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THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

March 21, 2012

VOLUME 61, ISSUE 06

FREE

17 Wing Winnipeg Hosts the 2012 Canadian Forces National Men's Hockey Championship



Men's hockey teams from CFB Valcartier and CFB Halifax faced off in the finals of the CF Men's Hockey Championships hosted by 17 Wing at the MTS Iceplex from March 11th-16th. Valcartier went on to win the championship with a 6-2 victory. See pages 8 & 9 for more. Photo: Mike Sherby

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23 Health Services has a New Entrance



Med Tech's Cpl McNicol and Cpl Imamshah show off the new accessible front door at 23 Health Services that is now open and ready for use. Photo: Alison Dickey

Alison Dickey
Voxair Photojournalist

You can now see some of the improvements done at 23 Health Services with the opening of their new accessible entryway.

As for what else you can expect to see in the new building, LCdr Julia Roy gave the Voxair a tour.

The 3.9 million dollar renovations are taking place in phases so that the clinic can remain open while work is underway. The project seeks to make more effective use of the space in order to provide more functional areas for primary care and mental health services.

Doctors will now have offices separate from their exam rooms, which will increase productivity and how many patients they can see on a daily basis. To create more space on the main floor, some things are being relocated within the building. For example, the pharmacy will be relocated to the other end of the building and health records will move to the second floor.

The clinic is moving to pod style exam rooms, which means there will be four exam rooms, a charting area for the doctors and a waiting area for the patients

in three different sections of the clinic. The whole clinic will make more sense in how it operates, "Once patients come in our new barrier free doors, they will be greeted by a large open concept reception area," says LCdr Roy.

From there, they will be seen by a doctor in the new exam rooms and if required, will go and pick up a prescription at the new and expanded pharmacy before leaving. "The pharmacy currently does not have the space for pick up and drop off windows like you would see in a civilian pharmacy, which means there is no privacy for patient consultations," explains LCdr Roy.

The triage unit will finally be moved out from behind the current reception

desk to a private area within the building and the old elevator is being replaced in order to make it easier for patients to get around. However, one thing that will not be relocated is the treatment bay on the main floor, where people go when they are very ill or need a minor operation.

The lab will remain on the second floor but will now have more room, making it easier to take patients blood and give them a space to wait that is not in the hallway. Community health will have an improved area on the second floor and the Mental Health department and Case Management is going to the third floor.

"All of these improvements will bring us in line with the best practices in civilian care," says LCdr Roy.

VOXAIR

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MFRC Expands Daycare Space



Assistant Director of the MFRC Child Care Centre, Cathy McCullough shows off the progress being made on the expansion of the daycare centre that will allow them to offer more temporary infant care spaces to military families being posted to 17 Wing Winnipeg. Photo: Alison Dickey

Alison Dickey

Voxair Photojournalist

As you passed by the MFRC Daycare on Whytefold Road, you may have noticed some construction going on since January. The centre is getting an addition in order

to create 23 more infant care spaces which should be completed by the late fall of 2012. The new addition means more jobs will be created and will include new staff facilities.

The daycare officially opened its doors in January 2000 and was licensed for only 12 infant care spaces. "The wait list was very long for infants. We understand that military families are posted into the province and don't have any family here and it's very difficult for them to find care," explains Assistant Director Cathy McCullough. "We've actually come up with this idea in order to temporarily help families while they put their child's name on a wait list at a centre elsewhere."

The 24 slots will not necessarily be absorbed into the MFRC daycare, people are more than welcome to put their name on the list and if anything opens up, then they can remain here.

"It's tricky to find infant care because there is a lot less of it available than two year old care," says McCullough.

The MFRC daycare tries to provide as much help as they can to military families however, they don't have a lot of spaces as it really depends on postings in and out of 17 Wing.

"We try to meet all of the needs of military families first - currently we have a total of 103 children including infants all the way up to school aged kids to the age of 12" says McCullough.

The different programs they provide include a bit of a french immersion preschool program for children from ages three to four and a half; the school age children program only runs before and after school hours but they also offer a kindergarten program for kids that go to either Strathmillan or Bannantyne schools half-time and then they are bused over to the centre at lunch time. Children also have the availability to use the facilities over at building 90 like the theatre and pool.

The summer time is a busy season, "We plan lots of field trips to keep the kids entertained, and we guarantee the children will be dirty when they get home," says McCullough.

If you are interested in further information on the 17 Wing MFRC Daycare centre, please contact the Director, Lois Johnson at: (204) 837-3626 or e-mail: loisjohnson@mts.net.

3 CFFTS has Largest Graduation in Recent Memory



Capt Marlon Mongeon was chosen as the parade commander and recipient of the Portage la Prairie award for the graduation.

Capt Sean Morris
3 CFFTS

Portage la Prairie, M.B. – Sixteen new Royal Canadian Air Force (RCAF) pilots were proudly welcomed into the elite club of military aviators by having their wings pinned on their uniforms at 3 Canadian Forces Flying Training School (3 CFFTS) in Portage la Prairie, M.B. on Friday, 9 March, 2012.

The presentation was presided over by Colonel Marc Bigaouette, Commander of 15 Wing Moose Jaw, Col Ian Lightbody, Commander 12 Wing Shearwater, Lieuten-

ant Colonel Rob Kamhuis, 3 CFFTS Commandant and 3 CFFTS Honorary Colonel, Orville Wagner. The proud friends and families of the graduates were witness to Col Bigaouette presenting the coveted wings to the students. In a speech following the presentation, Col Bigaouette addressed the families, thanking them for their support of the graduates and asking for that support to continue into their demanding career in the CF.

The graduates will now be moving on to their operational units across Canada. Three separate courses were represented on parade, one multi-engine course and two rotary wing courses. The graduates trained on up to 4 different aircraft types and are considered some of the highest trained ab-initio military pilots in the world.

The multi-engine graduates from course 1108 were: Lieutenant Lauren Armstrong (429 Sqn C-17 Globemaster), Lt Bryan Morrison (405 Sqn CP-140 Aurora), Lt Josef Sliwinski (435 Sqn CC-130 Hercules), Captain Kevin Howley (436 Sqn CC-130J Hercules), Capt Curtis Cusack (424 Sqn CC-130 Hercules).

The rotary wing graduates from course 1105 and 1106 were: flying the CH-146 Griffon, Capt Susan Goodman (408 Sqn), Capt Philip Jefferson (427 Sqn), Capt David Gosselin (430 Sqn), Capt Jeffrey LaBrash (430 Sqn), Capt Connor Ryan (408 Sqn), Capt Guillaume Poulin (430 Sqn), Lt Elizabeth Rozendal (427 Sqn), Capt Nicole Sage (417 Sqn), Capt Jeremy Waller (408 Sqn) and flying the CH-124 Sea King, Capt Marlon Mongeon (423 Sqn) and Capt Simon Vlaar (443 Sqn).

His Worship Earl Porter, Mayor of Portage la Prairie, presented the Portage la Prairie award for the student demonstrating the highest level of professionalism and officer-like qualities to Capt Marlon Mongeon. The Hal Wishart trophy for top multi-engine student was presented to Lt Bryan Morrison. The Gos Golding trophy for top rotary wing student was presented to Capt Jefferson (1105) and Capt Vlaar (1106).

Following the parade, all the graduates, their friends and family and staff of 3 CFFTS, attended a formal Air Force mess dinner. The guest of honour at the dinner, Col Lightbody, addressed the graduates giving them a look into their future and passing on his best wishes in their future careers as RCAF pilots.

For more information about becoming a pilot in the Canadian Forces please visit:

<http://www.forces.ca/en/job/pilot-32>

<http://www.forces.ca/fr/job/pilote-32>

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CC-130 Hercules Flight Safety Emergency



Fire Crews inspect the damage to a 435 Squadron CC-130 Hercules after a fire on board in Key West, Florida. Photo: U.S. Navy.

Air Force News

Nine Canadian Forces personnel are safe after evacuating from a CC-130 Hercules aircraft that caught fire during take-off while training at the Naval Air Station Key West in the United States yesterday. The aircrew successfully conducted an emergency landing after the aircrew noted an onboard fire. Naval Air Station Key West Fire and Emergency Services extinguished the fire, and damage to the aircraft is reported as being extensive. A flight safety investigation is being launched from National Defence Headquarters in Ottawa to determine the cause of the event.

The aircraft and crew are from 435 Transport and Rescue Squadron of 17 Wing Winnipeg, Man. They have all been examined by the on-scene Canadian Forces flight surgeon as a precautionary measure. "Noting the seriousness of fire aboard any aircraft, I am proud of the

crew that followed through on their training, conducted the immediate emergency procedures, and got everyone out safely," said Lieutenant-Colonel Richard Pamplin, commanding officer of 435 Transport and Rescue Squadron. "At times like this, my thoughts go to our families, and I am relieved to be able to confirm that the crewmembers are safe and remain in good spirits." "The Royal Canadian Air Force strives to optimize its contributions to operations and training without compromising on safety or on standards, and this incident will be thoroughly investigated.

The CC-130 Hercules aircraft and crews were operating in the area to provide air-to-air refuelling support for the training of new CF-18 fighter pilots from 4 Wing Cold Lake, Alta., who were conducting essential training focused on air combat tactics and air interdiction missions.

Flight Safety Annual Briefings to Happen April 16th & 17th

The annual Director of Flight Safety (DFS) briefings and visit by Colonel Yan Choiniere and CWO Jacques Boucher, will take place 16-19 Apr 12. This visit is always the highlight of the flight safety year. The visit allows DFS to meet with 17 Wing personnel, and to deliver a series of educational Flight Safety presentations to personnel. As in previous years, the briefing will review the past year's significant incidents and

accidents providing some analysis of trends and highlighting concerns in our flying operations.

This annual visit to the Wing is an opportunity for 17 Wing personnel to learn of flight safety issues concerning 17 Wing and other Wings. Flight Safety is an ongoing process that all members of the Wing are responsible to maintain. The safe conduct of flying operations, support to flying operations and prevention of accidental losses

of personnel and aviation resources remain essential elements of our operational effectiveness. The Wing Commander, Col Blaise Frawley, and the Wing Flight Safety Team, highly encourage all personnel to attend one of the briefings. So please make the effort to take in one of the sessions and meet the DFS team.

To ensure maximum participation and to meet personnel schedules, DFS will present five briefings

16 Apr 12	0900 – 1115	Training & Education Centre (TEC) Bldg 135 Netherlands Theatre
	1400 – 1615	Training & Education Centre (TEC) Bldg 135 Netherlands Theatre
	1830 – 2030	16 Hgr 3rd floor // 435 Sqn Brf Rm (Namao Hall) (Special Area Pass required to gain access to hangar)
17 Apr 12	0900 – 1115	Portage La Prairie / Southport
	1330 – 1530	Sqn Ldr Glen Elwood Theatre Hilly Brown Bldg



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17 Wing Teams are Winnipeg's Fastest Services



Major Corey Smith shows the concentration that helped 402 Squadron place first in Winnipeg's Fastest Service Competition. Photo: Sgt Bill McLeod

Sgt Bill McLeod 17 Wing Photojournalist

17 Wing Winnipeg, Manitoba - The Royal Canadian Air Force once again proved to be the Fastest Service in Winnipeg at the 31st Annual Boeing Classic Provincial Indoor Track and Field Championships held at the Max Bell Fieldhouse at the University of Manitoba on 2-3 March.

Two teams from 17 Wing, Team 402 Squadron and Team 17 Wing, placed first and second respectively in a showcase relay called Winnipeg's Fastest Service Challenge. The 4x100 meter relay was billed as a "friendly competition in human speed" and competitors included teams from the RCMP, Boeing Canada, the RCAF, and a team called "Road Kill".

According to the organizer 402 Sqn Team Captain Serge Faucher, there were two strategies that helped them win first place.

"We practiced 7 or 8 baton exchanges a week before," said Captain Faucher. "The race is as much technical as raw power so if you have a bad exchange it can really slow you down."

"We had a goalie, a triathlete, a basketball player, and I am a middle distance runner," Captain Faucher added. "The key to our win was to have people with a quick leg turnover instead of long distance runners."

Of his race, Team 402 Sqn member Major Corey Smith said, "Considering I hadn't run a 100 meter race for 22 years, it was a great race. At least I didn't manage to blow out a hamstring or anything."

The 17 Wing Team Captain, Captain Famara Diéd-

hiou, was not as lucky. "It was a good race but I got injured," he said. "I pulled my hamstring."

Captain Diédhiou ran Track and Field while at the University of Sherbrook and presently volunteer coaches at the University of Manitoba five times a week.

Captain Faucher has a message about next year's event for any other interested teams. "I will make a bold prediction that next year we will win again and be even faster. I challenge any other Winnipeg service to take it away from us."

For more information about 17 Wing please visit:
<http://www.rcaf-arc.forces.gc.ca/17w-17e/index-eng.asp>
<http://www.rcaf-arc.forces.gc.ca/17w-17e/index-fra.asp>



The Second place 17 Wing team of (L-R) 2Lt Andrew Smith, Capt Famara Diédhiou and Mr. Dennis Lang. Photo: Sgt Bill McLeod



The first place 402 Sqn team of (L-R) Maj Corey Smith, Cpl Brian Hines, Capt Serge Faucher, and Cpl Fraser Cameron. Photo: Sgt Bill McLeod

17 Wing hosts Powerlifting meet



Capt Chris Marron competed in the 17 Wing Open on February 5th, 2012 at Building 90. Marron went on to set 11 different provincial records at the meet. Photo: Capt Tom Kolesnik

Alison Dickey
Voxair Photojournalist

The 17 Wing Strength club started back in 2007 and they have been hosting meets once a year ever since. The club has about 25 members but as they all work shift work, it can be difficult to meet. They typically get together at lunch hour or after work.

At this year's event there were five competitors in the 93kg weight class, which was the largest class in the competition. It made for an interesting mix, as there was a Masters 3 lifter, a junior lifter, two unequipped open lifters and an open equipped lifter.

Capt Chris Marron is a United States Air Force (USAF) exchange officer working as an Instrument Check Pilot Instructor at the RCAF ICP School. Marron was the sole military lifter competing at this year's 17 Wing Open and has so far set eleven provincial records in powerlifting.

Sgt Al Bugden is the President of the

17 Wing Strength club and he said it was important to point out that Chris lifts unequipped, "just with his boots and belt on, no support equipment."

Capt Marron was actually born in Canada, so he therefore qualifies to compete in the Canadian Nationals, where Sgt Bugden believes he has a good chance of winning.

Marron's co-worker, Capt Tom Kolesnik was quite surprised at what super powers Marron had been hiding, "all of Chris's dead lifts were successful and culminated with an impressive lift of 584 pounds!"

"It was very impressive to see and the judges determined that Chris was not just best in his weight class and the top military lifter but was also the top overall powerlifter," added Kolesnik.

If you are interested in learning more about powerlifting or joining the 17 Wing Strength Club contact President Sgt Al Bugden at: all.bugden@forces.gc.ca.



Capt Marron competed in the 93 KG weight class and will now go on to the Canadian Nationals in April 2012. Photo: Capt Tom Kolesnik

Wing Member Takes Second Place at Masters Track & Field Championships



Capt Serge Faucher competed in the 2012 Canadian Masters Indoor Track & Field Championships in Toronto from March 10th - 11th. Photo: Submitted

Submitted by Capt Faucher
402 Squadron

A 17 Wing member is cooling his heels after a fantastic showing at the recent 2012 Canadian Masters Indoor Track & Field Championships.

Capt Serge Faucher took second place in the two events in the championships, which took place the 10-11 March in Toronto.

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. The event was presented by The City of Toronto, in partnership with the University of Toronto Track Club (UTTC) and the Canadian Masters Athletic Association (CMAA).

This was the third time Capt Faucher has attended a Masters competition since

2009. On the Saturday of the competition, he competed in the 800-meter race, posting a solid time of 2 minutes, 16.95 seconds, which placed him 2nd in the 45-49 age group. On the Sunday, he ran the 400-meter, again finishing a strong second with a time of 56.72 seconds. The only Masters athlete to have run faster this past year in the 400 m was the eventual winner, Mike Sherar who is also ranked number 2 in the world in this event.

Capt Faucher said of the event "I hope to see more CF members run these events as we have many outstanding Masters runners who only compete in road races. They would undoubtedly do quite well on the track!"

Capt Faucher is now setting his sights on the World Masters Athletics Indoor Championships, to be held 3 - 8 April 2012 in the city of Jyväskylä, Finland where he will compete in the 200, 400, and 800-meter races.

440 Squadron Supports Operation Arctic Ram



A medical member from 1 Field Ambulance, Edmonton, Alta., arrives to talk with soldiers from 3 PPCLI on the landing zone to finalize details before a jump on Feb. 15.

Submitted by: Land Force Western Area

Exercise Arctic Ram 12, 1 Canadian Mechanized Brigade Group's (1 CMBG) inaugural training exercise, was conducted in the Northwest Territories from February 14 to 26, 2012.

Based near Yellowknife, N.W.T., with elements working around Behchoko, Whati and Gameti, it was the biggest and most complex Canadian Army-led exercise ever undertaken in the Canadian Arctic. The Royal Canadian Navy and the Royal Canadian Air Force worked with the Army, supporting the exercise.

The Air Component of the exercise involved fixed wing aircraft, helicopters and crews from across Canada. It provided aircraft support, airlift of people and equipment and was available for medical evacuation, if required, of sick or injured

Canadian Forces personnel. Air Force units participating in the exercise were:

- 405 Long Range Patrol Squadron, flying the CP-140 Aurora long-range patrol aircraft, from 14 Wing Greenwood, N.S.

- 408 Tactical Helicopter Squadron, flying four CH-146 Griffon helicopters, from 1 Wing Kingston, Ont. (located at Edmonton, Alta.).

- 436 Transport Squadron, flying two CC-130J Hercules airlifters, from 8 Wing Trenton, Ont.

- 440 Transport Squadron, flying the CC-138 Twin Otter, from 17 Wing Winnipeg, Man. (located in Yellowknife, N.W.T.).

- Additional personnel and equipment came from 4 Wing Cold Lake, Alta., 17 Wing Winnipeg, Man., and 19 Wing Comox, B.C.

The activities of Feb. 19 are a good il-

lustration of the support that the RCAF provided. The day's highly successful parachute jumps were the second time, in less than a week, which paratroopers at the company level (that is, 120 soldiers) landed in Canada's North – something that hasn't occurred since 1995.

During that 24-hour period, paratroopers from Bravo Company, 3rd Battalion, Princess Patricia's Canadian Light Infantry (3 PPCLI), conducted several parachute jumps – twice into Gameti and once into Whati.

The paratroopers jumped out of CC-130J Hercules aircraft at an altitude of approximately 1,000 feet (305 metres). A Light Equipment Load (toboggans with survival equipment) was dropped after the paratroopers landed. In addition, 408 Tactical Helicopter Squadron supported the parachute drops with medical evacuation helicopters on standby at both drop zone (DZ) locations.

"Today's operations were extremely successful," said Lieutenant-Colonel Nick Grimshaw, Chief of Staff, 1 CMBG, regarding the Feb. 19 activities. "The airborne insertions into Whati and Gameti were executed according to plan through the dedicated support of the Air Component Commander and its affiliated Royal Canadian Air Force elements."

Arctic Ram's goal was to permit soldiers to re-familiarize themselves with northern operations by assessing the ability of 1 CMBG to operate in a harsh winter environment, testing all personnel and equipment, and providing an opportunity for many soldiers to develop an awareness of the unique requirements of Arctic operations.

Most of the approximately 1,500 participants came from western Canada, particularly from Edmonton and Shilo, Man.

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17 Wing Hosts the CF National Men's Hockey Championship



17 Wing Commander Col Blaise Frawley drops the puck to officially open the 2012 Canadian Forces Men's Hockey Championships at the MTS Iceplex on March 12th. Photo: Cpl Piotr Figiel



Players from the CFB Halifax team celebrate after scoring a goal against the CFB Trenton team. Photo: Alison Dickey

Alison Dickey
Voxair Photojournalist

17 Wing Winnipeg hosted the CF Men's National Hockey Championships from March 11th to 17th, 2012 at the MTS Iceplex.

Representing the Prairie Region was 4 Wing Cold Lake, CFB Trenton represented the Ontario region, it was CFB Halifax for the Atlantic region, 19 Wing Comox played for the Pacific region and CFB Valcartier for the Quebec region.

"It's not the first time that Winnipeg has hosted the event, it's just been a very long time," said Patron of CF Hockey BGen Noonan. He is the patron of all CF Hockey teams including men's, women's and oldtimer's teams that all play their championship games in the month of March.

Canadian Forces National Sports Manager, Sandra Campbell decided to try and take the event on the road outside of the normal location of CFB Borden, "It was great to form that link with the Winnipeg Jets organization that has such a strong connection with the Air Force. It was nice to come to Winnipeg and share in the passion the city has for hockey right now."

Each team that qualifies to come to the Championships are able to pick up three

2012 CF National Men's Hockey Championship Results

March 12

8 Wing Trenton 6 - 12 CFB Halifax

19 Wing Comox 8 - 9 4 Wing Cold Lake

CFB Halifax 6 - 11 CFB Valcartier

March 13

8 Wing Trenton 7 - 2 19 Wing Comox

4 Wing Cold Lake 0 - 8 CFB Valcartier

19 Wing Comox 1 - 4 CFB Halifax

CFB Valcartier 2 - 4 8 Wing Trenton

March 14

CFB Halifax 10 - 1 4 Wing Cold Lake

CFB Valcartier 14 - 2 19 Wing Comox

4 Wing Cold Lake 6 - 6 8 Wing Trenton

March 15

Semi-Finals

4 Wing Cold Lake 1 - 10 CFB Valcartier

8 Wing Trenton 4 - 5 CFB Halifax

March 16

Finals

CFB Halifax 2 - 6 CFB Valcartier

other players from the region in case there are injuries or if players can't get time off of work, "So naturally, they try to pick top players from other teams in their region to supplement the team," explains Campbell.

Campbell says there will be no set location where this championship will be held in the future. They look at it on a year-to-year basis and see which bases are capable of hosting the tournament.

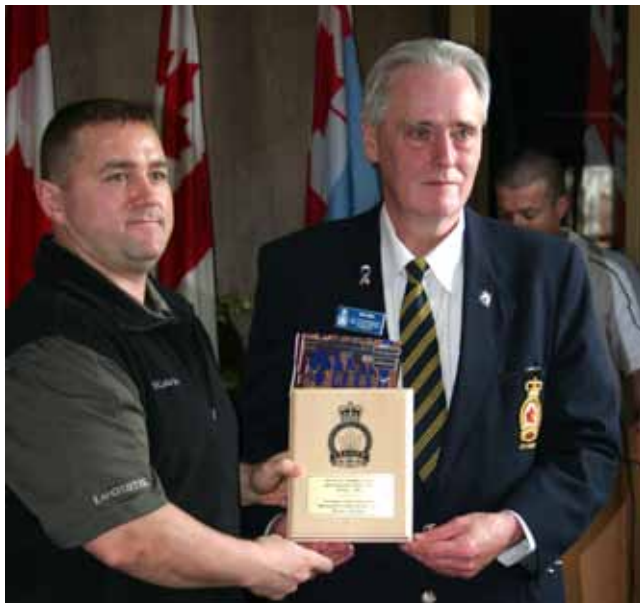
BGen Noonan says it's so nice to move the event around the country in order to showcase the talent, "The Canadian Forces hockey skill level is probably more impressive than most people would think and when people do come to the arenas, they realize that it is really great hockey to watch."

Overall, both Campbell and BGen Noonan were extremely impressed with the success of the event and the hard work of the 17 Wing Winnipeg PSP Staff and volunteers. For more coverage from the sports banquet, see the next edition of the Voxair.

CF National Men's Hockey Championship Cont'd...



CF Hockey Patron BGen Noonan and CF National Sports Manager Sandra Campbell present Acting Wing Commander Lt Col Halpin and 17 Wing with a plaque for running a successful tournament. Photo: Alison Dickey



Wade Sutton from the Pacific Region team received the Royal Canadian Legion Sportsmanship Award from Mr. Dan Kidd, a representative of the Royal Canadian Legion. Photo: Alison Dickey.



CF National Sports Manager Sandra Campbell presents the Dedication to Sports Award to Lt Navy Chuck Dufton. He was the head trainer for the CF Men's National Hockey Championship. Photo: Alison Dickey



CFB Valcartier represented the Quebec region this year at the CF Men's National Hockey Championships and won the title in a game against CFB Halifax. Photo: Cpl Piotr Figiel

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Celebrate Earth Hour on March 31st



This year be sure to turn your lights out for Earth Hour on March 31st!

Celebrate Earth Hour this year on March 31st from 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 31st 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 31st 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, @earthhour on Twitter or contact the 17 Wing Environment Office.

Faces of The Legion



SERVICE IS OUR MISSION
 www.LEGION.ca / or call Toll Free: 1-888-556-6222

various photos: Combat Camera 2012

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Register Now for the Spring SCAN Seminar

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: 8-10 May 2011

TIME: 0800 - 1600
LOCATION: Netherlands Theatre (Bldg 135)

DRESS: Appropriate civilian attire
WHO: Military members and their spouses

Topics including Release Procedures, Pay and Pensions, and Wills and Estates 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.

*****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://10.96.88.150/cms/en/home/winginfo/wingadmin/WPSO/SCAN/DatesandRegistration.aspx>

Nous acceptons maintenant les inscriptions au séminaire du SPSC

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 : 8 à 10 mai 2012

HEURE : de 8 h à 16 h

LIEU : Amphithéâtre des Pays-Bas (bâtiment 135)

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, et les testaments et successions. 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.

*****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://10.96.88.150/cms/en/home/winginfo/wingadmin/WPSO/SCAN/DatesandRegistration.aspx>

The Fort Garry Horse Celebrates a Century of Service in 2012

MCpl Rutledge
38 CBG Photojournalist

Everybody loves a reason to celebrate. Birthdays, anniversaries, holidays, all are days for commemorating someone cherished or something special. This year, Winnipeg's own armoured regiment, The Fort Garry Horse, have a particularly good reason to celebrate. On April 15th, 2012, the regiment rings in 100 years of military service to their nation and their community.

The regiment plans to celebrate their centennial anniversary in style. Festivities kick off on April 14th with parades at Winnipeg City Hall and the Provincial Legislature, and culminate in the Gala Calvary Ball at the Fort Garry Hotel in the evening. Hundreds of past and present 'Garrys' are expected to attend, as well as local, provincial, and national dignitaries.

The Fort Garry Horse (FGH) encourages all those interested to join in the events. One need not be a current or former soldier to have reason to commemorate this momentous occasion.

Canada's military has played a pivotal role in constructing our unique national identity, and helps define

Canada's esteemed position on the global stage today. From successfully defending Canada as a part of the British Empire during the War of 1812, to our first major impact on the world's stage, the 1917 Battle of Vimy Ridge, Canada's citizen-soldiers have penned our nation's history from its very beginnings.

The Fort Garry Horse take pride in their century's worth of contributions toward such endeavours of national significance. The regiment's history begins during Canada's colonial era, when militia units often would be mobilized to meet local defence requirements. The Fort Garry Horse came to being in this fine tradition, and joined the military ranks as the 34th Regiment of Cavalry in 1912. The title "The Fort Garry Horse" was added the following year.

The unit served with distinction through both world wars, acquiring more than two dozen battle honours, distinctions awarded to recognize a unit's participation in battle against a formed enemy—and saw Lieutenant Marcus Strachan awarded a Victoria Cross—the highest decoration for military valour in the Commonwealth—for his actions in the Battle of Cambrai, 1917. The Regimental Guidon carries more battle honours than any

other armoured regiment in Canada, a source of regimental pride to this day.

Following post-war demobilization in 1946, soldiers from The FGH volunteered for active duty in the Korean War of 1950 - 1953. A regular-force component of the regiment stood up in 1958, serving in Germany, Egypt, and Cyprus before standing down in 1970. Members of the militia and regular force units participated in UN and NATO operations throughout the latter half of the 20th century, and the turn of the millennium saw today's members of The FGH serve in the ongoing Afghanistan conflict.

Today's Winnipeg-based regiment traces their roots all the way back to the North-West Rebellion of 1885; in 1936 The FGH amalgamated with the successors of a Manitoban mounted infantry unit called Boulton's Scouts, which served alongside government forces during the 19th century uprising. The FGH inherited their first battle honours from amalgamation with this historical unit.

Visit www.fortgarryhorse.ca for more information.



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

Here Comes the Sun! The sun finally shines at CFS Alert

By: Lt Christina Lennox

Although the sun rises and sets every day in most of Canada, for those at Canadian Forces Station (CFS) Alert who have not seen its glow since mid October, its reappearance is an event to celebrate. And, on March 3 at 08:03 to a daytime temperature of -45°C and wind chill of -54°C, we celebrated as we welcomed the sun and held the Sunrise Carnival.

Due to Alert's geographic location inside the polar circle - 82°29'58"N, 62°20'05"W – the Station experiences polar night, or continuous darkness, from the middle of October until the end of February, with twilight lasting for about 2.5 weeks at each end, respectively. During the months of March to September, the opposite holds true as the polar circle experiences the "midnight sun". The official first sunrise of the season was on Feb. 28 at 10:03, but because of operational requirements (and lack of visibility due to cloud coverage), we waited until March 3 to celebrate its appearance.

The theme selected for this annual celebration was the "End of the World", as per the Mayan Calendar. As one of our main activities, Station personnel participated in creating Ancient Mayan inspired sculptures to

"sacrifice" to the bonfire held that evening.

Other activities scheduled for this celebration consisted of a BV-206 excursion to Mount Pullen in the morning to witness the actual sunrise over the southern hemisphere (yes, the sun rises to the south in Alert) and light-hearted sports events.

In the evening, personnel enjoyed a barbecue followed by the traditional bonfire, in which the sculptures go up in flames.

Appreciation for sunlight seems to be heightened after having endured continuous darkness for months at a time.

"The sun, just cresting the ridge beyond where I was sitting, was as bright as I remembered but even more beautiful," said Private Kristy Doyle, meteorological technician. "So many thoughts crossed my mind in the moment where the light finally shined upon my face and even as I closed my eyes, I could feel the sunshine coming back into my heart. It was just as I had imagined. I was enchanted by the fact I could not feel any warmth on my cheeks as the tears froze instantaneously as they fell from my eyes. I was so moved by this experience that I will never take the smaller things for granted any longer."



Pte Kristy Doyle jumps for joy upon seeing the sun for the first time in months. Photo: Ray Johnston.

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0800—1600 hrs

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

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For more information or to register contact Health Promotion local 4150

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

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Managing Angry Moments (MAM)

30 April & 14 May 2012 (Must attend both days.)
0800 - 1600 hrs
Building #135, Room #114

Through education MAM 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)

30 avril & 14 mai 2012 (Doivent assister aux deux jours.)
0800h à 1600h
bâtiment 135, chambre 114

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

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www.mfrc.mb.ca

204.833.2500 ext. 4500



Spring Break is Coming!!

It's finally here...the break we have all been waiting for, or at least the kids have. Send them down to one of our Youth Centres over Spring Break and let them enjoy all the activities we have planned for their week off.

Starting at the North Side, located at 102 Comet Street (MFRC Office), we have additional hours available for drop-in. We are open on Monday, March 26, Wednesday, March 28 and Friday, March 30 from 1 - 4pm. These drop-in times are in addition to our regular hours on Monday/Wednesday/ Friday nights from 5 - 9pm and Thursday nights from 7 - 9pm (Teen Night).

*Membership/ Medical forms must be completed!
Monday, March 26

1 - 4 p.m.: Outdoor Games. Be sure to bring warm clothing and a helmet for the rink.

5 - 9 p.m.: Skating Rink - Enjoy an active evening outdoors on the rink. Helmet required!

Wednesday, March 28
1 - 4 p.m.: Tasty Treats. See what's cooking! Lots of delectable treats will be made and enjoyed today.

5 - 9 p.m.: Get comfy in your pj's as we head to Bldg 90 theatre for popcorn and a movie.

Thursday, March 29
7 - 9 p.m.: Robotics. Work together as a team to build a tin can robot! Once complete, see your work of genius in action!

Friday, March 30
1 - 4 p.m.: Movie Madness. We will be featuring a new release movie and testing your movie trivia!

5 - 9 p.m.: Bring your swim gear as we head over to Bldg 90 Pool for some splash-splash fun.

At the South Side Youth Centre, 347 Doncaster Street, we are open for our regular hours only, Monday to Friday: 4 - 8:30 p.m. From March 26 - 30, take a trip around the world without ever leaving home. Explore a new place everyday followed by a fun pizza & movie night on Friday!

*Membership/ Medical forms must be completed!

Monday, March 26: A Day in Mexico

Tuesday, March 27: A Day in Italy

Wednesday, March 28: A Day in Hawaii

Thursday, March 29: A Day in Australia

Friday, March 30: Pizza & Movie

Upcoming MFRC Programs

ADULT PROGRAMS

A PARENT GROUP

Wednesday, March 28
10 a.m. - 12 p.m.

Come join us for a morning of fun, food and activities. A public health nurse will do a brief presentation, and will be available to answer any questions you may have. Sit and talk with other parents and have some fun!

FRENCH COFFEE

Wednesday, March 21, 28
10 - 11 a.m.

Join us every Wednesday morning for a coffee and chat with members of the francophone community! Free child care is available.

DROP-IN COFFEE AND CONVERSATION

Tuesday, March 20 & 27 at 2 p.m.

This event is designed to enable volunteers, members of the community and MFRC staff to know one another better and discuss programs and services offered by the MFRC.

MFRC BOOK CLUB

Tuesday, March 27 10 a.m. to noon

Would you like to expand your book library? Come and join the MFRC's book club! Each month a different host will pick a book to read. During the meeting, we will talk about the book and answer questions regarding its content. The book for this month is "Angry Housewives Eating Bonbons", by author Lorna Landuik.

CHILDREN'S PROGRAMS (0-5 YEARS OLD)

CASUAL CHILDCARE

WESTWIN CHILDREN'S CENTRE

Tuesdays, 9 - 11:30 a.m.

Thursdays, 1 - 3:30 p.m.

Children under 2 - \$10, and children over 2 - \$8. Half price for each additional child from the same family. Must book 24 hours in advance. Call 833-2500 ext 2491.

Need a break? This program provides care for children while you take some time for yourself. Children must be at least 1 year old to attend the Tuesday session and 18 months for the Thursday session. Peanut free snacks and diaper supplies should be sent.

CREATIVE TOTS

WESTWIN CHILDREN'S CENTRE

Thursdays, March 22 (except 29)

9:30 - 11 a.m.

Parents/caregivers and children 0-5 come and join us for free play, art, songs and stories. This free drop in program is a great way to meet others and introduce your child to a group setting. Please bring a peanut free snack for your child. For more information, call 833-2500 extension 2491.

JAN BRETT STORY CELEBRATION

WESTWIN CHILDREN'S CENTRE

Tuesday, March 27

10 - 11 a.m.

Parents and preschoolers can participate in art, music, movement and cooking activities inspired by the literature of Jan Brett

CHILDREN & YOUTH (6-18 YEARS OLD)

LASER JUNGLE

Friday, March 23

6 - 8 p.m.

Both Youth Centre's will be heading to Laser Jungle in Stonewall on Friday, March 23rd 2012. The cost is \$13 per participant and includes 2 games of laser tag, one drink, a hotdog, and ice cream. Sign up today at your Youth Centre. Be sure to have your permission form and monies in by Wednesday, March 21st to secure a spot! We will not be accepting any late or day of registrations.

*Membership/ Medical forms must be completed! Please see staff for more details.



As part of the MFRC's Hawaiian Around the World event they had some fire dancers as entertainment. Photo: Alycia Maskiew

A Week With Cadets



Maj. Bond recounts one of many key Canadian contributions during the Battle of Britain with cadets from No's 158, 199, 249, 317, 677, and 737 Royal Canadian Air Cadet Squadrons. Photo: MCpl M.W.C. Ejdrygiewicz

MCpl. M.W.C. Ejdrygiewicz

Many of the members here at 17 Wing can trace their interest in the military back to a cadet unit parading either at an armoury in a large city, or a rural community center. Be it in the cadet uniforms of the Navy, Army or Air elements, we can all remember the excitement of trips to military facilities. From the 12th of March until the 17th, 17 Wing Winnipeg played host to nearly two hundred cadets from eight separate squadrons.

Early in the week twenty-one cadets and CIC officers of No. 84 Astra Royal Canadian Air Cadet Squadron (of Thunder Bay, Ontario) arrived to tour the various facilities and operations that can be found here on the Wing. The following weekend, Cadets from 7 other local R.C.(Air)C.S.'s arrived as well, all touring key locations, including the Atrium at the Billy Bishop building, (home of 1 Canadian Air Division), and the Heritage display of Military Aviation in Manitoba located within building 66.

The highlight for many of these Cadets was a unique opportunity to learn of the incredible acts of valour, bravery, and heroism of pilots and other aircrew throughout the history of Canadian military aviation. Not only hearing the facts behind the seven Victoria Cross recipients, but also learning in great detail the stories behind the actions sparked a new interest in our history. As 2Lt. Laura Nahlé of No. 84 Astra Squadron explained, "we all knew that the V.C. existed, but for the first time we were able to hear and learn about the acts of valour and bravery that these Canadian aircrew demonstrated."

For both Cadets and CIC officers of squadrons from the smaller local communities, there was a sense of both surprise and enthusiasm that came through in the heritage display. Learning of the involvement that their very own communities played repeatedly throughout the history of military aviation in this province brought a sense of pride and intrigue as well. There were faces of intrigue on Cadets as they learned of how the British Commonwealth Air Training Plan (B.C.A.T.P.) had positively affected their own communities and squadrons even today. There was sense of pride in learning of so many great pilots and aircrew that trace their upbringing and start in the R.C.A.F. not only from this province, but from their very own hometowns, including three of the seven V.C. recipients!

As the Cadets left the tours, the newfound sense of pride was recognized in all the CIC officers. 2Lt. Nahlé described that "knowing our history is fantastic, but being able to put a name to a face and learn their stories, brought with it a new sense of pride in wearing the cadet uniform."

As we find ourselves in a time where the R.C.A.F. is about to move through a time of transition and change, it is comforting to know that our history is not lost. From the birth of military aviation in Canada through to the contributions and sacrifices of those serving today, it is the remembrance of airmen and airwomen throughout our rich history that has sparked both pride and interest in a new generation.

Together in Church

CATHOLIC

CHAPLAINS

Padre Mark Mawson (Wing Chaplain)

Roman Catholic Office 833-2500 ext 5417

Padre Ray Laudenorio

Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre

Roman Catholic Office 833-2500 ext. 5956

Ms Catherine Landry

W Chap Admin Assistant

Office: 833-2500 ext 5087

Masses (English only)

Tues, Weds, Thurs 1210 hrs

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 Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

Padre Frank Staples (UCC)

Det. Dundurn. Office 833-2500 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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Taroscopes

BY NANCY

Aries (March 21 - April 19): You will know what to expect and prepare for if you just pay attention. Take a walk outside. What is your environment trying to show and tell you? There are messages everywhere and obvious signs. Take care of things promptly and properly to avoid someone nagging you about it.

Taurus (April 20 - May 20): So much is happening now that it's a real challenge to keep up. Clear away distractions and focus on the task at hand. You may not have as much control as you presumed. Surprises keep popping up. Be flexible. Use a good scheduling system because you can't remember everything.

Gemini (May 21 - June 21): Set goals and map out a route to reach them. If you discover that something you thought you had is gone, don't worry, you'll also find something valuable that you didn't expect. Things that upset you can motivate you to change. Focus on more than just the day-to-day essentials.

Cancer (June 22 - July 22): You've got lots to celebrate. Connect with friends and share some good times. If you go on a trip, travel light. Leave emotional and mental baggage behind including your frustration or discord with others. Accepting them as they are changes where things will go next.

Leo (July 23 - August 22): Something you'd hoped wouldn't surface, does. You may have felt uncomfortable and unsure about the reaction of others and so you tried to cover things up hoping to avoid conflict. Or maybe you just lost track of where things were at. Either way, expect the sparks to fly now.

Virgo (August 23 - September 22): Let go of places and people from your past. You may feel like you're losing a lot but what's ahead is even better. New friends introduce you to new experiences. Spend time with people you care about. Do things you really enjoy. Be open to the possibilities coming your way.

Libra (September 23 - October 23): All things are connected (sometimes more closely than you realize). When problem solving, don't assume there is only one answer. Tough lessons help you evolve and become wiser. Show your appreciation to those you depend on and gratitude for all you have.

Scorpio (October 24 - November 21): Things don't just fall into place; they take work. Clean up, fix up and attend to the essentials. Plan for the future. A balance must be established before you can feel comfortable. Bring up issues that concern you. Be willing to see the answers hidden between the lines.

Sagittarius (November 22 - December 21): You're now able to see the whole picture. Something you started has taken on a life of its own. You may feel overwhelmed because things have gotten out of control. Clean up the mess you've made even if it leads you to feel a sense of isolation from others.

Capricorn (December 22 - January 19): Insights come from out of the blue. You feel a heightened sense of connection with all that is around you. Create something dramatic and uniquely your own. Your sense of self-worth is elevated when you help others. Compartmentalizing areas of your life should be avoided.

Aquarius (January 20 - February 18): Approaching a problem in an analytical manner is wise. But after you've got all the information remember to factor in a sense of serendipity. If you are open to synchronicity you'll be in the right place at the right time to experience something new and exciting.


Pisces (February 19 - March 20): When you're organized everything seems easier and you waste less time trying to find things or remember things. Use it or lose it. Health, wealth and happiness can be yours. If someone offers you a partnership it could work out very well for you. Share what you know with others.

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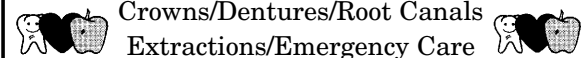
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