist attractions that are capable of carrying five, six people at a time in, for example a BV-206 configuration, that would go leaps and bounds in providing lift support out to the actual troops itself. If we had our own integral support of a BV-206, even better!”

Public and Media Relations

Every major training event should have a Public Affairs Plan. In this case, no local media organizations are located in Churchill so the plan called for bringing Winnipeg media up to Churchill to communicate what the Army is doing in the sub-arctic and why.

Journalists from CTV, the Winnipeg Sun, and Global Winnipeg accompanied the Commander, 38 CBG during his visit near the exercise's end.

“I thought it was a lot of fun,” said Winnipeg Sun reporter Paul Turenne. “First of all, it was something different from what I do most days. I'm at the Legislature most of the time going to press conferences. To come out here, fly in a chopper, go out to the base out in the bush,

watch the guys pull the fish out of the river... even to eat their lunch... was interesting just to see what's in the ration kits.”

On the final day of training, the soldiers took part in an austere range. This was also to be the final part of the media visit. But, Mother Nature stepped in and nullified that plan. The flight was unable to take off due to low cloud ceiling and the by snowmobile could not guarantee a return in time to

catch the commercial flight back to Winnipeg.

“The fact that the weather turned on us here today, honestly, is not a big deal to me,” said Mr. Turenne. “It would have been interesting to go out to the firing range, but, it also shows the reality of the situation.”

“Just to see how you guys are dealing with it, having to adapt to it and change plans on the fly; it's all part of the reason why.”

While Pte Matthew Montague holds a pole used to secure a gill net below the surface of the ice, Ranger Dixon Hunter tries to free the rope from the ice with MCpl Steven Arens observing. BGen Kelly Woiden is in the background.



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17 Wing Auxiliary Security Force Personnel Join 17 Field Ambulance and Cross Lake Cadet Corp for Annual Winter Exercise

PRIVATE MATTHEW JOYCE-PODOLAS, 17WASF/WING ORDERLY ROOM

Cross Lake Royal Canadian Army Cadet Corp holds an annual Winter Exercise in conjunction with Winnipeg's 17 Field Ambulance. This year it took place February 12-15 2010 in Jenpeg, Manitoba, taking advantage of Manitoba's Louis Riel Day so that it could be extended for an extra day.

Local 17 Wing Auxiliary Security Force (WASF) members, Sgt Rob Parrell, Pte Glen Campbell, Pte Tracy Joiner and Pte m Matthew Joyce-Podolas got an opportunity to attend the Winter Exercise in order to help with the event and learn new skills themselves.

The Corp, located south of Thompson on Cross Lake First Nation, is the northernmost Army Cadet Corp in Manitoba. Although the Corp is still in its infancy at just a few years old,

there is an immense sense of pride at what has been accomplished, both from the community and especially the young Cadets.

The event for the cadets is planned masterfully, and their days are strictly regimented. The exercise begins Saturday morning when the cadets wake up at 0630 hrs and form up in three ranks, snug in their CF parkas and mukluks. A morning march up to the nearby Hydro Dam and back sets off the mood for the weekend. The members of this young Corp march smartly in unison with each other while reciting marching tunes. Many employees of Manitoba Hydro come out to cheer the Cadets and take pictures.

When asked what it took to get the Corp started, Commanding Officer 2Lt

Bob Smith says it was tough at first.

"Cross Lake is far removed from the North Centre, and that made it difficult to get things going logistically. As well as being a new Corp and the staff being new Cadet Instructor Cadre (CIC) Officers there was a definite learning curve involved."

Despite the struggles forming a new Army Cadet Corp posed, 2Lt Smith and his Officers soldiered on. They wanted to instill pride and discipline in the youth of Cross Lake and keep them away from the gangs and substance abuse inherent in many northern communities.

"That's why we started. I saw a lot of young people getting into trouble and joining gangs. We want to be the counter to that,

give them a fun alternative. We treat all of our Cadets like young adults. If any problems arise, they are dealt with as adults in a way that everybody can learn from," said 2Lt Smith.

It must be working as the number of young adults enrolled in the Cadet Corp is rising quite steadily each year it is in operation. For this weekend there were close to 60 cadets present for the exercise. The word of mouth from the Cadets to their peers in Cross Lake seems to be effective as 2Lt Smith is expecting even larger numbers for next year.

The Cross Lake Cadet Corp will soon be named after their affiliated unit: 17 Field Ambulance located at Minto Armoury in Winnipeg. The Commanding Officer of 17 Field Ambulance Major Daniel Ayotte describes the



relationship between the unit and the Cadet Corp as special.

"When I first came up to Cross Lake, Bob took me around and I met people from the community and they explained to me how the Cadet Corp gave the kids hope," said Major Ayotte. "I decided we need to do more than just supply some items from stores for these kids. We wanted our unit to be a link to the community here in Cross Lake, and there isn't a better way to showcase this than our annual joint exercise."

A link to the community is immediately apparent as volunteers from Cross Lake were working diligently behind the scenes making sure the event went off without a hitch. Manitoba Hydro workers volunteered their time and showed their support by providing hot meals for the troops and donating the land the main camp was set up on. Local RCMP Officers came out to show their support and praise the efforts of the Cadets as well as 2Lt Bob Smith and his staff.

It didn't take long to realize how special this event really was to all involved. So much so that on Saturday February 14, the camp was paid a visit by MLA Bonnie Korzeniowski, the Manitoba Special Envoy for Military Affairs.

"Cadets are a priority, they are our future," Mrs. Korzeniowski states. "It makes sense to invest in them."

Mrs. Korzeniowski marveled at how everything for this exercise came together so smoothly.

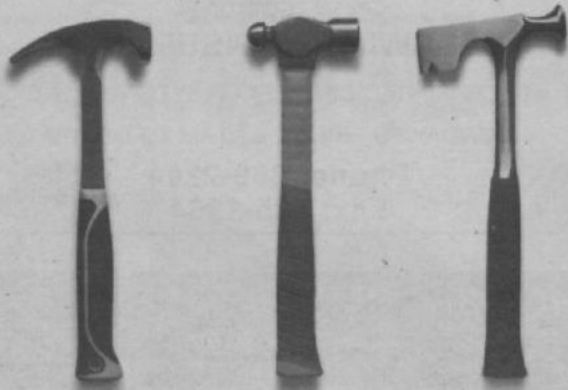
"The level of organization and the amount of dedication is amazing. It goes beyond flipping pancakes for breakfast, the community really pulled together."

After hearing of 2Lt Bob Smith's discussions with Manitoba Premier Greg Selinger for creating a drill hall for the Corp, Mrs. Korzeniowski offered her support.

"Getting the Premier to commit to the drill hall is essential. Programs such as this have to keep growing and we need to ensure people like Bob get the support they need," said Mrs. Korzeniowski.

This is truly an inspirational story of overcoming obstacles and putting forth hard work. Having an Army Cadet Corp in Cross Lake has distilled a strong core set of values into the young troops. Under strong leadership the Corp will continue to thrive in the future and hopefully WASF members can have a part in that.

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Olympic Pride – The Torch is Passed on to the Paralympics



BY CAROLYNN DERKSEN, REGIONAL ADAPTED FITNESS SPECIALIST

National pride skyrocketed as Canadians came together to support athletes and to showcase Canada to the world at the Olympics. Catching the momentum from this wave of energy, the Paralympics started on 12 March 2010. This is the first time that the Paralympics has been held on Canadian soil and the athletes are ready.

The Paralympic Games grew out of the Stoke Mandeville Games in 1948 at the Stoke Mandeville Spinal Injuries Unit in the United Kingdom. Sir Ludwig Guttmann, a neurosurgeon, realized that sport-motivated injured soldiers, sailors and airmen & women to improve their strength and well-being. He started up sport competitions within his rehabilitation programs. This has grown into an international competition where elite athletes dig deep to achieve their goals.

Canada's Paralympic team of 55 athletes will be participating in 5 winter sports: Para-Alpine Skiing, Biathlon, Cross-Country Skiing, Ice

Sledge Hockey, and Wheel Chair Curling. Athletes competing at Paralympic Games are classified into categories to keep the competition fair. This also happens in able-bodied sports. For example, boxers compete against others in the same weight category. The classifications are amputee, spinal cord injury, cerebral palsy, visual impairment and Les Autres (which in French means "the others"). This category is for those athletes whose physical disabilities are not within the other four categories.)

Some of the sports are further classified as well. The skiing events are divided into Standing, Sitting, and Visually Impaired Categories. Wheel Chair Curling and Sledge Hockey do not have specific competitive classifications but athletes are evaluated to determine whether or not they are eligible to compete in the sport. The 5 winter sports are divided into 64 different events.

The Soldier On Fund Program has goals similar to

the Paralympics. It provides resources for ill or injured Canadian Forces personnel and former personnel to attain and maintain a healthy and active lifestyle through physical fitness, recreation and sport.

Soldier On OP SANS LIMITES is sending 15 soldiers from across Canada to Vancouver 2010 Paralympics.

The aim of Op SANS LIMITES is to inspire injured or ill Canadian Forces personnel to experience the sense of confidence and empowerment that comes with enjoying sport at all levels, from playground to the Paralympic Games; and to honour the military origins of the Paralympic Movement. There are 3 CF members from Joint Personnel Support Unit—Prairie Region Element, who will be representing Team Soldier On: MCpl Adam Cyr (Shilo), Cpl Lance Lafleur (Shilo), and Cpl Ryan Elrick (Winnipeg). They will be able to participate in a Sledge Hockey Clinic and Curling Clinic prior to

the start of the games, and then spectate at a variety of events. Team Soldier On will be joined by injured/ill military personnel from Great Britain (15 personnel confirmed) and the United States of America (up to 30 personnel). Canada, USA and Great Britain joining forces once again is symbolic of the origins of the Paralympic movement as these three countries formed the largest contingents of the Allied troops during WWII.

For the schedule of events for the Vancouver 2010 Paralympic Games and for info on Team Canada's athletes, go to www.Paralympic.ca. To watch events, go to CTV's website for the TV schedule; for live streaming you can go to Paralympic Sport TV or CTV's website.

At the last Paralympic Winter Games in Turin, Italy, Canada ranked 6th overall winning 5 gold, 3 silver and 5 bronze medals. Their goal for Vancouver 2010 is to be in the top three.

GO CANADA !!!

LOGISTICS BRANCH BURSARY PROGRAM

http://cosmat.ottawa-hull.mil.ca/lbi/en/programs_bursaries_e.asp

The Logistics Branch Bursary competition is only open to children of serving Regular Force and Reserve Force members of the Logistics Branch. Reserve Force members must have a minimum of 2 continuous years employment as a logistician in the Reserve as a substantiated by their CO. Applicants must be in, or have completed their final year of secondary schooling and preparing to attend or attending an institute of higher learning. Only candidates undertaking studies up to university undergrad programs will be considered. Only candidates that have not previously received a bursary may apply.

Essay and application form submission: With the application form, the applicant must write a short essay between 500 and 1000 words, which describes yourself and should include family background, current activities (academic, club, sport, volunteer, etc.), personal interests, future plans, provides the reason(s) why you should receive a bursary and include your financial needs. Essays are to be submitted in either official language, typed double-spaced on 8½ x 11 inch paper. The Logistics Branch reserves the right to authenticate all information pertaining to the application prior to making any decision.

****The application form and essay must be received by June 30, 2010 and mailed to the address below. Application forms received late or without proper information and endorsements will not be considered.**



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Merci de votre collaboration dans le cadre du programme de recyclage de la 17^e Escadre. Si vous avez des questions, veuillez communiquer avec le personnel du bureau de l'environnement de la 17^e Escadre.

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- cartons à lait et boîtes à jus
- journaux, revues, papier de bureau, papier déchiqueté et enveloppes
- bocaux et bouteilles en verre
- boîtes en carton aplaties de moins d'un mètre de longueur; peu importe la direction, p. ex. boîtes de céréales, de mouchoirs, d'emballage
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- récipients pour déchets dangereux ménagers, comme ceux pour l'antigel, l'huile pour moteurs, le liquide lave-glace, l'eau de javel, les pesticides, les herbicides - vous pouvez reconnaître bien des déchets dangereux à partir des pictogrammes (p. ex. corrosif, explosif, poison, inflammable)
- papier d'aluminium
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- emballage en styromousse
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Merci de votre collaboration. Environnement et matières dangereuses, 17^e Escadre

RECYCLING in the workplace

While it is appreciated that you recycle in the workplace, it has been brought to our attention by the Wing's recycling contractor that many items currently being disposed of in the recycling bins, are not recyclable by current recycling facilities and thus should go into the garbage.

Please review the following materials to ensure that you are disposing them in an appropriate fashion.

Thank-you for assisting with 17 Wing's Recycling Program. Any questions can be directed to the 17 Wing Environment Office.

CAN BE RECYCLED

- plastic containers with a recycling triangle on the bottom, including all drink bottles and milk jugs
- aluminum and tin drink/food cans
- milk and juice cartons/boxes
- newspapers, magazines, office paper, shredded paper and envelopes
- glass jars and bottles
- flattened cardboard, no more than 1 metre in any direction, e.g., cereal, tissue and packing boxes
- flattened cardboard that is larger than 1 metre should be placed in the large 6 cubic yard collection bins placed at various locations around the Wing

CANNOT BE RECYCLED

- paper coffee cups (including Tim Horton's, Starbucks, Aramark etc.)
- books, bound documents and binders
- plastic bags, plastic packaging and cellophane
- household hazardous waste containers, such as antifreeze, motor oil, windshield washer fluid, bleach, pesticide or herbicide. You can identify many hazardous waste products by the danger symbols (e.g., corrosive, explosive, poison and flammable)
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BY PRIMROSE KNAZAN, LEARNING ASSISTANT

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When we experience poor customer service, we become irritable, frustrated, and sometimes angry. Often, only one small misstep can create a situation of poor service and a dissatisfied customer.

As customers, we expect a great deal from those who provide us service, however as customer service providers, the act of giving good customer service, isn't always as easy as it would appear. We are often told "The customer is always right." But is this true all the time? What do we have to do to provide good customer service? And how far do we have to go in order to go the extra mile?

Fortunately, the Learning and Career Centre has recently added the course, Customer Service, to help

employees improve their customer service skills. The next session is scheduled for Monday, April 12, 2010 and is open to civilian and military personnel.

If part of your job involves providing service to the public or to military or civilian personnel or if you answer questions and concerns in person, by phone or e-mail, you may benefit from this course. As public servants, our jobs are essentially to serve the public and we should try to do this to the best of our abilities.

The Customer Service course covers the definition of customer/client service, skills required for effective service, the difference between internal and external customers, problem solving, and open and direct communication skills. The course also looks at how perception plays a part in communication, the importance of body language, and paraphrasing in order to ensure that customer's needs are met.

The course also features various videos on customer service, such as Give 'Em the Pickle, which emphasizes the importance of doing something extra to keep your customers happy. Various videos and books about customer service are also available for sign-out through the LCC library.

Customer service is extremely important as an everyday skill and also for professional development. 'Client Service Orientation' is a competency that often appears an essential or asset qualification. Therefore upgrading or maintaining excellent customer service skills is not only good for the organization, but also for the employee.

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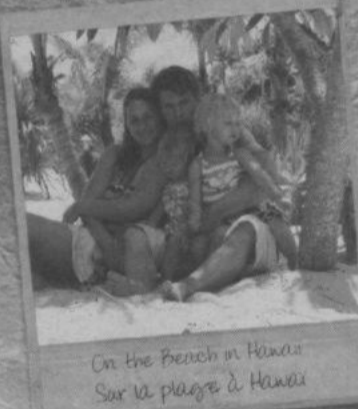
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Come Join a Stamp Club

BY ALF BROOKS

The Scandinavian Collectors' Club meets the second and fourth Wed-

nesday of October, November, and January-April at the Scandinavian Centre on Erin Street. We begin gathering at 7:00 p.m., the

meeting starts at 7:30. We are a small group of about a dozen each meeting, each of us dedicated to collecting philatelic material of one or

more of the Scandinavian countries: Denmark, Norway, Sweden, Finland, Iceland, Greenland, the Færoes Islands and the Åland Islands.

If you have an interest in one or more of these, come join us!



Image: Department of National Defence

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The Legion professional Service Officers, whose role is mandated through legislation, provide representation services, advocacy and benevolent assistance FREE OF CHARGE, whether or not you are a Legion member. Visit www.legion.ca/ServiceBureau.



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17 Wing raises Mega-bucks at Mega TGIF

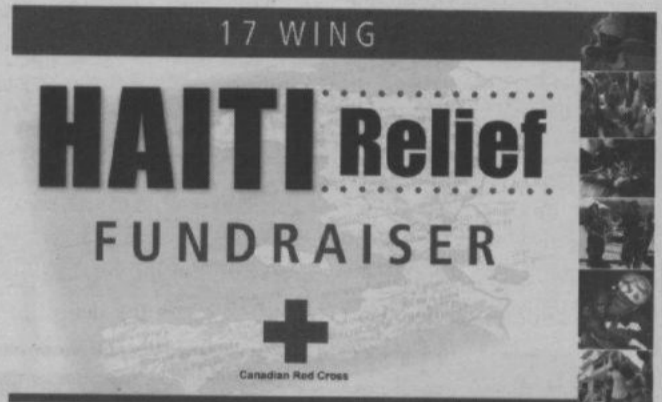
17 WING WINNIPEG, Man. – From the very first aid efforts, 17 Wing personnel have been involved in helping Haitian survivors after the devastating earthquake in early January.

But some wanted to do more.

"I was chatting with Gen Blodin's wife and she was telling me how bad the conditions were in Haiti before the earthquake, let alone after," says Solange Sookram, Coordinating Construction Services, Defence Construction Canada. "I thought maybe a small fundraiser for 80-100 people at TGIF would be something we could manage."

Solange was put in touch with MCpl Matthew Croft, as a contact with the Junior Ranks' Mess.

"We started making calls and everything just snowballed from there," says MCpl Croft.



"Until a week before the event, I was still planning for 80-100 people. All of a sudden I was told to plan for three or four hundred," says Solange.

What followed was a panicked week and a successful event.

"Dominoes donated pizza, Wing Foods planned a menu that met with our budget and numbers," says MCpl Croft.

At the event, 17 Wing Commander Col Boilard sang the praises of the community-minded spirit of the planners.

"Despite the tremendously high ops tempo that we face with Op Podium and Op Hestia, two of our own took it upon themselves to do more for the people of Haiti" says Col Boilard.

The fundraising effort actually started the week before, with the tempting offer to get permission to wear civilian clothing at work for Fridays in February. Any member that wanted to take advantage had to pay-up ten dollars, going to the Haiti relief efforts.

At the event, members were offered the opportunity to bid on prize packages including everything from golf clubs, to a Boston Bruins jersey, to an interior designer consultation.

Not only was every rank from no hook Private to Major-General in attendance, but also local sports celebrities.

"We had players from the Winnipeg Blue Bombers show up, completely voluntary on their own time," says Solange.

All told, the entire week raised thousands of dollars for Haitian relief.

"The best part of the entire evening was the sense of community: everyone wanted to get involved and volunteer help," says Solange.

The official cheque was presented on 23 February at the Wing Commander's Coffee Break.

All money raised went to the Red Cross to help in Haiti.

"We just want to thank everyone for their support," says MCpl Croft.

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Black History Month

BY CORPORAL BILL GOMM

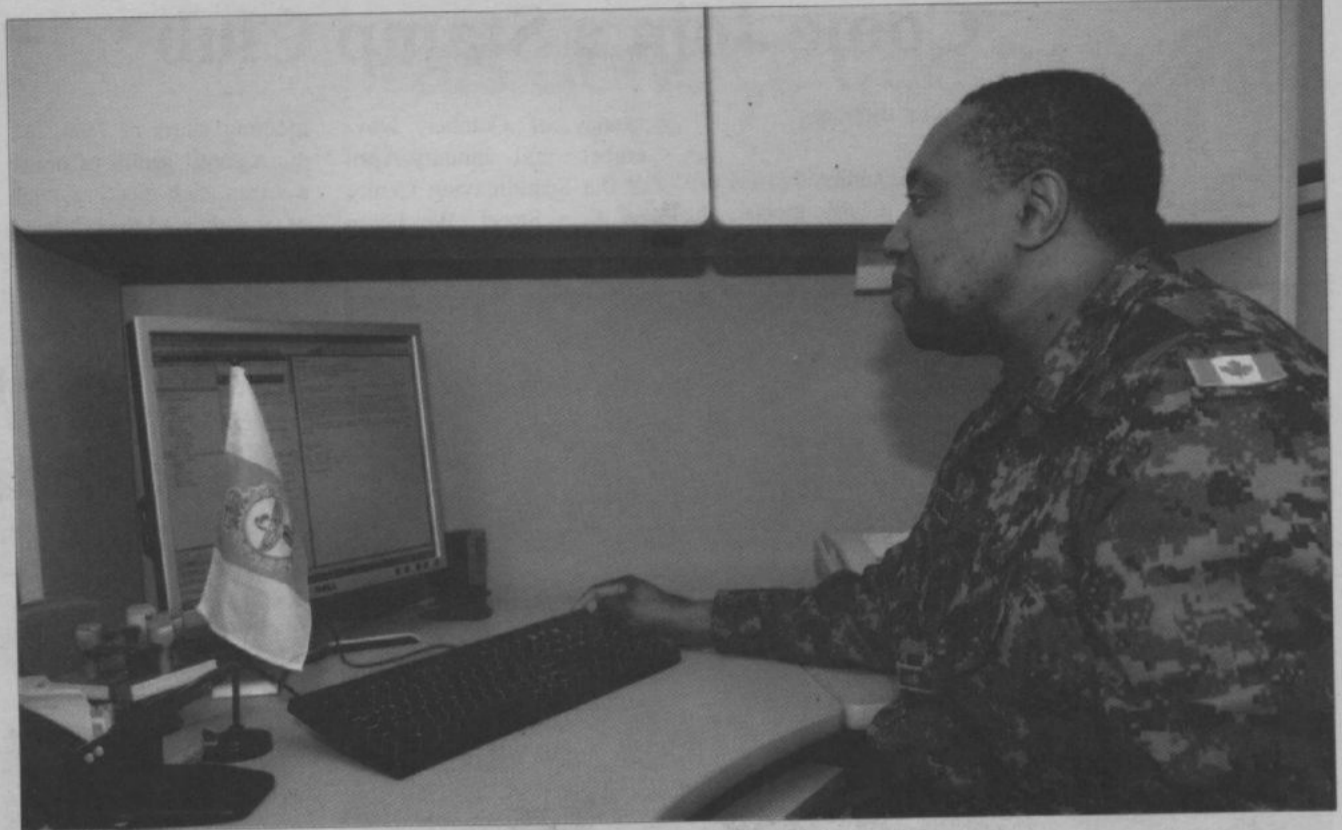
WINNIPEG, MB — "Growing up was very hard. I was too white to be black and too black to be white," said Warrant Officer Benny Grant of the Winnipeg Infantry Tactical Group.

In December 1995, the House of Commons officially recognized February as Black History Month, following a motion introduced by the first black Canadian woman elected to Parliament, the Honourable Jean Augustine. The House

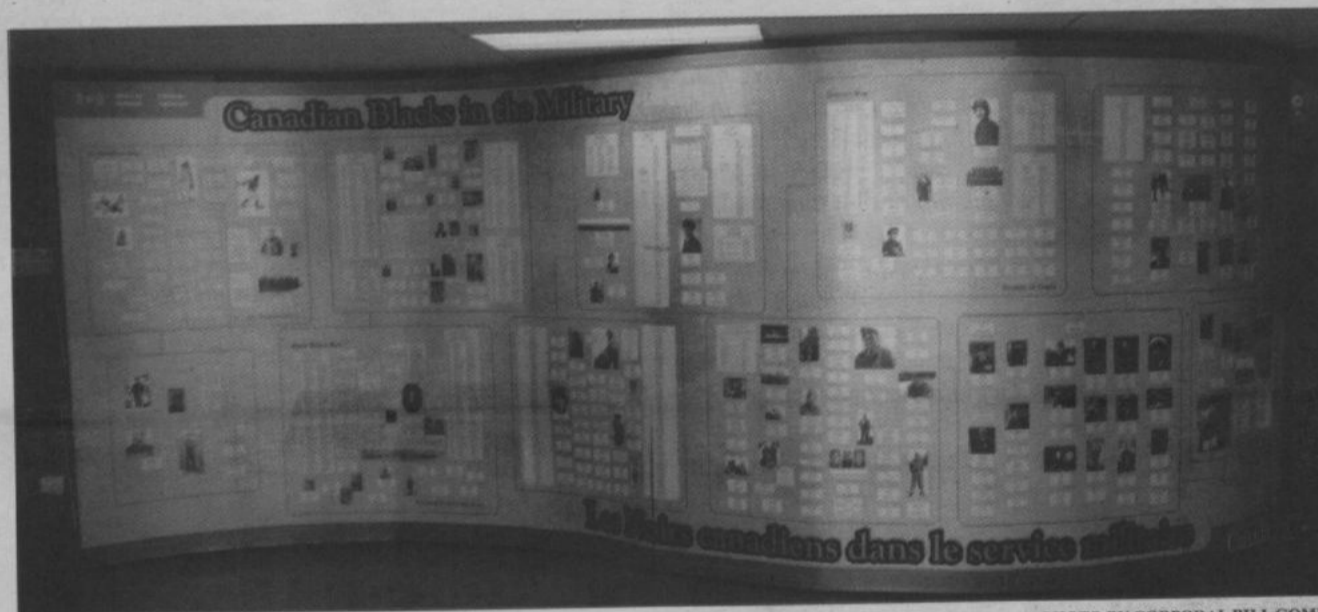
of Commons carried the motion unanimously.

During the month of February, a portable military wall showing the history and dedication of blacks in the Canadian Forces was on display throughout Winnipeg as well as at 17 Wing, HMCS CHIPPAWA and Minto Armoury.

The wall was an initiative by 17 Wing's Defence Diversity Advisory Group for Visible Minorities.



Second Lieutenant Matthew M'Pinda-Cimanga, 13 Military Police Platoon, at work.



The Canadian Blacks in the Military portable wall display at Minto Armoury.

PHOTO BY CORPORAL BILL GOMM

For WO Grant, who grew up in Lake Echo, Nova Scotia in a racially mixed family—his mother was from Jamaica and his father from England—life was tough.

"Lake Echo border-lined an all black community and then east of that were predominantly all white people," said WO Grant. "It caused a lot of problems."

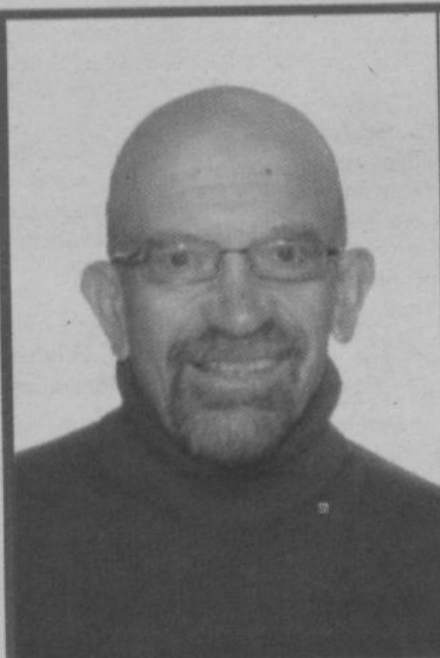
"Black history month means that it's a proud moment for black personnel to be recognized for their achievements in the military."

Second Lieutenant Matthew M'Pinda-Cimanga grew up in the Republic of Congo and moved to France in 1984 for his studies. In 1994,

he immigrated to Canada. He is currently the platoon commander for 13 Military Police Platoon.

2Lt M'Pinda-Cimanga said he feels it is important to celebrate Black History Month but when asked what it is like to serve in the CF as a black man, he said: "I'm black, but, now I'm talking to you, I don't see my face. I see your face. You're white so, mostly, I see your uniform. We share the same thing; we share the uniform. It's the most important because we serve one flag. We serve the interests of Canada."

"This is beyond race, beyond accent," he said. "I can say it's an honour for me to serve under this flag."



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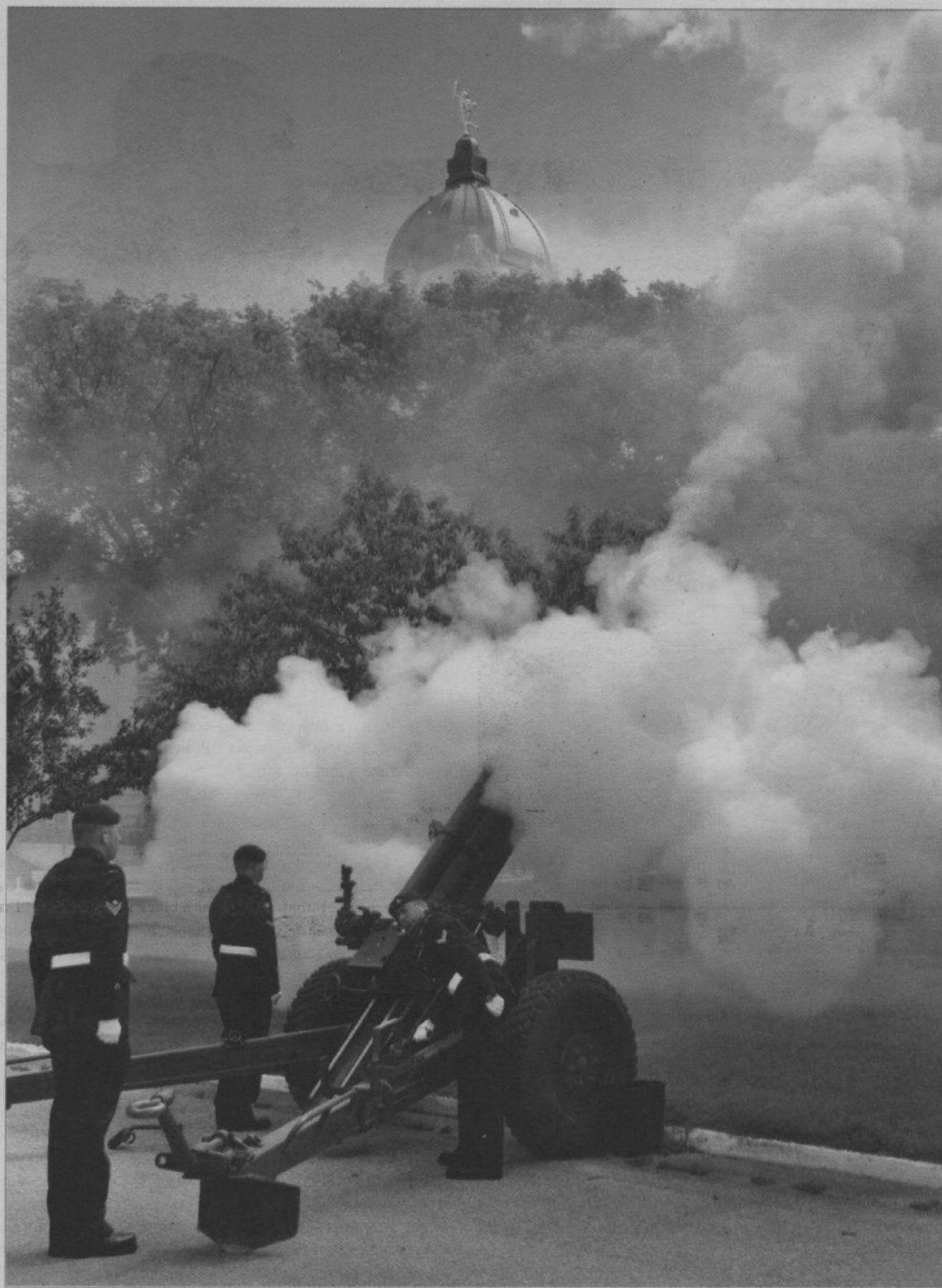
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Wonderboy Wins Honourable Mention during 2009 Canadian Forces Photo Contest

One of Winnipeg's own image Techs, Cpl Colin Akin, won an honourable mention in the professional category military life. The winning entry "Wonderboy" depicts 26 Field Artillery Regiment firing a 15 gun salute at the Manitoba Legislature. The Canadian Forces photo contest is a popular event for professional and amateur photographers with 1816 entries submitted by 306 participants.

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Thanks For All You and Your Families Do



A note from the desk of the 17 Wing Chief Warrant Officer

SHEILA A. BLAIR, 17 WING CHIEF WARRANT OFFICER

17 WING WINNIPEG – This certainly has been a busy beginning to 2010 for 17 Wing and its personnel. Our wing continues to support worldwide deployments, such as OP Podium and OP Hestia; often leaving many sections and squadrons shorthanded. In spite of this, you continue to get the job done and for all of that I thank you and your families.

As a service member who returned from a 6 ½ month deployment just over a year ago, I can tell you that it is very difficult being away from your family. I can also tell you that it is extremely hard being the one who stays behind often worrying about the one who is away. At this moment my husband Blaine is in Haiti and my daughter Leslie is preparing to deploy overseas.

It isn't easy living the way we do, having to go away or saying good-bye to our loved ones; but it is what we do and we do it well.

A few weeks ago, on the first day of the Olympics, we received a letter from Canada's hockey teams. Their words brought tears to my eyes and a huge smile to my face. They wrote that "as athletes we know that

what we do for our country can never measure up to your contributions; the sacrifice and dedication that our armed forces show on a daily basis."

Their words mean so much, and I believe they are a true reflection of what many Canadians feel about the job that we do.

2010 Air Force Run looking for volunteers

2LT GREGORY KUHN, 17 WING PUBLIC AFFAIRS

17 WING WINNIPEG, Man. – On your mark, get set...we are now accepting volunteer applications for the upcoming 2010 Air Force Run. It's the chance to join a dedicated team of volunteers as we welcome runners from across Canada competing in the 5km, 10km and ½ marathon events.

Whether it is working as a race marshal, water stations worker, or during race registration and pick-up; we are looking for enthusiastic volunteers to fulfill these roles and many more. If you have the time – We have a job for you!

No experience necessary.

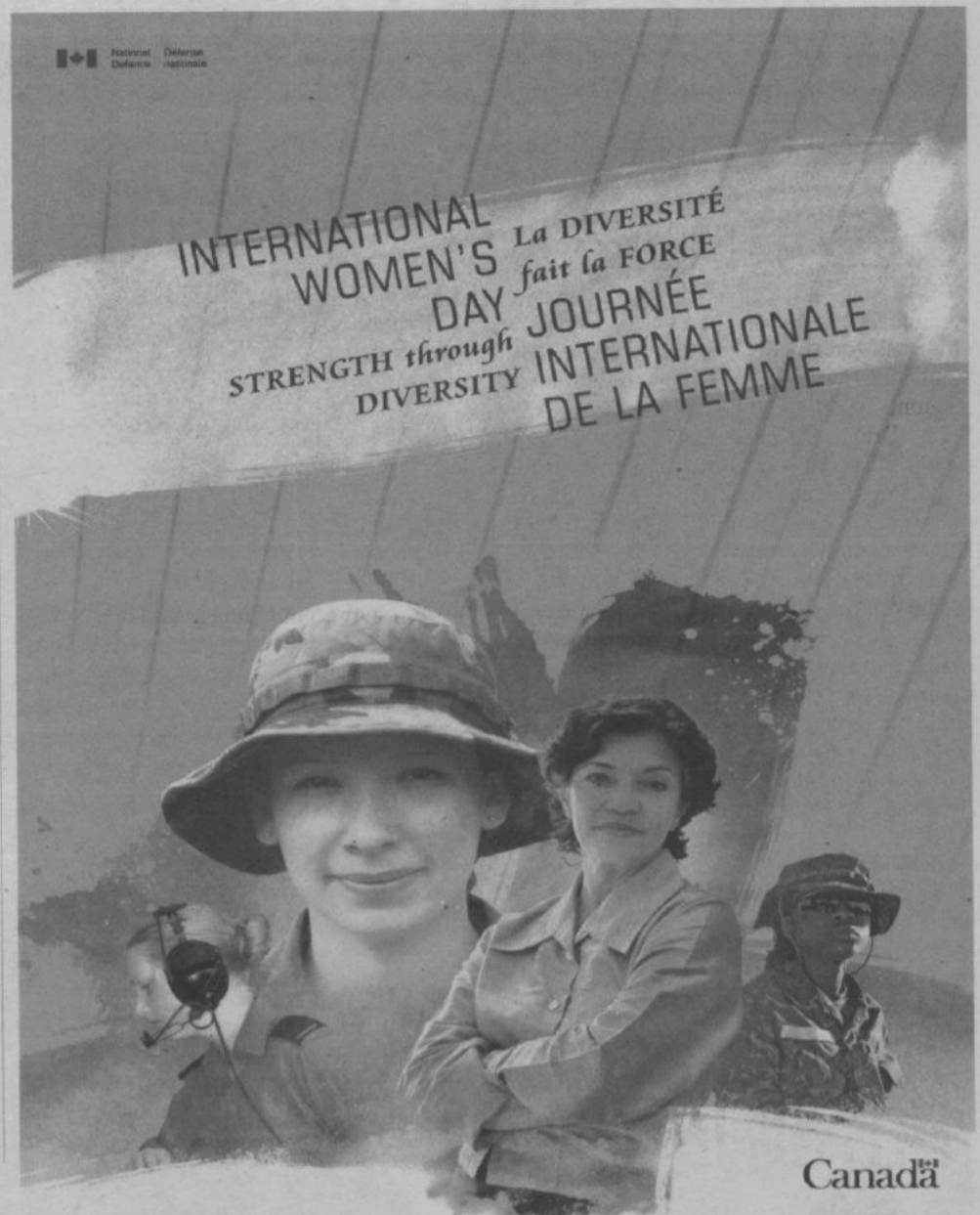
"The spectacular success of last years' Air Force Run would not have been possible without the tremendous effort by more than 200 volunteers and cadets," said Maj Rob Clark, Deputy Commandant of the Canadian Forces School of Aerospace Studies and Chairman of Air Force Run 2010.

"Too often people think that they play only a small part; that they would not be missed. Are they ever wrong! Everyone plays an important role in the success of each year's run and should take pride in their involvement," said Sgt Christian Ritchot, 2010 Air Force Run Volunteer Coordinator.

This year's Air Force Run, to be held on and around 17 Wing on Sunday, May 30th, is open to both the public and military members.

"Be part of a terrific event, support great CF charities and have some fun! Sign up today," said Maj Clark.

For more information on volunteering for the 2010 Air Force Run; please visit www.airforcerun.ca or call the Air Force Run head office at 833-2500 ext 6759.



Canada

The strength of our past – The roots of our Success

17 Wing Winipeg commemorates International Women's Day

2LT GREGORY KUHN, 17 WING PUBLIC AFFAIRS

17 WING WINNIPEG, Man. – Since the first 12 nurses who answered the call to military service in 1885 through present day, women have proudly worn the uniform of the Canadian Forces.

On Monday, March 8th, 2010, 17 Wing Winnipeg took time to celebrate International Women's Day; a global celebration to recognize the economic, political and social achievements of women – past, present and future.

"International Women's Day is an opportunity to celebrate the continued contribution of DND/CF women while recognizing those who have enabled us to get where we are today," said Mrs. LoriAnn McNabb, Employment Equity Committee Chair.

17 Wing Winnipeg has played a unique role in empowering equality for women; CWO Linda Smith (Ret'd) the first female appointed to the position of Wing Chief Warrant Officer (CWO) served our wing between July 1996 and July 2000.

"It is never easy being the first to forge new paths and achieve the recognition that you deserve. Many women gave up because the fight was too hard or the pressure became too much," said the current 17 Wing CWO Sheila Blair. "My thanks to all of those women who came before me and made my journey a little easier."

The 2006 CF Employment Equity Plan indicates an overall goal of 19.5% female enlistment in the CF; currently women comprise

15.1% with: Army 11.0%; Air Force 17.5%; Navy 13.9%; and Reserves 18.2%.

A final thought for women from the Wing Chief: "Do not follow where the path may lead, go instead where there is no path and blaze a trail."

For more information, please visit the Defence Diversity Advisory Group: <http://17wing.winnipeg.mil.ca/wadmin/diversity/ddag.htm> (intranet)

For more information, please visit the Defence Women's Advisory Organization: http://hr.ottawa-hull.mil.ca/dhrd/engraph/agsec/dwao_home_e.asp

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CFNIS WR Toll-Free Drug Hotline

In June 2009, the National Drug Enforcement Team from CFNIS Western Region, created a Toll-Free Drug Hotline that would allow for concerned Canadian citizens and CF members to confidentially and anonymously report any CF members involved with illegal drugs.

Citizens may have information of illicit drug activities involving CF members, but they may not feel comfortable attending the local MP Detachment to report it. With the implementation of the Toll-Free Drug Hotline, concerned citizens now have the ability

to report this information, without leaving the privacy of their homes or offices.

The CFNIS WR Toll-Free Drug Hotline is 1-877-355-DRUG (3784), and is available to citizens residing in Alberta, Saskatchewan, Manitoba, the Northwest Territories, Nunavut, and the Thunder Bay area of Ontario.

A CF Drug Investigator, shown below, indicates that Intelligence Based Policing is an important and reliable method of investigating criminal activity.

Small Steps to Big Changes... Take the Challenge!

We've all heard that a little goes a long way, here's your opportunity to give it a try!

Celebrate the Canadian Forces Health and Physical Fitness Strategy by encouraging your Unit to take the Active Living Challenge! For April and May, see how healthy and well your unit can live and notice what a difference a short period of time can make in the lives of your colleagues, staff and family!

What is active living?

Active living means that you find ways to be physically active every day. Examples are taking the stairs at work or turning off the TV and going for a walk outdoors or going dancing.

There are many reasons why active living is a good idea

for you and your family. It's fun to be active together as a family and with friends. Kids who are active keep busy out of school and learn better in school. It's a good way to meet new people.

Being active can help protect you against heart disease, Type 2 diabetes, osteoporosis, arthritis, depression and some types of cancer. Along with healthy eating, physical activity helps you maintain a healthy weight.

Why should I practice active living in the workplace?

The latest Health Canada Population Health Survey suggests 15 million Canadians spend half of their waking hours at work. This same survey also shows that people who are inactive at work also tend to be

inactive at home. With time being cited as the primary barrier to increasing one's activity, it is vital to find ways of increasing physical activity to, from and at the workplace.

Workplaces that encourage regular physical activity and active living may experience increased productivity and morale, reduced injury rates, better employee relations, improved job satisfaction and improved employee health and fitness.

What will active living do for me?

Being physically active can have a dramatic impact on your health. People who are physically active enjoy better health, improved fitness, better posture and balance, increased confidence, weight control,

stronger bones and muscles, more energy and reduced stress. What are you waiting for?

What's involved?

The Active Living Challenge encourages you to live your best life! Earn points by making small changes, or continuing behaviours you've already started, such as: attending a noon hour fitness class at Building 90 or 21, drinking 8 glasses of water a day, or by doing something nice for your neighbour or volunteering.

Stay tuned for registration information. Are you ready to take steps to feeling better?

MARCH IS NUTRITION MONTH!

Join us for **LUNCH & LEARN**

Tuesdays 1215-1300

All sessions will be held at the LCC, Building 135, room 113 to become Label Savvy.

22 March 1215
Supplementation: Get the Facts

FOR MORE INFORMATION CONTACT EXT. 4160

2010 Olympic Circuit

PSP Fitness staff hosted an Olympic-themed circuit on Friday, 26 February. Over 35 members challenged themselves in Olympic "events" including hockey, speedskating, snowboarding,

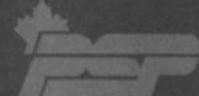
luge, biathlon, figure skating, and curling. A final relay competition of speedskating and the skeleton scooter were held to determine who would stand on the podium. Competition was fierce, and

a gold medal performance was delivered by all!

Prizes were awarded to the relay winners, and also to participants who displayed good sportsmanship and

esprit-de-corps. Refreshments and healthy snacks were put out following the event and enjoyed by all.

Start fresh this Spring!



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23 CF Health Services Centre

The mission of 23 CF Health Services Centre is to support 17 Wing and 38 Brigade operations by providing quality and comprehensive health care services, through promoting health protection both at home and abroad. Using a Primary Care model, 23 CF Health Services Centre provides a wide variety of health care services including: sick parade for urgent matters only, booked appointments for other health concerns, eye glasses contracting, community health services (including immunizations), mental health services, chaplain services, case management, laboratory, x-ray, pharmacy, physiotherapy and preventative medicine. The clinic also coordinates all required medical specialty services with civilian agencies.

Hours of Operation

All appointments are to be booked through Reception at local 5595.

BOOKED APPOINTMENTS (routine medical concerns): Mon-Fri 0830-1450 hrs
SICK PARADE check in (acute, urgent health concerns only): 0730-0800 hrs

PHARMACY
Mon-Fri 0730-1200 hrs & 1300-1500 hrs

IMMUNIZATION
0800-0900 – APRV only.
Bookings for all other needs through Reception.

MENTAL HEALTH
Mon-Fri 0730-1600 hrs ext. 5086

Mental Health has a 24 hr 1-866-682-9820 non-emergent number which provides information on accessing services.

After Hours Routine

The Canadian Forces Health Information Line (CFHIL) can be accessed 24 hrs a day/7 days a week to provide CF members with convenient telephone access to health care advice and general health information. This service has been designed to

improve continuity of care, particularly during silent hours or in remote locations. 24 hrs a day/7 days a week call: **1-877-MED-DENT** (1-877-633-3368).

Personnel requiring emergency medical care after hours are to report to the nearest civilian hospital. Members are required to report to 23 CF Health Services Centre on the next working day. If you are admitted to hospital for any reason, it is your responsibility to contact your supervisor/unit and to ensure that they are aware of your situation.

Personnel prescribed medication from an emergency department that must be taken immediately, may go to a civilian pharmacy and obtain the medication by using their CF Health Care Card (Blue Cross Card). It should be noted that the Blue Cross card is for the member's use only. It is not to be used to provide medications to family mem-



bers. A list of pharmacies that are guaranteed to accept the Blue Cross Card is available from the 23 CF Health Services Centre Pharmacy.

Member Assistance Program

Obviously, you wish to have the best quality of life you possibly can have. However, a variety of problems can arise which can disrupt your life. These problems, whether they are professional or personal, can affect your well being as well as the quality of your work. In this case, a valuable resource is

available to you: the Member Assistance Program, which offers free and confidential counseling services to military members and their dependents.

If you decide you need help from the Member Assistance Program, call to discuss your personal situation or to make an appointment. 1-800-268-7708 or 1-800-567-5803 (for hearing impaired)

Ambulance/Emergency Services

Personnel are to call 911 for

all life-threatening medical emergencies. During hours of operation, phone 911, then call Wing Operations local 2700 who will notify 23 CF Health Services Centre so they can assist the 911 services.

Patient Parking

Patient parking is located on north side of building 62; patient entrance is the main door of building 62.

23^e Centre des services de santé des FC

Le 23^e Centre des Services de Santé des FC a pour mission de faciliter les opérations de la 17^e Escadre et de la 38^e Brigade en offrant une gamme complète de services de soins de santé de qualité et en faisant la promotion de la protection de la santé, au pays comme à l'étranger. Le 23^e Centre des Services de Santé des FC fournit toute une série de services, tels que les visites médicales, les examens de routine, les services d'un opticien à contrat, des services de santé communautaire, des services de santé mentale, les services d'un aumônier, la prise en charge de cas, la consultation gynécologique et les services cliniques pour femmes, l'analyse en laboratoire, la radiographie, une pharmacie, la physiothérapie et la médecine préventive. De plus, le centre coordonne tous les services des médecins spécialistes avec les organismes civils.

Heures d'ouverture

Bureau d'accueil (pendant les heures d'ouverture) poste 5595

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pour APRV seulement de 8 h à 9 h. Les heures peuvent être adaptées aux horaires de travail des membres by appelez 5595

SANTÉ MENTALE
Du lundi au vendredi, de 07 h 30 à 16 h 00 poste 5086 ou pour non émergent l'information 24h 1-866-682-9820

Après les heures d'ouverture

Vous pouvez joindre la LIGNE INFO-SANTÉ DES FC en tout temps. Ce service vous permet d'avoir facilement accès à des conseils et à de l'information générale sur la santé. Il a été conçu pour améliorer la continuité des soins, particulièrement en dehors

des heures de travail et dans les régions éloignées.

Vous pouvez appeler ce numéro jour et nuit, tous les jours de la semaine : **1-877-MED-DENT** (1-877-633-3368)

Si vous avez besoin de soins médicaux d'urgence en dehors des heures de travail, vous devez vous présenter à l'hôpital civil le plus près. Le jour ouvrable suivant immédiatement l'urgence, vous devez vous rendre à la clinique médicale. Si vous êtes hospitalisé pour une raison quelconque, vous devez communiquer avec votre superviseur ou votre unité pour l'aviser de votre situation.

Si un service d'urgence vous prescrit des médicaments que vous devez immédiatement prendre, vous pouvez les obtenir dans une pharmacie civile au moyen de la carte santé des FC (Croix bleue). Veuillez prendre note que seuls les militaires peuvent utiliser la carte de la Croix Bleue. Vous ne pouvez donc pas acheter de médicaments pour les membres de votre famille. Vous pouvez vous procurer la liste des pharmacies qui acceptent la carte de la Croix bleue à la pharmacie du 23^e Centre des Services de Santé des FC.

Programme d'aide aux membres

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Si vous estimez que vous avez besoin du Programme d'Aide aux membres, n'hésitez pas à appeler le numéro suivant pour discuter de votre situation personnelle ou pour prendre un rendez vous.

1-800-268-7708 ou 1-800-567-5803 (pour les malentendants)

Service

En cas de situation urgente constituant un danger de mort, vous devez appeler le 911. Pendant les heures de travail, appelez le 911, et composez ensuite le 2700. Ainsi, le personnel médical des FC sera informé de l'urgence et pourra aider le service 911.

Le Stationnement

Le stationnement patient est situé du côté nord du bâtiment 62 ; l'entrée patiente est la porte principale du bâtiment 62.



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STAND-UP FOR FAMILIES COMEDY

Thursday, April 1

8:00 pm

Junior Ranks' Mess – Red River Lounge



featuring



JASON BECK is a Winnipeg comedian and former journalist who has been performing stand-up comedy for more than a decade and has developed a reputation for wry wit, quick one-liners and inventive audience interaction. His material is clean, friendly and topical while entirely based on real life experiences. Delving into relationships, family life and popular culture, Jason is an observational comic with a sarcastic edge. Jason performs regularly at Rumor's Comedy Club in Winnipeg, has performed in the CBC Winnipeg Comedy Festival, has appeared on CBC and XM satellite radio, and regularly performs in theatres and at corporate events across the country.

ROB BRUNEAU is a Winnipeg comedian who's been entertaining audiences since 2002. He has a likeable, self-deprecating style and likes to poke fun at embarrassing situations, family life and relationships. Rob performs regularly at Rumor's Comedy Club, has appeared on CBC and XM satellite radio and also performed in the Winnipeg Fringe Festival as a member of the hit "5 Winnipeg Comics" stand-up show for four straight years.



HEATHER WITHERDEN doesn't think there's much difference between housewife and house arrest. She's been described as a cup of hot chocolate, sweet but scalding. A military spouse and mother of three boys, Heather Witherden definitely tells it like it is; ask her family, who really wish she'd use a stage name. Heather has performed in the CBC Winnipeg Comedy Festival, has appeared on CBC and XM satellite radio and was a finalist in the 2008 Winnipeg's Funniest Person With a Day Job competition at Rumor's Comedy Club.

Tickets \$20 each

WEEKEND TRIP TO MINNEAPOLIS

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 (from the Grant Park Mall) on **FRIDAY, MAY 7** at 6:30 am
Return will be on **SUNDAY, MAY 9** at approx 5:30 pm.

- Cost for a two night stay at the Country Inn & Suites in Albertville is \$216 US.
- No more than four people per room. (2 queen size beds per room)
- You must have a valid Passport for the trip.
- To reserve your seat, a deposit of \$85.00 Cdn (non-refundable) for the bus fare is required.

UPCOMING EVENTS...

MARCH 21
DEPLOYMENT SUPPORT NETWORK • 1:30 pm • Baked Expectations

MARCH 25 MUNCH AROUND MANITOBA • 6:00 pm
Mona Lisa Restaurant • 1697 Corydon Ave.

MARCH 29, 30 & 31 BABYSITTING COURSE • \$15 per participant

MARCH 31 FAMILY MOVIE AFTERNOON • 2 to 4 pm • FREE

APRIL 1
EASTER EGGSTRAVAGANZA HUNT • 9:30 am – 12 pm • \$5 per child

APRIL 15 TRUE COLOURS • 1:15 to 3:15 pm • FREE

APRIL 30 SLEEPOVER AT THE MUSEUM • \$30 per child

The South Side Youth Centre will be open from 2:30 to 6 pm & the North Side Youth Centre will be open from 5 to 9 pm during spring break.

To register for any of these programs, or for more information, call 833-2500 ext. 4500 or visit www.mfrc.mb.ca.

Winnipeg MFRC launches pilot project

Families experiencing deployment will have the chance to relax, de-stress, and learn some valuable tools for reunion and integration thanks to an idea that stemmed from the Deployment and Reunion Advisory Committee. The Reunion and Reintegration Retreat (R&R Retreat) was the result of a discussion with an advisory committee member from Winnipeg.

"One of the ideas put out was that the military members coming back from Afghanistan go through a decompression session, and there's not really anything like that for families," said Sandra Doody, Deployment Coordinator for the Winnipeg MFRC. "That was such a great idea. It stuck with me."

A conversation with Melissa Bryden, Operational Stress Injury Social Support (OSISS) Family Peer Support Coordinator about supports for family brought the idea back to the forefront.

As discussions about what the MFRC and OSISS could do to help families preparing for reunion grew, Diane Brine, the Youth and Personal Development Coordinator from the MFRC became part of the planning group. She had recently been trained by the Mental Health and OSI Joint Speakers Bureau to deliver a family decompression briefing similar to the one members receive in Cyprus. The presentation is now an integral part of the weekend.

As the idea for the R&R Retreat generated excitement, other helping professionals from 17 Wing were approached to see if they would be interested in participating. Information sessions will be delivered by OSISS, 23 Health Services, Health Promotion, PSP Community Recreation and Chaplains.

Workshops offered during the weekend will include managing stress, communication and healthy living. Children will be creating artwork about their deployment experiences, and they will have the chance to discuss their concerns about reunion.

"This weekend is all about the families. It is an opportunity to let them know that we appreciate everything they do to support military operations and their loved one serving abroad," said Brine. "The challenges for reunion and reintegration can be difficult for many families. Our goal is to provide families the opportunity to meet, exchange experiences, learn from others, destress and have some fun."

Invitations for the first retreat were sent to families who will be experiencing a reunion one to two months after the retreat weekend. Participants include spouses, parents, significant others and children. Ten families from Winnipeg and 10 families from Shilo will be participating in the inaugural retreat weekend.

"It is something that we hope to be able to offer again in the future," said Doody.

Funding for the March weekend retreat was donated by woundedwarriors.ca.

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Patrick – The Irish Legend or Saint?

BY PADRE MARIO GAULIN

As we look at St. Patrick's Day being celebrated on 17 March 2010, it may be a good idea to consider if this day of remembrance is simply about an Irish Legend or actually pointing to some truth about a special man.

St. Patrick's Day is celebrated every year with people dressing in green colored clothing, four leaf clovers and drinking green beer. Most non Irish people think it is fun to pretend that they are Irish on this day, just to have a reason to drink. Some people even think that St. Patrick's Day is based on leprechauns and searching for gold. But who is this famous person that people celebrate every year?

St. Patrick was born around 387 AD, and at the young age of 14, he was captured and forced to be a slave in

Ireland to tend and herd sheep. At the age of 20, he escaped from his slavery and found sailors who took him back to be reunited with his family in Britain. He later returned to Ireland where he preached the gospel, built churches, monasteries and converted thousands of people, including Kings and their families to Christianity. Saint Patrick spent nearly 40 years preaching and performing miracles in Ireland. He feared nothing, not even death. Many believe that he died on March 17, 461. And as such, March 17 was declared and became popularly known as St. Patrick's Day.

In the early part of the 17th Century, the day became a feast day in the universal church due to the influence of the Waterford-born Franciscan scholar, Luke Wadding. Even though he was a great person of the

faith, St. Patrick has never been formally canonised by a Pope. Nevertheless, various Christian churches declare that he is a Saint in Heaven. And he is still widely venerated by English-speaking Orthodox Christians living in the United Kingdom, the Republic of Ireland and in North America.

There is actually a movie that was released a while ago called "St-Patrick – The Irish Legend." This film covers St. Patrick's early life and the years he later spent preaching the Gospel throughout Ireland. Overall, the movie is wonderful, but it is not entirely based on Patrick's two historical letters, as it also includes later legends. For example, Patrick didn't drive the snakes out of Ireland--there were never any there. Patrick's letters do not mention either that he turned

into a deer or defeated the druids. Read "The Salamanca Letters: A Catalogue of Correspondence" (1619-1871) from the Archives of the Irish Colleges in Spain in the Library of St. Patrick's College, Maynooth, Ireland (Hardcover).

In summary, on 17 March, let us not only remember to beauty of "green" as seen in the pastures of Ireland but also the reason that lead St. Patrick to be great. Let's remember the powerful Christ of Christianity who was in him and led to such great transformation of Ireland.

May you know the secret that was in the heart of St. Patrick!



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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

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.

Lenten and Easter Services

Protestant

Throughout this holy time of year services and special events will be take place (in English only) in the Chapel of the Good Shepherd, 2235 Silver Avenue (Bldg 94, off Whytewold), as follows:

Maundy Thursday	1 April	1700 hrs	Joint RC/Protestant Passover Liturgy with dinner
Good Friday	2 April	1200 hrs	
Holy Communion	21 March	0900 hrs	
Palm Sunday	28 March	0900 hrs	
Easter	4 April	0900 hrs	Holy Communion (breakfast to follow)

Please join us.

Roman Catholic Masses

Throughout this holy time of year services and special events will be take place (in English only) in Saint Marguerite Bourgeoys Chapel, 2235 Silver Avenue (Bldg 94, off Whytewold), as follows:

WEDNESDAYS		17, 24 March	1900 hrs	Stations of the Cross
THURSDAY	Maundy Thursday	1 April	1700 hrs	Passover Supper and Liturgy (Joint RC & Protestant)
			1900 hrs	Feast of the Lord's Supper/ Reposition & Adoration
FRIDAYS	Good Friday	2 April	1500 hrs	Poor man's supper to follow
SATURDAY	Holy Saturday	3 April	1900 hrs	Easter Vigil
SUNDAYS		21 March	1100 hrs	
	Passion Sunday	28 March	1100 hrs	
	Easter	4 April	1100 hrs	To be followed by brunch

Please join us.



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TAROSCOPES

BY NANCY

ARIES
(MARCH 21 - APRIL 19)

Stop rushing around trying to do it all. Take the time to carefully reflect on learning experiences. This prepares you to give advice when others ask. Don't get pulled into emotions that leave you feeling isolated. Ground yourself by focusing on just the facts.

TAURUS
(APRIL 20 - MAY 20)

Getting to the heart of a matter may be avoided for a while but limitations have developed as a consequence. Instead of avoiding or regretting what has happened, see that it opens new avenues of adventure. You can't go back but there is a lot ahead to look forward to.

GEMINI
(MAY 21 - JUNE 2)

If you're feeling like things are finally looking up, you're right. So relax and enjoy it. You're feeling stronger and are ready to seize opportunities when they arrive. Be open, be optimistic, be creative. Maintain the attitude that anything is possible and that life is for living.

CANCER
(June 22 - July 22)

Sitting and worrying won't get you anywhere. Even if you're not totally sure what to do, do something. Once in motion it will be easier to see what needs to be done and how to do it. Trying to maintain the status quo will wear you out because nothing remains the same.

LEO
(JULY 23 - AUGUST 22)

You wish you could have everything you want but if you are tempted to throw caution to the wind and do whatever suits you, look out! You'll find out the hard way that this is fine in theory only. When you opt for one thing you must forfeit another. Let go of what isn't possible.

VIRGO
(AUGUST 23 - SEPTEMBER 22)

Gather information until you are confident you know what is required to get your finances in order. And remember much of what we worry about never comes to pass. Be proactive instead of wasting time. Happiness can come by enjoying life's simple pleasures.

LIBRA
(SEPTEMBER 23 - OCTOBER 23)

Look at the foundation first when doing an assessment. Doing the preparatory work well gives you peace of mind and covers you in case of unforeseen circumstances. Property value holds if the foundation is good. Agreements hold if they are written properly.

SCORPIO
(OCTOBER 24 - NOVEMBER 21)

Staying organized is difficult because things keep cropping up. Deal with the unexpected promptly and methodically. Do your best and take a stand when you must. Compromise can't solve everything. Some things won't "fly." Be analytical and detached.

SAGITTARIUS
(NOVEMBER 22 - DECEMBER 21)

If you're full of determination and a desire to expand and explore, great! Do it, but don't use this as a way to avoid dealing with an emotional issue. Being logical and optimistic is all well and good but you can't negate your deeper feelings or you'll feel isolated

CAPRICORN
(DECEMBER 22 - JANUARY 19)

What you have is good but something is missing. Go after what makes life special, whatever that may be to you. Your vision will clear soon, so that you can plan your course of action. Indecisiveness fades as you set off for the future boldly following your bliss.

AQUARIUS
(JANUARY 20 - FEBRUARY 18)

Work on your personal health and wellness. This is especially important if stress is adversely affecting you. Practice a few short come-backs so you're prepared to face the "know-it-alls" and gossips who may try to bring you down because they are jealous.

PISCES
(FEBRUARY 19 - MARCH 20)

Things are not what they appear to be so use caution when making plans. But, don't let this hold you back. Go out and do something different. Explore your options. This is not the time to make firm decisions but for waiting to reap the rewards for past efforts. Be patient.

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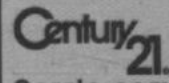
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