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THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

April 18, 2012

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FREE

RCAF HCol Wallin visits 17 Wing



RCAF Honourary Colonel Senator Pamela Wallin signs the guest book during her April 4th visit to 17 Wing Winnipeg as Wing/AFTC Commander Col Blaise Frawley looks on. See our story on page 3.

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Army Officer experiences RCAF

Jill St. Marseille
Air Force News

It's his first posting with the Royal Canadian Air Force, and the first time a Canadian Army officer has sat in the chair of the Chief of Staff of 1 Canadian Air Division Headquarters in Winnipeg, Man., but Colonel Michel St-Louis hasn't shied away from exploring and embracing the new culture he's been immersed in.

While in his previous position as commander of the last battle group in Panjwa'i, Afghanistan, this infantry officer from the Royal 22e Régiment, (the Van Doos), received a call from General A. J. Howard, deputy commander of the Canadian Army, called him with some news.

He was getting promoted, and he was being posted to the RCAF.

Despite never expecting to work at an operational level at the Division, or to work with the RCAF for that matter, Col St-Louis accepted the opportunity and brought his 20-plus years of Army experience, and his family, to Manitoba and a new set of experiences.

The experience has so far proved to be a fantastic learning opportunity, one that continues to highlight the similarities and the differences between two different faces of the Canadian Forces: the Air Force and the Canadian Army.

"We come from different cultures," he said. "What is required from the Army – to field a combat team, a brigade or a battle group in a land formation – is very

different from what it takes for an air force to generate a force that is ready to intercept breaches to our sovereignty in the North or what it takes for an air force to be poised to save lives on three oceans and across the second largest country in the world.

"It's amazing to see what is required for our search and rescue, transport and fighter abilities as well as for missions such as Libya and Afghanistan.

"But it is a different culture. I come from a background in which the soldiers – the corporals – are the pointy end of the fighting force while in an air force, the officers in the cockpit, supported by air combat systems officers and flight engineers, are at the pointy end. And that's one of the differences between the Army and RCAF.

"Yet it is surprising at how similar our dedicated 'soldiers' are. I was in Bagotville recently and saw what it takes for a corporal to maintain a CF-18 and change a fuel cell on a multi-million dollar piece of equipment. I am encouraged to see the same dedication" in both environments, he said.

"It takes [the maintainers'] dedication for those airplanes to be safely in the air and readily available for missions.

"I would never have seen that staying in an army environment so I'm thankful for the opportunity to see a completely different side of what it takes to generate our capabilities in the Canadian Forces," he said.

Col St-Louis was gained a first hand appreciation for the RCAF and its members when he flew in the back seat



Col St-Louis in the back seat of a CF-18 during a fly past. Credit: DND.

of a CF-18 Hornet that took part in a fly past during the puck drop for the inaugural Winnipeg Jets hockey game on Oct. 9, 2011.

He suited up in the 17 Wing Winnipeg hangar, experienced after burner flight, flew at almost level with Winnipeg's skyscrapers and witnessed the CF-18's capabilities from the cockpit – all while developing a first-hand appreciation for the intricacies of air and fighter support.

"And they take it beyond what I experienced when they have to fight," he noted. "I'm thankful for these opportunities to see a different point of view."

Ex Bison Warrior to cap off a year of hard training

LCol Fraser
Ex Director

From April 27th to May 6, 38 CBG will come together in CFB Shilo for Ex Bison Warrior. This exercise is designed to be the culmination of the entire year's training. Every arm and service will get a chance to do their job in a field setting for an extended period of time. This will give all of us a chance to do our jobs properly and in a realistic setting, in fact, one of the key aims of Ex Bison Warrior is to give everyone an opportunity to fully perform battle procedure at all levels.

With a whole range of dynamic activities for all participants, Bison Warrior should be an excellent opportunity for all of us to hone our skills, and for the newer soldiers to see our Brigade "Do it Right".

What will be different? The key phras-

es for the exercise probably indicate one major difference. "Prepare for Battle" and "Doing it Right" are more than just slogans. For the first time in years, the exercise is organized to ensure that sufficient time for battle procedure at all levels to be done properly has been included throughout. The main effort of the Observer /Controller Teams (OCTs) for the exercise will be to ensure that every soldier on the exercise will have the chance to see Battle Procedure done right, and all major activities will have an opportunity to undertake multiple iterations, in order to fully bring home the right lessons to us all.

The next thing that will be different is that every arm and service will have an opportunity to practice their craft. The exercise has two phases.

For the first half of the exercise, every arm and service will be con-

ducting their own training. The infantry will conduct live jungle lanes and field firing. The armoured troops will conduct a long distance route recce through southern Manitoba, and then move into the training area to set up a screen and OP line. The Artillery will engage in a 105mm shoot followed by a 81mm mortar conversion course. Engineers will be conducting hook and grapple training, as well as building and clearing obstacles. The signals soldiers will be setting up and moving the Battle Group headquarters, as well as ensuring communications throughout the training area. The CSS units will be providing real-time support, as well as participating in such training as jungle lanes and rappelling.

For the second portion of the exercise, everyone will come together for a series of combined arms operations, with every arm and service doing their parts, so essential to modern warfare. Once again, the emphasis will be on making sure the soldiers on the ground have the time and opportunity to do things right. Everything is geared toward the troops and platoons, not the higher headquarters.

When it's all said and done, Bison Warrior will have some of the same: good, hard training, and a chance for all of us to show what we can do. What will be different is that we'll all get a chance to make sure we can "Do it Right".

Prepare for Battle!

VOXAIR

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HCol Wallin takes a tour of 17 Wing



Maj Bryn Elliott shows RCAF HCol Wallin around the cockpit of a CC-130 Hercules. Photo: Cpl Jean Archambault

Alison Dickey

Voxair Photojournalist

The Honourable Pamela Wallin, HCol of the RCAF, visited 17 Wing Winnipeg on April 4th, 2012, touring some of the different schools and squadrons on base.

Her day started with a welcome brief from 17 Wing/AFTC Commander Col Blaise Frawley at the headquarters building and then she was off to the Canadian Forces School of Survival and Aeromedical Training (CFS-SAT) and from there she headed over to 1 Canadian Forces Flying Training School, (1 CFFTS), followed by a walk upstairs to visit Canadian Forces School of Aerospace Studies (CFSAS).

In the afternoon, she visited the 1 Canadian Air Division and the Combined Air Operations Centre (CAOC) and then ended her tour at 435 Squadron. The evening culminated in an RCAF Mess Dinner held at the Officers' Mess.

At each location HCol Wallin visited, she met with RCAF Members and talked with them about their roles and duties in the RCAF, giving her a better understanding of what they do every day.

Later, as she addressed the attendees of the annual RCAF 17 Wing Mess Dinner, held at the Officers Mess, HCol Wallin said she thoroughly enjoyed her visit to the units at 17 Wing.

"I was really, really impressed with the things I saw today here at 17 Wing," said HCol Wallin. "I went to all of the schools here and then over to 435 squadron and saw the CC-130 Hercules and the equipment they use for re-fuelling and met some of the SAR Techs, crazy

guys and wonderful human beings who put everybody in the world ahead of themselves."

During her speech, HCol Wallin talked about the fighter capability, and its importance to the men and women of 17 Wing Winnipeg, and the RCAF as a whole.

"I met a young CF-18 pilot in Ottawa and he flew 28 missions over and around Libya and was the first Canadian to drop bombs there to help protect civilian lives and I'm sure somebody from 435 Squadron here at 17 Wing re-fuelled that aircraft."

"It [the fighter jet] is a piece of equipment that will allow us to capitalize, in a way, on the last 10 years of incredibly hard work and sacrifice. Canada has, on your backs, earned its way back to the international table, to a place where we are once again very respected by our allies and we need the ability to keep doing that," she pointed out.

She also quoted Prime Minister Stephen Harper, saying "Our country's great purpose is nothing less than to prepare to shoulder a bigger load in a world that will require it of us. We will be a courageous warrior, a compassionate neighbour and a confident partner." HCol Wallin said that's a idea she likes because it reflects who we are as a country.

Another point she spoke about was that there really has been no media coverage of what we've done over in Afghanistan, and that for the past 10 years it has been only coverage of the fallen soldiers, "Those men and women didn't die for the coverage of their deaths, they believed in what we were doing over there."

"When we got there in 2001, there wasn't one single girl in school, the boys were going to indoctrination cen-

tres and now there are 7 million kids in school. We're building schools and teaching teachers and medical professionals to be able to offer services," she said.

"Everywhere we are, you'll go into these American bases...and there will be 40 Canadians and the Americans talk about us as partners. They really do see the talent level that is here," said HCol Wallin.

Adding to comments made by a US Military Commander that we need Canadians in every coalition because as we go forward they bring an ethical soldier to the field, HCol Wallin added that it was also "because your heads and hearts are lined up."

She ended her speech by saying, "Your legacy is a proud one and you need to stand up and carry it forward. Trying to anticipate what the world is going to be like, and what the next battle is going to be like is impossible. Who could have predicted 9/11, Afghanistan, or Libya?"

She went on to say "I'm so proud to be associated with you in this small way as an Honourary colonel. Thank you for every single thing you do everyday."

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Canada's first military aviation fatality – Easter Sunday 1917



Cadet James Talbot, Canada's first military aviation fatality. Credit: submitted.



Cadet Talbot's grave in the Union Cemetery in Dorchester, Ont., near London, Ont. Photo Credit: submitted.

Bruce Forsyth, CD

Canadian Forces Base Borden, Ont. (which also houses 16 Wing), has the dual distinction of being Canada's first military airfield, opened in March 1917, and the birthplace of the Royal Canadian Air Force.

CFB Borden was also home to Royal Flying Corps (RFC) Cadet James Talbot, who had the unfortunate distinction of being the first fatality at Camp Borden and the first casualty of military flying in Canada.

Cadet Talbot was born in Buffalo, New York on July 22, 1893 to Canadian parents John and Jesse Agnes Talbot. He eventually returned to Canada and graduated from Queen's University in Kingston, Ont.

A sense of patriotism and desire to serve his country caused Cadet Talbot to forgo any other education and join the RFC Canada, on Jan. 23, 1917.

Cadet Talbot was among the first group of cadets to commence training at Camp Borden in April 1917. So new was the RFC training program that the aerodrome hadn't officially opened for service yet. Official opening ceremonies were scheduled for May 2, 1917 almost a month after Talbot's death.

On the fateful day, April 8, 1917 – Easter Sunday – Cadet Talbot was flying in a Curtiss J.N.4 'Jenny' aeroplane, piloted by instructor Second Lieutenant G.C. Husband. The resulting crash of their aeroplane killed the 23-year-old pilot trainee and seriously injured 2Lt Husband, who eventually recovered.

At the time, Cadet Talbot was serving as a trainee with the newly-formed No. 81 Canadian Reserve Squadron of the RFC Canada. He had only recently arrived in Borden and some accounts state that this was only his

second or third flight.

Cadet Talbot was buried in Union Cemetery in Dorchester, Ont., near London. The inscription on his tombstone reads: "A noble young life given in service".

Though his service to his country was brief, his sacrifice has not been forgotten. On July 10, 1999, the newly-built aircraft Control Tower at CFB Borden was dedicated to the memory of Cadet James Talbot.

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2012 RCAF Run – A celebration of rich shared history



Participants race in the 2011 Air Force Run. Photo: Alison Dickey

Capt Yvonne Decaire
17 Wg A/PAO

The RCAF often thrives on high levels of activity. It seems fitting then, that the last weekend of May 2012 will bring activity of a different kind as airmen and airwomen run, walk and volunteer in local events nationwide for the inaugural RCAF Run.

Proceeds from this national fundraising event will help support the Soldier On and Military Families Fund with the main effort taking place in Winnipeg on 27 May 2012. Other fitness activities will be organized at RCAF Wings across Canada.

In keeping with the spirit of the RCAF's commitment to building a connection with fellow citizens, this run celebrates our rich shared history with Canadians. 17 Wing will open its gates to runners and walkers for the opportunity to fly "in formation" with the men and women who serve this country every day – around the

clock and around the world

Major-General Parent, Commander of 1 Canadian Air Division has emphasized the importance of supporting two important causes - Soldier On and Military Families Fund by celebrating the CF's culture of physical fitness while strengthening our community ties

The Canadian Forces is committed to ensuring that members have access to world-class care and support when they need it, and everyone who participates can help make this happen.

As the home of 1 and 2 Canadian Air Divisions, Winnipeg has enjoyed a positive relationship with the RCAF as demonstrated in 2011 by the returning Winnipeg Jets' use of a modified roundel.

Consistently attracting more than 1,000 civilian and military runners, joggers, and walkers annually to 17 Wing, the event raised \$20 thousand last year.

"On the last weekend in May, let's hit the flight-line in support of a good cause," said Lieutenant-Colonel Luc

Guillette, the Chairman for this year's RCAF Run.

"The men and women of 17 Wing have been hard at work lining up sponsorships, reaching out to the surrounding community and planning an exciting public event for anyone who wants to add wings to their shoes."

This year's Winnipeg event includes a platinum certified half-marathon, ten kilometer, five kilometer and five kilometer family fun-run at 17 Wing where runners can experience a race like no other. Participants will get the chance to view aircraft on display on the 17 Wing flight-line among numerous other family activities at the event village.

Other wings across the RCAF will also hold fitness events during the last weekend in May to reinforce our commitment to the RCAF Health and Fitness Strategy.

To be part of history register for Winnipeg's RCAF Run on-line at www.rcafrun.ca. The early bird deadline to register at a reduced fee ends on 30 April.

38 CBG hosts Skill-at-Arms Competition

Lt Donna Riguidel
38 CBG Public Affairs

38 Canadian Brigade Group held their first annual Skill-at-Arms Competition in more than twenty years on March 17 2012, and it was an unseasonably balmy March morning.

"It's decidedly more pleasant than we thought it would be," LCol David Fraser, ACOS Training for 38 CBG and organizer of the event said. "We thought they would still be wading through snow."

There was no snow anywhere, but what competitors did find was a series of tasks and obstacles designed to challenge the physical and mental aspects of being a soldier, and most teams seemed more than a little confident, with lots of trash talk and friendly ribbing.

"We are team awesome," announced a team from the Signals. "We'll have to try and dilute our awesome," called out another.

Events included an obstacle course, range shoot, first aid, navigation, grenade throwing, and marching with full fighting order.

Although by the end, there was a clear winner, no one team ran away with the victory and all had issues with different events.

"I like the wall, it's difficult and you can really see what teams are made of," said observer Corporal Andrew Curtis (31 Engineer Squadron) of the over six-foot barrier obstacle teams had to get over.

All members were given standard kit,

then an opportunity to select from a series of "optional items". Each item carried its own advantage and disadvantage.

"If a team chose a chainsaw, for instance, they could walk around some of the obstacles, rather than have to deal with them, but they would also have to carry the chainsaw for the duration," explained LCol Fraser.

Although the competitors were friendly enough throughout the competition, there was a definite competitive air afoot.

One team fooled the bus driver into leaving early, saying everyone was accounted for; even though one team was a member short (he eventually made his way to the ranges).

Another team claimed all of the maps from the optional items, hoping no one else would be able to find their way.

"It won't work," said LCol Fraser, but seemed appreciative of the craftiness.

This was also the first year 38 CBG invited teams from both 34 Infantry Division, United States Army National Guard (Minnesota) and the Wisconsin Army National Guard to compete, which added a new layer to the contest.

"The weapons are different, but similar," said Specialist Evan Laine, 34 ID, from Fargo, ND.

When asked why the American teams seemed uncharacteristically modest compared to the swaggering Canadians, the Americans remained quiet.

"We feel our chances our good, we'll just have to see," said Sgt. 1st Class Kevin Penttila, Wisconsin National Guard.



Members of the Winnipeg Infantry Tactical Group felt they may get an advantage over the other teams by claiming all of the maps. Photo: Submitted.

When pressed, he smiled. "We just have to be sure to beat Minnesota".

The eventual victors after the final event - "The Chain of Command Race" (boiling water on a stove assembled through relay) were from The Lake Superior Scottish Regiment (LSSR).

Second place was 26th Field Artillery Regiment and in third was the Wisconsin

National Guard team.

Even so, all teams maintained high morale throughout. "Hey," called one team leader to another during the stove boiling. "I know points are already given, but we just wanted you to know we beat you guys in this one."

Until next year.

Op Nunalivut takes the icy north by storm



Master Corporal Marty Roy, an avionics technician, from 440 Transport Squadron, checks over the CC-138 Twin Otter aircraft shortly after it landed in Resolute Bay, Nunavut for Operation NUNALIVUT 2012. Photo: Sgt Matthew McGregor

Capt Sandra Lévesque PAO, JTF(N)

About 150 Canadian Forces personnel depart today from Yellowknife N.W.T. to Resolute Bay Nunavut in the High Arctic, to take part in a sovereignty operation conducted annually in the North by Canadian Forces: Operation NUNALIVUT 2012.

"During Operation NUNALIVUT 2012 the Canadian Forces will face some of the most challenging terrain and weather conditions Canada has to offer," said Brigadier-General Guy Hamel, Commander, Joint Task Force (North). "The aim of this year's operation is to demonstrate expeditionary capabilities in response to a simulated whole of government safety driven mission."

Two different scenarios will be conducted during the Operation: one in the

vicinity of Beechy Island enabling search and rescue training combined with a dive operation, and a northern ground patrol scenario that will allow Canadian Rangers to both exercise sovereignty and practice area search techniques.

This year's operation will also feature a Combined Dive Team that will conduct Arctic diving operations in support of Defence Research and Development Canada's Northern Watch Project, and a remotely operated vehicle survey of HMS Breadalbane, a Franklin rescue ship that sank in 1853 and is the world's most northern known ship wreck. As well, 413 Transport and Rescue Squadron from Greenwood, Nova Scotia, and 442 Transport and Rescue Squadron from Comox, British Columbia, will deploy a CC-130 Hercules and a CC-115 Buffalo for approximately five days to conduct High Arctic search and rescue training.



Two Twin Otter aircraft from 440 Transport Squadron, based in Yellowknife, Northwest Territories, sit on the frozen airfield in Resolute Bay, Nunavut, during Operation NUNALIVUT 2012. The aircraft will be used extensively during the Operation to move personnel and supplies within the area of operations. Photo: Sgt Matthew McGregor

"In the changing environment of the Arctic Joint Task Force (North) needs to be prepared to respond to calls for assistance, whether it is ground search and rescue or other emergencies on the land or at sea," said Brigadier-General Guy Hamel, Commander, Joint Task Force (North). "Operation NUNALIVUT 2012 provides the perfect opportunity to test the capabilities that will allow us to deploy rapidly and effectively in response to tomorrow's safety and security challenges."

Commanded and executed by Joint Task Force (North), Operation NUNALIVUT 2012 (Inuktitut for "land that is

ours") will be held from April 10 to May 1, 2012. As one of six regional commands reporting to Canada Command in Ottawa, Joint Task Force (North)'s role is to exercise Canadian sovereignty and contribute to safety, security and defence operations north of the 60th parallel, and to coordinate and lead Canadian Forces activities in the North.

The Joint Task Force (North)'s area of responsibility includes the Northwest Territories, the Yukon and Nunavut – a vast region encompassing approximately four million square kilometres, or 40 per cent of Canada's land mass.

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CF in the arctic: Arctic Operations Advisor Course



The sun shines over snow vehicles on Greater Slave Lake, NWT Photo: MCpl Thomas Hughes, 31 ES

MCpl Thomas Hughes
31 ES

From minus 57 to plus 20: the two extremes we experienced on the final day of the Arctic Operations Advisor Course. This was a good demonstration of the shock of going from Resolute Bay, Nunavut to Trenton, Ontario.

The relatively balmy Spring that southern Canada had been enjoying this year didn't seem to particularly affect the high Arctic, which was a good thing since the Arctic Operations Advisor Course is all about operating in cold weather, from the Sub-Arctic phase in Yellowknife, NWT to the High Arctic phase in Resolute Bay,

Cambridge Bay and other similar remote communities. With the growing focus on Arctic sovereignty and Northern defense, this course and Arctic exercises will be more and more emphasized as necessary training for all levels of the Canadian Forces.

The course focused on mobility, survival and the importance of cooperation with the Canadian Rangers as well as non-DND government agencies. We quickly realized that local experts such as the Rangers needed to be a cornerstone of our operations when they are the only ones who can navigate their way out of a blizzard without a GPS or compass. And that without the proper paperwork done through non-DND agencies we cannot

conduct training at all in the Arctic.

My appreciation of the course culminated with my body's eventual acclimatization to the extreme cold while training with the Rangers in Cambridge Bay. I had been in these temperatures before, but only after many days of exposure did I feel comfortable with working outdoors for extended periods. I could now, with confidence, teach my unit members back in Winnipeg, Manitoba that the Arctic wasn't a place to fear or regard as constantly unpleasant.

I look forward to deploying back to the Arctic in the coming years so as to gain even more experience and confidence to pass onto my unit, even if it is minus 57.



A dismantled forced march through some less than ideal weather in Resolute Bay, NU. Photo: MCpl Thomas Hughes, 31 ES



Canadian Rangers demonstrate igloo construction as part of a survival exercises in Resolute Bay, NU. Photo: MCpl Thomas Hughes, 31 ES



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Cadets mark 95th Anniversary of the Battle of Vimy Ridge



The Cadets, led by a Piper, march through the park to the Vimy Ridge Memorial site after their march from the Minto Armoury some 5 kilometers, to Vimy Ridge Park.

Brian Koshul

Army Cadet League of Manitoba

The Honourable Philip S. Lee, C.M., O.M., Lieutenant Governor of Manitoba; and the Honourable Andrew Swan, Manitoba's Minister of Justice and Attorney General, headed up a contingent of notables that joined Army Cadets from all six Winnipeg Corps on Saturday April 7th, in commemorating the Battle of Vimy Ridge.

The tribute took place at the Vimy Ridge Park at the intersection of Portage Avenue and Canora Street.

The events at Vimy Ridge Park included the Last Post Ceremony and greetings from the Lieutenant Governor of Manitoba and Manitoba's Minister of Justice.

Members of a number of veterans' organizations, the Royal Canadian Army

Cadet League, Veteran's Affairs Canada, The RCMP and Officers of the Regional Cadet Support Unit of the Department of National Defence also participated in the commemoration.

The Army Cadet's march to the Vimy Ridge Park followed a two-hour educational session on the famous battle and its effect on Canada's growth to nationhood.

The assembled Army Cadets heard presentations on the battle from Lieutenant Colonel (Ret'd) Ken McCuaig, the National Vice President for Manitoba of the Army Cadet League of Canada; and Pamela Shaw, the Canada Remembers Program Advisor for the Western Region of Veterans Affairs Canada.

The parade and ceremony marked the second annual tribute by the Winnipeg

Army Cadets commemorating the Battle of Vimy Ridge that began on Easter Sunday, April 9, 1917.

The Battle of Vimy Ridge marked the first time that all four Divisions of the Canadian Expeditionary Force fought together as an Army under Canadian command.

The Canadian victory came after more than three years of unsuccessful attempts by other Allied forces to dislodge the en-

trenched German Army force and is regarded as an historic milestone, where Canada came of age and was recognized on the world stage.

The Royal Canadian Army Cadets is a federally sponsored program for young Canadians ages 12 to 18 that develops in youth attributes of leadership, good citizenship, and physical fitness. There are currently over 22,000 Army cadets with nearly 456 cadet corps across the country.

École francophone

Maternelle à 8^e année

Programme sports-arts-études

École la plus près de la 17^e Escadre

Transport scolaire

Garderie francophone

Centre de la petite enfance
et de la famille



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FRANCO-MANITOBAINE**

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(204) 885-8000

*The Joint Veterans Association
invites you to ...*

**The Annual Decoration Day Service and Parade
Commemorating the
67th anniversary of VE Day**

**Winnipeg's Cenotaph
(Memorial Boulevard)**

**Sunday, May 6th, 2012
2:00 p.m.**

Come pay tribute to those who fought for freedom.

Fort Garry Horse firepower Demo

The Fort Garry Horse kicked off their 100th anniversary celebrations with a bang on EXERCISE VULCAN FORAGE, 30 Mar to 1 April in CFB Shilo. This was the

FGH's annual gun camp where employers, local businesses, community leaders, family, friends and media were invited to attend and observe field activities. This,

coupled with the firepower demonstration, provided an exciting training component to the exercise and a great opportunity to share what the FGH members do on Ex



Shilo, MB - Sergeant Jason Leishman fires the C-6 machine gun during The Fort Garry Horse firepower demonstration at CFB Shilo. Photo: MCpl Gregory Rutledge, 38 CBG Photojournalist




Civilian employers, family members, local media and government officials watch The Fort Garry Horse perform a firepower demonstration at CFB Shilo as a prelude to the Winnipeg-based regiment's 100th anniversary. Photo: MCpl Gregory Rutledge, 38 CBG Photojournalist



Master Corporal David Szczerski (front) and Sergeant Phil Trainer (back) survey the range after staging a firepower demonstration for members of the public at CFB Shilo. Photo: MCpl Gregory Rutledge, 38 CBG Photojournalist

THE VOXAIR
Your 17 Wing
Community Newspaper

 **The Mortgage Centre**



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Harper government announces funding for Search and Rescue Prevention and Response



Sgt JP Cossette and Sgt Dan Verret free fall from 10,000 feet above Lethbridge. The Search and Rescue Techs from 435 Sqn at 17 Wing Winnipeg traveled to Lethbridge Alberta for a Search and Rescue Exercise (SAREX) from the 20-25th of May 2009. Photo: Cpl Piotr Figiel

On 15 April 2012 Peter MacKay, Minister of National Defence and Lead Minister for Search and Rescue, announced an \$8.1M federal investment in search and rescue prevention and response in Canada.

"Our government understands the importance of investing in new initiatives aimed at improving the efficiency and effectiveness of search and rescue in Canada," said Minister MacKay. "This money will support projects that build search and rescue capacity and strengthens the response of search and rescue."

In 2012-2013, this new funding will allow for the purchase of life-saving equipment and tools; the development of training standards; collaborative interoperability exercises between the Canadian Forces, the Ca-

nadian Coast Guard, Parks Canada, and the over 15,000 specially trained air-ground-marine search and rescue volunteers; the development of outreach prevention and awareness programs to targeted audiences like flight safety for private pilots; the building of search and rescue capacity in the marine environment on the coasts; and the development of virtual trainers for the air and marine search and rescue environments.

"Projects funded under the Search and Rescue New Initiatives Fund support the priorities of the National Search and Rescue Program" said Ms. Géraldine Underdown, Executive Director of the National Search and Rescue Secretariat. "They contribute to building capacity for the National Search and Rescue Program in such

areas as search and rescue prevention, response, technology, sustainability, interoperability and the North."

Established in 1986, the National Search and Rescue Secretariat (NSS) is responsible for the management and coordination of the National Search and Rescue Program, and works with all levels of government, police and emergency services to manage and improve search and rescue activities throughout Canada. The NSS is an autonomous arm's length organization within the Department of National Defence, accountable to the Lead Minister for Search and Rescue, who is also Minister of National Defence.

-DND News Release

CFB Winnipeg Golf Club

The CFB Winnipeg Golf Club is now open for the 2012 Golf season.

2012 Golf Club membership fees are very reasonable and are as follows:

Regular Membership:	\$300 (includes GST);
Ordinary Membership:	\$325 (includes GST);
Associate Membership:	\$350 (includes GST)

If you were not a member of the CFB Winnipeg Golf Club in 2011 and you take out a 2012 membership, you will receive a 10% discount on your membership fees.

If you were a Golf Club member in 2011 and renew your membership in 2012 and you bring in a new member (not a member in 2011) to the Golf Club you will receive a 10% discount on your 2012 membership fees for every new member you bring in (up to a maximum discount of 50%).

For CF students on course at 17 Wing, you will definitely want to look into the monthly memberships being offered.

Family membership rates and Junior memberships are also an attractive option.

Come out early to take advantage of payment plan options, which allows you to spread your membership fees over the period between April and September.

For more information about obtaining a golf club membership, payment options, and any other questions you may have regarding the Club, please contact the Golf Club Manager at local 6909.

The PSP Community Recreation Spring guide is now available.

Visit www.cfcommunitygateway.com for more information.

HOUSEWATCH

Don't leave your house to chance—
Leave it to us.

Did you know that your homeowner's insurance policy may require that your home be checked regularly, as often as everyday when you're away?

Commissionaires' team of bonded security professionals will perform routine internal and external inspections of your property. Our new WiredTime technology places barcodes strategically throughout your home and property, allowing you to keep track of us while we keep track of your home security, giving you complete peace of mind.



CAA Manitoba members now **SAVE 10%** on Commissionaires' Mobile Services



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942-9553 ext 2300

Happy birthday RCAF! Now get moving!

RCAF looks to the past to unveil new healthy lifestyle courses



Dr. Bill Orban, RCAF fitness consultant in the 1950s and creator of the world-famous 5BX Plan. Photo: University of Saskatchewan.



The covers of the 5BX and XBX Plans, created by RCAF fitness consultant, Dr. Bill Orban. Photo Credit: DND.

Holly Bridges

Air Force News

Everything old is new again, at least where health and fitness in the Royal Canadian Air Force is concerned. As the RCAF turns 88 on April 1, the organization is introducing a new healthy lifestyle course to encourage members to become healthier, more physically active and therefore more operationally effective. The course may remind many Air Force members and Canadians at large of another RCAF fitness program called the 5BX Plan (Five Basic Exercises), first developed by the RCAF in the 1950s. Today, we pay tribute to the man behind the 5BX Plan, Dr. Bill Orban, often called "Canada's original fitness pioneer".

Dr. Bill Orban lived a life of many firsts. Born in Regina, Sask., in 1922, he was the first Canadian to attend the physical education program at the University of California, a member of the first graduating class in physical education at McGill University in Montreal and the father of a ground-breaking military fitness

program that even inspired Prince Philip, the Duke of Edinburgh, to get moving. It was called the 5BX Plan.

The physical and recreation branch of the RCAF asked Dr. Orban to join their ranks as a civilian consultant in the mid-1950s after discovering that many of its pilots were unfit to fly. Using his doctorate in physiology and a fascination with athletics and the human body, Dr. Orban began researching exercise to determine why long, sustained periods of exercise such as running, were not increasing the overall fitness levels of the individuals he tested or observed. He then began to wonder if intensity, not duration, was the key.

"I was his guinea pig," Bill Orban, Jr., told The Ottawa Citizen in 2002. "I had to run on this treadmill, to the point of exhaustion, so dad could measure my oxygen intake. We did it in the evenings and weekends, when everyone else in the lab had gone."

The end result of the research was the 5BX Plan, based on exercising 15 minutes a day, three days a week, and repeating the same five exercises – stretching, sit-ups, back extensions, push-ups and run-

ning in place. It could be done anywhere, without equipment.

"We'd been thinking about this for a long time in the Air Force," said Wing Commander J.K. Tett during a CBC Radio interview on Aug. 16, 1961. "After three years of research and experimentation, we came up with this 5BX program, the minimum number of exercises that will give you an all-around physical development."

The 5BX Plan became an instant hit, not only among military members at installations in Canada and overseas, but among everyday citizens who wanted to trim their waistlines. Canadians were soon buying 5BX Plan booklets at corner stores and book shops for 35 cents apiece, a phenomenon that soon spread worldwide. Eventually, the 5BX Plan sold 23 million copies in 12 different languages and eventually expanded to include the XBX [10BX] Plan, which was the women's version.

The 5BX Plan is even featured on American Tour de France champion Lance Armstrong's Livestrong website. "Orban was ahead of his time

in his belief that enhancing your overall lifestyle is essential for fitness. He suggests substituting the stairs for the elevator and walking instead of taking transportation. While many of his ideas were progressive, his attitudes about women's fitness were archaic. He believed that his exercise program was only suitable for men, and therefore developed an 'easier' program for women," wrote Lisa Mercer.

Still, the 5BX Plan is still going strong some 60 years after its inception, not so much as a bona fide work-out program, but as an example of what can be achieved when the human body applies consistent, sustained periods of physical activity. At the time of his death, Dr. Orban was working on a mathematic formula to determine how fit a frail person might become, whether they were bedridden or ambulatory. "I believe I finally have it," he told The Citizen.

Dr. Orban died on Oct. 18, 2003, before the research could be developed further. But his legacy continues to live on through the ever-popular 5BX and XBX programs.

Complimentary Tickets – The Daughter of the Regiment



In recognition of the proud history of the Canadian Forces in Manitoba, the Manitoba Opera is offering complimentary tickets to their upcoming production of The Daughter of the Regiment to the Manitoba Military community. These tickets are available for the Tuesday, 24 Apr 12 performance (starting at 1900 hrs) and for the performance on Friday, 27 Apr 12 (starting at 2000 hrs).

This ticket offer is available to CF Regular and Reserve members and their families, retired military members and their families, and civilian employees and their families.

Tickets can be obtained by going to "Buy Tickets" at www.manitobaopera.mb.ca and following the directions provided. The promo code – Salute – must be used. Please note that you will have to pick up your tickets at the Manitoba Opera Office prior to the day of your show (They will not be available at the performance.) Manitoba Opera is located in the lower level of the Centennial Concert Hall, 555 Main Street. (Park in the front with blinkers on, enter the far north door and proceed downstairs.)

Questions may be directed to the PSP Manager at local 4299.

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

**Coming Soon... The CF Health and Wellness Challenge – one choice at a time!
1-31 May 2012**

In support of the CF Health and Physical Fitness Strategy, Strengthening the Forces Health Promotion Program has created the CF Health and Wellness Challenge.

Do you enjoy friendly competition? Are you ready to make a healthy lifestyle your way of life? Take the first step and sign up for the CF Health and Wellness Challenge today! Registration opened 1 April 12. By registering for the Challenge you will have access to health information, healthy eating tips, updates, and many other “exclusive” resources. <http://cmp-cpm.forces.mil.ca/healthchallenge-defisante>

Join us for the CF Health and Wellness Challenge – one choice at a time 1-31 May 12! Register with your Health Promotion office to become part of the 17 Wing Winnipeg team and receive a checklist of ‘daily choices’ (activities to complete). The more ‘daily choices’ you can check off, the more points you get. It’s that simple! There are even one-time monthly “bonus choices” to increase your total score.

Challenge yourself! It’s FUN, it’s FREE, and you have a chance to win a prize!

Register today at your local health promotion office and be a winner!

This Challenge is open to Regular Force, Reserve Force, DND civilian, NPF, MFRC, and CF immediate family members over the age of 18.

Sensibilisation à la santé mentale et au suicide

EN SANTÉ EN RÉACTION BLESSÉ MALADE

C'est bien de prendre soin de votre corps, mais n'oubliez pas votre esprit.

Force Mentale et Sensibilisation au Suicide – Formation du Superviseur

L'objectif est de préparer le personnel occupant des postes de leadership à promouvoir la santé mentale et à réduire la fréquence des problèmes de santé mentale, notamment l'automutilation et le suicide, au sein de la communauté militaire.

**2 mai 2012
08h00 – 16h00**

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



Mental Fitness and Suicide Awareness

HEALTHY REACTING INJURED

It's one thing to look after your body. Just don't forget about your mind.

Mental Fitness & Suicide Awareness

This course is to promote mental fitness and to lessen the incidence of mental health injuries including deliberate self-harm and suicide within the military community.

**9 May 2012
0800 – 1600 hrs**

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



LET'S GET STARTED PARTONS DU BON PIED

Strongening the Forces presents THE CF HEALTH AND WELLNESS CHALLENGE. Energiser les Forces présente LE DÉFI DE LA SANTÉ ET DU MIEUX-ÊTRE DES FC.

Rise to the Challenge
<http://cmp-cpm.forces.mil.ca/healthchallenge-defisante>
Soyez à la hauteur du Défi

Canada

STRESS: Take Charge!
Le stress : ça se combat!

Want to increase your stress hardiness, enhance your performance, ramp up your resilience?
Stress: Take Charge!
16 & 23 May 2012
0800 - 1600 hrs

Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?
Le stress: Ça se combat!
16 & 23 mai 2012
0800 h à 1600 h

For more information or to register contact Health Promotion at local 4150

Canada

TAKE A STEP TOWARDS AN ADDICTION FREE LIFESTYLE, BUTT OUT TODAY!

POSEZ UN GESTE POUR UN MODE DE VIE SANS DÉPENDANCE : ÉCRASEZ-LA DÈS AUJOURD'HUI !

BUTT OUT | ÉCRASEZ-LA

MONDAYS—information & medication 0800—1000 hrs Building 63, Rm. #110

LUNDI—information & médicaments 0800h—1000h bâtiment 63, chambre 110

Canada

(204) 833 2500 local/poste 4150
WELLNESS
Lifestyle Program

Programme Style de vie **POIDS santé**

The tools you need for a better lifestyle
Healthy eating, physical activity and attitude!
Les outils dont vous avez besoin pour un meilleur style de vie
Saine alimentation, activité physique et attitude!

For more information, contact your local health promotion office.
Pour plus amples renseignements, contactez votre bureau local de la promotion de la santé.

www.forces.gc.ca/health/engraph/services_e.asp / www.forces.gc.ca/health/frgraph/services_f.asp

Canada

Alcohol, Other Drugs and Gambling: Supervisor's Training

25 April or 28 May 0800 hrs - 1600 hrs

Recognize and respond to early warning signs and develop effective interview skills.

This training is course coded and is required for all military or civilians in a supervisory role. DAOD 5019-7

Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif: formation des superviseurs

25 avril ou 28 mai 0800h à 1600h

Reconnaître les premiers symptômes et savoir y réagir. Apprendre à faire des entretiens efficaces.

Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code DAOD 5019-7

For more information or to register contact Health Promotion at local 4150

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

Top Fuel for Top Performance

17 & 24 April 2012
0800—1600 hrs

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

Bouffe-santé pour un rendement assuré

17 et 24 avril 2012
0800h à 1600h

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

For more information or to register contact Health Promotion local 4150

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

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 mechanisms 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



www.mfrc.mb.ca

204.833.2500 ext. 4500



KIDVENTURES SUMMER DAY CAMPS

MFRC Kidventures Summer Day Camp Staff welcomes you to join us as we Travel Through Time. Have you ever wondered what life would be like living amongst cave-men and women? Or maybe you have dreamt of the endless possibilities that the future holds for us? You are in luck! This summer we are unlocking our time machine for eight weeks to take a few lucky participants on the trip of lifetime. If your children have what it takes, we are recruiting for crew members starting Monday, 2 April 2012.

Camp Registration

Registration has begun. To register, please visit the MFRC Office (102 Comet Street) between 08:30 - 16:30.

For more information, please call 833-2500 Ext. 4500.

Camp Participants

Kidventures is open to children 6-12 years old.

Children must be finished kindergarten and be entering Grade 1 in the fall.

Camp Fees

\$100.00 per child per week

A non-refundable deposit of \$25.00 per child per week is due at the time of registration. If all 8 weeks are booked a \$200.00 non refundable deposit is required. The balance is to be paid on or before 15 June 2012 (Post-dated cheques accepted).

Eligible for the Children's Fitness Tax Credit.

Camp Hours

09:00 - 16:00

Extended Care is available from 07:00 - 09:00 & 16:00 - 17:00 at a cost of \$20.00 per family (pre-paid) or \$5.00 per day.

Camp Location

Westwin Children's Centre in the Westwin Community Centre - 680 Wihuri Road (formally Whyteford Road)

2012 CAMP THEMES

July 3 - 6: Stone Age

Build from stone and learn to protect yourself against the elements with only minimal supplies.

July 9 - 13: Mount Olympus

Mythical creatures and factual heroes come to life this week as we set the stage for an Olympic festival.

July 16 - 20: Silk Road

We find our way down the road to riches, but only team work will help us make it through the challenges that arise.

July 23 - 27: Knights and Ladies

Join us for a feast fit for a king and a festival that will have us dancing around the table. Be careful though not to be fooled by Merlin.

July 30 - August 3: Route to Gold

Do all paths lead to gold? This week we find out just how good our navigation skills are as we travel across rough terrain to claim our treasure.

August 7 - 10: Wonderland

Follow us down the rabbit hole to a place you never even imagined. The people and places will make you wish time could stop.

August 13 - 17: Man on the Moon

Discover what the moon is really made of when we build our spaceship to take off into space.

August 20 - 24: Infinity and Beyond

Will the future be just like the movies or not even close? Prepare to explore as we make our pathway to the future.



Upcoming MFRC Programs

ADULT PROGRAMS

DEPLOYMENT SUPPORT NETWORK

Thursday April 26, 7 - 9 p.m.

Register by April 19.

Is your loved one away? Would you like to connect with others experiencing a deployment? Join us once a month for a chance to meet new people, make new friends and learn new coping skills in a fun, social setting.

FRENCH COFFEE

Every Wednesday morning, 10 to 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, April 17 and 24 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.

A PARENT COMMUNITY

Friday, April 20 and 27

10 a.m. - 12 p.m.

A community of parents will discuss topics related to parenting children of all ages. Socialize while your children socialize with others. Child care is provided for children 18 months and older.

A PARENT GROUP

Wednesday, April 25

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!

CHILDREN'S PROGRAMS (0-5 YEARS OLD)

CASUAL CHILD CARE

WESTWIN CHILDREN'S CENTRE

Tuesdays 9 to 11:30 a.m.

Thursdays 1 to 3:30 p.m.

Children under 2: \$10, 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.

NURSERY SCHOOL

WESTWIN CHILDREN'S CENTRE

Monday, Wednesday, Friday,

9 to 11:30 a.m. in English

1 to 3 p.m. in French Immersion

\$60 per month & \$15 annual registration fee. On going registration as space permits. Now accepting registration for Sept. 2012

This program is for children ages 3 and 4. It offers a play based program paying attention to all areas of child development. Children must be toilet trained and three years old by the end of December to enrol in the 2012-13 term.

FRENCH IMMERSION NURSERY SCHOOL

MFRC SOUTH, 2300 CORYDON AVENUE

Tuesday and Thursday 1 to 3:30 p.m.

\$60 per month & \$15 annual registration fee.

Currently have 3 spaces available.

This program gives children the unique opportunity to be exposed to a French environment during our nursery program. Children must be toilet trained and three years old by the end of December to attend.

CHILDREN & YOUTH (6-18 YEARS OLD)

U-PUTTZ BLACK LIGHT MINI GOLF

Friday, April 27

6 - 8 p.m.

Both Youth Centre's will be heading to U-Puttz Black Light Mini Golf on Friday, April 27th, 2012. The cost is \$10 per participant and includes 2 rounds of mini golf, one drink, a hotdog, and chips. Each participant is also permitted to bring up to \$10 for concession purchases if they wish. Sign up today at your Youth Centre.

Be sure to have your permission form and monies in by Wednesday, April 25th 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.

Chaplain's Corner

Spring Cleaning

By the time you read this, Easter will be a distant memory, the annual hockey playoff beard growing contest will be in full swing, and the people who go to church will have just heard the story of "Doubting Thomas". He was the dude who was out getting some groceries (or whatever) while Jesus (fresh-out-of-the-grave) appeared to the other disciples. When he returned afterwards, he was understandably disappointed. He said that he would not believe the others until he saw Jesus himself. From that moment on, he would be known as "Doubting Thomas".

Poor Thomas. If there ever was a person who got a bad deal, it's him. For centuries, he has been shamed and judged ... "Don't be a doubting Thomas" ... "Have faith, and don't be like Thomas". Even the name "Doubting Thomas" is so insulting.

One of the things I have learned in my years of helping others is that when I see a person judging another individual, that act of judging tells me much more about the one who is judging rather than the one being judged. Try this ... use your hand to point to something. Now look at your hand. While it is true that one finger is pointing at something, notice however, that at least three fingers are pointing straight back at you. So it is with judging ... you can point at anyone you want, but realize that in doing so, you are really pointing at yourself.

What does all of this judging tell us about us? Perhaps a lot. When a soldier is confronted with the reality of war, he (or she) often questions certain aspects of his or her life. Is the mission worth it? How will I react? What is really important in life? Where is God in this mess? These are not easy questions, but they are far more common than most would believe.

We, as a society, seem to have a problem with doubt. Look at most of the divisive and controversial issues that face us. People want to know if you are FOR a certain issue or AGAINST it. You're no longer allowed to be in the middle. In the world of business, you need to be 100% focussed and 100% dedicated to the mission. No second-guessing or doubts permitted. In the world of faith, those who have doubts are often labelled as second- or third-class believers.

That's just sad. How quickly we forget that doubt is not the opposite of faith. Rather, it is a large part of faith. If people never doubted the shape of our world, globes would still be cubic. Perhaps our increasing intolerance towards doubt is rooted in our general distaste for the unknown. Most people prefer knowing everything over the unknown. Our word "truth" comes from the Greek word "aletha" which means 'hidden,' yet we resist the hidden aspects of life. Most insist on mastering the mystery instead of being mastered by the mystery.

Perhaps we are just too proud to accept that we are more like Thomas than we care to admit. Perhaps we are too proud or too scared to admit that we have, at times, doubted ourselves ... doubted our faith ... doubted God's presence in our lives.

It has been my experience that those times I feel God is far away are the times I am feeling too overwhelmed or too busy. Although I may have felt that God was absent, in reality God was always there ... I just lost track of God's presence.

We are entering the season of garage and yard sales, and spring cleaning. It is the time to get rid of the clutter that surrounds us. In our lives, what clutter is hiding the truth? Where can we de-clutter our lives, or quieten the many competing interests around us, and give God the opportunity to be heard.

Take care and God bless.

Padre Mark



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):

Look inside yourself for the answers. Do some soul searching. Decide what is important to you and put your time and energy there. Get rid of the clutter and mental baggage. Go past the obvious. Express your deeper emotions in a constructive and creative way.

Taurus (April 20 - May 20):

If you're tempted to tell someone what they should do, first ask yourself, "should I really get involved?" Timely intervention can be effective but don't offer a quick fix or use this as a distraction. Deal with your own responsibilities and life issues even if they are overwhelming.

Gemini (May 21 - June 21):

It feels good to be effective but be careful you're not using "work" to avoid dealing with personal fears. If you slip into melancholy or feel futile, instead of wishing things were different, write down your concerns and possible solutions. Talking to someone can help restore balance.

Cancer (June 22 - July 22):

You can't undo what has been done but you can plan how you will proceed in future. There are no certainties. As time marches on, the external and material pales in comparison to what lies beneath the surface. It's easier to relate to someone if you cultivate a deeper connection.

Leo (July 23 - August 22):

It's best to be careful with your money at this time. If you feel misunderstood, alone, and unappreciated it could be that you've just lost track of what is important during the process of getting what you wanted. Make strong, sound choices that are best for everyone involved, not just you.

Virgo (August 23 - September 22):

Feeling like a fresh start. Put taking care of your health and well-being at the top of the list. You'll see your vitality and energy return. Be open to more of what is being offered. Life is too full of uncertainties to shield yourself from the unknown. Variety adds spice to life.

Libra (September 23 - October 23):

Your even temperament encourages others to trust you. Avoid those who want to goad you into rash actions or provoke arguments. Feeling forced to take sides when foolish people are involved will only upset you. In stead, for now, explore singular pursuits that interest you.

Scorpio (October 24 - November 21):

Use discipline and structure to make a good idea a reality. Don't take the leap until you have a safety net in place. A well executed plan is the answer. Set yourself up for success not failure by being fully prepared and anticipating all eventualities.

Sagittarius (November 22 - December 21):

Memories of loved ones dominate your thoughts. The value of emotional connections becomes apparent. Regrets have taught you to live in the moment. Enjoy the simple pleasures. If you think you are too smart to learn anything new - be prepared for a life lesson.

Capricorn (December 22 - January 19):

Do not make all your plans contingent on another for you may find they change unexpectedly and radically, leaving you in the lurch. Though sometimes the familiar is comfortable life moves on. Seek wise counsel. You could impress someone influential with your talent.

Aquarius (January 20 - February 18):

Being silly and having fun is good for the soul. Don't worry about what other people say about your antics. Gossips may use harsh words to try and hurt or define you. The opinion of others is not as important as what you think about yourself. Stick to your own standards.

Pisces (February 19 - March 20):

You are reliable. Though others may not see this, you do cope with what must be done even when your heart isn't in it. If you feel a bit restless or are yearning for something that seems unattainable, just do the best you can. You might be surprised by some great results.

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