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29 January 2020

THE VOXAIR

The Winnipeg Military Community News Source Since 1952

CFSSAT Air Operations Survival-Land Lights it Up in December



Candidates burn flares during AOS-L 1911 at Springer Lake Manitoba on December 4, 2019. Please see more photos on page 6. Photo: Cpl Bryce Cooper, 17 OSS Imaging

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GCWCC @ 17 Wing

17 Wing Team Wins Ambassador Team Award



17 Wing team of (second from left) LCol Marc Fugulin, Sgt Ian Campbell, 2Lt Natalie Mayo, and 17 Wing Commander Col Eric Charron, with the United Way award at the United Way Gala Dinner on January 16, 2020. Photo: Supplied

by Martin Zeilig, Voxair Photojournalist

17 Wing Commander Colonel Eric Charron credited a whole base effort to the Ambassador Team Award that was presented to 17 Wing during the United Way of Winnipeg Annual Celebration at the RBC Convention Centre on January 16.

Besides Col Charron, Deputy Wing Commander

Lieutenant-Colonel Marc Fugulin, Second Lieutenant Natalie Mayo, who works at 1 Canadian Air Division, and Sergeant Ian Campbell, an instructor at the Canadian Forces Meteorological School, were also in attendance at the gala.

LCol Fugulin, 2Lt Mayo and Sgt Campbell headed the 2019 Government of Canada Workplace Charitable Campaign at 17 Wing.

The campaign raised a total of \$88,000, noted Col Charron just prior to the Gala Dinner.

"At the reception we celebrate the folks who have won awards for either an extraordinary amount of effort or talent to make a fantastic campaign this year or raising the most money within their division," said Ms Whitney Morrison, Partnership Development at United Way.

The Ambassador Team award was presented at the dinner.

Ms Morrison praised the great team at 17 Wing.

"We've just been blown away by 17 Wing's participation, and, of course, leadership starts at the top," she stressed. "We've always been endorsed and heavily promoted by Colonel Eric Charron."

"We had the opportunity to take our leadership at the United Way on a wonderfully thorough tour of the base this fall," she said. "It was fascinating. That was the icing on the cake. 17 Wing has also raised more money for the United Way than last year. We are so privileged and

thankful for 17 Wing's participation. They're winning an award tonight for the whole team."

She also mentioned that the United Way is one of the preferred charities of the GCWCC, the other being Health Partners. She noted that the Health Partners speaker was featured at the TEME breakfast in October.

Jeff Goy, 2019 Campaign Chair United Way, and the President/CEO of Wawanesa Insurance, said the tour of 17 Wing was one of his many highlights during the past year's campaign.

"They're a great group," he added, referring to the personnel he met at 17 Wing.

Meanwhile, Col Charron commented that 2Lt Mayo and Sgt Campbell were heavily involved in helping LCol Fugulin motivate fellow personnel throughout the GCWCC.

He pointed to some of the attendant fundraising event done at the Wing: the Chili Cook Off, the TEME breakfast, the TEME tire swap, lodger units giving their members permission to paint their nails for the day, and a little Christmas tree with gift cards from 23 Dental Services.

"The whole base effort got us to that level," Col Charron said. "The UW is recognizing this with an Ambassador Team Award for 17 Wing as the lead for the Base in Winnipeg, the community we live in and that we love."

SAR Techs Rescue Injured Hunter in N Ontario

by Martin Zeilig, Voxair Photojournalist

Warrant Officer Dwayne Guay, one of 435 Transport and Rescue Squadron's Search and Rescue Technicians (SAR Tech), with 18 years of search and rescue experience under his belt, was on standby on December 19, 2019, when the call came in. In northern Ontario, a member of a hunting party had been injured while out hunting moose.

The Joint Rescue Coordination Centre (JRCC) at CFB Trenton informed the team – who included WO Guay's SAR Tech partner that day, Master Corporal Geoff Tallis, the newest SAR Tech team member at 435 Squadron – that there had been a hunting accident.

"After we were briefed by the JRCC," said WO Guay. "We launched in the Herc as soon as we could."

The rest of the crew was made up of: Aircraft Commander, Captain Joel Bouchard; First Officer, Captain Curt Smolinski; First Officer, Captain Justin Stow; Air Combat Systems Officer, Captain Erika Potvin; Flight Engineer; Warrant Officer Peter Jackson; and Load Master, Master Corporal Daniel Labonte.

WO Guay continued: "I asked Capt Potvin, the nav-



SAR Techs WO Dwayne Guay and MCpl Geoff Tallis about to board an OPP airplane in Big Trout Lake after successful rescue mission in Northern Ontario. Photo: Submitted

igator, how much daylight we'd have once on site and he replied that it would be only about ten minutes. So we needed to have everything ready to go, visualize the area, and assess the hazards and terrain as much as we could before darkness fell. We started to prepare our gear for a possible drop of ourselves and our equipment into the area."

The hunting party had a spot beacon so the CC-130H Hercules crew knew the latitude and longitude where the hunting party was. Within a very short while, the crew spotted a fire and also lit flashlights being waved in the air, identifying the hunting party's location.

At that point, the Ontario Provincial Police were on their way to the site, on skidoos, as well as the Canadian Rangers (a part of the Canadian Armed Forces Reserves), but no one had yet arrived on site.

"With the remaining daylight, we took the opportunity to survey the situation below," said WO Guay. "Then we dispatched a flare to help with lighting the area and we saw several miles back that skidoos were making their way there, too. We correctly assumed at the time that it was the Rangers. We were figuring things out to diagnose and plan as much as possible to best help the patient below."

The crew dropped a radio near the hunting party, who were able to better communicate with the circling plane. "We were trying to figure out how many were on the ground. What was the patient's condition? How were we going to extract them?"

The hunting party let the SAR Techs know that the patient was getting cold and, from that point, the two

SAR techs knew that they needed to get down to the site as quickly as possible.

After dropping their equipment, they jumped into the area at 3,800 feet, landing safely on the ground within 25 metres of the hunting party's fire, that same fire that they had spotted from the plane earlier. It was about -20 C with lots of snow on the ground, with the patient and the rest of the hunting party hunkered down in a small clearing surrounded by trees.

By that point, the Rangers had reached the site as well and had initiated preliminary first aid on the patient. With the help of the Rangers, the two SAR Techs assembled a SAR tent and put the patient inside to provide further care.

WO Guay used the Rangers' satellite phone to arrange the extraction of the patient (and SAR techs) by civilian helicopter.

The patient was transferred to a toboggan, to be pulled by a skidoo to meet the helicopter, as the landing site, which the Rangers had prepared in advance, was approximately 20 metres away from the SAR tent. The SAR techs also had to bring back approximately 400 pounds of SAR equipment that they'd brought with them. The flight to the nearest airport took 15 minutes, where an Ontario air ambulance was waiting to transfer the patient to a hospital in Winnipeg.

WO Guay and MCpl Tallis stayed overnight at the local OPP detachment at Big Trout Lake; they were flown back to Winnipeg the following day.

"It was a good mission," WO Guay said. "There were so many moving parts, and without the Canadian Rangers, this mission would have been a lot harder, more complicated. We wouldn't have had access to the skidoos, and to the people helping us build the tent and clear the landing zone. The Rangers are the heroes here."

THE VOXAIR

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17 MSS represented at Op Distinction – 75th Anniversary of the Italian Campaign

by **Avr S.A.G. Ugalde**

The Italian Campaign was a significant military effort in which Canada and its allies played a crucial role. Over 93,000 Canadians and allies fought overseas for 20 months in this campaign, through the rains of spring, the heat of summer and the cold of winter. There were 26,000 casualties and nearly 6,000 Canadians died. All of these sacrifices were made for our freedom and peace. Through OP Distinction, we honour their legacy and carry on the tradition of excellence that is kept alive in today's Canadian Armed Forces, both domestically and internationally.

When I first reported to Connaught Range Primary Training Centre in Ottawa, I was nervous. I am an apprentice carpenter with the Engineers. I thought, "out of all the people that could be given this privilege, I was chosen." My great-grandfather and great-uncles served in the Second World War, but I never heard the stories of their exploits because my family never talked about it. They say "Huwag niyong pag-usapan. Nalulungkot ang mga matatanda," in Filipino, which means "do not talk about it, the elders get sad." Everyone participating in OP Distinction had stories of their family members who served in this campaign. At the beginning, I did not feel the same connection because of my lack of knowledge of my family's role in the war, but that changed during my

time in Italy.

As I stepped on the Agira War Cemetery, my heart dropped. I was humbled looking at the headstones aligned in ranks as if the soldiers still stood there in formation. I was reminded of what men can do to one another. In my days of travelling Italy to commemorate the 75th Anniversary of one of the longest battles Canada fought in the dark days of World War II, I realized, when I looked into the eyes of the children and saw their smiles, what humans will and can sacrifice for one another. I heard them laughing innocently, strolling around carelessly, and taking pictures/selfies on the monument from the southern island of Sicily, to Cassino, Ortona, Rimini, Ravenna, and Rome.

Ortona is a beautiful place and had the biggest impact on me out of the places I visited. My experience there made me feel more connected to my past. I was part of Vigil Party 1, which was tasked to stand at the Price of Peace monument in Piazza Plebiscito. I was part of the four guards mounted on the cenotaph, as if we were pillars guarding and protecting the monument. I was there representing the RCAF and Engineers alongside another Army Engineer, an Army Logistician, and a Navy Boatswain.

When we arrived at the Piazza, I noticed the proximity of each building. There are three to four storey houses,

apartments and business establishments standing one against the other. One of the MCpl's from 2 CER told me how the Engineers played a major role in this battle. Urban combat was not something Canadians were trained for back then and they figured it would be suicide to run the streets with enemy troops firing from a higher vantage point. To counter this, our Engineers developed the tactic of "mouseholing." The Canadians would pack explosives to blow up the wall, creating a hole in order to clear the next room of the enemy. In some instances, the enemy troops would respond by setting demolitions that were triggered once the Canadians burst through the mousehole. Sometimes the whole structure would collapse and bury the soldiers underneath.

As I marched the streets of Ortona, it was hard to think about the days when these colourful buildings were filled with rubble and holes. Now, the closeness of these buildings echo the sound of the bagpipes, drums and brass and reed instruments, sending goosebumps up and down my spine. I hope we will honour their memory by remembering and taking care of what we value today. War does not only damage the physical, but also the mind and spirit. I can only hope that the children of today will continue to laugh and live their young lives in peace. Because we will remember. I will remember.

Please see page 9 for story photos.

CFINTCOM Command Team Visits CFS Met

by **Sgt Christian Couture, CFS Met Instructor**

On January 13th, the Canadian Forces School of Meteorology (CFS Met), commanded by Maj Jones, received a visit from the commander of Canadian Forces Intelligence Command, RAdm S.E.G. Bishop and CWO



Commander of CFINTCOM, Rear-Admiral Scott Bishop, signs the guest book during a visit to the Canadian Forces School of Meteorology (CFS Met) at 17 Wing Winnipeg, on January 13, 2020. (L-R) Commander of CFINTCOM, Rear-Admiral Scott Bishop, Commandant of CFS Met, Major Dave Jones, Command Chief Warrant Officer of CFINTCOM, CWO Necole Belanger, School Chief Warrant Officer of CFS Met, CWO Andrew Knightley.

N.E. Bélanger, Canadian Forces Intelligence Command CWO. During the visit they got to admire the progress of the Office 2.0 project, the new Meteorological Wall of Honour, the newly added showcases in the museum dedicated to the contribution of Met Techs to CFB Alert and Afghanistan as well as receive a sample of the products CFS Met students are expected to learn to produce and brief.



Commander of CFINTCOM, Rear-Admiral Scott Bishop presents Cpl Sean Studhom with the Jr Sp of the 4th Quarter/yr award, with the assistance of Command Chief Warrant Officer of CFINTCOM, CWO Necole Belanger, during a visit to the Canadian Forces School of Meteorology (CFS Met) at 17 Wing, on January 13, 2020.

The guests of honour also participated in a town hall where Cpl Studham was awarded the Canadian Forces Intelligence Command Junior Non Commissioned Member of the Year Award for going above and beyond his day to day job at the Joint Meteorological Center (JMC). Moreover, Maj Jones received his Special Service Medal Expedition for his time working with NATO in Tampa Bay.

RAdm Bishop and CWO Bélanger then proceeded to update the staff and students on the world of Intelligence. This included how the Met trade fits in since having been incorporated to the Int Branch in 2014. They then concluded the town hall by thanking the school for a successful visit.



Commander of CFINTCOM, Rear-Admiral Scott Bishop presents Major Dave Jones with the SSM, with the assistance of Command Chief Warrant Officer of CFINTCOM, CWO Necole Belanger, during a visit to the Canadian Forces School of Meteorology (CFS Met) at 17 Wing, on January 13, 2020. All photos: Cpl Brian Lindgren, 17 OSS Imaging.

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3. Learn more about the various recruiting centres and their detachments, as well as recruiting activities across Canada, by contacting the CFRG Deputy Liaison Officer at 613-901-9628 or by email at paula.mchale@forces.gc.ca.

College Corner



What is TERPs?

Aviation is a very precise and safe operation. When a pilot is landing an aircraft at night or in very poor weather (low visibility), she uses her aircraft's instruments and flies a very specific route using only those instruments. This landing using only instruments is called an Instrument Approach. This may sound risky but those routes are carefully designed, evaluated, and certified to ensure the highest level of safety. The method used is known as TERPS.

TERPs stands for Terminal Instrument Procedures and refers to the design criteria for the procedures aircraft use when arriving and departing airports under adverse weather conditions (i.e. no visual reference to the ground) or at night. In simple terms, TERPs deals with the design process that results in specific rules that pilots must follow in order to ensure efficiency, predictability for both Air Traffic Control and other pilots, and above all, safety. An instrument approach into an aerodrome is divided into different segments or parts of the landing. A depiction in the form of a diagram of the procedure is made available to every pilot who will be operating into and out of that airport. The depiction includes the track that the aircraft must fly to get to the runway, minimum altitudes the aircraft can safely descend to on each segment, and the actions to be taken in the event the aircraft is unable to land on the runway due to poor weather. It is essential to follow these procedures precisely to ensure safety. In the event that the pilot cannot see the runway at a predetermined point on the approach, or is not in a position to land the aircraft safely, then a specific routing must be followed in order to climb back up to an appropriate altitude. From this altitude, the pilot is able to either return and try again, or fly to an alternate location.

The instrument approach design process has been in place for quite some time and has proven itself extremely valuable in ensuring pilots can operate safely and effectively in demanding and diverse environments. At the Barker College Department of Human Performance Education, we have Instrument Check Pilot (ICP) Course instructors who are specifically trained and well-versed on the design and application of these procedures. These instructors ensure that ICPs are able to safely conduct instrument flight procedure evaluations on pilots throughout the Royal Canadian Air Force (RCAF), thus enabling aircrew to conduct instrument flight operations worldwide.

For information on the Instrument Check Pilot Course or other professional development training, please contact the RCAF Barker College at: RCAFbarkercollege@forcec.gc.ca.

RCAF Barker College News

Stop the Stigma of Mental Health Issues and Disorders

by Lucy Belanger, M.Ed.

Imagine that you or someone you know is dealing with a mental health issue and, as an added stressor that they are also dealing with stigma. Stigma presents a serious obstacle to people who are facing mental health injuries. Stigma affects people when they are ill, when they seek treatment and are recuperating.

What is stigma?

Stigma is considered a mark of shame, disgrace or disapproval from others as well as directed towards oneself. Stigma is a form of discrimination that many people with mental health issues struggle with. Self-stigma occurs when an individual internalizes negative attitudes about their mental health resulting in acceptance of poor treatment by others, negative coping strategies, secrecy and withdrawal.

Impact of Stigma

People struggling with mental health issues often suffer because of stigma and consequently they may feel rejected by family, friends, colleagues, and the community as a whole.

Stigma has a negative impact on people with mental health issues in the following ways:

- Less likely to seek treatment
- Are often not employed or under-employed
- Discrimination in the workplace prevents them from reaching full professional and/or personal potential
- Diminished self-worth, increased isolation and hopelessness
- Family members also impacted with stigma by association

Five Steps to Stop Stigma – for the person with mental health issues

Step 1: Talk about it

Start with your intimate circle of family and friends. Describe what it's like to have a mental health issue and the impact that it has on you.

Step 2: Be aware of your language

Words have meaning and reflect attitudes and beliefs. Be careful of the language you use that may self-stigmatize. If you speak of yourself in positive terms you are setting an example for others to do the same.

Step 3: Normalize mental health

Talk about mental health using an analogy to physical health. If you have a broken leg you seek treatment. The same goes for mental health issues. It's useful to create a comparison between physical illness and mental health issues. Each requires treatment and support.

Step 4: Seek support and treatment

Most people who struggle with mental health require some sort of support and/or treatment. Reach out to a trusted friend or family member to help you find the services you need if you are feeling overwhelmed. It will also help to have someone to be accountable to, to ensure that you are getting the help you deserve.

Step 5: Become a mental health champion

There's no better way to learn about the personal impact of mental health issues, than to describe your own lived experience. Discussing your treatment and recovery can provide hope for others.

Five Steps to Stop Stigma – for friends, family, and colleagues

Step 1: Talk about it

Have conversations that seek first to understand the lived experience of the person with mental health issues. Perhaps start with, "I've noticed that you are not quite yourself. Would you like to talk about it?" Ask questions about what it's like for them and how you can best support them.

Step 2: Be aware of your language

Words have meaning and reflect attitudes and beliefs. Be careful of the adjectives used to describe mental health. Be respectful in how you speak about individuals struggling with mental health issues.

Step 3: Educate yourself

If you have a family member, friend, or colleague who struggles with mental health, educate yourself on that particular condition to learn about onset, duration, treatment, etc. Let them know that you care enough about them that you want to learn more.

Step 4: Include others

Inclusion counteracts the shame and embarrassment that many people with mental health experience. Including people in familial, workplace, and/or community activities goes a long way to bridging the gap.

Step 5: Become a mental health champion

Become an advocate for others by participating in workplace or community-based mental health initiatives. Champion wellness by being a good role model of what is required to maintain positive mental health.

Lucy Belanger, M.Ed. is the Social Wellness Subject Matter Expert with Strengthening the Forces, the CAF health promotion program.

Furnished Home for Rent

Located less than a 10 minute walk from 17 Wing this 1000 square foot bungalow has three bedrooms, two bathrooms, a finished basement, two outdoor decks and a detached garage. For the past 15 months it has been home to a military family while they completed training at 17 Wing. If you would like more information and pics please email: kennyhuntr@gmail.com

10 Tips to Safely Travelling the New Year's Road to Fitness

by Dr Darrell Menard

Start out by setting goals that are more achievable, such as stationary cycling or walking for 30 minutes/day for three days/week.

1. Make the time! Many of us live busy lives and trying to "find" the time to exercise doesn't work. Try scheduling exercise into your day, just as you would all your other commitments. Select a time of day when you are the least likely to be interrupted – for many people this is first thing in the morning.

2. Set a realistic goal! If you can't remember the last time you exercised, don't set your sights on winning the 2020 Olympic Marathon. Not only is this impossible, but it will also put you at considerable risk of injury. Start out by setting goals that are more achievable, such as stationary cycling or walking for 30 minutes/day for three days/week. Succeeding with this initial goal will encourage you to do more.

3. Slow down! It took you a while to get out of shape and it will take you a while to get back into shape. The biggest mistake many people make when they decide to get fit is to start out working too hard. Waking up every morning feeling like you have been run over by a large truck is a clear sign that you are working way too hard.

4. Don't start off running! Running is a high-impact activity and it takes time for your body to adapt to doing this safely. Starting off with a walking program for the first few months will help prepare your body to better handle the demands of running. When you feel ready to try running – start by walking 2 minutes followed by running 2 minutes and repeat this cycle for your entire workout. As you feel more comfortable, progressively increase the amount of time you run for each cycle. It won't take long before you are able to run your entire workout.

5. Become an exercise thief! I am not encouraging you to steal a treadmill from your local fitness centre. Rather, I'm recommending you take advantage of the many opportunities to exercise that present themselves throughout your day. Take the stairs, walk around the airport when your flight is delayed, park further away from work and then walk in, cycle to work once a week, incorporate physical activity into family night, get up from your desk and take regular movement breaks. It all adds up.

6. Keep it simple! Don't underestimate the value of starting with one small, consistent change. Over time, small changes can have a big impact. For example, committing to walking your dog 15 minutes/day has been shown to significantly reduce you and your dog's risk of developing chronic medical problems such as diabetes, heart disease, cancer, high blood pressure and obesity.

That is a big return for a very small investment of your time.

7. Find a friend! Get a buddy involved. Research shows that exercising with friends can help us to maintain our commitment to enjoying an active life.

8. Make it fun! You are much more likely to stick with your fitness program if you are doing things you enjoy.

9. Vary things up! Doing the same workout everyday will get "old" pretty quickly and increase your risk of 'overuse' injuries. Incorporating a wide variety of activities into your program will not only keep things fresh, but you will also learn movement skills you can use to stay active your entire life.

10. Don't give up! Just because you miss a workout doesn't mean that you and your fitness program are failures. Try thinking of these missed workouts as opportunities for some much needed rest/recovery. When you go to train after missing a workout, don't try to make amends by training harder than normal.

Following these 10 simple tips will greatly increase your chances of achieving your fitness goals for 2020 and they will also reduce your risk injury. Happy New Year and remember that "Exercise is Medicine!"

Dr. Menard is the Surgeon General's specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening the Forces team he works on injury prevention and promoting active living.

Strengthening the Forces is CAF/DND's healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.

Sports Trivia

Sports Movies

by Stephen Stone

Sports have often been the inspiration of a lot of movies, whether in the cinema or on television.

These questions are about sports movies. You may have seen some, heard about some, or read about some.

Try and guess the sport in each movie

1. The Junction Boys.
2. He Got Game.
3. Invincible.
4. The Program.
5. Summer Catch.
6. One on One.
7. Bend It Like Beckham.
8. Murderball.
9. The Set-up.
10. This Sporting Life.
11. Seabiscuit.
12. The Loneliness of The Long Distance Runner .
13. Breaking Away.
14. Diggstown.
15. The Wrestler.
16. Bring it On.
17. Fast Girls.
18. Whip It.
19. The Hustler.
20. The Cincinnati Kid.

Sports Trivia Answers on page 14



233-ALLÔ

CALENDRIER COMMUNAUTAIRE

28 janvier au 3 mars • Ateliers de danse folklorique française • Collège Louis-Riel

31 janvier • Soirée bowling avec l'Union nationale française • Travelodge Winnipeg East

31 janvier • Cinéma Pyjama – Dragons 3 • CRÉE

31 janvier • Ligue d'improvisation du Manitoba – Bleu vs Rouge • CCFM

2 février • Fête dansante en famille avec Mama Cutsworth • Théâtre Cercle Molière

4 février • Mardi Jazz – Lianne Fournier • CCFM

4 et 11 février • TROUPE EIFFEL - Cours de danse folklorique • Collège Louis-Riel

5 février • Le Rire Zone • CCFM

7 février • Tournoi de Hockey : Le Classique • CCFM

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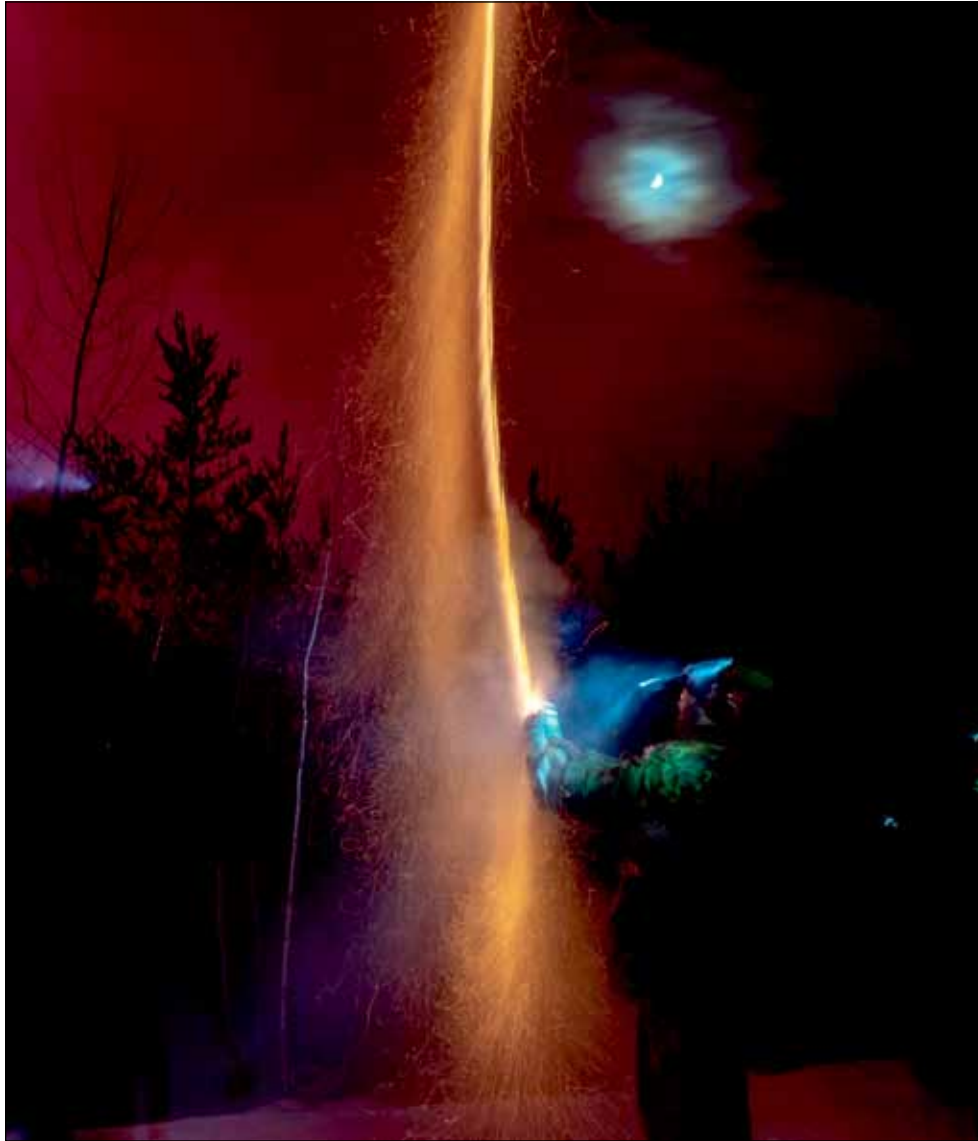


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Around The Wing



A candidate launches a signal flare during AOS-L 1911 at Springer Lake Manitoba on December 4, 2019. All photos: Cpl Bryce Cooper, 17 OSS Imaging.



A candidate gathers birch bark in order to start a fire during AOS-L 1911 at Springer Lake Manitoba on December 4, 2019.



Candidates practice lighting a fire during AOS-L 1911 at Springer Lake Manitoba on December 4, 2019.



Search and Rescue Technicians Jumps from a CC130 Hercules Aircraft during training near Kenora Ontario on December 11, 2019.



Ground to air signals created by candidates of AOS-L 1911 during training at Springer Lake Manitoba on December 11, 2019.



SERE Instructor Sergeant Jean-Michel Bedard-Theoret instructs students on how to use a survival knife during AOS-L 1911 at Springer Lake Manitoba on December 4, 2019.

Around The Wing



Photo from Op Distinction – 75th Anniversary of the Italian Campaign story on page 3. Photo: Supplied



Photo from Op Distinction – 75th Anniversary of the Italian Campaign story on page 3. Photo: Supplied



Photo from Op Distinction – 75th Anniversary of the Italian Campaign story on page 3. Aviator Ugalde is in the RCAF uniform. Photo: Supplied



Photo from Op Distinction – 75th Anniversary of the Italian Campaign story on page 3. Photo: Supplied



Brigadier General Michael Rafter, Director General Air Reserve, speaks with reservists from 1 Canadian Air Division, 2 Canadian Air Division, and 17 Wing during the DG Air Reserve town hall, 17 Wing, on 24 January 2020. Photo: Sgt Daren Kraus

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FREE with Membership * Without Membership \$2 per child

Children need to be able to utilize the washroom facilities independently.

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1630 - 1930 hrs

SATURDAYS
0915 - 1130 hrs

BLDG 33

Les enfants doivent pouvoir se servir seuls des toilettes.

DE 4 À 12 ANS
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SAMEDI
DE 9H15 À 11H30

BÂT. 33

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CONFIEZ-NOUS VOS ENFANTS PENDANT VOTRE ENTRAÎNEMENT!

Ils joueront à des jeux divertissants, feront des activités et de l'artisanat et auront du temps pour jouer à leur guise. Voici une bonne occasion pour eux de se divertir et de se faire de nouveaux amis.

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

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

21 Feb 2020 0800 - 1600 hrs
21 fev 2020 08h00 à 16h00

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

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SHOW TIME 1900 HRS 19 H AU CINÉMA

For more information contact / Pour en savoir plus, veuillez contacter : ashley.clement@forces.gc.ca • 833-2500 ext./poste 7013

National Défense / Defence nationale Operation HONOUR

RESPECT IN THE CAF WORKSHOP

RESPECT DANS LES FAC

7 Feb 2020 0800 - 1600 hrs / **7 fev 2020 08h00 à 16h00**

The "Respect in the CAF" workshop is intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support victims.

L'atelier « Respect dans les FAC » vise à promouvoir le respect au sein des FAC en favorisant la prise de conscience et la compréhension pour encourager les membres à lutter contre l'inconduite sexuelle et à soutenir les victimes.

This course is Coded! Il s'agit d'un cours auquel on a attribué un code!

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

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17 WING WINNIPEG

COMMUNITY RECREATION

AQUATIC DAY CAMP

Includes cooperative games, LOG, relays and a regatta along with swim sport workout – water polo – boating – triathlon training

MONDAY, MARCH 30 TO FRIDAY, APRIL 3

DROP-OFF 0730 - 0900 hrs • PICK-UP 1600 - 1715 hrs

Membership \$150 • Non-Membership \$170

10 to 14 years

- must be 10 yrs of age on the start date of camp;
- must be able to swim 2 lengths front crawl in lap pool – non-stop, no touching;
- tread water for one minute OR
- be comfortable wearing a pfd, comfortable in deep water & complete the water proficiency test (above)

An action-packed week of aquatic sports & games for youth who love the water!

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Community Recreation Coordinator – Children & Youth Recreation, Aquatics, Outdoor Adventures, Clubs, Events

www.cafconnection.ca/Winnipeg

A community-based program designed to encourage healthier eating through the promotion of fresh fruits and vegetables!

Chaque boîte contient divers fruits et légumes frais, nutritifs et de qualité. Le choix dépend de la saison et des occasions d'achat au meilleur prix.

GOOD FOOD BOX **PROGRAMME DE LA BOÎTE VERTE**

Small Box \$18 / Petite boîte 18 \$
Large Box \$28 / Grande boîte 28 \$

BOXES ARE PREPARED MONTHLY! / BOÎTES SONT PRÉPARÉES CHAQUE MOIS!

A bulk-buying program that aims to lower your grocery bill by buying bulk, fresh fruits & vegetables from local farms and distributors.

Afin de diminuer le montant de votre facture d'épicerie, les fruits et légumes sont achetés en grosses quantités auprès des fermiers et des distributeurs locaux.

ORDERS CAN BE PLACED ONLINE AT www.cafconnection.ca/winnipeg

PASSER SA COMMANDE PAR INTERNET À www.connexionfac.ca/winnipeg

ORDER BY / DATE LIMITE: **JAN** FRI • 17 JAN • VEND. / **FEB/FÉV** FRI • 14 FEB/FÉV • VEND. / **MAR** FRI • 13 MAR • VEND. / **APR / AVR** FRI • 17 APR / AVR • VEND.

PICK UP / RAMASSER: **WED • 22 JAN • MER.** / **WED • 19 FEB/FÉV • MER.** / **WED • 18 MAR • MER.** / **WED • 22 APR / AVR • MER.**

PICK UP BETWEEN 1600 - 1730 HRS • BLDG 33 / RAMASSER ENTRE 16 H À 17 H 30 • BÂT. 33

For more info/Pour plus de renseignements : Ashley.Clement@forces.gc.ca • ext./poste 7013

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28 Feb & 2 Mar 2020 / **28 février et 2 mars 2020**
0830 - 1600 hrs / **08h30 à 16h00**

A SKILLS BUILDING COURSE DESIGNED TO IMPROVE PERSONAL COMMUNICATION!

UN COURS DE DÉVELOPPEMENT DES APTITUDES DE COMMUNICATIONS

PROGRAM IS FREE OF CHARGE! / LE PROGRAMME EST GRATUIT!

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Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

MFRC/CRFM
STRENGTHENING THE ENERGISER LES FORCES

Managing Angry Moments (MAM)

Gérer les moments de colère

3 & 10 Feb 2020 / **3 et 10 fev 2020**
0830 - 1600 hrs / **08h30 à 16h00**

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

Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptati qui vous conviennent.

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

Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

STRENGTHENING THE ENERGISER LES FORCES

Alcohol, Other Drugs, Gambling and Gaming Awareness Training

Formation de sensibilisation aux problèmes liés à l'alcool, aux autres drogues, au jeu excessif et au jeu électronique

24 & 25 February 2020 / **24 & 25 février 2020**
0800 - 1600 hrs / **08h00 à 16h00**
& 0800 - 1200 hrs / **et 08h00 à 12h00**

Recognize and respond to early warning signs and develop effective interview skills. This training is course coded and is required for all military in a supervisory role. DAOD 5019-7

Reconnaitre les premiers symptômes et savoir y réagir. Apprendre à faire des entrevues efficaces. Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code. DAOD 5019-7

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

Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

STRENGTHENING THE ENERGISER LES FORCES



MILITARY FAMILY RESOURCE CENTRE
CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES

102 Comet Street | 102 rue Comet
204-833-2500 ext. | poste 4500

WE ARE ON...



@WinnipegMFRC

www.CAFconnection.ca/winnipeg

Events are at the MFRC 102 Comet St. and free and drop in unless other noted.

MFRC PROGRAMS REQUIRING REGISTRATION

ADULT PROGRAMS

Special Needs Discussion Group

Whether it is your needs or a loved one, come together for coffee and networking to share resources and support each other. Call about childcare. EVENING SESSION Thurs., Feb. 20, 1830 – 2030, Reg. By Feb. 17. NEW AFTERNOON SESSION Wed., Feb. 5, 1330 – 1500, Reg. By Feb. 3, For childcare call Sherri by at ext. 4056 two weeks before the session you are attending.

Learn To... Make Soap/Bath salts

We will be making soaps in different scents and colors as well as bath salt scrubs. Thurs., Feb.6 1830-2030. \$10. Reg. by Feb. 3

Pirogie Making

Come enjoy making perogies and sharing recipes. Fri., Feb. 7 1800-2000. \$5/person Reg. by Jan 29.

FAMILY & CHILDREN PROGRAMS

Family Pizza Party

Celebrate national pizza day with different pizzas, pizza desserts and pizza crafts. Sun., Feb. 9 1300-1430. \$10/family. Reg by Feb. 4.

Talking With Your Kids: Body Science

How, when and what to tell your kids about their bodies, sex and reproduction. Geared to parents with children ages 5-12. Tues., Feb. 11 1830-2030. Free. Reg. by Feb. 7.

The Connected Family

Learn to read children's emotional needs, support emotional management and enhance self-esteem. Each

family will receive a copy of Raising a Secure Child. Free child care. Light supper for parents provided at 1730, program starts at 1800. Thurs., Feb. 6 - March 26. Defense Team: \$40/individual \$60/couple Civilian \$100/individual \$150/couple. Reg. by Jan 30.

Occasional Child Care

The OCC is casual childcare for 6 months - 12 yrs. Call 204-833-2500 ext. 2491 for cost, hours and to register. MFRC Occasional Child Care Centre, 630 Wihuri Rd.

WESTWIN NURSERY SCHOOL

642 Wihuri Road, Building 33

English Nursery School (Ages 3-5)
Monday, Wednesday and Friday mornings
9:00 am - 11:30 am

French Immersion Nursery School (Ages 3-5)
Monday, Wednesday and Friday afternoons
1:00 pm - 3:30 pm

Westwin Nursery School is run by the Winnipeg Military Family Resource Centre. We serve Military Families as well as families in our surrounding community.

Our play-based, emergent curriculum has a strong focus on nature with classes run by trained Early Childhood Educators and Child Care Assistants. All of our staff have current CPR/First Aid and are members of the Manitoba Child Care Association.

As we prioritize military families, the registration dates are:

Current families registration - February 17 - 28
New DND community families - March 2-13
General public registration - March 16 onward


For more information please contact:
cortney.sim@forces.gc.ca or 204-833-2500 ext 2491



Thursdy 2 April & Friday 3 April BABYSITTER COURSE

1000 - 1400 each day at the MFRC
Bring a nut free lunch on day one.
Pizza provided day two.
\$15 per child includes workbook
Register by March 21 at the MFRC
102 Comet St

MFRC CRFM
MILITARY FAMILY RESOURCE CENTRE
CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES



Cuddle up and read

Kick off to 'I love to read month'
with hot chocolate and great books

Friday, February 7,
1830 - 2030 | FREE |
Register by January 28
by calling 204-833-2500 ext 4500

MFRC CRFM
MILITARY FAMILY RESOURCE CENTRE
CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES

WINNIPEG MFRC

2020 Open House

February 5, 6 PM - 8 PM
February 6, 10 AM - 12 PM
102 Comet St.

CRFM WINNIPEG

portes ouvertes 2020

5 février, 18 h - 20 h
6 février, 10 h - 12 h
102, rue Comet



Explore the MFRC, chat with staff and earn a chance to win prizes with a separate draw for children 18 and under. free snacks and refreshments everyone welcome
www.CAFconnection.ca/WPGMFRCOpenhouse

Explorez le CRFM, discuter avec le personnel et courez la chance de gagner des prix. Il y aura également un tirage réservé pour les enfants de 18 ans et moins. Collations et rafraîchissements gratuits. bienvenue à tous
www.CAFconnection.ca/PortesOuvertesAuCRFM

THE CONNECTED FAMILY

BASED ON CIRCLE OF SECURITY®

LEARN ABOUT

- reading children's emotional needs
- supporting emotional management
- enhancing self-esteem



**THURSDAYS
FEBRUARY 6 TO MARCH 27
1800 - 1930 HRS**

DEFENCE TEAM	CIVILIAN
\$40 /individual • \$60 /couple	\$100 /individual • \$150 /couple

LIGHT SUPPER INCLUDED FOR PARTICIPANTS AT 1730 HRS
CHILD CARE AVAILABLE

MFRC WINNIPEG REGISTER BY JANUARY 30 • CALL 204-833-2500 EXT. 4500

Sports Trivia Answers

Sports Trivia Questions on page 11

1. Ten days in hell with coach Bear Bryant. His first year as coach of Texas A & M university varsity team: Football.
2. Denzel Washington portrays Jake Shuttlesworth, father of the top-ranked prospect in the country, Jesus Shuttlesworth, played by Ray Allen. Jake, in prison for killing his wife, is released on parole for a week by the state's governor to persuade his son to play for the governor's alma mater in exchange for a much reduced prison sentence: Basketball.
3. It is based on the true story off Vince Papale, who played for the Philadelphia Eagles with the help of his coach, Dick Vermeil: Football.
4. The film touches on a season of the fictional Division I FBS college football team, the ESU Timberwolves, as they deal with the pressure to make a bowl game, alcohol, anabolic steroid abuse, receipt of improper benefits, and overall college life.
5. A young man dreams of making the show: Baseball.
6. A scholarship athlete with an attitude is benched but comes back to win the game and tells his mean-spirited coach that he is moving on: Basketball.
7. Eighteen-year-old daughter of Punjabi Sikhs in London. She is infatuated with football but her parents have forbidden her to play because she is a girl. She joins a local women's team, which makes its way to the top of the league: Soccer.
8. A documentary about wheelchair rugby.
9. A 35-year-old has-been boxer about to take on an opponent at the fictional Paradise City Arena. His manager takes money for a "dive" from a mobster, but is so certain of Stoker's failure that he does not inform the boxer of the set-up: Boxing.
10. The story of Frank Machin, in Wakefield, a mining town in Yorkshire, whose romantic life is not as successful as his sporting life: Rugby.
11. A horse overcomes the odds and beats Triple Crown winner War Admiral in a match race: Thoroughbred racing.
12. A poor Nottingham teenager from a dismal home in a working class area, who has bleak prospects in life and few interests beyond petty crime, turns to long-distance running as a method of both an emotional and physical escape from his situation: Track and field.
13. A townie so obsessed with the Italian cycling team that he assumes an Italian accent and shaves his legs (to reduce wind resistance when he cycles).
14. Gabriel Caine, a con man, is released from prison in Winfield, Ga. and immediately gets to work on his next scam. Caine and his partner, Fitz, travel to a small town not far from the prison: Boxing.
15. An aging professional wrestler who, despite his failing health and waning fame, continues to wrestle in an attempt to cling to the success of his 1980s heyday. He also tries to mend his relationship with his estranged daughter and to find romance with a woman who works as a stripper: Wrestling.
16. High school cheer leading.
17. The story of two women as they become professional sprinters and join the British relay team for a World Championship event: Track and field.
18. A teenager from the fictional town of Bodeen, Texas, who joins a roller derby team.
19. A hustler tries to beat Minnesota Fats in a pool show down.
20. A young Depression-era poker player seeks to establish his reputation as the best. This quest leads him to challenge Lancey "The Man" Howard, an older player widely considered to be the best, culminating in a climactic final poker hand between the two.

Correction: The article "Meef Your 17 Clothing Stores" in Voxair issue #1, Vol.69, January 15, 2020 should have been credited to "Clothing Stores members"

Taroscopes

BY
NANCY

Aries (March 21 – April 19): You'll have to deal with something upsetting. The thought of escaping responsibilities really appeals but it's not realistic. Instead, educate yourself so you can deal more effectively with what is happening. Non-constructive actions will catch up with you. Friends help.

Taurus (April 20 – May 20): Make solid life choices to avoid regrets. Take preventative steps now to help manage future challenges. Take the bull by the horns. Address issues. Admit where you went off course. Accept your part in difficulties that arise. Work with another to find equally beneficial solutions.

Gemini (May 21 – June 21): Make a general plan for the next few years. Avoid what drains you and focus on what interests you. Life may not always be easy but once you set your course, stay on track. Don't be discouraged by confusing messages. Hold out for what is right for you. Don't compromise.

Cancer (June 22 – July 22): When you feel overwhelmed take a few deep breaths. Life is never simple. People are complicated and sometimes difficult, you included. If you want things to change, speak up for yourself. Solicit help from those who have already shown that they will respect what's important to you.

Leo (July 23 – August 22): Expect a reality check if you have not taken another person's feelings into consideration. In your enthusiasm you could accidentally hurt them. Watch for cues and ask for another's input. A lack of awareness or negating reality has a long lasting impact. Lead, but listen carefully too.

Virgo (August 23 – September 22): Hang out with friends you haven't seen in a while. This renews your sense of purpose. Fix on a goal that is attainable. Be determined and hold your ground if someone tries to pull a power play on you. You can't always depend on others to check details. Do your own research.

Libra (September 23 – October 23): Try to avoid a power struggle. Pick your battles. Walk away from conflicts that drain your energy and joy. Try to keep your objectivity. If you must get involved, show integrity at all times, even if you are dealing with people who are not committed to respectful exchanges.

Scorpio (October 24 – November 21): To reach a goal you may have to forfeit a few nights of fun, and/or sleep. Rely on friends to help support and assist you while you work out all the details. Plot when it's time to make your move. Simplify your life to reduce stress. Devote most your energy to top priorities.

Sagittarius (November 22 – December 21): Sustaining a high level of joy is good but you'll have regrets if you don't consider how your pursuit of happiness affects those you care about. Make decisions that show integrity and empathy. Listen to another person's perspective. Be mindful of their wants and needs.

Capricorn (December 22 – January 19): What gives life meaning? What defines you? What is your calling? What are your gifts? These are the questions you need to ask yourself. But you're also part of your family and community. Consider how you can be autonomous but also connected to others.

Aquarius (January 20 – February 18): When your heart is in the right place beautiful things happen. When undertaking a joint venture don't forget your own dreams need time too. Perseverance pays off but you need to maintain the momentum. Conserve your energy. Be careful not to be tricked by an illusion.

Pisces (February 19 – March 20): Focus on a goal. Complete tasks. Dancing, singing, being in the sun and getting things done give you a mood boost. Do a little every day. Stock up on essentials and get rid of what you don't need. Schedule extra alone time. Get organized. Simplify your life to alleviate stress.

FOR APPOINTMENTS with NANCY CALL 204-775-8368

**"If your only tool is a hammer
then every problem looks like a nail."**

- Roberto Duran, Boxer

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www.303rockwood.ca

CHASE THE KING & 50/50

Every Thursday @ 5:30 PM • Draw @ approx 7:00 PM

HAPPY HOUR

Every Friday & Saturday
4:00 PM – 7:00 PM

MEAT DRAWS

Friday Night — 7:00 PM
Saturday Afternoon — 3:30 PM

LIVE BANDS

Dec. 21 - Dance in Ur Pantz

Dec. 27 & 28 - TBA

Dec. 31 - NYE Bryan James Band

January 1 - LEVEE DAY - Bryan James Band

Dec. 20th
UNIT Christmas Party
(Members Only)
Dance in Ur Pantz

PROUD OF OUR PAST



PROTECTING OUR FUTURE

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Branch No. 4

Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba

CHASE THE ACE

Monday 6 pm

TEXAS HOLD 'EM

Tuesday 7 pm

ZUMBA

Tuesday/Thursday 10-11 am

LINE DANCING

Wednesday 1 pm & 7 pm

DANCE TO LIVE BANDS

Friday 8pm-1am June-August

Every Saturday 7-11 pm

MEAT DRAWS

Friday 5-7 pm

Saturday 2-5 pm

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This February, How About Implementing “Consistent Compassion” Instead of Love?



Padre Gemmiti at recent Canadian Blood Services Clinic donating his 140th unit of whole blood. Photo: Supplied

by Padre Paul Gemmiti
 Have you ever noticed how often the word “love” is flippantly used in a very shallow way? When a car looks great, or a new food item smells enticing, or when an article of clothing complements the look of the person who is wearing it, what do you say? (Love it!) Or how about that final quick quip of wishing well to a loved one as s/ he goes once again to school or to that place of employ-

ment? (Love ya!)
 Do you remember a song, from not too long ago, that tells us “what the world needs now, is...”? (Love, sweet love.) Or a popular Beatles song reminding us of what “...is all you need!” (Yep, you guessed it.) I hesitate to make reference to some of the more current songs that use the word Love, because more often they include slight-toned references of doubt due to lust, envy, rejection, or indifference.
 Our neighbourhoods and larger world societies are trying to endure an increase in broken families, isolated and lonely individuals, and renewed generational neo-prejudices. A multitude of voices are all clamouring to be the priority for restitution or reconciliation via civic programs, government agendas, television talk shows and podcasts. Instead, or at least in addition to, how about we try to implement simply “consistent compassion”?
 In that light, I would like us to consider a couple modified pieces of bible scripture, such as the Gospel of Luke, Chapter 10, Verse 27: You shall “give consistent compassion to” the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and to your neighbour as yourself.
 St Paul’s First Letter to the Corinthians, Chapter 13, Verses 1-8, is used often during weddings. Try the same thing of substituting the word “love” with “consistent compassion”.

Most likely you can try the same with any scripture of any of the main world religions, but I think “consistent compassion” is nearer the precise intent than simply our usual use of the word “love” that we use today.
 Consistent compassion can entail simple actions. Be a dependable listener to people who need to vent or chat. Discover at least one person, within your context, that you can check-in with once or twice a week and possibly offer some kind assistance. Take up the monthly challenge to volunteer your time or financial donation to a cause that helps somebody who is less fortunate than you. Instead of buying that new car or new food or new piece of clothing for your loved one, how about spending intentional personal quality time with him or her. Keep your patience when trying to teach something new to somebody who needs to learn something. These are just suggestions.
 Attached is a photo of one simple way that I, and many other people, try to give consistent compassion over a long period of time; for me, since my late high school days. Thus far, in my fifty-plus years of living, I have never had a serious accident nor circumstantial major surgery, but I have visited many people in hospitals and in their homes who have had such and needed what I have consistently made available out of my own compassion.
 So, this February, are you with me on trying to implement “consistent compassion” instead of love?
 Somewhat sad side note: Due to the lack of historical validating documentation per the past existence of St. Valentine, whose feast day had been 14 February, he is no longer included upon the current calendar of saints within the Christian liturgical year. So maybe this is an opportunity to try for love that is less romantic and mythical and fleeting, and instead more practical and substantial and enduring. ©

Faith and Life

PROTESTANT	JEWISH	CATHOLIC
<p>GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY</p> <p>SUNDAY SERVICE: (English Only) 900 hrs</p> <p>COMMUNITY SERVICES:</p> <p>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.</p> <p>Marriage: Contact the chaplain at least six months in advance if possible. A marriage preparation course is a requirement. <i>Please contact the Chaplain before setting the date for the wedding or arranging family travel.</i></p> <p>Baptism: The Sacrament of Holy Baptism is available by contacting a Chaplain. Baptism Preparation is a requirement. <i>Please contact the Chaplain before setting the date for the baptism or arranging family travel.</i></p> <p>Protestant Chapel Guild: It meets the first Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.</p>	<p>CHAPLAIN</p> <p>Padre Noteh Glogauer (Rabbi) ext 5272</p> <p>CHAPLAIN</p> <p>Padre Kevin Olive (Pentecostal) - Wing Chaplain ext 5417</p> <p>Padre Laura Coxworth (Pentecostal) - Protestant Faith Community Coordinator ext 5785</p> <p>Padre Joshua Falk (Protestant) ext 6914</p> <p>Padre Greg Girard (Christian Reformed) - Det. Dundurn 306-492-2135 ext 4299</p> <p>17 Wing Military Community Chapel 2235 Silver Ave (west off Whytewold/Wihuri Road)</p>	<p>STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY</p> <p>SUNDAY MASS: (Bilingual) Spring/Summer Liturgy Timings: 1100 hrs (Sunday after Easter - Thanksgiving Weekend) Autumn/Winter Liturgy Timings: 1600 hrs (Sunday after Thanksgiving to Easter Sunday)</p> <p>COMMUNITY SERVICES:</p> <p>Religious Education: Classes can be available to children from Preschool to Grade 6.</p> <p>Sacrament of Reconciliation: It is available by request and at special times of the year. Contact Padre Gemmiti.</p> <p>Baptism: We recommend that you contact the chaplain’s office for an appointment six months in advance. <i>Please contact the Chaplain before setting the date for the Baptism or arranging family travel.</i></p> <p>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. <i>Please contact the Chaplain before setting the date for the wedding or arranging family travel.</i></p>



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