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Spirits Fly High At Jets Military Appreciation Night



Military members from all over Manitoba gather for a post-game photo at the Winnipeg Jets Military Appreciation Night. Although the Jets didn't manage to pull off a win, it did little to dampen the spirits of these hockey fans. For more photos, see page 7. Photo courtesy Winnipeg Jets Hockey Club/Lance Thomson

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19 Wing Comox Holds Funeral for Sgt Mark Salesse

By Major Mary Lee
19 Wing Public Affairs

Best described as awe-inspiring, the military funeral of Sergeant Mark Salesse drew hundreds of people to 442 Transport and Rescue Squadron at 19 Wing Comox on Saturday.

On a clear, sunny afternoon, the squadron hangar was filled with family, friends and colleagues, both military and civilian, from near and far, who gathered together to pay their respects to a fallen aviator.

Sgt Salesse, 44, was killed during a military training exercise at Polar Circus near Banff, Alberta. He and three other search and rescue (SAR) technicians from 435 Transport and Rescue Squadron, Winnipeg, Manitoba, had completed their ascent and were on the way down when an avalanche swept Sgt Salesse off the side of a narrow cliff on February 5. His teammates were not affected by the avalanche.

Banff Parks Canada led a six-day search that was hindered by continuous poor weather. The mission was reduced from a rescue to a recovery as Parks Canada came to realize neither the conditions, nor the probable fall could be favourable for survival.

A motorcade of approximately 20 vehicles was met by the pallbearer party consisting of eight SAR technicians, proudly wearing the SAR orange beret, who gently received the casket and marched smartly to the center of the hangar floor. The men were Sgt Salesse's SAR technician course mates (Course #38), and came from across Canada to be with their brethren.

Described by many as a gentle giant, Sgt Salesse was genuine, honest and giving to all, as evidenced by the emotional comments from his mother, Liz Quinn, his best friend and Canadian Army colleague, Denise Byrne, and members of the SAR community.

"Sgt Salesse had a physical presence that made people notice him, but it was his natural tendency to reach out and help others that made him a person others could call a brother or a friend," said Chief Warrant Officer Jeff Warden, the commandant of the Canadian Forces School of Search and Rescue, located at 19 Wing Comox.

"Some of you knew Mark better than others, but you're here today because he had an impact on your life, and you want to honour that. Because he did affect you in some way, it's not going to be easy to say goodbye."

Sgt Salesse was a native of Bathurst, New Brunswick, and stationed in Winnipeg; the family's preference for a formal funeral on Vancouver Island was a reflection of his passion for the mountains, adventure and outdoor sport. It was in Comox that he fulfilled his career aspirations by graduating into the SAR technician profession in 2005. He invested his passion beyond his career into his community, volunteering in the Comox ground SAR organization and with Mount Washington Ski Patrol. And it was in Vancouver where his military career in the Canadian Army began with the British Columbia Regiment (Duke of Connaught's Own). His life indeed came full circle in and around the mountainous region.

"Mark was a friend to everyone. He was the loving threads that held the colourful quilt of friends together," said Liz Quinn during the funeral service for her son.

"And by the many gathered here today, he saw beauty in each of you, and you in him."

The service concluded with a fly-past of a SAR aircraft in front of the wide open hangar bay with the pristine mountains spread across in the backdrop as the piper played the Lament.

Sgt Mark Salesse returned to his hometown of Bathurst, New Brunswick, on March 1 for the interment and an intimate service to allow his father, Maurice Salesse, who was unable to travel to British Columbia, as well as other family members, a chance to pay their respects and say good-bye to the gentle giant.



Military funeral of Sergeant Mark Salesse was hosted by 19 Wing Comox at 442 Squadron, February 28, 2015. Photo: Cpl Létourneau

Remembering a Gentle Giant: 17 Wing Holds Memorial for Sgt Salesse



Members of the RCAF band played a new song written by Sgt Mike Hall to honour Sgt Salesse. The song, titled "That Others May Live", was a stirring tribute to the challenges that SAR Techs face every day. L to R: Sgt Mike Hall, Sgt David Grenon, Sgt Scott Foster. Photo: Mike Sherby



Sgt Dwayne Guay was one of four SAR Techs who spoke of their time with friend and colleague Sgt Salesse, saying: "We've all had some really dark days these past few weeks. I want you to remember Mark and think of how he would live, and how he would want you to remember him. You think he would want you sad, depressed, lonely? Or would he want you to remember those days that were happy, those conversations where you were smiling with him? Those are the memories that Mark would want you to remember." L to R: MCpl Carl Portman, Sgt Stephane Richard, Cpl Kenny Keating, and Sgt Dwayne Guay. Photo: Mike Sherby



Liz Quinn, Sgt Salesse's mother, spoke of the close bond she shared with her son. "Mark was a certified hang glider pilot, and in 2007, near Chilliwack, over the Fraser Valley, we were in the sky together after years of taking pictures and watching video clips. I was able to be in the sky with Mark. He was in a hang glider and I was in a paraglider and we jumped off the 2,000 foot mountain together. Those memories you can't buy and you will not find in a book. They will be in the recess of my memory forever." Photo: Mike Sherby



It was a moving ceremony for the men and women who attended Sgt Salesse's memorial service to celebrate his life. Photo: Martin Zeilig

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In Memoriam: Sgt Andrew Joseph Doiron



Sergeant Andrew Joseph Doiron, member of the Canadian Special Operations Regiment based at Garrison Petawawa, Ontario, was killed in a friendly fire incident in Iraq on March 6th, 2015.

Sgt Andrew Joseph Doiron was killed on March 6th, 2015 in Iraq in a friendly fire incident when members of the Special Operations Forces were mistakenly engaged by Iraqi Kurdish forces following their return to an observation post behind the front lines.

Sergeant Doiron was from the Canadian Special Operations Regiment, based at Garrison Petawawa, Ontario.

Three other members were injured in the incident and are receiving medical care for their injuries.

Our thoughts are with the families and friends of our fallen soldier and the injured members during this difficult time. We will not forget the sacrifice of this soldier as we continue on our mission to help advise and assist the Iraqi Security Forces in their fight against the so-called Islamic State (ISIL).

AMND Announces \$13.1 Million for Wing Upgrades

By Sgt Bill McLeod
Wing Public Affairs Photojournalist

The Honourable Julian Fantino, Associate Minister of National Defence, announced \$13.1 million dollars in upgrades to 17 Wing infrastructure at a press conference held at the Wing on Thursday, March 5.

“Our government is dedicated not only to maintaining but also continually improving bases and Wings like this one because to do the best, our men and women in uniform need the best: the best training accommodations, the best housing and mess halls, the best roads and runways and the best hangars and armouries, and of course, the best equipment, all of which will help ensure that the Canadian Armed Forces are able to maintain a high level of readiness as they conduct both current and future operations to protect our nation’s sovereignty and to protect the safety and security of our citizens in a dangerous world,” said Minister Fantino.

Improvements to the interior and exterior of the single quarters on the Wing are aimed at increasing energy efficiency while ensuring comfort for those living in them. Not only will these improvements raise accommodation standards, but the costs to maintain and operate them will be reduced.

Hangar doors for Hangars 10, 11 and 16 will also see some much needed work with the replacement of electrical and mechanical components. This work will maintain the safety of the doors and will reduce future main-

tenance costs and impacts on flying operations.

Aside from the improvements to the single quarters and the hangar doors, sewer, water and electrical distribution improvements will also be made as along with repaving of roadways themselves once underground work is completed. This project is required to replace ageing infrastructure, and will aid in reducing operating and maintenance costs while increasing overall reliability of critical utilities at the Wing.

“The training coordination support and hard work that is performed at 17 Wing is nothing short of phenomenal, and this new investment reflects our ongoing commitment to provide improved facilities for our military to continue serving Canadians, both at home and abroad,” said Minister Fantino.

Also attending the press conference were James Bezan, the Parliamentary Secretary to the Minister of National Defence and Member of Parliament for Selkirk-Interlake as well as the Honourable Steven Fletcher, Member of Parliament for Charleswood-St. James-Asiniboia, the riding in which 17 Wing is located.

17 Wing Commander Colonel Joël Roy expressed appreciation, on behalf of the Wing, for the government commitment to improving the infrastructure at the Wing.

“Overall, these investments have direct impact on our ability to deliver the mandates Canadians expect of 17 Wing,” he said. “Every day we stand guard for search and rescue or for North American defence. That’s in addition to supporting numerous other units or schools in our vast area of operations, as well as missions abroad.”

“These investments in our infrastructure are most welcome today. Thank you very, very much,” Colonel Roy said.

Following the press conference Minister Fantino visited Hangar 16 to get a closer look at where some of the funding will be going. While there, he was directed in the operation of the hangar door as 402 “City of Winnipeg” Squadron towed out a CT-142 Dash 8 in preparation for a training flight that same afternoon.



Associate Minister of National Defence Julian Fantino announced \$13.1 million in funding for 17 Wing. Some of that money will go towards replacing electrical and mechanical components in the hangar doors for Hangars 10, 11, and 16. L to R: James Bezan, Col Roy, and Julian Fantino. Photo: Mike Sherby

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CDS Basks in Energy of CFB Winnipeg



Col Joel Roy, 17 Wing Commander and CWO Mike Robertson, 17 WCWO, present RCAF run t-shirts to the Chief of Defence Staff, General Thomas J. Lawson and CWO Kevin West, CF CWO, during their visit to Canadian Forces Base Winnipeg, on 4 March 2015. From l to r: Gen Lawson, Col Roy, CWO West, and CWO Robertson. Photo: Cpl Gabrielle DesRochers

By Sgt Bill McLeod

Wing Public Affairs Photojournalist

The Chief of Defence Staff (CDS), General Tom Lawson, had a full day during a visit to Winnipeg on Wednesday, 4 March. In the morning he met with Royal Canadian Armed Forces command teams and members of the Winnipeg business and academic communities. Later in the day he held a Town Hall meeting with approximately 600 military members and in the evening he attended a Canadian Armed Forces appreciation game hosted by

the Winnipeg Jets at the MTS Centre.

The CDS and Canadian Forces Chief Warrant Officer (CFCWO) Kevin West spent the morning calling on the command teams at 17 Wing, 38 Canadian Brigade Group, as well as 1 and 2 Canadian Air Divisions. In the early afternoon they were invited to a discussion on mental health at 23 Health Services.

Later in the afternoon, just before speaking to a large, all-ranks audience at Building 21, the CDS presented two awards. The first award, a CDS Commendation, was presented to 435 Transport and Rescue Squadron's Master Corporal Carl Portman in recognition of his actions as the Search and Rescue Technician (SAR

Tech) lead during a rescue in the early hours of 29 September 2013. The rescue involved a night time parachute jump onto a sand bar in the Athabasca River in Alberta to provide medical aid to an injured boater.

The second award, the Canadian Forces Medallion for Distinguished Service, was presented to Mr. Andreas Christodoulides of 1 Canadian Air Division with for outstanding contributions to 1 Cdn Air Div and NORAD. The Medallion is the highest award the CDS can give to

a civilian.

At the Town Hall the CDS talked about his priorities, upcoming issues, and used an analogy to talk about Canadian participation in stopping ISIS in Iraq.

"I don't think it's a coincidence that hockey is the Canadian national sport," he said. "Hockey just matches the Canadian point of view, the Canadian personality."

"You know it's a high speed sport that requires a lot of skill, a lot of practice, a lot of teamwork, a good strong set of rules, and you're looking to score goals and that's about it, right?"

"But you also know that if a referee doesn't deal with an injustice that occurred to you, you might have to," he said.

"So we go into arenas around the world where we know what right looks like because we've been taught, because we're Canadians, and we go in there with the tools that we've been input with no real sense we want to use them but when we come up against the evil we've seen in many of these arenas that we've been in recently, well, we use them. And we use them to great effect, and ladies and gentlemen that is exactly what we are doing overseas right now in Iraq," the CDS said.

The CFCWO followed the CDS and reinforced his commitment to mental health support for CAF members. He told the audience that there was no shame in asking for help and admitted to asking for help himself on two separate occasions.

Later that day the CDS attended the Canadian Armed Forces Appreciation Night hosted by the Winnipeg Jets at the MTS Centre where he dropped the puck with two of 435 Transport and Rescue Squadron's search and rescue professionals, Captain Nick Heiler, Pilot, and Master Corporal Ryan Kruger, SAR Tech.

CDS Presents Awards at Town Hall



MCpl Carl Portman was presented with the CDS Commendation for his actions on the night of September 29, 2013. As the team leader of rescue 341, Search and rescue technician MCpl Portman parachuted into the scene of a horrific boating accident. After landing in a small, confined area, he successfully extricated a severely injured casualty from a very precarious location. Utilizing astounding skill and ingenuity, he successfully warmed the casualty and kept him free of pain until his evacuation the following morning. MCpl Portman demonstrated incredible devotion to patient care, resulting in the preservation of life. Photo: Cpl Gabrielle DesRochers



Mr Andreas Christodoulides was presented with the CF Medallion for distinguished service for his contributions to 1 CAD and the Norad mission. Since November 2007, Christodoulides has been an invaluable members of 1CAD who provided critical support to Canadian Norad region's mission as the intelligence, surveillance, and reconnaissance division senior analyst. A leading expert on Russian military aviation, his impressive analysis and contribution to the understanding of air threats to Norad have significantly enhanced Norad operations and are responsible for reshaping its response to air threats. Christodoulides' professionalism and expertise have brought great credit to Canada. Photo: Cpl Gabrielle DesRochers

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Canadian SAR Training the Best There Is

By Major Dennis Scharf
Sqn Standards Officer, 435 Sqn

Simulated Search and Rescue (SAR) Tasking: We have 2 overdue snowmobilers that have departed Fort Port Simpson, Labrador for a hunting excursion 60 nautical miles west in the location of Birchy Lake. They are 2 days overdue on their return and overnight temperatures are in the -25 degrees Celsius range. Your task is to conduct an expanding square visual search centered on Birchy Lake out to 30nm, and if nothing found conduct a visual search of the Alexis River back to Fort Port Simpson.

This exercise is typical of the training scenarios given to SAR crews to keep their knowledge and skills at a high level, preparing them for any eventuality within their area of responsibility. I had the opportunity to conduct a CC-130H Hercules SAR Aircraft Commander upgrade for 413 Squadron based out of 14 Wing Greenwood, NS ultimately providing the Search and Rescue Squadron with another very capable crew member.

For the period 18-20 Feb 2015, 413 Sqn organized numerous scenarios on my behalf, in concert with associated units on the east coast to assess the capability of the crew and their ability to work together as a team. The mission commenced with a simulated 30 minute SAR callout for a sinking sailboat off the east coast of Nova Scotia. The Canadian Coast Guard provided a cutter as the simulated sailboat in distress of which the crew dropped a Pump Kit followed by a Sea Rescue Kit (SRK). The CH-149 Cormorant arrived on scene 10 minutes later to finalize the scenario and retrieve the dropped equipment from the Coast Guard.

A re-task was provided while airborne to proceed to Stephenville, NL and conduct a track crawl to Springdale for an overdue aircraft. Once well into the search, the aircraft was discovered airborne. The scenario was provided by the Canadian Air Search and Rescue Association (CASARA) volunteers; the pilot was incapacitated and the passenger was attempting to fly the aircraft. The CC-130H crew utilized Airborne Intercept Procedures to visually locate the aircraft and guide the

CASARA aircraft to a suitable landing area. The scenario developed into the distressed aircraft making an unscheduled landing well short of the airport requiring the CC-130H Hercules crew to drop a message, bundle and both SAR Techs to a field in the vicinity of Cornerbrook, NL. CASARA members provided the training Emergency Locator Transmitter (ELT), ground support and transport of the SAR Techs back to Deer Lake, and the day concluded with a debrief to rectify any issues that occurred during the exercise.

The following morning another simulated tasking was provided for the 2 overdue snowmobilers, as previously mentioned. This was a combined exercise in association with the 2nd Canadian Ranger Patrol Group (CRPG) that had been in the area since the 16th Feb. The Canadian Ranger Patrol consisted of 49 Rangers from Blanc Sablon, 2 CRPG and 5 CRPG conducting SAR exercises and Arctic winter survival training. They were patrolling the area, and as an extension of their exercise, we provided the air support portion, providing the equipment and SAR Tech para-drops to Birchy Lake as confirmation of Ranger/RCAF interoperability. On completion of the ground medical exercise the SAR Techs were transported to Goose Bay by Turbo Otter and picked up by the CC-130H crew for the final tasking.


The day concluded with a simulated search for an overdue hiker that failed to return from climbing the tallest peak of the English Mountains, approximately 60 nautical miles north east of Goose Bay. The search resulted in finding the hiker on the side of the mountain and dropping supplies in advance of the SAR Tech live para drop, with the crew discussing all aspects of the challenging location. Once all considerations were discussed and finalized, the live para was moved to the Goose Bay airport where the SAR Techs conducted a Free Fall Live Para-drop from 10,000' for their currency requirement to an area with 10-15' deep snowbanks. The crew overnights in Goose Bay but the return to Greenwood was delayed due to an overnight 12" snowfall accumulation.

This is just a snapshot of the SAR training that occurs across Canada on a daily basis to ensure the RCAF

aircrews, complimented by over 2300 CASARA volunteers, are well prepared for any search or rescue over Canada's 10 million square kilometers. The support we receive from other units and agencies across this fine nation must be complimented including the 5000+ volunteer Rangers, and Canadian Coast Guard assuring the citizens of Canada remains in good hands.



A Herc flies over the snowy fields of Port Simpson during SAR training exercises. Photo: Supplied



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402 Sqn Member Receives CD 3



WO B.C. Arnold (right) receiving his CD 3 for 42 years of distinguished service from 402 Squadron Commanding Officer LCol J.T. Campbell on Saturday 10 January, 2015. Photo supplied by: WO Ben Simanavicius

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Women Get a Chance to Relax at MFRC International Women's Day Event

By Mike Sherby
Voxair Manager

Over 70 women from the CFB Winnipeg community gathered together on Saturday, March 7th to celebrate International Women's Day 2015, which takes place on the eighth of March annually.

The event took place at the Victoria Inn Hotel & Conference Centre, and was an entire day devoted to celebrating what it means to be a woman. Event organizer Jenny Brennan, a social worker at the MFRC, said that she wanted the day to be a celebration of the lives of women.

"It wasn't a big 'rah rah' thing. It was more of a celebration of who you are, whether you're a mom, an aunt, a friend, or whatever. That was our goal, just to celebrate us."

In the morning attendees heard Candice Kontzie give her seminar on "Taking Ownership of Your Health". Kontzie is the owner of the Roycan's Country Haven Natural HealthCare Centre in Portage LaPrairie, and her speech focused on making positive decisions about your health.

"She talked about lifestyle being a choice," Brennan said. "It was about choosing to be in charge of your wellness and in charge of your life. Whether that's being a better friend, or things like that."

This was the second year the MFRC has held an international Women's Day event. This year Brennan decided to make the afternoon a little more informal and fun with a crafting session after lunch for the women.

"Often times everybody's busy, and life doesn't give you a chance to take a minute and do something fun with a whole room full of ladies, so that's what we did in the afternoon," Brennan said.

The afternoon crafting session also allowed for some intergenerational bonding, as women from all different ages shared their experiences together while they crafted scarves.

"There were lots of laughs," Brennan said. "We concentrated on having fun and getting rid of stress. There were everything from moms and grand moms to women who were a little younger, so it was nice to get that whole gamut of ladies."



There was a large turnout for the International Women's Day celebration at the Victoria Inn. Photo: Supplied

17 Wing Rolls Up Their Sleeves to Donate Blood

By Capt Thom Doelman

The Men and Women of 17 Wing are rolling up their sleeves to help to save lives in Winnipeg. On February 10th, 17 Wing was recognized by Canadian Blood Services for reaching and surpassing their 2014 donation pledge. The year saw a 66% increase in donations over the previous year. Congratulations to all of our donors, you are making a difference.

Most people associate the need for blood or blood products as an emergency need as in the case of a car accident or surgery, but every day there are people around us who count on 1000s of donations just to make the product that keeps alive every day.

Save your excuses, and save a life by donating blood. It only takes a few minutes to confirm your eligibility to donate by calling 1 888 2 DONATE (1 888 236 6283). Are you already a regular donor? Then have you registered for "Partners For Life" to have your donation count towards 17 Wings Pledge? Sign up today at blood.ca PFL# CANA008311.

Canada blood services also does group bookings. If you would like to make this a

unit activity or just a small group of friends, contact Capt Doelman at Wing Ops. Transportation is provided to either a mobile clinic or to the main branch downtown.

The commendation from Canadian Blood Services read as follows:

"This organization welcomed new champions in 2014 and operates in a challenging environment that has several obstacles to achieving growth in their recruitment, including restrictions on donating due to workplace policy and regular deferrals for travel. But these champions persevered with their vision of how to increase engagement and visibility of their blood program. In doing so, they increased internal staff communications, agreed to do TV interviews to promote Remembrance Day do-

nations and increased their yearly pledge. Not only did the Canadian Forces meet

their increased pledge, but they achieved a 66% increase in donations from the previous year.

I want to congratulate Captain Thom

Doelman and Warrant Officer Fred Lair for an outstanding job of running the Partner for Life program at CFB 17 Winnipeg Wing."



Capt Thom Doelman receiving recognition for 17 Wings increased donation level. Photo: Supplied

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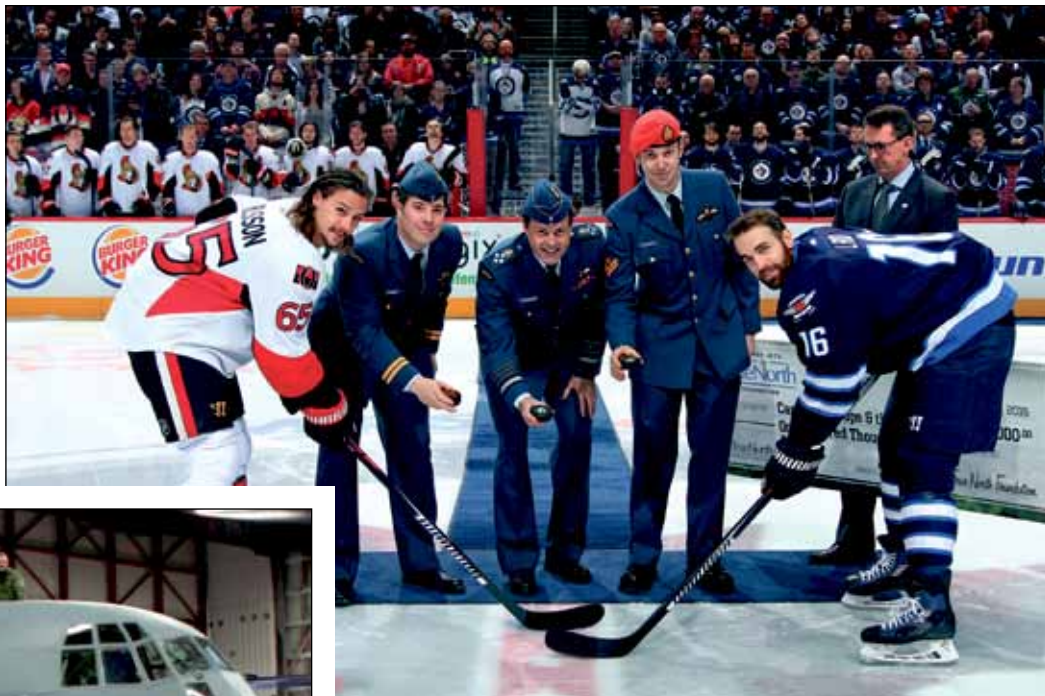
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Jets Host Military at Annual Military Appreciation Night Game



Top left: One happy fan gets his jersey signed by Bryan Little of the Winnipeg Jets. Photos courtesy Winnipeg Jets Hockey Club/ Jonathan Kozub.

Top right: CDs Gen Lawson, Capt Nick Heiler, and MCpl Ryan Kruger drop the puck at the Military Appreciation Night Jets Game. L to R: Ottawa Senators Captain Erik Karlsson, Cap Nick Heiler, Gen Lawson, MCpl Ryan Kruger, and Winnipeg Jets Captain Andrew Ladd. Photos courtesy Winnipeg Jets Hockey Club/ Jonathan Kozub.

Bottom left: The Winnipeg Jets meet members of CFB Winnipeg during a visit to Hanger 16 prior to Military Appreciation Night. The Jets had a great time checking out all the gear and vehicles used daily by the CAF. Photo: Martin Zeilig

Det Dundurn Opens New Permanent Skating Rink

By Cpl Doud and Mike Sherby

It's been a long time coming, but 17 Wing Detachment Dundurn finally has a permanent skating rink to call its own.

Dubbed the Windy Plains Memorial Skating Rink, the project was funded jointly by 17 Wing and Det Dundurn, and was built entirely using volunteer labour and know-how from Det members.

Det Dundurn CO Major Mike Sharp says that he's very pleased with how the Detachment came together to build the rink.

"It's a great facility that everyone gets to use, and it wouldn't have been possible without the volunteers."

Construction started in 2014 when carpenters Mr Darryl Libke and Cpl Jody Doud of Det Dundurn's Construction Engineering Unit were tasked with building a permanent outdoor rink for the Windy Plains Community. The project was a permanent solution to the yearly demand from serving members and their families to have an outdoor skating rink to enjoy during the winter months. As well there are plans to use it in the summer

months as a basketball court.

The skating rink will also eventually hold a memorial area for deceased Det members.

"There've been a few members that have passed on, so we're developing a memorial area there," Maj Sharp says.

Building the rink was no small feat; its construction consisted of over 40 steel posts, about 80 bags of pre-mixed cement, nearly 800 2x6 boards and 45 sheets of puck board spanning a total area of 120 feet by 80 feet. The rink was also equipped with lighting to illuminate the ice surface for evening use thanks to Niel Gibbons, Delmar Thingvold and Cpl Landry of the Electrical shop in CE.

With the weather constantly working against an already very busy and understaffed CE, Jim Farn and Bev Davis from Roads and Grounds offered full commitment to the project, allowing CE to take advantage of their new skid steer and auger attachment. Units from across the base including civilian members from PSP and the MFRC also offered their help.

The completion of the rink finished just days before the first heavy frost and snowfall hit and three weeks later the ice was in and ready for use. Since completion the rink has had plenty of positive feedback. Units are using it for Moring PT, families are enjoying the milder winter days on the ice, and the Wood Hobby Club began constructing a shed where people can change into their skates and gear comfortably. The Windy Plains Memorial Hockey Rink is just another example of how CFB Detachment Dundurn is committed to improving the quality of life to its member and their families.



A group photo is taken at the grand opening of the Windy Plains Memorial Ice Rink. Photo: Supplied

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Extreme Conditions Put Soldiers to the Test on Exercise ARCTIC BISON 2015

By MCpl Cam Skrypnik
38 CBG Public Affairs

On February 13, 150 soldiers of the Arctic Response Company Group (ARCG) embarked on what proved to be a true test of both character and equipment on the ice of Lake Winnipeg, Manitoba. Exercise ARCTIC BISON 2015 (Ex AB15) focused on the ability of the ARCG to sustain itself 300 kilometers from its support base.

"Northwestern Ontario, Manitoba, and Saskatchewan form a large region that is varied in terms of geography, climate, ecology, population and industry," said Lieutenant-Colonel Paul Davies, Commanding Officer 38 Territorial Battalion Group. "There is considerable scope for a domestic emergency to occur in a location of challenging terrain."

During Ex AB15, soldiers responded to a simulated major air disaster at a location inaccessible by road due to weather conditions. Soldiers practiced tasks such as preparation of an austere landing strip, support to ground search and rescue, and public relations activities in some communities along the shore of Lake Winnipeg.

"My role on Ex ARCTIC BISON was section commander," said Master Corporal Brendon Gogo. "I had a great exercise. I love snowmobiling and everything that goes along with it. I learned a lot about recovering sleds, and towing loads efficiently, as we had to do a fair bit of both of these things."

Much like an actual emergency response, Ex AB15 had the ARCG coordinating with multiple other military units and Other Government Departments, including the Royal Canadian Mounted Police, the 486th Civil Affairs Battalion of the United States Army, the 2nd Battalion, Princess Patricia's Canadian Light Infantry, as well as 440 Squadron of the Royal Canadian Air Force (RCAF).

Personnel were transported to the forward elements on the lake by a CC-138 Twin Otter that made repeated landings on the ice on austere air strips. The Twin Otter's robust design and short takeoff and landing capabilities left a lasting impression on the soldiers of the ARCG — they could count on support from the RCAF in even the most extreme situations. In all, the Twin Otter

flew nearly 50 hours in support of Ex AB15.

"We learned more this year than we ever have," said Master Corporal Alan Haley. "Lessons learned from problems beyond our control proved invaluable."

The main enemy in winter climates is always the environment itself. Throughout the ARCG's trek north, soldiers and equipment regularly endured temperatures well below -35° C with wind chills to -48° C. They took extreme care to keep the sleds running, and the tails of sled could regularly be seen extending from ten man arctic tents in efforts to thaw frozen engines.

"After travelling past Berens River, a lot of [snowmobiles] broke down," said MCpl Alan Haley of the 38 Signal Regiment. "We maintained company integrity as a whole and self-recovered every man and piece of kit from the middle of the lake. Standard Operating Procedures for this had never been written, however, the guys didn't give up and it led to the overall success of the mission."

Other major obstacles were large cracks in the ice and broken terrain along the ice sheet. Moving day and night in near white-out conditions on the lake was a task skilfully navigated by the platoons of the ARCG and the support element that provided crucial supplies to the ARCG.

The ARCG moved far into the body of Lake Winnipeg during the exercise. They withdrew from the northern town of Jackhead, Manitoba.

Although the ARCG did not reach its objective of Grand Rapids, the exercise was a success with the outstanding experience and skills gained from facing such adversity. The ARCG will regroup and prepare to head back to the north on Exercise ARCTIC RAM next year with the knowledge and lessons learned from the tough training this year — continuously ensuring readiness for a variety of domestic threats including environmental hazards and man-made incidents.

"We are only able to truly test our skills and training through challenging exercises such as this," said Colonel Ross Ermel, Commander 38

Canadian Brigade Group.

"Facing the austere environment and cold temperatures of Lake Winnipeg allowed our soldiers to hone their skills and remain prepared to operate in arctic conditions for whenever they're called upon to provide support."



Private Joseph Roode of 2PPCLI returns from a snow machine patrol on the ice of Lake Winnipeg. Photo: MCpl Cameron Skrypnik.



LCol Jonathan Vannatta (center), Commander 486th Civil Affairs Battalion, talks to Master Sergeant Hadji Allertor about his experience while attached to a Canadian unit operating in extreme cold weather. Photo: MCpl Cameron Skrypnik.

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Medical Prowess on the High Seas 23CF Hlth Svs Member Receives Canadian Expeditionary Medal

By Martin Zeilig
Voxair Photojournalist

As giant waves crashed against the HMCS Brandon, Captain Patti Louttit, MD, made her way from below deck to attend to a casualty on the bridge. That's quite a bit different than attending to a patient in a hospital emergency room, but it was all part of the job.

Capt Louttit, the Flight Surgeon at 23 CF Health Services Centre, was onboard the ship as a participant in Operation CARIBBE, Canada's contribution to the multinational campaign against illicit trafficking by transnational organized crime in the Caribbean basin and the eastern Pacific.

Capt Louttit, who was a crew member on the HMC Brandon for two months late last year, was awarded the Canadian Forces Special Service Medal (Expedition Op Caribbe) on February 26 at 23 Health Services.

"I had to get out of my top bunk, get dressed, go up three ladders while the ship was listing up to 38 degrees," Capt Louttit said following the medal ceremony. "The deck was covered with water and debris that had fallen off shelves. I reached the injured person but he was basically okay. I patched him up. He had some bumps and bruises."

Operation Caribbe began on Oct 27 from San Diego, California, and concluded on December 12 at CFB Esquimalt.

"We proceeded down the west coast off Mexico and Central America where we patrolled in a combined operation with US Forces," Capt Louttit said.

She worked as a doctor in her hometown for 20 years before joining the RCAF.

"I did a full range of family medicine including hospital work, pediatrics, obstetrics, oncology and emergency medicine," she said. "When Canada was involved in Afghanistan, an orthopaedic surgeon gave a talk to the

Dryden doctors about his experiences while deployed. I have always had an interest and great respect for the military.

It had always been in her mind to do "something bigger" or more "global" like joining Doctors without Borders or the military.

The latter seemed a good fit with better security, said Capt Louttit.

"It took me a couple of tries to get in for a variety of reasons, but I finally succeeded in being accepted as a direct entry officer in November 2011 and began my military time in January 2012 in Winnipeg."

She says that her work on the base is very similar to family medicine.

"The medicine is much the same but with a different patient population. I was used to seeing a primarily female population and now am seeing mostly men, which is a bit of a change."

She is also 23 Health Services CDU team leader, helping to keep the scheduling and processes on track in the clinic.

"I also have my Operational Flight Surgeon and Advanced Dive certifications, so I do these medicals for our aircrew including SAR Techs," Capt Louttit said.

"I really enjoy anything to do with flight/aerospace medicine, and have had the opportunity to fly in a CF18 while backfilling in Cold Lake, and in a Harvard prop jet in Moose Jaw. These were exceptional experiences that I will never forget."

She says that the best thing about being in the RCAF is the people and the opportunity for experiences like sailing on a ship and practicing medicine in different environments.

"Starting intravenous and hanging them from ceilings while the ship was listing 38 degrees in a storm was quite the experience too," Capt Louttit said.

"I've been to places like Belize and worked with the US Forces which was very enjoyable and educational. I am thoroughly enjoying myself and looking forward to future taskings and deployments around the world."



Capt Louttit (right) receives her SSM for her work during OP Caribbe, from 23 Hlth Svcs CO LCdr Forward. Photo: Martin Zeilig



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17 Wing Women's Volleyball Team Serves Up Win at PR Tourney



A group shot of the 17 Wing Women's Volleyball team after the PR Region Volleyball Championships. Back Row (L-R): Capt Julia Rantz, MWO Heidi Twellmann, Cpl Sara Schatz, Capt Heather Lewis, Pte Heather Dixon. Front Row (L-R): Capt Jennifer Finateri, Maj Lauren Banks, Capt Melissa Coururier, 2Lt Karina Dabolins. Photo: Jules Xavier/Shilo Stag

By Mike Sherby
Voxair Manager

For the second year in a row the 17 Wing women's volleyball team took home first place at the Prairie Region Volleyball Championships, held in Shilo from March 2-5 at CFB Shilo.

Only three teams were able to participate in this year's tournament, so 17 Wing, 4 Wing Cold Lake, and CFB Edmonton played a double round-robin format tournament to give each team a bit more practice.

At the end of the double round-robin 17 Wing stood undefeated, earning a spot in the finals against Cold Lake. Maj Lauren Banks, who plays libero for the 17 Wing team, says that going into the finals, the team was prepared for Cold Lake.

"We knew going in that they had a couple really strong offensive players. So we kept our defence on guard and our offense also played a really great game."

The final game was best 3 of 5, with 17 Wing winning the first, third, and fourth sets. This earns the team a trip to the CAF National Championships at CFB Kings-

ton at the end of April.

"I don't want to jinx it, but I think we have a pretty good chance at nationals," Maj Banks said. "We've got a really strong team, and there's also the potential to pick up a couple really high caliber players in the region to bring with us."

Until then, the 17 Wing team will be practising hard to prepare for Kingston. They play every Friday in a city league, and Maj Banks says they will be looking for any other opportunities to play that they can find.

Maj Banks, who's been on the team for two-years, attributes the team's success this year to good old fashioned team work.

"There's a couple of core players that we've been playing with for two years, and with the new girls coming in last summer, it was just a really good, strong, cohesive team."

The CAF National Volleyball Tournament takes place from 27 April to 1 May at CFB Kingston. Good luck to our Prairie Region Team!

CFSAS Commandant Represents 17 Wing at Seminar in Japan

By LCdr James Cantafio
Training Development Officer,
CFSAS

Represented by the Canadian Forces School of Aerospace Studies (CFSAS), the Royal Canadian Air Force (RCAF) recently attended the 19th International Air Force Education Seminar in Tokyo, Japan on February 4th and 5th, 2015.

Hosted by the Japanese Air Self-Defence Force (JASDF), Lieutenant-Colonel Daniel Desrochers, CFSAS Commandant, participated in a two-day seminar focused on air force professional development that brought together representatives from several other air forces. Located in Winnipeg, CFSAS provides general and specialty courses in aerospace studies. This event is held annual at the Air Staff College in Tokyo, Japan.

The international educational forum presented opportunities for different militaries to present their programmes and to compare their respective approaches to air force professional development. Subjects discussed during the seminar included

integrating research into education, capturing lessons learned and exploring the future of military education establishments. Besides Canada and the host country, other nations that participated in the various workshops and discussion groups included Australia, Israel, the Republic of Korea, Thailand, the United Kingdom, the United States and Vietnam. The variety of nations in attendance offered several unique and wide-ranging approaches to air force professional development.

Besides attending the formal education sessions, Lieutenant-

Colonel Desrochers had the opportunity to experience local Japanese culture such as the Senso-ji temple in Asakusa. Before the visit, the group was treated to a Chankonabe lunch, a protein rich traditional Japanese stew famously eaten by Sumo wrestlers. Reflecting upon the experience, Lieutenant-Colonel Desrochers observed, "the stew and the broth were excellent, and I was very happy that the quantity was adjusted for non-sumo wrestlers". Overall, the event was a rewarding professional and cultural experience.



LCdr Desrochers, 2nd from left, joins hands with the other participants of the International Air Forces Education Seminar, held in Japan. Photo: Supplied

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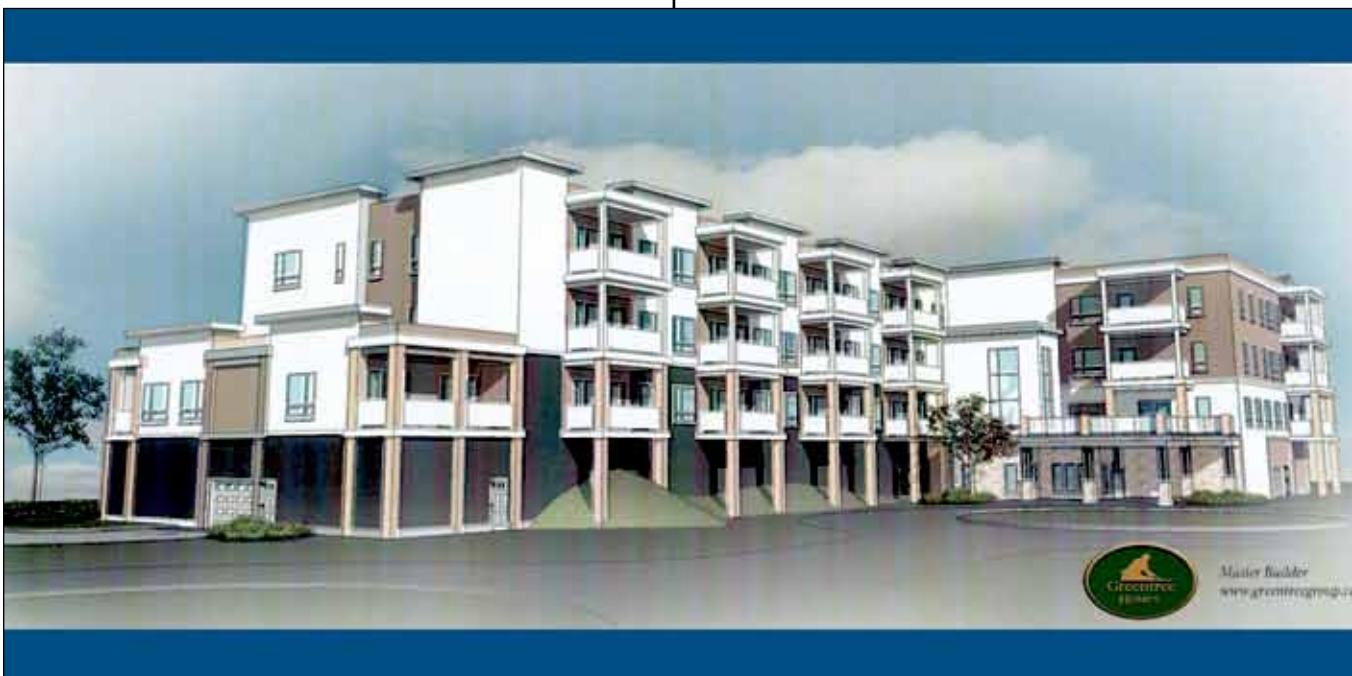
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Provincial Awards Ceremony Recognizes Employers Who Support CAF Reservists

By MCpl Draper Houston
38 CBG

Five organizations received awards for their support to Canada's Reserve Force on March 4 at an event hosted by the Winnipeg Chamber of Commerce. The bi-annual awards are designed to recognize civilian employers and academic institutions that have shown support toward employees or students who are also Reservists in the Canadian Armed Forces.

"The support of employers and educational institutions for the Reserves remains of paramount importance," said Lieutenant-Colonel Barb McManus, Liaison Officer for the Canadian Forces Liaison Council (CFLC). "This event is our opportunity to recognize and celebrate the outstanding commitment and sacrifice organizations have made not only to Canada's Reserve Force personnel, but to the Canadian Armed Forces as a whole."

The following organizations received awards:

- Ronin Safety and Rescue Inc. - CFLC Award of Excellence for Best Practices in Employer Support: Emergency Services nominated by Lieutenant Colonel Sean Moran of the Winnipeg Infantry Tactical Group

- Long & McQuade Musical Instruments - CFLC Award of Excellence for Best Practices in Employer Support: Private Sector nominated by Sergeant Sas of the Royal Winnipeg Rifles Band

- Joe Johnson Equipment - CFLC Award of Excellence for Support to Canadian Forces Operations: Domestic (Private Sector) nominated by Corporal Sheppard of The Fort Garry Horse

- Audi Visual and Classroom Technology Support, University of Manitoba - CFLC Award of Excellence for Support to Canadian Forces Operations: Domestic nomi-

nated by Corporal Zahara of The Fort Garry Horse

- Canad Inns Windsor Park - Stereo Nightclub - CFLC Award of Excellence for Best Practices in Employer Support: Provision of Military Leave nominated by Private Burke of 38 Signals Regiment.

"We find that the training and leadership skills that they receive – the planning and training that they do – is a natural fit for us," said Mark Pfeifer, president of Ronin Safety and Rescue Inc.

Official awards ceremonies, such as this one, are one means of recognizing supportive employers, who are nominated by individual Reservist employees. These awards enable the mission of the CFLC: To educate organization leaders on the CF Reserves and encourage them to support training and operations with minimal impact on the Reservist.

The Canadian Forces Liaison Council (CFLC) is a group of civilian business leaders and educators who volunteer their time and effort to promote the primary Reserve Force – Canada's part-time military – by highlighting the benefits of Reserve Force training and experience to the civilian workplace.

The mandate of the CFLC is to enhance the availability of Reservists for military duty by obtaining the support and co-operation of organization leaders in Canada. The CFLC's vision is that all organization leaders in Canada actively support Reservists.

Official awards ceremonies are one means of recognizing supportive employers, who are nominated by individual Reservist employees. These awards enable the mission of the CFLC: To educate organization leaders on the CF Reserves and encourage them to support training and operations with minimal impact on the Reservist.



Receiving the Canadian Forces Liaison Council award on behalf of Long & McQuade Musical Instruments was Mr. Jason Charney who was nominated by Sergeant Irene Sas of the Royal Winnipeg Rifles Band. The 4th of March 2015 saw the Canadian Forces Liaison Council, Manitoba and North West Ontario Council, present the Manitoba bi-annual Awards to deserving employers of Manitoba Reserve Army soldiers. Photo: MCpl Cameron Skrypnik

Arctic Ski Flying with the Vampires

By Lt Corey Gander

440 (T) "Vampire" Squadron is the Royal Canadian Air Force's (RCAF's) northernmost full-time unit. Based at the Yellowknife airport in the Northwest Territories at about 62°N, 440 Sqn is tasked with conducting operations across the Yukon, Northwest Territories, and Nunavut. Focused primarily on airlift in support of CAF northern activities, 440 Sqn has been operating the CC-138 Twin Otter since 1971, and has been doing so in some of the most challenging and austere conditions on the planet.

The Twin Otter is a world-renowned Short Takeoff and Landing (STOL) aircraft which is recognized for its rugged, durable character and highly capable "off-strip" performance. With over 890 Twin Otter aircraft built, it is operated all over the world and in every imaginable environment; one such example is the Canadian Arctic.

With long, cold winters and short, cool summers, the Canadian Arctic regions present a significant climatic challenge to aircraft operators. "Bush flying", the operation of aircraft on unprepared surfaces and in remote areas, allowed access to Canada's north starting in the early 1900's. In response to the extremely austere conditions of the Arctic, aircraft which are intended to operate in the northern regions can be equipped with different configurations of landing gear. High flotation gear consisting of large, underinflated tires, allow aircraft to land on the distinctly rough terrain which characterizes the barren tundra during the short summer months. Equipping an aircraft with skis allows it to land and take off from snow-covered surfaces. 440 Sqn utilizes landing gear known as a "wheel-ski" during the extensive winter months.

The wheel-ski landing gear employed by 440 Sqn is, as the name suggests, a hybrid of wheels and skis. On a hard surface such as the pavement of the Yellowknife airport, the skis are retracted away from the ground, resting neatly around each wheel. The wheels are allowed contact with the ground through the centre of each ski. Once airborne, the skis are lowered via the hydraulic system of the aircraft and a cover slips over each wheel opening, completing the lower surface of each ski. This duality of landing gear enables 440 Sqn to operate on any conventionally-prepared airstrip with the wheels, and on any relatively flat, snow-covered surface such as a lake, river, sea ice, or the snowy tundra. As the

Canadian north is primarily frozen and snow covered for much of the year, there are literally thousands of conceivable landing sites for a Vampire call sign.

One such landing option is sea ice, which can be particularly unforgiving and rough on man and machine alike. From the perspective of the flight engineers, especially thorough pre- and post-flight inspections are emphasized as the aircraft is mounted on landing gear which exposes the hydraulic system to greater risk. As 440 Sqn operates regularly in austere conditions, it is all the more important to remain vigilant as "abnormal" conditions for many aviators are "normal" conditions for Vampires. The omnipresent risks associated with austere Arctic flying must remain at the forefront of the collective squadron mind.

This great ability comes with unique considerations and challenges. The immediate points concern the performance and weight of the Twin Otter when it is configured with wheel-skis. The skis add weight to the aircraft, reducing its potential payload, while at the same time increasing the overall drag. The result is reduced performance in comparison to the straight wheel configuration, and this generates restrictions for operating the aircraft under Instrument Flying Rules. Moreover, during flight conditions in which the formation of ice may occur on aircraft components, the skis and their associated cables are quick to accumulate a buildup of ice. These two factors restrict the operation of a wheel-ski Twin Otter in conditions of Instrument Flying.

Less obvious (but equally important) considerations surround the actual takeoff, landing, and maneuvering of the aircraft on a snow-covered surface. Snow, being a nearly uniform white surface, does not give high degree of visual contrast. This can make it difficult for aircrew to judge the condition of and their height above the intended landing surface. This challenge is compounded by weather conditions. An obscured sun can reduce or even entirely eliminate contrast, so clouds and overcast layers are extremely detrimental to ski flying. Blowing snow over a snowy surface can all but erase that surface from the eyes of the aircrew. As such, ski flying is best done in fair, daytime weather, though Vampire aircrews are trained in the conduct of whiteout landings in the case of an emergency.

Qualifying aircrew members to fly on skis requires two flights for the flight engineers and six for pilots.

Due to the previous considerations, training occurs during the day and in fair weather. Conduct of the training is nearly identical to the regular Operational Training Flights (OTF).

Those who are flying or have flown with 440 Sqn in the north are apt to enjoy experiences completely unique to Arctic operations.

"One goes where no other fixed-wing RCAF pilot has gone or will go," Capt Dale Maedel points out. "The ski-equipped Twin Otter grants access to parts of Canada that most Canadians may never see in their lifetime." Capt Maedel is the OTF Officer at 440 Sqn and has been flying the Twin Otter in the north since 1993.

The STOL capacity, the nearly limitless northern ski landing sites, and the abilities that these qualities grant the RCAF are unique to the Twin Otter and the squadron that operates them. The arctic environment is indeed one of the harshest climates in the world, but through this adversity, Vampires press on and exploit the cold and snow to their advantage.



Members of 440 Transport Squadron perform ski approaches and take-offs as well as landings with the CC-138 Twin Otter on 15 January 2015. This was done in support and in conjunction with the 1 Canadian Rangers Patrol Group exercise. Photo: PO2 Belinda Jeromchuk

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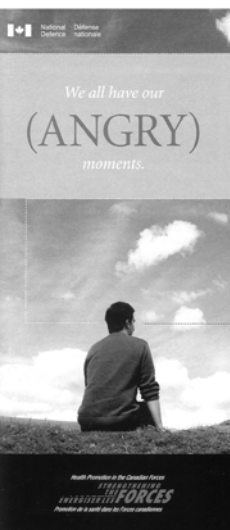
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Si vous avez répondu oui à l'une des questions ci-dessus, le programme Inter-Comm est pour vous. Inter-Comm est un nouveau cours pour tous ceux qui désirent améliorer leurs compétences de communication. Le cours porte sur les obstacles à la communication et fournit des méthodes pratiques et éprouvées pour surmonter ces obstacles et créer un environnement respectueux.



Managing Angry Moments (MAM)

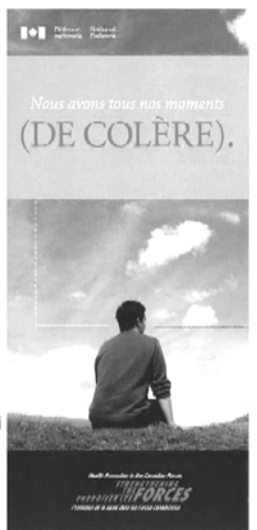
12 & 19 March 2015
0830 - 1600 hrs

Through education, MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

Gérer les moments de colère

12 et 19 mars 2015
0830h à 1600h

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'adaptati qui vous conviennent.



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



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

Have you got a story you'd like to share with us?
Drop us a line at 204-833-2500 (ext. 6976) or send us an e-mail at voxair@mymts.net



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www.familyforce.ca / www.forcedelafamille.ca

www.facebook.com/Winnipeg MFRC www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

ROAD TO MENTAL READINESS (R2MR) REUNION BRIEFING

Tuesday, April 7 from 6:00 to 9:00 p.m.
 Childcare provided with preregistration
 Registration deadline: April 3, 2015
 While many families recognize the need for preparation prior to the deployment, preparing for the return of your loved one is just as important. Although your emotions about the upcoming reunion are bound to be much more positive than those that you were dealing with prior to their departure, it is essential to understand that there can be some common transition challenges for both families and the CAF member during this time. Preparation, education and skills are key for managing this phase of the deployment.

CRAFT TIME DROP IN DAYTIME

Tuesday, March 17 from 9:30 to 11:30 a.m.
 Childcare provided for children ages 18 months to 5 years.
 Are you a knitter, card maker, stamper, scrapbooker or other crafty sort? We're offering you the space to come and craft without interruption. Enjoy the company and inspiration of others while you complete your masterpiece.

MEET AND GREET RECIPE SWAP

Tuesday, March 17 from 7:00 to 8:30 p.m.
 Registration deadline: March 13, 2015
 Join us for a relaxing evening in the company of other people who currently are or who have recently experienced a deployment. Brynne Dalebozik will also be on hand to introduce herself in person since taking over the role of Deployment Services Coordinator. Bring your favourite quick and easy weeknight recipe to swap and enjoy some snacks while doing so.

INFORMATION SESSION

FAMILY LAW MANAGING CUSTODY AND VISITATION

Wednesday, March 11 from 6:45 to 9:00 p.m.
 Childcare provided with preregistration
 Registration deadline: March 4, 2015
 Next in our series of Information Sessions is Family Law. Mr. Kelly Land of Chapman, Goddard and Kagan will be presenting on the topic: Managing custody and visitation.

Community Coffee Break

The next MFRC Community Coffee Break takes place on April 2 from 10:00 to 11:00 a.m. at the MFRC. It provides a chance to meet informally with the staff and Board members of the MFRC, our military families and volunteers. As well, many members of our military and civilian communities regularly attend our Community Coffee Breaks. The food and fellowship are always outstanding, and you will even have a chance to win a door prize!

DAY OF PINK

April 8, 2015 marks the International Day of Pink. It is a day where communities across the country and across the world can unite in celebrating diversity and raising awareness to stop homophobic, transphobic and all forms of bullying.
 The MFRC will be hosting events to celebrate Day of Pink this April. Stay tuned for more details to come.

2ND ANNUAL PINK PANCAKE BREAKFAST

Wednesday, April 8 from 7:00 to 9:00 a.m.
 Come join us at the MFRC for our Day of Pink – Pink Pancake breakfast!
 Pancakes will be served from 7:00 to 9:00 a.m., while supplies last.



Families enjoyed exploring several activities at the MFRC's Family Science Night. The next Family event scheduled for parents and preschoolers will take place on March 18 1830-930. Families can explore several physical skill areas through fun activities Come jump; run; balance; throw; kick; dance and roll. Call 2491 to register.

ACTIVITIES FOR ALL AGES / ACTIVITÉS POUR TOUS LES ÂGES
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MFRC CRFM WINNIPEG

Contact/Contactez: 204-833-2500 ext/poste 7013 or/ou 4511

The Great Easter Egg Hunt

Monday, March 30
 from 10:00 to 11:00 a.m.

Registration deadline:
 Friday, March 20, 2015

Families are invited to follow the clues to find Easter eggs, decorate cookies and make an Easter craft.



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Taroscopes

BY
NANCY

Aries (March 21 - April 19): Apply yourself to a task as a way to get a rest from dwelling on a problem. Some things are beyond your control and all you can do is determine how you will react to them. Observe what is happening in a detached way instead of focusing on your feelings. A compromise is necessary.

Taurus (April 20 - May 20): You can get frustrated with others if your expectations are not in sync. Consider the dynamic between you and your friends before you decide whether to be flexible or stubborn. How much do you really care about what they think or feel? If a friendship is important - play nice.

Gemini (May 21 - June 21): Focus on your finances. Draft out a life plan. Consider all your options. When the season changes your perceptions change. Look beneath the obvious for the key to what will ultimately affect your day-to-day physical reality the most. Avoidance doesn't work. Demand answers

Cancer (June 22 - July 22): You are sensitive enough to see that others are pushing their own agendas. It may seem easier to cave to their domineering ways. Letting someone else iron out the details is enticing. However if you decide to abdicate responsibility for your life be prepared to accept a less than perfect fit.

Leo (July 23 - August 22): If it feels like you've lost your magic touch don't dismay, this is just a phase. Work! You will impress those who see you can manage more than expected. And, you'll beat out the competition in the process. Use your natural ability to your advantage. The benefits are huge.

Virgo (August 23 - September 22): Review the data fully and you'll be confident in your decisions. Dig for any additional facts before proceeding. Optimism is good; blind faith is not. Get organized. Find a support group if necessary. Be patient, don't rush things and all will work out well.

Libra (September 23 - October 23): Don't overtax yourself at this time. Worry and fear can cloud your vision. Things will flow smoothly if you just allow them to unfold naturally. Check to see which way the wind blows. Then make adjustments as news is revealed and changes become apparent.

Scorpio (October 24 - November 21): Timing is so important. Though you know what you want to do next, don't push yourself to see speedy results. Have fun until the time is right to make your move. You'll be rested and relaxed then. With renewed vigor you can go after what you really want. Live the dream.

Sagittarius (November 22 - December 21): Focus on what you have. Enjoy it but don't cling to it. You want guarantees but life is ever changing. Trying to hold onto the reins 24/7 will leave you chronically worried about things getting out of hand. Lighten up. Get comfortable with uncertainties.

Capricorn (December 22 - January 19): Don't assume you have others all figured out. People's world views and their motivators differ radically. Take the time to really listen to others and you'll come to know them better. Don't negate any of your feelings. A strong emotional response is an important sign.

Aquarius (January 20 - February 18): Though you sense that it's time to move on, talk to others who can help you see what you may not want to admit. Your vitality increases as you take control of anything that is dragging you down or holding you back. Take a stand. Demand respect and fair treatment.

Pisces (February 19 - March 20): Your hard work is paying off. This attracts a person from your past. Consider carefully if it's worth your time and energy to reconnect. Make changes in your environment so that it is calming as well as functional. Find ways to stay motivated and you'll reach your goals faster.

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Chaplain's Corner

Spiritual resiliency

By Capt E. Dompierre, MH Chaplain
23 CF H Svcs C

I love to use metaphors to work. I use them when I preach at the Chapel on Sunday; I use them with my clients and I use them when I am invited to bless a meal. I find that metaphors have a great impact on people because they connect with their personal experiences without judging and by highlighting what could be the best option among many others.

Recently, my boss asked me to write an article about spirituality and resiliency. Since the topic is not a light and an easy one, I thought I could do it slowly but surely in order to well explain the concepts. They are, in my view, ones we cannot just throw out in the midst of a discussion just to pretend we are an "efficient resilient person" or just to say we are "against any form of spirituality" for instance. In fact, I believe it is not that simple and it takes a whole life to get to a good understanding of how we trace our path when it is difficult to walk, to see, to breathe; when we suffer, when our existence does not seem to have meaning...

Since I don't have a whole life but only three to five

hundred words at the time to entertain you about such an interesting but complex topic we will proceed one step at the time. Today, I am introducing spirituality and resiliency by sharing a metaphor I have read in one of my numerous books called "The big book of Act Metaphors".

"Imagine your life is like a sailing boat. During your life, you've picked up the skills necessary to sail your boat and you have a sense of where you are taking it. At some point, learning how to sail, you discovered that from time to time, waves may wash over the bow, getting your feet wet. The usual response is to use a bailer to bail out the water, and like most people, you've learned about the bailer.

Most of the time the bailer is stored in a locker, ready to use if needed. And at some point along your journey, waves come over your boat. So, you've started to do the thing that's sensible and logical to do: get rid of the water. You've been using that bailer a lot, sometimes bailing quickly, sometimes bailing carefully, and sometimes bailing wildly, some other times, bailing desperately."

In my book, the story keeps going. But I guess for the purpose of this article, I only need to ask you two ques-

tions that may help you to have an idea of what is spirituality and resiliency. "During all of the time you have been bailing the water out, what has been happening to the direction and progress your boat has been making?"

The answer you could give here is what I intuitively understand to be spirituality. Then your answer to this second question; "what if you realize one day the bailer is full of holes?" This would draw some ideas of what I understand to be resiliency.

I know it is not that clear. But this is what metaphors do. It gives the possibility to those who have ears to listen and those who have eyes to see. It means that our own experience has a lot to do in the answer. It means that I don't believe we can only use theoretical definitions in the case of spirituality and resiliency. I will invite you, then, to try to tolerate not having an answer yet, to keep looking for my next article, in which, I hope, to further explore this reflection.

If you have any questions or comments, please, feel free to contact me at:

emanuelle.dompierre@forces.gc.ca



Photo courtesy: freemages.com

Faith and Life

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Sunday School: It is held during the service for children ages 3 to 12. Childcare is provided on an as-required basis for children under 3 years of age.

Marriage: Contact the chaplain at least six months in advance if possible. A marriage preparation course is a requirement. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

Baptism: The Sacrament of Holy Baptism is available by contacting a Chaplain. Baptism Preparation is a requirement. *Please contact the Chaplain before setting the date for the baptism or arranging family travel.*

Protestant Chapel Guild: It meets the first Sunday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Jack Barrett
(Anglican) - Wing Chaplain - ext 5417

Padre Darryl Levy
(Baptist) - Chapel Life Coordinator
ext 5272

Padre InSeob Won
(Presbyterian) - ext 5087

Padre Robert Humble
(United Church) - Contracted CivO
ext 5785

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn
306-492-2135 ext 4299

Padre Christopher Donnelly
(United Church) - currently deployed



17 Wing Community Chapel
2235 Silver Avenue
(Near Whytewold)



17 Wing 204 833 2500

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

Padre Paul Gemmiti
(Roman Catholic Priest)
- Chapel Life Coordinator
ext 4885

Padre Emanuelle Dompierre
(Roman Catholic Pastoral Associate)
- Mental Health Chaplain
ext 5956

SUNDAY MASS (Bilingual) 1100 hrs
COMMUNITY SERVICES

Religious Education: Classes can be available to children from Preschool to Grade 6.

Sacrament of Reconciliation: It is available by request and at special times of the year. Contact Padre Gemmiti.

Baptism: We recommend that you contact the chaplain's office for an appointment six months in advance. *Please contact the Chaplain before setting the date for the Baptism or arranging family travel.*

Marriage: Six months notice (1 year preferred) is required for weddings, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

FOOD BANK DONATIONS
In assistance to Winnipeg Harvest, the donation box is located at the entrance of the chapel.

EMERGENCY DUTY CHAPLAIN
After normal working hours s/he can be reached through the Wing Ops Duty Centre at 204-833-2700.

INFO PHONE NUMBER
For service times and contact with a chaplain of your choice, phone ext 6800 and follow the prompts.

WEBSITE
Those with access to the DIN can visit <http://17wing.winnipeg.mil.ca> then click Wing Admin - A1, then Wing Chaplains.

CARE & SHARE FUND
Contact Wing Chaplain Office for further information.

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