



THE VOXAIR

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RCAF Mess Dinner Celebrates Military Traditions



Attendees of the RCAF Mess Dinner at 17 Wing Winnipeg enjoyed a great night of food, friendship, and fun on April 9th, 2015. For more, see page 2-3. Photo: Martin Zeilig

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Wing Foods RCAF Mess Dinner Prep

By Mike Sherby
Voxair Manager

20kgs of sushi rice, 8 cases of fresh live Atlantic oysters, 20 kgs of fresh scallops and 15 kgs of tiger shrimp. Those are the estimates of just some of the supplies used to feed over 200 people during the 2015 RCAF Mess Dinner. And everything went off without a hitch thanks to the hard work and dedication of the men and women of 17 Wing Food Services.

Sgt Matthew Keddy and WO Alexandre LeBlanc of Wing Foods were the two people most directly in charge of executing the menu for the night, and they say it comes down to planning.

"We create the menu, and once that's set, and you know you're going this route, it's about writing all the prep lists, and then the organization of buying it and prepping it," WO LeBlanc says.

For this year's RCAF Mess Dinner, the kitchen staff came up with the idea of having live action stations during the cocktail hour. So instead of the food coming out already prepped, diners got to see and interact with the staff while they were making the food. It allowed the kitchen staff to give a more personal touch to the food they were serving.

"You can see moving and acting, and doing the actions of getting things prepped while they're standing there watching," Sgt Keddy says. "It's a little bit harder, and a little nerve wracking, but overall it made for an interesting evening."

The five appetizer stations the kitchen came up with were: Sushi rolls, live raw oysters which were shucked on the spot, fresh made bread and specialty cheeses, seared scallops and Thai coconut shrimp, and an hors

d'oeuvres station featuring taco cones with black bean mousse, and cucumber rolls with hummus to name a few. The main course was a choice of beef tenderloin or bocconcini stuffed chicken. It's enough to whet anyone's appetite.

With a menu as diverse as this, cooks need to be well versed in many styles and varieties of cooking. They take their QL3 training at the Canadian Forces Logistics Training Centre, Cook School at CFB Borden, work for a minimum of 12 months on their on-the-job training package, and then go back to Borden to take their QL5 course, which features a lot higher end cooking.

"You basically build a repertoire of stuff that you do at the base, and you're also learning different things every day," Sgt Keddy says.

He went on to say that nights like the Mess Dinner give everyone a chance to show off all that training and knowledge.

"It's a good opportunity for the young guys and gals to be able to showcase that they can do these kinds of cooking when required."

All the food is prepared

in-house by Wing Foods ahead of the dinner, no frozen food here. Besides the Men's Christmas Dinner, it's Wing Foods' biggest night of the year, and it's one of the two nights a year where it's mandatory that everyone works, no exception. Besides the two mandatory Mess Dinners, Sgt Keddy estimates that Wing Foods caters about eight to 12 other dinners throughout the year.



The staff of 17 Wing Foods worked hard to make sure the RCAF Mess Dinner went smoothly. Front Row(L-R): Cpl Hache; MCpl Lutz; LS Spear; Pte Crompton; MCpl Leclerc; Pte Aitken-Jorgensen; WO Leblanc. Back Row(L-R): Cpl Leblanc; MS Landry; LS Pinsent; Cpl Marriott; Cpl Zimolag; Sgt Keddy, Cpl Wilson, Cpl Ashmead; Cpl Larose; Cpl Heatherington. Photo: Martin Zeilig



WFood members put the finishing touches on appetizers at the 17 Wing RCAF Mess Dinner. Photo: Martin Zeilig

Letter to the editor: Thank you from Appingedam

It will be 70 years ago on April 21st that The Royal Winnipeg Rifles, under its fearless commander Col Fulton, reached the outskirts of Appingedam, Holland. The battle to liberate the city was not an easy one as there were several obstacles which had to be dealt with. On April 24th, 1945 the city was declared completely liberated which ended a 5 year occupation by an unwanted brutal enemy.

As soon as the people heard this, they came out of their respective shelters to meet their liberators. This however was somewhat difficult due to the language problems. Nevertheless there was a friendly relationship established. They found that their liberators were largely young men - coming from Canada and leaving behind families and friends to bring us freedom. The greatest sacrifice however was the loss of their comrades lost in battle. This left deep and lasting scars.

The city of Appingedam is aware of your sacrifices and realizes that our freedom was obtained at a high cost. We wish hereby to thank the Royal Winnipeg Rifles most heartily for their sacrifices. At the same time, we also want to thank the families of the soldiers and the community of Winnipeg for their supporting roles.

On behalf of the City of Appingedam.

With kind regards,

H.K. Pot

The mayor of Appingedam



A plaque affixed to a church in Appingedam marks the liberation of the town during WWII.

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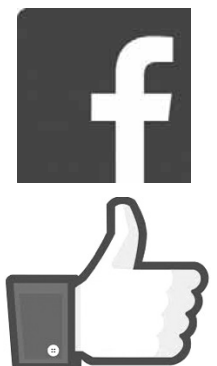
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RCAF Mess Dinner an Evening to Remember



Officers and NCMs shared bonhomie in the Junior Ranks Red River Lounge at The Royal Canadian Air Force 91st Anniversary Mess Dinner on April 9. Photo: Martin Zeilig



17 Wing Commander Col Roy and Major-General Wheeler, Commander of 1 Canadian Air Division/ Canadian NORAD Division, enjoyed an informal chat at the head table just prior to the dinner being served. MGen Wheeler was the special guest speaker that evening. Photo: Martin Zeilig

Social To Help Provide Father A Second Chance At Life

By Martin Zeilig
Voxair Photojournalist

Captain Cris Tolentino, an international student attending the Aerospace Systems Course at the Canadian Forces School of Aerospace Studies (CFSAS), is hoping that a little help from his friends in Winnipeg (and beyond) can help save his father's life.

There's a good chance those expectations will be realized after April 25 when a benefit social will be held at Assiniboia Downs to "give his father a second chance at life."

Capt Tolentino, a native of the Philippines, received news earlier this spring that his 58-year old father, Cris senior, has received a life-threatening diagnosis that without surgery gives him little time to live.

But the cost for the surgeries is prohibitive, and the Philippines doesn't have universal health care.

To alleviate this financial burden, Capt Tolentino's Winnipeg colleagues and friends are raising funds within the community, and have set a fundraising goal of \$35,000 CAD to cover all of his father's medical bills, said Genevieve Katherine DeGagné, the OPI for the fundraising campaign and a civilian employee who works with Capt Tolentino at CFSAS.

"Cris has become a family member to many of us here at the school," she said during a telephone conversation.

"I decided to help out with this fundraiser because if it was my parent, I would want as much help as possible. I couldn't imagine what he's going through, but he knows we're here to do what we can to help."

Lieutenant-Commander James Cantafio, an instructor at CFSAS, expressed similar sentiments about Capt Tolentino.

"Cris is my friend, I know him as a student in my

school, and I wanted to help him," he said, adding that the social's organizers are hoping to raise the full \$35,000 in time for the surgery in June.

Capt Tolentino, 32, who has already spent almost 10 months of his year-long course here, was first informed of his father's serious situation about five months ago during a telephone call from his family in Manila.

"At first I thought it was something minor because he'd had a small heart attack two years ago," he said.

"Then, I got another telephone call a few days later telling me that both his kidneys were failing and he needed to be on dialysis."

He knew from previous peoples' experiences that this signifies "end stage" kidney failure, said Capt Tolentino, whose wife and three children are back home in the Philippines.

"In consultation with my mother and three sisters, I said 'whatever needs to be done, go for it' to keep dad alive," said Capt Tolentino, who has made many contacts in the local Filipino community, the largest one in Canada, during his time here.

"With a kidney transplant, my dad would have at least another five years of life if there is no rejection problem," said Capt Tolentino.

He flew back home for a week in March during the course break.

"I asked the doctor if it's possible to do the kidney transplant first because that's the most pressing problem," he said.

"But, he said 'no' because the heart must be strong enough first before doing the kidney transplant. So, right now my friends here in Canada are trying to help me raise the funds for the kidney and heart operations for my dad."

Capt Tolentino is very grateful for all the support he's received from his coworkers.

"My family and I feel overwhelmed. We're very thankful for the support and help we're getting from our Canadian friends, especially the 17 Wing family considering that I'm a new member of the community. They're treating me as one of their own."

Tickets to the April 25th social are \$15 and available from Genevieve DeGagné through email at genevievekatherine@icloud.com or by phone at 204.296.446.

For those unable to attend the social, but still want to donate to this worthwhile cause, several options exist:

Donating a door prize: Contact event organizer, Ms. DeGagné at genevievekatherine@icloud.com

Online donations: www.gofundme.com/tolentino-fund

Cheque donations are made payable to CIBC, memo:

Tolentino Fund acc #00917/54-1338, and dropped off at any CIBC branch.

Cash donations can be given to MCpl Plourde or Ms. Elisa Mendez at the CFSAS Orderly Room (building 84).

All the efforts made to assist Capt Tolentino have been made voluntarily and during the member's personal time.

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Capt Cris Tolentino (left) is raising money for his father's (right) kidney transplant. Photo: Supplied



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Rondelles Win ASHL League Playoffs

By Martin Zeilig
Voxair Photojournalist

The 17 Wing Rondelles women's hockey team were in a state of euphoria after winning the Canlan Ice Sports Adult Safe Hockey League D Division Group B Championship on April 8 at the Canlan Ice Sports arena in a best of two playoff series against the Ice Holes.

They won that final game 3-1.

"This is the first time that 17 Wing women's hockey has won a civilian championship," says Air Force Military Police Group Chief Warrant Officer Crystal Kramer, who plays centre for the Rondelles and is the team captain.

The Adult Safe Hockey League (ASHL) is a professionally managed recreational hockey league that is owned and operated by Canlan Ice Sports. Games consist of three 15 minute periods, and in the event of a tie after regulation time, a five minute three-on-three overtime period is held.

The team's head coach, Major Dave Trenor, and assistant coach Captain Heather Smith, a former CAF Female Athlete of the Year, are very proud of their team's accomplishment.

"There was amazing chemistry on the team," Maj Trenor said. "It didn't matter what team we played against, it was always a team effort, and the players supported each other. We lost our goalie due to deployment in October, and our team rallied behind our replacement goalie, civilian Kelly Joe Dorvaul. She stepped in and played the majority of our games this year."

"The whole year was amazing," added CWO Kramer.

"This is just icing on the cake," she says. "Our team has seen a lot of new players with a good combination of skills this year."

In early March, as reported in a previous issue of The Voxair (April 8), the Rondelles also got to play a mountain top hockey game on a manmade rink after winning a Molson Canadian Anything For Hockey contest on Facebook.

"I've played military sports for 27 years, and this is by far the most unique team I've played on in the sense

that everybody knew what their roles were and contributed to the overall success of the season," CWO Kramer says.

The team played a 32 game schedule this year, ending up with 14 wins, 15 losses, two ties, and one overtime loss.

The team plays in the ASHL in order to keep themselves competitive for the CAF Hockey Championships, where they finished second at this year's Prairie Regional Tournament.

"This is my second season with the Rondelles, but we had some girls on our team who have been with us

for eight years," CWO Kramer said, adding that there has been a 70 percent turnover in players over the past two years.

"With all our deployments and pregnancies, we normally carry a roster of 20 players, but that fluctuates," CWO Kramer says. "We had a lot of rookies on our team with about 60 percent of them having played less than three years of organized hockey."

Players ranged in age from 20-50.

"It was one of the best teams, I've ever played on," says CWO Kramer. "We gelled both on the ice and off it."



The Rondelles took home first place in their league. Front row: goalie Kelly-Jo Dorvaul (civilian). Second row: Capt Heather Lewis, Capt Kelsey Penner, Capt Melissa Couturier, Courtney Skinner (civilian), MCpl Holly Young, LCol Michele Claveau. Third row: Capt Heather Demchuk, Maj Amanda Ives, MCpl Lindsay Williams, Pte Karlie Walsh, CWO Crystal Kramer, MS Cindy Walsh, Coach Dave Trenor. Missing: Cpl Alix Ferwerda, Cpl Kate Marois (team Manager), Cpl Lyndsay Cross, Sgt Marie-Pier Laflamme, Pte Laura Kurys, 2Lt Juanita Lonny, Capt Kristin Gehlert, Capt Sue Witchel, assistant Coach Capt Heather Smith. Photo: Supplied

17 WING FIRE CHIEF'S CORNER Fuel for Summer Activities



Camping, cottaging and meals on the barbecue are Canada's summertime passions. In addition, more and more Canadians travel by RV during the summer.

Propane is the energy source that often powers these activities. It is versatile, economical and safe, and can be taken where no other fuels can go. Stored as a liquid and used as a gas, it will cook meals, heat the cottage or trailer, ensure a supply of hot water, and even refrigerate food.

According to Bob Cunningham, managing director of the Propane Gas Association of Canada, propane appliances are growing in popularity.

"People who use propane all year round are usually familiar with how to handle it properly," he says. "But many Canadians use it mainly on vacation or for the barbecue. As with any fuel, safety is always important, and special care is needed when reacquainting yourself with a product not used for several months."

Propane is a colourless and odourless gas. A smell is added so you can detect a leak by a strong, distinct odour like rotten eggs or boiling cabbage. Leaking propane is heavier than air and will flow to low-lying areas.

If you suspect a leak, turn off the supply of propane at the cylinder and leave the area immediately. Do not turn light switches or flashlights on or off, or operate phones. Once you are well away from the area, phone your service supplier. If you suspect your gas barbecue is leaking or smell an odour shut off the cylinder and do not light the grill.

Propane incidents are rare, in part because of strictly enforced safety regulations. All cylinders must have a decal identifying the contents as a flammable gas. In Canada, they must be inspected and re-qualified or replaced every 10 years. A date stamp on the collar of the cylinder indicates when it was last qualified. Only a qualified technician may fill your cylinder. It is illegal for an attendant to fill an outdated cylinder, or to fill a cylinder beyond 80% capacity.

"Anyone who uses propane cylinders must follow the rules when transporting, storing or handling them," advises Emile Therien, president of the Canada Safety Council.

"Beyond this, it comes down to common sense," he says. "Look after your appliances, make sure they are well ventilated, and use them only for what they were meant to do. For instance, burners and ovens are designed for cooking, not to heat your tent or RV!"

The Canada Safety Council recommends an annual safety inspection of your whole system, including the appliances.

For many summer chefs, gas barbecues are the appliance of choice. They require similar precautions, including a safety check, cleaning and maintenance at the start of the season, and good ventilation around the equipment.

"It's absolutely essential for the tubes to be clear and in good repair," notes Ivan Tanner of the Ottawa Fire Service. "Spiders and other insects love to build nests in them and that can cause dangerous blockages."

When using the barbecue, turn the cylinder service valve on first then turn it off (to make sure it works correctly properly). When you finish, ensure no propane is left in the hose and then close the burner control valves. Make sure the gas grill is shut off and has completely cooled before covering it.

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Looking Forward to the RCAF RUN A Puzzling Adventure: Rubik's Cube Runners from Dieppe School take on RCAF Run

By Martin Zeilig
Voxair Photojournalist

"If you are curious, you'll find the puzzles around you. If you are determined, you will solve them." Erno Rubik -- inventor of the Rubik's Cube

Kingston Harding and Alex Sala, two students at École Dieppe in Charleswood, are preparing for the 2015 RCAF Run on May 31 in a most unusual way.

There is, quite literally, a twist to their training, as they'll both be solving Rubik's Cubes during the Run.

The RCAF Run is a highly regarded athletic event featuring a half-marathon (individual and relay), a 10-km run, a 5-km run, and a 3-km Family Fun Run/Walk. Except for the 3-km family event, all of the other races are registered with Athletics Canada and timings from these races can be used as qualification times for other running events.

On top of providing a top-quality competitive running experience, the Run also serves to highlight the importance of healthy and active lifestyles and the link between physical fitness and operational readiness in the Canadian Armed Forces.

"Within these three goals we have placed an emphasis on trying to increase the number of youths and young adults that participate in the RCAF Run," says Maj Heather Collins, Deputy Chairperson for the 2015 RCAF Run.

"These two students requested to do this Rubik's Cube challenge while running to raise awareness within this demographic group of the benefits of physical activity and our event; and, to try to set a world record that they could possibly send to the Guinness Book of World Record organization."

The Rubik's Cube was invented in 1971 by Erno Rubik, a young Professor of architecture in Budapest, Hungary. His solid cube twisted and turned and still did not break or fall apart. With colourful stickers on its sides, the Cube got scrambled and thus emerged the first "Rubik's Cube".

During a lunch hour demonstration at their school on April 14, Harding, a 12-year-old grade six student, and Sala, 10, who's in grade five, each solved the Rubik's Cube in well under 40 seconds.

There was something almost Zen-like in the casual way they solved the cube.

"We like cubing and running," said Harding, whose parents are Lieutenant-Colonel Joseph Harding, Chairperson for the 2015 RCAF Run, and Major Sharlene Harding.

"We're best friends, and we're going to solve the Rubik's Cube as many times as possible during the half-marathon relay. We want to do it because lots of people like running, and lots like cubing."

"Frankly, solving a Rubik's Cube is much harder for me than doing something physically," said Benoit Lepine, the school's physical education teacher.

As members of the school's running club, which

is open to students from grades 4 to 6, "both Alex and Kingston and 46 other students have been running regularly all winter," Lepine said. With the warmer weather we've experienced recently, Lepine revealed that the students are now running in the school's marathon club with races of up to seven kilometres.

So, what's the secret to solving a Rubik's Cube?

"You need to be able to remember stuff and use both hands," replied Harding, who also ran in last year's RCAF Run, sans Rubik's Cube.



École Dieppe's dynamic duo: Alex Sala and Kingston Harding, with Rubik's Cubes in hand, flanking their physical education teacher, Mr. Benoit Lepine. Sala and Harding will be "cubing" while running in the RCAF Run on May 31. Photo: Martin Zeilig

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Wing Commander's Honours & Awards

On 14 April 2015 in the Officers' Mess, 17 Wing Commander Col Joel Roy and 17 Wing CWO Mike Robertson presented Honours & Awards to 17 Wing members. All photos by: Cpl Darryl Hepner



17 Wing Commander Col Joel Roy (left) and WCWO Mike Robertson (right) present Capt Rose Ubell (middle) with the 2nd clasp to the Canadian Forces Decoration (CD2).



MWO Walker received the CD 2.



Sgt Blake received the CD 2.



Cpl Marchand received the CD 2.



Cpl Rediker received the CD 2.



WO Semenchuk received the CD 1.



Sgt Guay received the CD 1 & Commander's Commendation.



Maj Ivanko received the CD.



Capt Gilbraith received the CD.



Sgt Harris received the CD.



Sgt Barofsky received the NATO Baltic Air Policing Mission Medal.



Cpl Malloy received the NATO Baltic Air Policing Mission Medal.



Cpl Lambert received the NATO Baltic Air Policing Mission Medal.



Sgt Bellemare received the NATO Baltic US Army Commendation Medal & the Korean Service Medal.



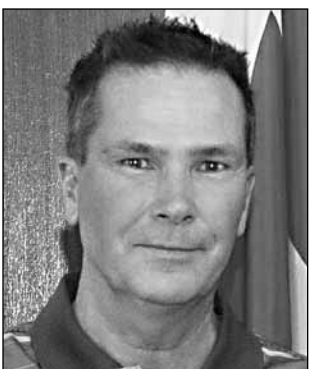
Mr Emond received a Certificate of Service (45 years).



Capt Black received the 1CAD Commander's Commendation.



Sgt Stark received the Commander's Coin.



Mr Gural received a Plaque and Commander's Coin.



(Ret) 2Lt Sully received the Commander's Coin.



Maj Pentney received the Wing Commander's Coin.



Lt Peddle received the Commissioning Scroll.



Mrs Kelly received an Instant Award.



Maj Mann received the 1CAD Commander's Commendation.



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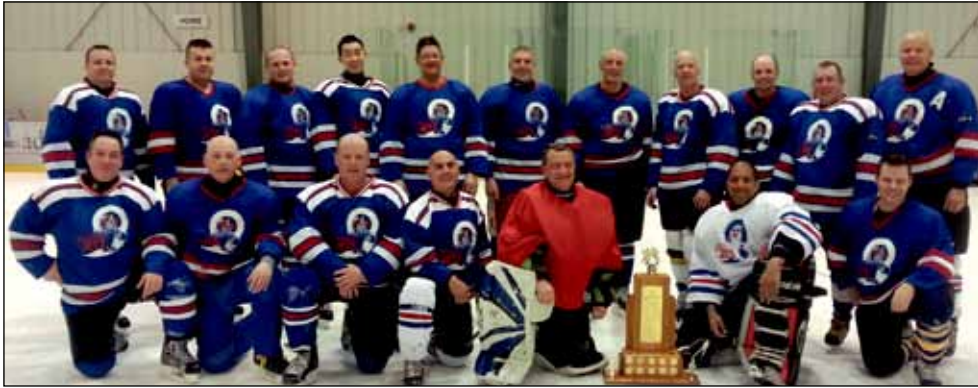
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The Geriatric Jets took home the B Division Championship. Back (L-R): WO Marche, Maj Morency, Capt Fiola, MCpl Auyeung, Capt Hruska, LCol Carlson, Capt Isenor, Capt McIntosh, Maj Fraser, MWO Dresdell, WO Coulson. Front (L-R): Maj Fortier, Maj Chess, Maj Tulloch, MWO Angelini, Maj Treanor, Capt D'Souza, Maj Thomey. Absent: MWO Butt, Maj Demchuk, Capt (Ret'd) Donais, Maj Halikas, Capt James, Maj Spence, LCol St-Onge, Capt Drouin Photo: Supplied



The Lock Outs took home the A Division league Championship. Back (L-R): LCol Kozak, Maj Frost, Maj Kotzer, PO2 Udholm, MCpl Vielfaure, Sgt Murray, MCpl Nymoen. Front (L-R): Cpl Browning, Cpl Cuppage (Goalie), Sgt Burgess (Team Captain), Pte Feschuk. Photo: Supplied



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- **Saturday, May 9**, 9am to 2pm – Winnipeg Harley, 1377 Niakwa Road East
- **Thursday, May 21**, 3pm to 7pm – Headingley Sport Shop 5160 Portage Avenue, Headingley

Pre-registration:

- **Thursday, May 28**, 4pm to 8pm – Earl's Polo Park
- **Friday, May 29**, 4pm to 8pm – Earl's Polo Park
- **Register online:** ridefordad.ca/manitoba

Ride Day Saturday, May 30



17 Wing Members Roll Up Their Sleeves for CBS

By Martin Zeilig
Voxair Photojournalist

Captain Thom Doelman had been putting his blood, sweat, and tears into trying to get members of 17 Wing to donate blood. And it's been paying dividends.

He's recently gave his 10th donation on Monday, April 13 at the Canadian Blood Services (CBS) centre, along with nine other military and civilian personnel, including 17 Wing Commander Colonel Joel Roy.

Prior to heading out to the CBS, Capt Doelman and other donating members were presented with the CBS Award for Surpassing 2014 Pledged Units of Blood Donated by Darren Desmedt, Territory Manager for the CBS. The brief ceremony took place in the Wing Commander's Conference Room at Wing HQ.

Desmedt praised Capt Doelman's efforts at 17 Wing. "He's worked really hard to inspire personnel to donate blood," he said during a follow-up telephone interview. The award presented to Capt Doelman and the others was part of the CBS's Partners for Life program.

Desmedt added that Capt Doelman has taken a

leadership role in running the blood donor effort at 17 Wing.

Col Roy praised everyone who came out to donate blood, saying that those in the military are especially aware of how important blood supplies can be in times of emergency.

"The act of giving blood is a simple way to connect to our community, and to contribute to everyone's security. The demand is big, so everyone available should take the time to give. For most of my career I was not able to give blood, either because of the intense flying program we had where as aircrew I could not be grounded (not allowed to fly) for the standard three days following blood donation. I understand the same is true for many of us, so whenever the chance is there, I encourage everyone to make this little gesture."

"It's a pretty satisfying feeling donating blood which could potentially save three lives," Capt Doelman said over free coffee and a chocolate donut after his donation.

He had just come from the adjacent Donation Area where he had spent six minutes on a bed hooked up to a flexible plastic tube that allowed his blood to steadily drain into a sample diversion pouch.

All donors must first go through a donor screening process first, which includes filling out a detailed questionnaire and having a several minutes long one-on-one interview with a nurse, before actually being allowed to donate their blood.

During the screening process a friendly nurse told The Voxair that donating blood is so important because it's a very simple thing that people can do, "but it has a direct impact because you can potentially save three lives," she said, explaining that a single unit of blood provides red blood cells, platelets, and plasma.



During a brief ceremony at Wing HQ on April 13, Mr. Desmedt presented Capt Doelman and Col Roy with the CBS Award for Surpassing 2014 Pledged Units of Blood Donated. L to R: Capt Ken Mick, WO Fred Lair, Darren Desmedt, Territory Manager for the Canadian Blood Services, Capt Thom Doelman, 17 Wing Commander Col Joel Roy, Capt Marc Chiasson, Cpl Mark Dixon, Pte Richard Jakins, Dev Gurinder (civilian employee). Photo: Martin Zeilig

Warrant Officer Fred Lair had just donated blood for the 82nd time.

"I started at age 18 in 1987 in Montreal when blood donations were still being run by the Red Cross," WO Lair said in the CBS hospitality room.

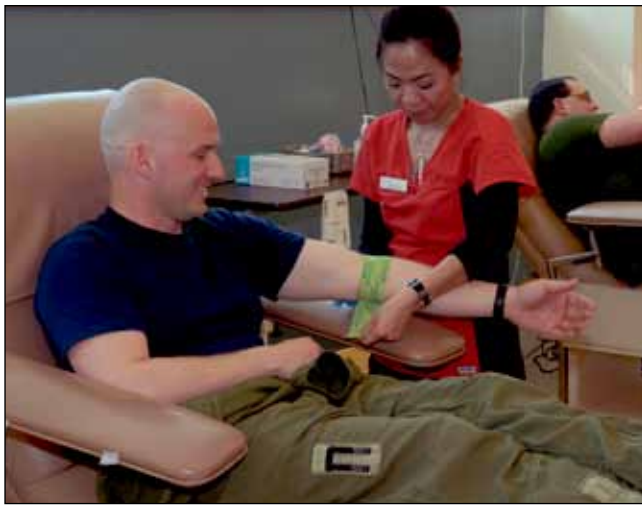
"I began doing it because it was the right thing to do. I had the good health and it was happening right there in my school."

Desmedt said that every 60 seconds someone in Canada needs blood, and that 1600 new donors are needed every week to help patients today and in the future receive the blood they need.

"Blood is needed to treat cancer, for transplant and trauma surgery," he said, observing that the donors from 17 Wing are giving back to the community which they serve.

"Communities need to rally together because it takes many units of blood to save a patient. There also are some 1000 patients waiting for a stem cell transplant. The need for blood is constant, and we're always looking for new donors to join the Partners for Life Program at 17 Wing."

For further information, contact the CBS at 1-888-2 DONATE. At 17 Wing, contact Capt Doelman at local 2700.



Capt Thom Doelman sports a smile as a phlebotomist applies a large wrap-around bandage to his arm after having donated a unit of blood at the CBS building on William Ave. Photo: Martin Zeilig

Wing Members Tickled Pink by MFRC Anti-Bullying Event

By Martin Zeilig
Voxair Photojournalist

After posing for a photograph with her infant daughter, Alexa, cradled in her arms, Sabrina Beaudin reflected on the personal significance of the Pink Pancake Breakfast happening about her in the bustling multi-purpose room on April 8 at the Military Family Resource Centre.

The free breakfast was held to celebrate the Day of Pink, the international day against bullying, discrimination, homophobia, transphobia, and transmisogyny across the world. All of the MFRC staff and volunteers were wearing Red Cross sponsored pink T-Shirts as a celebration of diversity. The shirts were emblazoned with the interlocking words "Respect, Caring, Friendship, Health, Kindness", goals that the MFRC strives to

achieve at all times.

The homemade pancakes were plentiful, and served along with pureed strawberry topping, fresh whipped cream, or butter and syrup for the purists, while an urn of hot brewed coffee was replenished frequently.

"We held a similar breakfast last year too," said event organizer Sherri L. Pierce, a Social Worker at the MFRC. "We want to raise awareness in the military community and the community at large about bullying. I do have kids coming in to see me who are experiencing bullying at school."

Bullying is a painful reality for the majority of Canadian children and youth. For example, Beaudin explained that her younger brother is going through a "hard time" now in school in Montreal.

"He's being bullied," she said, while adding that in order to counteract the bullying her brother is getting into sports and is being helped by his parents.

"I wish there were more things like this (Day of Pink) there to raise more awareness."

People also experience bullying in all sorts of places, including in sports, at work and in the home, Pierce says.

"I think there's a lot of awareness now about bullying, especially in the schools. As kids become more aware, cyber bullying is certainly a problem too," she observed.

17 Commander Colonel Joel Roy said that it's crucial for CAF members to participate in such an awareness arousing activity.

"The Day of Pink is an important issue," he said. "Bullying doesn't have a place in schools or anywhere. It just fur-



(L to R) Brynne Dalebozik (Deployment Coordinator), Karen Hansen (Board Member) and children are in the pink after a pancake breakfast. Photo: Martin Zeilig

ther holds back what we're trying to do, which is taking care of people. Bullying doesn't have a place in our society. And, the more people are aware of it, then maybe we're closer to getting rid of it, everywhere in the military and civilian life."

A free "Think Pink Film Festival" is also being held every Wednesday until April 30 beginning at 1900 hrs in the theatre in the Fitness and Recreation Centre. The MFRC will be showing the comedy 'PRIDE' on Wednesday the 22nd of April, and the documentary 'Lady Valor - The Kirstin Beck Story' will wrap up the Think Pink Film Festival on the 30th.

For further information, contact Sheri Pierce at local 4056, or by email at sherri.pierce@forces.gc.ca.



(L to R) Nathalie Dufour (Board Member of the MFRC), Shannon Peake (Children's Program Coordinator), and Sherri Pierce (MFRC Social Worker) chowing down on some savoury pancakes at the Pink Pancake Breakfast on April 8 at the MFRC Photo: Martin Zeilig

Golf Club Opens For Season

Though we may have been hit with an unseasonable blast of cold weather it won't last for long, and soon you'll be able to get out on the links and enjoy some fantastic golf at the CFB Winnipeg Golf Course. The course opened for the season on April 18th and saw a huge number of golfers take advantage to the warm day to play a few rounds. Take some time to familiarize yourself with the great rates and membership options the club has to offer, and you'll be teeing off before you know it.

Membership

If you were not a member of the CFB Winnipeg Golf Club in 2014 and you take out a 2015 membership, you will receive a 10% discount on your membership fees.

If you were a Golf Club member in 2014 and renew your membership in 2015 and you bring in a new member (not a member in 2014) to the Golf Club you will receive a 10% discount on your 2015 membership fees for every new member you bring in (up to a maximum discount of 50%).

Regular (\$330 / season - includes GST)

(Must be a serving Regular Force member, serving Reserve Force Member, former CAF member, or a Charter Member)

Ordinary Membership (\$350 / season - includes GST)

(Serving RCMP or DND Civilian, retired RCMP / DND Civilian)

Associate Membership (\$375 / season - includes GST)

(Non-DND Civilian. Requires nomination by CFB Winnipeg Golf Club member in good standing, and executive approval)

Spouse Membership (\$180 / season - includes GST)

Junior Membership (\$100 / season - includes GST)

(Children under 18 years of age)

All payments must be made prior to May 15th.
All memberships must be picked up prior to May 15th.

Non-Member Green Fees

18 Holes (all day) \$21.00

9 Holes (all day) \$15.00

Senior/Junior

18 Holes (all day) \$14.00

9 Holes (all day) \$11.00

Value pack

10 Pack (9 holes) punch card \$110.00

20 Pack (9 holes) punch card \$210.00



CFB Wpg Golf Manager Retires After 30 Years of Service



Long time CFB Winnipeg Golf Club Manager Darlyne Fathers was taken by surprise after being presented with a certificate recognizing her 30 years of service with PSP Winnipeg. The certificate was presented to her at this year's Golf Club AGM. From left to right: CFB Winnipeg Golf Club President Capt Ken Cressman, Darlyne Fathers, and 17 Wing PSP Manager Rick Harris. Photo: Mike Sherby

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MFRC volunteers enjoy a cup of joe and a laugh at the MFRC Volunteer Coffee Break. Photo: Mike Sherby



MFRC volunteers enjoyed fantastic coffees, cappuccino, lattes, espressos and more at a Coffee Party held in their honour. Back Row (left to right) John Bailey, Shannon Peake, Amanda Rentz, Debbie Faucher, LCol Danielle Clouter, Lois Johnson, Don Brennan. Front Row (left to right) Sabreena Castagner, Christine Jillett, Barbara Thuen, Karen Hansen, Arlene Van Ruiten, Katie Strickland, Lois Mallet, Meg Chmara. Photo: Mike Sherby

MFRC Lets Volunteers Know that They Rock

By Mike Sherby
Voxair Manager

Volunteers from across 17 Wing got a little mid-afternoon pick me up last week thanks to the MFRC and their Volunteer Appreciation Coffee Party. The party was held to coincide with National Volunteer Week, which ran from April 12-18.

Barbara Thuen, Coordinator of Volunteers for the Winnipeg MFRC, says that volunteers are vital to making the MFRC's programs a success.

"Volunteers are the heart of the MFRC. They are what keep us going and help us stay on track," she says.

Roughly 40 volunteers stopped by the MFRC on April 14 to enjoy some specialty coffees from Joe Black's Coffee Bar in Winnipeg. There was an espresso machine on hand, and attendees could get anything from cappuccino to lattes. Topped up with some excellent snacks, it was a great way to say 'our volunteers rock'.

The MFRC has about 170 volunteers who are signed up to help with various events throughout the year, with a core group of about 40 people who volunteer at most events. Thuen says that while volunteers may not be doing it for the recognition, the MFRC wants to let them know that the work they do is always appreciated.

"They should get a chance to know how important they are. So we try to do things like this as often as we can."

When she says that the MFRC has the best volunteers around, Thuen is not exaggerating. They help the MFRC with everything from newcomer and outreach programs, to manning tables at conferences, to youths helping out at the summer day camps and the childcare centre.

"They also plan, organize and run the monthly coffee breaks, and they're involved with almost all aspects of the Summer BBQs. And I'm sure there's more. They're involved with almost all programs and events of the MFRC."

The MFRC has 4 main volunteer appreciation events per year, including the SISIP Volunteer Appreciation event, and the always popular Ice Cream Sunday Social, where the only rule is 'if you make it, you get to eat it', Thuen says with a laugh.

"We also appreciate them constantly with little things too," she says. "But those are the big ones."

For information on volunteering with the MFRC, contact the MFRC at local 4500.

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17 Wing Looks at Dispersal of Museum Collection

By Martin Zeilig
Voxair Photojournalist

Captain Gord Crossley hauls out a pair of leather escape boots dating from the Second World War from a large box sitting on the floor of the former Manitoba Military Aviation Museum (MMAM) in Building 66.

The box is only one of many, all of which are filled with diverse Air Force artifacts and related items, which are destined for new homes in military museums across Canada. The odour of old wool uniforms permeates the room.

The museum, which was established around the year 2000 in the dining room/kitchen of the former Warrant Officers' and Sergeants' Mess, ceased operations in January of 2014.

The escape boots, which were donated to the museum in 2006 by former RCAF veteran Harold Vadeboncoeur, were designed so that if an airman bailed out or crash landed over enemy territory, he could cut away the suede upper part with a concealed knife, and thus turn the boots into a civilian shoe to assist in the airman's escape from enemy soil, explains Crossley, a Class A Reservist with long experience in working at military museums (specifically the museum at the McGregor Armoury in north end Winnipeg) and military history.

He began the process of photographing, cataloguing, and re-packing every artifact at the museum on 12 February 2015.

"Captain Crossley has been an invaluable asset to this complex task. His diverse background, extensive experience with CAF museums, and genuine interest in military history have been of utmost importance and very much appreciated," says Captain Amber Dodds, 17 Wing Heritage Officer, who has been helping Capt Crossley at the museum.

Capt Crossley has been working at the museum two

to three days a week since he took on the project.

"I've taken a total of 5550 photos of every item in the former museum," says Capt Crossley, noting that all the artifacts were boxed up in early 2014.

"I've also been recovering databases of artifacts and finding their background information. We're using the photos to identify some of the items specific to particular squadrons, bases, and personnel. This will assist us in distributing these artifacts to the most suitable RCAF museums across Canada."

Phase two of the museum closing will be to identify items in the collection that have a particular significance to Winnipeg and 17 Wing in particular.

"So hopefully these items can be retained and displayed within other buildings on this base," Capt Crossley says.

But the priority will be to first offer the items to RCAF museums and then other DND museums with a tri-service mandate, such as the Saskatchewan Military Museum in Regina.

"Any items remaining would then be made available to non-DND museums as appropriate," Capt Crossley says as he points to a 1970s era navigating training console for a C-130 Hercules resting in another area of the room.

"I'm enjoying the work and finding interesting items, and doing basic research on some of the artifacts to identify them and find the most suitable disposition of them."

Capt Dodds adds that the artifacts are just part of the process of closing the museum down.

"In addition to the many artifacts remaining here in Building 66, there was also an abundance of other items requiring dispersal, ranging from office supplies to furniture. Those requiring such items for their units, squadrons, etc, are invited to call or e-mail me at their earliest convenience."



Captain Gord Crossley, with an old RCAF officers' uniform, and Captain Amber Dodds, 17 Wing Heritage Officer, holding a prized leather and wool-lined Second World War flight jacket, at the former Manitoba Military Aviation Museum (MMAM) in Building 66. Capt Crossley and Capt Dodds are in the process of cataloguing and packing up all of the museum's artifacts for shipment to other military museums across Canada. Photo: Martin Zeilig

Gen (Ret) Natynczyk Visits JPSU/IPSC



Veterans Affairs Deputy Minister Gen (Ret) Walt Natynczyk was in Winnipeg April 16-17. After giving a speech for the Royal Military Institute of Manitoba on the 16th, he took a few hours out of his busy schedule to meet with the men and women of the JPSU/IPSC. He took advantage of the above average weather and held an informal Q & A with staff outside of building 63. Photo: Mike Sherby

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Choose to Register!

Hey – the CAF Health and Wellness Challenge is back and this year's theme is: Make every choice count – it all adds up! Life truly is all about choices. We make them every day. The important thing to realize is that the decisions you make on a day to day basis can have a profound effect on your quality life. Should I walk at lunch time or stay at my desk and play computer games? Should I drive home after having 5 beers at the mess or should I take a taxi? Should I order a salad or supersize my fries? While all these decisions are important, we tend to forget that even the smaller choices we make in our daily lives add up. Doing something as simple as taking the stairs instead of the elevator can increase your leg strength, improve the efficiency of your heart and lungs and may even save you some time. If doing something as simple as this can offer so many benefits, imagine the potential impact from all of the other good choices you make throughout your life time. A little bit really can go a very long way – especially when it comes to making healthy lifestyle choices.

Strengthening the Forces is once again proud to offer you the CAF Health and Wellness Challenge. Join the Challenge and take concrete steps to improve your overall health and be eligible to win some great prizes.

Health is truly an everyday issue and the small daily choices you make can have a big impact on improving your life. Making healthy menu choices at the mess, reducing your sugar intake, stopping to smell the roses, following Canada's low risk drinking guidelines and riding your bike to and from work can have a huge impact on your health and wellbeing.

Choose to join the Challenge and make every choice count! It's all about staying fit, eating healthy, connecting with friends, living addiction free, and enjoying life.

Register today! Complete the attached registration form and return to Health Promotion in B63 or via email: Health-Promo@forces.gc.ca.

For more information please contact Health Promotion at (204)833-2500 ext 4150 or visit <http://www.forces.gc.ca/healthchallenge-defisante>.



WCO Mike Robertson and WComd Col Joel Roy are signed up for the Health & Wellness Challenge. Are you?

CAF Health and Wellness Challenge

Make your choices count... May 2015

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<u>Rank</u>	<u>Unit</u>	<u>Phone</u>	
<u>Email Address</u>			
<u>Affiliation</u> (Choose one)		<u>Element</u> (CAF members choose one)	
Reg Force <input type="checkbox"/>	Reserve <input type="checkbox"/>	CAF Family <input type="checkbox"/>	DND NPF <input type="checkbox"/>
		Army <input type="checkbox"/>	Navy <input type="checkbox"/>
			Air Force <input type="checkbox"/>
I have read and I understand and agree to the rules and regulations <input type="checkbox"/>			

Health & Wellness Challenge Kick-off Event!

*Join us 1 May 2015 at 1200hrs in B90
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Upcoming MFRC Programs and Events

BENDING BUT NOT BREAKING- DEVELOPING PERSONAL RESILIENCE WHILE PARENTING UNDER EXTREME CONDITIONS

Thursday, April 23 at 7:00 p.m.

Registration deadline: April 17, 2015

How do you meet stress and life's demands with optimism and flexibility without being stuck or overwhelmed? Kalyn Falk, MA, is an author, speaker, retreat guide and spiritual director. She has been an active advocate for her son, who is profoundly autistic and released her book "Mother of the Year and Other Elusive Awards: Misadventures in Autism" this year. She will be sharing her story of parenting and finding her own voice as well as inviting other parents to think about their own resilience in this interactive evening.

SUMMER BBQs

Do you love being outdoors and spending time with fun people and meeting new friends? Do you enjoy summertime food like hot dogs and hamburgers and cooking on the BBQ?

Summer is just around the corner, and with it comes the Annual MFRC Summer BBQs. We are looking for a group of people to organize and manage the BBQs from June until the end of August. Volunteers in past summers have had wonderful fun times working together and meeting interesting new people in our community. Training and preparation will be provided prior to the start of the season.

If you are interested in joining in on the fun, please contact Barbara Thuen, Coordinator of Volunteers at the MFRC at barbara.thuen@forces.gc.ca or 204-833-2500 ext 4519.

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Location: Westwin Children's Centre

The MFRC offers child care on a casual basis for children 6 months - 5 years old.

Register by calling 204-833-2500 ext. 2491 a minimum of 24 hours in advance.

Peanut free snacks, lunch and diaper supplies (if required) should be sent.

NURSERY SCHOOL

September 2015 to June 2016

9:00 to 11:30 a.m. English

1:00 to 3:30 p.m. French Immersion

Westwin Community Center

642 Wihuri Rd

\$60.00/month, \$15 annual registration fee

Now accepting registrations for Sept. 2015

This program is for children ages 3 and 4. It offers a play based program paying attention to all areas of child development. It is offered in English (mornings) and French Immersion (afternoons).

Children must be toilet trained and 3 years old by Dec 31, 2015 to enrol in the 2015/2016 school year.

PERSONAL PROTECTION AND SAFETY AWARENESS

Wednesdays, May 13 and 27

from 7:00 to 9:00 p.m.

Childcare is provided.

Registration deadline: May 9, 2015

Gain concrete tools for personal protection and safety in the Home. Whether you live in an apartment or own your home, these sessions will increase your sense of safety and allow you to feel more comfortable in your home and community. Guest speaker will be from the Winnipeg Police Community Relations Unit.

Sleepover at the Museum

Royal Aviation Museum of Western Canada
Hangar T-2, 968 Ferry Rd

Friday, May 8 at 6:30 p.m.
to
Saturday, May 9 at 8:30 a.m.

Join us for an exciting nighttime adventure at the Western Canada Aviation Museum. Learn about the wonder of flight through educational "hands on" science experiments and activities. Add some spooky ghost stories, a peek at our special "Ghost" plane and a flashlight tour of the darkened museum galleries. Undoubtedly, you will have an experience that campers and leaders will never forget. Top it all off with a movie before the lights go out. Enjoy breakfast (served by the Museum) when the campers wake up.

\$25.00 per child (must be 6-12 years old)
Registration deadline: May 1, 2015

To register stop by the MFRC and fill out the registration form.
Contact John Bailey at 204-833-2500 ext 4511 for more information

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Afghanistan
A CANADIAN STORY
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"Afghanistan: A Canadian Story" is a Canadian Afghan Mission Legacy Album which offers readers a chronological compilation of the personal stories and photos of almost 150 men and women, including military, RCMP, Corrections Canada and civilians, who served Canada in Afghanistan from 2001 to 2014.

"Afghanistan: A Canadian Story" est un livre commémoratif portant sur la mission canadienne en Afghanistan. Le livre offre aux lecteurs une compilation chronologique d'anecdotes et de photos personnelles d'environ 150 hommes et femmes, incluant les militaires, la GRC, le service correctionnel du Canada et les civils qui ont servi le Canada en Afghanistan de 2001 à 2014.

Net proceeds from book sales will go to the Edmonton Military Family Resources Centre, to be shared with military support services such as the Boomers Legacy Foundation, the Military Families Fund, the Soldier On Fund and Operation Dignity St Anne de Bellevue Veterans Hospital Foundation.

Les profits nets tirés de la vente des livres seront versés au Centre de ressources des familles militaires de la garnison d'Edmonton et répartis entre les services de soutien militaire tels que Boomers Legacy Foundation, Military Families Fund, Soldier On Fund et Operation Dignity St Anne de Bellevue Veterans Hospital Foundation.

For more information on the publication visit:
www.afghanistancanadianstory.ca

Visitez le site:
www.afghanistancanadianstory.ca

Cost: \$50.00 (Defence Team members receive a special rate of \$40.00 at the MFRC)

Cout: 50 \$ (l'équipe de la Défense peut se procurer le livre au cout de 40 \$ au CRFM)

Books are now available for purchase from the
Winnipeg MFRC.
Ces livres sont maintenant disponibles au CRFM de
Winnipeg.

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Aries (March 21 – April 19): You're great at starting things but the follow-through often eludes you. Right now, focus on completing one thing. You can make the seemingly impossible a reality if you put all your effort into it. Get help if necessary. Working with a friend or on a team can be fun.

Taurus (April 20 – May 20): If you let go of your expectations you'll not be disappointed when things don't pan out or move as quickly as you'd hoped. Work with what you have. Make adjustments. Relax and go with the flow. Set a realistic, healthy pace when working towards a goal. Establish ground rules.

Gemini (May 21 – June 21): Your imagination and intuition are in overdrive right now. Learn how to determine which is speaking to you. You can use them both effectively but also check your assumptions as they may also be influencing you. Be equitable in your dealings with people.

Cancer (June 22 – July 22): You feel confident and want to speak your mind, but consider what you can learn by not speaking up too soon. You can gain insights into another's perspective when you listen closely and watch their actions. Note the dynamics between people. There are obvious power struggles.

Leo (July 23 – August 22): Expect a strong reaction when something that was hidden surfaces. If you're entering into a contract, don't assume anything. Others may not be "on the same page." Get the details in writing. If you're not sure which choice is best, consider waiting for other options to pop up. Be patient.

Virgo (August 23 – September 22): Having a plan might seem to be limiting but it actually frees you from worrying about the basics. You'll see progress for your efforts and you'll find the benefits are worth all the hard work you put in. Enjoy changes, they may seem challenging but at least they are not boring.

Libra (September 23 – October 23): To be torn between your heart and your head is difficult. Getting outside advice makes it even harder. Look for a compromise. There is a win/win situation. Be creative. What would you suggest to someone else? This change in perspective will help you sort things out.

Scorpio (October 24 – November 21): Do more of what you love and seek out kindred spirits. Don't let your fears hold you back. It's not about winning or losing – it's about being true to yourself, following your heart and living authentically. You are not a victim of circumstances. Take charge of your life.

Sagittarius (November 22 – December 21): You're capable of and comfortable with managing anything life throws your way. If your efforts aren't appreciated and you're not respected – move on. If you feel an urge to do something, say something or go somewhere, do it. This is not the time to procrastinate.

Capricorn (December 22 – January 19): You don't have to defend your choices. Other people's expectations and assumptions need not concern you. Stay grounded. Breathe. You know what is right for you. No excuses or explanations to others are necessary. Avoiding a conflict won't solve anything.

Aquarius (January 20 – February 18): This isn't the time to over-think your choices. Instead, trust your instincts. Allow your natural curiosity full rein. Express what's in your heart. Don't try and impose a structure on what you do – instead just take it one step at a time and see where you end up.

Pisces (February 19 – March 20): You can make it work. Use your skills and stay focused on your goal. Leave what isn't working behind. Be decisive. Do what must be done to create the future you envision for yourself. Seek advice when you need to and listen to wise counsel. You're stronger than you think.

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DANCING: Friday & Saturday evening 8:00-12:00 pm
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

Chaplain's Corner

A Post-Easter Reflection

By Padre In Seob Won

I remember I asked Voxair readers to make some good New Year's resolutions as we began a new year.

Some people made a promise to change a bad habit such as quitting smoking or eating less junk food. Other people made a promise to develop a positive habit such as starting an exercise program or volunteering in their community or recycling more things.

As a padre I also challenged you to get actively involved in your spiritual activities no matter what religion you believe because as a padre, I strongly believe that Spiritual Fitness is as important as Physical Fitness. When we are fit spiritually, we can more easily bounce back to normal life when we have difficult situations in our life. We call it spiritual resiliency. This Spiritual Resiliency is also very important for our operation and mission success as well.

Time flies and it is already end of April. I would like to ask you another question. How are your New Year's resolutions going?

A Couple weeks ago, we had Easter holidays.

Easter is a festival and holiday celebrating the resurrection of Jesus Christ from the dead. In countries where Christianity is a state religion, or where the country has large Christian population, Easter is often a public holiday. As Easter is always a Sunday, many countries in the world also have Easter Monday as a public holiday. Some retail stores, shopping malls, and restaurants are closed on Easter Sunday. Good Friday, which occurs two days before Easter Sunday, is also a public holiday in many countries.

Easter eggs are specially decorated eggs given out to celebrate the Easter holiday. For Christians, the Easter egg is a symbol of the empty tomb. However, a modern custom is to substitute eggs made from chocolate, or plastic eggs filled with candy such as jellybeans.

Many North Americans follow the tradition of coloring hard-boiled eggs and giving baskets of candy. The Easter Bunny is a popular legendary anthropomorphic Easter gift-giving character analogous to Santa Claus in North American culture.

(<http://en.wikipedia.org/wiki/Easter>)

The theme of Easter is resurrecting something from death.

Are your New Year's resolutions still live and active or dead?

If they are still live, let us keep up the great works. If they are dead, let us resurrect them like Easter.

Happy Easter!



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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



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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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