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THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

April 20, 2011

VOLUME 60, ISSUE 08

FREE

Teams Face-Off at Inter-Section Tournament



Photo: Cpl Beverley Dunbar

The Air Command Band Team took first place in the I/S Hockey Tournament B Division. See page 9 for more.

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Happy Easter!
 From everyone at the
Voxair

MFRC celebrates 20 years with time capsule



MFRC Executive Director, Don Brennan, places a copy of the Winnipeg Free Press into the MFRC Time Capsule, which will be opened in 10 years. Photo: Shane Gibson

Shane Gibson
Voxair Journalist

During its monthly Coffee Break held on April 7th, the Winnipeg Military Resource Centre (MFRC) commemorated their 20th Anniversary by putting the lock on a special time capsule in which they tucked away a few of their favourite memories from over the past two decades for future generations to discover.

"We thought a time capsule would be nice because 10 years from now people will open it and look at where we were 10 years ago and how the program has developed since that time," explained MFRC Executive Director, Don Brennan.

"There are tons of pictures of the children from the nursery school and childcare centre... we threw in a copy of the Free Press, the Voxair and our Community Connections and pictures of the board and staff and things that have happened over the years."

Brennan says he hopes many of the children, staff and board members in the photos will return to see the capsule opened in the future.

"What I'd like to see is us inviting some of these three and four year olds back, who'll then be 13 and 14, and others who are in there, back for a big ceremony," he explained. "I've got the key here, and I'll keep it here so we don't start opening

it, and it'll just pass on from director to director."

Now that all of the objects have been sealed inside the MFRC's lightly stained wooden time capsule, it, unlike many other time capsules, will be placed on a pedestal in their soon to be renovated multi-purpose room where it will remain until it is reopened in 2021, Brennan hopes it will then become a talking piece for visitors to the MFRC.

"That's why we wanted to put the plaque on it so it can be a talking piece as well," explained Brennan. "Once the expansion is finished on our multi-purpose room is complete we'll put it in one of the corners and then we'll open it up in 10 years."

"We're happy that it'll be up there for everybody to see."



1ST Crestview Beavers Group tours base

Sgt CE Sweet
T & R Squadron

On 26 Mar, the 1st Crestview Beavers, parents and leaders came to 16 hangar on 17 Wing Winnipeg for a tour of CC-130 Hercules at 435 Sqn, a tour of the CC-142 Dash-8 at 402 Sqn and a tour of a Wing fire truck. The Beavers ranged in age from 5-8 years old and were very excited to see the aircraft up close and climbing into the large fire truck only added to

their enthusiasm. Beavers are part of the Scouting organization at the first level. One Beaver was overheard saying he wants to be a pilot when he grows up so he can fly his Grandmother anywhere she wants to go. The tour was a great success and all attendees were very appreciative.

Several people assist and volunteer their time to make these tours a success. Sgt Craig Sweet was the OPI and was assisted in the tour by members of 402 Sqn and 435 Sqn on their applicable aircraft.



The boys and girls of the 1st Crestview Beavers sit inside the Cargo Bay of a CC-130 Hercules during their visit to 16 Hangar at 17 Wing. Photo: Supplied

VOXAIR

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Marching to the beat of their own drum



Drum Major Cliff Cooke has been in the 402 Squadron Pipe and Drum band for 40 years.
Photo: Supplied by Drum Major Cliff Cooke

Shane Gibson
Voxair Journalist

The 402 Pipe and Drum Squadron Band from 17 Wing Winnipeg are expected to begin marching to a new practice facility this month, and the move is nothing new for the band's longest serving member.

The band is scheduled to move from their current practice space at Bldg 90 to a new spot in Bldg 21, but the new space is old hat for 81-year-old Drum Major Cliff Cooke who has been with the band for more than 40 years.

Cooke used to practice with the band in Bldg 21 when they first used the facility a number of years ago.

"We're going back to Bldg 21... and I'm looking forward to it," says Cooke, who practices with the band every Tuesday night and every second Sunday.

Cooke, a retired CF member, first joined the 402 Squadron Band in 1967 after he moved over from the Navy to the Air Force, and over the years he's had the opportunity to take part in some very special parades, including three for Queen Elizabeth. Cooke first paraded for Her Majesty at her Coronation in England in 1953; he had the honour of parading in front of her again at the old Winnipeg Arena in the 1990s and again at the Forks in Winnipeg when she visited the city in 2010.

"It has been an honour every time," says the volunteer Drum Major, who first joined the military in 1947.

Throughout the years, Cooke says he's had a number of special moments on parade, including taking trips down south

to parade at the Rose Bow. He says he'll continue to make new memories with the band for as long as he can, and doesn't plan on slowing down at all.

"They said I could keep the stick until I dropped it, and that's exactly what I'm going to do," he laughs. "I did November 11 from Bruce Park back up to No. 4 Legion and we go where ever the band's required."

"I don't have any problem keeping up with the younger members because they have to follow me."

The band moved to Bldg 90 back in 2004 but has decided to move back to Bldg 21 because they aren't allowed to march on the gym's floor any more.

"Prior to the gym floor being finished, we used to use it for parade practice, and since it was redone there's no boots or street shoes allowed on the floor," explains WO Martin Wohlgenuth

"We can do some parade practice outdoors but that doesn't work when there's snow on the ground and to use our instruments outdoors is quite difficult."

WO Wohlgenuth says the space at Bldg 21 will be a big improvement for the 402 Squadron Band.

"It will provide us with three classrooms so the drummers and pipers can practice separately before coming together and we'll have a large gym floor where they can practice their marching," he explains.

17 Wing ARAF participates in Career Symposium

Shane Gibson
Voxair Journalist

The Canadian Forces Recruiting Centre (CFRC) was busy last week, as tables were set up at the 14th Annual Rotary Career Symposium to let interested job seekers know about the many opportunities offered in the CF.

The symposium, which was held at the Winnipeg Convention Centre 6 and 7 April 2011, saw representation from all elements of the CF and local Reserve units.

"17 Wing Air Reserve Flight with outstanding support and assistance from 402 Squadron Air Reserve Flight represented the Air Reserve, and shortly into the symposium it became apparent we were also the focal point for inquiries that included recruiting not only for the Air Reserve but for the Air Force," explained MWO David Stubbart of 17 Wing Air Reserve Flight in an e-mail to the Voxair. "The CF was represented by CFRC, 17 Field Ambulance, HMCS Chippawa, Minto Armouries, and a separate booth was set up to promote Diversity in the CF."

Stubbart says the career symposium was created to showcase leading industries, as well as employment opportunities in Manitoba, and strives to enable participants to investigate the possibilities available to them.

Both adults and youth were encouraged to explore their career opportunities at the symposium which filled over 70,000 square feet of space at the Winnipeg Convention Centre with a wide variety of exhibitors of careers in the fields of accounting, technology, communications, law enforcement, management and more.

The average attendance at this year's Rotary Career Symposium was estimated at between 15,000 and 16,000, which included over 14,000 students from high schools and universities, and 2,000 adults looking to re-enter the workforce or examine career changes.

Every high school across Manitoba was invited to bring their grade 7 through 12 students to explore potential opportunities in a dynamic and interactive setting.

Stubbart says the Symposium was "not designed to be your average job fair", but rather a fair designed to provide career and education information.

Stubbart says there was great interest shown at the Air Force table.

"The Air Force Display was very well received by all visitors," he says. "I personally feel this was a great opportunity not only to promote the Air Force but connecting with the young adults of the future."



The Air Force tables drew quite the crowd at the Rotary Career Symposium. Photo: Submitted.

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Local Army Officers to host Military Ball



Guests from 2009's Military Ball in Thunder Bay pose for a photo. Photo: Submitted



Attendees from the 2009 Military Ball shake a leg on the dancefloor. Photo: Submitted.

Maj David Ratz, CD

Adjunt, Lake Superior Scottish Regiment

Tracing its history back to 1885, the active military community of Thunder Bay is proud of the fact that generations of men and women from the area have, and continue to serve their nation both at home and overseas.

Composed of over 300 Regular Force and Reserve Force soldiers, along with local Cadet Corps and veterans who are members of the Royal Canadian Legion this dynamic group today contributes significantly on many levels to the social and economic fabric of the City of

Thunder Bay as productive employees, business owners, and members of numerous community groups.

The military also contributes to the social network of Thunder Bay through social events and appearances. One such contribution is the Military Ball, hosted by the Lake Superior Scottish Regiment and Garrison Officer's Mess.

The Military Ball has its origins in the formal affairs held to bid farewell to the men departing for service overseas during the First World War. In its present form, the Military Ball is usually held annually in the spring and it is perhaps one of the few strictly formal social events held in Thunder Bay, where the military commu-

nity, local VIP's and invited public mingle. Attendees to this invitation-only event wear formal dress uniforms, tuxedos and full length ball gowns.

In addition to a meal catered by one of the city's finest restaurants, attendees to this Military Ball will be entertained by a tattoo performed by the MacGillivray Pipe Band, as well as the music of a well-known local dance band.

The Military Ball will be held at the Armoury on 16 April 2011. The theme is the Canadian Arctic. This year's organizers think that as always it will be a wonderful evening. In 2013 it will be the 100th anniversary of the construction of the Armoury and many people will be looking forward to a special Ball for that occasion. For more information please contact Captain Darla Bruneau at 807-343-5165.

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MILITARY PERSONNEL Volunteers Needed for Research Study



University of Manitoba research group in collaboration with the Veterans Affairs of Canada Operational Stress Injury Clinic in Winnipeg, MB is seeking volunteers to participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

Your role: participate in an interview, complete questionnaires, and may or may not take part in a functional Magnetic Resonance Imaging (fMRI) picture viewing assessment.

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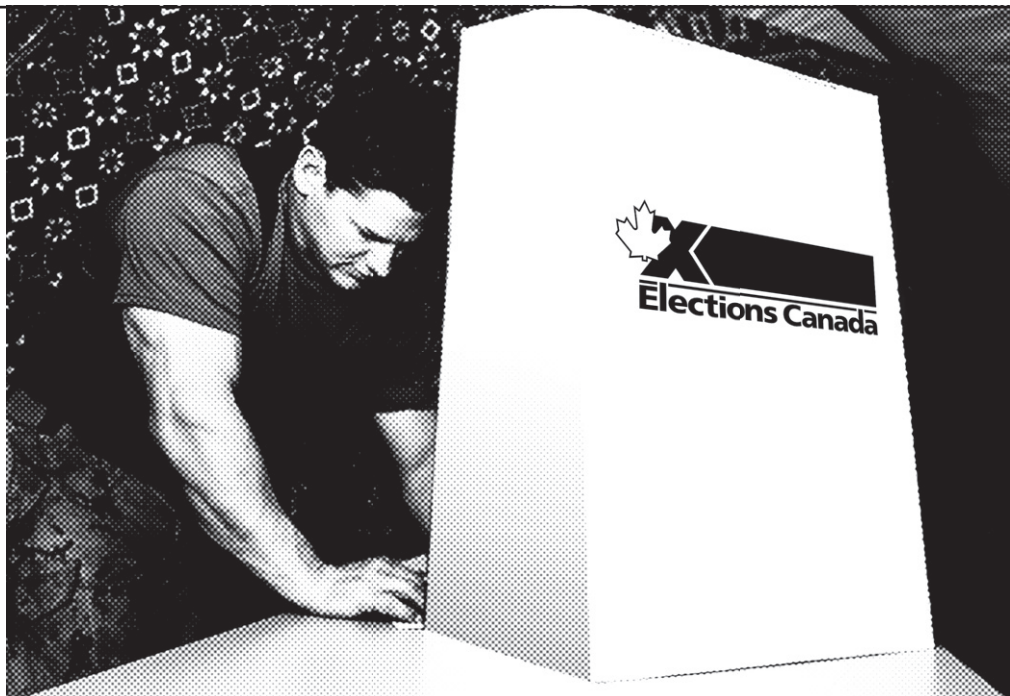
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VOTING

INFORMATION FOR CF ELECTORS

Canadian Forces (CF) members vote under the Special Voting Rules (SVR) at their unit or on base for a candidate in the riding identified on their *Statement of Ordinary Residence* (SOR). CF electors who have completed an SOR do not receive a voter information card from Elections Canada.

VOTING PERIOD

Voting will take place sometime between April 18 and 23.

The commanding officer will determine the date and location of polling stations for the unit or base. Electors can check their unit's routine orders and notice boards for information on when and where to vote.

VOTING AT A CIVILIAN POLLING STATION

CF electors may vote at the civilian polling station established for their address of ordinary residence as shown on their SOR, provided they reside in that electoral district on May 2, 2011. Electors who vote at a civilian polling station must prove their identity and address.

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INFORMATION SUR LE VOTE

POUR LES ÉLECTEURS DES FC

Les membres des Forces canadiennes (FC) votent en vertu des Règles électorales spéciales (RES) dans leur unité ou sur la base pour un candidat de la circonscription indiquée sur leur *Déclaration de résidence habituelle* (DRH). Les électeurs des FC qui ont rempli une DRH ne reçoivent pas la carte d'information de l'électeur d'Élections Canada.

PÉRIODE DE SCRUTIN

Le vote aura lieu durant la période allant du 18 au 23 avril.

Le commandant déterminera la date et le lieu des bureaux de scrutin de l'unité ou de la base. Les électeurs peuvent consulter les ordres de service et les babillards de leur unité pour savoir où et quand voter.

VOTER À UN BUREAU DE SCRUTIN CIVIL

Les électeurs des FC peuvent voter au bureau de scrutin civil correspondant à l'adresse de leur résidence habituelle, comme indiqué sur leur DRH, à condition de résider dans cette circonscription en date du 2 mai 2011. Les électeurs qui votent à un bureau de scrutin civil doivent prouver leur identité et leur adresse.

VOTER, C'EST CHOISIR SON MONDE.

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Ordinary people can realize their dreams

Carpe Diem 88 announced 2nd Annual Awards on birthday of fallen soldier

Carpe Diem 88 Inc. proudly supported the recipients of its 2nd annual Humanitarian Awards. The foundation was created in memory of Cpl. James Hayward Arnal – whose birthday falls on April 9th – and awarded a total of \$6,235 was presented to an individual and a team of thirty four.

\$1,235 was presented to Shelby Guenette of Winnipeg who will be travelling to Mexico to build a home for a less fortunate family. Shelby is no stranger to humanitarian work and is currently studying at the U of M to become an architect.

The main grant – worth \$5,000 – was presented to

Jeremy Ens of Winnipeg on behalf of a team of thirty four Scouts. The group of Scouts Canada has planned a detailed adventure to build a total of four homes in Mexico. They have now reached their fund raising goal totalling \$80,000 and announced their intentions to Hayward, the mother of Cpl James Hayward Arnal, to dedicate the fourth home in his name.

In a heartfelt gesture of gratitude, the three Venturer/Rover Scout Groups made Wendy Hayward an Honourary Scout. She was presented with the Scout's scarf and woggle specific to the Scouts Canada Mexico Challenge.

"Like my tour in KAF, serving the troops, supporting these individuals are like a gift to James," said Wendy Hayward, Founder and President of Carpe Diem 88 Inc. "We are so proud of these young Canadians and do this in honour and memory of James and in fact of all our fallen heroes. Every year, ordinary people doing extraordinary things, is redefined with every application we receive, unique to these outstanding individuals."

For more pictures and information you can visit www.carpediem88.ca.



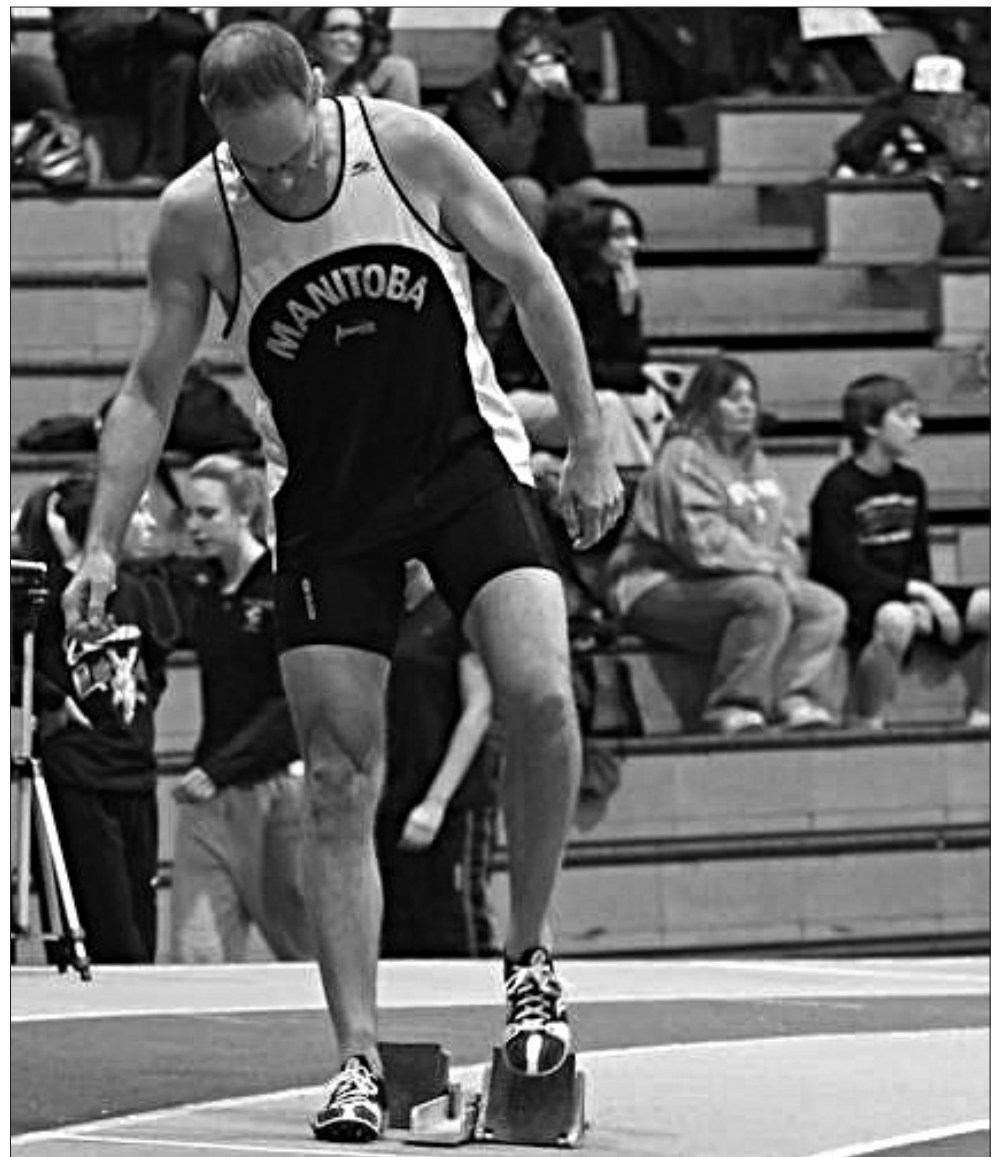
The recipients of the Carpe Diem 88 Inc. Humanitarian Award pose for a photo. Photo: Submitted



Carpe Diem 88 Inc, founder Wendy Hayward adjusting the Scout's scarf she received after being made an Honourary Scout by this year's winners of this year's Humanitarian Award. Photo: Submitted

Born to Run

2011 Canadian Masters Indoor Championships



Capt Faucher gets ready to run in the 2011 Canadian Masters Track & Field Championships. Photo: Sandra Benz

Capt Serge Faucher 402 Squadron

The City of Kamloops, in partnership with the Kamloops Track and Field Club and the Canadian Masters Athletic Association (CMAA), hosted the Canadian Indoor Masters Athletic Championships at the Tournament Capital Centre from March 19th to 20th, 2011.

For the uninitiated, Masters Athletics is a class of the sport of athletics for veteran athletes in the events of track and field, road running and cross country running. The competitions feature five-year age groups beginning at age 35.

This was the second time I attended a masters competition (my first indoor), and found it quite rewarding. On Saturday, I competed in the 800 m, posting a solid 2:17.79 min (1st in the age group

of 45-49). On Sunday, I ran the 400 m finishing a strong second with 58.24 seconds. Having to pass on this summer's outdoor World Track and Field Championship in Sacramento, California due to my deployment in KAF, I will now set my sights on the World Masters Athletics Indoor Championships to be held 3 – 8 April 2012 in the city of Jyväskylä, Finland.

On a final note, I was privileged to witness running legend Ed Whitlock from Ontario shatter the M80 World Record in the 3000 m on Saturday by one and a halfnot seconds....MINUTES!!! Ed finished in 12:00.88 min. Then on Sunday, Ed lined up for the 1500 m, and finished in 5:48.47 min - breaking the 6:19 World Record by over 30 seconds! I wonder how many "younger" runners in 17 Wing can run 3 Km in 12 minutes...

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Team Winnipeg members win big at Swim Semi-nationals

Shane Gibson
Voxair Journalist

The excellent performance of two CF members from 17 Wing Winnipeg at the CF Semi-national Swimming Competition last month means both swimmers may get the chance to travel to Brazil this summer to compete in the Military World Games.

The competition, held in Ottawa from 24-25 March 2011, saw Capt Stephanie Bigelow (1CFFTS) and Capt Alex Bronson (TEME Sqn) each bring home two gold medals.

"It went really, really well," says Bigelow who has been swimming competitively since the age of eight. "We had a lot more people than in past years. Typically we'll have about 20 people, and this year I think about 50 participants... we were definitely more visible than in past years."

Bigelow has been on the swim team since joining the military in 2004, and has competed in almost all CF and CISM events every year since. At last month's competition she took part in the 50, 100 and 200-metre butterfly, the 200 and 400-metre individual medley and the 100-metre backstroke events.

Bigelow won her two gold medals for her performance in the 100-metre fly the 200-metre individual medley, and the wins guarantee her a spot on the team that will compete in the Military World Games in Rio, Brazil this summer.

"It's pretty awesome and I'm pretty excited to go to

Brazil," says Bigelow, who adds this will be her first trip to the South American country. "It's pretty neat because I used to swim with the Canadian Junior National team, which is the feeder team into the Olympic team, before I joined the military and there is just so little funding in Canada that I pretty well stayed in North America for competitions. Now since I joined the military there's this new availability for me to go around the world — it's just awesome."

Although he also won two gold medals in Ottawa, one in the 200-metre individual medley and one in the 100-metre breaststroke, Bronson's trip to Rio this summer isn't quite guaranteed just yet.

"I'm one of the alternates on the (CF) team right now," says Bronson, who only had about two-months of training after returning home from Afghanistan last November. "It felt really good to compete there and it looks like I'll be on the team but nothing's confirmed."

Bronson will find out for sure if he's made the CF squad after he competes along with Bigelow at a civilian competition held in Montreal in May.

"I have to perform again in the same events and get a little faster, which hopefully I will, because I'll have two more months of training behind me by then," he explains. "I'll just get a little quicker and then I should be on the team."

Bigelow and Bronson will compete in the Canadian Masters Swimming Championships on May Long Weekend in Montreal. Bronson's performance there will decide whether he makes the CF team for the Military World Games.



Capt Stephanie Bigelow receiving her gold medal from Col John McManus for the 100m Butterfly. The picture was taken at the CF Swim Semi-nationals Banquet. Photo: Submitted

CF runner "vibratingly excited" about World Military Games

Shane Gibson
Voxair Journalist

A sprinter from 17 Wing Winnipeg who has been a run away success on the tracks will get the opportunity to race against some of the best in the world this summer.

Capt Craig Greeley has been selected as a team member of the CISM running squad that will participate in the World Military Games in Rio, Brazil this summer.

"I'm not going to lie to you, I'm vibratingly excited," said Greeley of making the national CF team. "Things are going good right now and we'll see where it all ends up."

Greeley just returned home from a CISM running training camp held in Pensacola, Florida 19-25 March 2011. The camp was held to give all of the team's eight members from across Canada the chance to meet and Greeley says he had a great time.

"I came back burned to a crisp," he laughed. "It was a great time... the coach wanted to meet all the athletes to see how everybody's training was going."

As well as letting the teammates meet, the camp also allowed those members who hadn't met specific

time standards for entry into the World Military Games to run time trials. Greeley, who runs the 100 and 200-metre, didn't have to take part in the time trials because his personal best time of 10.90 seconds for the 100-metre had already made the grade for him to make the team.

"I was able to help out the other athletes when it came time for their races and stuff like that," he says. "I ran with them and pushed them along."

"Coming from Winnipeg it was great to be in Florida with 34 degree weather outside, the sun beating down — this is what we train for."

Greeley, who's been running competitively for pretty well half of his life, found out about the opportunity to join the CISM team while on tour in Afghanistan last year.

"There was another Captain here who found out about the running team, and said they were looking for people to submit times for races that they've done and he came to me and said because I already had the standard that they were looking for I should throw my name into the hat," he explains, adding his ultimate goal is to make the Canadian Olympic running team and compete in the 2012 Olympic games. "If this

goes well hopefully my times will be there for the Olympics next year."

To reach his Olympic goal Greeley trains from four to six hours every day, laughing that he'd love to be able to use the facilities at Bldg 90 for his training, but they don't open their doors in time to meet his rather early training schedule.


"Call me crazy, call me what you will, but the gym here doesn't open up early enough for me," he chuckles. "I work out at a gym open 24-hours because I usually get started around 4:30 a.m. or 5 a.m. everyday."

Greeley has a number of meets he's taking part in here in Winnipeg in May and June and if those go well he'll also get the chance to take part in the Canadian Senior National Track and Field Championships before heading to the World Military Games in July. He hopes the times he records this summer will get him the attention he needs to join the Canadian Olympic team.

"They'll look at me if I've got the times," he explains of how he'll make the national Olympic team. "I've got to meet the times, and as soon as I've done them at a certain level of competition I'll let them know."



Capt Craig Greeley is training hard for the World Military Games. Photo: Submitted



17 WING JUNIOR RANKS

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Winnipeg squash players compete at Prairie Regionals

Maj Doug Chess

CFB Edmonton hosted the 2011 Prairie Region Squash Competition 14-16 Mar. Although 7 players from the 17 Wing Squash programme were originally identified to compete, only 3 were able to make the trip to Edmonton this year: Maj Doug Chess, Maj Bob Barrett and 2Lt Jeremy Maltais. A total of 19 competitors from across the Prairie Region were in attendance which caused the Wing Commander to remark in his opening address that this was the first time he could recall seeing more Squash players than Badminton players!

This year, a new tournament format was followed. Instead of competing only against players in the same age category, all competitors were placed in a single pool and seeded according to their current CF ranking and/or playing ability. From the main draw of 19 competitors, players continued to compete in either the top 8 or bottom 8 draws, including consolation rounds, which ensured all players had at least 4 matches to improve their position. Once the final matches were complete,

all players were ranked top to bottom according to their final placement in the tournament. The Prairie Region team was selected from amongst the highest ranked players, who were then asked to select a category based on their eligibility. After the tournament, competitors conducted challenge matches which took place on the morning of 16 March prior to the closing ceremonies later that day.

Maj Chess placed 4th overall in the tournament and won the Gold Medal in the Masters category. He was selected to represent the Prairie Region in the Masters category at the CF Squash Nationals in Borden, 7-13 May 2011. Maj Barrett placed 7th overall, earning the Silver Medal in the Masters category, and he was selected to represent the Prairie Region as the 4th seed in the Open category. 2 Lt Maltais, competing in his first CF sports competition as the 18th seed, finished the tournament in a very respectable 15th position, and placed 4th in the Junior category.

Congratulations to the members of the 17 Wing Squash Team, and best of luck to those selected to compete at the CF Squash Nationals.



Maj Doug Chess shows off his Squash skills at the Building 90 Gym. Maj Chess placed 4th overall in the 2011 Prairie Region Squash Competition, which was held 14 - 16 March at CFB Edmonton. Photo: Shane Gibson



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Congratulations I/S A & B Division Championship winners



The Air Div Aces, winner of the A Division I/S Championship.
 Front row (L to R): Capt Yves Soulard, Maj Dano Girard, Maj Corey Smith, Maj Roberto Furletti, Lt Jordan Woodman. Back row (L to R): Capt Darryl Dash, Maj Brent Warne, Capt Steve Gaunt, 2Lt Joshua Pistone, Capt Tom Loney, MWO Sean Joudrey, Capt Serge Parisien



The Air Force Band Team, winner of the B Division I/S Championship.
 Back Row L to R - WO Seann Aldermann, Sgt Vince Thorne, Sgt Chris Webster, Cpl Michael Hall, MWO Dave Stubbert, Cpl Marie-Pier Laflamme. Middle Row L to R - Sgt Michel Pare, Sgt Curtis Bamford, Sgt Fred Tucker. Bottom Row L to R - PO2 Yvan Larocque, Cpl Jocelyn Auger, Sgt Stephen Champ. Photo: Cpl Beverley Dunbar

17 Wing rocks the house at the PR Curling Championships

The 17WG WPG Base Curling team competed in the PR Curling Championships the 13 -17 Mar 11 at CFB Edmonton. There were 3 other teams, Wainwright, Moose Jaw and Edmonton competing to be crowned the Prairie Region Curling Champion. 17WG Winnipeg defeated Wainwright in the 3rd vs 4th page format before losing to Edmonton in the PR Curling semi-final. - Chris Merrithew



The 17 Wing Base Curling Team. L-R: CWO Colin Stewart, Capt Dale Horwill, Capt Serge Palin, MWO Matt Scott and MWO Bob Chunn. Photo: Submitted



Capt Dale Horwill delivers the stone at the PR Curling Championships as MWO Matt Scott and CWO Colin Stewart prepare to sweep. Photo: Submitted

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Congratulations 1CFFTS grads

On 31 March 2011, in Building 21 at 17 Wing Winnipeg, 1 Canadian Forces Flying Training School (1CFFTS) graduates two courses. The Air Combat Systems Officer (ACSO) Course 0906 and the Intermediate Airborne Electronic Sensor Operator (AESO) Qualification Course 1053 graduate after long and arduous courses.

ACSO Course 0906 Graduates



Front Row: (L to R) Maj Leenders, Gen Kummel, LCol Heuthorst, Capt Boyd Back Row, Lt Lee, Lt Antle, Lt Park, Lt Daigle, OCdt Xie. Photo: MCpl Colin Aitken

IAQC Course 1053 Graduates



Front Row: (L to R) CWO Sarrazin, CWO McDonald, Gen Kummel, LCol Heuthorst, MWO Lonigro Back Row, Cpl Reyes, Cpl Valardo, Cpl Hardy, Cpl Organ, Cpl Saunders, Cpl Naismith, Cpl Hopkins, Cpl Horaski, Sgt Bichsel. Photo: MCpl Colin Aitken



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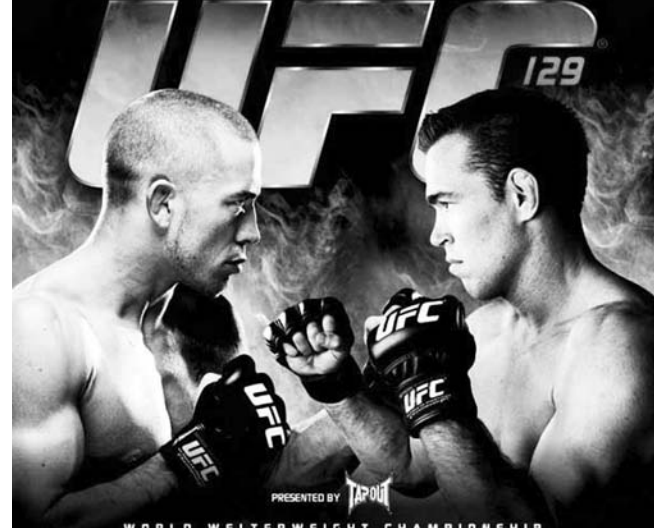
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Have you got a story you'd like to share?

Drop us a line at 833-2500 (ext. 6976) or send us an e-mail at voxair@mts.net

Registrations for the Spring SCAN Seminar are now being accepted

The Wing Personnel Selection Office will be hosting a Second Career Assistance Network (SCAN) seminar. The objective of this seminar is to provide both military personnel and their spouses with up to date information pertaining to the benefits and services available to retiring members. Additionally, the seminar will address aspects of transition to a second career outside of the CF. Details of the seminar are as follows:

DATES: 10 – 12 May 2011

TIME: 0800 - 1600

LOCATION: Base Theatre (Bldg 90)

DRESS: Appropriate civilian attire

WHO: Military members and their spouses

Topics including Release Procedures, Pay and Pensions, Wills and Estates and Financial Planning will be covered. The third day will focus on topics related to medical release but all personnel are encouraged to attend. Members who wish to attend are required to complete the registration form and forward it to the WPSO Office by 4 May 11.

*****ALL REGISTERED PERSONNEL ARE AUTOMATICALLY CONFIRMED TO ATTEND. NOTICE OF CONFIRMATION WILL NOT BE SENT*****

Registration details are available on the WPSO web site:

<http://17wing.winnipeg.mil.ca/WAdmin/PSO/scan.htm>

Nous acceptons maintenant les inscriptions au séminaire du SPSC du printemps

Le Bureau de sélection du personnel de l'Escadre (BSP Ere) tiendra un séminaire du Service de préparation à une seconde carrière (SPSC). Ce séminaire vise à informer les militaires et leurs conjoints des avantages et des services offerts aux militaires qui prennent leur retraite des FC. On y abordera également les aspects liés à la transition vers une deuxième carrière à l'extérieur des FC. Voici les renseignements pertinents :

DATES : les 10 et 12 mai 2011

HEURE : de 8 h à 16 h

LIEU : Théâtre de la base (bâtiment 90)

TENUE : Tenue civile appropriée

PUBLIC CIBLE : Militaires et leurs conjoints

On abordera, entre autres, les sujets suivants : procédures liées à la libération, rémunération et régimes de pension, testaments et successions, et planification financière. Le troisième jour, on traitera plus particulièrement de sujets liés aux libérations pour raisons médicales, mais tous les participants sont encouragés d'y assister.

Les militaires qui souhaitent participer au séminaire doivent remplir le formulaire d'inscription et l'acheminer au BSP Ere d'ici le 4 mai 2011.

*****ON S'ATTEND À CE QUE TOUS LES MILITAIRES QUI S'INSCRIVENT SOIENT PRÉSENTS AU SÉMINAIRE. ON N'ENVERRA PAS D'AVIS DE CONFIRMATION.*****

Pour les détails de l'inscription, veuillez consulter le site Web du BSP Ere :

<http://17wing.winnipeg.mil.ca/WAdmin/PSO/scan.htm>

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16 – 18 Sep 2011

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de travail
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Are you ready... Take the 2nd Annual Active Living 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 part in the 2nd Annual Active Living Challenge! For the month of May, see how healthy 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!

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.

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.

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?

The 2nd Annual Active Living Challenge encourages

you to "Live Right Now!" New this year, we are joining CBC's "Live Right Now" movement that is inspiring Canadians to move and get healthy!

Register for the 17 Wing Health Promotion group TODAY at www.liverightnow.ca. You will earn points immediately as well as receive tips and messages throughout the campaign.

Contact Health Promotion at 4995 or 4160 for more information.



Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes



STRESS: Take Charge!
A Canadian Forces Program

Le stress : ça se combat!
Programme des Forces canadiennes

For more information contact the Health Promotion Director or your Base/Unit or Formation. Pour plus de renseignements, communiquez avec le directeur de la promotion de la santé de votre base, équipe ou formation.

STRENGTHENING THE FORCES

Want to increase your stress hardiness, enhance your performance, ramp up your Resilience?

Stress: Take Charge!
2 May 2011
0800 hours to 1600 hours
Conference Room
Building 129

To register contact Health Promotion local 4150

Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

Le stress: Ça se combat!
2 mai 2011
0800 h à 1600 h
bâtiment 129

Pour s'inscrire, composez Promotion de la santé le 4150

Weight Wellness Lifestyle Program - Label Reading and Eating Out
Learn the tools to set you up for success when choosing foods and/or eating out!

Thursday, 12 May 2011
1300 – 1600 hrs.
Bldg. #25, Room #146

For additional information and to register contact Health Promotion: local 4150

Programme Style de vie Poids-santé—Lecture des étiquettes et sortie au restaurant
Découvrez les outils qu'il vous faut pour réussir lorsque vous devez choisir des aliments à la maison ou au restaurant!

jeudi, 12 mai 2011
1300h à 1600 h
bâtiment #25, chambre #146
Pour s'inscrire, composez Promotion de la santé le 4150

STRENGTHENING THE FORCES
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

We all have our **(ANGRY)** moments.

Managing Angry Moments (MAM)
4 & 18 May 2011
(Must attend both days.)
0800 hours to 1600 hours
Building 62, Room 315

MAM is neither a counselling nor a treatment program. Through education, it aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

For more information or to register contact Health Promotion local 4150

Gérer les moments de colère (GMC)
4 & 18 mai 2011
(Doivent assister aux deux jours.)
0800h à 1600h
bâtiment 62, chambre 315

GMC n'est ni une thérapie ni une thérapie ni un traitement. Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptation qui vous conviennent.

Pour s'inscrire, composez Promotion de la santé le 4150

STRENGTHENING THE FORCES
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

Nous avons tous nos moments **(DE COLÈRE)**.

Top Fuel for Top Performance Workshop
10 May, 2011
1300—1600 hrs
Bldg. #25, Room #112

Find out when, what and how much to eat to get the most out of your food and activity!

For more information or to register contact Health Promotion local 4150

Bouffe-santé pour un rendement assuré
10 mai 2011
1300h à 1600h
bâtiment 62, chambre 112

Venez découvrir quand, quoi et quelle quantité manger pour retirer le maximum de vos aliments et de vos activités!

Pour s'inscrire, composez Promotion de la santé le 4150

STRENGTHENING THE FORCES
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

Top Fuel for Top Performance

Canada

Top Fuel for Top Performance

Canada

Bouffe-santé pour un rendement assuré

Canada

Celebrating 20 years of the Military Family Services Program

As we approach the Twentieth Anniversary of the Military Family Services Program (MFSP), the time has come for us to kick off our celebrations by looking back at how far we've come, and looking forward to the future. Since its early start in April 1991, the MFSP has grown and evolved over the past 20 years to continue to meet families' changing needs.

Now more than ever, Canadian Forces (CF) families are diverse and ever changing. Today, the MFSP supports all loved ones of CF personnel, including spouses, children, parents, as well as families of reservists and of the fallen. Families can and do turn to the MFSP at different

points in their lives. Whether families are integrating into a new community, needing child care support, counting on deployment services or drawing on health and wellness programs, the MFSP helps to manage the unique challenges of the military lifestyle.

"The MFSP embraces inclusion, collaboration and community participation," says Celine Thompson, Director Military Family Services. "This fundamental belief is part of the program's underlying values and principles. I'm very proud of all that has been accomplished and the evolving partnerships that contribute to the Program's success."

The 20th Anniversary of the MFSP is also a time to pay particular tribute to the Canadian/Military Family Resource Centre (C/MFRC) staff and volunteers who tirelessly provide services and programs to support military families at home in Canada, in the United States and in Europe. C/MFRCs are the cornerstone of the MFSP, providing accessible and responsive services for thousands of families around the world.

This year is also a fitting time to celebrate the significant contributions families make to our Program, as participants and volunteers. Long recognized as the "Strength Behind the Uniform", CF fami-

lies are celebrated for their resilience and unwavering strength.

So today, whether you are in the military, part of a military family, a C/MFRC staff member or volunteer – take a bow. This year's celebration is all about recognizing that we all play a part in making the CF a Canadian institution to be proud of. Coincidentally, it's also a year to announce exciting enhancements to services and programs for families. Stay tuned for more details as the year progresses!

MFRC celebrates 20 years with time capsule dedication

At the MFRC's monthly coffee break on April 7, staff, volunteers and community members helped celebrate our 20th anniversary with a time capsule dedication. Community members were asked to bring in items that signify the MFRC, the city of Winnipeg and 17 Wing. The time capsule will be opened in 2021.



Children at the MFRC Child Care Centre put their creations into the time capsule. Photo: Submitted



Bonnie Korzeniowski, MLA for St. James and the Special Envoy for Military Affairs locks the MFRC's time capsule as MFRC executive director Don Brennan looks on. Photo: Submitted



Sonja Reisdorf, the facilitator for the MFRC Child Care Centre's weekly music program, Wee Be Jammin, teaches the children a song she wrote for the 20th anniversary. Photo: Submitted



Ailidh Riston from the MFRC preschool program puts a book into the time capsule. Photo: Submitted

Chaplain's Corner

Great Hope in Wooden Expectation

"I have been bent and broken, but – I hope – into a better shape."

Charles Dickens (Great Expectations)

Dickens wrote stories of great passion and of sorrow. He wrote about strong characters and great deeds. He wrote of war and of loss. These qualities exist in our experience of this time and in this place. He balanced desperation with hope and the end result is a human spirit that evolves.

Many of us have marveled at many sports personalities that seem to have it all. For example, Tiger Woods, who seemed to have a perfect life. He made millions of dollars playing a game. He had a beautiful wife and wonderful children. We did not know the dark side of his life until one night when his wife hit him with a golf club and his car hit the front gates of his mansion. It turns out that Tiger Woods had many sexual relationships outside his marriage. A divorce soon followed and his life seemed to crumble. He has not won a tournament in 17 months. People openly show their judgment of him and many believe that he is a terrible person who deserves everything he gets.

Even so, I believe in something different. No one is above redemption. Yesterday Tiger Woods, during The Masters, showed strong character. In his first nine holes he played very well. He threatened to take over the tournament and become just like that young man who dominated the golf world. His passion and focus was undeniable. He showed a heavy heart. He showed a determined will. And yet, he lost.

I admire his attempt to now change his life. In conversations, we have heard him repent his choices. The media put so much pressure on him and many would have crumbled before such a magnifying glass. These toughest times sometimes become the forge, which helps to mold the man. Simply put, I believe that Tiger's struggles will make him a better person.

Many of us judge our neighbours for the many poor decisions that we make. Sometimes the burdens become so heavy and it is only through the kindness of strangers that hold us up. No one is above making the most terrible of mistakes. Mercy is very difficult to offer but maybe if we give, then the broken will live and become whole. Maybe Tiger will become a better person through new found humility and the kindness of others.

- Will Hubbard, Padre

I am a Soldier By C.J. Hodder Grade 6, November 2010

I am a soldier hearing loud shots from a gun
I wish the war was done

I am a soldier wanting to go to my wife
So we can live a happy life

I am a soldier who sees blood
I am surrounded and covered with mud

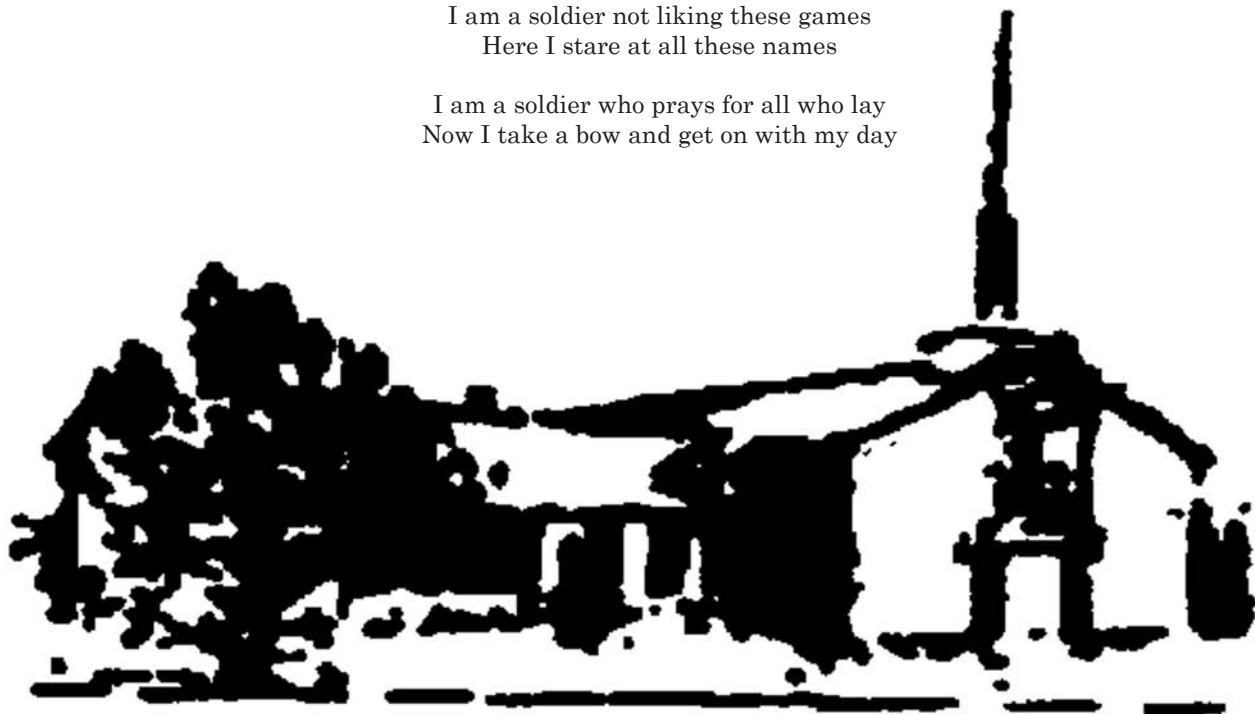
I am a soldier who sees violence
All I want is a moment of silence

I am a soldier seeing rows of crosses
Where it lies so many loses

I am a soldier seeing puddles of red
Remembering all the dead

I am a soldier not liking these games
Here I stare at all these names

I am a soldier who prays for all who lay
Now I take a bow and get on with my day



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

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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'.

INTERFAITH PRAYER ROOM

Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.

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- SENIOR'S BINGO: Thursdays at 1:30 pm
- CRIBBAGE: Thursdays at 7:30 pm
- DANCING: Friday & Saturday evening 8:00-12:00 pm
- MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

Taroscopes

BY NANCY

Aries (March 21 - April 19):

It seems it's all up to you. And you're on the right track. You can't just mentally go to sleep when things are exhausting. Dealing with difficulties can wear you out but persevere. Look further afield for answers. There is more going on here than you know of - dig for clues.

Taurus (April 20 - May 20):

There is a lot of work coming up. Don't neglect taking the time to get organized. Think things through very logically to get your ideas off the ground. And follow the rules. Read the instructions. The bigger the task the greater the value in doing this as you'll avoid costly errors.

Gemini (May 21 - June 21):

Never mind what you've been told you should or must do. Follow your own instincts. Skip the scripts and game playing of others. You don't have to be part of sustaining someone else's image. Be as generous to yourself as you have been with others.

Cancer (June 22 - July 22):

You're focused on money and security. You need to take into consideration new information. You can't plan for all eventualities but you can still plan quite effectively. Allow yourself to stop fearing the future. It will arrive soon enough. And you'll deal with it then.

Leo (July 23 - August 22):

Deep emotions surface. You're seeing the importance of the big picture and your place in the scheme of things. You've lost something of value but you can regain a healthier outlook and a sense of well-being once you deal with old emotional issues. Celebrate the good things in your life.

Virgo (August 23 - September 22):

Even though you expected it, you'll be surprised when news arrives. Deal with what is coming to an end. Avoiding it could lead you to act impulsively. Take care of yourself and those you love. Let go of negative habits. Act in ways that reflect reality and your true values.

Libra (September 23 - October 23):

You have a heightened awareness of what is being said and done around you. You no longer want to avoid reality as justice is served when the truth comes to light. Others wake up to what you have been saying all along. Help put plans in place to ensure future equity.

Scorpio (October 24 - November 21):

Don't be overly concerned about the details of organizing an event. It's the caring and sharing with others that counts. Something someone said is bothering you. Things you neglected to say are also on your mind. Clear up any miscommunications as quickly as possible.

Sagittarius (November 22 - December 21):

You're feeling like you've got everything organized and can meet any challenge. Be prepared for fun as well but don't go too far. You could be playing with fire. Know your limits. What starts out looking easy could become more complicated as things unfold.

Capricorn (December 22 - January 19):

Things are taking longer to pan out than expected. You may be unable to attend a celebration you were looking forward to. The value of being part of a team becomes apparent to you now. You have the chance to acquire something special. To relax, turn on good music.

Aquarius (January 20 - February 18):

Don't be disappointed if what you tried to gain was lost. You'll find it is better that you move on anyway. There is something more rewarding for you that will only surface once you've left the past behind. Choose your words with care so that you get your point across.

Pisces (February 19 - March 20):

The effort you put in will reflect the payoff you see. Speak up when you have relevant information for others. They'll be glad you did. Promote yourself and your areas of expertise to a wider audience. Celebrate your achievements. Set high standards and hold to them.

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