



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

A Big Win for 17 Wing Winnipeg... And the Moose



Members of 17 Wing Winnipeg and their families gather on the ice after the Manitoba Moose trounced the Texas Star 4-3 at the 6th annual Manitoba Moose Military Appreciation Night on Friday, March 18. More photos and story on pages 8 + 9.
Photo: Shane Gibson

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Sacrifice Medal presented



BGen Rick Pitre (right) presents a Sacrifice medal to Sgt David Horochuk. Photo: Sgt Bill McLeod

Wing Public Affairs

On Friday, 18 March, BGen Rick Pitre - Commander of 2 Canadian Air Division, presented a Sacrifice medal to a member of Team Winnipeg who sustained injuries while deployed to Afghanistan in 2007.

During an intimate ceremony attended by family and senior members of Team Winnipeg, BGen Pitre presented the medal to Sgt David Horochuk, a Survival, Evasion, Resistance and Escape (SERE) Instructor at the Canadian Forces School of Survival and Aero-medical Training (CFSSAT) located at 17 Wing.

"This medal is a heartfelt token of our appreciation, Canada's appreciation, for your personal sacrifice," said BGen Pitre.

On the morning of 13 June 2007, while conducting a patrol in Zhari District, Afghanistan, elements of the Royal Canadian Regiment Company Sgt Horochuk's platoon was a part of came under effective enemy contact. After several hours of intense, sustained action his platoon endeavoured to extract themselves from the area. Regrettably during the extraction several members of the platoon, including Sgt Horochuk, sustained injuries. As a direct result of these injuries Sgt Horochuk was presented the Sacrifice Medal.

The Sacrifice Medal was created to provide a tangible and lasting form of recognition for members of the Canadian Forces and those who work with them who have been wounded or killed by hostile action and to Canadian Forces members who died as a result of service.

Air Command Band opens its doors



Sgt Bill McLeod
Wing Public Affairs Photojournalist

For most people the phrase 'Military band' conjures up images of people in uniform marching and playing martial music. But that image was shattered forever on Tuesday, 08 March when the world renowned Air Command Band (ACB) based at 17 Wing held their first ever Open House and Industry Day.

Showcasing their talent and energy several of the ACB's ensembles, including the newly formed

'Jet Stream, a large contemporary music group, wowed an audience of representatives and leaders from government, the local performing arts community, education departments, charities and service clubs whose appreciation for the bandsmen was manifested with loud and sustained applause.

"Now the title Air Command Band (ACB) serves as the umbrella

name for a group of diversified smaller ensembles," said Commanding Officer and Director of Music Lieutenant (Lt) John Fullerton, a native of Halifax, Nova Scotia.

Lt Fullerton told the audience over the past 2 years the ACB has performed in a variety of events in Canada and overseas ranging from Canadian Forces appreciation nights held by professional sports teams, festivals, ceremonial performances to their annual Christmas concert tour of Manitoba and Saskatchewan. However, due to the fact that the band is a professional military band there are some events and functions that the ACB can not support.

"So, at this point you may be asking what the Air Command Band can do for you; the simple answer 'Ask us'," said Lt Fullerton.

The Air Command Band is one of six professional full time Canadian Forces bands across Canada. The band was originally formed in 1946 as a large symphonic band and remained that way until 2009 when it was changed to fit today's events and audiences.

VOXAIR

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Former HCol talks to 17 Wing Nijmegen Team

Sgt Bill McLeod
Wing Public Affairs Photojournalist

"You will represent the liberators of Holland, the Canadian people, and our deployed troops fighting in various parts of the world as good will ambassadors," said former Honorary Colonel (HCol) Bernadus (Ben) van Ruiten to the candidates of the 17 Wing Nijmegen 4 Days Marches team.

At a briefing for the team in the Wings Netherlands Theatre on 10 March, HCol van Ruiten's related his wartime experiences as a young man during the occupation of the Netherlands where he spent years surviving, resisting, and evading the Nazis.

During the presentation, the HCol described the initial occupation and the immediate rationing of bread, meat, flour, and clothing.

"In 1943 the Germans imposed a further cut of our rations and hunger became part of our existence, especially in the cities," said van Ruiten. "Black market and barter in all commodities started to thrive."

The HCol told the audience how he and his father befriended a farmer who provided them wheat to grind in their little coffee mill and how they dodged a German patrol by hiding in a ditch, risking deportation to a concentration camp in the process.

According to Veteran's Affairs, by 1945 the official daily ration per person in the Netherlands had fallen to 320 calories or about an eighth of what an average adult requires.

As the Nazis took casualties, men and women between the ages of 18 and 35 not employed in agriculture or a vital industry were the most vulnerable to be deported to work in slave labour camps building the de-

fences of Fortress Europe. HCol van Ruiten described avoiding the "razzias" or round ups by hiding in disguised basement shelters and one time even dressing as a woman in hiding.

He was not completely successful.

On 19 September 1944, HCol van Ruiten zigged when he should have zagged. Thinking the neighbours had a better hiding spot he was captured when he tried to move to it.

"I jumped over the hedge which separated our properties right into the arms of a Nazi soldier," said van Ruiten.

He managed to escape, after letting the married men go first, by climbing through a bathroom window of the holding place.

Describing the march and the visits to the Canadian cemeteries to the candidates for this year's 17 Wing Nijmegen team, HCol van Ruiten explained how to this day, the people of the Netherlands light candles to put on the headstones of Canadian soldiers at Christmas. On Liberation Day school children place flowers on Canadian soldiers' graves and helicopters drop poppies over the cemeteries.

"You will never forget the days you participate in this 95th event and the hospitality of the Dutch people," the HCol promised his audience.

HCol van Ruiten was the longest serving HCol in the Air Force when he finished his tour in January 2007 and is the only HCol who has received a Canada Decoration without serving a day in the military. HCol van Ruiten was also awarded the Meritorious Service Medal for his service to 17 Wing and the Winnipeg community.

"I have no doubt that his (HCol van Ruiten) recollections will serve as an inspiration



Former 17 Wing Honorary Colonel Ben van Ruiten talks to the candidates for the 17 Wing Nijmegen team at the Netherlands Theatre. Photo Credit: Sgt Bill McLeod

for the candidates," said Major Heather Collins, an Administration Officer at 17 Wing and the 2011 Team Captain.

Canada established strong bonds with the Dutch during the war. The Canadian government sheltered the royal family of the Netherlands throughout the war and 7600 Canadian troops gave their lives in the liberation of the Dutch homeland. When the advance into the Netherlands halted so the Nazis would

not blow dykes and flood the country, Canadians dropped supplies to the starving Dutch people. The Dutch are appreciative of Canadian efforts to this day.

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435 Squadron conducts Air-to-Air Refueling

**Capt Alan Rydman and
Capt Chris Jacobson**

1921 marked the birth of air-to-air refueling (AAR). A patent for AAR was issued to Russian aircraft designer Alexander de Seversky and, that same year, wing walker Wesley May climbed from a Lincoln Standard aircraft to a Curtiss JN-4 while in flight with a can of fuel strapped to his back. He then poured the gas into the JN-4. From a practical point of view, the concept needed more work.

AAR plays an important role in missions at home and abroad for the Canadian Forces, who began conducting AAR in the 1980s with the CC-137 (Boeing 707).

AAR allows aircraft to fly beyond their normal range to extend the area of influence of air power, extends the length of time a mission can remain in the operational area

or combat zone, and allows pilots to use of shorter runways to take off with partial fuel loads, knowing they can "top up" in the air, or to use the available weight to increase their ordnance package.

It also provides an aircraft with the flexibility to operate beyond its normal limitations, which is important given the vastness of the Canadian land, sea and airspace.

435 Transport and Rescue ("Chinthe") Squadron from 17 Winnipeg, Man., provides tactical AAR with the CC-130T Hercules using the proven "probe and drogue" method. With a fuel tank in its cargo compartment, the Hercules can carry 85,000 lbs of fuel, enough to refuel up to eight CF-18 Hornets.

AAR requires constant practice for both the tanker crew and fighters. Standard operating procedures are part of the solution



A CF-18 Hornet fuels from a CC-130 Hercules transport aircraft over the shores of British Columbia. Credit: MCpl Vaughan Lightowler.

Gassing up



Sgt Sylvan LaForce
Refuelling Section (TEME SQN)

At 11:30 on February 17, Refuelling Section had the privilege of showing how efficient they can be at a moment's notice. We received the task of re-fuelling a CT-150T (Air Bus Tanker) during a one hour turn-around; simultaneously, using four Refuelling tenders to meet the required timing. We provided over 78 283 Ltr of jet fuel. This was a great test which proved a complete success.

but the old adage "practice makes perfect" also applies - and 435 Squadron takes this seriously. The five CC-130T Hercules and their crews are constantly in demand and recently demonstrated their abilities on the domestic and international stages.

In addition to northern sovereignty operations, 435 Squadron participated in Exercise RIMPAC in Hawaii in 2010. The exercise is designed to increase tactical proficiency of the 14 allied Pacific Rim countries through a wide array of combined operations at sea, including air components.

"RIMPAC [exposes] our AAR crews to a war-like tempo of operations with a large variety of aircraft types while increasing interoperability with our partners," Captain Marc Boudreau, tanker commander, standards officer and pilot from 435 Squadron.

435 Squadron also participated in Exercise Combat Hammer at Elgin Air Force Base, Florida, last October. Seven CF-18s from 4 Wing Cold Lake, Alta., a CC-150T

Polaris (a strategic AAR aircraft) from 437 Transport Squadron, 8 Wing Trenton, and a CC-130T Hercules from 435 Squadron participated in the annual American-led exercise that evaluates a tactical fighter squadron's ability to execute air-to-surface operations.

"This mission was a success," said detachment commander Captain Lukas Shaver of 435 Squadron. "We were even able to coordinate some strategic tanking on the way home. With both tankers [CC-130T, CC-150T] in Elgin AFB, the redeployment home emphasized the importance strategic AAR, allowing all seven CF-18s to fly directly to Cold Lake."

AAR plays an important, but sometimes under-recognized, role in Canada's air operations. The personnel of 435 Squadron exercise this requirement regularly with dedication and professionalism.



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Wing Commander's Curling Bonspiel Rocks!



17 Wing Commander Col Boillard throws a rock at the annual Wing Commander's Curling Bonspiel. Photo: Shane Gibson

Shane Gibson
Voxair Photojournalist

The annual Wing Commander's Curling Bonspiel was held last week, and the event was once again another roaring success.

"It looked like everyone was having a lot fun, which is great for morale and esprit

de corps," says 17 Wing Sports Coordinator Chris Merrithew. "It was great having the Wing Commander and Wing Chief participating as well."

A total of 20 teams took to the ice at this year's bonspiel, which was held at the Assiniboine Memorial Curling Club on 16 March 11.

"It was a very good turn out," explains Merrithew, estimating that roughly 100 people competed in the all day event. "It was great to see everyone come out and having fun participating."

As well as the curling competition, the bonspiel also featured a skills competition where curlers lined up to see who could get their stone closest to the button without the help of sweepers. Capt Dave Foyers took first prize in the skills competition and Sgt Curtis Bamford came in second place.

A number of prizes were awarded during the bonspiel, with 2Lt Candace Carrothers winning for best sweeper, and the most spirited team award going to the Air Command Band #2 team, who took home Asham curling jackets for the honour.

"They were a very enthusiastic group," says Merrithew of the most spirited squad. "They were always very positive, had a great attitude and had a lot of fun throughout the tournament, which epitomizes what the Wing Commander's tournaments are all about."

Many teams came to the bonspiel decked out in fun costumes, and the best outfit prizes went to Mcpl Heather Diebert, who wore her best and most yellow pajama pants to the event, and WO Bob "Elvis" Rex, who did his best impression of the King of Rock Roll, complete with bushy sideburns.

Overall Merrithew was very happy with how well this year's bonspiel went, and says

he's already looking forward to next year's event.

"It was a great day enjoyed by all the members and we look forward to having everyone out again for the Wing Commander's Curling bonspiel next year."



MCpl Heather Diebert (left) helps out rookie curler 2Lt Candace Carrothers (right) with her shot. Photo: Shane Gibson

Celebrate Earth Hour March 26th, 8:30-9:30 p.m.

While there are many differences of opinions related to climate change, many scientists have agreed that its impacts to the global environment are already apparent and may become more severe over time. One way to promote the awareness of climate change and reduce your environmental impact (and utility bill) is to participate in Earth Hour on Saturday, March 26th at 8:30 p.m.

Occurring on the last Saturday of March each year, Earth Hour is an international lights out event that promotes individuals and businesses to turn off their lights for one hour. The goal of the event is to raise awareness about the solutions to climate change.

While the concept of Earth Hour may appear to be small in size, it demonstrates that together, small actions can make a big difference to help fight climate change. Last year, over 10 million Canadians turned off their lights for Earth Hour. By participating in the event, you and millions of others throughout the world are demonstrating to global leaders that we all must work together to achieve fair, effective, science-based solutions to this growing issue. In addition, turning out your lights will have a small, but positive impact on your utility bill!

So how can you participate? It's easy! All you have to do is turn off your lights for Earth Hour on Saturday, March 26th from 8:30 - 9:30 p.m. Since many of you will be at home during this time, why not make an event out of it? Light some candles and pull out the flashlights. Eat dinner by candle light, play a board game or go out for an evening walk in your neighbourhood. Remind your family that fun can be had without a TV or computer.

Remember, one small action can contribute to something much greater, so turn off your lights for Earth Hour and tell your family, friends and co-workers too!

For more information, visit the official Earth Hour Website at www.earthhour.org or contact the 17 Wing Environment Office.

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38 CBG in the Great White North

Cpl Bill Gomm
435 CBG Photojournalist

"It's been quite cold, but all in all things have been going fairly smoothly," said Corporal Matthew Fick, Second Battalion Princess Patricia's Canadian Light Infantry (2 PPCLI) Combat Support Company (Cbt Sp Coy). "It's definitely an experience for us to get up here in the cold."

Exercise NORTHERN BISON 2011 is the culmination of a three year process by Land Force Western Area and 38 Canadian Brigade Group to stand-up and train one of four Arctic Response Company Groups (ARCGs) as directed in the Army's Arctic strategy, in keeping with the Canada First Defence Strategy.

This year, the exercise was designed to validate the operational capabilities of the ARCG in conjunction with 2PPCLI's Cbt Sp Coy. 2 PPCLI arrived in Churchill on 15 February and began preparing their Light Over Snow Vehicles (LOSVs) along with the toboggans and komatiks that they would be pulling.

"I've been here for little over a week now," said Cpl Fick, who arrived on advance party.

"For the past week we have been setting up and preparing for the arrival of the main body and getting ready to do our advance on Exercise Northern Bison. Believe it or not, we're going farther north to Nunalla. We've been preparing sleds, dealing with cold, preparing all the food, rations, fuel, hooking up toboggans and fixing komatiks."

Under the command of Major Troy Leifso, 2 PPCLI Cbt Sp Coy left Churchill on February 16 to establish a Forward Operat-

ing Base (FOB) at Nunalla, Manitoba near the 60th parallel. This FOB will house the company, a small field medical station, a firing range, an austere airfield, and a resupply point. A few days later, the ARCG will head out from Churchill and join up with 2 PPCLI at FOB Nunalla.

"Temperature today is around -39 Celsius with the wind chill," said Maj Leifso. "So the winds hasn't picked up just yet and we're in town right now. I imagine that will increase once we're up on the sleds and moving on the open terrain, especially across the ice."

The trip to Nunalla is expected to take two days.

"Today we are hoping to at least reach Seal River," said Maj Leifso. "But we're going to try and push on, even further than that."

This is a new experience for a lot of soldiers from Cbt Sp Coy. Training to operate in the North has taken a back seat to current operations such as Afghanistan.

"End result, we take away as much knowledge as we can from the Rangers that are attached to us from basic skills: packing, loading, dealing with the sleds, maintenance of them especially in arctic conditions and knowledge of survival on the land," said Maj Leifso.

"We are going to have the opportunity for 1 Canadian Ranger Patrol Group to teach us how to do some seal hunting. Our guys got some licenses from Department of Fisheries and Oceans so they're all set and excited about doing that."

Exercise NORTHERN BISON ran from 14-27 February.



Members of the Second Battalion Princess Patricia's Canadian Light Infantry, Combat Support Company, divide up the ration supplements for the trip to Nunalla. Photo: Cpl Bill Gomm

The plight of Afghanistan's women

Film festival raises money and awareness

Shane Gibson
Voxair Photojournalist

Organizers of the Afghan Film Festival held at Bldg 90 at 17 Wing Winnipeg earlier this month say the event was a success, and allowed them to reach their two objectives — raising money for and awareness of the oppression of Afghan women.

"We have a number of projects going on in Afghanistan to mainly support women and girls because of their mistreatment through the Taliban," explains Lois Edwards, co-chair of the Manitoba chapter of Canadian Women For Women in Afghanistan (CW4AW), who organized the festival promoted by the MFRC. "We have a teacher training program underway, and we do a lot of fundraising... to pay teacher's salaries."

Founded in 1996, CW4AW is a volunteer-based non-profit organization with members across Canada committed to raising awareness of the urgent need to secure human rights for Afghan women and their families.

Two documentaries — Sun Dance Film Festival winner "Afghan Star", and "The Beauty Academy of Kabul" — were screened at the film festival, held on 12 March 2011, and Barbara Thuen, coordinator of volunteers at MFRC, says the roughly 30 people who attended walked away with a better appreciation of the situation women face in Afghanistan.

"It was a small turn out, but everyone was quite impressed with the films and it was good to learn more about the situation of women in Afghanistan," says Thuen. "I think people were able to get a different perspective on life in Afghanistan, especially as it applies to the women and the difficulties that they face in their day to day living."

Nearly \$450 was raised through ticket sales, a craft sale, and the sale of traditional Afghani chai tea and deserts at the festival, and 100 per cent of the proceeds were donated to Omid-e-Mirmun, an orphanage in Kabul which takes care of 28 girls and makes sure they're safely able to go to school.

With the success of their first Afghani Film Festival at 17 Wing Winnipeg, Edwards says her group is considering screening more documentaries on the base in the future. For more information about CW4AW check out their website at www.cw4wafghan.ca.



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Manitoba Moose show their military pride

Annual Military Appreciation Night another success



Air Command Band Play Canadian and American Anthem during the opening ceremony..
Photo: Cpl Jean Archambault



Cully O'Brien (7) takes a look at one of the displays available at the Manitoba Moose Military Appreciation Night. Photo: Shane Gibson

Shane Gibson
Voxair Photojournalist

When the Manitoba Moose took to the ice last weekend wearing limited edition Arctic camouflage jerseys the crowd – including over 900 uniformed Canadian Forces members and their families – stood to their feet and cheered with pride.

The team donned the special jerseys, which were emblazoned on the shoulder with the official crest of the Canadian Rangers, as part of the sixth annual Manitoba Moose Military Appreciation Night, held at the MTS Centre in Winnipeg 18 March 2011.

"It was a perfect game... it got tight

there for a little while, but it was fun," said 17 Wing Commander, Col J.P.Y. Boilard of the game, which saw the hometown Moose battle a barrage of last minute shots to hold on and win 4-3 against the Texas Stars. "It was a great time."

The night got underway with live performances by the HMCS Chippawa Band, who filled MTS Centre's front atrium with their music, and the 402nd Squadron Pipes and Drums, who played from the 300-level for fans leading up to the pre-game warm-up. Music continued throughout the night as the Air Command Band's Brass Quintet played during intermissions, and the entire Air Command Band took to the ice to perform the U.S. and Canadian national an-

them while accompanied by the 17 Wing Flag Party.

At game time Hon. Col Jim Ludlow of 1 Canadian Forces Flight Training School at 17 Wing and President and CEO of True North Sports & Entertainment stood at centre ice in front of the 9,129 in attendance to present the Manitoba Moose/Canadian Forces Local Hero Award. The award recognizes a military member who has displayed outstanding service and dedication to the community of Winnipeg through volunteer participation in local organizations, government sponsored activities and humanitarian work. This year's honouree was Cpl (ret'd) George Stetina, who created the Adopt-a-Vet program at Deer Lodge Centre

and works tirelessly to raise funds for veterans at the centre.

After Cpl (ret'd) Stetina was presented with a framed Manitoba Moose Military Jersey for his work, Col Boilard along with members of the Canadian Rangers officially dropped the puck to get the game underway.

Col Boilard says he was honoured to see so many military members proudly wearing their uniforms in the stands at the game.

"The whole point of this is to show our community that we are part of the team, and it's great to see all these guys come out here in uniform," he said following the game. "All together it was a very nice response for the military night."

YOUR MEMBERS OF THE LEGISLATIVE ASSEMBLY CONTINUE TO Work Hard for You and Your Family



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Ebullient Wing Members and Moose fans rushed down onto the ice after the game to celebrate the win and meet the players. Photo: Shane Gibson

Throughout the night fans clamoured around a number of military displays set up in the MTS Centre's concourse, getting the chance to hold real weapons and equipment, and learn a little more about what the Canadian Forces are all about.

Sgt Kevin O'Brien helped man CF School of Survival and Aeromedical Training display - which was busy all night with kids getting their faces painted with camouflage - and says he had a great time answering questions and showing off some of the equipment he uses.

"We've had some really good questions," said Sgt O'Brien, adding fans were all very interested in checking

out the pictures of actual training that were set up on the display. "We got a lot of Mantracker and Survivorman comments because of those TV shows, and questions about hunting because we live here in Manitoba, so overall I'd say it went really well."

After the game all CF members were allowed on to the ice for a meet and greet with players from the Manitoba Moose, who signed autographs and posed for pictures with the CF members and their families.

Sgt Craig Sweet, who came to the game with his wife and six-year-old daughter, Jenna, says the whole night was a great experience for him and his family.

"I've been to two or three (military appreciation nights) and they're always just great," said Sweet. "The atmosphere is great and it's so nice to see the players wearing the jerseys with our logo on them."

Jenna says while it was fun to meet Mickey Moose at the game, her favourite part was getting to sit so close to the action on the ice and watch the players crash into the glass in front of her.

"They were spinning right off the boards!" she exclaimed with a grin from ear to ear following the game.

CFB Winnipeg Annual General Meeting

When: • 1900 hrs
• Wednesday, 6 April 2011
Where: WO & Sgts Mess



This meeting is open to all Golf Club members and prospective members. Elections of committee members will be held.
Hope to see you there!
Questions may be directed to the Golf Club President at local 5723.

Posted to Kingston in 2011?

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Wing Commander's Honours and Awards

On 17 Mar 2010 at The Officers' Mess, 17 Wing Commander, Colonel (Col) Yvan Boilard held a Wing Commander's Honours and Awards Ceremony.



Master Corporal (MCpl) JJ Harker receives his 1st clasp to Canadian Forces Decoration



Corporal (Cpl) BF Hudson receives his 1st clasp to the Canadian Forces Decoration



Master Corporal (MCpl) DR Bishop receives the Canadian Forces Decoration



Corporal (Cpl) Nebel receives the Commander 2 Area Support Group Commendation



Second Lieutenant (2Lt) AJ Moreau receives a Commissioning Scroll.



Robert Thiessen receives a Certificate of Service, in honour of your 25 years of service to the Government of Canada



Captain (Capt) DS Felberg receives the 1st clasp to the Canadian Forces Decoration.



Warrant Officer (WO) DA Kohli receives the 1st clasp to the Canadian Forces Decoration.



Petty Officer First Class (PO1) AB Reinhardt receives the 1st clasp to the Canadian Forces Decoration.



Master Corporal (MCpl) JTL Johnston receives the Canadian Forces Decoration.



Corporal (Cpl) DMR Wieser receives the Canadian Forces Decoration.



Mr Shaw receives the Canadian Forces Decoration.



Sergeant (Sgt) JA Eves receives the Command Commendation.



Corporal (Cpl) DMR Wieser receives The General Campaign Star (GCS).



Captain (Capt) NK Jones receives The General Service Medal (GSM).



Corporal (Cpl) HC Esser receives The General Service Medal (GSM).



Major (Maj) SR Cumpsty receives The General Campaign Star (GCS).



Sergeant (Sgt) JM Benard receives The General Campaign Star (GCS).



Corporal (Cpl) ME McGillivray receives The General Campaign Star (GCS).



Corporal (Cpl) HC Esser receives the General Campaign Star (GCS).



Corporal (Cpl) DG Guillemette receives the General Campaign Star (GCS).



Corporal (Cpl) SH Galbraith receives The General Service Medal (GSM).



Corporal (Cpl) SP Donovan receives The Operational Service Medal (OSM).



Corporal (Cpl) JJMY Morency receives The Operational Service Medal (OSM).

All photos: Cpl Jean Archambault

Wing Commander's Honours and Awards cont...



Major (Maj) Young receives the 2nd clasp to the Canadian Forces Decoration.



Captain (Capt) DQ James receives the 1st clasp to the Canadian Forces Decoration.



Corporal (Cpl) William Meakin receives a 2 Canadian Air Division Commander's Commendation



Sergeant (Sgt) York receives a Canadian Expeditionary Force Command - Commander's Commendation.

Wing Commander's Coffee Break Award Presentations



17 Wing Commander Colonel Yvan Boilard presents a 17 Wing coin to CPO2 Coderre. CPO2 Coderre arrived in Winnipeg in July 2010, assuming the duties of the Messes and Accommodations Officer. He readily embraced the challenges of evaluating and reorganizing the messes and accommodations, creating standard operating procedures, and ensuring proper regulations and procedures were followed which resulted in increased level of support and service to the Wing and personnel from across the CF. Photo: Sgt Bill McLeod



17 Wing Commander Colonel Yvan Boilard presents a 17 Wing coin to Nadia Alix, Wing Central Registry Supervisor. When a member of her section became seriously ill Nadia acted as the branch and Wing's primary point of contact through regular visits to the member and their family. She coordinated timings for hospital visits, solicited donations for charity, and leased with Civilian Human Resources to make sure the member received all their benefits. When the member passed away she briefed the chain of command on the funeral arrangements, notified current and former friends, made a speech about the member at the funeral, and made sure the branch donation was made in the member's memory. Photo: Sgt Bill McLeod



17 Wing Commander Colonel Yvan Boilard presents the Wing Commander's Commendation to MCpl Burgess in recognition of his overall enthusiasm, dedication to duty, and exceptional performance during his employment with the Tasking Cell. Although the position is normally held by RMS, MCpl Burgess demonstrated exceptional team work, professionalism, and the uncanny ability to adapt and take on new challenges of this high tempo section. Photo: Sgt Bill McLeod

New LCC Registration Procedures – Welcome to the future!

Primrose Knazan
Learning Assistant

Effective 1 April 2011, the Winnipeg Learning and Career Centre will move to a new, paperless registration system. The new registration procedure will require unit Training Coordinators to engage in online training to register personnel for LCC courses through the Enterprise Learning module of HRMS 8.9. Training Coordinators have been informed of the new registration system and have been given a transition period until 1 May 2011 to complete training.

The current procedure requires civilian employees and military members to send a completed Training Request Form (TRF) through their unit Training Coordinator to the LCC by fax. TRF's use up a lot of paper; each TRF is printed twice, once at the unit and once at the LCC. Considering the LCC advertised over a hundred courses and received over a thousand registrations in this fiscal year alone, the carbon footprint is gigantic.

Thankfully, most civilians are already familiar with HRMS 8.9. Online Leave Self-Service through HRMS 8.9 replaced paper leave forms in 2006 resulting in reduced paper waste, quicker response times for leave requests, accurate leave records and higher efficiency on the administrative end.

To register for a course, employees must find the course code and session number for the specific date they wish to attend. Course codes and session numbers for each course are available on the LCC website, the Pop Up Message Board, the Wing Activities page, and the monthly LCC e-mails distributed to each unit. Employees must then

contact their Training Coordinator with the required information, and the Training Coordinator will then complete registration.

The onus will be on the registrant to ensure they have supervisor permission to attend a course. Once a registration is entered through HRMS, the LCC will assume that permission has already been granted. Some workplaces may still require a paper form for unit records, however units can also use e-mail to keep track of training requests.

Approximately one week prior to course start date, registrants will receive a confirmation e-mail with joining instructions, cc'd to their Training Coordinator. Courses will be loaded on a first come, first served basis.

Many Training Coordinators have asked if MITE and HRMS 8.9 are the same. Both programs are also known as PeopleSoft and can be used to keep track of training, however they are very different. MITE is PeopleSoft 7.5 and is used to keep track of military training and military courses. HRMS 8.9 Enterprise Learning is used to keep track of civilian courses (LCC, DRC, Wing Ground Training, etc.) and external civilian training (Canada School of Public Service, online courses, etc).

Other 17 Wing training organizations such as Wing Ground Training will continue to use paper TRF's for registration, for now. They may choose to move towards the online registration system once it's proven its efficiency. Therefore registrants and Training Coordinators must be especially diligent in ensuring that proper registration procedures are followed.

Although a course may be taking place in the same building as the LCC (DRC, Health Promotions, etc), the course provider is ultimately responsible for course regis-

tration. Please refer to the original course advertisement to find out about registration.

For more information on the new LCC registration procedures, contact your unit Training Coordinator or e-mail the LCC at LCCshare@forces.gc.ca.

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HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE

Cooking 101: Cooking course teaches culinary skills

Shane Gibson
Voxair Photojournalist

A new course cooked up by Community Recreation is helping participants develop new skills and ideas to make healthy nutritious meals in the kitchen.

The cooking courses, which are being held every Wednesday night at 17 Wing Winnipeg's chapel, kicked off near the end of January, and organizers say the classes have been a real hit so far.

"What we're doing is trying is to do healthy and nutritious meals, so we're looking at things like reduced salt and reduced fat but in foods that people are interested in," explains Community Recreation director, Tina Bailey. "What the chef does is he asks what people want to cook every week, and the participants actually play a part in the content of the course."

Bailey says that because the course is

new they're still looking for more people to take part every week, and they're especially hoping to see young men and women who may have recently moved out on their own come out and learn how to cook their own healthy and delicious meals at home.

"What we're really trying to target is the young women and guys that are coming in with their noodles, who are not getting the vegetables they need," she says. "They're the ones that we're really trying to target, so they'll learn how to sustain themselves."

Geoffrey Mackay, a red seal chef with years of experience working in kitchens around the world who is also a former culinary arts instructor, is leading the courses.

As well as teaching the basics of cooking like how to properly cut vegetables and make home-made soup stock, Mackay says he hopes to demonstrate that creating nutritious and delicious meals at home doesn't mean participants have to break the bank at

the supermarket.

"I try to give them more bang for their buck," explains the chef, who has worked in hotels and restaurants all over Canada and even as far away as Australia. "We're buying less tender cuts of beef and less expensive food products just to show them that they can still get great food and great meals without spending a lot of money."

Mackay was raised in a military family and says he has a good understanding of what members with families in the CF need to do to make sure healthy eating is a top priority at home.

"I remember when we were growing up how it was and that my mom had to be really creative to make sure that she could put good food on our table all the time," he says, noting single CF members can really impress their dates

with what they learn through the two-hour long classes too. "Most women enjoy when a man knows how to cook, and is willing to cook for them."

Participants do not need to bring anything with them to the classes as pots, pans, utensils and ingredients are included in the cost of the classes, and the end of each session participants can take what they've created home with them to freeze for later.

Although a wide variety of different foods are used in the classes — next week participants will learn how to make their own curry spice from scratch — Bailey says they try to focus on the fruits and vegeta-

bles included in the boxes of food given out through Good Food Box program.

"We're trying to connect the two," explains Bailey of the Good Food Box and cooking classes. "If we have a class on a Good Food Box pick-up day, what the instructor will do is make sure that the recipes that we're doing that night are based on what we've got in the boxes."

MCpl. Becky MacIsaac from 1 Canadian Air Division Headquarters and her daughter

Jerralyn, 10, have been regularly attending the weekly cooking classes and the pair both say they've really enjoyed the experience.

"I'm learning quite a bit and my daughter is too," says MacIsaac, adding that she hopes to see more people taking advantage of the expert training being offered, and has even been recruiting the people

she works with to join her. "There's a few people in my section that I know could use better eating practices, so I'm hoping to be an example to them."

"It's a really awesome course that would be great for anybody."

The classes run every Wednesday from 7-9 p.m. at the chapel and the cost to register is \$60 for members and \$75 for non-members (the costs will be prorated for the number of classes attended). For more information go to the front desk at Bldg. 90 or call 2059.



MCpl. Becky MacIsaac and her daughter Jerralyn putting their new cooking skills to use. Photo: Shane Gibson

Healthy Choices, On the Go!

Restaurant	Wisest Choice	Reasonable Choice	Occasional
Arby's	Light Roast Turkey Deluxe (260 calories, 5g fat)	Junior Roast Beef (310 calories, 13g fat)	Italian Sub (780 calories, 53g fat)
	Light Roast Chicken Deluxe (260 calories, 5g fat)	Regular Roast Beef (350 calories, 16g fat)	Roast Beef & Swiss Market Fresh Sandwich (810 calories, 42g fat)
Burger King	Regular Hamburger (310 calories, 13g fat)	Regular Cheeseburger (360 calories, 17g fat)	Whopper (710 calories, 43g fat)
	Chicken Whopper Jr. (350 calories, 14g fat)	Whopper Jr. w/cheese (440 calories, 26g fat)	Double Whopper w/cheese (1,070 calories, 70g fat)
Domino's Pizza	Medium Thin Crust Cheese Pizza (140 calories, 6g fat per slice)	Medium Classic Hand-Tossed Ham Pizza w/Green Peppers-Onions-Mushrooms (210 calories, 6g fat per slice)	Medium Deep Dish Pepperoni Pizza (280 calories, 15g fat per slice)
	Medium Thin Crust Ham/Pineapple Pizza (150 calories, 6g fat per slice)	Medium Classic Hand-Tossed Pepperoni Pizza (220 calories, 9g fat per slice)	Medium Deep Dish Pizza with Beef Italian Sausage (320 calories, 18g fat per slice)
KFC	Tender Roast Sandwich without Sauce (270 calories, 5g fat)	Spicy Crispy Strips (340 calories, 15g fat per 3 pieces)	Extra Crispy Breast (470 calories, 28g fat)
	Original Recipe Drumstick (140 calories, 8g fat)	Original Recipe Breast (370 calories, 19g fat)	Hot Wings (470 calories, 33g fat per 6 pieces)
McDonald's	Regular Hamburger (280 calories, 10g fat)	Chicken Nuggets (310 calories, 20g fat per 6 pieces)	Quarter Pounder w/Cheese (530 calories, 30g fat)
	Regular Cheeseburger (330 calories, 14g fat)	Chicken McGrill (400 calories, 17g fat)	Big Mac (580 calories, 33g fat)
Pizza Hut	Medium Thin 'N' Crispy Ham Pizza (170 calories, 7g fat per slice)	Medium Hand-Tossed Veggie Lover's Pizza (220 calories, 8g fat per slice)	Medium Pepperoni Lover's Stuffed Crust Pizza (420 calories, 21g fat per slice)
	Medium Thin 'N' Crispy Veggie Lover's Pizza (190 calories, 7g fat per slice)	Medium Hand-Tossed Chicken Supreme Pizza (230 calories, 7g fat per slice)	Medium Meat Lover's Stuffed Crust Pizza (470 calories, 23g fat per slice)
Subway	6-inch Veggie Delite Sub Sandwich (230 calories, 5g fat)	6-inch Steak & Cheese Sub Sandwich (390 calories, 14g fat)	6-inch Tuna Sub Sandwich (450 calories, 22g fat)
	6-inch Turkey Breast Sub Sandwich (280 calories, 4.5g fat)	6-inch Subway Melt (410 calories, 15g fat)	6-inch Meatball Sub Sandwich (540 calories, 26g fat)
Taco Bell	Chicken Soft Taco (190 calories, 6g fat)	Cordita Supreme - Chicken (290 calories, 12g fat)	Mexican Pizza (550 calories, 31g fat)
	Regular Taco (170 calories, 10g fat)	Chicken Burrito Supreme (410 calories, 14g fat)	Taco Salad w/Salsa (790 calories, 42g fat)
Wendy's	Grilled Chicken Sandwich (300 calories, 7g fat)	Classic Single w/Everything (410 calories, 19g fat)	Bacon & Cheese Baked Potato (580 calories, 22g fat)
	Large Bowl of Chili (300 calories, 9g fat per 12-oz serving)	Chicken Club Sandwich (470 calories, 19g fat)	Big Basic Classic (570 calories, 29g fat)

Do you rarely get the chance to sit down for a meal or snack? If so, you're not alone. In fact, more than half of Canadians report that they eat in a hurry because of a busy schedule. Many of us even resort to what is known as "dashboard dining" (or eating in the car) because we lack time.

Unless you're careful, this can translate into higher calorie eating because "grab and go" choices are often high in fat or sugar.

Fortunately, you can eat well even if you lack time.

Planning is key when it comes to adding healthy eating to a hectic lifestyle. Use the chart the next time you find yourself "Eating on the Go" in order to choose the healthier option.

For more information please contact Health Promotion at local 4150.

Wellness For Retirement At Any Age

You're retiring, now what? Retirement can come at any age and with a variety of considerations. Join us for a half-day workshop where we will focus on getting in shape during retirement, cancer screening, and prevention as well as finding your passion in careers and the world of work.

Thursday April 14th, 2011

1300 - 1600 hrs

Building 135; Netherlands Theatre

1300 - 1400 hrs - Getting in Shape - through physical activity your body will functionally get younger. Use this opportunity to find out where to start and how to get going with active living. Learn how to set goals and how to prevent injuries.

1400 - 1515 hrs - Jeopardy: Cancer Screening & Prevention Edition - education and awareness are key to early detection and prevention of disease. Join professionals from CancerCare Manitoba and learn about the programs and services available.

1515 - 1600 hrs - Finding Your Passion - People are retiring younger and living longer and healthier lives. That could mean many will have, perhaps, 25 years to follow their dreams. However, some people do not know what he or she wants to do. Finding their passion is the challenge. It means uncovering your true passion, particularly, for this session, your passion as it relates to being a volunteer.

For more information or to register, please contact 4213, 4636 or 4160.



www.mfrc.mb.ca

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What is Triple P?

Children need a safe, secure, loving home to do well. The Triple P program helps parents create a loving and supportive family setting. It helps parents reduce stress while ensuring safe, stimulating, learning for children.

The Triple P program is an effective, positive approach to raising children. It encourages positive caring relationships between parents and their children.

The program helps parents raise healthy, confident children who have the skills to do well at school and deal well with others.

Triple P is based on five main building blocks:

1. Make a safe, interesting home.

A safe home means less chance of children having accidents and getting hurt. It also lets you relax as your child can safely explore — but don't forget that safety also means knowing where your children are, and what they are doing at all times. An interesting home will help develop their minds and keep them busy. And an active child is less likely to get into trouble.

2. Create a positive learning environment.

As a parent, you are your child's most important teacher. That means being available when your child needs help, care or attention. Creating a positive learning environment can be as simple as encouraging children to try things for themselves and helping them learn how. You can use everyday situations to help teach your child new things.

3. Give positive, consistent guidance.

Giving children positive guidance is so important. Assertive discipline means being consistent, acting quickly and calmly when children misbehave and teaching children how to behave in a positive way. Children are happier when they know what is expected of them — and parents are happier when their children behave.

4. Have realistic expectations.

It's important to remember that each child is an individual and develops at a different rate. Parents need to know what's right for their child so they don't expect too much too soon. It's also important for parents to have realistic expectations of themselves. It's good to want to do your best as a parent, and you're learning too.

5. Take care of yourself as a parent.

Being a good parent does not mean your child should dominate your life. Too often, parents feel guilty for needing time away from their children, but that's healthy. It's easier to meet your child's needs if you also look after your own. Take care of yourself and ask for help when you need it.

"Triple P practitioners will meet with you and decide the best level of Triple P to suit your specific needs. If you want to talk about how to give your kids the best start in life or discuss major family problems, then we can find the Level that suits your needs."

Second Language Training: Spring session 2011 Cours de langues secondes français et anglais : Session Printemps 2011

Il est temps de vous inscrire à notre programme de formation en langues secondes, français ou anglais. Les cours sont d'une durée de 10 semaines, à raison de deux classes de trois heures par semaine.

La session du printemps offre deux cours de français (niveaux 1 et 3) ainsi qu'un cours d'anglais. Les cours commenceront la semaine du 25 avril. La date limite d'inscription est le 21 avril. Les cours ont lieu au CRFM, 102 rue Comet.

Français niveau 1 : lundi et mercredi de 18 h à 21 h

Français niveau 3 : lundi et mercredi de 18 h à 21 h

Anglais : mardi et jeudi de 18 h à 21 h

Au moins 5 conjoints(es) de militaires doivent être inscrits afin que le cours ait lieu et un maximum de 10 étudiants sera accepté. Un test d'aptitude pourrait être donné afin de déterminer le niveau de compétence de la langue seconde.

Les frais sont :

Pour conjoints et conjointes de militaires : 50 \$ (remboursable si 85 % du cours est complété).

Pour le personnel militaire : 50 \$ non remboursable

Pour FNP et pour le public : 100 \$ non remboursable

Pour s'inscrire ou pour de plus amples informations, communiquez avec Mélanie au 833-2500 poste 4515.

It is now time to register for our Second Language Training Programs in either French or English. The course duration is ten weeks and will consist of two three-hour classes per week.

Congratulations



Richard Tabinka, accepts the top prize in the Winnipeg MFRC's travel raffle from Haley Schroeder. The draw was held on February 19 at the Yellow Ribbon Gala. Tabinka won a trip for four on VIA Rail to Edmonton and a three-night stay at the Delta Edmonton South as well as tickets to Jubilations Dinner Theatre. Kathy Pratte won the trip to Grand Forks and Vincent Keefe won the Fargo trip.

The spring session offers French Level 1 and 3 courses as well as one English class. Courses will start the week of April 25; deadline for registration is April 21. Classes are held at the MFRC.

French 1: Monday & Wednesday, 6 to 9 p.m.

French 3: Monday & Wednesday, 6 to 9 p.m.

English: Tuesday & Thursday, 6 to 9 p.m.

A minimum of 5 spouses must be registered in order to start a course and a maximum of 10 students will be accepted. A placement test may be administered to determine the level of proficiency.

Cost:

For military spouses and family members : \$50 (refundable if 85% of the course is completed)

For military personnel: \$50 (non-refundable)

For NPF and public employees: \$100 non-refundable

To register or for more information, contact Mélanie Lyrette at 833-2500 ext. 4515.

We need your feedback!

Tell us what you think of the monthly format of the Community Connections newsletter.

Everyone who responds and provides an email address will be entered to win a gift certificate.

Visit <http://www.surveymonkey.com/s/XXXWDJS> to complete the survey.

Draw will take place Monday, April 4.

The MFRC has qualified Triple P program providers. We offer individual as well as group sessions on many different issues that parents may have.

Contact the MFRC for more information or dates of upcoming sessions.

This information was taken from the Province of Manitoba's Positive Parenting Program website.

<http://www.gov.mb.ca/triplep/faq/index.html>

Upcoming Events

Count down to Fun

Children will explore numeracy concepts such as sorting, sequencing, counting and measuring through Fun hands on activities, stories and song.

Tuesdays April 5 – May 3

1:00- 2:30 p.m

Westwin Children's Centre

Ages 3-5 years

\$20/5 week session

Register 833-2500 (2491) or tell a staff person

Family Science Workshop

Children and parents come together for fun exploration of science.

Tuesday March 29

9:30-10:30 am

Register by Mar 23

833-2500 (2491) or tell a staff person

Upcoming events Francophone Ladies' Group Activités à venir du Groupe de femmes francophones

April 26, 2011: Design your own necklace at Créations & Beads

26 avril 2011: Atelier de création de bijoux à Créations & Beads

6 to 7:30 pm / 18h à 19h30

Créations & Beads

575, rue Archibald

Saint-Boniface

Prepayment of \$15 is required at the MFRC by April 6. You must also purchase the craft material on site on April 26 (between \$10 and \$15).

Les frais de session de 15\$ doivent être payés à l'avance au plus tard le 6 avril au CRFM. Vous devez acheter le matériel de confection sur place, le 26 avril (entre 10\$ et 15\$).

April 17, 2011: Easter Fun! / Pot Luck / Egg Hunt at the MFRC

17 avril 2011: Fête de Pâques! / Brunch Pot Luck / Chasse aux oeufs, au CRFM

10 a.m. to 1 p.m. / 10h à 13h

At the MFRC / CRFM

It will be a pot luck brunch, please bring a dish (eg. Muffins, croissants, fruits, cheeses, etc.).

Chasse aux oeufs et petits jeux pour enfants seront de la partie!! Étant donné que ce sera un Brunch Pot Luck, il vous suffit d'apporter un plat (ex : muffins, croissants, fruits, fromages, etc.).

Time capsule dedication— Thursday, April 7 at 10 a.m.

In honour of the MFRC's 20th anniversary we will be hosting a time capsule dedication during the April Community Coffee Break. Everyone is welcome to bring items they would like to add to the Time Capsule. We ask that they meet the following criteria; they are somehow related to the MFRC, 17 Wing or Winnipeg; the item isn't too large or too personal; and it must be non perishable. The time Capsule will be locked put on display at the MFRC until our 30th anniversary in 2021 when everyone will be invited back to open it.

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Carpool: Looking for someone to carpool with from South St. Vital to 17 Wing. Flexible on days and times, does not have to be everyday. Have own vehicle, non-smoker. Contact Tim at tcary@hotmail.ca or 254-7381.

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MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

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Taroscopes

BY
NANCY

Aries (March 21 - April 19):

Through your own hard work you earned what you received. Reaching a special goal gives you a heightened sense of victory. This in turn fuels your confidence and makes you willing to broaden your horizons. Love and deeper connections are also indicated.

Taurus (April 20 - May 20):

Because choices you made in the past may have given rise to self-doubts, you feel a stronger need to make sound decisions. Relax, there are few absolutes. Try meditation or some other calming activity before attempting to make major decisions. Then the answers are often obvious.

Gemini (May 21 - June 21):

Before you can move on and leave circumstances that no longer suit you, you need to realize how your limitations have held you back. Tap into hidden talents. Take pride in and advertise your core competencies and all that you have mastered. Think in terms of long range goals.

Cancer (June 22 - July 22):

You're feeling eager to move out of your comfort zone. If something captures your attention look into it further. This is a time for exploring, not commitments. Listen to your sense of knowing and trust it to show you the right pathway to take. You'll be glad you did.

Leo (July 23 - August 22):

What goes around comes around. You may feel you are in a position of power but you're not in control of everything all the time. Aspects of a situation will surface, but some things will remain hidden so be mindful that you need to allow for the reality of unknown variables.

Virgo (August 23 - September 22):

Strive to see past the images people present. People wear masks as it helps them manage in society. Learn how to tell the difference between those who are ill intended and those who use this as a means of self-defence. Become sensitive to secrets, hidden agendas and trickery.

Libra (September 23 - October 23):

When part of a group, one loses a sense of loneliness however you may feel you have to forfeit your individuality in order to fit in. Dig deeper and you'll find some of your fears stem from the past not the present. You have changed. Your sense of self is stronger now.

Scorpio (October 24 - November 21):

Explore your feelings about your feelings. Is it okay to be happy? Is it okay to be sad? During this time you gain a deeper understanding of yourself and others. This in turn leads to greater joy and stronger connections. Judge less, feel more.

Sagittarius (November 22 - December 21):

Realizations surprise you. They seem to come out of nowhere and make you question what you have done and the choices you have made. This encourages you to devote more energy to and make more effort to look at things honestly and meet life head on.

Capricorn (December 22 - January 19):

In being with those you love and in sharing happy experiences you are fulfilled. You are becoming more aware of how much you offer and to value yourself. Go after what you love. Do what you enjoy. Blend it into everyday life and every day will be like a holiday.

Aquarius (January 20 - February 18):

Don't let your imagination get the better of you. This isn't the time for drama or focusing on failure. Don't torment yourself, empower yourself. You have great inner strength and can transcend difficulties. Be proud to show the world more of who you are.

Pisces (February 19 - March 20):

This is a great time to mentor someone or to be mentored yourself. Discuss deeper issues. Consider new ways to advance yourself, your career and talents. Spend time doing leisure activities that nourish the soul. New connections can enhance your life so get out and meet people.

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Chaplain's Corner

Being Your Own Architect: Opening up your Inner Space

Changing ones life is like home re-modeling. Your home needs a fresh coat of paint. You need to get rid of a beat up old porch. Your kitchen has twenty year old wall paper and has lime green ceramic tiles. As a whole, your house needs an overhaul.

Now imagine how you were twenty or thirty years ago. Perhaps you felt awkward, shy and a little off beat. Your hair was maybe to long and unkempt. You might have decided to change how you look because you were interested in the opposite sex. So you decide to loose some weight, get a fancy hair cut and generally become more modern.

Often the exterior images are like our interior life. Our quest is to discover how we can make changes that bring us "freshness". With a house and our bodies we can control many things that bring us life, but our interior lives need a different set of tools and skills. One such tool is daily contemplation and honest confession.

I am not talking about just sharing your sins with a confessor. I am advocating a system of self assessment that allows you to focus on issues that have hitherto been packed away in the back of our mind. I am talking about really approaching our weaknesses and vulnerabilities and clearly stating what they are. Writing them down and giving them up.

Do you contemplate? In some social circles individuals are laughed at if one admits to contemplating. In this world of always getting things done, we have no room to do nothing. We are told not to waste time. In the end, what if contemplating is really making good use of time? We rarely take time to be thankful for the advantages that we have. Contemplation makes it possible for us to assess our inner state. Addictions, as a whole, are built around us hiding the darkness that contemplation can only find. If you work all the time and fill your days with clouding your mind with booze and drugs, you will never contemplate. But if you sit and listen. If you breathe deeply. If you embrace the silence, perhaps then you will face your own demons.

In a world of spiritual development we have a season called Lent. In this season many people are devoted to self-assessment with an intent towards healing wounds. The wounds, that are not so easily spotted and add to our human suffering, especially when they are locked away. The wounds become reasons for self-isolation because we feel that we might be judged as "weak". A Lenten call for reflection allows us to freshen up our inner lives. In the end, our goal can be to have a fresh outer world with a clean modern look that accompanies an inner life that shows kindness, laughter and a bright demeanour. With Grace and all heavenly benediction, I wish you well.

- Padre Will Hubbard

Good Shepherd Protestant Chapel & St. Marguerite Bourgeoys Roman Catholic Chapel 2011 Lenten and Easter Celebrations

Good Shepherd Protestant Chapel

- 09 March, Ash Wednesday: Eucharist & Optional Imposition of Ashes @ 1200 hrs
- 21 April, Maundy Thursday: Seder Meal @ 1700 hrs (Joint Chapel/ Ecumenical)
- 22 April, Good Friday: Worship Service @ 1100hrs
- 24 April, Easter Sunday: Easter Sunrise Service @ 0600 hrs (Joint Chapel/ Ecumenical Worship Service @ 0900 hrs

St. Marguerite Bourgeoys Roman Catholic Chapel

- REVISED Weekday Lenten Eucharist Service (beginning on 15 March)- every Tuesday @ 1900 hrs, Wednesday @ 1210 hrs, and Thursday @ 1210 hrs (Weekday Eucharist may be cancelled on a short notice. Please call Fr. Roy @ loc 5272/ 6914)
- Way of the Cross
- Every Tuesday @ 1830 hrs (beginning on 15 March)
- 09 March, Ash Wednesday: Eucharist @ 1900 hrs
- 22 March, Tuesday: Communal Celebration of the Sacrament of Reconciliation (General Absolution) @ 1900 hrs
- 17 April, Palm Sunday: Eucharist @ 1100 hrs

- 21 April, Holy Thursday Seder Meal (Joint Chapel/ Ecumenical) @ 1700 hrs
- Mass of the Lord's Supper/ Eucharist @ 1900 hrs
- Reposition and Adoration of the Blessed Sacrament (following the Mass of the Lord's Supper until (2300 hrs)
- * 22 April, Good Friday
- Outdoor Way of the Cross (downtown Winnipeg) @ 0900 hrs
- Passion of the Lord's Service @ 1500 hrs
- 23 April, Holy Saturday Blessing of the Easter Baskets @ 1400 hrs
- Vigil Mass/ Eucharist @ 1900 hrs
- 24 April, Easter Sunday
- Easter Sunrise Service (Joint Chapel/ Ecumenical) @ 0600 hrs
- Eucharist @ 1100 hrs
- Easter Brunch at the Officer's Mess @ 1200 hrs
- 12 June, Pentecost Sunday
- Eucharist @ 1100 hrs

Together in Church

CATHOLIC

CHAPLAINS

Padre R. Laudenorio
Roman Catholic Office 833-2500 ext. 5272

Padre Mark Mawson
Roman Catholic Office 833-2500 ext 5956

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

Padre Bonnie Mason
(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm
(Mennonite Brethren) Office 833-2500 ext 4277

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

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

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

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'.

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