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Nijmegen Marchers Prepare For Long Training Schedule



Members of the Nijmegen team stretch after their first march training at CFB Winnipeg MB, on 8 March 2016. Please see page 4 for complete article.
Photo: Cpl Gabrielle DesRochers

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Winnipeg Cadets Win Bronze at the National Biathlon Championship

Valcartier, QC

Cadets Bowen LeMay, 16 years old, and Nicholas Pasieczka, 15 years old, from Royal Canadian Air Cadets Squadron 191 West Winnipeg, form the team that won the bronze medal in the open male category during the National Cadets Biathlon Championship patrol race on March 5, 2016 at the Myriam Bédard Centre in Valcartier, Quebec. They finished the race in 24 minutes 53 seconds.

Both Bowen and Nicholas started cadets when they were 12 years old. Bowen wanted to be a pilot while Nicholas didn't know what to expect. They found out there was a biathlon team and wanted to try it out. "At first, I never would have thought I'd make it all the way to nationals, but I resolved that I would try my hardest," says Bowen. "Four years later, here I am in Quebec, representing Manitoba, doing extremely well with my teammate Nicholas, and having the time of my life".

When Nicholas tried biathlon for the first time, he had never heard about the sport. Nevertheless, he still managed to qualify for nationals his first year. It is now his fourth year and he loves it. "This sport is challenging not only physically but mentally, which I love. I love the people involved and our coach who has helped us along the way. I could never be where I am today without biathlon in cadets."

Throughout the year, many cadets have access to

biathlon training centers where they can learn the practice of this sport and train safely. The Department of National Defence provides support and guidance of qualified instructors and equipment for the practice of

this activity.

For more information about the Canadian Cadet Program, please visit Cadets.ca or follow us on Facebook [Facebook.com/Cadet.Biathlon.Cadet](https://www.facebook.com/Cadet.Biathlon.Cadet)



Nicholas Pasieczka (left) and Bowen LeMay (right) compete in the National Cadet Biathlon Championship at the Myriam Bédard Biathlon Centre in Valcartier, Quebec on March 5, 2016. Photo: CadetBiathlon-Winnipeg

17 Wing Women's Volleyball Team wins 2016 Prairie Regionals

By Martin Zeilig, Voxair Photojournalist

For Master Warrant Officer Heidi Twellmann, Protocol, Honours and Awards Officer at 1 Canadian Air Division/Canadian NORAD Region, the 17 Wing Women's Volleyball team's gold medal win at the 2016 CAF Volleyball Prairie Regionals was due to a couple of key points.

"I attribute our win to the tremendous blocking of our middle player, Corporal Sara Schatz," said MWO Twellmann. "She delivered some crucial blocks at crucial times in the match, which changed the momentum. It reenergized our team. Another key player, Lieutenant Dallas Buhr, delivered great kills which also picked our team up, and made us a lot more aggressive."

The Regionals were held at CFB Edmonton from February 29 to March 2 and 17 Wing went undefeated in the three team round-robin portion, defeating both Edmonton and CFB Cold Lake.

Since they were undefeated in the preliminary round, 17 Wing received a bye into the best of five finals.

Edmonton won the first set.

"We weren't playing our game," said MWO Twellmann, who said that she only started playing volleyball after joining the Regular Forces at age 26. "We were reacting to their game as opposed to playing our game. Edmonton put up a tremendous fight. The whole match was entertaining to watch and play. There were long rallies and amazing offensive and defensive plays on both sides. They gave us a tremendous match."

She noted that the other teams, both men's and women's, came out to watch their championship match. All the games were played at the Edmonton Garrison Military Fitness Centre.

The team will now be heading off to CFB Borden for the CAF Volleyball Nationals, which begins on April 24.

"I know that the competition will be extremely tough this year," MWO Twellmann acknowledged. "I'm excited to see the level of talent that currently exists in the CAF women's volleyball. The level rises every year. I know we're going to have to bring our 'A' game. For me, personally, I've competed in volleyball in every region with the CAF, which means I have friends in every region. So, I'll be looking across the net at friends, who were my former teammates."

In preparation for Borden, the team will continue to play in the Winnipeg Women's Volleyball League on Friday nights, she added.

A big change this year is having Master Seaman Cindy Krammer come onboard as coach, MWO Twellmann said.

"I was coaching and playing before," she observed. "Now, I can focus on just playing and being the team captain. Cindy has a lot of fire in her that motivates us."

MWO Twellmann, a former competitive fastball player, calls volleyball her life.

"I'm obsessed with it," she emphasized, noting that she initially starting playing volleyball as "social thing" 18 years ago.



Back Row (L-R) PO2 Anastasia Rees, Cpl Sara Schatz, MWO Heidi Twellmann, Lt Dallas Buhr, Capt Melanie Rouillard-Lamy, MS Cindy Krammer (coach). Front Row (L-R) Avr Janet Dea, Capt Melissa Couturier, Maj Lauren Banks, Capt Jennifer Finateri. Photo: Supplied

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Cadet Experiences World on Expedition Program

By Martin Zeilig, Voxair Photojournalist

Cadet Chief Warrant Officer Nathalie Castagner, 2701 2 PPCLI Royal Canadian Army Cadets, has already experienced a veritable lifetime of adventure and, it's only just begun.

Eighteen year old Castagner, whose mother is Lieutenant-Colonel Danielle Clouter, Wing Administration Officer, was one of 18 Cadets from across Canada and the only one from Manitoba, to participate in a 19 day expedition to Chile, February 9-28, 2016.

"It's a great leadership development program," LCol Clouter commented.

Over the past several years, Castagner, a first year science student at the University of Manitoba, has been involved in, what she calls, "a sub program" of Cadets--the Expedition Program. Castagner said that she's been active in the EP since her first year of cadets, 2010, when she attended a two week long summer training camp, General Training, in Vernon, B.C.

"My favourite part was the expedition for three days," she said, adding that they did hiking and canoeing and slept out in tents.

Castagner and 18 other cadets from across Canada also went on a major canoe trip on the Yukon River in 2014.

"I loved it," she said with a wide smile. "I was hooked right from the start. The environment that Cadet Expeditions offered was the type of environment I like to be in."

Castagner also has taken a basic three week Expedition Instructor course as well as the six week Cadet Leadership and Challenge program near Cochrane, Alberta, 18 kilometres west of Calgary. She observed that course involved mountain biking, kayaking, trekking, horseback riding, first aid training, glacier trekking, and rock climbing.

"I've been on every one of the field training programs, except one," Castag-

ner said.

All that training paid off when she was chosen to be part of the International Expedition Cadets of Canada. She explained that the IECC is divided into four different regions with four cadets from each region being selected for the Chilean expedition.

"I found out that I was selected just before Christmas," Castagner said. "My officer called me, and I screamed with joy on the phone."

She flew from Winnipeg to Victoria, B.C. on February 9 to meet her officers, other team members, and be outfitted with proper apparel then they flew to Toronto where they caught their plane to Santiago, the large sprawling capital city of the Republic of Chile.

"We had a layover there for nine hours, so we went for a tour of the city with two locals (tour guides), Valentina and Sebastian," Castagner, calling the city beautiful with wonderful old architecture, said. "The food was amazing."

Afterwards, the Canadians returned to the airport for their flight to Punta Arenas, a city near the tip of Chile's southernmost Patagonia region, she added.

On their early morning arrival there, the group was met by their "contractor" for the trip, Castagner said.

"We loaded up our stuff onto a bus and drove four hours even further south to Puerto Natales, the primary transit point for travellers to Torres del Paine National Park, Chile. She added that they stayed in a "really cool" hostel.

For the next two weeks, they hiked through the mountains in Torres del Paine, trekked up to a glacier, saw Guanacos (a camel-like animal), and spotted a puma stalking a guanaco from a distance.

"I've been to the Rocky Mountains many times but these mountains and the beauty of the coast is unlike anything else I've ever seen," Castagner said, noting the temperature during their trip hovered between plus two and minus two.

Their guides also led the intrepid cadets on a circuit in which they hiked up to three nearby peaks and did some kayaking on a river and then kayaked out to sea around the southern part of Chile.

"We kayaked through icebergs, and next to a wall of ice that was a giant glacier connected to one of the largest ice fields in the world," Castagner said. "Our guides were explaining the landscape and topography and wildlife the whole time. My goal coming back is to get the word out to fellow cadets to try the Expedition Program. It gives you an opportunity to learn about the world and yourself."



Chief Warrant Officer Nathalie Castagner, 2701 2 PPCLI Royal Canadian Army Cadets, takes a break high in the Patagonian Andres. Photo: Supplied

WCOMD Curling Bonspiel Rocks

The annual Wing Commander's Curling Bonspiel was held on March 16, and the event was once again another roaring success.

"It looked like everyone was having a lot fun, which is great for morale and esprit de corps," says sports coordinator Chris Merrithew. A total of 40 teams took to the ice at this year's bonspiel, which was held at the Assiniboine Memorial Curling Club on 16 Mar 16. "This was the largest turnout we have ever had for our WCOMD's Curling Bonspiel."

"It was a great turnout," explains Merrithew, estimating that roughly 160 people competed in the all-day event with all 8 sheets being utilized at the same time. "It was great to see everyone come out and having fun participating."

The Pipes and Drums Band of the RCAF Band kicked off the event by leading all the participants on to the ice for the Opening ceremonies. As well as the curling competition, the bonspiel also featured a skills competition where curlers lined up to see who could get their stone closest to the button (aka the "hotshot's competition") without the help of sweepers. Maj Mitch Leenders took first prize in the skills competition while Patsy Parker and Moe Berard came in 2nd and 3rd place respectively.

A number of prizes were awarded during the WCOMD Curling bonspiel, with Sgt Jerry Atkinson winning the 'best hat' of the Bonspiel award and the "best clutch skip" of the Bonspiel went to Capt Ian Aastrom as he helped his team win 3 tiebreakers.

Many teams came out to the Bonspiel decked out in fun costumes with the "Lucky Charmers" winning the most spirited team award and the "Swiffer Sweepers" winning the award for the best dressed team. The teams were presented Asham duffle bags and backpacks for their awards.

"It was a great day enjoyed by all the members," said Merrithew, "We look forward to having everyone out again for the Wing Commander's curling bonspiel next year."

Curling Trivia

Tom Thomson and Stephen Stone

1. When was the first Canadian men's curling championship held?
2. Why is it called the "Brier"?
3. What companies have sponsored the Brier and in what years?
4. Which province won the first Brier?
5. Which province has won the greatest number of Briers?
6. Which skips have won the greatest number of Briers?
7. Which Brier had the greatest attendance?
8. What is the name of the Canadian women's curling championship?
9. When was the first women's championship held?
10. Which province won?
11. Which company was the first sponsor of the women's championship?
12. Which province has won the greatest number of women's championships?
13. Which skip has won the greatest number of women's championships?
14. When were the first Word Curling Championships for men and women held?
15. Which non-Canadian country has won the greatest number of championships?
16. When was the first official Olympic curling competition?
17. Which new curling event will be included in the 2018 Olympics in Pyeongchang, Korea?
18. When was the first World Wheelchair Curling Championship?
19. When were the first World Junior Curling Championships?
20. Who is the only three-time World Junior Curling champion?

Curling Trivia Answers on page 14

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Wing Powerlifters Win Medals at the 2016 Canadian Powerlifting Union Nationals

By Martin Zeilig, Voxair Photojournalist

When he's lifting, especially in a competition, Sergeant Robert Snow is in the "zone."

He's focussed and the results speak for themselves.

Sgt Snow, a Snr AVS Tech at 435 Transport and Rescue Squadron, won two gold medals in the Master One (39-49 years) category at the 2016 Canadian Powerlifting Union Nationals, Feb. 15-20, in Regina, Saskatchewan. He was part of Team Manitoba.

The Canadian Powerlifting Union is a federally registered non-profit organization. It was formed in 1982, as the Canadian affiliate of the International Powerlifting Federation, to oversee and regulate all IPF style powerlifting in Canada.

The CPU nationals are broken up into the standard age divisions, Junior, Open, Master (1, 2 & 3) for Men and Women, in both 3 lift powerlifting, and single lift bench press, notes the online information.

Sgt Snow, a beefy six feet tall, was competing in the 120 plus weight class.

"My group was extremely competitive," said Sgt Snow, 43, a founding member in 2005 and past president of the 17 Wing Strength Club.

A fellow Team Manitoba member, civilian Krista Vandewaeter, was a gold medal winner in the women's 84 kilo class "equipped bench press," and Master Corporal Tyler MacInnis, also Team Manitoba, finished sixth in the men's "unequipped" 120 kilo category. Both of them train with Sgt Snow at the 17 Wing club, which is based in Building 90, the PSP Recreation and Sports Centre.

"Tyler's group was extremely competitive, and

he was competing against world class lifters from across Canada," Sgt Snow said.

There are two methods of competing in powerlifting: Competing raw means you are only allowed to use an approved weight belt, an approved singlet, approved wrist wraps, and chalk, says information on the B.C. Powerlifting Association website. Competing equipped allows you to use knee wraps, a squat suit, and a bench shirt in addition to the items allowed by raw competitors.

Sgt Snow won his medals with lifts of 232.5 kilograms (over 500 pounds) in the equipped bench press, and for his unequipped bench press, which was a personal best, of 227.5 k in the Master One Super Heavyweight class. His two other lifts in that event were a squat of 227.5 kilograms and a dead lift of 265 k.

"I've been training since last October for this competition," Sgt. Snow observed, while adding that more than 350 people participated in the event.

He trains three times a week for over two hours at a time, he said.

"Rest is just as important (as training)," Sgt. Snow said. "After two and half hours of training, your central nervous system is broken down, as well as your physically pretty tired. I eat a balanced diet ensuring I get 200 grams of protein."

He's now training for the 2016 World Powerlifting Championships in Killeen, Texas, June 19-26.

"I'll be part of Team Canada," said Sgt Snow, a competitive swimmer in his youth, who began powerlifting a decade ago.

He's set the bar high but Sgt Snow is in the zone.



Sergeant Robert Snow on the podium with gold at the 2016 CPU Nationals. Photo: Supplied

17 Wing Trains for Nijmegen March

By Martin Zeilig, Voxair Photojournalist

Corporal Melissa Schwartz, who works for Joint Personnel Support Services, sustained a stress fracture in one of her legs while she was training with 38 Canadian Brigade Group for the 2015 Nijmegen March,

That injury kept her off the team for Nijmegen but her dream didn't die.

Cpl Schwartz was one of 41 military personnel out on the cool, overcast early morning of March 8 to participate in the initial five kilometre training walk for the 2016 Nijmegen March.

All the walkers were wearing the military general all-purpose boot and full combat dress. They began with a warmup led by Lt James Crittenden, who also led the marchers in stretching exercises after their walk around the base. Later in the TEME garage, a doctor checked participants' feet for blisters and other sores, and gave them a talk on proper care of one's feet.

"Onward and upward," said Cpl Schwartz after the walk which started and ended in the parking lot by the TEME garage in Building 129 after a circuit around the base. "This morning was easy. It was good weather. I'm trying to make the team."

Master Corporal Amy Welton, who has never tried out for a Nijmegen March before, called the morning activity a stroll.

"It was a beautiful day, no snow or rain and cool. It was perfect for walking," she said. "This is a great way to get in shape and give us an opportunity to meet people, who we wouldn't normally meet, from other trades. It helps to build a spirit of camaraderie."

Major Rob McDonald, heading the Nijmegen March team, said the training that will take place till the end of June or early July is going to be well over 800 kilometres-- a distance that, he noted, is about half way from Winnipeg to CFB Borden.

"That's the level of effort they'll have to commit to," he added, while lauding the "good spirits" of the participants on that morning's march. "A couple of those out today have done Nijmegen before. What we will do is to tap into the experience of those former Nijmegen participants. This helps us as a team in planning, preparation and execution of the task at hand."

Major McDonald explained that marchers will be car-



Group photo of the 17 Wing Winnipeg Nijmegen team candidates after the first training march at CFB Winnipeg MB, 8 March 2016. Photo: Cpl Gabrielle DesRochers

rying full backpacks on subsequent training sessions to simulate the actual Nijmegen March. All participants know that they might not make the final selection of 11 team members and four alternates, he added.

Maj McDonald's organizing team consists of Lt Crittenden, Lt Stephanie Blais, and Master Warrant Officer Fred Coad.

"We're embarking on our adventure now," he said. "This is something I've wanted to do throughout my 27 years in the CAF. I've always wanted to be part of the Nijmegen team. So, when I got posted here in 2015, I asked if there was a Nijmegen team. The response was, it's possible there could be one coming. I responded 'I'd love to part of it.'"

Then somebody asked him, on behalf of Wing Commander Colonel Andy Cook, to lead the Nijmegen team.

The Marches originated in 1909 in Holland with Dutch military efforts to increase the long-distance marching and weight-carrying ability of infantry soldiers.

Organizers of the Four Days March moved the starting point to Nijmegen from another site in 1916. It's been held there every year since then, except during the Second World War. Canadian participation in the

event began in 1952.

It has evolved into an international event drawing over 45,000 civilian and military participants from over 50 nations, as well as over a million spectators.

During the four days of marching, CAF members will walk the same terrain where many Canadians fell. Prior to the Marches in previous years, the Canadian contingent visited and held memorial ceremonies at the Canadian National Vimy Memorial in France, as well as paying their respects at the Groesbeek Canadian War Cemetery, the final resting place of more than 2300 Canadian soldiers and aviators who died fighting to liberate the Netherlands in 1944 and 1945, says the government website.

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17 Wing Celebrates International Women's Day

By Martin Zeilig, Voxair Photojournalist

Ron Bartlette admitted that he did not know what he was getting into when he agreed to be a guest presenter at International Women's Day event at 17 Wing on March 8.

He thought it would be mostly women in attendance.

In fact, there were about 100 military members of both genders, as well as civilian employees at the Officers' Mess for the two hour afternoon program, themed 'Women Moving Forward', organized by Carol Loader, Resource Analysis and Compliance Services Team Leader, 17 Wing Comptroller.

The turnout surprised me," said Mr. Bartlette, executive director of the Active Learning Centre at 1836 Main Street in Winnipeg who facilitated a dialogue about women's rights and related issues amongst audience members-- both in smaller discussion groups and to the crowd at large.

"I'm thrilled to be here," Mr. Bartlette said. "It's way beyond my expectations. It was a great audience and people were willing to share. They shared easily. It was energizing."

It also featured speakers Kathleen S. (Hubscher) Quarnaccio, Lt Col, USAF Deputy CAOC Director, 1 Canadian Air Division; and Christine Beaumont, B.Comm, Certified Financial Planner and Entrepreneur.

The United Nations began celebrating International Women's Day (IWD) on 8 March during International Women's Year 1975. Two years later, in December 1977, the General Assembly adopted a resolution proclaiming a United Nations Day for Women's Rights and International Peace to be observed on any day of the year by

Member States, in accordance with their historical and national traditions.

"I was very pleased with the turnout," said Wing Commander Colonel Andy Cook. "There's a strong commitment in the military community to support employment equity."

He said the speakers were informative and entertaining.

Lt Col Quarnaccio, an Air Battle Manager by trade (Aerospace Controller in the RCAF), noted that she came into the Air Force back in 1997 after graduating from the University of Notre Dame-- commissioned through Air Force ROTC.

"I was always used to being one of the few women in my unit-- often the only female officer," she said.

"I consider myself lucky to have had several women before me who broke through some pretty significant glass ceilings when it came to things women did in my part of the military."

Lt Col Quarnaccio pointed out that females were first allowed to enter pilot training in the USAF in 1976 and fighter pilot training in 1993.

"I believe the RCAF ac-

complished that four years earlier in 1989," she said.

"The first female Brigadier General, Jeanne Holm, pinned on her star in 1971. Our first female four star general, Janet Wolfenbarger, pinned on her fourth star in 2012 and took over a Major Command (AFMC). So, it took 41 years for us to get those other three stars.

General Wolfenbarger passed her command to another female four star last March, she added.



Master Seaman Rebecca Gallant, Port Inspection Diver from Fleet Diving Unit (Atlantic) stands on parade during the closing ceremonies for Phase 1 of Exercise TRADEWINDS 15 in St Kitts and Nevis on June 9, 2015. Photo: Sgt Yannick Bédard

Historical Milestones of Women in the Canadian Armed Forces

1885 - Women serve as nurses for the first time during the Northwest Rebellion, albeit in a civilian capacity.

1901 - Army Nursing Service created in 1901 with four nurses sent to support the Boer War.

1914-18 - 2,800 nurses serve with Royal Canadian Army Medical Corps and women serve in paramilitary roles outside of nursing.

1939-45 - 5,000 nurses serve but women are excluded from service on warships, combat aircraft, or in combat arms units.

1941 - 45,000 women volunteers are on full-time military service and expand their roles from clerks, cooks, drivers, and telephone operators to include mechanics, parachute riggers, and heavy equipment operators.

1942 - Mary Greyeyes becomes the first Aboriginal woman to enlist in the Canadian Army.

1950-53 - Women enlist during the Korean War and 5,000 are serving by 1955.

1965 - Women are employed with all three services but with a fixed ceiling of 1,500 in total.

1970 - Royal Commission on the status of women makes 6 recommendations to the CAF to increase equal opportunity.

1978 - Cpl Gail Toupin becomes the first female member of the Skyhawks.

1979-1985 - CAF runs trials as part of the Servicewomen in Non-Traditional Environments project.



Corporal Natalie Keenan darts out from behind a Medium Support Vehicle System to attack a simulated enemy during the Convoy Commander's Course at Garrison Petawawa on November 26, 2015. Photo: Cpl Mark Schombs

1979 - Canadian military colleges open their doors to women.

1981 - Capt Dee Brasseur, Capt Leah Mosher, and Capt Nora Bottomley become the first 3 women to serve as pilots while 2Lt Inge Plug becomes the first female helicopter pilot and Lt Karen McCrimmon becomes the first Air Navigator.

1982 - Canada adopts the Charter of Rights and Freedoms which prohibits discrimination based on gender.

1987 - BGen Sheila A. Hellstrom becomes the first female officer to hold that rank.

1986-87 - Following a complaint a Human Rights Tribunal instructs the CAF to integrate women into all aspects of the Regular and Reserve Forces.

1998 - LCol Karen McCrimmon becomes the first woman to command an Air Force squadron and CPO2 Holly Kisbee becomes the first woman combat chief of a major warship.

2000 - Maj Micky Colton becomes first woman to fly 5000 hours in a Hercules and Lt Ruth-Ann Shamuhn becomes the first female combat diver.

2001 - CDS announces women may serve in submarines and Capt Maryse Carmichael is the first female Snowbird pilot.

2002 - CWO Camille Takacz, first woman appointed to Command CWO position.

2003 - Maj Anne Reiffenstein, first woman to command a combat arms sub-unit, LCdr Marta Mulkins, first female to captain a Canadian warship, Maj Jennie Carignan, first female DComd of combat arms unit, LS Hayley John and LS Marketa Semik, first female NCM clearance divers, MS Colleen Beattie, first female submariner, and an all-woman CAF Nijmegen Team completes the marches.

2004 - CPO1 Jan Davis becomes the first female Coxswain of a Canadian warship.

2006 - BGen Christine Whitecross becomes the first woman to command JTF(N) and Capt Nicola Goddard becomes the first female killed in action in Afghanistan.

2007 - LCol Tammy Harris becomes the first female Wing Commander and Cmdre Jennifer Bennett becomes the first female commander of the Naval Reserve.

2008 - VAdm Drew Robertson becomes the first Defence Champion for Women.

2009 - Cmdr Josee Kurtz becomes the first female Commander of a major warship.

2010 - LCol Susan Wigg, one of the first female cadets at RMC, becomes Director for Cadets at RMC and LCol Maryse Carmichael, the first female Snowbird pilot, becomes the first female CO of the Snowbirds.

2011 - RAdm Jennifer Bennett becomes first female Chief Reserves and Cadets.

2012 - Cmdr Michelaine Lahaie becomes the first female CO of Canadian Forces Leadership and Recruit School and Capt Ashley Collette becomes the first female to receive the Medal of Military Valour for her performance under fire in Afghanistan.

2013 - RAdm Jennifer Bennett becomes the first female Defence Champion for Women, Col Jennie Carignan becomes the first female Commandant of RMC Saint-Jean, and CWO France Dupuis becomes the first female CWO at RMC Saint-Jean.

2015 - LGen Christine Whitecross becomes first female promoted to that rank and first Commander of Military Personnel Command and BGen Lise Bourgon becomes first female Commander of a Joint Task Force overseas.

RCAF deploys on exercise Puma Strike

By Lt Matthew Strong, 4 Wing PAO

Royal Canadian Air Force (RCAF) crews, support personnel and technicians deployed to Exercise Puma Strike at Naval Air Station Key West, Florida, on February 28, 2016.

Actual training for the exercise is taking place between February 28 and March 23, 2016.

Twice a year, 410 Tactical Fighter (Operational Training) Squadron, alongside various elements of 4 Wing Cold Lake, Alberta, and the RCAF, deploy to locations in the southern United States to conduct warm-weather training exercises.

"This deployment is a vital piece to the overall readiness and force generation of the RCAF's Fighter Force capability," said Major-General Dave Wheeler, commander of 1 Canadian Air Division. "It allows us to bring together our fighter jet and air-to-air refueling capabilities to conduct intensive training with our Allies in a deployed environment."

This edition of Exercise Puma Strike includes pilots, crews and technicians from 410 Squadron, 401 and 409 Tactical Fighter Squadrons, students from 10 Field Technical Training Squadron, and air weapons controllers from 42 Radar Squadron, in addition to some support personnel from other 4 Wing and Canadian Forces Base Cold Lake units.

The exercise also includes a CC-130T Hercules air-to-air refueller based out of 17 Wing Winnipeg, Manitoba.

"Training deployments like Exercise Puma Strike enable us to succeed at our mission by exercising the planning, deployment, employment and re-deployment phases of an operation at a new operating location and in a new environment," said Colonel Eric Kenny, commander of 4 Wing Cold Lake.

The training received on the exercise will prepare RCAF pilots, crews and technicians for real-world operations, all in a setting where consistent flying operations can take place. Although training and operations are still conducted year-round in Cold Lake, multiple days of low cloud, poor visibility and reduced runway surface conditions have the tendency to impact training timelines. For the fighter force, it could take several months to achieve the same level of training that Puma Strike will accomplish in just over a month.

Over the years, these types of southern training exercises have evolved based on the needs of participants. For larger versions, such as this particular iteration, it takes a large contingent of personnel coming together to make it happen. "We have deployed personnel from most of our units at 4 Wing to ensure that everyone receives appropriate training to function as a team and to maximize the training opportunity," said Colonel Kenny.

"The logistical ele-

ments of deploying such a large contingent of personnel, equipment and aircraft for a three to four week exercise should not be understated," he added, further underscoring the importance of training in a deployed environment. "I couldn't be happier with the way the exercise is unfolding, and I'm extremely proud of our dedicated members."



A CF-18 Hornet refuels from a CC-130 air-to-air refueller during Exercise PUMA STRIKE at Naval Air Station Key West, Florida, USA on March 1st 2016. Photo: Cpl Andre Maillet

Three Veterans of WWII Receive Honours From the Chinese Government



George Peterson receives the Chinese Peace Certificate from Carol Hadley, the Secretary of the Hong Kong Veterans Association. Photo: Bob Holiday, President, St. Vital Historical Society

From the Hong Kong Veterans Commemorative Association

Three Winnipeg soldiers, Veterans of the Battle of Hong Kong, have been presented with the Chinese Peace Certificate and Medal, more than 74 years after they fought and were captured in The Battle of Hong Kong. The three were members of the Winnipeg Grenadiers. They fought alongside soldiers from other Canadian units and soldiers from Britain and other

Allied countries.

George Peterson, George Nobiss and Harry Hawrychuk were all captured in the battle. Harry Hawrychuk was wounded and captured Dec 19, 1941. George Nobiss was wounded and captured Dec 21, 1941 and George Peterson was captured Dec 25, 1941, Christmas Day, the day the British surrendered the Colony of Hong Kong to the Japanese and ordered all allied military to stop fighting.

George Peterson and George Nobiss are the last two survivors of the Winnipeg Grenadiers who fought in the Battle of Hong Kong.

Only George Peterson of the three was on hand for the presentation. George Nobiss was unable to attend due to illness and Harry Hawrychuk, passed away this past December, after the Awards were announced but before they could be presented.

The Certificate reads: "For your outstanding and dedicated service in (the) Asia Theatre during World War II fighting against the Japanese invaders, protecting peace and promoting friendship between the people of Canada and China" Carol Hadley, the Secretary of the Hong Kong Veterans Association (Prairie Region) made the presentation on behalf of the Peoples Republic of China.

The defence of Hong Kong was made at a great human cost. Approximately 290 Canadian soldiers were killed in battle and while in captivity, approximately 264 more died as POWs, for a total death toll of 554.

Most of the captured defenders were sent to internment camps in Japan to spend the next forty-five months as Prisoners Of War (POWs), enduring torture and starvation by their Japanese captors. Others, deemed unfit for labour in the mines and ship-building yards in Japan, remained in a POW camp in Sham Shui Po, on mainland China.

In addition, almost 500 Canadians were wounded. Of the 1,975 Canadians who were sent to Hong Kong, more than 1,050 were either killed or wounded. This was a casualty rate of more than 50 percent, arguably one of the highest casualty rates of any Canadian theatre of action in the Second World War.



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4 WEEK 4 TRY SOMETHING NEW!

Think healthy eating is bland? No way! Healthy eating tastes great! Keep it interesting: get creative with cooking strategies, experiment with new foods and flavours and refresh your recipes.

Hello tastebuds! Get ready to tingle! It's time to try something new.

Want to try new foods but not sure where to start? These tasty ideas are sure to tempt you:

- Toss slivers of raw purple beets, green pears, feta and flax in a lemony vinaigrette for a salad that's bursting with colour and crunch.
- Squeeze lime juice onto grilled pineapple for a naturally sweet dessert.
- Make mushroom risotto with toasted barley and low-sodium broth, and then sprinkle with Parmesan for a flavour-filled side dish.
- Sauté apples in a little butter, dust with cinnamon and top with toasted oats, crumbled walnuts and creamy yogurt for a superb Sunday breakfast.

Find all five fact sheets, from *Get Ready to Make it Stick*, at NutritionMonth2016.ca.



DIETITIAN PRO TIPS

Dietitians love experimenting with new ways to enjoy healthy foods. Try their tasty tips:

- Boost protein and fibre in berry smoothies by adding cooked red lentils.
- Sprinkle baby spinach or arugula with fresh lemon juice, a little olive oil, a pinch of sea salt and Parmesan cheese for a simply delicious side salad.
- Snack on a small portion of cooked barley mixed with defrosted frozen blueberries, flax seeds and a hint of maple syrup.

Find a dietitian in your area: www.dietitians.ca/find

TRY SOMETHING NEW!

Instead of take out tonight, make your own quick and tasty meals.

Relying on take out? Does your mealtime routine need reviving? Skip take out and bring back kitchen fun by switching up how you cook and serve supper.

- Cook create-it-yourself meals with your kids. Try a family taco, fajita, salad bar. With everyone helping, meal prep is easy.
- Make your own pizzas in minutes. Top whole grain flat breads with tomato sauce, flavourful cheese and leftover roasted veggies. Yum!
- Sandwiches for supper? Sure! Use whole grain buns, hummus or leftover roasted chicken or beef and a slice of cheese and then pile on the veggies.

Spice is nice! New flavour combos can kick up the taste in your usual fare.

Give new life to a favourite food! Experiment with these mouth-watering flavour boosters:

- Red pepper flakes deliver delicious heat to lightly sautéed fresh or frozen greens.
- Grainy mustard and lemon adds tangy freshness to fish, like cod.
- A dash of nutmeg is neat on carrots, butternut squash and parsnips.
- Curry livens up lentil soup and makes a tofu-and-veggie stir-fry sizzle.
- Cinnamon pairs sweetly with apples, pears and sweet potatoes.

Perk up your menu with tantalizing recipes from *Cookspiration*.

Sometimes your menu just needs a little inspiration. With recipes this good, you'll want to get cooking right now!

- Go Fish! For a quick dinner, make *Fast Fish and Fresh Herb Packets*.
- Bite into this super salad: *Barley and Lentil Salad with Kale, Apples, Almonds and Feta*.
- You'll love the leftovers from *Cabbage and Peanut Butter Chicken Stir-Fry*.
- They'll be asking for more! Double up on *Veggie Souvlaki with Feta Tzatziki*.
- Dish up a divine dessert with *Blueberry and Dark Chocolate Bread Pudding*.
- Soups on! Serve up some *Sweet Potato Soup with Lime*.

Find these recipes and more at *Cookspiration*: www.cookspiration.com

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Spring Weather Drives Turnout at Winter Fest 2016

By **Martin Zeilig, Voxair Photojournalist**

Deanne Bennett, Personnel Support Programs Community Recreation Coordinator, was only stating the obvious when asked about the large turnout at Winter Fest 2016 on Saturday, March 12 at Westwin Community Centre.

Over 185 people took advantage of the temperate weather and sunshine to participate in Winter Fest.

Bennett along with John Bailey, employment/education and youth coordinator of the MFRC, was co-organizer of the day.

"The warm weather brought out lots of people," Bennett said during a brief interview as her crew of volunteers were cleaning up afterwards. "It was a very successful turnout."

Advance publicity for Winter Fest promised activities for all ages and there was enough happening simultaneously to satisfy everyone.

"I love activities on a day like today," Corporal Joey Beaudin, a 23 Health Services Medical Technician, said as his three year old daughter, Emma, who had her face painted as a cat, sat on his lap during a horse drawn tram ride. The ride was provided by BAR 32 Stables from St. Adolph, Manitoba and travelled a circuitous route down Whytewold and around the RHUs back to the starting point, the Westwin CC parking lot.

Boyd Manchester was the tram driver on this day.

As Joe and Ace, the two powerful Black Clydesdale Dutch Harness crosses clip clopped in syncopated pace along the pavement, a reporter asked little Emma if she would like to have a horse of her own.

She immediately nodded her head "yes" while flashing an endearing smile up at her grinning father.

Another popular attraction was the Prairie Exotics insect and reptile display inside the community centre.

During a fascinating and entertaining show before a group of about 35-40 children and adults in a cramped crafts room, Daniel Pohl, a presenter with Prairie Exotics, brought out an assortment of exotic creatures including a Central Bearded Dragon; a couple of different types of geckos; a ball python from Africa; a North

American corn snake; a very calm Chaco Golden Knee Tarantula, indigenous to Argentina and Paraguay; and some species of turtles and tortoises among other exotics.

"It's really educational," said Christine Smith, who was at Pohl's presentation with her seven-year old son, Lincoln, and his friend, Kyimani, age six. "I learned a lot, and it was fun. The children got to touch the lizards and other animals."

Her son said he enjoyed holding the animals, especially the corn snake.

"I liked the snakes, because they wrapped around you," added Kyimani.

There were other activities too. A mini-putt, a sax and guitar duo from the RCAF Band, story-telling, face painting, wine tasting for the adults only of course, chili and soup, and a bannock baking table outside attracted the interest of festival goers.




Face painting and riding in a horse-drawn carriage at WinterFest. Photo: Martin Zeilig, Voxair Photojournalist

To help you prioritize the tasks in a survival situation, Warrant Office Bill Clouter, a survival instructor from the Canadian Forces School of Survival and Aeromedical Training, had an improvised parachute shelter and display table with basic survival equipment set up under a spruce tree on the nearby lawn of the Recreation and Fitness Centre.

"My intent was to target the youth and help them give them some skills and interest to facilitate further research into wilderness survival," WO Clouter commented. "It was a constructive day. I always learn through other people. Their questions helped give me insight into other areas I need to learn myself about core elements. Because of the good weather, the turnout was better than I expected."

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Service Couple Shares Their Story After Receiving CD2



BGen David Cochrane presents Capt Lisa Walsh and MWO John Walsh the 2nd Clasp of the Canadian Forces Decoration with CWO Pierrrot Jette, during the 2 CAD Honors and Awards ceremony held at 17 Wing, Winnipeg on February 29, 2016. Photo: Cpl Paul Shapka

By Captain Louis Martel, 402 Squadron

Captain Lisa Walsh and Master Warrant Officer (MWO) JR Walsh joined the Canadian Armed Forces (CAF) in 1983 and 1978, respectively. They met in Summerside, PEI, early in their career, when the movie *The Terminator* with Arnold Schwarzenegger was new to the big screen.

Married for thirty one years, they each recently received a second clasp on their Canadian Decoration medal (CD2), representing an impressive 32 years of service in the CAF.

Thirty-two years of service for this exceptional couple means a lot more than several laps around the sun. It means seven postings together across Canada and abroad, two deployments and two sons now old enough to serve in the CAF themselves.

"We've had a great career, it's been a great life for us," says MWO Walsh, remembering anecdotes of their careers together. Capt Walsh added that they still love their day-to-day jobs and are still encountering new challenges even after all these years.

To make this relationship last, both of them faced challenges and made sacrifices.

"I had to remuster. We were both shift-working technicians in the same squadron. When we started to have kids we decided that we couldn't do this," says Capt Lisa Walsh who at the time was a Communication Radar System Technician. She then became a Resource Management Support (RMS) clerk at the same squadron.

"This change kept our life more normal," MWO Walsh says laughing, knowing that not much of their lifestyle can be considered normal.

**"We see our friends retiring,
but we are still here and we still love it"**

This family had to sacrifice other things to stay together. Notably MWO Walsh left the forces for 5 years when his wife was posted to Tokyo, Japan in 2005. "I wasn't going to let you enjoy Japan alone," he said to his amused wife.

They spent three years abroad with their two sons. When they all returned to Canada, MWO Walsh immediately rejoined the Air Force as a reservist and kept adding the days that eventually led to his CD2.

"We joined in a different era and we evolved with the [Armed Forces]" says MWO Walsh remembering several differences between now and when they joined.

"There was no MFRC (Military Family Resource Center), no day care on the base, you had to do it all on your own," says Capt Walsh, noting how great today's resources and benefits are.

"She was only entitled to 12 weeks of maternity leave and nothing for paternity leave," says MWO Walsh comparing the current parental benefits couples are enjoying today. They firmly believe that the modern CAF is better equipped now to help young family raise children and provide support.

The Walsh's plan on staying in until they reach compulsory retirement age. Their next big decision is to decide where to retire.

"When you've lived everywhere across Canada, it is hard to call a place home," says MWO Walsh. So far they've narrowed it down to the province of Ontario where they will be able to finally enjoy a little bit a routine.



Group shot of the Canadian Armed Forces (CAF) Prairie Region Squash participants with Colonel Eric Kenny, 4 Wing Cold Lake Base Commander (Right) and Chief Warrant Officer (CWO) Alan Roy, 4 Wing Cold Lake CWO (Left) during the CAF Prairie Region Badminton and Squash Championships held at the JJ Par Recreation Center, 4 Wing Cold Lake, Alberta on March 10, 2016. Photo: Cpl Bryan Carter, 4 Wing Imaging



Group shot of the Canadian Armed Forces (CAF) Prairie Region Badminton participants with Capt Audrey Jordan, CFB Wpg (Centre), Colonel Eric Kenny, 4 Wing Cold Lake Base Commander (Right) and Chief Warrant Officer (CWO) Alan Roy, 4 Wing Cold Lake CWO (Left) during the CAF Prairie Region Badminton and Squash Championships held at the JJ Par Recreation Center, 4 Wing Cold Lake, Alberta on March 10, 2016. Photo: Cpl Bryan Carter, 4 Wing Imaging

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Wing Commander's Curling Bonspiel



Col Andy Cook, 17 Wing Commander, throws the first rock during the opening ceremony of the 2016 Wing Commanders Curling Bonspiel, on March 16, 2016, Vimy Curling Club. Photo: Cpl Darryl Hepner



Col Andy Cook, presents the Lucky Charmers with Duffle bags for being the Most Spirited Team. Assisting is CWO Mike Robertson, 17 Wing Chief (C). Photo: Cpl Darryl Hepner



CWO Mike Robertson, and Col Andy Cook "Hurry Hard!" Photo: Cpl Darryl Hepner



Captain Audrey Jordan from Canadian Forces Base Winnipeg reaches to hit the shuttlecock during the Canadian Armed Forces Prairie Region Badminton and Squash Championships held at the JJ Parr Recreation Center, 4 Wing Cold Lake, Alberta on March 10, 2016. Photo: Cpl Bryan Carter, 4 Wing Imaging



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E-Fit and Incentive Program Briefings

As of 01 April 2016 the new E-Fit system and introduction of the Incentive Program will be used by PSP staff to complete all Regular Member FORCE evaluations.

What does this mean for you?

Attend one of the **Open Briefings** on the following dates to find out more information.

OPEN BRIEFINGS – Open to all Members

Tuesday 22 March 1400 Building 90 Theatre
Tuesday 29 March 1400 Building 90 Theatre
Thursday 31 March 1000 Building 90 Theatre

Unit PT Coordinators will be responsible for registering their members for the test on the new Reservation website. PSP are also providing 2 information sessions to explain and walk members through the reservation system on the following dates:

Tuesday 22 March 1000 Building 90 Theatre
Tuesday 29 March 1000 Building 90 Theatre
Thursday 31 March 1400 Building 90 Theatre

Please note – As of 01 April 2016 all FORCE Evaluator certifications expire due to the changes. FORCE Evaluator training dates will be provided during April – June.

If you have any questions or concerns please do not hesitate to talk to one of the PSP Fitness staff or send your questions to one of the following:

James Follette - Fitness Co-ordinator – james.follette@forces.gc.ca

Tina Bailey – Manager, Fitness, Sports and Recreation – Christina.bailey@forces.gc.ca

233-ALLÔ

CENTRE D'INFORMATION

233-2556 1-800-665-4443

CALENDRIER COMMUNAUTAIRE

23 mars • Soirée Francophone du Moose • Société franco-manitobaine • info. : 233-ALLÔ

23 mars • Lancement - Les quatre commères de la rue des Ormes • Les Éditions du Blé • info. : 237-8200
30 mars • Cinéma – Astérix (Le domaine des dieux) • CCFM • info. : 233-8972

1 avril • Quelques arpents de piège • CCFM • info. : 233-8972

1 avril • L'Aventure Magique • Tohu-Bohu Productions • info. : 1-855-251-6107

1 avril • LIM – Match des anciens • CCFM • info. : 233-8972

6 avril • Sortie en ligne du rapport des cafés citoyens des états généraux de la francophonie manitobaine • Société franco-manitobaine • info. : 233-ALLÔ

1 avril • LOST IN TRANSLATION / PERDU EN QUOI ? 2 • Winnipeg Comedy Festival • info. : 233-8972

23 avril • Rassemblement de la francophonie • Société franco-manitobaine • info. : 233-ALLÔ

Pour plus d'informations et pour voir le calendrier au complet, visitez le <http://www.sfm.mb.ca/calendrier> ou appelez le 233-ALLÔ!

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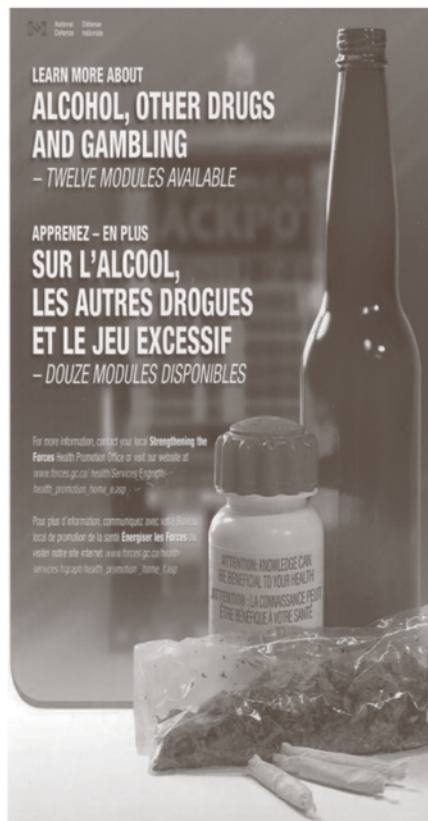


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17 WING FIRE CHIEF'S CORNER



Seatbelts for Safety

Let's see, there's "Click it or Ticket!" "No Belt, No Brains," and "What's Holding You Back?" But no matter how you say it, one thing is clear: Buckling up on every ride is the single most important thing a family can do to stay safe in the car. Here are a few tips to make buckling up apart of every car ride.

Hard Facts:
 Seat belts saved more than 12,000 lives in 2012. Compared with other age groups, teens have the lowest rate of seat belt use. Only 54% of high school students reported always wearing a seat belt when riding with someone else.

Top Tips:
 Use a booster seat with the vehicle lap AND shoulder safety belts until your child passes the following Safety Belt Fit Test:

- Be sure your kids are ready for a seat belt by giving them the following Safety Belt Fit Test:
- Your children's knees should bend at the edge of the seat when their backs and bottoms are against the vehicle seat back; and
- The vehicle lap belt should fit across the upper thighs; and
- The shoulder belt should fit across the shoulder and chest. Children are usually between 8 and 12 years old when the seat belt fits them properly.
- Once your children pass the Safety Belt Fit Test, teach them the importance of using seat belts on every ride, whether they're with you or not. This is a habit you can instill at an early age. If they learn this lesson early, they'll be more likely to buckle up when they're older or when you're not around.
- Kids are VIPs – just ask them. VIPs ride in the back seat, so keep all kids in the back seat until they are 13.
- When adults wear seat belts, kids wear seat belts. So be a good example and buckle up for every ride. Be sure everyone in the vehicle buckles up, too.
- A lap and shoulder belt provides the best protection for your children and should be used on every ride.
- We know kids like to slouch or lean against the windows during the drive, but it makes a difference in terms of safety. Have your children sit upright when using seat belts.

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WEDNESDAY Lunch & Learns

1210-1300 hrs - Building 139 - Room 220

March 2: Got Stress? Save time and money with meal planning.

With busy days and schedules, planning meals in advance will help to eliminate the "What's for dinner?" dilemma.

March 9: Not all food is created equal.

Find out how to get the most out of what you eat along with money saving tips to help cut down the grocery bill.

March 16: Even in nutrition, size matters.

In a society suffering from portion distortion, find out how to manage your portions

March 22: Grocery Store Tour.

Take some of the confusion out of grocery shopping. Learn to navigate the aisles and become a skilled shopper. *1400-1600 hrs Registration Required*

March 23: Get inspired!

Did you know that you will eat approximately 100 meals this month? Need some new ideas?

March 30: Make it stick.

Planning how you will manage healthy eating road blocks before they happen is the key to success.

For more information please contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca



MERCREDI dîners-conférences

1210-1300 hrs - Bâtiment 139 - Chambre 220

Le 2 mars - Êtes-vous stressés? Économisez temps et argent en planifiant vos repas.

Vous avez des journées et un horaire chargés. Planifiez vos repas à l'avance pour ne plus vous poser la question « Qu'est-ce qu'on mange? ».

Le 9 mars - Les aliments ne sont pas tous égaux.

Apprenez à maximiser vos repas et à réduire votre facture d'épicerie grâce à des conseils pour économiser.

Le 16 mars - Des portions équilibrées

Notre société souffre de distorsion des portions! Apprenez à bien gérer vos portions.

Le 22 mars - Visite de l'épicerie

Faites votre épicerie sans être dominés par la confusion. Apprenez à vous y retrouver et à faire vos emplettes comme des professionnels. *14h à 16h - Inscription requise*

Le 23 mars - Soyez inspirés!

Saviez-vous que vous mangerez environ 100 repas ce mois-ci? Avez-vous besoin de nouvelles idées de repas?

Le 30 mars - Prenez de bonnes habitudes!

La clé du succès : Définissez à l'avance des moyens de venir à bout des obstacles qui nuisent à une alimentation saine.

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www.facebook.com/WinnipegMFRC www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

NURSERY SCHOOL

September to June
 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
 Please call to see if space is available for the current school year.
 Now accepting registration for the 2016-17 school year. Children must be toilet trained and 3 years old by December 31, 2016.
 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).

KIDS CARE - CASUAL CHILD CARE

Hours:
 Tuesdays / Thursdays: March 1, 3, 8, 10, 15, 17, 22, 24 from 9:00 to 4:00; 9:00-12:00 or 1:00 to 4:00
 Fees: Children under 2 years: \$12/3 hours; \$28/7 hours.
 Children 2-5 years: \$10/3 hours; \$24/7 hours. Hourly fee \$5.00 per hour, per child.
 Ask about our family rates.
 Location: 630 Wihuri Rd (Kid's Care Room)
 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.

MOTHER GOOSE

Tuesdays, March 1, 8, 15, 22
 From 9:30 to 11:00 a.m.
 300 Carpathia Rd.
 Parent participation required
 This program is for parents/caregivers and their children (infant—5 years old). Discover the power and pleasure of rhyme and song in a casual, friendly setting. For more information call 204-833-2500 ext. 2491. (This program is funded by Families Forward)

LEARN TO... TAKE BETTER PICTURES

Tuesday, March 22
 From 6:30 to 8:30 p.m.
 Registration deadline: March 17, 2016
 Join us as we continue our 'Learn to' classes. This month we are learning to take better pictures. Our instructor will teach us techniques in getting the right lighting, making the best of the background and other ideas on making your pictures fabulous! Bring your camera and your questions.

SIT AND STITCH

Wednesday, March 23
 From 6:00 to 8:00 p.m.
 Do you knit or crochet? Would you like a place to sit and work on your masterpiece without interruption? Come and sit, stitch and chat with others about your creations. Learn from others different techniques or ideas to help make your hobby even better/easier! Snacks and beverages will also be available.

MANAGING INSOMNIA

Thursday, March 24 from 1:00 to 4:00 p.m.
 Rm. 111, Learning Centre, Bldg 135
 Registration deadline: March 21, 2016
 Dr. Norah Vincent is both a Clinical Psychologist with the Winnipeg Regional Health Authority and a Professor with the Department of Clinical Health Psychology in the College of Medicine, Faculty of Health Sciences, at the University of Manitoba. She practices at the Health Sciences Centre, where she is the Director of the Behavioural Sleep Medicine clinic. Dr. Vincent will be presenting on managing insomnia and providing information assessment, treatment for online, individual and group treatment options and resources for adults experiencing sleep issues. To register please contact Laurie Jackson, Family Liaison Officer at 204-833-2500 ext. 4478.

DAY OF PINK

April 13, 2016 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.

3RD ANNUAL PINK PANCAKE BREAKFAST

Wednesday, April 13 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.

FRENCH COFFEE

Every Wednesday morning
 From 9:30 to 11:00 a.m.
 Join us for a coffee and a chat with members of the francophone community. Free child care is provided for children ages 18 months to 5 years old.

COMMUNITY COFFEE BREAK

The next MFRC Community Coffee Break takes place on April 7 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!

CLOTHES DON'T GROW! KIDS DO!

Come and shop at our first Military Community Children's Clothes Swap Fundraiser. Your kids' clothes don't fit anymore? PERFECT! Donate them to the MFRC and come and refresh your kids' wardrobe, all while helping raise money to support MFRC children's programs!
 This sounds like a Win Win!
 The swap will be held April 15th at Westwin Community Center from 4:30-8:00pm.
 If you have children's clothes size 0 (newborn) to size 14, in good condition to donate (no stains and rips), drop them off at the MFRC in a bag with your name and phone number.
 Then get ready to SWAP!
 Questions? Contact MFRC Coordinator of Volunteers Barbara Thuen at Barbara.Thuen@forces.gc.ca 204-833-2500 local 4519

MFRC WINNIPEG Tutoring Services

Are you struggling in a certain subject at school? The MFRC Youth Programs will be running a tutoring service/ homework help on Tuesday evenings! All subjects* from grade 1-8. Please contact for dates and availability. The Cost is \$20 per Hour.

* Tutoring is offered in English. French services are available upon request

Sessions begin on November 10th, with three time slots: (1) 5:00-6:00 pm, (2) 6:00-7:00 pm, (3) 7:00-8:00pm

Sessions will take place at 102 Comet Street, Winnipeg, Manitoba R3J 3Y5

For More information, or to register, Please contact 204-833-2500 ext. 4500

learn.

17 WING JUNIOR RANKS

MONDAY – THURSDAY
 Lunch 1130 – 1300 hrs
 Afternoon 1500 – 1900 hrs
 (Hours may be extended to 2200 hrs depending on attendance)

FRIDAY
 Lunch 1130 – 1330 hrs
 Afternoon 1500 – 2400 hrs

SATURDAY – SUNDAY
 CLOSED
 Hours will fluctuate on nights with scheduled events

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Available for Weddings, Socials, Private or Unit Functions / Contact the Junior Ranks Admin Office Bldg 61 / 204-833-2500-5245

Today's Curling Trivia Answers

- 1927.
- "Brier" was a brand of tobacco sold by the event's first sponsor – the Macdonald Tobacco Company.
- Macdonald Tobacco Company (1927-1979), Labatt Brewing Company (1980-2000), Nokia (2001-2004), and Tim Hortons (2005-present).
- Nova Scotia, skipped by Murray Macneill.
- Manitoba and Alberta – 27.
- Ernie Richardson – Saskatchewan (1959, 1960, 1962, 1963); Randy Ferbey – Alberta (2001, 2002, 2003, 2005); and Kevin Martin – Alberta (1991, 1997, 2008, 2009).
- 2005 – Rexall Place in Edmonton, Alberta – 281,985 in attendance.
- Scotties Tournament of Hearts.
- 1960, between the eastern champions and western champions.
- Saskatchewan skipped by Joyce McKee. McKee also won in 1961 in the first tournament organized on the same format as the Brier.
- Dominion Stores Ltd, called the Diamond D Championship.
- Saskatchewan – 11.
- Colleen Jones – Nova Scotia – six. (1982, 1999, 2001, 2002, 2003, 2004). Jennifer Jones of Manitoba is second with five.
- 1959 for men; 1979 for women.
- Men – Sweden, seven; Women – Sweden, eight. Canada has won the greatest number of championships overall with 34 men's and 15 women's.
- 1998 – Nagano, Japan, for both men and women. Men's curling was included as a demonstration sport in 1924, 1932, 1988 and 1992, women's as a demonstration sport in 1988 and 1992.
- Mixed doubles.
- 2002 in Switzerland. Switzerland defeated Canada for the gold medal.
- 1975 for men; 1988 for women.
- Eve Muirhead – Scotland (2008, 2009, 2011).

Taroscopes

BY
NANCY

Aries (March 21 – April 19): As long as it doesn't hurt anyone else, and you can live with the results, do what makes you happy. Live life to the max. Though it may trigger some unpleasant memories based on what you were taught, stay the course. Gently remind yourself: "life is short – do what you love."

Taurus (April 20 – May 20): Your excesses will catch up with you. If you want to avoid feeling exhausted, emotionally, mentally or physically, change your lifestyle now. Consider your expectations for the future. Success will be yours if you focus on solutions and are willing to try new and different things.

Gemini (May 21 – June 21): You have all that you need at this time. Enjoy the small pleasures in life. Worries and challenges will always be present but they don't have to be your main focus. Learn to be at ease with this fact of life. Even if they are not logical your plans for the future can work out. Have faith.

Cancer (June 22 – July 22): As your energy rises, deal with outstanding tasks. Let go of things you can't fix. Get organized to give yourself more leisure time. Meet up with friends to reminisce, to share your feelings, accomplishments and the joys in life. Start a new project. Express your creativity.

Leo (July 23 – August 22): Congratulations! You didn't let other people's opinions and assumptions hold you back. Your vision is paying off and you're overflowing with happiness. As one chapter of your life finishes another begins. Bigger and better things await. Still don't bend the rules too far to get your way.

Virgo (August 23 – September 22): Get out your calculator and check the figures before you make a major purchase. You can get the best deal if you're not swayed by marketing meant to manipulate your emotions. Do your research. Don't assume anything. Put anything mechanical to the test before buying.

Libra (September 23 – October 23): Accept that implementing a new way of living comes with challenges. Explore opportunities before writing them off as unrealistic. What's new can be overwhelming but if you hold to your ideals and values you won't be swept up in new dramas.

Scorpio (October 24 – November 21): You have a heightened sense of purpose at this time. Life seems to be flying by. Live each day in keeping with your commitment to stay present. Make decisions based on what is healthy. Lead from the heart. Consider changing any negative habits. Spend less – live more

Sagittarius (November 22 – December 21): You'll make necessary changes to reach a goal. You have life well in hand now but expect a bit of chaos as a result of new initiatives. Choose your words with care when you try to convince others to opt into your vision for the future, or they will doubt your sincerity.

Capricorn (December 22 – January 19): What you thought would be easy, becomes complicated. Other people's kind efforts at assistance reveal their hidden agendas and assumptions. Alas, you must follow your own path. You may upset others in the process but don't let their pouting sway you off course.

Aquarius (January 20 – February 18): No matter what you do nothing seems to be happening. This is due to mixed messages, miscommunication and misinformation. Re-assess if you are really in accord with others in your personal and work life. They too should be focused on positive changes and commitments.

Pisces (February 19 – March 20): You'll be making connections with people eager to work and socialize with you. Maintain boundaries with negative or needy people. Projects you've been developing are finally coming together. Prioritize tasks and commitments to ensure you make good use of your time and energy.

FOR APPOINTMENTS CALL 775-8368

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Every Saturday 7-11 pm
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CRIBBAGE: Thursdays at 7:30 pm
DANCING: Friday 8:00pm-12:00am
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Chaplain's Corner

St. Marguerite Bourgeoys RC Chapel Community Easter Triduum Schedule / Cédule du Triduum pascal

Good Sheperd Chappel Holy Week Services



24 March - Holy Thursday – Jeudi Saint - Mass at 1900 hrs (7pm)

25 March – Good Friday – Vendredi Saint - Service at 1500 hrs (3pm)

26 March– Easter Vigil – Vigile pascale - Mass at 1900 hrs (7pm)

27 March – Easter Sunday – Pâques - Mass at 1100 hrs (11 am)

**DO WORSHIP WITH US AT THIS SACRED TIME OF YEAR
TO CELEBRATE THE PROMISES AND RESURRECTION OF JESUS.**

**Durant la Semaine sainte, vous êtes invités à venir prier et
célébrer avec nous les promesses et la résurrection de Jésus.**

Thursday, March 24, 6 PM – Christian Seder followed by a potluck meal.

Friday, March 25, 6 PM – Good Friday Service.

Sunday, March 27, 7:30 AM – Easter sunrise service on church grounds.

Sunday, March 27, 8 AM – Easter Breakfast.

Sunday, March 27, 9 AM – Easter Worship service.

**DO WORSHIP WITH US AT THIS SACRED TIME OF YEAR
TO CELEBRATE THE PROMISES AND RESURRECTION OF JESUS.**

Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE (English Only) 0900 hrs

COMMUNITY SERVICES

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 Lesley Fox
(United Church) - Chapel Life
Coordinator
ext 5785

TBD
ext 6914

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

17 Wing
204 833 2500



17 Wing Community Chapel
2235 Silver Avenue
(Near Whytewold)



Administrative Assistant
ext 5087

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 5086

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.*

MAIN OFFICES
Building 64,
Lower Level, North End.

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
BENEVOLENT FUND
Contact Wing Chaplain Office for
further information.

Your 17 Wing Chaplain Team

From left to right:
Lt (N) L Fox,
Capt P Gemmiti,
LCdr J Barrett,
Capt C Baxter,
Capt E Dompierre



Your 17 Wing Chaplain Team

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