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# THE VOXAIR

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# CFSSAT Takes a Bite Out of Winter With Arctic Survival Course



Careful not to tip the balance of their igloo-under-construction, two students on the recent aircrew Arctic survival course near Resolute Bay, Nunavut work to complete their shelter, which they would sleep in that night. For more on the course, see page 3. Photo: Capt David Lavallee



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# Senior ADM Visits 17 Wing Winnipeg



Senior Associate Minister of National Defence, Michael Martin, inspects the Honour Guard at 17 Wing Headquarters. Photo: Sgt Bill McLeod



Senior ADM Michael Martin speaks to 435 (T&R) Squadron acting Commanding Officer Major Clayton Kotzer in the cockpit of a CC-130 Hercules. Photo: Sgt Bill McLeod



Senior ADM Michael Martin tours the MFRC Child Care Centre with 17 Wing/AFTC Commander Col Blaise Frawley and WCWO Michael Scarcella and speaks to the director, Lois Johnson. Photo: Sgt Bill McLeod

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# A Fighting Chance to Survive



**A student cuts blocks of snow for an igloo during the recent aircrew Arctic survival course near Resolute Bay, Nunavut. In the Arctic, one of the most important considerations for survival is shelter, and students learned how to build a variety of different shelters using equipment carried in their aircraft. In January 2013, the Canadian Forces School of Survival and Aeromedical Training, at 17 Wing Winnipeg, brought back the Arctic survival training for aircrew for the first time since 1995. Photo: Capt David Lavallee**

**Captain David Lavallee**  
2 Canadian Air Division Public Affairs

As you pull yourself from the wreckage of your aircraft, the wind howls menacingly across a frozen landscape that has more in common with the moon than anything found on Earth. The last weather report you received before leaving base told you that the temperature in that area would be dropping to minus 40 degrees Celsius, which feels like minus 60 with the wind chill. The time is just after noon, but you are surrounded by darkness—it might as well be midnight. In the gloom, you struggle to don your winter clothing and sort through the meagre assortment of tools you have at your disposal to build some kind of shelter to wait out the hours—or days—before help arrives.

It's a grim scenario, but one that is a distinct possibility for every Royal Canadian Air Force (RCAF) member operating in Canada's North. This is why 2 Canadian Air Division (2 CAD) has brought back Arctic survival training for aircrew through the Canadian Forces School of Survival and Aeromedical Training (CFSSAT), located at 17 Wing Winnipeg.

The course is a blend of classroom and field instruction, with the field portion being completed at Crystal City, a Canadian Forces training area near Resolute Bay, Nunavut.

The Canadian Forces School of Search-and-Rescue has run a similar course for search-and-rescue (SAR) technician candidates at Crystal City since 1996, but the two ten-day serials that ran from January 11-27 marks the first time the course has been offered to aircrew since 1995.

"Canada's North is a major priority for the Government of Canada, and as such, our operations in that region are increasing," said Brigadier-General Martin Galvin, Commander of 2 CAD, which is responsible for RCAF training. "As more and more RCAF aircraft take to the skies over the Arctic, we want to make sure that the aircrews operating there most often have a baseline of skills necessary to survive in that environment." Brig-Gen Galvin and 2 CAD Chief Warrant Officer Luc Tremblay travelled to Resolute Bay to check out the training.

The RCAF is very active in the North, carrying out aerial sovereignty, reconnaissance and surveillance patrols; conducting search-and-rescue operations; supporting annual training and sovereignty operations; and providing airlift and re-supply support.

The downside of this increased activity is the greater risk of an aircraft crash in the Arctic, which is exactly the scenario this course aims to train aircrew for.

"Basically, our goal is to give students the skills they need for a fighting chance to survive in an Arctic environment while they wait for rescue," says Sergeant Bill Clouter, a SAR technician who is one of the CFSSAT instructors on the course and who served as the course non-commissioned officer on the first serial.

Under the guidance of a cadre of instructors with years of experience as SAR technicians and in the combat arms, and with the benefit of traditional knowledge courtesy of Inuit instructors, a total of 20 students learned the basics of Arctic survival.

The course's learning points run the gamut from tips and pointers to practical hands-on training, including how to build different shelters like snow caves and igloos. Another thing the course teaches students is how to signal their location to searchers with equipment like flares, but also by using snow, rocks and other elements of the environment.

Perhaps one of the most important things students learn about is the survival equipment carried in their aircraft, and how to use it. Captain Iain Hannam, a CF-18 Hornet pilot with 409 Squadron in Cold Lake, Alta., knows that the gear stored in his ejection seat is different from that carried in a Hercules, Griffon or Aurora.

"The CF-18 equipment is, on the whole, smaller and more limited," he said. "This course was an opportunity to try out that equipment in the environment where you'd need it most, rather than have to use it for the first time in a real emergency, so that's a part of the training I found very valuable."

Students are also taught tips on how to avoid getting snow on clothing (which melts and reduces the gear's insulation value), as well suggested speeds at which people should work and how to layer appropriately to avoid sweating, which contributes to more rapid loss of body heat during periods of inactivity. Though these may seem like minor or even trivial details, in an environment as unforgiving as the Arctic, they can make the difference between life and death.

Not surprisingly, the greatest challenge on the course was the cold, especially for the students, as they had to work and sleep outdoors for much of the week. With the mercury usually running between minus 35 and minus 40 degrees, plus high winds and blowing snow, the weather was a major dose of Arctic reality.

"This is a tough course, there is no doubt about it, but the truth is that misery is the best instructor," says Sgt Clouter. "It goes without saying that no one likes the difficult aspects of the experience, but that's an important part of what we want the students to learn. Once they've completed the training, they'll know just what they'll be up against in that kind of situation, and will be physically and mentally prepared for it."

Sgt Clouter's perspective was shared by the students upon completion of the first serial, which included Major Clint Mowbray, Commanding Officer of 103 Squadron in Gander, Nfld. "I compare it to the underwater egress training—it's unpleasant at times, but once you finish it, you realize very quickly that what you've just learned could save your life someday," he said.

Major Yves Soulard, Commandant of CFSSAT, says that the intent at this stage is to train up to 24 students per year. While it would be ideal to have all aircrew trained to this standard, the course is very labour and resource-intensive. The key will rest with aircrew signing up for the course each year.

"While we can't offer this course to all aircrew in the RCAF, our goal is to train those personnel whose squadrons operate frequently in the North," he says. "The more people that have this training, the better able we are to operate in the Arctic, so we encourage all aircrew members to speak with their supervisors and commanding officers about taking the training in the future."

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# 17 Wing Toastmasters Club Offers Leadership Skills



Three members of the 17 Wing Toastmasters Club, The Westwinners were discussing plans for the next open house for the club that will take place in May. Photo: Alison Boates

By: Alison Boates  
Voxair Photojournalist

Last week I decided to stop in and visit the 17 Wing Toastmasters Club, known as the Westwinners. They meet most weeks throughout the year at the Westwin Community Center on Thursdays at 12:15 until 13:15.

For those of you not familiar with the Toastmasters organization, it is a world leader in communication and leadership development. Members improve their speak-

ing and leadership skills by attending local meetings.

A Toastmasters meeting is a learn-by-doing workshop in which members hone their speaking and leadership skills in a no-pressure atmosphere. There is no instructor in a Toastmasters meeting and participants evaluate one another's presentations. This feedback process is a key part of the program's success. Members give impromptu talks on assigned topics, conduct meetings and develop skills related to timekeeping, grammar and parliamentary procedure.

"Our club is partly military members, partly civilian DND members and also has an open public membership component. With the Military side it can get difficult as we lose members every year due to the posting season," said the Secretary of the club, Thea M. Haut Ostermann

Boris Bachynski is a civilian member that just joined the club in the fall. He decided to get involved because he's hoping to improve his presentation skills, "I'm a conservationist and there are issues out there that aren't being addressed, so I'm hoping I can inspire people to do things in the goodness of the environment," said Bachynski.

The more experienced members of the club offer newer members some mentoring tips for their speeches, as club President Cpl Alex Greer offered to help Bachynski.

Greer is completing the Competent Communicator program for the second time because he feels the refresh would be very beneficial, "Each step of the program you're using an effective technique in speech making," he explained.

Greer actually belongs to three different Toastmasters clubs within Winnipeg. The Westwinners club is a lunchtime organization that meets Thursdays from 12:15 – 13:15, "I was able to transfer the skills I learned with bigger clubs over here to the Westwinners," Greer said.

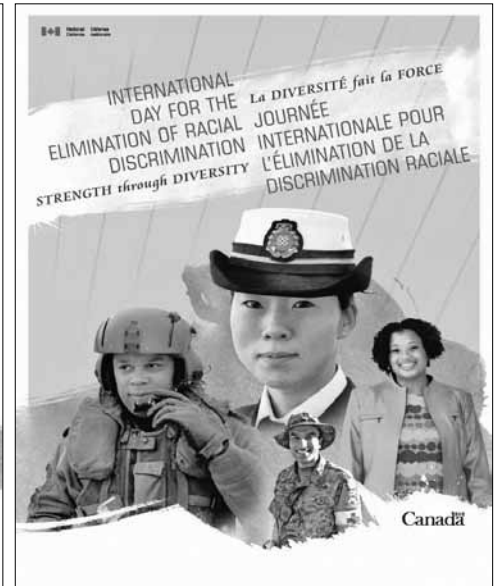
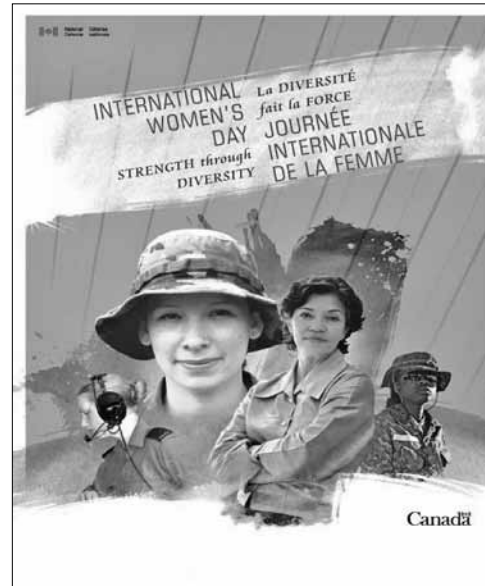
There are many different types of clubs within the Toastmasters world...there are specialty clubs and the one Greer attends once monthly is called, Talking Books. "You can tell from the title, we read a book once a month and then meet to discuss and present different topics on that reading assignment," he explains. Greer also pointed out that in order to join these specialty clubs, you have to belong to a regular Toastmasters club elsewhere like Westwinners.

If you are interested in getting involved with the Westwinners Toastmasters club you can stop by their next Thursday meeting at the Westwin Community Center or visit: <http://www.cg.cfpsa.ca/cg-pc/Winnipeg/EN/RecreationandLeisure/Clubs/Pages/Toastmasters.aspx> in order to contact one of the executive members with any questions.

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# 440 Squadron Presentations

17 Wing/AFTC Commander Col Blaise Frawley and Wing Chief Warrant Officer Michael Scarcella visited 440 Squadron from February 4th - 7th in order to present members with medals and awards. All Photos by: Sgt Craig Wiggins.



Sgt Sandra Duchesne of 440 Squadron in Yellowknife receives her Queen's Diamond Jubilee Medal from 17 Wing/Air Force Training Centre Commander Colonel Blaise Frawley.



Cpl Dean Smith receives the Vampire of the Quarter presentation from LCol Desmond Brophy, Commanding Officer of 440 Squadron, and MWO Glenn Rowlandson.



Capt Bryan Sullivan receives the Queen's Diamond Jubilee Medal



Cpl Dany Major receives a Commander's Coin for community service.



Cpl Gregory Myers receives the Queen's Diamond Jubilee Medal



Maj Robin Morrin receives the first clasp to the Canadian Forces Decoration



Sgt James Rose receives the Queen's Diamond Jubilee Medal



WO Jacques Lamarche receives the Queen's Diamond Jubilee Medal



WO Albert Maclean receives the first clasp to the Canadian Forces Decoration



MWO Claude Lafrance of ASU(N) receives a Wing Commander's Commendation from 17 Wing/AFTC Commander Col Blaise Frawley for his outstanding performance as the On-Site Facilities Coordinator at the 17 Wing's Forward Operating Location for the last two years.

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# “Frozen Chosen” Welcome New Commanding Officer

## Air Force News

Personnel at Canadian Forces Station (CFS) Alert welcomed their new commanding officer, Major Warren Baccardax, during a change of command ceremony in Canada's most northerly, permanently inhabited location on the evening of January 29.

“We're happy to welcome Major Baccardax to our 'Frozen Chosen' family,” said Colonel Sean Friday, commander of 8 Wing Trenton, Ont.

“His appointment will continue the strong leadership tradition that Major Hoffman has maintained for the past six months in command of our station here in the Arctic.”

The outgoing commanding officer, Maj Scott Hoffman, said he was honoured to have had the opportunity to serve in the Arctic.

“The motto I coined when I came to Alert, ‘One Team-One Mission’, has certainly held true,” he said. “Whether [the people at CFS Alert are part of the] military, Nasittuq [Corporation] or Environment Canada, Team Alert has met every challenge as one and succeeded.”

“The challenges have been many and difficult...just surviving in the high Arctic is a feat in itself!”

Maj Hoffman noted that over the past six months, Team Alert has fulfilled its mission, to maintain a sovereign Canadian Arctic outpost, with honour and dis-

tinction.

“As commanding officer of CFS Alert it has been my sincere pleasure to serve all the members of the Alert team and I wish the new commanding officer, Maj Warren Baccardax, all the best.”

“I'm excited to serve here for the next six months and to support Canadian Armed Forces and Government of Canada missions in the Arctic,” said Maj Baccardax.

Maj Baccardax, who hails from Cape Breton, N.S., joined the Canadian Armed Forces in 1991. He holds a bachelor's degree in applied science from the Royal Military College and is a graduate of the aerospace systems course at the Canadian Forces School of Aerospace Studies in Winnipeg, Man. He has served in various capacities as a communications and electronics officer both in Canada and abroad.

CFS Alert is the most northerly, permanently-inhabited location in the world, located only 817 kilometres from the geographic North Pole. On April 1, 2009, the Royal Canadian Air Force took command of CFS Alert and it is now a unit of 8 Wing Trenton.

The “Frozen Chosen” team also maintains High Frequency and Direction Finding (HFDF) facilities that support search and rescue and other CF operations, and supports Environment Canada and Arctic researchers.



Maj Warren Baccardax (left) accepts the commanding officer's hat from Maj Scott Hoffman during the change of command ceremony at CFS Alert on January 29. Credit: Cpl Daren Lunn.

# Blast Away Those Winter Blues



Sleigh rides are back this year at Winterfest along with new additions like the Family Survival Challenge put on by members of 435 Squadron and a wine tasting booth. Photo: Alison Boates

By: Mike Sherby  
Voxair Manager

Are you looking for a way to beat the Winter blahs? The 3rd annual Community Recreation/MFRC Winter Fest is just around the corner, and this year it's offering more to do than ever, so make sure to come on down and check it out.

The Winter Fest, which takes place on February 23 from 1100-1400 hrs, is welcoming a slew of new activities this year, along with all of the old favourites.

Along with the sleigh rides, snowshoeing, cross country skiing, arts and crafts and food that have been featured the past three years, the festival is offering some exciting new things to do.

435 Squadron has partnered with the festival this year, and they will be performing a parachute jump, weather permitting. As well they'll be put-

ting on a Family Survival Challenge. Event co-chair Tina Bailey, Communication Recreation Director, says that she's very happy to be able to expand on the existing festival.

“It'll be really great to have 435 Squadron there. The Family Survival Challenge will get families working as a team to get through the exercise.”

And while the festival does offer activities for all ages, adults will definitely want to check out one the new wine tasting booth. The booth will feature 3 different wines with a Canadian theme for people to sample. Bailey says she was excited to offer something new for adults this year.

“We worked with Manitoba Liquor Commission to choose 3 very good examples of Canadian wines, including one ice wine,” she said.

Bailey co-founded the Winter Festival 3-years ago along with this year's other co-chair, MFRC

Executive Director Don Brennan. They decided to begin the festival after noticing a significant gap in programming during the winter months.

“We had the Fall Fair in September, but then not really anything else until Summer time started,” says Bailey. “We wanted to show people that there was just as much to do in the winter time, activity wise. There are all of these wonderful activities that people can do, even if it's a little colder out.”

Staff from 17 Wing Health Promotion will also be providing snacks and drinks to keep you warm and energized. They will be providing one meat and one veggie soup, along with other snacks. The coffee being served was donated by a local business. Health Promotion Staff members will also be on hand to provide useful tips for keeping fit and healthy during those long, cold winter months.

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# RCAF Mentorship Program Announced

By Sgt Bill McLeod  
17 Wing Photojournalist

The Commander of the Air Force, Lieutenant-General Yvan Blondin, announced the launch of the Royal Canadian Air Force Mentorship Programme on 28 January 2013.

"Mentoring is an integral part of transformational leadership. Leaders at all levels must recognize the importance of passing on professional knowledge and guiding those who they are privileged to lead," said LGen Blondin in a message to the RCAF.

Driven by the Commander's intent in the Annual Planning Directive to enhance core values and competencies of the RCAF while adapting to an ever changing environment, the programme will be championed and promoted by the RCAF Chief Warrant Officer (CWO), 1 and 2 Canadian Air Division CWOs, and all RCAF senior leadership.

"Never before, during any period of time, has mentorship been more important than right this minute," said former RCAF CWO Miles Barham (Ret'd). "We are at a crossroads where approximately 70% of our senior members will retire in the next 5 years. This programme will enable our members, who will be promoted rapidly, to achieve greatness as they lead the RCAF as part of command teams."

Mentorship is a professional relationship in which an experienced person vol-

untarily shares knowledge, insights and wisdom with a less experienced person who wishes to benefit from that exchange. It is a medium to long term learning relationship founded on respect, honesty, trust, and mutual gain.

"Mentorship is key to your success and that of the RCAF," said RCAF CWO Kevin West. "It will enable you to effectively manage the complex environment you work in and ensure your personal goals are achieved." Some of the advantages for the mentee

are a better understanding of the roles and expectations of the RCAF, increased self confidence, improved ability to deal with ethical and leadership situations and career satisfaction to name a few.

Mentoring has been around since the Ancient Greeks and has always been used by leadership to develop subordinates but the difference with the new RCAF programme is that relationship will be formalized and standardized.

17 Wing Chief Warrant Officer Mike Scarcella will champion the programme locally at the tactical level.

"Mentorship does not replace the role of the chain of command; rather, it enhances the development of a member through transfer of knowledge and experience from one person to another," said WCWO Scarcella.

The Sr NCO's and WO's at 17 Wing and the two Divisional HQs recently attended a briefing outlining the content of the program. In the next few weeks a similar briefing will be conducted for our Junior Ranks said WCWO Scarcella.



Cpl Isaac Ilag (R), a technician at 402 (City of Winnipeg) Squadron, gives advice on the adjustments required to complete a periodic on the engine of Dash 8 aircraft to Pte Cory Kerkhof. Photo credit: Cpl Bev Dunbar



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# Logistics Branch Celebrates 45 Years



Col Glenn Naldrett, A1 (L) and Col Thomas Ross, A4 Log (R) got to make the first ceremonial cut in this year's birthday cake. Photo: Alison Boates

By: Alison Boates  
Voxair Photojournalist

The 45th anniversary of the Log branch celebrated the creation of the CF integration that brought different branches together as one under the Logistics branch. "This is just a celebration of what we are currently as of today," said Lt Phil Galbraith.

A logistician covers many aspects in the Forces as they could be a cook, a supply tech, a driver, a traffic tech, a clerk or one of the officers that oversees any of those varied trades. For the most part, they are anyone who provides a service to help other members to perform their jobs.

"Here right now we have about 100 people but on the Wing we have well over 500 members within the Logistics Branch along with even more at the Air Divisions," explained Galbraith.

Capt Bellemare-Whiting was at the event and was very proud of her cooks, Sgt Leblanc, Pte Smith and MCpl Buck, who spent 18 hours creating the masterpiece of a cake for this event. This was the second year that Bellemare-Whiting got them to stay away from the traditional sheet cake. She said it is one of the only opportunities they are presented with to challenge their baking abilities and learn new skills.



The afternoon was capped off with a fun game of indoor soccer which was held in Building 21. Photo: Alison Boates

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# 17 Wing Men's Hockey Team Brings Home Silver at Prairie Region Championship



Members from 17 Wing Winnipeg and Canadian Forces Base Shilo, battle for the puck during the round robin men's ice hockey tournament on February 5, 2013 at the Twin Rinks arena. Military hockey teams compete in the annual Men's and Old-Timer's Prairie Region Hockey Championship held at CFB Edmonton. Photo: MCpl Van Putten.



Members from 17 Wing Winnipeg pose for a team photo prior to the round robin men's ice hockey tournament on February 5, 2013 at the Twin Rinks arena in Edmonton, AB. Photo: MCpl James Ross.

By: Mike Sherby  
Voxair Manager

17 Wing Winnipeg's Men's hockey team suffered a heartbreaking loss in the final moments of the 2013 Prairie Region Men's Hockey Championships last Friday in Edmonton.

17 Wing was tied with CFB Edmonton 5-all in the closing minutes of the Championship Game, when an unlucky bounce off a block allowed Edmonton to put one in the net. Capt King described it as a 'freak kind of thing.'

"We blocked a shot, and the guy who blocked the shot, every time he blocked a shot, and he blocked a lot

of them, the puck bounced off to centre ice," Says Capt Greg King, the 17 Wing team's coach. "This time it hit him in a soft spot and just went dead. 19 times out of 20 it would have gone the one way, and this time it just didn't, and so we had two guys waiting for a loose puck that wasn't there. So Edmonton just made a pass and it was in the back of the net."

Despite being upset about losing the final game 6-5, Capt King says that the players have nothing to be disappointed about.

"We played really well based off what we did last year, and we improved a lot," says Capt King. "You're disappointed when you lose, especially getting that close, but I wasn't disappointed in our play, and I definitely wasn't

disappointed in the players."

17 Wing ended up placing second overall in this year's tournament, an improvement over last year where they lost out in the semi-finals to CFB Cold Lake. This year the team beat Cold Lake 6-1 in the semi-finals, giving them nice boost going into the finals.

Capt King, who's in his second year of coaching the 17 Wing team, says that despite the loss, he's very happy with the way the team played throughout the tournament.

"I don't think there's anything to be disappointed about based on the way we played. You're disappointed that you lose, but that's about it."

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Browse [www.familyforce.ca](http://www.familyforce.ca) - a site for and about military families.



Communiquez avec votre centre de ressources pour les familles des militaires pour découvrir ce qu'ils peuvent faire pour vous. Rejoignez-les pour des pauses-café, des groupes de soutien, de la formation en langue seconde et des événements spéciaux.



Contactez la Ligne d'information pour les familles au **1-800-866-4546** pour obtenir des réponses à vos questions, préoccupations ou lorsque vous souhaitez avoir de l'appui.



Naviguez [www.forcedelafamille.ca](http://www.forcedelafamille.ca) - un site pour et au sujet des familles des militaires.

La famille   
**La force conjointe**

# Sudoku

# Crossword

## My Sudoku

Rated: Advanced

	1	2		7	3			
		1		9	6	8		
		6	3					
	9	8						5
	4						1	
1					2	4		
			8	6				
	6	4	5	2				
	8	5		1	2			

Using the numbers from 1 to 9 please fill in the blank cells. Each number can be used only once in each row, column, and 3 X 3 block. Each puzzle is rated for degree of difficulty as :  
Beginner \* Advanced \* Master

## Canadiana Crossword

Places Possessed

By Bernice Rosella and James Kilner

### ACROSS

- 1 Make the marquee?
- 5 One who is blamed
- 9 Pound part
- 10 Thrust forward
- 12 With Falls, Ontario community
- 13 Having mechanical body parts
- 15 Vietnamese holiday
- 16 Leaven
- 18 Ms Deer
- 19 Loved or lucky follower
- 21 Duo
- 22 Inclination
- 23 Possession
- 25 Approve
- 27 Stray
- 29 Yes \_\_\_\_!
- 30 Living organisms
- 34 Israeli desert
- 38 Gazelles
- 39 Beggar
- 41 Mild expletive
- 42 Pride of Parry Sound
- 43 Athlete's pursuit
- 45 Stray
- 46 More nimble
- 48 Mutineers
- 50 Hotel chain
- 51 Gives birth
- 52 Mares and sows
- 53 Pops up, in a way

### DOWN

- 1 Apartments
- 2 Nobel invention, for short
- 3 \_\_\_\_-Breaky Heart
- 4 A kind of button
- 5 With Landing, British Columbia community

		1	2	3	4		5	6	7	8			
	9							10				11	
12								13					14
15				16			17				18		
19			20		21				22				
23			24		25			26					
			27		28		29						
30	31	32				33		34		35	36	37	
38					39		40		41				
42				43				44		45			
46			47					48		49			
	50							51					
								52					
								53					

- 6 Leave out
- 7 Mil. address
- 8 Affectionate
- 9 Forebodings
- 11 With Head, Ontario community
- 12 Greek portico
- 14 Assembly of badgers
- 17 Reverence
- 20 Illusionists
- 22 Drilled
- 24 Attempt
- 26 Clamour
- 28 With Arm, Newfoundland community
- 30 Selves
- 31 Grammatical sequence
- 32 With Bay, Ontario community
- 33 South, to Stephane
- 35 With pond, Newfoundland community
- 36 Peers
- 37 Video recorders, for short
- 40 With ville, British Columbia community
- 43 Apportion
- 44 Welsh root
- 47 Yes, slangily
- 49 With Hudson, Saskatchewan community

The annual Director of Flight Safety (DFS) briefings and visit by Colonel Yvan Choiniere 18-19 Feb 13. 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. The briefings 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.

Mon 18 Feb 13		Portage La Prairie / Southport
Tues 19 Feb 13	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 (Namaso Hall) (Special Area Pass required to gain access to hangar)

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## Philatelist's Corner with Alf Brooks



### Year of the Snake

Some years ago postal authorities began issuing stamps for the Lunar New Year; not content to go once through the twelve-year cycle, various countries continue to issue stamps for the occasion.

This year, on January 8, Australia issued two stamps using the Chinese character for snake to celebrate the New Year. The Snake is the sixth sign in the Chinese zodiac and symbolizes wisdom, caution and romance. And, as snakes regularly shed their skin, they are symbols for a new beginning.

The year of the Snake begins on February 10.

# Recycling Household Hazardous Waste

## New Manitoba Website and App

Submitted by: Laura Barz  
17 Wing Sustainability Office

Did you know that just one litre of oil can contaminate a million litres of fresh water? For reasons such as this, individuals should know that potential household hazardous items requiring disposal should not be included with regular garbage/recycling pick-up. By becoming aware of what household products are considered hazardous and disposing of them accordingly, you will contribute towards the protection of human health and the environment while being a responsible citizen within your community. Throughout the year, the 17 Wing Environment and Hazmat Office receives numerous questions from personnel in regards to where they can recycle their own household hazardous waste. While

17 Wing has developed a comprehensive program to manage the disposal and recycling of hazardous products that are generated by the Wing, because of liability and cost issues, 17 Wing does not allow privately generated commercial or domestic hazardous waste to be brought on to the Wing for disposal or recycling.

Fortunately, the Manitoba government has recently made the task of household hazardous waste disposal/recycling easier by developing a new hazardous materials recycling webpage and smartphone app. Launched in December 2012, the eco-depot webpage and app allow you to conveniently locate recycling depots near your home. The search results include a map identifying where materials such as electronic waste, paint, tires, batteries, compact fluorescent bulbs and other materials that can be recycled. The implementation of this new

app and website are part of TomorrowNow - Manitoba's Green Plan, the government's eight-year strategic plan for protecting the environment while ensuring a prosperous economy.

All Manitobans can visit the new website at [www.ManitobaEcoDepot.ca](http://www.ManitobaEcoDepot.ca) and find the Manitoba Recycling app as a free download in the iTunes store. Additionally, more information on TomorrowNow is available at [www.gov.mb.ca/conservation/tomorrownowgreenplan/index.html](http://www.gov.mb.ca/conservation/tomorrownowgreenplan/index.html).

For more information regarding the disposal of hazardous waste from either the home or workplace, please feel free to contact the 17 Wing Environment and Hazmat Office.

responsibly green  
17 WING sustainability program



écoresponsables  
17 ESCADRE programme de conservation

### Augmentation des taux de cotisation au Régime de pension de la Force régulière (temps plein) des FC

Par le groupe du Directeur général – Rémunération et avantages sociaux, Chef du personnel militaire

Après approbation des ministres du Conseil du Trésor, les militaires des Forces canadiennes (FC) qui cotisent au Régime de pension de la Force régulière (temps plein) verront leur taux de cotisation augmenter à compter du 1<sup>er</sup> janvier 2013.

#### Contexte

Dans son Budget de 2012, le gouvernement du Canada avait annoncé son intention d'augmenter les taux de cotisation pour porter à 50/50 le ratio du partage des coûts du Régime de pension de retraite de la fonction publique, et de procéder à des modifications comparables aux régimes de pension des FC et de la Gendarmerie royale du Canada (GRC). Dans le cas présent, le modèle de partage des coûts décrit comment l'employeur et l'employé partagent les coûts associés à un régime de retraite.

La *Loi sur l'emploi et la croissance* (projet de loi C-45) a reçu la sanction royale en décembre 2012. Comme annoncé dans le Budget de 2012, cette loi a entraîné des modifications aux lois sur les pensions de retraite de la fonction publique, de la GRC et des FC, éliminant la limite de 0,4 % d'augmentation annuelle du taux de cotisation des membres de ces régimes de retraite. En outre, la Loi garantit aux militaires des FC qui contribuent au régime de retraite à temps plein que leur taux de cotisation ne sera pas plus élevé que celui des fonctionnaires.

#### Taux

Le Conseil du Trésor a fixé comme suit les taux de cotisation au régime de pension à temps plein des FC pour la période 2013-2015 :

Catégories de traitement	Taux de cotisation		
	2013	2014	2015
Gains inférieurs ou égaux au maximum couvert par le Régime de pension du Canada ou la Régie des rentes du Québec	6,85 %	7,50 %	8,15 %
Gains dépassant le maximum couvert par le Régime de pension du Canada ou la Régie des rentes du Québec	9,20 %	9,80 %	10,40 %

Pour 2013, les gains ne dépassant pas 51 000 \$ seront couverts par le Régime de pension du Canada ou la Régie des rentes du Québec (maximum des gains annuels ouvrant droit à pension).

On prévoit que les taux de cotisation pour 2016 et les années suivantes seront fixés vers 2015.

#### Ce que cela signifie pour vous

À titre d'exemple, un militaire qui a gagné 60 000 \$ en 2013 cotisera l'équivalent de 6,85 % de ses gains jusqu'au maximum de 51 000 \$ et 9,2 % de ses gains pour les 8 900 \$ de gains restants. Ce militaire verrait sa cotisation mensuelle augmenter de 30,31 \$ pour l'année 2012.

Les cotisants au Régime de la fonction publique, au Régime de pension à temps plein des FC et au régime de pension de la GRC ont les mêmes taux de cotisation. Cependant, en raison de ses dispositions particulières, comme la retraite anticipée et les dispositions relatives à l'invalidité découlant du service militaire, le régime à temps plein des FC est plus coûteux que celui de la fonction publique.

On prévoit que les taux de cotisation aux régimes de retraite continueront d'augmenter pendant cinq ans, jusqu'à ce que le gouvernement ait atteint son objectif, soit obtenir un taux de partage des coûts plus équitable en matière de régime de retraite. Pour en savoir plus, veuillez consulter le site Web du Secrétariat du Conseil du Trésor : <http://www.tbs-sct.gc.ca/pensions/notices-avis/2012-12-14b-fra.asp>.

#### Précisions pour les réservistes

Les réservistes qui cotisent au Régime de retraite de la Force régulière (temps plein) devront payer les nouveaux taux de cotisation, tandis que ceux qui cotisent au régime à temps partiel ne verront pas leurs cotisations augmenter et continueront donc à cotiser au taux actuellement en vigueur.

#### Âge de la retraite

La *Loi sur l'emploi et la croissance* a également augmenté à 65 ans l'âge de la retraite pour les personnes engagées dans la fonction publique après le 1<sup>er</sup> janvier 2013. Il n'y a eu aucune modification aux politiques de retraite des FC. Les militaires des FC qui sont libérés ou qui prennent leur retraite après cette date seront assujettis aux nouvelles règles concernant l'âge de la retraite.

### Rates Increase – CF Regular Force (full-time) Pension Plan Contribution

By Directorate General Compensation and Benefits, Chief of Military Personnel

Following approval by Treasury Board ministers, Canadian Forces (CF) members contributing to the Regular Force (full-time) Pension Plan will see rate increases as of January 1, 2013.

#### Background:

In Budget 2012, the Government of Canada announced its intention to increase pension contribution rates towards a 50:50 cost sharing model for the Public Service Pension Plan, and for comparable rates changes for the CF and Royal Canadian Mounted Police (RCMP) pension plans. In this case, a cost sharing model describes how employee and employer share the cost of a plan.

The *Jobs and Growth Act* (Bill C-45) received Royal Assent in December 2012. As per the Budget 2012 announcement, this Act made changes to the Public Service, RCMP, and CF *Superannuation Acts*. The *Jobs and Growth Act* changed the CF *Superannuation Act* to eliminate the 0.4 per cent limit on annual increases to member contribution rates. The Act also ensured CF members contributing to the full-time pension plan will not pay higher rates than public servants.

#### Rates:

Treasury Board has set the CF full-time pension plan contribution rates from 2013 to 2015 at:

Earnings Levels	Contribution Rates		
	2013	2014	2015
On earnings up to the maximum covered by the Canada/Quebec Pension Plan	6.85%	7.50%	8.15%
On any earnings over the maximum covered by the Canada/Quebec Pension Plan	9.20%	9.80%	10.40%

For 2013, earnings up to \$51 100 will be covered by the Canada/Quebec Pension Plan (Year's Maximum Pensionable Earnings).

Contribution rates for 2016 and beyond will be set around the 2015 timeframe.

#### What this means to you:

By way of illustration, a member earning \$60 000 dollars in 2013 will pay 6.85 per cent on earnings to a maximum of \$51 100 and 9.2 per cent on the remaining \$8 900 of earnings. This member would see a monthly increase of \$30.31 in contributions from 2012.

Members of the Public Service plan, the CF full-time plan, and the RCMP plan pay the same pension contribution rates; however, due to its unique provisions, like early retirement and military disability provisions, the CF full-time plan is more expensive than that of the Public Service.

Pension contribution rates are expected to continue to increase over a five year period until the Government has achieved its objective of a more equitable cost sharing ratio for the plans. For more information, please refer to the Treasury Board of Canada Secretariat webpage: <http://www.tbs-sct.gc.ca/pensions/notices-avis/2012-12-14b-eng.asp>

#### Reserve Force Specifics:

Reserve Force members who contribute to the Regular Force (full-time) pension plan will pay the new contribution rates. Reserve Force members contributing to the part-time plan will not and will continue to pay their current rates.

#### Retirement age:

The *Jobs and Growth Act* also increased the retirement age to 65 for persons hired into the Public Service after January 1, 2013. There were no changes to CF retirement policies.

CF members who release or retire and then become employed in the public service after this date will be subject to the new Public Service retirement age rules.



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# Valentine's Day

By: Tanya L'Heureux & Nicole Abbott  
CFB Edmonton Health Promotion

Valentine's Day is a time to show our love, affection and appreciation for those special people in our lives. For the rest of the year, work seems to take over our life. Add children or other daily hassles into the mix, and you hardly have time for everything, let alone for romance.

With rising stress and tension, you may find yourself feeling distant from your partner and forgetting why you fell in love with him or her in the first place.

Although Valentine's Day can help rekindle the flame by giving you the excuse to take a moment to step back from the daily grind and give yourself more time for romance, you don't need a special day to show someone how much you love them. Fitting it in all year long is easier than you think through these 3 easy steps:

### Step 1: Use the power of touch

That good feeling you get when giving/receiving a hug or holding hands is more than just a feeling. Recent studies have shown that physical affection - such as sitting close together, a cuddle, a hug, holding hands, or a kiss - helps us bond, relieve stress, and improve our health. This is because love and affection increase our bodies' production of oxytocin, the "bonding" hormone. Its effects are felt immediately with: improved mood, lower blood pressure, higher tolerance for pain, faster-healing wounds, and a decrease in the stress hormone cortisol. Furthermore, oxytocin lives up to its name, the

"bonding" hormone: in a recent study, researchers found a positive link between the closeness of a couple's relationship and the levels of oxytocin in their blood.

### Step 2: Try something new

Research shows that when you fall in love, the pleasure centres of your brain light up. This eventually decreases with time; however, these centres can be lit again by doing something new with your partner. It does not have to cost a lot of money or be too extravagant. It can be as simple as taking a short trip outside of the city, taking a class, playing a new sport, or trying out a new hobby, new video game, new restaurant, or new coffee shop together.

### Step 3: Make the time

Too often we put work, children, and daily tasks ahead of our significant others. As more things are added to our daily agendas, we need to take the extra effort to make the time for the one we love. Make mini-dates at least once a week and full-scale dates at least once a month. Schedule them in and avoid rain-checks or cancellations.

So what are you waiting for? Show your love everyday with a simple hug or mixing up your routine with something new. It not only benefits your relationship, but it's also good for your health!

The Canadian Forces Community Recreation Needs Assessment Survey is now available at:  
[www.thevoxair.ca](http://www.thevoxair.ca) or  
[www.pspwinnipeg.ca](http://www.pspwinnipeg.ca)



**Mental Fitness & Suicide Awareness:**  
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**26 Mars 2013**

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

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



**Sensibilisation à la santé mentale et au suicide**





**Alcohol, Other Drugs and Gambling: Supervisor's Training**  
**27 February 2013**  
0830-1600 hrs

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

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

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For more information contact your local Strengthening the Forces Health Promotion office or visit our website at: <http://www.forces.gc.ca/health-sante/ps/ppp-pps/>

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# Mini Festival du Voyageur



On January 30, the MFRC hosted a mini Festival du Voyageur, complete with French Canadian cuisine and music. The Festival du Voyageur family provided musical entertainment to kick the evening off and Festival staff provided information about the history of Festival du Voyageur. Approximately 60 people attended the event, and feasted on pea soup, fèves au lard, maple ham, and pudding chomeur. Heho!

# 10 Tips for Managing Stress

Effective stress management is a vital part of healthy living. Effective tips for dealing with stress are highlighted here, along with simple approaches for integrating them into daily life.

- 1. Get Organized**  
Setting clear timelines and priorities will help eliminate unexpected complications from daily events and create a sense of empowerment and control.
- 2. Work it Off**  
A regular exercise program provides both physical and mental benefits. Physically, exercise helps release stress relieving hormones. Mentally, the time can serve as an important refuge in the hustle and bustle of daily life.
- 3. Develop Strategies**  
Stress is never completely avoidable. To help deal with life's stressful situations, take some time to develop strategies to deal with unexpected moments. Whether it's having a backup ride for the kids or a Plan B for dinner, simple strategies will go a long way to simplifying and deconstructing stressful situations.
- 4. Take 5**  
Everyone needs some quiet time during a busy day. The "Take 5" rule works in both an organized and an unorganized way. Building in small segments of quiet time will allow time to catch your breath and review daily goals. Being able to detach from an unexpected situation, even for a few minutes, will provide valuable respite and a fresh point of view.
- 5. Set Realistic Goals**  
Nobody likes to fail. Yet, one of the fundamental failings of modern goal setters is a tendency to set overreaching, potentially unattainable goals. Keep daily goals well focused, task oriented, and realistic.

- 6. Take a Nap**  
The idea of the afternoon nap is actually built into the fundamental functioning of many European cultures. Yet, in the hard working environment of American corporate and family culture, this valuable tool is often overlooked. Studies have shown that even short 15 or 20 minute nap breaks markedly improve mood, outlook, and stress-handling ability.
- 7. Stay Involved**  
Boredom creates stress. Keep your days interesting and varied with a little pre-planning. Hobbies, friends, and activities can all play a role.
- 8. Eat Well**  
Poor nutrition both alters biochemical profiles, leading to feelings of exhaustion and stress, and also heightens poor body image, reinforcing these negative emotions. A balanced diet can help avoid these negative impacts.
- 9. Play**  
Personal recreation is a vital part of stress management. Spend some time each day engaged in activities you find enjoyable and fulfilling. Whether it's spending 20 minutes walking, curling up with a book or magazine, or just people watching at a café, personal time will leave you refreshed and feeling positive.
- 10. Connect**  
Social connections are fundamental to the human experience. Seek out connections with like minded individuals or groups to improve your sense of social connection. Information provided was taken from Craig Weber From Craig Weber, M.D., former About.com Guide Updated June 15, 2007 About.com Health's Disease and Condition content is reviewed by the Medical Review Board.

# Upcoming Programs

**Movie Night**  
Escape from Planet Earth  
Thursday, February 21  
Time to be determined by February 13  
Cost for 12 and under \$10, over 12, \$15. Register by February 15  
Join us for an evening at the theatre as we watch Escape from Planet Earth. The 3D animated family comedy takes you to planet Baab where astronaut Scorch Supernova is a national hero to the blue alien population. Characters are voiced by Brendan Fraser, Rob Corddry, Jessica Alba, William Shatner and Sarah Jessica Parker. For more information, visit <http://www.escapeearthmovie.com/>  
Children's price includes a kid's combo with popcorn, drink and candy. Adult price includes regular popcorn and regular drink.

**A Parent Group**  
Wednesdays, February 13, 27 9:30 to 11:30 a.m.

Come join us for a morning of fun, food and activities. Join other parents for some socializing, while your children 18 months and older socialize in the playroom. Children under 18 will stay in the room with the parents and play.

**Next chapter**  
Thursday, February 21, 9:30 to 11:30 a.m.

Are you in the next chapter of your parenting life? Do you have school aged kids, and are you looking to socialize with other parents who have school age kids? This group will help you as you go through the middle years before the teen years. Each month we will discuss a different topic while having some fun and food with friends. This program is designed for parents with children ages 6+. Child care is provided for younger children.

**French Coffee**  
Every Wednesday morning, 10 to 11 a.m.

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

**A Parent Community**  
Fridays, February 1, 8, 15, 22 9:30 to 11:30 a.m.  
Free childcare for children 18 months to five years

A community of parents will discuss topics related to parenting children of all ages. Stop by the MFRC and have a coffee while your children socialize with others. The public health nurse will be here on January February 1 with a specific topic and will be available to answer questions you may have.

**Ladies Night Out**  
Tuesday, February 26, 6:30 to 9:30 p.m.

Register by February 21  
Join us for February's Ladies Night Out.

This month we will be having a Games and Chocolate theme. Have a favourite chocolate recipe? Why not bring some in for friends to share? Please register in advance.

**Fun Friends**  
MFRC, 102 COMET  
Tuesdays, February 26– March 19 9:30-10:30 a.m.

Register by February 15  
FUN FRIENDS is a program designed to develop self worth and resiliency in children between the ages of 3 and 5 years old. The FRIENDS program has been nationally and internationally acclaimed for promoting social and emotional skills that stay with children for life. This program will assist your child in identifying their feelings, relaxation techniques, how to be a good friend, how to problem solve and distinguish between good and bad self talk, using fun age appropriate activities. There is no cost associated with this program. The first session will begin at 9:00 a.m. and include an information session for parents about the program and how they can be involved at home. For more information, or to register please contact Shannon Peake at 833-2500 ext 2491 or Dana Glover at 833-2500 ext 4507.

**CINEPLEX ENTERTAINMENT**  
Now available at the Winnipeg MFRC

- Adult night out passes**  
Includes admission for 2, 2 regular drinks and 1 regular popcorn \$20 (a savings of \$12)
- Adult admission pass**  
Includes 1 adult admission \$10 (a savings of \$3)
- Kids package**  
Includes 2 admission and 2 kids' snack pack \$12 (a savings of \$4)

For more information, call 204-833-2500 extension 4500

**Maintenant disponible au CRFM de Winnipeg**

- Soirée-cinéma pour adultes**  
Incluant 2 entrées pour adultes, 1 maïs éclaté (format régulier), 2 boissons gazeuses (format régulier) \$20 \$ (une économie de 12 \$)
- Entrée pour adulte**  
Incluant 1 entrée pour adulte \$10 \$ (une économie de 3 \$)
- Soirée-cinéma pour enfant**  
Incluant 1 entrée pour enfants et 1 combo pour enfant \$12 \$ (une économie de 4 \$)

Pour de plus amples informations, contactez 204-833-2500 poste 4500

**MFRC Travel Raffle 2013**  
Tickets available at the Winnipeg MFRC

- Draw 1**  
Two tickets anywhere WestJet flies (some conditions apply) valued at approximately \$3,400
- Draw 2**  
Four VIA Rail tickets to Edmonton, includes a 3 night stay at Delta Edmonton (some conditions apply) valued at approximately \$3,400
- Draw 3**  
Simply Grand prize pack from Grand Forks Visitors & Convention Bureau valued at approximately \$250

Draw to be held February 16, 2013 at 350 St Mary Ave 10:30 p.m. (approx)  
Purchasers do not need to be in attendance to win. Winners will be contacted February 18

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# Air Task Force Mali:

## One million pounds of material already transported



RCAF personnel proudly display a banner announcing the giant airlifter has transported more than one million pounds of equipment since Air Task Force Mali began in mid-January. Credit: Sgt Matthew McGregor.

By Capt Gabriel Rousseau

Canada's air task force supporting the French government's Operation Serval in Mali reached the one-million-pound milestone of transported materiel on the 19th day of operations.

The Canadian CC-177 Globemaster III, which is assisting French authorities, landed at 125 Air Base Istre-le-Tubé at Provence, southern France, on January 16. Less than 24 hours later, on January 17, Canadian military personnel began their transport operations to the Bamako airport in Mali.

Based on the French army's needs, a variety of loads ranging from medical materiel and armoured vehicles to

troops is being transported, demonstrating the CC-177's great flexibility.


A contingent of approximately 40 Royal Canadian Air Force members loads, maintains and carries out the flights. Just two teams and one ground crew working 24 hours a day, maintain a continuous air bridge, enabling the task force to carry out more than 15 return trips to Mali of approximately 180 flying hours over a distance of 134,400 kilometres.

Each airlift requires approximately 16 to 20 hours of work to load, fly the 4,000-kilometre trip from France to Mali, unload and return to France. Canadian military personnel keep up this constant pace to ensure the troops and equipment are transported as quickly as possible while maximizing flight time.

Since operations began, activity on the French air base has ramped up considerably, becoming a major logistical operations hub for transport to the Malian capital of Bamako. An American C-17 contingent has also joined the mission and is operating from the same air base as Canada.

Following the announcement to extend the Canadian mission to February 15, 2013, military personnel will continue to ensure that daily flights provide solid support to the French mission, aimed at containing northern Mali rebels and extremist groups that pose a real threat to national and international security.

The French began Op Serval on January 11, 2013, when Malian President Dioncounda Traoré issued an urgent appeal for foreign assistance in his government's battle to rein in Islamic extremists linked to Al-Qaida and retake the occupied territory. In response, French President François Hollande authorized a joint combat operation with Malian government forces to protect the capital of Bamako and take back the territory occupied by the militants.



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- Presently consisting of 177,000 members nationally, FSNA has a total of 84 branches in Canada and 1 in the UK. Manitoba and Northwestern region is represented by five branches (Winnipeg, Portage la Prairie, Brandon, Pinawa as well as Thunder Bay) – each branch is operated by volunteers.
- Members and branches are supported by a staff at National Office in Ottawa.

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- Public Service Health Plan (PSHCP) stability
- Pension income splitting for seniors

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- Double Membership - \$44.40


**Associated Members**

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- Non voting and cannot run for Branch elections
- \$15.00 annual fee

Many services and discounts are also available exclusively to FSNA members.

For more information visit [www.fsna.com](http://www.fsna.com).

NOTE: FSNA is the leading association of federal public sector retirees and future annuitants, protecting their benefits and promoting their interest. Strength in membership is an essential part of a strong organization.



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**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 Darryl Levy**

(Baptist) 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'.



# PERSONAL CLASSIFIEDS

## Wanted: Volunteers!

1 Canadian Air Division is looking for volunteers to work in the kit shop. Flexible hours. 1 day a week between 10:00 hrs and 14:00 hrs. Please contact PO2 Jennifer Ross at 833-2500 ext 6512

## Volunteers Wanted!

The Western Canada Aviation Museum is looking for volunteers in the artifacts, library and restoration departments. Applicants must be able to use a computer for data imputing and indexing. Let us know what your skills are but if you're willing to learn new things, we can teach you! We are always looking for help in other departments as well. Please contact the museum reception desk at: 204-786-5503 to volunteer.

Mens Airforce mess kit, size 46. Price \$200  
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 Ladies mess kit skirt. Size 12-14, 42" long. Call for price. Phone no. (204) 221-0225

The 17 Wing Archery club is looking for old artificial Christmas trees to use for greenery around the targets. Anyone who has one to spare can contact Scott at: Scott.Allingham@forces.gc.ca

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

WELCOME ALL MILITARY PERSONNEL

# Taroscopes

BY NANCY

**Aries (March 21 – April 19):** Maintaining boundaries is good as long as they are flexible enough that you are not limiting yourself. Appreciate the good things in your life, then go within and seek answers as to how you can free yourself from any worries and doubts. Observe the cycles in nature, this restores hope.

**Taurus (April 20 – May 20):** You'll be blessed with opportunities to do things you've always wanted to do. You are instinctively drawn to what you need to learn, so trust your gut. Enjoy celebrations and doing things you love with close friends and family. Share your feelings openly and others will do the same.

**Gemini (May 21 – June 21):** Take control of your finances and your health. Pinpoint what is bothering you and deal with it as best you can. Prepare for the worst but hope for the best. You'll gain a sense of accomplishment and you'll be able to enjoy life more without worrying about costs and consequences.

**Cancer (June 22 – July 22):** To start something new takes effort and resources but if you love what you're doing it's worth it. Accepting things as they are allows you to enjoy what you have. Let go of regrets. Confusion about a situation in the past is resolved when additional information comes your way.

**Leo (July 23 – August 22):** Do things because you want to do them. Being free to do what you love is a gift. If you are reimbursed as well, that's a nice bonus. Determine your own core beliefs and let go of what has run its course. Decisions you've made in the past strongly impact on what you experience now.

**Virgo (August 23 – September 22):** "You can't take it with you," and "life is for living," may be true statements but you're inclined to be overly impulsive just now. You're cautioned to remain mindful of your reality and commitments. Be sensible and practice moderation in all things. Enjoy responsible fun.

**Libra (September 23 – October 23):** Relax and let answers come to you. Adopt a new perspective. Appreciate the fact that you have the freedom to make choices. Choose to make the changes that will foster hope. Choose to be happy. The positivity you exude will be reflected in your daily experiences.

**Scorpio (October 24 – November 21):** Explore more fully your beliefs and how they serve you. They can sustain you in situations that underline the fact that life isn't fair. You have a lot of inner strength and resolve. And you have people you can rely on for guidance. Trust that it all evens out in the end.

**Sagittarius (November 22 – December 21):** Focus on activities you enjoy. Get out and see the world. If you are overly image conscious it can lead to an abundance of surface relationships. Try to develop deeper connections but do so slowly. Don't repeat past mistakes or share "everything" too soon.

**Capricorn (December 22 – January 19):** You are blessed, cherished and loved. A willingness to be open and embrace life brings a greater appreciation and understanding of emotional connections. Trying to control things limits what can occur. Don't let boundaries become barriers.

**Aquarius (January 20 – February 18):** Balance is important in all things but especially in relationships. Clashes and a desire to retreat can occur when you're being wrongly blamed. Your emotions affect you so put off important decisions until you're calmer. Let others help you work through conflicting feelings.

**Pisces (February 19 – March 20):** Hone your skills. Focus on something that shows promise of future returns. If you diversify, do so in the same field you're in. Embrace change. Don't allow others to hold you back or change what you believe in. You can navigate around obstacles that arise - just keep going.

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